



Acton Council on Aging

At the Human Services Building & Senior Center

NOVEMBER 2023

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30 Sudbury Rd, Rear, Acton MA 01720
Telephone: 978-929-6652
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Facebook: www.facebook.com/actoncoa
Website: www.actoncoa.com
Town Website: www.actonma.gov

Center Closed: Fri Nov 10th, Thurs/Fri Nov 23rd & 24th
Opening Hours:
Monday: 8:00am-5:00pm
Tuesday: 8:00am-7:30pm
Wednesday & Thursday: 8:00am-5:00pm
Friday: 8:00am-12noon

Taking Charge of Your End-of-Life Decisions

Open to all/free

Tuesday, November 21st, 1:00-2:00pm (presentation)

► **One-on-one appointments available after the presentation from 2:30-4:30pm (open to out-of-town seniors starting November 14th)**

End of life concerns, questions, and decisions can be overwhelming. The importance of talking about your individual needs and being proactive in your decision making can help you as well as your loved ones. Attorney Margaret Hoag is collaborating with Judy Weinstock, M.D., a palliative care doctor at Emerson Hospital, to talk about the Health Care Proxy and the MOLST (Medical Orders for Life Sustaining Treatment). They will discuss the legal documents, covering each option on the MOLST. They will also talk about how a Health Care Proxy, Living Will and the MOLST work in the real world. After the presentation, Dr. Weinstock will meet with people individually. No need to sign up for the presentation but call the COA at 978-929-6652 to make an appointment after the talk. *Attorney Hoag concentrates her practice in the area of elder law. Dr. Weinstock is an MD and a patient advocate for elders.*



WWII History Presentation: The American Defenders of Bataan and Corregidor

Wednesday, November 8th, 2:00-3:00pm

Open to all/free

Come hear the remarkable life story of Staff Sergeant Henry "Hank" Wilayto, a Polish immigrant's son. Hank lost his mother when he was just eight and coped with living in foster care for seven years. He later enlisted in the Armed Forces and was stationed in the Philippine Islands where he endured the infamous Bataan Death March where thousands died and survived three-and-a-half years in Japanese prison camps. Upon his return, he became a founding member of the American Defenders of Bataan and Corregidor, a national organization that served thousands of POW veterans. Don't miss this extraordinary tale, along with precious artifacts, as shared by his daughter, Anne Wilayto Bishop. In honor of Veterans Day, this lecture is free and open to all.



COA Events requiring registration:

- ABRHS Field Trip, 11/7
- Alcott Sisters, 11/2
- Art Class with Fran, Tuesdays
- Ask the Lawyer Appts, 11/28
- Beaded Jewelry Making, 11/8
- Card Making Workshop, 11/29
- Caregivers Group, 11/7 & 11/21
- Chess Lessons, Thursdays
- Digital Photography Class,
- End of Life Decisions Appts, 11/21
- Line Dancing, Wednesdays
- Memory Lane Café, 11/28
- Needle Felt Art, 11/15
- Poet of the Month, 11/16
- Read to Elementary Students
- Self Awareness Series, Fridays
- Singing Group, 11/1 & 11/29
- Student Classical Concert, 11/28
- Thornton Wilder Seminar

Meals

- Dinner with Doug, 11/7
- Lunch w/Chef McGuire, 11/14
- Veterans Breakfast, 11/17
- Robbins Brook Lunch, 11/21

Call Acton Nursing Services,
978 929 6650 for programs on p.13

From Doormats to Dynasty: History of the Perennial Powerhouse Patriots

Tuesday, November 14th, 1:00-2:00pm

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

From the struggles of the Boston Patriots to the decades of Super Bowl crowns, this lively and illuminating program will take you on a roller coaster ride through the history of the franchise that has captured more crowns than any other. Author and award-winning sports writer Marty Gitlin, who covered the NFL in the newspaper field and for CBS Sports, will discuss and show videos of the greatest and most interesting players, teams, events and moments of the team since its birth in the American Football League in 1960. Watch the exploits of such early standouts as Gino Cappelletti and Babe Parilli, relive the disappointment of the Jim Plunkett era and talents of Steve Grogan and Sam "Bam" Cunningham. Experience again the transition from Drew Bledsoe to Tom Brady. And enjoy highlights from the Greatest of All Time under Bill Belichick including Super Bowl triumphs. This presentation is fun and enlightening so don't miss it! Marty will host a Q&A following the program.



