



Acton Council on Aging

At the Human Services Building & Senior Center

JUNE 2023



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 June 19th

Opening Hours:

Monday: 8:00am-5:00pm

Tuesday: 8:00am-7:30pm

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

Friday: 8:00am-12noon

► Beeyonder Virtual Tour Stratford Upon Avon: Shakespeare and More! Zoom from Home or Senior Center

Wednesday, June 21st, 10:30-11:30am



We have a partnership with Beeyonder, a platform for live interactive virtual travel experiences with qualified guides in locations around the world that occur in real time! Join guide Ian Braisby to explore the beautifully preserved English market town of Stratford Upon Avon, world famous as the birthplace of William Shakespeare. Walking the streets, lined with timber framed medieval buildings, is like stepping back in time. Discover the peaceful riverside gardens and park, the theatre where some of the world's leading performers take to the stage, the historic town center and, of course, the houses associated with Shakespeare and his family. Packed with fascinating facts, stories and characters, you are sure to be captivated by this town - even if you weren't a fan of Shakespeare back in school! 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. *Ian Braisby holds the Blue Badge, the UK's highest tour guiding qualification. He is passionate about helping people from around the world discover some of the most attractive and interesting places in England.*

Open to all seniors/free

The Roots of Gospel Music Open to out-of-town seniors for \$5

Thursday, June 22nd, 1:00-2:00pm



John Clark's multimedia presentation in recognition of Juneteenth explores the roots of gospel music. It begins with the centuries-old African ring shout dances and the 18th century spirituals of enslaved people. One hundred years later *Slave Songs of the United States* was published, the Fisk Jubilee singers began singing many of these spirituals publicly, and jubilee quartets formed. The program then traces the origins of the modern gospel choir and solo performers. In the late 1920s Thomas Dorsey started gaining exposure for his gospel songs and from there his female prodigies, including Sallie Martin and Mahalia Jackson, traveled the country mentoring choirs and young singers and promoting Dorsey's music. The more secular Clara Ward Singers, Staple Singers and Aretha Franklin round out the story of this exciting and inspiring religious music that has blessed so many through the years. Presentation is rescheduled from a February cancellation. *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.*

Director's Corner

World Elder Abuse Awareness Day is June 15th. Although not the happiest of topics, Elder Abuse is very real. Elder Abuse is when someone aged 60 or older is being harmed mentally, physically, sexually and/or financially. In addition to the usual email and telephone scams, seniors may be taken advantage of by their families or caregivers. In other cases, someone may not be providing themselves with adequate nutrition or self-care. Elder Abuse Day is used as a campaign to promote a better understanding of abuse. If you or someone you know needs assistance please call the Senior Center 978-929-6652.

Thank you, Sharon

Events requiring registration

- Arthur Miller Plays
- Beeyonder Tour, 6/21
- Caregiver Support Group
- Chess Lessons
- Elder Law Planning, 6/27
- Emergency Preparedness, 6/27
- Hot Topics
- Laugh for your Health
- Life Discussion Group
- Memory Lane Café
- Needle Felt Class, 6/21
- Realtor Office Hours, 6/14
- Words Galore

Meals

- Robbins Brook Lunch, 6/20
- Monthly Breakfast, 6/16
- Friends Sponsored Dinner, 6/27
- Strawberry Shortcake, 6/20

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

NARA Park Stroll with Conversation, Coffee and Pastry

Fridays, June, 9th, 16th, 23rd and 30th, 10:00-11:00am (NOT June 2nd as advertised in mailed copy)

Open to those age 55 plus from Acton, Boxboro and Littleton

Join in for a stroll around NARA Park for some conversation, coffee, and pastry! Come one week, all four, or anywhere in between! NARA Park is located at 25 Ledgerock Way in Acton; meet in the upper parking lot located off Quarry Road. If you park in the lower lot you'll have to walk up to the upper fields. There is a nice walking path around the park and you can choose whether to walk a half mile or the full mile loop. Or just come for the conversation and refreshments. **RSVP required** to Sheryl Ball at: sball@actonma.gov or 978-929-6632. This program is offered free of charge thanks to a grant from CHNA 15 which is funded by Lahey Hospital and Medical Center and Winchester Hospital through the Massachusetts Department of Public Health's Determination of Need process. Administered by the Acton Health Division.

