



Acton Council on Aging

At the Human Services Building & Senior Center

SEPTEMBER 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 Sept. 4th & Friday Sept. 8th

Opening Hours:

Monday: 8:00am-5:00pm

Tuesday: 8:00am-7:30pm

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

Friday: 8:00am-12noon



Visit Bodacious the Therapy Dog **New!**

Wednesdays, starting September 6th, 10:00-12noon

Open to all seniors/free

Visit with Bodacious, a handsome golden-doodle, and his handler Dick weekly at the Senior Center. Bodacious and Dick are members of Therapy Dogs International, a non-profit volunteer group whose tagline is "Paws Awhile for Love." Bodacious is gentle, affectionate, and hypo-allergenic. Visiting with a therapy dog is known to increase emotional well-being...and it's free!

► An Exciting Afternoon of Magic with Illusionist Lyn Dillies

Monday, September 18th, 1:00-2:00pm

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



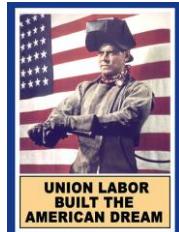
From the grand stages of New York's Lincoln Center to the glitter of Hollywood's Magic Castle, Lyn Dillies wows her audiences with her powers of prestidigitation. She is the highest awarded female illusionist in the country! She has made numerous television appearances and has shared the stage with such notable entertainers as Marvin Hamlisch, Jeff Dunham and Mikhail Baryshnikov. Lyn's show is filled with eye-defying illusions, audience participation, and most magical of all, her enchanting personality. Space is limited, so please reserve a seat in advance with the COA.

Legal Presentation: What if I Never Made Plans for a Nursing Home?

Wednesday, September 27th, 2:00-3:00pm

Open to all/free

Often times someone or their loved one finds they need to move to a nursing home, but have no idea how to pay for it. Attorney Philip Arcidiacono will discuss your options—with or without MassHealth funding—when you did not plan in advance. *Philip Arcidiacono is an attorney who specializes in Elder Law. He is principal of Archdeacon Law Associates with offices in Concord and Lunenburg, MA Massachusetts.*



The Last Noble Protest: The American Labor Movement in the Industrial Age with Paolo Di Gregorio

Tuesday, September 5th, 1:00-2:00pm

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

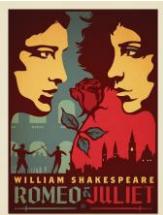
By the late 19th century, corporations and industrial interests dominated many aspects of American life, while the workers, men, women, and children who labored in the mills and mines, were largely powerless. Yet despite corporate might, many laborers began to unite to fight for better pay and working conditions and helped lay the foundations for modern American society. Learn more about this important part in American history in this illustrated lecture. *Paolo Di Gregorio is a historian, archaeologist and educator. He has a passion for telling stories of our past, which is much appreciated by Acton seniors. He is a Visiting Lecturer in the History Department at Bridgewater State University & an instructor in the Anthropology Department at Wheaton College.*

Director's Corner If you are receiving our newsletter for the first time, welcome! Each September we add residents who completed the Town's census and will be turning 60 this year to our mailing list. If you are new to our mailing list and would like to continue to receive this newsletter by mail please contact our office. Our newsletter and up to date information is available online at actoncoa.com

The Senior Center provides opportunities for recreation, socialization and education free of charge to Acton residents. We also provide social services, information and referrals. If you have not had the opportunity to visit the facility, please do so. **We look forward to seeing you, Sharon**

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

Subscribe
[HERE](#)
to get the
newsletter
direct



□► Creative Exploration of Romeo & Juliet with Poornima Kirby

Tuesdays, September 19th through October 17th, 1:00-2:15pm

\$20 fee to out-of-town seniors who can register beginning September 13th

Do you believe in love at first sight? Would you let your child marry someone from "the other side of the tracks?" Can love break the cycle of rage? This creative class will be a chance to explore these timeless questions through engaging with Shakespeare's play, *Romeo and Juliet*. We'll learn about

the historical origins of this story, the different theatre & film productions of the play throughout history, & how Shakespeare's original actors approached the text. Students will get the chance to read out scenes from the play & also to write their own scenes and stories, based on themes of love, conflict, fate, & freedom. A mixture of history, creative writing, & theater, this class will engage your mind, refresh your heart, & spark your creativity! (If you've never acted or are shy on stage, don't worry! This class will be tailored to the preferences of each student—you'll get to choose whether you want to act, write, discuss, or simply listen.) *Poornima Kirby is an experienced Shakespearean actress, with numerous credits in film and theatre. She has performed with Shakespeare & Co., Actors Shakespeare Project, the A.R.T., Wellfleet Harbor Actors Theatre, & Bay Colony Shakespeare Co. She has also performed at the Senior Center with Stephen Collins in their compilation of Shakespeare scenes & their adaptation of A Christmas Carol. She has also taught public speaking, poetry, & theatre to students of all ages. She holds a Master's degree in Arts Admin. from B.U., & a B.A. in Drama from Vassar College, & has trained at Shakespeare & Co., and the London Academy of Music and Dramatic Arts.*

MBTA CharlieCard Event

Tuesday, September 19th, 6:00-7:00pm



Open to out-of-town seniors/free

MBTA CharlieCards are for seniors 65 or older. Bring a photo ID with you, fill out a short form and let us take a photo of you. The MBTA will send your card to your home within six weeks. If you need to renew an expired CharlieCard, call the MBTA CharlieCard Store at 617-222-3200 to request a new card. New card holders can also apply [online](#).

