



# Acton Council on Aging

## At the Human Services Building & Senior Center

### JANUARY 2023

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30 Sudbury Rd, Rear, Acton MA 01720  
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Facebook: [www.facebook.com/actoncoa](http://www.facebook.com/actoncoa)  
Website: [www.actoncoa.com](http://www.actoncoa.com)  
Town Website: [www.actonma.gov](http://www.actonma.gov)



Closed Mondays, January 2<sup>nd</sup> and 16<sup>th</sup>, 2023  
Opening Hours:  
Monday: 8:00am-5:00pm  
Tuesday: 8:00am-7:30pm  
Wednesday & Thursday: 8:00am-5:00pm  
Friday: 8:00am-12noon

#### Judy Garland Celebration

**Thursdays, January 19<sup>th</sup> and February 16<sup>th</sup>, 1:00-2:00pm**



**Open to out-of-town seniors for \$5/lecture**

In this two-part series, Ben Sears and Brad Conner, song duo and American music historians, will present the career of Judy Garland from her earliest years with the Gumm Sisters, as a child star with MGM, her film career as an adult, along with a look at her concert career and classic television appearances. One of the brightest stars of Hollywood's Golden Age, Garland would have celebrated her 100<sup>th</sup> birthday in 2022. Ben Sears and Brad Conner, entertainers and theatre historians, have been called "Boston's favorite song duo" by the *Boston Globe*. Their programs and performances are always well received at the Senior Center!

**□► Beeyonder Virtual Tour: Explore Frida Kahlo's Life in Mexico City**      **Open to out-of-town seniors/free**

**Tuesday, January 10<sup>th</sup>, 4:00-5:00pm**



We have a partnership with Beeyonder, a platform for live interactive virtual travel experiences with qualified local guides in locations around the world! Get acquainted with the life and art of the famous Mexican painter, Frida Kahlo in this virtual guided walk in real-time of the Coyoacan neighborhood of Mexico City. This district is primarily known for Casa Azul, "Blue House", where Frida was born and which operates as a museum. The tour includes other attractions connected with the passionate life of this painter that will be of great interest to any of her fans. You may participate via Zoom from home or from the Senior Center with a group watching on a large-screen television. Please register with the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) or 978-929-6652 and indicate if viewing from home or at the Senior Center. Beeyonder has eliminated the registration process to log onto the tour, which was frustrating for some. *This program is funded by a grant from Community Health Network Area (CHNA) 15, a partnership between the Massachusetts Department of Public Health, hospitals, service agencies, schools, businesses, boards of health, non-profit organizations and citizens working together to improve the health of member communities.*

#### Director's Corner

Happy New Year! This time of year many of us try to think of ways we can make positive changes to our lives. A nutritious diet, physical activity, social engagements and mentally stimulating pursuits can all help us stay healthy as we age. The Senior Center can help you meet these goals. We offer many different educational, recreational and wellness programs, most of which are free of charge to Acton seniors. There really is something for everyone. If you have not been to the Senior Center, please make a point of stopping in to see all that we have to offer. **Sharon, COA Director**

Events requiring registration call the COA 978-929-6652,  
[seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov)

- Ask the Lawyer, 1/17
- Book Group via Zoom, 1/4
- Classical Music Concert, 1/24
- Iconic Paintings, 1/25
- iPad Tips, 1/18 & 1/25
- Memory Lane Café, 1/31
- Mexico City Tour, 1/10
- Re-Gifting Gathering, 1/5
- Scrabble Tournament, 1/31+
- Tech Help with Sid
- Watercolor Class
- Words Galore via Zoom

#### Meals

- Chef McGuire Lunch, 1/10
- Robbins Brook Lunch, 1/18
- Monthly Breakfast, 1/20
- Light Dinner, 1/31

Call Acton Nursing Services, 978 929 6650 for programs on page 8.

## ▢► Re-gifting Gathering

**Thursday, January 5<sup>th</sup>, 1:00-1:45pm**

Did you receive a holiday gift you really don't need? Join in on this fun annual gathering and swap it for (hopefully!) something you do want. Gift exchange is run like a Yankee Swap. Please bring a wrapped gift valued at \$10-\$20.

