



Acton Council on Aging

At the Human Services Building & Senior Center

JULY/AUGUST 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 Tuesday July 4th
Opening Hours:
Monday: 8:00am-5:00pm
Tuesday: 8:00am-7:30pm
Wednesday & Thursday: 8:00am-5:00pm
Friday: 8:00am-12noon

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PLEASE NOTE THAT THIS COVERS JULY & AUGUST – CHECK THE WEBSITE FOR UPDATES

Author Talk on the Revolutionary War Book *April's Breeze*

Thursday, July 6th, 1:00-2:00pm

Open to all/free

Gary Entwistle, author and a re-enactor with the Acton Minutemen, will speak about his book *April's Breeze*, a work of historical fiction focused on the local people and events that spurred on the American Revolution. He will also discuss the signing of the Declaration of Independence. Gary Entwistle has had a lifelong interest in history with a particular passion for studying the War of Independence. This is his first published book, the culmination of a 20-year labor of love.



Dead Presidents: Crisis, Conspiracy, and Constitutional Succession with Paolo Di Gregorio

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

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



Of the 46 men that have been President of the United States, eight have died in office. Though the Constitution lays out a presidential succession, oftentimes the unexpected death of a president is surrounded by shock and uncertainty. This illustrated talk will look at what really happens when a president dies. 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.

Quotable Politicians with Rich Rubino

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

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

Politicians have an interesting relationship with the English language! Rich Rubino will provide some fascinating and often humorous comments made by American politicians, as well as providing the context of the quotes. Rich Rubino has appeared as a guest on national TV, is a frequent guest on radio stations throughout the country, and the author of five political books. He holds a Bachelor's degree in Political Science and Communication, and a Master's degree in Broadcast Journalism. The amount of political facts he has in his head is truly remarkable!



Director's Corner We have so many wonderful programs and classes available to Acton older adults, the majority of which are free of charge. There truly is something for everyone; lifelong learning, art, music, exercise, a pool table, genealogy, chess, Mah Jong and a fitness gym to name a few. Feel free to just stop in to look around and enjoy the air conditioning.

I encourage people to check on our website and Facebook page for updates throughout the summer as this is a combined July and August newsletter: www.facebook.com/actoncoa See you soon, Sharon

Happy to chat – Is a program designating areas for people to sit if they are looking for someone to talk to. Look for signs popping up at the Senior Center. For more information, <https://tinyurl.com/yrbjb8uw>

COA Events requiring registration

- ☐ ▶ Ask the Lawyer, 7/18
- ☐ ▶ Beeyonder Tours, 7/18, 8/22
- ☐ ▶ Caregivers Group, not in July
- ☐ ▶ Card Making, 7/26
- ☐ ▶ Chess Lessons, Thursdays
- ☐ ▶ File of Life/Health App
- ☐ ▶ Hot Topics, Wednesdays
- ☐ ▶ Ice Cream! 8/7
- ☐ ▶ Life Discussion Grp, Thursdays
- ☐ ▶ Line Dancing, Wednesdays
- ☐ ▶ Lunch & Learn, 7/11
- ☐ ▶ Memory Lane Café, 7/25, 8/29
- ☐ ▶ Navigate Life, 8/15
- ☐ ▶ Needle Felting, 7/19, 8/16
- ☐ ▶ Reiki Talk, 7/25
- ☐ ▶ Singing Group with Naomi
- ☐ ▶ Tech Support
- ☐ ▶ Words Galore, Thursdays

Meals

- ☐ ▶ Fire Dept Cookout, 7/11
- ☐ ▶ Robbins Brook Lunch, 7/18, 8/15
- ☐ ▶ Dinner, 8/8, 8/29
- ☐ ▶ Café Lunch, Wednesdays

Call Acton Nursing Services,
978 929 6650 for programs on p.9

☐► Lunch & Learn: Right-Sizing Your Life!

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

Acton seniors only

Join staff from Chinatti Realty for a lunch & learn on right-sizing your life! The Chinatti team, along with other local experts, will discuss how to navigate the complex housing market and enhance your knowledge to assist in making informed decisions. There will be an open dialogue to empower attendees, providing them with the tools needed to achieve future dreams. Registration with the COA is required as lunch will be provided.

Classical Music Piano Concert with Naomi Yamaguchi

Tuesday, July 11th, 4:00-4:30pm

Open to all/free

Pianist Naomi Yamaguchi will perform a selection of pieces by Chopin, Bach, and Schumann. Naomi has performed at the Senior Center before and is incredibly talented! She is a student at Columbia University who is spending her summer interning for the Council on Aging. Naomi is the winner of numerous international competitions and has performed in Italy, Switzerland, Japan, Poland, and at Carnegie Hall in New York City. Make sure to sign up for the BBQ dinner after the concert!