Real Estate Seminar: Home Improvement Projects That Pay Off

Wednesday, September 20th, 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. The real estate market is constantly evolving. Let's explore the latest trends and how to avoid costly and time-consuming projects that are unnecessary. Familiarize yourself with the current state of the real estate market and the trends that are emerging.

□► Free Ice Cream Outing at Kimball Farm in Westford

Wednesday, September 20th 2:30pm

For Acton, Littleton, Boxboro seniors age 60+

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 September 13th, 2023 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.](#)

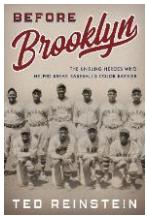
Songwriters of the Brill Building Presentation

Thursday, September 21st, 1:00-2:00pm

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

John Clark's multimedia presentation this month is on the Songwriters of the Brill Building, a group of young Jewish couples & partners writing songs for Don Kirshner's Aldon Publishing in New York. Their creative collaborations influenced American teen-oriented music in the latter half of the 1950s into the early 1960s. The six talented teams were Jerry Leiber & Mike Stoller, Carole King & Gerry Goffin, Doc Pomus & Mort Schuman, Neil Sedaka & Howie Greenfield, Barry Mann & Cynthia Weil, and Jeff Barry & Ellie Greenwich. Together they churned out dozens of the landmark hit singles that moved this energetic Rock & Roll/R&B music into the mainstream—*Hound Dog*, *Breaking Up is Hard to Do*, *Save the Last Dance for Me*, and *A Natural Woman*. John will share the stories of their careers & the songs they wrote for Elvis Presley, Connie Francis, the Coasters, & many more. This is fresh content from John's Brill Building presentation earlier this year. *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.*





Ted Reinstein *Before Brooklyn* book talk

Tuesday, September 26th, 6:00pm

Open to all

Author and WCVB Chronicle reporter Ted Reinstein talks about his latest book Beyond Brooklyn: The Unsung Heroes Who Helped Break Baseball's Color Barrier.

When Jack Roosevelt Robinson took the field for the Brooklyn Dodgers on April 15, 1947, he made history by breaking Major League Baseball's longtime ban on black players. The book is available to purchase. See dinner page 7.

□► AARP Smart Driver Course

Wednesday, September 27th, 10:00am to 3:00pm Open to out-of-town seniors beginning September 18th

Cars have changed. So have traffic rules, driving conditions, and the roads you travel on every day. Although older Americans live a healthier lifestyle than the generations before them, they are still more likely than younger drivers to experience vision, hearing, or other impairments that could create risks on the road. The AARP Smart Driver course is designed specifically for drivers aged 50 and over to help them continue to drive longer and safer. It is designed to help:

- Learn research-based strategies that can reduce the likelihood of having a crash.
- Understand the links between the driver, vehicle, and road environment and how this awareness encourages safer behavior.
- Learn how aging, medications, alcohol, and other health-related issues affect driving ability, and ways to adjust to allow for these changes.
- Increase confidence.
- Know how to drive safely when sharing the road with others.
- Learn the newest safety and advanced features in vehicles.
- Learn when driving may no longer be safe.
- Explore other ways to travel.



The cost is \$20 for AARP members and \$25 for non-members by cash or check payable to AARP; please drop off payment at the Senior Center reception desk or mail it to us before September 27th. Participants will receive a certificate at the end of class, which may result in an insurance discount, depending on insurance provider. There will be a break for lunch; bring your own or you may purchase lunch at the Senior Center café (cost is \$6).

Classical Favorites and Hidden Gems with Sivan Etedgee

Thursdays, September 28th, October 26th, November 30th, 12:30-1:30pm

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



With his signature mix of concert and commentary, pianist Sivan Etedgee will present an entertaining selection of classical music at the piano. *Sivan Etedgee appears frequently as a recitalist, chamber musician, and lecturer, giving many performances and presentations each year. He is a faculty member at the Newton Music Academy and president of the New England Piano Teachers' Association. His programs at the Senior Center are always enthusiastically received!*

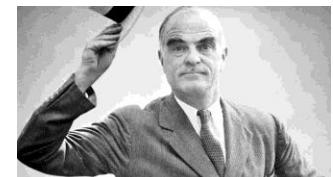
□► The Works of Thornton Wilder Seminar with Stephen Collins

Wednesdays, October 4th through November 8th, 11:00am-12:15pm

Registration is required as space is limited.