Director's Corner

As Thanksgiving approaches, I am grateful for the things I witness each day at the Senior Center. I have seen wonderful friendships develop, people supporting each other during some of the most difficult times in their lives, strangers sitting down together to share a cup of coffee and talk, and people with a true passion for knowledge, exercise and companionship. The Senior Center is so much more than a building, it is its own community. Have a wonderful Thanksgiving. Sharon

▣► Singing Group with Ed Knights

Wednesdays, November 1st and 29th, 1:00-1:45pm

Open to all seniors/free



Join Ed Knights for this singing group where participants will sing along to familiar songs. Don't worry about your level of singing; this class is open to anyone interested in singing. Ed will also talk about the mechanics of singing—how your breathing and sitting position impact the sound you produce. Song requests for future gatherings welcome! The group will typically meet twice each month—see the monthly newsletter for exact dates. Only people new to the group need to sign up. *Some of you may remember Ed from his career as an internal medicine physician at Acton Medical Associates, but he also has a love of music and singing which he looks forward to sharing with everyone. He has studied voice at the Boston Conservatory and performs in musicals and operas.*

▣► The Works of Thornton Wilder Seminar with Stephen Collins

Wednesdays November 1st and 8th, 11:00am-12:15pm

Open to out-of-town seniors for \$10

The works of Thornton Wilder series ends this month with a discussion of the novel *The Bridge of San Luis Rey* which attendees should read in advance. Class started in September; call about availability.

▣► Between Us Sisters: A Living History Dialogue with Louisa and May Alcott

Thursday, November 2nd, 1:00-2:30pm

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

What lies between two sisters? Secrets, compassion, support, intimacy, rivalry, jealousy, and empathy. Perhaps among the most famous sisters of all time are Jo, Amy, Meg, and Beth of *Little Women* fame, the classic coming-of-age story set in Civil War-era Concord. Their real-life inspirations were the Alcotts, all spirited personalities who have enchanted readers across the world. The relationship between Louisa and May remained a largely unexplored mystery – until now. Playwrights and actors Amy Cole and Stefanie Cloutier, Concord Visitor Center staff and licensed tour guides, have created a thoroughly researched intimate living history performance that brings these two siblings to life. The performance includes time for Q&A and an opportunity to view original photos.



▣► What Matters to You, Self-Awareness, and Self-Care

Fridays, November 3rd through January 5th, 10:00-11:00 am

Open to All/Free

No meeting Nov. 10th & 24th

This group will explore themes within the Eight Dimensions of Wellness for Older Adults: social, environmental, physical, emotional, spiritual, occupational, intellectual, and financial. Join us for an eight-week group, facilitated by Tracy Woods a certified Older Adult Peer Specialist. Each week the group will explore one of the dimensions of wellness with how each dimension can be supportive or preventative in an older adult's own individual wellness, self-care, self-awareness, and what matters in your life. All are welcome to this joint venture between the Acton Council on Aging and the Northeast Independent Living Program.



▣► Field Trip and Lunch at ABRHS

Tuesday, November 7th departing at 9:45am

Acton/Boxboro seniors only



The school bus will pick you up at the Senior Center at 9:45am. Ride over the high school, have a short tour, a brief presentation and Q&A with Superintendent Peter Light and High School Principal Joanie Dean, and then lunch in small groups with some of the students to share experiences of "what school is/was like then and now." The bus will return you to the Senior Center at around 12. Sign up at the Senior Center.

Medicare Supplement Plans or Medicare Advantage Plans: Which is Best for You?

Tuesday, November 7th, 1:00-2:00pm

Open to all/free

If you are new to Medicare this is the #1 question most people have when looking for additional insurance. However, once on a plan it's always a good idea to review your choices each year since circumstances or your health plan can change. Every year during the open enrollment period from October 15 to December 7, you can change your Medicare plan for the following year. Make sure you're still enrolled in the best plan for you! No Blue Cross plan details will be presented, but you will leave with an understanding of which type of plan best fits your needs. Lisa Farnham of Blue Cross Massachusetts will cover: original Medicare; differences between



Medicare

Medicare Supplement and Medicare Advantage Plans; need for prescription drug coverage; real life case studies; resources to help you in the decision process.

