



Acton Council on Aging

At the Human Services Building & Senior Center

MAY 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

Center Closed Monday May 29th
Opening Hours:
Monday: 8:00am-5:00pm
Tuesday: 8:00am-7:30pm
Wednesday & Thursday: 8:00am-5:00pm
Friday: 8:00am-12noon

► 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.*



Dancing Joy Interactive Performance with Dance Caliente

Tuesday, May 16th, 1:00-2:00pm

Open to out-of-town seniors/free



You don't want to miss this interactive ballroom dance performance designed to engage, inspire and entertain! Eileen Herman-Haase and Raul Nieves of Dance Caliente will bring heart throbbing theatrical ballroom dances, amusing stories, nostalgic music with opportunities for audience participation. More than a performance, it is a means to a feeling of well-being. Pleasant memories unfold through sight, sound and optional participation. Everyone always has so much fun at Eileen and Raul's performances! *This program is funded by a grant from the Acton-Boxborough Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*

► Beeyonder Virtual Tour of the Great Pyramids by Camel! Zoom from Home or Senior Center

Thursday, May 18th, 9:00-10:00am ** note time change to previously advertised

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! Join guide Lesley Hamman at the great sphinx and then for a ride through the desert, taking in the last of the seven wonders of the world. Get up close to the great pyramids and travel to the time of the builder and the pharaohs who commissioned them. Virtually experience one of the most iconic views on earth! 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. *Lesley Hamman moved from the UK to Egypt 24 years ago after falling in love with the history and culture. She loves to show people the real Egypt you don't always see from a tour bus.*



Director's Corner

May is Older Americans' month; we will be celebrating Acton's age 90+ residents with a special luncheon. According to the Town census we have over 200! Staying active and social has been proven to help increase longevity and Acton is living proof. The COA is starting on new lunch program on Wednesdays from 11:30am-1:30pm beginning May 17th. See page 11 for more details.

The Friends of the COA will be offering a Shades of Ireland trip through Collette travel April 27th- May 6th 2024. Detailed brochure is available at the Senior Center or you can see it online at <https://gateway.gocollette.com/link/1163429>

Thank you, Sharon

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



▣► The Plays of Arthur Miller Seminar

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

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

Seminar with Stephen Collins began last month; call about space availability.

May 1: *All My Sons* conclusion ;

May 8 and 15: *Death of a Salesman*;

May 22 and June 5: *The Crucible*.

Politics with Principles: Historic Portrayal of First Female Cabinet Secretary Frances Perkins

Tuesday, May 9th, 1:00-2:00pm

Open to out of town seniors for \$5



Frances Perkins was a confidante of FDR, the first female US Cabinet Secretary, and object of admiration and contempt from her male contemporaries. She dedicated her career to providing exploited working men, women, and children with safe, humane workplaces. She pushed through legislation to reduce crushing work-week hours, developed a fire-safety code in New York that became a model for the country, and created Social Security. Walk through the personal and professional trials and triumphs of this heroic, principled politician, wife, mother, and suffragette.

Discover her secrets to building alliances and staring down bullies to help make government a champion for working people and retirees. *Janet Parnes of Historical Portrayals by Lady J will portray Miss Perkins. Her portrayal of Dolley Madison last fall was a hit!*

Viewing of Film *Gen Silent*

Tuesday, May 16th, 5:30-6:40pm

Open to all/free



In recognition of National Honor LGBT Elder Day, we are showing this documentary that tells the stories of Boston area seniors who identify as lesbian, gay and transgender. They were the people who fought the earliest battles for equality but are now facing fear of discrimination, or worse, in health care and long-term care settings. Rated PG. If you cannot attend, this film is available to stream free via *Kanopy* through Acton Memorial Library with a library card.

All Things Books with Acton Memorial Library

Wednesday, May 17th, 11:00-12noon

Open to all seniors/free

Join Zoey Mills from the Acton Memorial Library (AML) to talk about all things book related! She'll discuss some popular titles and please bring your own book recommendations. Zoey will sometimes demonstrate the library's online book resources and is always happy to answer questions about them.

Come for the meeting and try out our new café! Call the COA (978-929-6652) to make a reservation. Please email Zoey at zmills@actonma.gov if you have a specific book you would like to borrow.