Out-of-town seniors (\$20 fee) can register beginning September 20th

Stephen Collins is teaching a six-part series on the works of Thornton Wilder: the plays *Our Town* and *The Skin of Our Teeth* and the novel *The Bridge of San Luis Rey*.



Remarkably, each of these works won the Pulitzer Prize. At each meeting, Stephen will read excerpts from and discuss the work; attendee participation is encouraged. The first class will include an introduction to Wilder. October 4th and 11th: *Our Town* ; October 18th and 25th: *The Skin of Our Teeth* ; November 1st and 8th: *The Bridge of San Luis Rey*

Attendees should read *Our Town* before the first class. Participants are responsible for obtaining the books being read. Harper publishes a book that contains both plays. *After a long sales career, Stephen Collins is doing what he truly loves—performing as literary luminaries and teaching literature classes. His classes have been called a blend of teaching and performance and are always well-received at the Senior Center.*

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

□► Words Galore via Zoom

Thursdays, September 21st through October 26th, 9:00-10:00am

Open to all seniors/free

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

Art & Crafts

□► Greeting Card Craft Workshop with Nancy Dodge

Wednesday, September 13th, 11:00-12:30pm

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



In this workshop suitable for all skill levels, you will make one to two fabulous all occasion 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, such as Happy Birthday. All supplies provided by instructor. Registration required. *Nancy Dodge is an avid crafter and a Stampin' Up distributor.*

□► Drawing and Watercolor Painting Class with Fran Hewitt

Tuesdays, September 26th through November 28th, 9:30-11:30am

Acton seniors only

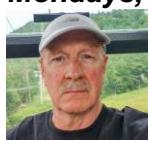
Participants in this class will learn how to use basic drawing skills and watercolor techniques to create pictures. We will explore line, color, shape, form, and texture as we draw and paint. Subjects for our work will include photographs of still-life objects, landscapes, animals, portraits, and flowers. No prior art experience is required to participate. If you have drawing and/or watercolor painting experience, you will use your knowledge to improve your skills. The supply list for this class is available at the COA reception desk and can be emailed upon request.

Registration for the Fall session begins by telephone on Wednesday, September 6th at 1:00pm; call 978-929-6652. *Fran is a veteran art teacher who taught drawing, painting, ceramics, sculpture, weaving, and collage to K thru 12th grade in the NH Public School for 30 years. She developed and taught adult art education classes as part of a continuing education program. After retiring 11 years ago, she moved to Acton and has enjoyed learning about the area, continuing to create art work, and reading the latest novel.*

□► Digital Photography Class with Neal Rantoul

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

Mondays, October 16th through November 20th, 10:00am-12noon

 This new class will deal with all things in digital photography, from getting your pictures off your camera and into Adobe Lightroom software to taking better pictures on your next trip, from learning how to make your own prints to figuring out what camera to buy. We will deal with all your questions to help you become a better photographer. Want to understand how it all works? And how to get the pictures you want? Sign up with the COA as space is limited! Supply list: a digital camera for the class (we will not be using pictures from your phone); camera batteries; memory cards for your camera to store your pictures; portable hard drive or thumb drives; a computer with Adobe Lightroom installed; a card reader. Optional but a good idea: sturdy tripod; wide-angle and telephoto lens; a camera case for your gear. Don't know what all this is? Come to the first class and Neal will go over everything, including camera recommendations. *This fun and unintimidating class will be taught by Neal Rantoul, former head of the Photography Program at Northeastern University. Neal had a show of his photographs last January at the Senior Center.*

Watercolor Exhibit



In September and through to the end of October we welcome the paintings by students who have participated in Fran Hewitt's Watercolor Classes during the past academic year. With a wide variety of skill levels, the purpose of this exhibit is to not only share the students' work but also show "what we do".

All are welcome to attend the Reception on **Tuesday, September 12th, 4:00-6:00pm**.

Drop-in Art

Tuesdays, 9:00-11:00am

Open to out-of-town seniors/free

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

Needle Arts Group

Wednesdays, 12:30-2:30pm

Open to out-of-town seniors/free

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



Thank you Naomi Yamaguchi our summer intern
Sarah Willard and Richard Wang student volunteers
Boston Events for the free soft serve ice cream
The Acton Library for serving ice cream
Bob Johnson, Marshall Horowitz, Karen Ahern, Angela D'Andrea, Alan Hart, Grace Mouille, Kathy Kristoff and Seoung Lee Wilson for your donations of candy, coffee and other goods.