□► The Plays of Arthur Miller Seminar

Monday, June 5th, 11:00-12:15pm

Seminar with Stephen Collins concludes this month with *The Crucible*.

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

Free Ice Cream Outing at Kimball Farm in Westford

Tuesday, June 6th, 1:30pm

For Acton, Littleton, Boxboro seniors age 60 plus

Who says ice cream is for kids?! Join in for some ice cream and conversation. Meet at the silo near the cow at Kimball's at 400 Littleton Road, Westford. **RSVP required no later than June 2nd to Sheryl Ball at:**

sball@actonma.gov or 978-929-6453. Made possible by a grant from CHNA 15 which is funded by Lahey Hospital and Medical Center and Winchester Hospital through the Massachusetts Department of Public Health's Determination of Need process. Administered by the Acton Health Division.

Opera Series: Puccini's *Tosca* with Ben Sears

Wednesdays, June 7th and 14th, 2:00-3:00pm

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

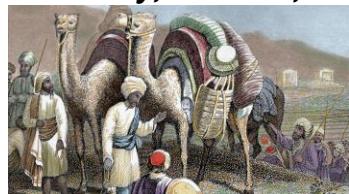
This series which looks at one of the most popular of operas, Puccini's *Tosca*, concludes this month. Each week will cover one act featuring performances from different productions and casts. We'll look at the opera's origins, history, and some of the great singers who have performed in it. Plan to 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 as well as his informative and entertaining opera series he has offered here in the past*



The Silk Roads: The First Global Network with Paolo Di Gregorio

Thursday, June 8th, 1:00-2:00pm

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



The Mediterranean and East Asia are geographically and historically distinct regions. Yet since antiquity the two parts of the world have been bound through war, commerce, and curiosity. During the period of the Han Dynasty in China and the Roman Empire in Europe, a far-reaching, long-distance trade network was established that connected east and west. This illustrated lecture will discuss the history and legacy of the Silk Roads. *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.*

Real Estate Seminar: The Cost of Moving

Tuesday, June 13th, 10:00-11:00am

Open to out-of-town seniors/free

Heather Murphy, Realtor® with Keller Williams Realty and an Acton resident for over 30 years, is offering a seminar to help those considering a move to gain clarity on the expenses incurred when preparing a home for the market, including both optional and unavoidable costs and fees associated with the process of moving. The costs discussed will not include capital gains taxes which should be addressed with an accountant

□► 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

Recognizing Spam Emails Discussion

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

Don't get scammed by spam! Spammers are experts at deceiving people and pushing the emotional buttons that tempt victims to fall for their schemes. Their methods are so sophisticated that even intelligent and wary people can be fooled. Join Judy Wolff to look at many examples of emails to help you identify common red flags that reveal a message to be spam. You will also learn how to check if the sender is who they seem to be. In an interactive game of Spam/Not Spam, participants will view actual emails received by the presenter to practice applying what they learned. *Judy Wolff has been using computers and email for 40 years in both personal and professional capacities. She receives dozens of spam messages a day and hates them as much as you do.*

► Office Hours with Realtor® Heather Murphy

Wednesday, June 14th, 9:30-11:00am

Acton seniors only

Do you have any real estate questions big or small? Are you wondering which repairs should be prioritized to bring a greater return? Do you need guidance or a starting point? Do you need help creating a one-, two- or five-year downsizing plan? Heather Murphy, Realtor® with Keller Williams, is offering a 20-minute personalized consultation to address your specific concerns. Feel free to bring pictures, notes and questions to the session. Please sign up in advance with the Council on Aging for your private 20-minute consultation.

All Things Books with Acton Memorial Library

Wednesday, June 14th, 11:00-12noon

Open to all seniors/free

Join Zoey Mills from Acton Memorial Library (AML) to talk about all things book related! They'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. Please email Zoey at zmills@actonma.gov if you have a specific book you would like to borrow.

Java with John

Friday, June 23rd, 9:45am (NOT June 16th as listed in the mailed copy)

Acton seniors only

The Town Manager's representative will be here to answer questions & give updates of what is going on in Town.