**Open to all seniors/free**



## ▢► Astronomy Presentation: Are We Alone?

**Tuesday, January 17<sup>th</sup>, 1:00-2:00pm**



Our galaxy likely contains more planets than stars—so what are the odds of finding distant Earth-like worlds that teem with life? Join Kelly Beatty for a thought-provoking hour! *Kelly Beatty has been explaining the science and wonder of astronomy to the public since 1974. An award-winning writer and communicator, he specializes in planetary science and space exploration as Senior Contributing Editor for Sky & Telescope magazine, and you'll occasionally hear him on The Weather Channel and NPR.*

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

## ▢► Ask the Lawyer

**Tuesday, January 17<sup>th</sup> 1:00-3:00pm**

Elder Law Attorney Cathleen Summers offers free 20-minute private legal consultations. Call the COA on 978-929-6652 to book an appointment at the Senior Center.



**Acton seniors only**

## ▢► Words Galore via Zoom

**Thursdays January 19<sup>th</sup> through March 9<sup>th</sup>, 9:00-10:00am**

**Open to all seniors/free**

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](mailto:seniorcenter@actonma.gov) to register to receive the Zoom link.

## ▢► Tips for Using Your iPad

**Wednesdays, January 18<sup>th</sup> and 25<sup>th</sup>, 11:00-12noon**

**Open to all seniors/free**



Join Zoey Mills, Acton Memorial Library's Community Engagement Librarian, for tips on how to use your iPad, which is a user-friendly tablet made by Apple. Perhaps you received one for a holiday gift or you have one already that is under-utilized. An iPad can be used for many of the same functions as a smart phone, but it's a larger surface which you can adjust to display a bigger font size! At the first class you will learn various features of an iPad which you can explore over the course of the week, and then come back with your questions and to learn more. You can download apps to your iPad such as games and social media, read e-books, search for recipes, check your email, listen to music and podcasts, and take photographs. Please bring your charged iPad to each class. You are also welcome to attend if you want to learn more about iPads before purchasing one.

## ▢► Java with John

**Acton seniors only**

**Friday, January 20<sup>th</sup>, 9:45am**

John Mangiaratti, the Town Manager, will be at the Senior Center to keep you up to date on what is going on around Town, answer your questions and listen to your feedback.



## ▢► Learn to Spotify

**Monday, January 23<sup>rd</sup>, 3:30-4:30pm**

**Open to out-of-town seniors/free**



Come learn about "Spotify", which is a digital music service that gives you access to millions of songs. Call, stop by the front desk to sign up or email us at: [seniorcenter@acton-ma.gov](mailto:seniorcenter@acton-ma.gov) .

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

## LitLovers Study Group: American Bestsellers

**Tuesday, January 24<sup>th</sup>, 2:30-3:45pm**

**Open to all seniors/free**

This month our group will view the 30-minute lecture from *The Great Courses DVD Bestsellers: The Books That Shaped America* on *Last of the Mohicans* by James Fenimore Cooper. We will discuss the lecture and the featured novel. Copies of the book are on hold for group members at Acton Memorial Library. This group is facilitated by Program Manager Chris Chirokas.

## □► Student Classical Music Performance

**Tuesday, January 24<sup>th</sup>, 6:00pm**

**Open to all**

 Lina, Erin, and Hyunho, Acton Boxborough Regional High School sophomores, will perform a selection of classical music pieces on piano, cello, and flute. Please support these young, talented performers by coming out to enjoy an evening of beautiful music.

## □► Secret Stories Behind the World's Most Iconic Paintings, Part II, with Jane Oneail via Zoom

**Wednesday, January 25<sup>th</sup>, 1:00-2:00pm**

**Open to all seniors/free**

 From Starry Night to The Nighthawks, there are some images that are so ubiquitous in our culture that we have never stopped to look at them closely. This program delves into these iconic works and shares the secret stories behind their creation and reception. You may participate from home or at the Senior Center to view on a large screen. Register at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) or 978-929-6652 and indicate whether you will be watching from home or the Center. Jane Oneail holds a master's in Art History from Boston University and a master's in Education from the Harvard University Graduate School of Education. She has worked at some of the New Hampshire's most esteemed cultural institutions, including the League of New Hampshire Craftsmen and the Currier Museum, where she founded the Alzheimer's Café. She has taught Art History at the college level for more than a decade, most recently at Southern New Hampshire University. Jane's presentations meet with rave reviews!

