



Acton Council on Aging

At the Human Services Building & Senior Center

APRIL 2023

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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

Opening Hours:

Monday: 8:00am-5:00pm

Tuesday: 8:00am-7:30pm

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

Friday: 8:00am-12noon



▣► Home Share — Benefits and Pitfalls

Wednesday, April 19th, 2:00-3:00pm

Open to all/free

Worried about money and living in a house that has extra rooms? Spending too much time alone? Living alone makes both those problems worse. It doesn't have to be that way! [Sharing housing](#) is

a realistic option when it is done right. In this lively interactive session with Annamarie Pluhar, participants will learn how home share can help, the benefits of choosing shared housing, and hear stories about seniors who have chosen home share. *Annamarie Pluhar, M.Div., advocates for adults, especially older singles, to have a "home-mate," someone with whom they can share a home for the benefits of cost, company, cooperation, and comfort. She is the founder of the nonprofit Sharing Housing, Inc. and the author of Sharing Housing, A Guidebook for Finding and Keeping Good Housemates. She has 30 years' experience in corporate and non-profit consulting, group facilitation, training development and delivery, and is a graduate of Vassar College and The Episcopal Divinity School. After living in Somerville for many years, she now lives in Vermont with one two-legged and two four-legged housemates.*

Headlines and Hits 1900-1950 Music Presentation

Thursday, April 27th, 1:00-2:00pm

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

John Clark's multimedia presentation this month is about topical songs which began to grow in popularity around the turn of the century. Some wondrous modern inventions like the telephone (Nora Malone, *Call Me By Phone*), the airplane (*Come*

Josephine in My Flying Machine), and the mass-produced auto (*In My Merry Oldsmobile*). Also celebrated were great human accomplishments like Charles Lindbergh's flight across the Atlantic (*Lucky Lindy*) or the completion of the *Grand Coulee Dam*. Others depicted murders and trials: *Tom Dooley* and the *Trial of Bruno Hauptmann*. The sinking of the *Titanic* was memorialized in song as was the ordeal of a trapped miner in *The Death of Floyd Collins*. Prohibition's appeal and repeal and even accomplishments of sports heroes like Joe DiMaggio also made the Hit Parade. Think of this program as a history lesson set to music or as sixties folk singer Phil Ochs once called his heavily topical and political protest songs, "All the news that's fit to sing!" *Prior to a career as a high school and adult education teacher, John worked in music publishing in Nashville. He enjoys sharing his passion for music with senior centers and senior residences.*

Director's Corner

April is Volunteer Appreciation month. The Acton COA has over 190 volunteers who together have provided over 4,300 hours of their time. We are fortunate to have such wonderful, dedicated people who help us provide services, classes and meals as well as assist with the day to day operations at the Senior Center. Their commitment and support is greatly appreciated! Please take a moment to thank them for what they do. We couldn't do it without them!

Thank you, Sharon

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

Events requiring pre-registration

- ▣► Arthur Miller Plays
- ▣► Artist's Way Group
- ▣► Beeyonder Tour 4/12*
- ▣► Book Group on Zoom, 4/11*
- ▣► Caregiver Support Group*
- ▣► Dance Performance 4/11
- ▣► Dental Bingo
- ▣► Emergency Preparedness 4/12
- ▣► Home Share 4/19
- ▣► Hot Topics
- ▣► Laugh for your Health*
- ▣► Medicare Fraud 5/2
- ▣► Medicare Planning 4/11*
- ▣► Memory Lane Café 4/25
- ▣► Poets Live Forever 4/5, 4/12
- ▣► Sivan Concert 4/18
- ▣► Spring Poetry
- ▣► Stroke Awareness 4/27
- ▣► Watercolor Class
- ▣► Wool Needle Felt Class 4/19 - Reserve a spot by phone on 4/5 @1pm
- ▣► Words Galore*

Meals

- ▣► Chef McGuire Lunch, 4/11
 - ▣► Friends Special Evening, 4/18
 - ▣► Robbins Brook Lunch, 4/19
 - ▣► Monthly Breakfast, 4/21
 - ▣► Dine & Discover 4/25
- Call Acton Nursing Services, 978 929 6650 for programs on page 8.

Join the Conversation: Do You Want a Newspaper in Acton?

Wednesday, April 5th, 11:00 to 12noon

Open to all/free

Good news! There is a group of volunteers working right now to make a newspaper in Acton a reality. And they want to hear from Acton seniors about what you want to see in the paper. Please come to the Senior Center for a casual conversation where your voices will be heard.



Meet the New Library Director!

Thursday, April 6th, 10:00-11:00am

Open to all/free

Acton Library Director Maria Palacio will be on hand to discuss all the new and wonderful things that have been happening with the Acton libraries recently. As she may not be able to get to every question, please submit questions in advance to library@actonma.gov so she can cover as many as possible.