This is a Robbery: The World's Greatest Art Heist Documentary Series

Tuesday Evenings, July 11th, 18th, 25th and August 1st, 6:00-7:00pm

Open to out-of-town seniors/free

Thirty-three years after the theft of thirteen works of art from the Isabella Stewart Gardner Museum, the case is still unsolved and remains an enthralling mystery. The four-part series explores the various theories about who is behind the theft and includes interviews with journalists, museum employees, law enforcement, and suspects. Steve Kirkjian, retired *Boston Globe* journalist who presented at the Senior Center about his book *Master Thieves*, is featured. Each episode is about one hour in length.

All Things Books with Acton Memorial Library at the Senior Center

Wednesdays, July 12th and August 16th, 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 can also renew or sign you up for a library card. 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 and they will bring it to the meeting for you.

☐► Singing Group with Naomi

Wednesdays, July 12th, 26th, August 2nd and 16th, 11:30-12noon

Open to all seniors/free

Join Naomi for this singing group to create a unique opportunity for social interaction while enjoying the therapeutic value of music. Don't worry about your level of singing; this class is truly open to anyone interested in singing music from a diverse range of genres! Artists will include (but are not limited to) Carol King, Frank Sinatra, and the Beatles. Lyrics and live piano accompaniment will be given. Please bring your song requests or let Naomi know at the front desk. *Naomi is currently a college student, is interning with the Council on Aging for the summer, and has visited the Senior Center in the past to perform classical piano concerts.*



☐► File of Life and Health App Appointments

Thursdays July 13th & 20th and August 3rd & 10th 9:00-12noon

Open to all seniors/free

Emergencies happen; and when they do it is useful for those treating you to have information as quickly as possible. Richard, one of our volunteers will sit with you and assist you in filling out the File of Life or if you have an iPhone he can help you set up that information on the Health App on your phone. File of Life made available by the Friends of the Acton COA.

☐► Ask the Lawyer Appointments

Tuesday, July 18th, 9:00-11:00am

Acton seniors only

Elder Law Attorney Margaret Hoag offers free 20-minute private legal consultations. Call the COA on 978-929-6652 to book an appointment.



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

☐► Beeyonder Virtual Tour of Cascais, Portugal via Zoom from Home or Senior Center

Tuesday, July 18th, 2:30-3:30pm

Open to all seniors/free



Join guide Ines for a tour of this beautiful coastal town that has been home to fishermen and kings. You will see the palace of Condes Castro Guimarães dating back to 1900 when Cascais was a favorite summer destination of royalty. You will see the main road, featuring the House of Santa Maria, the lighthouse, and a 17th century fortress. Enjoy the view of the bay and learn about the importance of its geographical location and connection to the nearby capital. You will see beautiful houses along the narrow streets as well as the main square with its dazzling traditional Portuguese decorated sidewalks. 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. *Ines of Lisbon & Me is a licensed guide who specializes in offering tours of Lisbon and the surrounding area.*

Chat with the COA staff

Tuesday, August 1st, 10:30am

Open to all seniors

Come meet and talk to all of the COA staff members. It's a great time to ask questions and give us your feedback and suggestions. Coffee and pastries will be served.

☐► Ice Cream! at the Senior Center

Open to all seniors

Monday, August 7th, 2:30pm

Enjoy ice cream and a variety of toppings served by the Library staff. Please sign up prior to the event. \$1 per serving requested.



Introducing the James Webb Space Telescope with Kelly Beatty

Tuesday, August 8th, 1:00-2:00pm

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



After 25 years and \$10 billion in development, the James Webb Space Telescope rocketed into space in late 2021 and now occupies a "halo orbit" nearly a million miles beyond Earth. This presentation will explore how astronomers are using JWST's enormous optical system and state-of-the-art instruments to detect faint infrared (heat-emitting) sources from both the very near and very distant universe. Early goals include identifying the earliest stars and galaxies to form after the Big Bang and to explore the planetary systems of other stars. *Kelly Beatty has been explaining the science and wonder of astronomy to the public since 1974. An award-winning writer and communicator, he specializes in planetary science and space exploration as Senior Contributing Editor for Sky & Telescope magazine, and you'll occasionally hear him on The Weather Channel and National Public Radio. During the 1980s he was among the first Western journalists to gain firsthand access to the Soviet space program. He holds a Bachelor's degree from the California Institute of Technology and a Master's degree in science journalism from Boston University.*

Veteran and Surviving Spouse Benefits Discussion

Tuesday, August 8th, 6:00pm

Open to all

Veterans' Service Officer (VSO), James MacRae, will lead a discussion on various Veteran benefits. Learn about an array of federal, state, and local benefits to which you may be entitled.