Empowering You to Thrive at Home Presentation

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

Open to out-of-town seniors/free

 Come join staff from Deaconess Abundant Life Services for an engaging discussion on safety as well as balance tips to keep you thriving in your home. Tactics on how to create a safe home environment will also be discussed along with the sharing of each other's successful ideas. *Deaconess Abundant Life Services is a network of residential communities that includes Newbury Court in Concord.*

“Shades of Ireland” tour with Collette Travel Presentation

Wednesday, June 21st, 1:00pm

Open to all seniors/free

Join the Friends of Acton Council on Aging's trip April 28, 2024 for a 10 day/9 night tour of Ireland. From history-filled Dublin to the green hills and dramatic coast, experience Ireland's charms on a journey through the Emerald Isle. Kiss the Blarney Stone, see Killarney from an Irish jaunting car, and experience the beauty of the Ring of Kerry. Stand in awe at the top of the stunning 700-foot Cliffs of Moher and stay overnight on the grounds of a castle.

[For full tour information and pricing.](#)



► Elder Law Presentation on Trusts and Long-Term Care Planning

Tuesday, June 27th, 1:00-2:00pm

Open to all/free

 Christine Boutin, elder law attorney with Fletcher Tilton P.C., will be visiting the Acton Senior Center to discuss different types of trusts used for long-term care planning. This presentation is made possible by the Massachusetts Bar Association Elder Law Education Program with support from the Massachusetts Chapter of the National Academy of Elder Law Attorneys. The MassBar's updated *Elder Law Education Guide* is available to view at www.massbar.org/elderlaw and the Senior Center will have limited copies. *Christine Boutin is an officer at the firm and is an experienced elder law attorney who has also practiced in the areas of probate, estate planning, guardianship, conservatorship, and special needs trusts. Christine represents elderly clients currently navigating the MassHealth application process or pursuing advance MassHealth planning to prepare for a potential future nursing home admission.*

► Be Red Cross Ready Emergency Preparedness Presentation

Wednesday, June 28th, 2:00-3:00pm

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 what to do during a power outage. Be Red Cross Ready, a national, standardized preparedness program, is designed to help seniors understand, prepare, and respond appropriately to disasters. Presentation is rescheduled from an April cancellation.



Open to all/free

Art & Crafts

Art Exhibit



Through June, we are hosting a collaborative exhibit "Celebrations" from Jen Mabardy and Lara Maira.

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 available to purchase.

► Wool Needle Felting Art Class: Create Your Own Masterpiece

Wednesday, June 21st, 1:00-3:00pm

Acton seniors only

Magda Stilmant will lead this class where everyone will create and take home a framed wool felting piece depicting a bonsai tree or create your own masterpiece with a design of your choosing. 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 bonsai project will be available in the Senior Center reception area. **Registration for this class begins by phone on Tuesday, June 6 at 1:00 pm: 978-929-6652.** If you need to cancel, make sure to call to let us know.

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.



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. Planning ahead: the group will not be meeting in July and August. 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.



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Grandparents Raising Grandchildren Support Group at the Senior Center



Tuesday, June 20th, 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.

► Memory Lane Café at the Acton Senior Center

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

Open to all/free

MEMORY LN

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

Movie Matinees

Open to out-of-town seniors/free.

Shown with closed captioning, when available. Only the DVD of "The Fabelman's" will be available to borrow from the resource shelf in the Senior Center lounge



Monday, June 5th, 1:00-3:10pm *Operation Mincemeat* (2021, PG-13) During WWII two British intelligence officers hatch a plan to use a corpse and false papers to outwit the Germans. Film based on a true story and stars Colin Firth, Matthew Macfadyen, Kelly Macdonald, and Penelope Wilton.



Monday, June 12th, 1:00-3:20pm *Glass Onion: A Knives Out Mystery* (2022, PG-13) In this whodunit, famed detective Benoit Blanc travels to a billionaire's home in Greece where a murder mystery weekend is planned. Stars Daniel Craig, Edward Norton, Kate Hudson, Janelle Monae, Leslie Odom Jr., and Kathryn Hahn.