Understanding Dizziness: A Simple Approach to Increasing Stability and Balance

Tuesday, April 11th, 1:00-2:00pm

Open to all seniors/free

Approximately 90 million American adults suffer from dizziness and imbalance and have been diagnosed with a vestibular (inner ear) disorder. Vestibular disorders can cause dizziness, blurry vision, fullness and pressure in the head, sensitivity to motion, emotional disturbance, neck pain and stiffness, fatigue, imbalance, and subsequent risk of fall and thereby greatly limit mobility, function, and quality of life. Physical therapist Naseem Chatiwala will explain different types of dizziness and how each type relates to a unique deficit in your inner ears. Simple strategies will be shared to help decrease the sensation of dizziness and help you feel stable with improved balance and feeling grounded. *Dr. Naseem Chatiwala, PT, DPT, NCS, is a board-certified neuro clinical specialist and a certified vestibular clinical specialist with over 25 years of experience as a physical therapist treating a variety of complex neuro and vestibular diagnosis. Naseem is the owner of Rehab Health 360 LLC, a highly specialized clinic offering premium physical therapy services to clients with neurological deficits. Learn more about her at www.rehabhealth360.com/about*



▣► Kathak Indian Dance Interactive Performance

Tuesday, April 11th, 6:00-7:00pm

Open to all/free

Pranjali Thube will share her love of the classical Kathak Indian dance style by performing (literally with bells on!) and will also teach participants some simple steps. Participation is optional. Kathak dance uses rhythmic movements and is known to be a very calming form of dance. *Pranjali is an ABRHS junior with a strong sense of volunteerism. She has been practicing Kathak for 10 years.*

▣► Beeyonder Virtual Tour of Tulips of Keukenhof Garden Zoom from Home or Senior Center

Wednesday, April 12th, 12:30-1:30pm

Open to all seniors/free



We have a partnership with Beeyonder, a platform for live interactive virtual travel experiences with qualified local guides in locations around the world! Every year millions of tulips are grown in the magnificent Keukenhof Garden in Lisse, Netherlands, just south of Amsterdam. They are imaginatively and artistically laid out in a variety of different garden styles and are a riot of color and a feast for the eyes. "That Dam Guide" Mark will take you around and show the best sights and explain how and why tulips are such a big thing in Holland—and the world! Many of you will remember Mark from the excellent tour of Bruges he did for us. What better way to celebrate spring than be immersed in these beautiful flowers? **Please register with the COA at seniorcenter@actonma.gov or 978-929-6652 and indicate if viewing from home or on a large screen at the Senior Center.**

▣► Be Red Cross Ready Emergency Preparedness Presentation

Wednesday, April 12th, 2:00-3:00pm

Open to all/free



Join a representative from the American Red Cross to learn how to prepare and stay safe during emergencies, including fire safety and the seasonal issue of flooding. Be Red Cross Ready, a national, standardized preparedness program, is designed to help seniors understand, prepare, and respond appropriately to disasters.

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

Voyageurs et Habitants: The Rise and Fall of French Canada with Paolo Di Gregorio

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

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



Between the 16th and 18th centuries, French explorers, traders, and colonists helped to establish a French empire in North America. As these intrepid individuals pushed westward, they became the first Europeans to see the Great Lakes, the Mississippi River, and the upper Great Plains. By the early 1700s, France claimed more American territory than its rival, Britain. Yet, by the 1760s, France would lose its American dominions. This lecture will explore the story of the French in Canada. *Paolo Di Gregorio is a historian, archaeologist and educator with a passion for telling stories of our past. He is a Visiting Lecturer in the History Department at Bridgewater State University and an instructor in the Anthropology Department at Wheaton College.*

► Dental Bingo

Thursday, April 13th, 2:00-3:00pm

Open to all seniors/free



Play a fun game of “Dental Bingo” with staff from Zwell Dental in Littleton. You’ll learn about oral health and have the chance to win prizes, including a free comprehensive oral evaluation at Zwell. You are also welcome to stay after the game for a free oral screening.

Java with John

Friday, April 21st, 9:45am

Acton seniors only

Someone from the Town Manager’s Office will be here to answer your questions and give updates of what is going on around Town. Annual Town Meeting will begin May 1st.



► Classical Music Performance with Pianist Sivan Etedgee

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

Open to all seniors/free



Sivan Etedgee is familiar to many Acton seniors for his classical music presentations that combined lecture and performance. This month we are so fortunate to have Sivan grace us with a piano concert! Tonight he will share an hour of music on our newly-purchased piano. He will be performing four Impromptus, op. 90 by Franz Schubert, as well as pieces by C.P.E. Bach, Janacek, Schulhoff, and Piazzolla. This performance is supported by the Friends of the COA’s Tom Crowdis’ Excellence Fund. See page 12 for information on the social hour preceding the concert. *Sivan Etedgee appears frequently as a recitalist, chamber musician, and lecturer, performing for audiences of all ages throughout the year. He teaches students of all ages at his home studio and is an active member of the Massachusetts Music Teachers Association and the New England Piano Teachers Association.*

► Words Galore via Zoom

Thursdays, April 20th through June 8th, 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*. View from home only. Contact the COA at seniorcenter@actonma.gov to register to receive the Zoom link.