## Songwriters of the Brill Building Presentation

**Thursday, January 26<sup>th</sup>, 1:00-2:00pm**

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

John Clark's multimedia presentation this month is on the Songwriters of the Brill Building, a group of young Jewish couples and partners writing songs for Don Kirshner's Aldon Publishing in New York. Their creative collaborations influenced American teen-oriented music in the latter half of the 1950s into the early 1960s. In many ways they challenged the dominance of 30 years of Tin Pan Alley. The six talented teams were Jerry Leiber & Mike Stoller, Carole King & Gerry Goffin, Doc Pomus & Mort Schuman, Neil Sedaka & Howie Greenfield, Barry Mann & Cynthia Weil, and Jeff Barry & Ellie Greenwich. Together they churned out dozens of the landmark hit singles that moved this energetic Rock & Roll/R&B music into the mainstream—*Hound Dog*, *Breaking Up is Hard to Do*, *Save the Last Dance for Me*, *Up on the Roof*, and *A Natural Woman*. John will share the stories of their careers and the songs they wrote for Elvis Presley, Connie Francis, the Coasters, the Drifters and many more. This was music history in the making, as together these lyricists and composers took simple music to new heights of emotional authenticity, artistic achievement, and national popularity. *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.*



The Friends of Acton COA wish everyone a happy and healthy New Year.

Our Annual Appeal, our major fundraiser, was sent to households last month. A hearty thank-you to all Acton seniors who responded immediately. Gifts may be made easily online at

[www.friendsofactoncoa.com/](http://www.friendsofactoncoa.com/).

**The Friends of the Acton COA will next meet Monday, March 13<sup>th</sup>, 2023 at 1pm.**

The Friends have gifted a subscription of the Wall Street Journal to the Senior Center.

**California Dreamin'** -The Friends of Acton COA will be offering a trip this fall with Collette Travel to Monterey, Yosemite & Napa. More information to come!

## Arts & Crafts

### **Photography Exhibit**

In January through mid-February, we welcome the work of Neal Rantoul who is a career photographer and artist. He is an emeritus professor from Northeastern University and taught for 13 years at Harvard University. He is showing a selection of black & white and color photographs made over his career.



All are welcome to attend a Reception with refreshments on **Tuesday, January 10<sup>th</sup>, 4:30-6:30pm.**

### **□► Watercolor Painting Class with Fran Hewitt**

**Tuesdays, January 17<sup>th</sup> through March 7<sup>th</sup>, 9:30-11:30am**

**Acton seniors only**

#### **Registration is by lottery; see below for details**

Participants in this class taught by Fran Hewitt will learn or broaden their previous experiences using watercolors by exploring "Environments." Subjects will originate from reference photos as well as real life objects. No prior experience using watercolors is needed as participants will learn how to mix water and paint to get the consistency for painting layers of color, how to apply paint to paper, as well as methods for using color theory and brush techniques. A supply list is available at the COA front desk or can be emailed on request. Please only register if you plan on attending most of the classes as art classes tend to have waiting lists. **Registration for this class is by lottery: please enter your name by contacting the COA at 978-929-6652 or [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) by 5 pm on Monday, January 9<sup>th</sup>; you will be notified of your status by end of day January 12<sup>th</sup>.** Fran taught drawing, painting, ceramics, sculpture, weaving, and collage in grades K thru 12 for the NH Public School for 30 years. She developed and initiated Adult Art Education Classes as part of a continuing education program. After retiring 10 years ago, Fran moved to Acton and has enjoyed learning about the area, continuing to create art work, and reading the latest novel.

### **□► Wool Needle Felting Art Class**

**Wednesday, January 18<sup>th</sup>, 1:00-3:00pm**

**Acton seniors only**

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

Magda Stilmant will lead this class where everyone will create and take home a framed wool felting piece depicting a wooded scene. 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 project will be available in the Senior Center reception area. **Registration for this class is by lottery: please enter your name by contacting the COA at 978-929-6652 or [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) by 5pm on Monday, January 9<sup>th</sup>; you will be notified of your status by end of day January 12<sup>th</sup>.**

### **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.



### **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.

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. If you have an appointment we can try to re-schedule.



## Support Groups

### **□► 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](mailto: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.*

### **□► Memory Lane Café at the Acton Senior Center**

**Tuesday, January 31<sup>st</sup>, 12:00-1:30pm**

**Open to all/free**

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.