Great Songs From Great Movies Performance

Thursday, August 10th, 1:00-2:00pm

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



Join David Polansky as he performs, on keyboard and trumpet, Great Songs from Great Movies, everything from Singing in the Rain to Star Wars. We are happy to have David back at the Senior Center—his performances are always uplifting, educational, and fun! *David Polansky has taught, lectured and performed throughout the country. He is the consummate entertainer whether his audience consists of preschoolers, seniors or those in between. He has worked with such legends as Arthur Fiedler, Ray Bolger, Sandler and Young, Phyllis Diller, and The Platters. He has composed and arranged music for musical theater, symphony orchestras, small ensembles, and has multiple CDs featuring his music.*

Real Estate Seminar: Preparing Your House for the Market and Title 5

Tuesday, August 15th, 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, offers seminars to help those considering a move. If you are considering selling your home that has a septic system, it's important to familiarize yourself with what Title 5 is and how it can affect the sale of property. Heather will also discuss suggested home improvement projects during the summer and fall to boost your home's value and be ready for the spring 2024 market.

❑► **Creative Ways to Navigate Life Transitions via Zoom from Home or Senior Center**
Tuesday, August 15th, 1:00-2:00pm **Open to out-of-town seniors/free**



Life is full of changes and transitions. How can we best understand and deal with shifts and upheavals, from those we choose to the completely unexpected? Join Dr. Miriam Diamond to gain insights and tools to ride and manage the currents that may come your way. You may participate via Zoom from home or watch on a large screen TV at the Senior Center; please indicate your preference when you register. *Dr. Miriam Rosalyn Diamond is an educator, program developer, and inclusion specialist. She teaches adult education and college classes on lifespan development, friendship, and ethical awareness. She is also a published playwright and has a weekly radio segment about world music.*

❑► **Beeyonder Virtual Tour of Cannes, France via Zoom from Home or Senior Center**
Tuesday, August 22nd, 1:00-2:00pm **Open to all seniors/free**

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! Guide Eniko will lead us on a tour of Cannes, one of the most iconic destinations on the French Riviera! The tour starts at the top of a hill, where you can see the breathtaking panoramic view of Cannes and hear about its history, how it started as a small fishermen's village, and how it gradually grew into the city of glamour that we know today. We'll then make our way down through the old town of Cannes with its charming architecture, quaint boutiques, and local cuisine. Our next stop is the famous Croisette, a palm-lined waterfront boulevard. We'll walk along the promenade and make our way to the Festival Palace, the home of the Cannes Film Festival, where we'll try to see the iconic red carpet where the world's biggest movie stars have walked. You'll also learn about the festival's history and how it has helped to put Cannes on the map as one of the most glamorous cities in the world. *Eniko is a tourism professional with international experience as a teacher, translator, and tour developer.*



Starry Skies, Healthy Garden Video Lecture

Thursday, August 24th, 1:00-2:05pm

In this recorded lecture, Tim Brothers of the MIT Wallace Astrophysical Observatory in Westford discusses the latest science on light pollution, and ways to mitigate its negative impact on our gardens, our environment, and our health. One threat is the current trend of up-lighting trees, illuminating landscape with lights, and adding bright lights for security. He also discusses legislation currently under consideration in Massachusetts and what his municipality did to decrease brightness of its street lights which actually saved money and increased visibility. It's an eye-opening lecture!

Open to all/free



Art & Crafts

❑► **Birthday Card Craft Workshop with Nancy Dodge**

Wednesday, July 26th, 11:00am-12:30pm

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

In this workshop suitable for all skill levels, you will make one to two fabulous greeting cards. You can choose from several versatile card designs based on your experience level and make your creation unique by selecting embellishments and a sentiment. All supplies provided by instructor. Registration required. *Nancy Dodge is an avid crafter and a Stampin' Up distributor.*

❑► **Wool Needle Felting Art Classes**

Acton seniors only

Wednesday, July 19th, 1:00-3:00pm and Wednesday, August 16th, 1:00-3:00pm

Under the guidance of artist Magda Stilmant, everyone will create a framed wool felting piece to take home. In July the subject will be a sunset and the August subject is to be determined. 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 for each class 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 has had pieces accepted into juried art shows and has had multiple exhibits including the Senior Center and Acton Memorial Library. An image of each project will be available in the Senior Center closer to the class dates. **Registration begins for both classes by phone on Wednesday, July 5th, at 1:00 pm: 978-929-6652. Register for each class separately. If you need to cancel, make sure to let us know.**

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

Watercolor class is not meeting this summer but will return in September.