► The Plays of Arthur Miller Seminar

Mondays, April 24th, May 1st, 8th, 15th, 22nd, June 5th, 11:00am to 12:15pm

Space is limited, so registration is required.

Out-of-town seniors can register beginning April 13th/\$20 fee for out-of-towners

Stephen Collins is offering a six-part series on Arthur Miller’s plays. At each meeting, Stephen will read excerpts and discuss the play and welcomes attendee participation. The first class will include an introduction to the playwright. April 24th and May 1st: *All My Sons*; May 8th and 15th: *Death of a Salesman*; May 22nd and June 5th: *The Crucible*. Attendees should obtain a book that contains all three plays such as The Penguin Arthur Miller: Collected Plays. *After a long sales career, Stephen Collins is doing what he truly loves—performing as literary luminaries and teaching literature classes. His classes have been called a blend of teaching and performance.*



☐► Stroke Awareness

Thursday, April 27th, 11:00am

Open to all/free



Emerson Hospital and Encompass Health have partnered together as part of a Stroke Public Awareness Collaboration Project sponsored by the Massachusetts Department of Public Health. Join us for a brief presentation on the signs and symptoms of stroke, the appropriate response or action to take as well as stroke risk factors. This presentation will be followed by an interactive activity with refreshments where participants will receive stroke education materials (tote bags, magnets, pen, etc) and participants will be encouraged to answer questions regarding material covered in the presentation. Answering questions will provide the participants with the opportunity to win prizes (most likely gift cards). Staff will be available during the event to answer any additional questions or provide more information as needed.

☐► Poets Live Forever: Poems for Winter into Spring via Zoom from Home or Senior Center

Wednesdays through April 5th, 9:30-10:30am

Open to all seniors/free

Series ends this month. New people can still attend via Zoom from home or the Senior Center. Sign up with the COA at seniorcenter@actonma.gov or 978-929-6652.

California Dreamin' Trip through Collette Travel sponsored by the Acton Friends of the COA. This wonderful guided tour of Northern California will be departing October 2nd, 2023. If you are interested you must sign up by April 2. For more information pick up a brochure at the Senior Center.

Art & Crafts

☐► Watercolor Painting Class with Fran Hewitt

Tuesdays April 11th through May 30th, 9:30-11:30am

Acton seniors only

Participants in this class will learn basic watercolor skills, exploring the properties of watercolors that create variations in line, color, shape, form and texture. Subjects will include still-life objects, landscapes, animals, portraits, and flowers. Participants who have prior watercolor experience will be guided to explore methods for advancing their skills. No prior experience using watercolors is needed as participants will learn the skills needed to create a painting. The supply list is available at the COA reception desk or can be emailed upon request.

Registration for the spring session begins by telephone on Tuesday, April 4th at 1:00pm; call 978-929-6652.

Fran is a veteran art teacher who taught Drawing, Painting, Ceramics, Sculpture, Weaving, and Collage to K thru 12th grade in the NH Public School for thirty years. She developed and taught Adult Art Education Classes as part of a continuing education program for the Nashua School District. After retiring 10 years ago, she moved to Acton and has enjoyed learning about the area, continuing creating art work, and reading the latest novel.

☐► Wool Needle Felting Art Class

Wednesday, April 19th, 1:00-3:00

Acton seniors only

Magda Stilman will lead this class where everyone will create and take home a framed wool felting piece depicting "laundry day," a scene of a clothesline full of colorful clothes with a house in the background. Needle felting is the process of transforming wool into an art object using a barbed needle to bond the fibers together. All supplies are included for a fee of \$50 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 begins by phone on Wednesday, April 5th at 1:00 pm: 978-929-6652.**



Drop-in Art

Tuesdays, 9:00-11:00am

Open to out-of-town seniors/free

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

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.

Yarn donations needed. If you have full skeins, acrylic, cotton, and fairly new clean yarn, please consider donating it. Please drop it off at the front desk and we will take it for you.



From the COA Board...

We hope you are enjoying spring after the late winter weather. The Senior Center is busy with many activities and programs. It's wonderful to welcome seniors back and new seniors who have recently discovered all there is to offer. On April 20th, 2023, Senator Jamie Eldridge will be hosting the [42nd Senior Conference](#). It's a day filled with information, workshops, prizes and food - with a delicious hot lunch. There will be a session on Aging in Place - living at home safely as your needs change. Use the link below to register for the Senior Conference <https://tinyurl.com/2p8ek6wm> The Board will meet in person **Tuesday, April 11th, 10:00am**

Money Matters...

▣► Planning for Medicare: Countdown to 65 Webinar

Tuesday, April 11th, 6:00-7:00pm

Open to all/free

Are you approaching Medicare eligibility and need help understanding your Medicare health insurance options? Join us for a webinar led by a Blue Cross Blue Shield of Massachusetts representative to help clarify your options outside of employer-sponsored coverage. Topics covered include an explanation of Medicare Parts A and B, Medicare enrollment timeline, Medigap and Medicare Advantage plans such as HMOs and PPOs, Medicare Part D prescription drug plans, and plans available to early retirees such as COBRA. Please sign up with the Council on Aging at seniorcenter@actonma.gov or 978-929-6652 and we will send you the registration link.