Support Groups

□► Caregiver Support Group via Zoom

Tuesdays, September 12th and 26th, 3:00-4:30pm

Open to all caregivers of older adults/free

Join Julie Norstrand for the Caregiver Support Group which now meets the second and fourth Tuesday of each month 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, which can leave you feeling physically exhausted, isolated and alone. Julie has found caregiving groups provide tremendous practical and emotional support to the members. She ensures safe, non-judgmental settings where members can share and learn from one another and witnesses the strong bonds that develop as members gain each other's trust and friendship. The goal is to ensure that people feel heard and supported. If you are new to the group, please sign up with the Council on Aging at seniorcenter@actonma.gov or call 978-929-6652. Julie Norstrand, PhD, MSW, and MSc, is an adjunct Professor at Regis College. She is the founder of Help My Aging Parents and serves on the Newton COA Board.



Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, September 19th, 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, September 26th, 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.



The Council on Aging Board hopes you had a healthy, happy summer!

The Council on Aging Board is working with the Acton Boxborough Regional School District to launch the **Seniors Read Program**. The program will have seniors read to children in grades Kindergarten through Third Grade in the six elementary schools in the District. If you are interested in learning more about the Seniors Read program, please sign up at the Senior Center Reception Desk. When the details are finalized, you will hear from us with full information about the program. The launch is planned for the fall. We look forward to seeing you in the fall around town and at the COA.

A Message from the Friends of Acton COA

The FCOA welcomes all new Acton seniors who have recently received a letter from the FCOA describing its functions and the many offerings at the Senior Center. Time to register for the next **Honoring Excellence** evening **September 26th** with Ted Reinstein discussing **Before Brooklyn**, the unsung heroes who battled the color barrier in baseball decades before Jackie Robinson.

The Friends of the Acton COA will next meet Monday, September 11th at 10:00am at the Senior Center. It is our annual meeting, open to all.

Jewelry Sale! Wednesday, October 18th, 9:00am – 2:00pm. Mark your calendar. The Friends of the COA have been collecting vintage costume jewelry all summer long. Donations will be accepted of any unwanted (not damaged/broken/missing pieces) until October 10th. Your opportunity to purchase some gifts, a fashion accessory or special occasion memento at remarkable prices. Don't miss it.

Meals at the Senior Center



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

Pizza Lunch

Thursday, September 7th, 12noon

Open to all seniors

Greystar Prescott at Concord will be here to provide and serve pizza, salad and dessert. Please sign up now for this event. Cost is \$3.00.

First Responder Appreciation Luncheon

Tuesday, September 12th, 12:00noon

Acton seniors only

We will be hosting a lunch to honor Acton's First Responders. Gary McGuire will be preparing chili, garden salad, and chocolate chip cookies. Acton seniors are welcome to attend to show their appreciation to those who are there when we need them. Please sign up at the COA. Cost is \$3.00.

Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, September 19th, 12noon

Open to all seniors

Join us for meatloaf, green beans, salad and dessert for \$3.00. Sign up is required.

Dinner with Doug from Boston Events

Tuesday, September 19th, 5:00pm

Open to all seniors

Enjoy Thanksgiving in September! Turkey and all the fixings, plus dessert for \$5.00. Sign up prior to the event.

Monthly Breakfast

Friday, September 15th, 9:00am

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

Dinner by Life Care Center

Tuesday, September 26th, 5:00pm

Open to all seniors

Enjoy Chicken Broccoli Alfredo, Garlic Bread, and Apple Turnover. Cost is \$5.00. Sign up required.

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

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

Open to all seniors

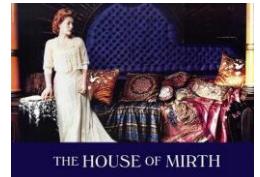
Wednesday lunch @ the COA Café, 11:30-1:30pm. Stop in and see what's for lunch! The menu will be posted at the Senior Center and on our website, www.actoncoa.com when it is available, \$6.00/item, cash, Venmo or credit cards accepted. **Open to all**

Movie Matinees

No movie on September 4th and 18th

Open to out-of-town seniors/free

Shown with closed captioning, when available After being shown, Labor Day DVD will be available to borrow from the resource shelf in the Senior Center lounge



Thursday, September 7th, 1:00-3:15 The House of Mirth (2000, PG) Tragic love story

set against the backdrop of wealth and strident social rules in New York City's Gilded Age.

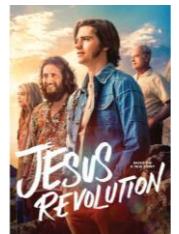
Based on Edith Wharton's best-selling novel. Gillian Anderson stars as protagonist Lily Bart.



Monday, September 11th, 1:00-2:50 Labor Day (2013, PG-13) It's the 10-year anniversary of the release of this movie that was filmed in Acton, including a scene at our previous Senior Center building that alas did not survive the editing process! The film stars Kate Winslet as a struggling single mom who unknowingly assists an escape convict (Josh Brolin), but his story is complicated and soon romantic sparks fly. Based on the novel by Joyce Maynard. See the special exhibit

the staff has put together from the filming in Acton with our film star seniors.