Drop-in Art

Tuesdays, 9:00-11:00am

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

Open to out-of-town seniors/free

Needle Arts Group

Wednesdays, 12:30-2:30pm

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

Open to out-of-town seniors/free



Photography Exhibit

Through the months of July and August, we are delighted to welcome the photography of Alan Mertz to the Senior Center.

Alan enjoys photographing nature, including flora and fauna, with an emphasis on macro photography both in the wild and in-studio. He creates abstract photos where the origin is difficult to discern and uses creative lighting in a studio setting with some interesting results.

Support Groups

☐► Caregiver Support Group via Zoom

Tuesdays, August 1st, 8th, 15th, 22nd, 29th, 3:00-4:30pm

No meetings in July

Open to all caregivers of older adults/free

Join Julie Norstrand for this Caregiver Support Group that meets via Zoom. New participants always welcome! Being a caregiver can be very challenging—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 provide tremendous practical and emotional support to 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, July 18th, 11:00-12noon

Open to all/free

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

Grandchildren at 978-760-0360.

☐► Memory Lane Café at the Acton Senior Center

Tuesday, July 25th and August 29th, 12:00-1:30pm

Open to all/free

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



Thank you to....

Sid for helping solve your IT problems
Sarah for volunteering so much of her time

The Acton Police Dept. for sponsoring breakfast
Bridges for supporting our 90s Celebration

All those who have donated candy and coffee pods.

☐► Tech Support

We have wonderful student volunteers this summer that will sit and work with you 1:1 to provide tech support. Please let us know if you are interested and we will schedule a time when we know their availability.

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

Movie Matinees

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

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 fiancé'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 received Oscars for their performances, and Jane Fonda who received a nomination. *Showing of this film is in collaboration with the Acton Memorial Library.*



Monday, July 10th, 1:00-2:30pm *Call Me Kate* (2023) Documentary captures Katharine

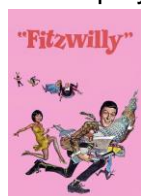


Hepburn's spirit and determination, exploring her story using her own words, through a combination of hours of previously hidden audio tapes, video and photographic archive.

Monday, July 17th, 1:00-2:40pm *Living* (2022, PG-13) In 1950s London, a humorless bureaucrat decides to take time off to experience life after receiving a grim diagnosis. Bill Nighy stars in an Oscar nominated role. Kazuo Ishiguro received an Oscar nomination for the beautifully written screenplay that is an adaptation of the film *Ikiru*. This is a bit of a tear-jerker!



Monday, July 24th, 1:00-2:40pm *Fitzwilly* (1967) A butler becomes a thief in order to keep the truth from his beloved employer—that she's actually broke. Comedy starring Dick Van Dyke, Barbara Feldon, Edith Evans, and John McGiver. *Showing of this film is in collaboration with the Acton Memorial Library.*



Monday, July 31st, 1:00-3:10pm *The Highwaymen* (2019, R for violence and bloody images) The true story of the legendary detectives who brought down Bonnie and Clyde. Kevin Costner and Woody Harrelson co-star.



Monday, August 7th, 1:00-2:30pm *Rescued by Ruby* (2022, G) Chasing his dream to join an elite K-9 unit, a Rhode Island state trooper partners with a fellow underdog—a clever but naughty shelter pup named Ruby. Grant Gustin and Scott Wolf star in this drama based on a true story.



Monday, August 14th, 1:00-2:40pm *80 for Brady* (2022, PG-13) A group of best friends take a life-changing trip to the Super Bowl to see their hero Tom Brady play. Comedy stars Lily



Tomlin, Rita Moreno, Jane Fonda, and Sally Field. This movie is not going to win any awards but fun for Patriots/Brady fans to watch.

Tuesday, August 15th, 5:00-6:45pm *Ticket to Paradise* (2022, PG-13) A divorced couple travel to Bali to stop their daughter from marrying a man she just met on vacation. Romantic comedy starring Julia Roberts and George Clooney.