### **Grandparents Raising Grandchildren Support Group at the Senior Center**

**Tuesday, January 17<sup>th</sup>, 11:00-12noon**

**Open to all/free**

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

## Money Matters...

### **Real Estate Seminar: What to Consider Before Deciding to Sell**

**Thursday, January 12<sup>th</sup>, 11:00-12noon**

**Open to all seniors**

Heather Murphy, Realtor® with Keller Williams Realty & an Acton resident for over 30 years, is offering a seminar for people contemplating selling their house in the next few years. She will discuss aspects that should be considered before selling your home. Attendees will better understand the whole picture, from decluttering to what updates will gain a better return on your investment. Time for discussion will be set aside. Heather will have regular seminars to help inform on the many areas of real estate.

### **Energy Costs Resource Fair: Coping with Winter 2023 and Beyond**

**January 24<sup>th</sup>, 5:00-7:00pm**

**Open to all ages**

Join us for ideas on how to manage energy bills this winter. Learn about "Energy Bill Check-Ups," fuel assistance for income eligible residents, payment plans, ways to weatherize, and longer-term energy solutions. Town and community programs will provide resources and brief comments.

### **Tax Prep for 2022 Returns**

The AARP TaxAide program ([www.aarp.org](http://www.aarp.org)) offers free income tax preparation for low and moderate income taxpayers by IRS-certified volunteers. Appointments at the Acton Senior Center will be on Mondays in February, March, and the first week of April. More details will be published in the next newsletter. Contact Rosie Atherton at 978-929-6652 for information.

### **Senior Real Estate Tax Relief**

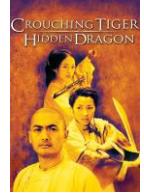
There are numerous ways you might qualify for tax relief if you are: over 65 with income and assets that are low-to-moderate, over 70, veteran with a disability or experiencing financial hardship in general. To find out if you qualify, visit the Acton town website and click on the "Quick Link" for Property Tax Relief Programs or call the Assessor's office for more details at 978-929-6621.

## Movies

**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, January 9<sup>th</sup>, 1:00-2:45pm** *The African Queen* (1951, PG) In East Africa during WWI, a heavy-drinking riverboat captain is persuaded by a strait-laced English missionary to undertake a trip up a treacherous river to use his boat to attack a German gunship. Katharine Hepburn and Humphrey Bogart co-star. Directed by John Huston.



**Monday, January 23<sup>rd</sup>, 1:00-3:00pm** *Crouching Tiger, Hidden Dragon* (2000, PG-13 for sexuality and martial arts violence) Celebrate Chinese New Year with this blockbuster film directed by Ang Lee which won four Oscars for Best Foreign Language Film, cinematography, music, and art direction. Set against a breathtaking 19<sup>th</sup>-century landscape, two master warriors and a young aristocrat battle for justice.



**Monday, January 30<sup>th</sup>, 1:00-2:35pm and Tuesday, January 31<sup>st</sup>, 5:00-6:35pm** *Jerry and Marge Go Large* (2022, PG-13) Retired couple Jerry and Marge Selbee win the lottery and use the money to revive their small town of Evart, Michigan. Annette Bening and Bryan Cranston co-star in film based on a true story.

## Games

### **► Start the New Year with Scrabble!**

**Open to all seniors/free**

**Tuesdays, January 31<sup>st</sup>, February 14<sup>th</sup>, and March 21<sup>st</sup>, 1:30pm**

MaryAnn Melanson of local LifeCare Centers is organizing a Scrabble tournament at the Senior Center. In January, four teams of four will play. In February the winners will play two teams of two. In March, winners from February will play to determine the ultimate winner. Participants are encouraged to continue to attend to cheer others on. MaryAnn will provide refreshments. Space is limited, so sign up early with the COA at 978-929-6652 or [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov).



### **Pool!**



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

### **Morning Open Activity Time**

**Open to all seniors/free**

**Weekday mornings, 9:00-11:30am**

**No activity time January 2<sup>nd</sup>, 16<sup>th</sup> & 20<sup>th</sup>**

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

### **Mah Jongg Time**

**Open to out-of-town seniors/free**

**Mondays, 1:00-4:00pm & Tuesdays, January 3<sup>rd</sup>, and 17<sup>th</sup> for experienced players only**

**No Mah Jongg January 2<sup>nd</sup> & 16<sup>th</sup>**

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

The Thursday Mah Jongg group is open to all skill levels, but people must at least know the basics of the American version of the game. The Monday group is for more advanced players who can play a game in 15 minutes. Games follow National Mah Jongg League rules. If you have a Mah Jongg set, please bring it along.