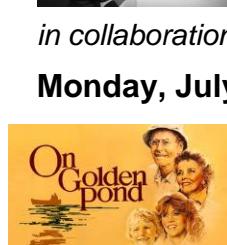
Tuesday, June 13th, 4:00-6:30pm *The Fabelmans* (2022, PG-13) A young man discovers a shattering family secret and explores how the power of movies help us see the truth about each other and ourselves. Loosely based on Steven Spielberg's own childhood. Stars Michelle Williams, Paul Dano, Seth Rogan, and Judd Hirsh. Nominated for seven Oscars, including Best Picture.



Monday, June 26th, 1:00-2:45pm *Our Souls at Night* (2017, TV-14) Two neighbors who have both lost their spouses embark on a relationship after years of little communication. Jane Fonda and Robert Redford co-star. Based on the novel by Ken Haruf.



Thursday, June 29th, 1:00-2:35pm *The Savior for Sale: Da Vinci's Lost Masterpiece?* (2021) Documentary tells the story behind the most expensive painting in the world—"Savior of the World" that is controversially attributed to Leonard Da Vinci—which sold at auction for \$450 million. The film also delves into secrets of the art world. *Showing of this film is in collaboration with the Acton Memorial Library.*



Monday, July 3rd, 1:00-2:50pm *On Golden Pond* (1981, PG) A cranky retired professor and his wife are enjoying a quiet summer at their summer college when their daughter shows up and asks them, whom she has a strained relationship with, to take care of her fiance's teenage son for a few weeks. Filmed at Squam Lake in New Hampshire. Best Picture nominee stars Katharine Hepburn and Henry Fonda, who both won Oscars for their performances, and Jane Fonda who received a nomination. *Showing of this film is in collaboration with the Acton Memorial Library.*

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Thank you to.... Paul Kusinitz for playing saxophone at some of our events
Katharine D, our enthusiastic ABRHS intern
Gary McGuire for his delicious meals – enjoy your summer off!
Acton Police Association for sponsoring breakfast in May

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.

Games

▢► Chess Lessons with Ken LeBow

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

Acton resident Ken Lebow is now teaching in-person chess classes! The class is best for people with some chess experience who know how the pieces move and the concepts of check and checkmate. You will play games and 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 and 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, and increase creativity. *Ken LeBow has been playing chess for over 50 years. He started a chess club and lessons for seniors in Pennsylvania and has been teaching and leading chess club in Acton, in person and virtually, since 2013.*

Open to out-of-town seniors/free

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 June 23rd and 19th

Drop-In Bridge

Wednesdays, 1:30-3:30pm

Open to out-of-town seniors/free

The group is for people with an intermediate to advanced skill level and knowledge of conventions, partnership play, and bidding levels.

Mah Jongg Time

Mondays, 1:00-4:00pm & Tuesday, June 20th for experienced players only

Open to out-of-town seniors/free

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

No Mah Jongg June 19th

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

Chess Club

Thursdays, 1:00-4:00pm

Open to out-of-town seniors/free

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



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!

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Groups

► Life Discussion Group

Thursdays, June 15th through July 20th, 11:00-12:00

Open to all/free



The topic of the first meeting will be relationships. The group will decide on topics for future meetings. Everyone is welcome! 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 Northeast Independent Living Program. Register with the Council on Aging.



► Words Galore via Zoom

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

Open to all seniors/free

Class concludes this month. If you'd like to join in for the final sessions, contact the COA at seniorcenter@actonma.gov for the Zoom link.

► 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 (In Person)

Open to out-of-town seniors/free

Tuesday June 13th, 10:00am

The discussion for this meeting will be around the book "The Thread Collectors" by Shaunna Edwards and Alyson Richman. There will be no Book Group Meeting in July and August 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 Kulick facilitates the gatherings.



Genealogy Group

Open to out-of-town seniors/free

Tuesday, June 13th, 1:00-2:30pm

Whether you are new to genealogy or have been researching for years, come discuss your research, seek advice, or simply share your passion for family history. This month's show-and-tell is CEMETERY/DEATH RECORDS. Bring a photo of a gravestone, an obit, etc. Or any questions about finding or using death records. (July: potpourri -- whatever you'd like to share.)