Monday, August 21st, 1:00-2:50pm *The Dig* (2021, PG-13) In 1938 an archaeologist embarks on a historically important excavation of mysterious formations in Sutton Hoo, England. Drama based on real events; stars Carey Mulligan and Ralph Fiennes.

Monday, August 28th, 1:00-2:35pm *Penguin Bloom* (2020, TV-14) A struggling Australian family takes in an injured bird that makes a profound difference in their lives. Naomi Watts stars in this drama, based on true story.



We are delighted to have Naomi Yamaguchi interning with us this summer. You may know Naomi from her previous piano performances here. She is performing for us again on July 11th, and you could join her singing group! Be sure to say "hello" when you see her around the building.

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

Games

❑► Chess Lessons with Ken LeBow

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

Open to out-of-town seniors/free

No lessons Thursday July 27th and August 3rd

This 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.*

Morning Open Activity Time

Weekday mornings, 9:00-11:30am

Open to all seniors/free

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



Drop-In Bridge

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 for experienced players only

Open to out-of-town seniors/free

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.

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.



Groups

Computer Club

Open to out-of-town seniors/free

Wednesdays, July 12th and 26th, August 9th and 23rd, 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.

❑► **Words Galore via Zoom**

Open to all seniors/free

Fridays, July 21st through August 25th, 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. Contact us at seniorcenter@actonma.gov to register and receive the link.

Book Discussion Group (In Person)

Open to out-of-town seniors/free

No July & August meeting

The Book Group will resume in September. Suggested readings for the summer are *Matrix* by Laura Groff, *Song of Achilles* by Madeline Miller, and *Pachinko* by Min Jin Lee.

☐► Life Discussion Group

Thursdays through July 20th, 11:00-12noon

Open to all/free



The group started with the topic of relationships and then meetings will reflect member interests. 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

☐► Hot Topics Discussion Group

Wednesdays, 10:30-11:30am

Open to all seniors/free

This group meets weekly to discuss current event topics and issues of interest to members. Group is facilitated by Sal Lopes, but each participant will be encouraged to select an article from *The Week* magazine and lead the discussion for that meeting. The group will meet in the Senior Center dining room where coffee is available. If you are new to the group, please sign up with the COA to indicate your interest.

Genealogy Group

Open to out-of-town seniors/free

Tuesdays, July 11th and August 8th, 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. July's show-and-tell is POTPOURRI -- whatever you'd like to share! Bring your questions, documents, stories.

August's show-and-tell is WHY? -- tell us why you became interested in your family history and we'll discuss why it is such a popular hobby (September: Land Records).



LitLovers Study Group: American Bestsellers

Tuesdays, July 25th and August 22nd, 2:30-4:00pm

Open to all seniors/free

Each month our group views a 30-minute lecture from *The Great Courses* DVD Bestsellers: *The Books That Shaped America*, followed by a discussion on the lecture, the featured novel, & the author. We are reading /discussing *The Virginian* by Owen Wister in July and Edith Wharton's *The House of Mirth* in August. Books are typically on reserve at the Acton Memorial Library. This group is facilitated by Program Manager Chris Chirokas.

Meals and Refreshments at the Senior Center



Sign up for these meals/refreshments at 978-929-6652. All meals served at the Senior Center.

☐► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, July 18th, 12noon

Open to out-of-town seniors

Join us for Chicken Pasta Salad, a roll, and dessert for \$3. Sign up is required.

☐► Fire Department Cook-Out

Acton seniors only

Tuesday, July 11th, 5:00pm at the Senior Center

The Fire Dept. will be barbequing burgers on the grill with summer sides and an ice cream treat. Cost is \$3.00. Please sign up prior to the event. See page 2 for information on a concert preceding dinner.

☐► Dinner by Doug

Tuesday, August 8th, 5:00pm

Open to all seniors

Doug and his crew, who have been running our new Wednesday lunch program, will be here to cook dinner. Enjoy chicken kabobs, seasoned rice, vegetables and dessert. Sign up prior to event. Cost \$5.00.

☐► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, August 15th, 12noon

Open to out-of-town seniors

Join us for BBQ chicken, corn, garden salad, with dessert for \$3. Sign up required.

☐► Dinner is Served

Tuesday, August 29th, 5:00pm

Acton seniors only

Enjoy baked Ziti, Scali bread, salad and dessert. Cost is \$3.00. Please sign up prior to the event.

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.