Monday, September 25th, 1:00-3:00 The Jesus Revolution (2023, PG-13) The true story of a national spiritual awakening in the early 1970s and its origins within a community of young hippies in Southern California. Kelsey Grammer, Joel Courtney, Jonathan Roumie co-star.



Monday, October 2nd, 1:00-3:05 Enola Holmes (2020, PG-13) When Enola Holmes, teenage sister of Sherlock, discovers her mother is missing she sets out to find her, discovering her own sleuthing skills. Mystery stars Millie Bobby Brown, Henry Cavill, and Helena Bonham Carter.

Games

Morning Open Activity Time

Weekday mornings, 9:00-11:30am

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

Open to all seniors/free

No activity time September 4th, 8th, 15th



► Chess Lessons with Ken LeBow

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

Open to out-of-town seniors/free



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 & has been teaching and leading chess club in Acton, in person and virtually, since 2013.*

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, September 5th for experienced players only

No Mah Jongg September 4th

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.

Come and play pool! Table available during regular opening times. We have cues and chalk or bring your own.

September at Acton Memorial Library

Check our website for the [latest news](#).

Check our [calendar](#) for more information, & to register for programs.

Sign up for the AML [newsletter](#).

[Questions?](#) Email Acton Memorial Library's Information Services Department.

Yarn & Needle Club Tuesdays, September 12th & 26th, 3-4 pm. Work on your current fiber project and socialize.

Going to Extremes with Peter Mandel Thursday, September 14th, 6:30-7:30 pm.

Travel journalist shares his adventures.

Author Talk: Jeff Fuhrer and The Myth That Made Us Wednesday, September 20th, 7-8:45pm.

Former Federal Reserve Bank Senior Policy Advisor.

Sailing Toward My Father with Stephen Collins Thursday, September 21st, 7-8 pm.

One-man play about Herman Melville.

Breathe for Change Friday, September 22nd, 10-11 a.m. Guided meditation practice.

Picnic on the Library Lawn Saturday, September 23rd, 12-2 pm.

Bring a blanket and your lunch. Lawn games and snacks provided.

At the Sports Stadium with NBC Sports Boston/NBC 10's Sports Journalist, Trenni Casey

Thursday, September 28th, 10-11 a.m. Virtual event via Zoom.

I Hiked Acton's Trails Book Club Friday, September 29th, 1-3 pm. Book: *Rooted: Life at the Crossroads of Science, Nature, and Spirit* by Lyanda Lynn Haupt. Trail: Robbins Mill main loop.



Groups

Life Discussion Group

Thursdays, September 7th through October 26th, 1:00-2:00pm

Open to all/free

This group started over the summer, talking about building friendships. Future topics 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.

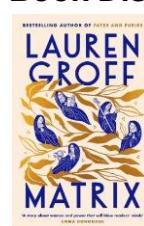
Computer Club

Wednesday, September 13th and 27th, 1:30-3:00pm

Open to out-of-town seniors/free

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.

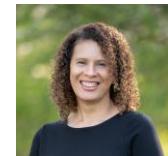
Book Discussion Group (In Person)



Tuesday, September 12th, 10:00am

Open to out-of-town seniors/free

This month's meeting will have a special guest, Maria Palacio, Director of the Acton libraries! Please bring your ideas for the book group moving forward and ways for the library to be involved. The discussion for this meeting will be around the book *Matrix* by Laura Groff. Copies of the book are on hold for the group at Acton Memorial Library. You may also check availability at Citizen's Library (978-929-6654). Ann Kulsick facilitates the gatherings. The Book Discussion Group is in person.



□► 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

Tuesdays, September 12th, 1:00-2:30pm

Open to out-of-town seniors/free

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 LAND RECORDS. Bring a deed or similar document or any questions or comments you may have about them. (October: *DNA Testing and analysis*.)



LitLovers Study Group: American Bestsellers

Tuesday, September 26th, 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, and the author. We are reading/discussing *The Jungle* by Upton Sinclair. Books are typically on reserve at the Acton Memorial Library. This group is facilitated by Program Manager Chris Chirokas.

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.



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](#).

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

Acton Nursing Services

Call 978-929-6650, Acton Nursing, for these programs from Wednesday August 30th



Let's Talk about Medication Safety!

Tuesday, September 19th, 11:00am-12noon

Open to all

Please join one of Dinno Health's pharmacists, Dr. Danny Dinno, on Tuesday, September 19th at 11:00am to learn about basics of medication safety. Who better to learn from than "medication experts" - the pharmacist. Topics will include over-the-counter medication safety, importance of reviewing and being informed about your prescription medications, medication storage, proper drug disposal, who to reach out to in case of emergency, and more. Please bring any questions you may have. Looking forward to seeing you there!

□► Therapeutic Horticulture

Acton Seniors only

Tuesday, September 12th, 6:00-7:00pm, Wednesdays September 13th & 20th, 10:30-11:30am

Miniature Reflective Design. Tuck in this miniature glass arrangement anywhere! Using a diminutive glass slipper, we'll add just enough flowers and foliage to make it sparkle. All supplies are provided. 12 participants per class.