Shredding Event

Thursday, May 18th, 12:30-2:30pm

Acton Seniors Only

A shredding company will be on site at 30 Sudbury Rd. to destroy personal documents. Limit 3 grocery-sized bags per person. Any questions please contact us at

978-929-6652. Sponsored by the Friends of the Acton Council on Aging. A \$1 donation per bag is requested. Please do not arrive early.



Java with John

Friday, May 19th, 9:45am

Acton Seniors only

The Town Manager will be here to answer your questions and give updates of what is going on around Town.

Events requiring registration call the COA 978-929-6652,

seniorcenter@actonma.gov

▣► 90s Birthday Luncheon, 5/25

▣► Arthur Miller Plays

▣► Ask the Lawyer, 5/23

▣► Beachwalk Medallions, 5/11

▣► Beeyond Tour, 5/18

▣► Book Discussion Group, 5/9

▣► Caregiver Support Group

▣► CarFit Appointments, 5/22

▣► Chess Lessons

▣► Hot Topics

▣► Laugh for your Health

▣► Medicare Fraud, 5/2

▣► Memory Lane Café

▣► Needle Felt Class, 5/17

▣► Student Concert, 5/23

▣► Watercolor Class

▣► Words Galore

Meals

▣► Chef McGuire's Lunch, 5/9

▣► Robbins Brook Lunch, 5/16

▣► Monthly Breakfast, 5/19

▣► Friends Sponsored Dinner, 5/30

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

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

See our online newsletter at www.actoncoa.com for full color, more details and easy to click links

▣► **CarFit Event**

Open to out-of-town seniors starting May 10th

Monday, May 22nd, 9:00-11:40am by appointment

The Acton Council on Aging, Acton Nursing Service, and the Acton Police

Department are offering a free community CarFit event at the Senior Center. CarFit is designed to give a quick but comprehensive check on how well an older driver and their vehicle work together with a focus on comfort, safety, and mobility. Sometimes simple adjustments to mirrors, seat, steering wheel, or head restraint can make a big difference! It is not a driver test. CarFit is a national program developed by AAA, AARP, and the American Occupational Therapy Association. Each appointment takes about 20 minutes for a technician to complete a 12-point checklist with each driver. An Occupational Therapist will also be on hand to meet with each driver and will have examples of devices that can improve your "car fit." Advance registration is required (call 978-929-6652), as is signing a waiver on the day of the event.

▣► **Ask the Lawyer**

Tuesday, May 23rd, 1:00-3:00pm

Acton seniors only

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.



▣► **Student Classical Music Performance**

Tuesday, May 23rd, 6:00pm

Open to all/free



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.

▣► **90s Birthday Luncheon**

Open only to Acton seniors age 90+ plus a guest

Thursday, May 25th, 12:00-1:30pm

Call now to Register



We are hosting a luncheon in honor of our Acton seniors who are aged 90+. If you didn't receive an invitation by May 11th and are 90 or older, please call the COA at 978-929-6652 so we may include you. This free event is sponsored by Bridges by EPOCH of Westford and Sudbury. Please RSVP by Tuesday May 16th.

Music of WWII Presentation

Thursday, May 25th, 1:00-2:00pm

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



John Clark's multimedia presentation is in recognition of Memorial Day and features some of the most popular music of the war years (1939-1945). You will see and hear songs tied to specific events and situations presented by the war, like *My Sister and I* and *The Last Time I Saw Paris*, and songs of great heroism like *Comin' in on a Wing and a Prayer* and *Praise the Lord and Pass the Ammunition*. There are songs that expressed the feelings of soldiers and their spouses and families whose relationships were disrupted (*Lili Marlene*, *As Time Goes By*, *Don't Sit Under the Apple Tree*), sentimental love songs (*I'll Be Seeing You* and *I'll Be Home for Christmas*), and songs

of longing for this war to end (*There'll Be Bluebirds Over The White Cliffs of Dover* and *When the Lights Go On Again All Over the World*). And yes, even humorous songs like *G.I. Jive* and *Der Fuehrer's Face*. Featured artists include the Andrews Sisters, Glenn Miller, Johnny Mercer, Frank Sinatra, Bing Crosby, Judy Garland, Vera Lynn, Kate Smith, Vaughn Monroe, and Spike Jones. This is new content from last fall's presentation on WWII music. *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.*

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!