Elder Fraud Presentation with the FBI

Tuesday, April 18th, 1:00-3:00pm

Open to all/free



FBI agents from the Boston Field Office who combat financial crimes targeting seniors will discuss current scams you should be aware of, how to protect yourself, and what to do if you are targeted.

Seniors are often the target of criminals in grandparent, romance, home repair, government impersonation, tech support, and sweepstakes/lottery scams. These scams have gotten more sophisticated recently, some even using Artificial Intelligence, making them harder to spot. A representative from the Acton PD will be in attendance as well. The presentation will end at about 2:15, but the agents will stay afterward to answer questions one-on-one.

▣► Presentation: Protect Yourself From Medicare Fraud!

Tuesday, May 2nd, 1:00-2:00pm

Open to all/free

Did you know that over \$60 billion in tax dollars is lost to Medicare fraud each year? Come meet Judy Gertler, a representative of the Massachusetts Senior Medicare Patrol (SMP) Program, to participate in a discussion on how to prevent, detect, and report healthcare errors, fraud, and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. This informational workshop will provide you with the tools to become a more informed and engaged health-care consumer, including the importance of protecting your Medicare number. Although Medicare cards no longer include Social Security numbers, you still need to be vigilant and protect yourself from becoming victim to deceptive marketing and medical identity theft. *The Massachusetts Senior Medicare Patrol Program is funded in part by grant number 90MPPG0051 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC.*

▣► AARP Tax-Aide Program

Mondays, thru April 3rd, 9:00am

Call 978-929-6652 or email seniorcenter@actonma.gov for availability of appointments.



Be aware that consumers are being contacted by phone by someone saying they are from Medicare, the caller ID appears Medicare 800. The scammer is asking people if they want a Medicare card. This is a scam, and you can report the issue to Senior Medicare Patrol program:

<https://www.smpresource.org/Locator/MA.aspx>

The Acton Council on Aging Volunteer Appreciation Luncheon

Wednesday, April 26th, 2023, 12:00-1:30pm

(If you are a volunteer and haven't received your invitation by April 5th,
please call the office, 978-929-6652)

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

The FCOA encourages you to reserve a place for the April 18th late afternoon **social hour** and early evening **piano concert** underwritten by the **Honor Excellence Fund** initiated through a generous bequest. **Sivan Etedgee** will play the new piano also obtained through a bequest. **The Friends of the Acton COA will next meet Monday, April 10th at 1pm.**

Reminder: Please if you can no longer attend a program or meal you signed up for, let us know (978-929-6652 or seniorcenter@actonma.gov). Sometimes there are waitlists or a minimum number of attendees are needed to run a program. A significant number of absentees can mean wasted food, money, materials, or teacher/presenter time. Thank you for your cooperation!

Thank you to....

Shirley Noakes' family for the marvelous new scrabble board

Volunteer Susan Phillips who has been leading the weekly Laugh for Your Health group via Zoom weekly for three years!

Deanna Downs for donating the *Great Courses* educational DVD sets. There are a variety of science topics and also courses on the Revolutionary War and the Tudors. Check them out—they are in the Senior Center library.

Student Pranjali Thube for sharing traditional Indian dance style of Kathak with us last month

Jan Patrick for being so reliable to deliver our newsletters.



Support Groups

▣► Caregiver Support Group via Zoom

Tuesdays, 3:00-4:30pm

Open to all caregivers of older adults/free

Join Julie Norstrand for this Caregiver Support Group that meets weekly via Zoom. New participants always welcome! Being a caregiver can be very challenging for many. You may feel stretched thin with the many demands you face, including work and family life. This can leave you feeling physically exhausted, isolated and alone. Julie has found caregiving groups to provide tremendous practical and emotional support to the members. She ensures safe, non-judgmental settings where members can share and learn from one another and witnesses the strong bonds that develop as members gain each other's trust and friendship. The goal is to ensure that people feel heard and supported. If you are new to the group, please sign up with the Council on Aging at seniorcenter@actonma.gov or 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, April 25th, 12noon-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, April 18th, 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.

VOLUNTEER REQUIRED! To deliver a small number of newsletters to seniors in the Robbins Brook area, and Sachem Way housing in North Acton, once a month – when the new newsletter is published. There are four drop off points – no stairs or mailboxes to contend with! Contact Rosie at the COA on 978-929-6652 if you think you may be able to help.

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

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, April 3rd, 1:00-2:35 *Arthur* (1981, PG) A heavy-drinking billionaire playboy (Dudley Moore) must marry a woman he does not love or be cut off from his fortune, which becomes further complicated when he falls for a poor waitress (Liza Minnelli). Comedy won Oscars for Best Supporting Actor (John Gielgud) and Best Original Song.