□► Podiatry Clinics

Acton seniors only

Appointments: Tuesday Sept 12th, 2:00-7:00pm. Thursday Sept 14th & 28th, 12noon-5:00pm.

Call 978-929-6650 to make an appointment. Sarah Kinghorn BSN RN CFCN is a certified Footcare nurse and is the owner of Footcare Focus. Sarah provides assessment, toenail clipping and filing, non-surgical callus/corn reduction, gentle foot massage and education to keep your feet healthy and happy! Appointments are 30 minutes for \$45. Please be advised that there is a \$45 cancellation fee if appointment is not cancelled at least 24 hours ahead of time. Payment is cash or check; please make checks payable to Footcare Focus LLC. Acton Nursing Services is happy to provide space for the Podiatry Clinics for the benefit of our residents.

□► Meditation and Gentle Chair Yoga

Tuesday, September 19th, 6:00-7:00pm

All ages welcome

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.

□► Balance Screening Appointments

Acton seniors only

Tuesday, September 12th, 10am – 2pm and Wednesday, September 13th 9am-12:30pm

Call 978-929-6650 for an appointment. Offered by the Acton Nursing Services- Karen Patterson PT, Board certified Clinical Specialist in Geriatric Physical Therapy is holding individualized balance assessments by appointment in the Acton Nursing Services office for the upcoming Balance Matters! Program.

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

Acton seniors only

Wednesdays, September 20th – October 25th, 11:30am-12:30pm

Call 978-929-6650 for an appointment. Join Karen Patterson PT as she provides a 6 week series of classes on increasing strength, balance, flexibility and your confidence in performing activities of daily living.

□► Maintenance Balance Training Sponsored by an Anonymous Donor

Acton seniors only

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

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

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

Wellness Clinics, 1st and 3rd *Tuesday* of the month (note new day)

Tuesdays, Sept 5th and 19th, 10:30am -12:00pm

The Acton Nursing Services' Nurse, Elizabeth McNamara can check blood pressure, weight and answer any medication, nutrition and health related questions you may have. No appointment required.

Durable Medical Equipment for Loan – Acton Nursing Service has a variety of items to loan, or if you have items to donate, call Denise at 978-929-6650. We can only accept DME equipment, we are **UNABLE** to accept any adult diapers or depends, walking boots, c-pap machines and equipment. If you have questions regarding donations please call and speak with one of our staff. Thank you for your generosity!

Mind, Body and Spirit

□► Neck Pain Presentation with Dr. Josh Kaplan

Thursday, October 5th, 1:00-2:00pm



Join Josh Kaplan, Doctor of Physical Therapy and founder of EnPhysion Health, for a presentation on neck pain. He will provide a brief overview of pain as a mechanism in our body and brain, an anatomy lesson on the neck, a review of common diagnoses associated with the neck, and demonstrate movements that may lessen your pain. There is also an opportunity to share your own experience with neck pain. *Josh is a passionate about getting to know his clients and help them feel better physically, supported emotionally, and empowered psychologically. Josh has experience working with older adults and was recommended by an Acton senior who was very impressed by his presentations.*

Open to all seniors/free

□► Line Dancing with Paul

Wednesdays, September 27th through November 15th, 3:30-4:30pm



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 residents 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.*

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

Laugh for Your Health

Thursdays, 11:00-12noon



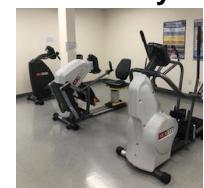
Laughter can really be one of the best medicines! In this interactive program, you will learn how to generate your own hearty laughter without the need for jokes. We use seated and standing laughter exercises, combined with deep, relaxing belly, or "yoga breaths." This practice is called Laughter Yoga, 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

Acton seniors only

*Hours are: Monday, 9:00-1:00pm Tuesday, Wednesday, Thursday 9:00am-12:00pm, and Friday 10:00am-11:00am. Gym users are expected to sign up to monitor the gym. You will be required to be on our sub list if you have no assigned monitor hour. Everyone using the gym needs to be trained to use the equipment and learn how to monitor the gym. Please call if you are interested and we can sign you up for training. *Hours are subject to change. You can call us at 978-929-6652 to confirm the current schedule.



Exercise Classes

- Terri's classes (Senior Fitness, Active Aging, Stretch & Flex) are not meeting the weeks of September 18 and 25; video recordings of Terri teaching will be shown during select classes—see page 12.
- Patsy's Wellness Yoga will resume on Wednesday, October 4th at 10:00am
- 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

Recorded Video Schedule for Weeks of September 18th and 25th:

When Terri is on vacation, you can try other classes, work out in the gym (introductory training required), or participate in recordings of Terri's classes at the Senior Center on the follow days: marked with ** on calendar)

- Senior Fitness, 8:30am on: Tues. Sept. 19th & 26th; Wed. Sept. 20th & 27th; Thurs., Sept. 21st & 28th
- Active Aging, 9:45am on: Tues. Sept. 19th & 26th; Thurs. Sept. 21st & 28th

You can also [view recordings](#) of Terri's classes from your device or smart TV at home: Scroll down to "Acton Senior Center at Home."