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See our online newsletter at www.actoncoa.com for full color, more details and easy to click links



Opera Series: Puccini's *Tosca* with Ben Sears
Wednesdays, May 31st, June 7th, June 14th, 2:00-3:00pm
Open to out-of-town seniors for \$20

This series will look at one of the most popular of operas, Puccini's *Tosca*. Each week will cover one act featuring performances from three different productions and casts. We'll look at the opera's origins, history, and some of the great singers who have performed in it. Plan to join us for this "shabby little shocker" and find out if it deserves to be called that. *Ben Sears is familiar to many as half of the Ben and Brad duo that has presented and performed on Broadway-related themes many times at the Senior Center.*

Art & Crafts

▣► Beachwalk Medallions Art Class

Thursday, May 11th, 11:00-12noon

Acton seniors only

Join Lara of The Sea & Me Designs to create a one-of-a-kind Beachwalk Medallion (examples in Senior Center reception area). You will use sea glass, shells, pebbles and more in a shadow box frame to design a beautiful piece of art to hang in your home. All materials will be included for a \$20 fee (cash preferred), payable to the instructor on the day of class. Participants are invited to bring any special sea glass or beach finds from home to include. Lara is an Acton resident who is displaying her art at the Senior Center this month. **Registration for this class begins by phone on Tuesday, May 2nd at 1:00pm: 978-929-6652.** If you need to cancel, make sure to call to let us know.

▣► Wool Needle Felting Art Class

Wednesday, May 17th, 1:00-3:00pm

Acton seniors only

Magda Stilman will lead this class where everyone will create and take home a framed wool felting piece depicting a purple tree landscape. 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 Tuesday, May 2nd at 1:00 pm: 978-929-6652.** If you need to cancel, make sure to call to let us know.

Art Exhibit



In May and through June, we welcome the work of Jen Mabardy and Lara Maira who will host a collaborative exhibit titled "Celebrations".

Jen has been a Stampin' Up! Demonstrator since 2009, paper crafting and creating cards is her passion. She loves colors and cardstock, and working with a variety of stamps and inks and other creative tools to make handmade greeting cards. Lara combs Massachusetts beaches for sea glass and then creates framed art pieces.

All are welcome to attend their Reception with refreshments on **Tuesday, May 9th from 4:30-6:30pm.**

▣► Watercolor Painting Class with Fran Hewitt

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

Acton seniors only

Class started last month; call about space availability.

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

Wednesdays, 12:30-2:30pm

Open to out-of-town seniors/free

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



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

See our online newsletter at www.actoncoa.com for full color, more details and easy to click links



Thank you to....

Life Care Center of Acton for the delicious fruit salad donated to our breakfast each month.
The AARP Tax Preparer volunteers who helped over 75 people file their taxes this year.
Lara Maira for volunteering her time to teach the Beachwalk Medallions art class.
Students Linda, Erin, and Hyunho for sharing their music with us this month.
The Friends for a wonderful cultural evening in April.

Tech Help – Sid will be home from college and available to provide 1:1 tech support. Please sign up at the front desk and we will reach out to you when we know Sid's schedule. The Computer Club is also available - see p.7.

High School intern – Please welcome Katharine. She is a senior from AB High School will be interning at the Senior Center May 8th - 26th.

A Message from the **Acton COA Board**

The Council on Aging Board wishes you a healthy spring. We hope you are enjoying activities outside and participating in programs at the Senior Center.

The Council on Aging Board members are participating in a pilot program "Seniors Read" with the Acton Boxborough Regional School District. The pilot will be at the Conant School in May with seniors reading to children in Kindergarten through second grade. If this is successful, there may be a larger initiative in the fall.

Next meeting is Tuesday, May 9th at 10:00am.

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.*



Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, May 16th, 11:00-12:00pm

Open to all/free



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

▣► **Memory Lane Café at the Acton Senior Center**

Tuesday, May 30th, 12:00-1:30pm



A Memory Café is a welcoming place for people with memory impairment and their care partners /caregivers. Cafés are a place to talk with others, enjoy lunch and an activity or entertainment together. This month we will have Haiku Poetry with Jeannie. We do ask attendees to bring their care partners. Lunch will be provided. Sponsored by Acton COA, Concord Park and Cooperative Elder Services. Please let us know if you plan to attend.