Monday, April 10th, 1:00-3:05 *A Man Called Otto* (2022, PG-13) Tom Hanks stars as Otto, a curmudgeon who has given up on life following the death of his wife. When a young family moves in nearby, it leads to a friendship that turns his life around. Based on the best-selling novel *A Man Called Ove* by Fredrik Backman. *Please be advised that this film contains scenes of suicide attempts which some people may find upsetting.*



Monday, April 24th, 1:00-2:40 *Hampstead* (2017, PG-13) An American widow (Dianne Keaton) finds unexpected love with a man living off the grid on Hampstead Heath in England (Brendan Gleeson), and together they take on the developers who want to destroy his home. Inspired by a true story. *Showing of this film is in collaboration with the Acton Memorial Library.*

Monday, May 1st, 1:00-2:35 *A Good Woman* (2006, PG) In the 1930s an American socialite creates a scandal in the expatriate high society of Italy's Amalfi Coast when she forms a secretive relationship with a wealthy younger married man and people jump to conclusions.

Based on the play *Mrs. Windermere's Fan* by Oscar Wilde. Stars Helen Hunt, Scarlett Johansson, and Tom Wilkinson.



Games

Morning Open Activity Time

Weekday mornings, 9:00-11:30am

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

Open to all seniors/free

No activity time April 17th & 21st



Drop-In Bridge

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.

Open to out-of-town seniors/free

Mah Jongg Time

Mondays, 1:00-4:00pm & Tuesday, April 18th for experienced players only

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

No Mah Jongg Monday April 17th

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

Open to out-of-town seniors/free

Chess Club

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.

Open to out-of-town seniors/free



Volunteer Opportunity: Pool Instructor

People are excited about the Senior Center's new pool table! Some folks would really like to play, but they either do not know how to play or they need a refresher. If you'd like to volunteer to teach others in the community, please contact Chris at the Council on Aging: cchirokas@actonma.gov or 978-929-6652. Thank you!



Donations are always gratefully received of individually wrapped candy and k-pods for the Keurig. Please ask at Reception if you would like to donate.

MCOA Walk Challenge - Lace up your sneakers! The Walk Massachusetts Challenge is back and better than ever. Your participation helps your local Council on Aging win money for fitness programs and gives you the chance to win one of several prizes. The challenge runs May 1 to October 31, 2023. Complete milestones and get entries to win. The more you walk, the more entries you get – it's that easy! What are you waiting for? Register now! <https://walkmachallenge.com/>

Groups

☐► Hot Topics Discussion Group

Wednesdays, 10:30-11:30am

Open to all seniors/free



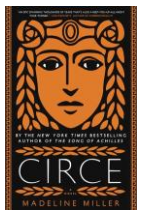
This new group will meet weekly to discuss major current events issues. The group will be facilitated by Sal Lopes, but each participant will be encouraged to take on a "hot topic" of personal interest and lead the discussion for that meeting. The group will meet in the Senior Center dining room where coffee is available. Please sign up with the COA to indicate your interest.

☐► Book Discussion Group via Zoom

Open to out-of-town seniors/free

Tuesday April 11th, 10:00am

The discussion for this meeting will be around the Book "Circe" by Madeline Miller. Copies of the book are on hold for the group at Acton Memorial Library. You may also check availability at Citizen's Library (978-929-6654). Ann Kulsick facilitates the virtual gatherings. If you are new to the virtual book group, please register by emailing seniorcenter@actonma.gov. Ann will send you the link in the week before the meeting.



Computer Club

Wednesdays, April 12th and 26th, 1:30-3:00pm

Open to out-of-town seniors/free

Tech help available! 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.



Genealogy Group

Open to out-of-town seniors/free

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

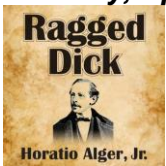


Whether you are new to genealogy or have been researching for years, come discuss your research, seek some advice, or simply share your passion for family history. This month's show-and-tell is **LOCAL HISTORIES**. Bring an excerpt/page from a town or county history or similar reference that enlightens your family's history or your questions about local histories (May: *Family Food Traditions*). We will also focus on tearing down a research "brick wall" for at least one or more attendees.

LitLovers Study Group: American Bestsellers

Tuesday, April 25th, 2:30-4:00pm

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 *Ragged Dick* by Horatio Alger Jr. We will discuss the lecture, the featured novel and the author. The book is available to purchase from online booksellers and a digitized version is free to read on sites including www.gutenberg.org and www.archive.org. This group is facilitated by Program Manager Chris Chirokas.

☐► 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, March 29th. Call 978-929-6650 to register.**

☐► Therapeutic Horticulture

Acton seniors only

Tuesday, April 4th 6:00-7:00pm, Wednesdays, April 5th and 19th, 10:30-11:30am

Star Magnolias - wishing for spring, we will design with sola flowers and preserved leaves gilded with gold in a small bamboo container. All supplies are provided. Limit 12 participants per class.

☐► Meditation and Gentle Chair Yoga

All ages are welcome

Tuesday, April 11th, 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.