Active Aging with Terri Zaborowski

Mondays, September 11th through December 18th, 8:30-9:30am

No class Sept. 4th, 18th, 25th, Oct. 9th, Dec. 25th

Tuesdays, September 5th through December 19th, 9:45-10:45am

No class Sept. 19th, 26th, Dec. 26th

Thursdays, September 7th through December 21st, 9:45-10:45am

No class Sept. 21st, 28th, Nov. 23rd, Dec. 28th



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. Note that the Tuesday and Thursday 9:45 classes sometimes go over the maximum participants so people are turned away; please consider trying another class or sign up for training to use the gym if you haven't done so already.

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, September 11th through December 18th, 11:00-12noon

No class Sept. 4th, Oct. 9th, Dec. 25th



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, September 5th through December 19th, 8:30-9:30am

No class Sept. 19th, 26th, Dec. 26th

Wednesdays, September 6th through December 20th, 8:30-9:30am

No class Sept. 20th, 27th, Dec. 27th

Thursdays, September 7th through December 21st, 8:30-9:30am

No class Sept. 21st, 28th, Nov. 23rd, Dec. 28th

Fridays, September 15th through December 22nd, 8:30-9:30am

No class Sept. 8th, 22nd, 29th, Nov. 10th, 24th, Dec. 29th



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
No practice Nov. 23rd**

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, September 7th through December 21st, 3:00-4:00pm

No class Sept. 21st, 28th, Nov. 23rd, Dec. 28th

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, September 15th through December 22nd, 10:00-11:00am

No class on Sept. 1st & 8th, Nov. 10th & 24th, Dec. 29th

This class is an enjoyable total workout designed for seniors by Yvonne Benelli to be suitable for all fitness levels and includes balance, stability, core strengthening, posture, muscular strength, some cardio/dance, stretching, and relaxation. Done standing and sitting, you may 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, Thursday, September 14th, 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 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 supper menu](#)

Healthy Helpings -The COA in partnership with **Open Table**, funded by CHNA 15, is offering seniors Healthy Helpings Meal packages. Packages to be picked up at 2:00pm, 2nd & 4th Thursday of each month. This program follows the American Heart Association's recommended eating plan. If you are interested in signing up or have questions, call Beverly or Sharon at 978-929-6652.

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

West Acton Baptist Church, 592 Massachusetts Ave., Acton has a Mini Food Pantry just off the parking lot to serve the Acton community

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

If you are 60 years of age or older call Beverly Hutchings, Senior Services Coordinator at 978-929-6652 or email bhutchings@actonma.gov to enquire of available services, such as:

SHINE Serving Health Insurance Needs of Everyone Program (MassOptions: 1-800-243-4636)

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

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.

Assistance available for safety clean outs - [see flyer](#)

Minuteman Senior Services, our State Home Care, provides a variety of services including:

Care Management - In home assessment and support activities of daily living and Meals on Wheels. Call (781)-272-7177, toll free (888) 222-6171 or visit [www.minutemansenior.org](#)



Help Line Numbers

Social Security 1-800-772-1213, TTY 1-800-325-0778

Medicare 1-800-633-4227, TTY 1-877-486-2048

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

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

Natl. Alliance on Mental Illness (NAMI) 781-982-3318.

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

Mental Health Resources from Mass.gov **Substance Abuse & Mental Health Services Administration**

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 September – see page 2 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.

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/Customer Service Assistant	<i>The Friends and the Board will next meet:</i>	
Fiona Starr, COA Customer Service Coordinator	COA Board, Tuesday, September 12 th , 10am	
Terri Zaborowski, Exercise Instructor	COA Friends, Monday, September 11 th , 10am	

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. Recordings of Terri's classes while she is on vacation indicated by **, see p. 12.



This month the following activities are supported by the Friends of the Acton COA: Songwriters of the Brill Building, drawing & watercolor class, creative exploration of Romeo and Juliet, card making class, Lyn Dillies Illusionist Show, The Last Noble Protest, Thornton Wilder's plays, Favorites and Hidden Gems classical music series, photography class, Words Galore, movies, Ted Reinstein's *Before Brooklyn* talk, and Tai Chi class.