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

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Movie Matinees

Open to out-of-town seniors/free.



Shown with closed captioning, when available. After being shown, some of these DVDs will be available to borrow from the resource shelf in the Senior Center lounge

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.



Monday, May 8th, 1:00-2:40 Best Sellers (2021, NR) A cranky retired author reluctantly embarks on a final book tour with a young publisher. Heart-warming dramatic comedy stars Michael Caine. *Showing of this film is in collaboration with the Acton Memorial Library.*



Monday, May 15th, 1:00-3:30 The Fabelmans (2022, PG-13) A young man discovers a shattering family secret and explores how the power of movies help us see the truth about each other and ourselves. Loosely based on Steven Spielberg's childhood. Stars Michelle Williams, Paul Dano, Seth Rogan, and Judd Hirsh. Nominated for seven Oscars, including Best Picture.

Tuesday, May 16th, 5:30-6:40 pm Gen Silent See page 2 for more information.

Monday, May 22nd, 1:00-2:40 Fisherman's Friends: One and All (2022, PG) In this sequel, the British band that performs sea shanties struggle to adjust to their new-found fame as they work towards a second album. James Purefoy stars in this feel-good film based on a true story. Beautiful scenery and music.



Games

❏ Chess Lessons with Ken LeBow

Thursdays, ongoing, 1:00-3:30pm

Acton resident Ken Lebow is returning to in-person chess lessons! The class is best for people with some chess experience who know how the pieces move and the concepts of check & checkmate. You will play games & get feedback. Chess sets supplied by the COA. If you are a true beginner, Ken is happy to meet with you at the Senior Center to teach you the basics. Just let us know if that's the case & Ken will get in touch with you to arrange some times to meet. Chess is a great way to exercise your brain—studies show playing can improve memory, boost concentration skills, & increase creativity. *Ken has been playing chess for over 50 years. He started a chess club & lessons for seniors in Pennsylvania and has been teaching and leading chess club in Acton, in person and virtually, since 2013.*

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 May 19th and 29th



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, May 30th, for experienced players only

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.

Open to out-of-town seniors/free

No Mah Jongg May 29th

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!

Groups

▣► Hot Topics Discussion Group

Wednesdays, 10:30-11:30am

Open to all seniors/free

This group meets 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: Now in person!

Open to out-of-town seniors/free

Tuesday May 9th, 10:00am

The discussion for this meeting will be around the Book "The Island of Missing Trees" by Elif Shafak. If you want to read ahead for the next meeting, June 13th, the reading will be "The Thread Collectors, by Shaunna Edwards and Alyson Richman. 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 gatherings. If you are new to the book group, please register by emailing seniorcenter@actonma.gov

Genealogy Group

Open to out-of-town seniors/free

Tuesday, May 9th, 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 FAMILY FOOD TRADITIONS. Bring a recipe or the story of granny's famous casserole, or any questions about food culture. (June: Cemetery/Death records -- the snowed-out March topic). We will also focus on tearing down a research "brick wall" for one or more attendees.

Computer Club

Open to out-of-town seniors/free

Wednesdays, May 10th and 24th, 1:30-3:00pm

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.



LitLovers Study Group: American Bestsellers

Tuesday, May 23rd, 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 *Little Women* by Louisa May Alcott. We will discuss the lecture, the featured novel, and the author. The book is on reserve at the Acton Memorial Library. This group is facilitated by Program Manager Chris Chirokas.

▣► Words Galore via Zoom

Open to all seniors/free

Thursdays, through June 8th, 9:00-10:00am

Join Val Walker via Zoom for this fun and lively hour of word play and brain twisters—a logophile's paradise! Learn new words, explore the history of old words and delve into the origins of words. Enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. Play guessing games with the dictionary and words-within-word games. Val Walker, MS, is an author, educator and consultant. She was a counselor for 20 years, is a contributing blogger for *Psychology Today*, and author of *The Art of Comforting* and *400 Friends and No One to Call*. View from home only. Class began last month but is still open to new folks. Contact the COA at seniorcenter@actonma.gov to register to receive the Zoom link.