### **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.

### **Chess Club**

**Open to out-of-town seniors/free**

**Thursdays, 1:00-4:00pm**

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



## Groups

### **Genealogy Group**

**Tuesday, January 10<sup>th</sup>, 1:00-2:30pm**

Whether you are new to genealogy or have been researching for years, come discuss your research, seek some advice or simply share your passion for family history with like-minded people. Welcome the new group facilitator Jim Yarin, a longtime member.



**Open to out-of-town seniors/free**

This month's meeting's show-and-tell topic is *Family Tree Charts*. Try to bring a family tree chart showing some of your family's history or your questions about charts. (February: *Marriage Records*).

### **Computer Club**

**Wednesday, January 11<sup>th</sup> and 25<sup>th</sup>, 1:30-3:00pm**

 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 10<sup>th</sup>, 2023. Anyone running Windows 8.1 upgrade to Windows 10 as soon as possible. The upgrade is free.

The COA library has new desktop computers that are available for you to use, no reservation needed.

### **□► Technology Help with Sid**

**Acton seniors only**

If you have any technology issues or questions, feel free to sign up for a 30-minute slot with our college-aged volunteer Sid. He is happy to help you with your ipad, iphone, laptop, other Apple products, Microsoft Office, Zoom and any other common applications or other IT questions. He will be here on **Wednesday, January 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> from 10:15am–1:15pm**. Call or stop by the front desk to sign up for a slot or email us at: [seniorcenter@acton-ma.gov](mailto:seniorcenter@acton-ma.gov) . Sessions are held at the Senior Center.

Happy 2023! Best wishes for a happy, healthy and productive year.

The **Council on Aging Board** recently reviewed our mission and want to share it with you:

*"The mission of the Acton Council on Aging Board is to advocate for services & programs to enhance the well-being of our older adults in an inclusive & welcoming environment."*

We hope that you continue to enjoy all the Council on Aging/Senior Center activities, programs, resources, services and entertainment. We also encourage you, your friends and neighbors to stay active and participate in all that is available for seniors and elders in the Town of Acton.

The COA Board will be meeting virtually for the winter months.

**Next meeting is Tuesday January 10<sup>th</sup> at 10:00am**

Please use the link to join the webinar: <https://tinyurl.com/2zz6n4pb> or telephone: US: +1 301 715 8592 or +1 646 876 9923 Webinar ID: 833 9842 6076 Passcode: 644937

**THANK YOU TO...** Everyone who brought in their Holiday decorations to share with others.

It was a huge success! Special thanks to Sarah Willard for volunteering to tidy up afterwards.

The COA staff for all of their homemade goods for the Holiday Tea, to Sarah, Linda Kiernan and Emi Azar for helping wash all the tea cups!

Paul Kusinitz for playing saxophone at the holiday pie gathering.

Susan Hunt for her generous contribution to the COA Gift Fund.



**Help Us Help You!**

**Have your contact details changed or do your emergency contacts need updating?  
Stop by the front desk and have us update your information.**



## Acton Nursing Services

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

### ► Therapeutic Horticulture

**Acton seniors only**

**Tuesday, January 10<sup>th</sup>, 6:00-7:00pm, Wednesdays, January 18<sup>th</sup> and 25<sup>th</sup>, 10:30-11:30am**

Winter Pollinator Plant Workshop. Learn how to start pollinator plants in the middle of winter by planting them NOW and leaving them outside! All supplies are provided. Limit 12 participants per class.

### ► Energy Healing with Jacqui Burak

**Tuesdays, January 17<sup>th</sup> and 24<sup>th</sup>, 6:00-6:45pm**

**All ages are welcome**

Join us for a powerful exploration into the world of energy healing. During this group session Jacqui will take you on a journey through guided visualization. You will leave the session feeling more empowered having self-care tools you can use on your own. Chairs will be provided. Feel free to bring a yoga mat, towel, blanket or pillow. Call 978 929 6650 to register or for more information. Sponsored by ANS.