Special Wednesday lunch continues 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. Cash only, \$6.00/item. **Open to all**



Acton Nursing Services

☐► Therapeutic Horticulture

Acton Seniors only

Tuesday, July 18th, 6:00-7:00pm, Wednesdays July *12th and 26th, 10:30-11:30am

Embrace the heat and design a tropical rainforest vignette in a mesa planter. All supplies are provided. 12 participants per class. (*Not Wednesday July 19th as advertised in the mailed newsletter.)

Tuesday, August 22nd, 6:00-7:00pm, Wednesdays, August 16th and 23rd, 10:30-11:30am

Create a hand tied bouquet featuring a hydrangea and finished with ribbon. All supplies are provided. 12 participants per class.

☐► Podiatry Clinics

Acton Seniors only

Appointments: Thursdays July 13th*, 10:00-2:00pm, 20th and 27th, 12:00-5:00pm.

Friday, July 7th, 9:00-12noon Thursdays, August 3rd, 17th, 31st, 12noon-4:00pm call 978-929-6650 to make an appointment. (*Please note different day to published in mailed newsletter)

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

No class July 4th

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

No class July 5th

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 *Tuesday* of the month (note new day)

Tuesdays, July 18th, August 1st & 15th, 10:30am -12:00pm

No Clinic July 4th

The Acton Nursing Services 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 FROM JUNE 28th

Mind, Body and Spirit

☐► Line Dancing with Paul ****New!****

Wednesdays, July 12th through August 23rd, 3:30-4:30pm **Open to out-of-town seniors for \$20**

Dance for fun, exercise, balance, coordination, and to learn a new skill. You'll have great fun line dancing, while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated, and then danced to contemporary music that you will enjoy! Dance to some of the old favorites, and also add some of the newest line dances. No need to have a partner; this is something for everyone, and no experience is necessary! This class is funded by a grant from the Massachusetts Executive Office of Elder Affairs—a \$1 donation per class for Acton seniors is suggested. *Paul Hughes is a line and ballroom dance instructor and teaches at various senior, recreation, and community centers throughout MetroWest Boston. His mission, purpose, and passion in life is to offer something of value and meaning to others that will enhance and transform people's lives for the better through sharing the many positive physical, mental, and social benefits of dancing.*

☐► Reiki Talk and Demonstration

Open to all/free

Tuesday, July 25th, 2:00-3:00pm

Ever wondered what Reiki is? Join Reiki Master Practitioner Denise Gilbert to learn about this ancient Eastern practice, a complimentary health approach. Denise will discuss the many healthful benefits of the safe, gentle practice of Reiki, including the origin of Reiki, where it is practiced, and most importantly how it can be helpful to you. There will be a Reiki demonstration and time devoted to your questions.

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.". 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

No session on August 10th



Gym Hours & Monitoring

*Hours are: Monday, 9:00-1:00pm Tuesday, Wednesday, Thursday 9:00am-12:00pm, and Friday 10:00am-11:30am. 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.

Open to Acton seniors only



Exercise Classes

- Summer schedule:
 - Terri's Thursday 3:00 Stretch and Flex class will not meet in July and August
 - Terri's Active Aging and Senior Fitness classes will not meet July 3rd through 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, July 10th through August 28th, 8:30-9:30am

Tuesdays, July 11th through August 29th, 9:45-10:45am

Thursdays, July 13th through August 31st, 9:45-10:45am

No class on July 3rd

No class on July 4th

No class on July 6th

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, July 10th through August 28th, 11:00-12noon

No class July 3rd

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 July 11th through August 29th, 8:30-9:30am

Wednesdays, July 12th through August 30th, 8:30-9:30am

Thursdays, July 13th through August 31st, 8:30-9:30am

Fridays, July 14th through September 1st, 8:30-9:30am

No class July 4th

No class July 5th

No class July 6th

No class July 7th

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.



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.

NouVonne Fitness with Yvonne Benelli

Fridays, July 7th through September 1st, 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).*

Support and Services



Birthday Lunch, Thursdays, July 13th & August 10th, 12noon. Anyone with a birthday those months 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) [Lunch Menu](#) [Cold Supper](#)

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. See [menu](#) in the dining room or 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)

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.namcentralmiddlesex.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 page 2 for appointment schedule.



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. See p.3 for details of an information evening that James is hosting. 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

The **DPW** would like to remind folks on a number of issues. These include: remember to pick up after your dog and dispose of it in the trash – not into a storm drain or waterway; be aware that the trees you choose to plant need to avoid the power lines when they've grown. For more details on these and other issues see our online newsletter or visit www.actonma.gov



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.