Acton Nursing Services

For [Acton Nursing](#) programs we will begin booking when the newsletter is posted to the Acton COA website, **Wednesday, April 26th. Call 978-929-6650 to register.**

▣► Therapeutic Horticulture

Acton Seniors only

Tuesday, May 23rd 6:00-7:00pm, Wednesdays, May 10th and 24th, 10:30-11:30am

Herb Pot: Plant a pot of three savory herbs for your summertime culinary use! All supplies will be provided. 12 participants per class.

▣► Meditation and Gentle Chair Yoga

All ages welcome

Tuesday, May 23rd, 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 welcome

Tuesday, May 9th, 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 the ANS.

▣► Podiatry Clinics

Acton Seniors only

Appointments: Tues May 16th, 3:00-7:30pm. Thursday, May 4th, 11th and 18th 1:00-5:00pm

Call 978-929-6650 to make an appointment.

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

▣► Balance Screening Appointments

Acton Seniors only

Monday, May 8th 11:00am – 2:00pm and Tuesday, May 9th 10:00am-1:00pm

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 for the upcoming Balance Matters! Program.

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

Acton Seniors only

Wednesdays, May 10th – June 14th, 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

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. **Please call to register as class size is limited!**

Wellness Clinics, 1st and 3rd Wednesday of the month, May 3rd and 17th, 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. We can only accept DME equipment, we are **UNABLE** to accept any adult diapers or depends, walking boots, c-pap machines and equipment. If you have questions regarding donations please call and speak with one of our staff. Thank you for your generosity.

Mind, Body and Spirit

▣► **The Artist's Way Book Group**

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

This group started in March and concludes this month. It is closed to new attendees.

Open to all/free

Laugh For Your Health: Now In Person!

Open to out-of-town seniors/free



Every Thursday starting May 11th, 11:00-12noon

**** May 18th will also being at 11am not 11:15am as previously advertised**

Laughter can really be one of the best medicines! In this interactive program, you will learn how to generate your own hearty laughter without the need for jokes. We use seated and standing laughter exercises, combined with deep, relaxing belly, or "yoga breaths." This practice is called Laughter Yoga, but there are no mats or yoga poses. Many health benefits are derived from this practice including: increased energy and alertness, mood elevation, stress relief, positive connections with others, and boosting the immune system. See how you can laugh your way to joy and well-being! *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.*

Join the Walk Massachusetts Challenge!

The Challenge begins on May 1st. In addition to the physical and emotional benefits of walking, you will be entered to win prizes (gift cards valued from \$10 to \$50) and your participation can help the Acton COA win up to \$1,000. Anyone over 18 can participate. Registration opened April 1st and the challenge ends on October 31st. For more information go to www.walkmachallenge.com & choose a challenge listed on the website (walking a certain number of days, miles, or steps). You'll then enter your walking milestones on that same website to be entered to win a prize.

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
- All attendees must have an exercise class waiver on file and up-to-date emergency contact information.



Active Aging with Terri Zaborowski

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

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

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

No class on May 29th and June 19th

This class focuses on functional fitness with exercises designed to help seniors maintain strength, balance and independence. It is designed for every fitness level and modifications and adaptations are demonstrated. Start with flexibility training in a warm-up to increase the range of motion of your joints, followed by balance exercises to improve your gait and confidence in your daily routines, proceed to resistance training to build lean muscle and increase bone density all to the beat of the music! There is a 5 minute

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

Tai Chi with Linda Sango

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

No class on May 29th and 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 through June 27th, 8:30-9:30am

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

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

Fridays through June 30th, 8:30-9:30am

No class June 2nd

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



Wellness Yoga with Patsy Brightman

Wednesdays through 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

Thursdays, 11:00-12noon

Open to out-of-town seniors/free

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



Stretch and Flex with Terri Zaborowski

Thursdays through June 29th, 3:00-4:00pm

This class is designed to help seniors maintain their strength, flexibility and independence with both standing and seated exercises using resistance bands. Start with a warm-up moving the body and joints through their full range of motion without resistance to the music. Proceed to strengthen the muscles using resistance bands with various upper and lower body exercises. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress, increase flexibility and leave you feeling great! Resistance bands are provided by the center. Entire class is done seated or standing.



NouVonne Fitness with Yvonne Benelli

Fridays through 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 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.