### ► Meditation and Gentle Chair Yoga

**All ages welcome**

**Tuesday, January 10<sup>th</sup>, 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, January 5<sup>th</sup>, 12<sup>th</sup> and 26<sup>th</sup> 12noon-5:00pm**

**Call 978-929-6650 to make an appointment.**

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

### ► Balance Screening Appointments

**Acton seniors only**

**Tuesday, January 10<sup>th</sup> 9:30-2:30pm**

**Call 978-929-6650 for an appointment**

Offered by the Acton Nursing Services– Karen Patterson PT, Board certified Clinical Specialist in Geriatric Physical Therapy is holding individualized balance assessments by appointment in the Acton Nursing Services office.

### ► Balance Matters!! Sponsored by the Friends of Acton Nursing Services **Acton seniors only**

**Wednesdays, January 11<sup>th</sup> – February 15<sup>th</sup>, 11:30am Call 978-929-6650 for an appointment**

Join Karen Patterson PT as she provides a 6 week series of classes on increasing strength, balance, flexibility and your confidence in performing activities of daily living.

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

**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.

**For nursing programs call 978 929 6650**

## Monthly Wellness Discussion: Nocturia

**Wednesday January 11<sup>th</sup>, 11:00am**

Please join Jill Salamon, Public Health Nurse for a discussion on Nocturia. Do you wake up more than one time at night to go to the bathroom? If yes, please join us to discuss this common condition!

**Wellness Clinics – 1<sup>st</sup> and 3<sup>rd</sup> 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.

**Volunteer Corner** Thank you to our many volunteers that help each and every day – whether it's



delivering meals on wheels, assisting at our many special events like the very popular and well-attended Holiday Tea and monthly Robbins Brook Lunches, pitching in through the Handy Helper program, our frequent Technology help sessions or our numerous Gym Monitors who keep our Gym open daily!

## Mind, Body and Spirit

### **□► Laugh For Your Health via Zoom with Susan Phillips**

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

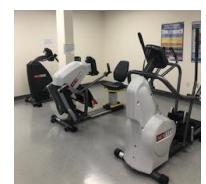
**Open to all seniors/free**

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](mailto: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](http://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 10:00-11:00am.**

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**

- Due to low attendance, Gentle Chair Exercise class has been canceled going forward
- NouVonne is returning to its previous start time of 10:00am Friday mornings
- 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, especially important in the winter months
- All attendees must have an exercise class waiver on file and up-to-date emergency contact information

## Active Aging with Terri Zaborowski

**Mondays, January 9<sup>th</sup> through March 27<sup>th</sup>, 8:30-9:30am**

**No Class Jan. 2<sup>nd</sup> & 16<sup>th</sup>, Feb. 20<sup>th</sup>**

**Tuesdays, January 3<sup>rd</sup> through March 28<sup>th</sup>, 9:45-10:45am**

**Thursdays, January 5<sup>th</sup> through March 30<sup>th</sup>, 9:45-10:45am**

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, January 9<sup>th</sup> through March 27<sup>th</sup>, 11:00-12noon**

**No Class Jan. 2<sup>nd</sup> and 16<sup>th</sup>, Feb. 20<sup>th</sup>**

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, January 3<sup>rd</sup> through March 28<sup>th</sup>, 8:30-9:30am**

**Wednesdays, January 4<sup>th</sup> through March 29<sup>th</sup>, 8:30-9:30am**

**Thursdays, January 5<sup>th</sup> through March 30<sup>th</sup>, 8:30-9:30am**

**Fridays, January 6<sup>th</sup> through March 31<sup>st</sup>, 8:30-9:30am**

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, January 4<sup>th</sup> through March 29<sup>th</sup>, 10:00-11:15am**

**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 last Wednesday of each month is a Healthy Joint Class offered to improve range of motion. The low impact and gentle joint practice does not require yoga experience and is done seated and standing. Joint movements help improve flexibility and balance and decrease a stiff or achy body and help prevent falls. Funded by an Executive Office of Elder Affairs grant; \$1 donation per class requested. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*



## Thursday Tai Chi Practice

Open to all seniors/free

### Thursdays, 11:00-12noon

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.

## Stretch and Flex with Terri Zaborowski

### Thursdays, January 12<sup>th</sup> through March 30<sup>th</sup>, 3:00-4:00pm

No Class Jan 5<sup>th</sup>

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

No class on Feb. 24<sup>th</sup>

### Fridays, January 6<sup>th</sup> through March 31<sup>st</sup>, 10:00-11:00am \*\*Note later start time!\*\*

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).*



## 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, January 10<sup>th</sup>, 12noon**

**Acton seniors only**

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

### ▶ Monthly Lunch by Benchmark Senior Living/Robbins Brook

**Wednesday, January 18<sup>th</sup>, 12noon**

**Open to out of town seniors**

Join us for Baked Ziti, garden salad and dessert. \$3.00 donation is requested. Sign up required.