If you would rather have your paper copy earlier than the mailed copy arrives you can opt to go "pick up". That would certainly help us with the mailing costs but you do have to let us know. Thank you!

Monday	Tuesday	Wednesday	Thursday	Friday
JULY 3 1:00 Movie 1:00 Mah Jongg	4 Center is Closed	5 10:30 Hot Topics 11:30 – 1:30 Café 12:30 Needle Arts Group 1:30 Drop-in Bridge	6 11:00 Life Discussion Group 11:00 Laugh for your Health 11:00 Tai Chi Practice 1:00 Revolutionary War Book Talk 1:00 Chess Lessons 1:00 Chess Club 1:00 Mah Jongg	7 Center closes at 12 10:00 Nouvonne Fitness
10 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	11 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance - ANS 1:00 Downsizing Lunch & Learn 1:00 Genealogy Group 4:00 Piano Concert 5:00 Fire Dept Cookout 6:00 Gardner Museum Heist Series	12 8:30 Senior Fitness 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:00 All Things Books 11:30-1:30 Café 11:30 Singing Group with Naomi 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 1:30 Computer Club 3:30 Line Dancing	13 8:30 Senior Fitness 9:00 File of Life/ Health App Assistance Appts 9:45 Active Aging 11:00 Life Discussion Group 11:00 Laugh for your Health 11:00 Tai Chi Practice 12:00 MMSS Birthday Lunch 1:00 Presidents Talk 1:00 Chess Lessons 1:00 Chess Club 1:00 Mah Jongg	14 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness
17 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	18 8:30 Senior Fitness 9:00 Drop-in Art 9:00 Ask the Lawyer Appointments 9:45 Active Aging 10:30 Wellness Clinic - ANS 11:00 Grandparents Raising Grandchildren 11:00 Maintenance Balance – ANS 12:00 Robbins Brook Lunch 2:30 Beeyonder Tour Portugal 6:00 Therapeutic Horticulture – ANS 6:00 Gardner Museum Heist Series	19 8:30 Senior Fitness 10:30 Hot Topics 11:30-1:30 Café 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Needle Felting Art Class 1:30 Drop-in Bridge 3:30 Line Dancing	20 8:30 Senior Fitness 9:00 File of Life/ Health App Assistance Appts 9:45 Active Aging 11:00 Life Discussion Group 11:00 Laugh for your Health 11:00 Tai Chi Practice 1:00 Chess Lessons 1:00 Chess Club 1:00 Mah Jongg	21 Center closes at 12 8:30 Senior Fitness 9:00 Words Galore via Zoom 10:00 Nouvonne Fitness
24 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	25 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane café 2:00 Reiki Talk & Demonstration 2:30 LitLovers Group 6:00 Gardner Museum Heist Series	26 8:30 Senior Fitness 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:00 Card Craft Workshop 11:30-1:30 Café 11:30 Singing Group with Naomi 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 1:30 Computer Club 3:30 Line Dancing	27 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 1:00 Quotable Politicians 1:00 Chess Club 1:00 Mah Jongg NO CHESS LESSONS	28 Center closes at 12 8:30 Senior Fitness 9:00 Words Galore via Zoom 10:00 Nouvonne Fitness