Computer Club

Open to out-of-town seniors/free

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

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



LitLovers Study Group: American Bestsellers

Open to all seniors/free

Tuesday, June 27th, 2:30-4:00pm

This month our group will view the 30-minute lecture from *The Great Courses DVD Bestsellers: The Books That Shaped America* on *The Adventures of Huckleberry Finn* by Mark Twain. 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.



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For Acton Nursing programs we will begin booking when the newsletter is posted to the Acton COA website, **Wednesday, May 31st. Call 978-929-6650 to register.**

► COVID-19 Booster Clinic

Wednesday June 7th, 10:30am-12:30pm

Acton Pharmacy and Acton Nursing Services will be hosting a COVID -19 Booster Clinic for all who are eligible for the most recent vaccine. Please visit the CDC website for eligibility based on your most recent vaccine. Both Moderna and Pfizer vaccines will be available. [Register online](#) If you need assistance signing up please call the Acton Nursing Services at 978-929-6650.

► Therapeutic Horticulture

Acton seniors only

Tuesday, June 20th, 6:00-7:00pm, Wednesdays, June 14th and 28th, 10:30-11:30am

Herb Pot: We will wrap a houseplant using Kokedama, the Japanese art of growing plants on a moss-covered ball of soil wrapped with string. It can then be grown hanging in a partly sunny window or upright in a clay saucer. All supplies are provided. 12 participants per class

► Meditation and Gentle Chair Yoga

All ages welcome

Tuesday, June 6th, 6:00-7:00pm

Meditation is about developing calmness, practicing awareness and decluttering the mind. Pam Saarinen, a Certified Yoga Instructor will lead this class. Together you will practice meditation, using mindful breathing & visualization techniques to release tension and create a sense of calm and balance. You will learn breathing techniques that can be practiced at home. Chair yoga will be a short, gentle and functional sequence, designed to strengthen and create flexibility in the body. Please wear comfortable clothing. Sponsored by the ANS.

► Podiatry Clinics

Acton seniors only

Appointments: Tuesday, June 6th, 3:00-7:00pm. Tuesday, June 20th, 2:00-7:00pm. Thursday, June 1st, and 22nd 12noon-4:00pm. Call 978-929-6650 to make an appointment.

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

► Maintenance Balance Training Sponsored by an Anonymous Donor

Acton seniors only

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

Wednesday, ongoing, 12:30pm Call 978-929-6650 to register

Join Karen Patterson PT as she provides maintenance balance classes as a continued follow-up to her 6-week Balance Matters! Each class is independent of the other but you MUST have attended the Balance Matters! 6 week sessions to join. **Please call to register as class size is limited!**

Wellness Clinics –1st and 3rd Wednesday of the month, June 7th and 21st, 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!

CALL NURSING ON 978 929 6650 FOR THE ABOVE PROGRAMS

Mind, Body and Spirit

Laugh For Your Health: Now In Person!



Thursdays, 11:00-12noon

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.*

Open to out-of-town seniors/free

Gym Hours & Monitoring

*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

- Looking ahead to summer:
 - Terri's Thursday 3:00pm Stretch and Flex class will not meet in July and August
 - Terri's Active Aging and Senior Fitness classes will not meet the week of July 3rd thru 7th
 - Patsy's Wellness Yoga will not meet in July through September
- 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
- To keep the floor safe for all, please 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

No class June 19th

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

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

This class focuses on functional fitness with exercises designed to help seniors maintain strength, balance and independence. It is designed for every fitness level and modifications and adaptations are demonstrated. Start with flexibility training in a warm-up to increase the range of motion of your joints, followed by balance exercises to improve your gait and confidence in your daily routines, proceed to resistance training to build lean muscle and increase bone density all to the beat of the music! There is a 5 minute stretch segment at the end. The last 15 minutes is an optional cardio training segment to maintain heart and lung function using low-impact dance movements. Entire class is done seated or standing. *Terri Zaborowski has been teaching fitness classes for the Council on Aging since 2000. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*

Tai Chi with Linda Sango

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

No class 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 on 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

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

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

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).*

► 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



Meals and Refreshments at the Senior Center

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

► Monthly Breakfast

Acton seniors only

Friday, June 23rd, 9:00am (NOT June 16th as advertised in the mailed copy)

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.

► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Open to all seniors

Tuesday, June 20th, 12noon

Join us for Fish and chips, with dessert for \$3.00. Sign up is required.

► Strawberry Shortcake

Open to all seniors

Tuesday, June 20th, 6:00pm

The Acton Woman's Club will be serving strawberry shortcake. There may even be some entertainment while you enjoy your dessert. Please sign up prior to the event. \$1 donation requested.

► Dinner from Fihlo's Sponsored by the Friends of the COA

Open to all seniors

Tuesday, June 27th, 5:00pm

Enjoy cheese lasagna, fresh bread and a mini cannoli from Filho's. \$5.00 is requested per meal as the Friends of the Acton COA will be subsidizing the remainder of the cost. Please sign up prior to June 20th.

Drop-in Continental Breakfast available Monday-Friday, 8:30-10:00am in the dining room for \$1.00.

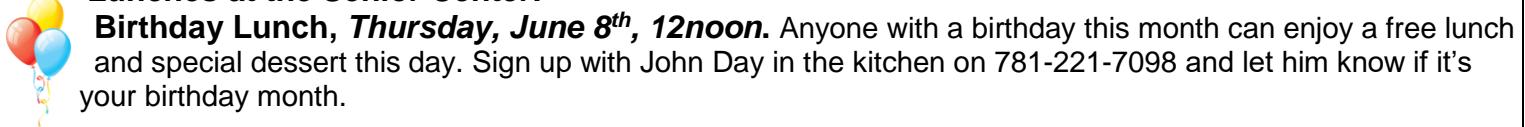
A variety of items will be available each day. No need to register ahead of time.

The COA has a [new Café style lunch program](#) on Wednesdays from 11:30-1:30pm! Stop in and see what's for lunch! We will 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.

Support and Services

Lunches at the Senior Center:



Birthday Lunch, Thursday, June 8th, 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. [Menu](#) [Cold Supper Menu](#)

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) or see our newsletter online.

Healthy Helpings -The COA in partnership with **Open Table**, funded by CHNA 15, is offering seniors Healthy Helpings Meal packages. Packages to be picked up at 2:00pm, 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. www.actonfoodpantry.org
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, www.opentable.org
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](#) for more information visit www.mtcalvaryacton.org/community-supper

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 24 hours 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 prescriptionadvantagema.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.namicentralmiddlesex.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. The lawyer is scheduled to be here in July – see the Summer newsletter 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, www.actonma.gov

Message Board...



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.

About Town... Events of interest from other agencies in and around Acton

The **Acton-Boxbrough Community Band** presents Dancin' The Night Away! The concert will consist of classics, oldies, and a new thing or two along with Sousa marches and traditional band music. The concert is **Thursday, June 8th at 7:00 pm** at the RJ Grey Junior High Auditorium, 16 Charter Road in Acton and admission is free.

The **ABRHS Class of 1973** is having a reunion! **Labor Day weekend, September 1st-3rd, 2023** at Devens, MA. Questions email info@abrhs1973.com or reserve online at www.abrhs1973.com

Sleepy Hollow Cemetery Tour

Join Bonnie Beaudet, a licensed tour guide, on a walk of this historic cemetery and learn about the many 19th century luminaries who are buried there. The tour is scheduled for **Monday, June 12th from 10:30am to 12:30pm** (rain date: June 13th). Cost: \$22 per person. Full details and links for online registration can be found on the A-B Community Ed. website (abce.abschools.org). Have questions or prefer to register by phone? Call Community Ed. at 978-266-2525.

Living & Moving with Osteoporosis Lecture Online from Emerson Health

June 14th, 10:00-11:00 am

For those with osteoporosis and osteopenia, it's crucial to learn the best ways to move to avoid fractures and injury. Through strength exercises, you increase muscle mass, making it easier to maintain good posture and balance and reduce the risk of falls. Includes bone-healthy nutrition tips.