### ▶ Monthly Breakfast

**Friday, January 20<sup>th</sup>, 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. Sign up required.

### ▶ Light Dinner

**Tuesday, January 31<sup>st</sup>, serving will start at 4:45pm**

**Open to all seniors**

We will be serving finger sandwiches, chips and dessert that you can bring with you into the movie or enjoy in the dining room. A \$3 donation is requested. Please sign up prior to the event.

## Support and Services

### **Lunches at the Senior Center**

 **Birthday Lunch, Thursday, January 12<sup>th</sup>, 12noon.** Anyone with a birthday this month can enjoy 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. [Menu](#).

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](http://www.minutemansenior.org) or call 781-272-7177, toll free (888) 222-6171. For menus ask in the dining room (781-221-7098) or see our newsletter online.

**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, 2<sup>nd</sup> & 4<sup>th</sup> 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 4<sup>th</sup> 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.

**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](mailto:vso@actonma.gov) or call 978-929-6614 for a confidential chat.

If you are 60 years of age or older call Beverly Hutchings, Senior Services Coordinator at 978-929-6652 or email [bhutchings@actonma.gov](mailto: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

 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](http://prescriptionadvantagema.org).

For additional information, call 978-929-6652 to schedule an appointment with our SHINE counsellor.



[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](http://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. Help may be limited to certain topics.

**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 2 for details.

**RMV Update:** The deadline for REAL ID for flying domestically or entering some federal facilities has been extended to May 7<sup>th</sup>, 2025.

## **TOWN OF ACTON SERVICES INFORMATION, 978-929-6600, [www.actonma.gov](http://www.actonma.gov)**

### **Acton Police Department** – the holidays might be over but scammers work 24/7 365 days a year.

It is important to be a savvy consumer. Always be wary of deals that seem too good to be true. Be cautious of anyone seeking donations over the phone or at your door. You can always call the Acton PD non-emergency number 978 264 9638 if you have concerns. <https://www.fbi.gov/how-we-can-help-you/safety-resources/scams-and-safety/common-scams-and-crimes/holiday-scams>

**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**

Residents with hydrants in front of or near their property are requested to clear the snow away from the area so that in an emergency the hydrant will be accessible. Please check that your mailbox & post are secure and in good condition prior to the snow season. More information can be found at [www.actonma.gov](http://www.actonma.gov)

### **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.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 January 2023</b>  <b>Building is Closed</b>	<b>3</b> 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 1:00 Mah Jongg 2:00 Caregivers Support Group via Zoom	<b>4</b> 8:30 Senior Fitness 10:00 Wellness Yoga 10:15 Tech Help Appts 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge	<b>5</b> 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 1:00 Re-Gifting Gathering 1:00 Chess Club 1:00 Mah Jongg	<b>6</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 NouVonne Fitness
<b>9</b> 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	<b>10</b> 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 10:00 COA Board Meeting via Zoom 11:00 Maintenance Balance – ANS 12:00 Lunch with Chef Maguire 1:00 Genealogy Group 2:00 Caregivers Support Group via Zoom 4:00 Virtual Tour Mexico City 4:30-6:30 Photography Reception 6:00 Meditation – ANS 6:00 Horticultural Therapy - ANS	<b>11</b> 8:30 Senior Fitness 10:00 Wellness Yoga 10:15 Tech Help Appts 11:00 Nocturnia Talk – ANS 11:30 Balance Matters - ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge 1:30 Computer Club	<b>12</b> 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Real Estate Seminar 11:00 Tai Chi Practice 12:00 MMSS Birthday Lunch 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	<b>13</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 NouVonne Fitness
<b>16</b>  <b>Building is Closed</b>	<b>17</b> 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 11:00 Grandparents raising Grandchildren 1:00 Are We Alone? Astronomy Talk 1-3:00 Ask the Lawyer Appts 1:00 Mah Jongg 2:00 Caregivers Support Group via Zoom 6:00 Energy Healing - ANS	<b>18</b> 8:30 Senior Fitness 10:00 Wellness Yoga 10:15 Tech Help Appts 10:30 Horticultural Therapy - ANS 11:00 iPad Tips from AML 11:30 Balance Matters - ANS 12:00 Robbins Brook Lunch 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:00 Needle Felting Class 1:30 Drop in Bridge	<b>19</b> 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 1:00 Judy Garland Celebration I 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	<b>20</b> <b>Center closes at 12</b> 8:30 Senior Fitness 9:00 Breakfast 9:45 Java with John 10:00 NouVonne Fitness
<b>23</b> 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg 3:30 Learn to Spotify	<b>24</b> 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 2:00 Caregivers Support Group via Zoom 2:30 LitLovers Group 5:00 Energy Forum 6:00 Student Concert 6:00 Energy Healing - ANS	<b>25</b> 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Horticultural Therapy - ANS 11:00 iPad Tips from AML 11:30 Balance Matters - ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:00 Iconic Paintings via Zoom 1:30 Drop in Bridge 1:30 Computer Club	<b>26</b> 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 1:00 John Clark Music Series 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	<b>27</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 NouVonne Fitness