Monday	Tuesday	Wednesday	Thursday	Friday
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 1:30 Drop-in Bridge	31 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 1:00 Chess Lessons/Club 1:00 Mah Jongg	September 1 Center closes at 12 8:30 Senior Fitness NO NOUVONNE FITNESS
4 CENTER CLOSED	5 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance - ANS 1:00 Mah Jongg 1:00 The Last Noble Protest	6 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 11:30-1:30 Café 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge	7 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 12:00 Pizza Lunch 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 Movie 1:00 Life Discussion 3:00 Stretch & Flex	8 CENTER CLOSED Minuteman Grab & Go lunch will still be available
11 8:30 Active Aging 10:00 COA Friends Meeting 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	12 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 10:00 Book Group 10:00 COA Board Mtg 10:00 Balance Screening - ANS 11:00 Maintenance Balance – ANS 12:00 First Responders Lunch 1:00 Genealogy Group 2:00 Waste Collection Discussion 3:00 Caregivers Group via Zoom 4:00 Art Reception 6:00 Therapeutic Horticulture - ANS	13 8:30 Senior Fitness 9:00 Balance Screening - ANS 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:00 Greeting Card Craft Workshop 11:30-1:30 Café 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 1:30 Computer Club	14 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:00 Smart Shopping Tips 12:00 MMSS Birthday Lunch 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 Life Discussion 2:00 Storytelling Workshop 3:00 Stretch & Flex	15 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 9:45 Java with John 10:00 Nouvonne Fitness
18 11:00 Tai Chi 1:00 Afternoon of Magic 1:00 Mah Jongg	19 8:30 Senior Fitness** 9:00 Drop-in Art 9:45 Active Aging** 11:00 Grandparents Raising Grandchildren 11:00 Medication Safety - ANS 11:00 Maintenance Balance – ANS 12:00 Robbins Brook Lunch 1:00 Ask the Lawyer Appts 1:00 "Shades of Ireland" Tour Talk 1:00 Romeo & Juliet Creative Class 5:00 Dinner 6:00 MBTA Charlie Card Event 6:00 Meditation/Yoga - ANS	20 8:30 Senior Fitness** 10:00-12:00 Therapy Dog Visit 10:00 Real Estate Seminar 10:30 Hot Topics 10:30 Therapeutic Horticulture – ANS 11:30 Balance Matters! - ANS 11:30-1:30 Café 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 2:30 Klmballs Ice Cream see p.3	21 8:30 Senior Fitness** 9:00 Words Galore via Zoom 9:45 Active Aging** 11:00 Laugh for your Health 11:00 Tai Chi Practice 1:00 Songwriters of the Brill Building 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 Life Discussion	22 Center closes at 12 10:00 Nouvonne Fitness
25 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	26 8:30 Senior Fitness** 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging** 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 1:00 Romeo & Juliet Creative Class 2:30 LitLovers Group 3:00 Caregivers Group via Zoom 5:00 Dinner from Life Care 6:00 Ted Reinstein Talk	27 8:30 Senior Fitness** 10:00-12:00 Therapy Dog Visit 10:00 AARP Smart Driver Course 10:30 Hot Topics 11:30 Balance Matters! - 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 2:00 Planning for a Nursing Home 3:30 Line Dancing	28 8:30 Senior Fitness** 9:00 Words Galore via Zoom 9:45 Active Aging** 11:00 Laugh for your Health 11:00 Tai Chi Practice 12:30 Sivan Etedgee's Favorites 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 Life Discussion 2:00 Storytelling Workshop	29 Center closes at 12 10:00 Nouvonne Fitness

In August we had...great music



yummy ice cream



Fascinating science learning about the James Webb telescope
Lots of fun line dancing



THE ACTON COUNCIL ON AGING @ THE SENIOR CENTER, SEPTEMBER 2023

978-929-6652

**The Senior Center will be closed Monday, September 4th and
Friday, September 8th**

If you love what we do tell your friends!

A message to our new Seniors.

Welcome to the Acton Senior Center Community! If you are receiving this newsletter for the first time because you just turned 60 this year, congratulations – you are now able to access all the services and programs which we offer. Too busy right now? Still working? What could we have that you need? We offer free impartial health insurance advice for navigating the Medicare system. We have over a dozen exercise classes a week. On Tuesday evenings we are open until 7:30pm and offer programs and presentations on myriad topics throughout the week. We serve dinner each month, lunch every day and offer our café on Wednesdays with a menu cooked to order. The Center has a variety of groups which meets regularly to play chess, bridge, or mah jongg, explore genealogy and swap notes with the computer club. Drop in any time to play pool, read the papers which are delivered daily, join the current affairs discussion group. Maybe you'd like to volunteer? We have many opportunities.

We do hope you can find time to visit. Let us know if you would still like to receive the newsletter each month or would rather subscribe online. If we can't convince you to come over yet please remember we are here and can offer support and assistance in time of need, or exciting and interesting ways to spend your time.

Contents	Page
Arts and Crafts	5
Assistance/Support	13-14
Calendar of Programs	15
Exercise Classes & Gym	12-13
Games	8
Groups	9
Meals	7, 13
Mind, Body, Spirit	11
Movies	7
Nursing Service	10
Program News	1-5, 11
Support Groups	6