☐► Lunch with Chef McGuire

Tuesday May 9th, 12noon

Open to all seniors

Enjoy pulled pork sandwiches, coleslaw, 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

Tuesday, May 16th, 12noon

Open to all seniors

Join us for Teriyaki Chicken, brown rice with vegetables, and dessert. Sign up is required. Cost is \$3:00.

☐► Breakfast sponsored by Acton Police Association

Acton seniors only

Friday, May 19th, 9:00-9:30am

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.

☐► Dinner from Sweet Tomatoes

Tuesday, May 30th, 5:00pm

Open to all seniors

Enjoy pizza from Sweet Tomatoes, salad and dessert for \$5. The Friends of the Acton COA will be subsidizing the remainder of the cost. Sign up by May 25th.

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. Not available 5/19.

The COA is starting a **new lunch program** on **Wednesdays from 11:30-1:30pm beginning May 17th!** Stop in and see what's for lunch! We will initially be asking people to sign up if they plan on stopping in to get an approximate headcount. The menu will be posted at the Senior Center and on our website, www.actoncoa.com when it is available. **Open to all seniors.**

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

See our online newsletter at www.actoncoa.com for full color, more details and easy to click links



Support and Services

Lunches at the Senior Center:

Birthday Lunch, Thursday, May 11th, 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 Day, 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.

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](#)

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'.

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.

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 (MassOptions: 1-800-243-4636)

SNAP, Supplemental Nutrition Assistance Program (Senior Assistance Office - (833) 712-8027) and

LIHEAP / **SMOC**, fuel assistance, call Beverly for information, 978-929-6652.

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 www.SSA.gov 1-800-772-1213, TTY 1-800-325-0778

Medicare www.medicare.gov, 1-800-633-4227, TTY 1-877-486-2048

Alzheimer's Association. Helpline 1-800-272-3900, **Grief Counselling** 978-774-5100

Natl. Suicide Prevention Dial 988 **Natl. Domestic Violence Hotline** 1-800-799-7233

Natl. Alliance on Mental Illness (NAMI) 781-982-3318, www.namicentramiddlesex.org/support-groups

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

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

The Massachusetts Senior Legal Helpline for low-income seniors

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

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, see page 3 for details.



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

The **Town Meeting** commences on May 1st at Acton -Boxborough High School at 6pm.



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 or call 978-929-663. www.bit.ly/greatroadwestacton

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



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.



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

The FCOA took great pleasure in assisting with the recent **Honor Excellence Fund** social hour and piano concert supported through a generous bequest.

Are you aware of the **monthly dinners** catered in and supported by the FCOA?

When spring cleaning, keep an eye open for **jewelry** you might donate to a future mini-fair to benefit the FCOA's support of programming.

The Friends of the Acton COA will next meet Monday, May 8th at 1pm.

Friends of the Acton COA Fundraiser– Not Your Average Joe's

Order out or eat in at Not Your Average Joes on Tuesdays during the month of May with a flier available at the Senior Center or from the link on our website and the Friends will receive 10% of your bill.