31 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	AUGUST 1 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 10:30 Chat with COA Staff 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance - ANS 3:00 Caregivers Group via Zoom 6:00 Gardner Museum Heist Series	2 8:30 Senior Fitness 10:30 Hot Topics 11:30-1:30 Café 11:30 Singing Group with Naomi 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 3:30 Line Dancing	3 8:30 Senior Fitness 9:00 File of Life/Health App Assistance Apts 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg NO CHESS LESSONS	4 Center closes at 12 8:30 Senior Fitness 9:00 Words Galore via Zoom 10:00 Nouvonne Fitness
7 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg 2:30 Ice Cream!	8 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance - ANS 1:00 Genealogy Group 1:00 James Webb Telescope Talk 3:00 Caregivers Group via Zoom 5:00 Dinner by Doug 6:00 Veterans & Surviving Spouses Benefits Talk	9 8:30 Senior Fitness 10:30 Hot Topics 11:30-1:30 Café 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 1:30 Computer Club 3:30 Line Dancing	10 8:30 Senior Fitness 9:00 File of Life/Health App Assistance Apts 9:45 Active Aging 11:00 Tai Chi Practice 12:00 MMSS Birthday Lunch 1:00 Great Movie Songs 1:00 Chess Lessons 1:00 Chess Club 1:00 Mah Jongg	11 Center closes at 12 8:30 Senior Fitness 9:00 Words Galore via Zoom 10:00 Nouvonne Fitness
14 8:30 Active Aging 10:00 Friends of COA Mtg 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	15 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 10:00 Real Estate Seminar 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 12:00 Robbins Brook Lunch 1:00 Creative Ways to Navigate Life 3:00 Caregivers Group via Zoom 5:00 Movie	16 8:30 Senior Fitness 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:00 All Things Books 11:30-1:30 Café 11:30 Singing Group with Naomi 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Needle Felting Art Class 1:30 Drop-in Bridge 3:30 Line Dancing	17 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 1:00 Chess Lessons 1:00 Chess Club 1:00 Mah Jongg	18 Center closes at 12 8:30 Senior Fitness 9:00 Words Galore via Zoom 10:00 Nouvonne Fitness
21 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	22 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance - ANS 1:00 Beeyond Tour Cannes 2:30 LitLovers Group 3:00 Caregivers Group via Zoom 6:00 Therapeutic Horticulture - ANS	23 8:30 Senior Fitness 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:30-1:30 Café 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 1:30 Computer Club 3:30 Line Dancing	24 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 1:00 Chess Lessons 1:00 Chess Club 1:00 Mah Jongg 1:00 Starry Skies Lecture	25 Center closes at 12 8:30 Senior Fitness 9:00 Words Galore via Zoom 10:00 Nouvonne Fitness

28 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	29 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 3:00 Caregivers Group via Zoom 5:00 Dinner	30 8:30 Senior Fitness 10:30 Hot Topics 11:30-1:30 Café 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS	31 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 1:00 Mah Jongg	September 1 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne 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, or see the website www.actoncoa.com. 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 9 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 11 for details. Access to the Pool table is available every day. Gym is open every day. Check page 10 for times.



This summer the following activities are supported by the Friends of the Acton COA: navigating life transitions, Great Songs from Great Movies performance, Quotable Politicians, Beeyond virtual tours, Webb Telescope, needle felting classes, card workshop, Reiki program, Dead Presidents lecture, Words Galore, movies, and Tai Chi class.



The **Council on Aging Board** hopes you're enjoying the summer in good health.

We want to update you on the Seniors Read pilot program that the COA Board worked on with the Acton-Boxborough Regional School District. Several seniors from the Acton and Boxborough Councils on Aging Boards read to elementary school children in Kindergarten, first and second grades in the Conant and Blanchard schools during May. This pilot program was successful for both the seniors and the children. We will be working with the ABRSD leadership to expand the Seniors Read program in the fall. We will be keeping you informed & hope to launch the program with more seniors.

Enjoy the summer with as many outdoor activities as you can. There are lots of health benefits to walking, gardening and enjoying the outdoors. We wish you continued good health.

*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*



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 will next meet in September	
Terri Zaborowski, Exercise Instructor		COA Friends, Monday, August 14 th , 10am	

A Message from the Friends of Acton COA

The FCOA wishes everyone a summer of full of fun activities.

SAVE THE DATE September 26th for the next **Honoring Excellence** evening with Ted Reinstein discussing **Before Brooklyn**, the unsung heroes who battled the color barrier in baseball decades before Jackie Robinson.

Your reactions to the FCOA monthly sponsored dinners would be welcomed at friendsofactoncoa@gmail.com

The Friends of the Acton COA will next meet Monday, August 14th, 10:00 am at the Senior Center.

Guests Welcome.

We never stop learning at the Senior Center.



In June we had a talk from John Clarke on the Roots of Gospel Music. John introduces us to all different genres of music and their fascinating history

We enjoyed a well-attended talk from the ever popular Paolo Di Gregorio on the history of the Silk Road trade routes



Make a calendar note of our next programs and talks on history, music and politics.
Never stop being curious!

The Senior Center will be closed Tuesday, July 4th

Here comes Summer! This is a double month issue. Sign up for programs now and mark your calendars. You can check the website for updates

If you need somewhere cool to relax we are open Monday 8-5pm, Tuesday 8-7:30pm, Wednesday & Thursday 8-5pm and Friday 8-12noon. Read the paper, borrow a library book, add a piece to the on-going jigsaw!

If you still receive the newsletter through the mail and are out of town for an extended period please let us know to put a hold on your newsletter. Better still let us know you subscribe online and come off the USPS mailing list altogether. We will be using a new mailing list in September. If you did not add your name to the census by May 2023 your USPS delivery may cease.

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