☐► Energy Healing with Jacqui Burak

All ages are welcome

Tuesday, April 18th 6:00-6:45pm

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.

☐► Podiatry Clinics

Acton seniors only

Appointments: Thursday April 13th, 20th, 27th, 1:00-5:00pm. Tues April 18th 2:00-7:00pm.

Call 978-929-6650 to make an appointment.

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

☐► Maintenance Balance Training *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 to register.

Monthly Wellness Discussion

Wednesday April 12th, 11:00am

Please join Karen Patterson, Physical Therapist, for a presentation on the Benefits of Gardening and Tips to staying healthy.

Wellness Clinics –1st and 3rd Wednesday of the month, April, 5th and 19th, 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.

☐► For Nursing programs please call 978 929 6650

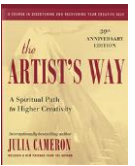
Mind, Body and Spirit

❑► **The Artist's Way Book Group**

Thursdays, through May 4th, 11:00-12noon

Open to all/free

This group started in March and is meeting weekly to work through the book *The Artist's Way* by Julia Cameron. The book offers a spiritual path to higher creativity, teaching techniques to gain self-confidence in harnessing creative talents and skills. It is one of the most popular self-help books of all time. The group will cover one chapter each week to discuss. There will be homework, mostly reading the chapters ahead of time. Register with the Council on Aging, but if you'd like to reserve a copy of the book call Tracy Woods at 978-687-4288 ext. 172. Group is facilitated by Tracy Woods, a certified Older Adult Peer Specialist and is a joint venture between the Acton Council on Aging and the Lawrence Recovery Learning Community.



❑► **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. View from home only. 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

Open to Acton seniors only

*Hours are: Monday, 9:00-1:00pm Tuesday, Wednesday, Thursday 9:00am-12:00pm, and 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 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 at this time of year
- All attendees must have an exercise class waiver on file and up-to-date emergency contacts.

Active Aging with Terri Zaborowski

Mondays, April 3rd through June 26th, 8:30-9:30am

No class on April 17th, May 29th, June 19th

Tuesdays, April 4th through June 27th, 9:45-10:45am

Thursdays, April 6th through June 29th, 9:45-10:45am

No class on April 20th



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.*

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

Tai Chi with Linda Sango

Mondays, April 3rd through June 26th, 11:00-12noon

No class on April 17th, May 29th, June 19th

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, April 4th through June 27th, 8:30-9:30am

Wednesdays, April 5th through June 28th, 8:30-9:30am

Thursdays, April 6th through June 29th, 8:30-9:30am

No class on April 20th

Fridays, April 7th through June 30th, 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, April 5th through June 28th, 10:00-11:15am

No class on May 31st

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 out-of-town seniors/free

Thursdays, 11:00-12noon

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, April 6th through June 29th, 3:00-4:00pm

No class on April 13th & 20th

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, April 7th through June 30th, 10:00-11:00am

No class on May 5th

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 & relaxation. Strengthen, stretch, balance & benefit your muscles, joints, heart & lungs, as well as your mood & 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 at 978-929-6652.

☐▶ Lunch with Chef McGuire

Tuesday April 11th, 12noon

Acton seniors only

Enjoy Chili, salad, and chocolate cake for dessert. Please call or sign up at the COA reception. A \$3.00 donation is requested.

☐▶ Friends of Acton COA Special Evening

Tuesday, April 18th, 5:00pm

Acton seniors only

The Friends of the Acton COA will be hosting a special event funded by the Honor Excellence Fund initiated through a generous bequest. A social hour from 5-6pm will provide a complimentary glass of wine and light refreshments followed by a 6pm piano concert performed by Sivan Etedgee, see page 3 for details. You must RSVP by April 10th to attend the social hour at 978-929-6652 which will be limited to Acton seniors only.

☐▶ Monthly Lunch by Benchmark Senior Living/Robbins Brook

Wednesday, April 19th, 12noon

Open to out of town seniors

Join us for baked ham, sour cream and green onion mashed potatoes, carrots, and chocolate chip cookie for dessert Sign up is required. \$3:00.

☐▶ Breakfast

Friday, April 21st, 9:00am

Acton seniors only

Join us for a warm, delicious breakfast which may include French toast, scrambled eggs, fruit, bacon or sausages prepared by Veteran Services Officer James MacRae. Cost is \$3.00. Sign up required.

☐▶ Dine and Discover: Bridges by EPOCH Dinner and Presentation

Tuesday, April 25th, 5:00-6:30pm

Open to out of town seniors

Join us for baked pasta, salad, bread and dessert from Bridges by EPOCH. The presentation is on Proactive Brain Health. By implementing proactive habits, individuals can help reduce their risk of cognitive decline. Seniors will learn lifestyle changes to help keep their minds sharp for tomorrow. Risks to brain health, lifestyle factors, diet, sleep, exercises, and connections between heart and brain will be discussed. Sign up is required.

Drop-in Continental Breakfast available Monday-Friday, 8:30-10:00am in the dining room for \$1.00. A variety of items will be available each day. No need to register ahead of time.