Registration Link <https://tinyurl.com/2p86n48e>



If you are going to be away over the summer and have set up a Temporarily Away with the USPS please let us know to hold your newsletter. Your newsletters get returned at a cost to us of 87cents each - it soon adds up! Better still let us take you off the mailing list completely and subscribe to the online newsletter at www.actoncoa.com and never miss an issue. We will be happy to add you back onto the USPS mailed copy in the future.

You can make a real difference!

We are looking for Meals on Wheels Volunteer Drivers and Dining Site Assistants!

Are you free from 11am to 1pm on weekdays to help deliver meals to homebound seniors once a week (mileage can be submitted to Minuteman for reimbursement), or 11am -1:30pm to help setup, serve congregate luncheon and clean up after at the Senior Center? If you are interested or have questions, please contact our Volunteer Coordinator, Yuen at volunteer@minutemansenior.org or call 781-221-7093.



A Message from the Friends of Acton COA

With the arrival of summer, the Friends wish all of you the joy of visiting family and friends, the stimulation of travel, and the many forms of relaxation warm weather brings.

When we regather in the fall, why not consider joining the September FCOA meeting.

New members are welcome. Those who wish to contribute periodically might consider helping with the monthly dinners or Honor Excellence Fund events.

Seniors with an ability to help with media publicizing FCOA activities are sought.

The Friends of the Acton COA will next meet Monday, June 12th at 10:00am.

The Acton Council on Aging Board is interested in your good health.

The exercise classes support this goal and are very popular. Walking is another very easy way to help stay fit this summer, the Massachusetts Councils on Aging is again sponsoring a program to encourage seniors to walk. The program is called Walk Massachusetts Challenge. Information can be found at <https://walkmachallenge.com/>

Earn chances to win prizes for you and your Council on Aging.

Last year, the Acton COA earned a \$500 award and was used for senior programming.

The Walk Massachusetts Challenge runs from now until October 31, 2023.

We hope to earn another award this year. You can help, and feel good too!

Monday	Tuesday	Wednesday	Thursday	Friday
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 Café Program 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge 2:00 Opera Series <i>Tosca</i> NO YOGA	June 1 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 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
5 8:30 Active Aging 11:00 Tai Chi 11:00 Arthur Miller Plays 1:00 Movie 1:00 Mah Jongg	6 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 1:30 Kimball's Outing – see p.2 3:00 Caregivers Support Group via Zoom 6:00 Meditation & Chair Yoga - ANS	7 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 COVID Booster Clinic - ANS 10:30 Wellness Clinic – ANS 10:30 Hot Topics! 11:30 Balance Matters! - ANS 11:30 New Café Program 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge 2:00 Opera Series <i>Tosca</i>	8 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 MMSS Birthday Lunch 1:00 The Silk Roads Presentation 1:00 Chess Club 1:00 Chess Lessons 1:00 Mah Jongg 3:00 Stretch & Flex	9 Center closes at 12 8:30 Senior Fitness 10:00 NouVonne Fitness 10:00 Nara Walk (see p.2)
12 8:30 Active Aging 10:00 COA Friends Meeting* 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	13 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 10:00 Book Discussion Group 10:00 COA Board Mtg 10:00 Real Estate Seminar 11:00 Maintenance Balance – ANS 1:00 Genealogy Group 1:00 Spam Emails Discussion 3:00 Caregivers Support Group via Zoom 4:00 Movie "The Fabelmans"	14 8:30 Senior Fitness 9:30 Realtor Office Hours 10:00 Wellness Yoga 10:30 Hot Topics! 10:30 Therapeutic Horticulture - ANS 11:00 All Things Books 11:30 Balance Matters! – ANS 11:30 New Café Program 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Computer Club 1:30 Drop in Bridge 2:00 Opera Series <i>Tosca</i>	15 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Life Discussion Group 11:00 Laugh for your Health in person 1:00 Chess Club 1:00 Chess Lessons 1:00 Mah Jongg 3:00 Stretch & Flex	16 Center closes at 12 8:30 Senior Fitness 10:00 NouVonne Fitness 10:00 Nara Walk (see p.2)
19 Center is Closed	20 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 11:00 Grandparents Raising Grandchildren 12:00 Robbins Brook Lunch 1:00 Mah Jongg 1:00 Thrive at Home Presentation 3:00 Caregivers Support Group via Zoom 6:00 Therapeutic Horticulture – ANS 6:00 Strawberry Shortcake	21 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Beeyonder Tour UK 10:30 Hot Topics! 10:30 Wellness Clinic – ANS 11:30 New Café Program 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:00 Needle Felt Art Class 1:00 Shades of Ireland Travel Talk 1:30 Drop in Bridge	22 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health in person 11:00 Tai Chi Practice 11:00 Life Discussion Group 1:00 Roots of Gospel Music 1:00 Chess Club 1:00 Chess Lessons 1:00 Mah Jongg 3:00 Stretch & Flex	23 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 9:45 Java with John 10:00 NouVonne Fitness 10:00 Nara Walk (see p.2)