<https://www.notyouraveragejoes.com/locations/massachusetts/acton/>



Monday	Tuesday	Wednesday	Thursday	Friday
MAY 1 8:30 Active Aging 11:00 Tai Chi 11:00 Arthur Miller Plays 1:00 Movie 1:00 Mah Jongg	2 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 1:00 Medicare Fraud Program 3:00 Caregivers Support Group via Zoom	3 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Hot Topics! 10:30 Wellness Clinic – ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge	4 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 Chess Lessons 1:00 Mah Jongg 3:00 Stretch & Flex	5 Center closes at 12 8:30 Senior Fitness No Nouvon Fitness
8 8:30 Active Aging 11:00 Tai Chi 11:00 Arthur Miller Plays 11:00 Balance Appts - ANS 1:00 Movie 1:00 Mah Jongg 1:00 COA Friends Meeting	9 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor Class with Fran 9:45 Active Aging 10:00 Book Discussion Group 10:00 COA Board Mtg 10:00 Balance Appts - ANS 11:00 Maintenance Balance – ANS 12:00 Chef McGuire Lunch 1:00 Genealogy Group 1:00 Politics & Principles Performance 3:00 Caregivers Support Group via Zoom 4:30 Art Exhibit Reception 6:00 Energy Healing - ANS	10 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Hot Topics! 10:30 Therapeutic Horticulture – ANS 11:30 Balance Matters! - ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Computer Club 1:30 Drop in Bridge	11 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health in person 11:00 Tai Chi Practice 11:00 Beach Medallions Art Class 12:00 MMSS Birthday Lunch 1:00 Chess Club 1:00 Chess Lessons 1:00 Mah Jongg 3:00 Stretch & Flex	12 Center closes at 12 8:30 Senior Fitness 10:00 NouVonne Fitness
15 8:30 Active Aging 11:00 Tai Chi 11:00 Arthur Miller Plays 1:00 Movie 1:00 Mah Jongg	16 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 12:00 Robbins Brook Lunch 1:00 Dance Caliente 3:00 Caregivers Support Group via Zoom 5:30 Movie: "Gen Silent"	17 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Wellness Clinic – ANS 10:30 Hot Topics! 11:00 All Things Books 11:30 Balance Matters! – ANS 11:30 New Meal Program –see p.11 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:00 Needle Felting Class 1:30 Drop in Bridge	18 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:00 Beeyond Tour/Egypt 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for your Health in person 12:30 Shredding Event 1:00 Chess Club 1:00 Chess Lessons 1:00 Mah Jongg 3:00 Stretch & Flex	19 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 9:45 Java with John 10:00 NouVonne Fitness No morning activity time
22 8:30 Active Aging 9:00 CarFit (by appointment) 11:00 Tai Chi 11:00 Arthur Miller Plays 1:00 Movie 1:00 Mah Jongg	23 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 1:00 Ask the Lawyer Appts 2:30 LitLovers Study Group 3:00 Caregivers Support Group via Zoom 6:00 Student Classical Music Concert 6:00 Therapeutic Horticulture – ANS 6:00 Meditation & Yoga - ANS	24 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Hot Topics! 10:30 Therapeutic Horticulture - ANS 11:30 Balance Matters! - ANS 11:30 New Meal Program –see p.11 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Computer Club 1:30 Drop in Bridge	25 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health in person 11:00 Tai Chi Practice 12:00 90s Luncheon 1:00 Music of WWII 1:00 Chess Club 1:00 Chess Lessons 1:00 Mah Jongg 3:00 Stretch & Flex	26 Center closes at 12 8:30 Senior Fitness 10:00 NouVonne Fitness

29 Center is Closed	30 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 1:00 Mah Jongg 3:00 Caregivers Support Group via Zoom 5:00 Dinner sponsored by the Friends	31 8:30 Senior Fitness 10:30 Hot Topics! 11:30 Balance Matters! - ANS 11:30 New Meal Program –see p.11 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge 2:00 Opera Series <i>Tosca</i>	June 1 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Chess Lessons 1:00 Mah Jongg 3:00 Stretch & Flex	2 Center closes at 12 10:00 NouVonne Fitness NO SENIOR FITNESS
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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 6. See page 8 for ANS (Acton Nursing Service programs). 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.



This month the following activities are supported by the Friends of the Acton COA: Puccini opera series, “Politics with Principles” Frances Perkins performance, Music of World War II presentation, class on Arthur Miller’s plays, watercolor class, Beeyond Great Pyramids virtual tour, needle felting class, Dancing Joy, Words Galore, and Tai Chi class.

New Meal Program!!!

Wednesdays beginning May 17th from 11:30am -1:30pm we will be piloting a new meal program. Stop in and see what’s for lunch! We will initially be asking people to sign up if they plan on stopping in to get an approximate headcount. The menu will be posted at the Senior Center and on our website, www.actoncoa.com when it is available. **Open to all seniors.**

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, May 9th, 10:00am</i>	
<i>Terri Zaborowski, Exercise Instructor</i>		<i>COA Friends, Monday, May 8th, 1:00pm</i>	

April was another busy month at the Center:



The Friends of the COA, through the Honoring Excellence Fund, hosted a wonderful musical evening, with Sivan Etedgee and a fun social hour preceding.



Pranjali shared her love of classical Kathak Indian dancing.



Breakfast was served with help from the Fire Department!



Attendees for breakfast were serenaded by Paul

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**April was Volunteer Appreciation Month.
We hosted lunch for 50 of our most active Volunteers.
Thank you for “bee-ing” so great!**



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

The Senior Center will be closed Monday, May 29th.