Support and Services

Lunches at the Senior Center



Birthday Lunch, Thursday, April 13th, 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. Grab and go lunches will continue to be offered including Fridays. Sign up with John, the dining room coordinator, in person or at 781-221-7098 by 11:00am the day before. Voluntary donation is \$2.00.

Frozen Meals -Every week we have a number of tasty pre-cooked frozen meals from **Open Table** available to anyone who would like to take one home. Call 978-929-6652 or ask at the COA front desk.

Meals on Wheels Minuteman Senior Services, visit www.minutemansenior.org or call 781-272-7177, toll free (888) 222-6171. For menus ask in the dining room (781-221-7098) [Hot Menu](#) [Supper Menu](#).

Healthy Helpings - the COA in partnership with **Open Table**, funded by CHNA 15, is offering seniors Healthy Helpings Meal packages. Packages to be picked up 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.



Support and Services

Acton Food Pantry - 978-635-9295, 235 Summer Road, Boxborough.

10am-7pm Wednesday and 9:30-11:30am Thursdays. CLOSED WEEK OF 4th WED. EVERY MONTH.

Open Table Pantry, 33 Main Street, Maynard, call 978-369-2275, Tuesdays 1:00pm-6:30pm, Thursdays 1:00-4:30pm. New guests are invited between 5:00-6:30pm.

South Acton Church (35 School Street) has a free Mini Pantry on the side lawn. Available 24 h/day.

Mount Calvary Community Supper, 472 Massachusetts Ave. Wednesdays; 4:45-5:45pm, doors open at 4:15pm. [Menu](#)

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

The program is designed to help low-income people afford the cost of heat in the winter months November 2022 – April 2023.

Number of People in Household /Income per Household	
1	\$42,411
2	\$55,461

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 prescriptionadvantagemma.org.

Acton Emergency Assistance Program –short term emergency financial assistance available from ARPA funds. Please contact Laura Ducharme on 978-929-6651.

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. Call (781)-272-7177, toll free (888) 222-6171 or visit www.minutemansenior.org

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 –

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

Mental Health Resources

The Massachusetts Senior Legal Helpline for low-income seniors

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

Topics for which seniors can access assistance may be limited.

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. The next opportunity to meet with the lawyer will be in May.



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'.



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.



TOWN OF ACTON SERVICES INFORMATION, 978-929-6600

Transportation You can take the van from home to the Senior Center! Door-to-door services are in operation. Call the town hotline, 978-929-6600 for more information, or see the COA website. To schedule rides, **call 978-844-6809** during normal business hours. Plan ahead and book your ride at least 24hours in advance.

Town Elections Tuesday, April 25th, 7:00am-8:00pm.

In-person voting for all districts at the R.J.Grey Junior High School, Charter Rd, Acton.

Last Day to Register to Vote in Annual Town Election = Friday April 14th, 5:00pm

Last Day to Apply for Vote by Mail Ballot = Tuesday April 18th, 7:30pm

Absentee / Vote by Mail Applications for the Annual Town Election are available at the link below. Applications may be submitted to Town Clerk, 472 Main Street, Acton, MA 01720

Application Link: <https://www.sec.state.ma.us/ele/eleabsentee/absidx.htm>

For full details of positions for election www.actonma.gov

The **DPW** is offering residents a survey of your views of the Great Rd West corridor. For questions please contact: Corey York, Director of Public Works QinRui Pang, Town Engineer engineering@actonma.gov 978-929-663. www.bit.ly/greatroadwestacton [DPW Newsletter](#) [DPW Textiles Recycling](#) [DPW Recycling](#)

Register with the **Acton PD** for their [Citizens' Police Academy](#), Tuesdays, April 11th through May 30th, 4:00-8:00pm at the PSF, 371 Main St, Acton. Enroll or ask questions, 978-929-7536, dsturniolo@actonma.gov

The Recreation Department is looking for team members for [seasonal Summer positions](#). Email recreation@actonma.gov for more details.



This month the following activities are supported by the Friends of the Acton

COA: History of French Canada, benefits and pitfalls of home sharing, Headlines & Hits music presentation, class on Arthur Miller's plays, evening social hour with a classical music concert, watercolor class, Beeyond virtual tulip tour, needle felting class, Poets Live Forever, Words Galore, and Tai Chi class.

ACTON COA STAFF	ACTON COA BOARD MEMBERS	
<i>Sharon Mercurio, Director</i>	<i>Ellen Feinsand, Chair</i>	<i>Ann Corcoran</i>
<i>Rosie Atherton, Office Manager</i>	<i>Lori Cooney, Secretary</i>	<i>Alma Sandman, Vice Chair</i>
<i>Chris Chirokas, Program Manager</i>	<i>Emi Azar</i>	<i>Chunsheng (Bill) Fu</i>
<i>Bev Hutchings, Senior Services Coordinator</i>	<i>Jeff Bergart</i>	<i>Michelle Holmberg</i>
<i>Rose Murphy, Human Services Customer</i>	<i>Michael Chautin</i>	<i>Niru Velankar</i>
<i>Service & Communication Assistant</i>		
<i>Bernice Nicoll, Activities Assistant</i>	<i>The Friends and the Board will next meet:</i>	
<i>Fiona Starr, COA Customer Service Coordinator</i>	<i>COA Board, Tuesday, April 11th, 10:00am</i>	
<i>Terri Zaborowski, Exercise Instructor</i>	<i>COA Friends, Monday, April 10th, 1:00pm</i>	

Calendar Notes 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. Follow us on Facebook for updates. 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 7. Reservations are required for all meals except the daily continental breakfast which is served 8:30-10:00am. Minuteman Senior Services offers lunch every week day – see page 12 for details. Access to the Pool table is available every day.