26 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	27 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 1:00 Elder Law Presentation 2:30 Litlovers Group 3:00 Caregivers Support Group via Zoom 5:00 Dinner from Fihlo's	28 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Hot Topics! 10:30 Therapeutic Horticulture - ANS 11:30 New Café Program 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Computer Club 1:30 Drop in Bridge 2:00 Red Cross Emergency Preparedness	29 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 Life Discussion Group 1:00 Chess Club 1:00 Chess Lessons 1:00 Mah Jongg 1:00 Movie 3:00 Stretch & Flex	30 Center closes at 12 8:30 Senior Fitness 10:00 NouVonne Fitness 10:00 Nara Walk (see p.2)
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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 5. 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, Gospel music presentation, class on Arthur Miller's plays, History of the Silk Roads, Recognizing Spam Emails, Stratford Upon Avon virtual tour, needle felting class, Words Galore, movies, and Tai Chi class.

June is Pride Month. The rainbow flag is commonly known for its use as the symbol of LGBTQIA+ pride.

Each color has its own meaning. Red represents life, orange represents healing, yellow is sunshine, green is nature, blue is serenity, and purple is spirit. The flag has experienced some changes/variations over the years. More recently it was altered to the "Progress" Pride Flag which includes support for Black Lives Matter which include black to represent diversity and brown to represent inclusivity. Brown and black also represent people living with Aids/HIV, those who have died from it, and the stigma around the virus. It also added in light blue, pink and white to represent the trans pride flag. Check out the display in the Lounge for more information.



ACTON COA STAFF	ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director	Ellen Feinsand, Chair	Ann Corcoran
Rosie Atherton, Office Manager	Lori Cooney, Secretary	Alma Sandman, Vice Chair
Chris Chirokas, Program Manager	Emi Azar	Chunsheng (Bill) Fu
Bev Hutchings, Senior Services Coordinator	Jeff Bergart	Michelle Holmberg
Rose Murphy, Human Services Customer Service & Communication Assistant	Michael Chautin	Niru Velankar
Bernice Nicoll, Activities Assistant	The Friends and the Board will next meet:	
Fiona Starr, COA Customer Service Coordinator	COA Board, Tuesday, June 13 th , 10:00am	
Terri Zaborowski, Exercise Instructor	COA Friends, Monday, June 12 th , 10:00am* NOTE TIME	

In May we welcomed a variety of presenters and programs:



Stroke Awareness was brought to us from Emerson Health. A very valuable learning experience with some eye-catching props!



Frances Perkins was a woman well ahead of her time. Being involved in high level politics during the wartime era – she was often the only woman in the room. We were grateful for the performance from XXXXX and the enlightening display brought to us by XXXXX



Dance Caliente brought their joie de vivre to a Tuesday afternoon performance following our Robbins Brook lunch.

Carfit is a great way to have yourself assessed regarding your comfort, safety and mobility whilst driving your vehicle. Suggestions were made regarding devices and alterations drivers could make to enhance their driving experience, such as over-the-shoulder reachers for the seatbelt. Check it out next time we host it!



We are very excited to open our new café – so far we are only open on a Wednesday 11:30-1:30pm, serving sandwiches and burgers. We will post the weekly menu in good time for you to make a decision to come visit.

**The Senior Center will be closed
Monday, June 19th**

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THE SENIOR CENTER, JUNE 2023
978-929-6652**

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