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	<b>31</b> 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 1:30 Scrabble Tournament 2:00 Caregivers Support Group via Zoom 4:45 Light Dinner 5:00 Movie	<b>1 February</b> 8:30 Senior Fitness 10:00 Wellness Yoga 11:30 Balance Matters - ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge	<b>2</b> 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	<b>3</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 NouVonne Fitness

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

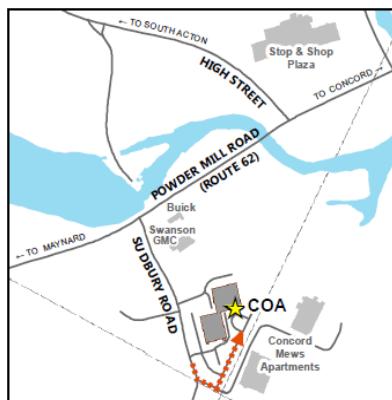
Programs and Classes are correct at time of going to press; circumstances beyond our control may result in cancellation, postponement, or a change in how we deliver the program. The COA does not endorse or promote any service or company who makes a presentation. We encourage you to be an 'educated consumer' before entering into contract with any service provider. For movie titles see page 6.

Reservations are required for all meals except the daily continental breakfast which is served 8:30-10:00am.

Minuteman Senior Services serves lunch everyday – see page 12 for details.



**This January the following activities are supported by the Friends of the Acton COA:** watercolor class, Words Galore, Brill Building music presentation, wool needle felting class, World's Most Iconic Paintings, "Are We Alone" astronomy presentation, Judy Garland series, and Tai Chi class.



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>The Friends and the Board will next meet:</i>	
Bernice Nicoll, Activities Assistant	<i>COA Board, Tuesday, January 10<sup>th</sup>, 10:00am- this will be virtual - see page 7 for details</i>	
Fiona Starr, COA Customer Service Coordinator	<i>COA Friends, Monday, March 13th, 1:00pm</i>	
Terri Zaborowski, Exercise Instructor		



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.



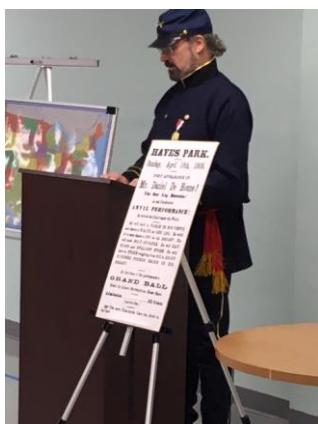
Together, we will collect trees on Saturday, January 7<sup>th</sup>, 2023, and Saturday, January 14<sup>th</sup>, 2023. Your ongoing support of our Boy Scout Troops means the world to us. Your donation helps us fund campouts, hiking activities, merit badge workshops, camp, the upkeep of camping gear, 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 [www.ActonBSA.org](http://www.ActonBSA.org).



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.

December was a busy and fun time. We had seasonal offerings with "A Christmas Carol" performance; everyone enjoyed the annual favorite Holiday Tea; Concord Farm Pies were served by the Woman's Club.



Jim Yarin brought tightrope walker Prof de Houn to life.

**THE ACTON COUNCIL ON AGING @ THE SENIOR CENTER, JANUARY 2023**  
**978-929-6652**



Visit our website at [www.actoncoa.com](http://www.actoncoa.com).

The Human Services Building & Senior Center will be closed Mondays, January 2<sup>nd</sup> and 16<sup>th</sup>.