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

Monday	Tuesday	Wednesday	Thursday	Friday
APRIL 3 8:30 Active Aging 9:30:00 AARP Tax Appts 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	4 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 3:00 Caregivers Support Group via Zoom 6:00 Therapeutic Horticulture - ANS	5 8:30 Senior Fitness 9:30 Spring Poetry via Zoom 10:00 Wellness Yoga 10:30 Hot Topics! 10:30 Therapeutic Horticulture - ANS 10:30 Wellness Clinic – ANS 11:00 Acton Newspaper Talk 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge	6 8:30 Senior Fitness 9:45 Active Aging 10:00 Meet the AML Director 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 <i>The Artist's Way</i> Study Group 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	7 Center closes at 12 8:30 Senior Fitness 10:00 NouVonne Fitness
10 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg 1:00 Friends of the COA Mtg	11 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor Class with Fran 9:45 Active Aging 10:00 Book Discussion Group via Zoom 10:00 COA Board Mtg 11:00 Maintenance Balance – ANS 12:00 Lunch w' Chef McGuire 1:00 Genealogy Group 1:00 Understanding Dizziness 3:00 Caregivers Support Group via Zoom 6:00 Kathak Indian Dance Performance 6:00 Planning for Medicare Webinar 6:00 Meditation - ANS	12 8:30 Senior Fitness 9:30 Spring Poetry via Zoom (make up class from 3/22) 10:00 Wellness Yoga 10:30 Hot Topics! 11:00 Nursing Talk - ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 12:30 Beeyond Tour – Dutch Tulips 1:30 Computer Club 1:30 Drop in Bridge 2:00 Emergency Preparedness	13 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 <i>The Artist's Way</i> Study Group 12:00 MMSS Birthday Lunch 1:00 Chess Club 1:00 Mah Jongg 1:00 Rise & Fall of French Canada 2:00 Dental Bingo NO EXERCISE WITH TERRI CLASSES	14 Center closes at 12 8:30 Senior Fitness 10:00 NouVonne Fitness
17 Center is Closed	18 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 11:00 Grandparents Raising Grandchildren Group 1:00 FBI Talk on Elder Fraud 1:00 Mah Jongg 3:00 Caregivers Support Group via Zoom 5:00 Friends of COA Light Refreshments 6:00 Sivan Etedgee Concert 6:00 Energy Healing - ANS	19 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Wellness Clinic – ANS 10:30 Therapeutic Horticulture - ANS 10:30 Hot Topics! 12:00 Robbins Brook Lunch 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:00 Wool Needle Felting Art Class 1:30 Drop in Bridge 2:00 Home Share Talk	20 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 <i>The Artist's Way</i> Study Group 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	21 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 9:45 Java with John 10:00 NouVonne Fitness
24 8:30 Active Aging 11:00 Tai Chi 11:00 Plays of Arthur Miller 1:00 Movie 1:00 Mah Jongg	25 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 2:30 LitLovers Study Group 3:00 Caregivers Support Group via Zoom 5:00 Dine & Discussion	26 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Hot Topics! 12:00 Volunteer Appreciation Lunch 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Computer Club 1:30 Drop in Bridge	27 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 <i>The Artist's Way</i> Study Group 11:00 Stroke Awareness 1:00 Chess Club 1:00 Mah Jongg 1:00 Headlines and Hits Music Talk 3:00 Stretch & Flex	28 Center closes at 12 8:30 Senior Fitness 10:00 NouVonne Fitness

It's April and the Senior Center is hopping! A virtual walking tour of the tulip gardens of the Netherlands, a Kathak Indian dance performance, Sivan Etedgee in a special evening performance, wool needle felting class and the history of French Canada, to name just a few of our programs this month, there is surely something for everyone. If you are concerned about your Medicare we have a talk on that, we have the FBI visiting to give you advice on fraud, considering homeshare – we have a talk on that too! Try one of our variety of exercise classes!

History, health, exercise, literature, music, money matters, art classes, come and see what we offer. You'll be glad you did! Just want to get out the house – checkout the pool table, read the newspapers, grab a coffee with a friend.

March was a fabulous month - we had some very well attended programs and exercise classes are in full swing.



Elvis was in the building



Stonehenge was visited



An Irish harper came to play



Breakfast on St Pat's Day was enjoyed

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978-929-6652**