*** NOT IN PRINTED NEWSLETTER ***

South Acton Vision & Action Plan Open House

Tuesday, November 7th, from 4:00pm to 6:00pm

Open to All

Tuesday, November 14th, from 11:30am to 1:30pm

Staff from Acton's Planning Department will be on hand to share the emerging zoning proposals for this project, designed to establish a community vision for South Acton Village and make zoning and design recommendations that can help achieve the vision. The project coincides with new regulations from the state about zoning for multifamily housing near MBTA stations. Community members can drop by during the open house hours to view visuals and speak with people involved in the project. For seniors who would like to attend dinner on the 7th or lunch on the 14th, contact the Council on Aging at 978-929-6652 for reservations.

Drop-In Technology Help with Acton Memorial Library at the Senior Center

Thursday, November 9th, 10:00-11:00am

Open to all seniors/free

Need help with common smartphone (iPhone or Android), tablet or laptop functions? Join Rebecca Schmidt from Acton Memorial Library at the Senior Center for one-on-one help with your device! Bring your fully charge device and your questions, and Rebecca will troubleshoot technology problems alongside you. If Rebecca can't help with a specific problem you are having, she will do her best to find the right resources that can help you. Drop by anytime during the hour.

Financial Literacy & Wellness with Dr. John Blute

Thursday, November 9th, 1:00-2:30pm

Open to all seniors/free



Join semi-retired physician John Blute, MD, for a look at some ways to optimize this time of life with basic financial tools and health concepts. Dr. Blute will give an overview of budgeting basics and available tools, health care costs and resources, local vs. online banking, and investing. *Dr. Blute had a 36-year career with a practice in Concord and an affiliation with Emerson Hospital, specializing in orthopedic surgery. He has taught financial literacy courses for medical students and young physicians.*

Pop-up Needle Arts Fair

Tuesday, November 14th, 10:00-2:00pm

Open to everyone



Our needle arts group has been busy creating lots of beautiful items. Come do some shopping and support the Friends of the COA.

Book Discussion Group

Tuesday, November 14th, 10:00am

Open to all seniors/free

The discussion for this meeting will be around the book *The Library Book* by Susan Olson. Copies of the book are on hold for the group at Acton Memorial Library. You may also check availability at Citizen's Library (978-929-6654). Ann Kulsick facilitates the gatherings. If you would like to read ahead December's book is *Small Mercies* by Dennis Le Hane, January's book is *Dava Shastri's Last Days*, by Kirthana Ramiseti.

Home Care Presentation: Deaconess Abundant life Services

Wednesday, November 15th, 11:00am

Open to all seniors/free



Join staff from Deaconess Abundant Life Services for an engaging discussion on what private homecare offers and how to make an informed decision. They will provide a light snack. Deaconess Abundant Life Services is a network of residential communities that includes Newbury Court in Concord.



MA Commission for the Blind

Wednesday, November 15th, 1:00pm

Open to all

Are you or a loved one experiencing vision loss or low vision? MA Commission for the Blind will be here to discuss who they are and what they do, the challenges of aging and vision loss, what to do if you experience vision loss.

► Poet of the Month Series: The Life and Poems of Ogden Nash via Zoom

Thursday, November 16th, 10:30-11:30am

Open to all seniors/free



Ogden Nash was a highly popular American poet known for his light, humorous verse. He wrote over 500 pieces, mostly during the latter 30 years of his life. A master of wordplay, he is famous for his clever use of puns. We will celebrate his life and enjoy many of his short poems. Val Walker, MS, is an author, educator and consultant who thoroughly enjoys sharing her love of poetry with others. Contact the COA at seniorcenter@actonma.gov to register and receive the Zoom link to view from home.

Country Music of the 1950s with John Clark

Thursday, November 16th, 12:30-1:30pm

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

John Clark's multimedia presentation this month is on Country Music of the 1950s. John will start with a brief overview of Texas-based cowboy music, western swing, and honky tonk, all precursors and influences leading up to the musical breakthrough of Hank Williams. New country stars emerged in the early 1950s, like Hank Snow, Webb Pierce, Carl Smith, Kitty Wells, Ray Price, Faron Young and Lefty Frizzell. By the mid-50s, Nashville



replaced Texas as the center of country music as Tennessee Ernie Ford, Marty Robbins, the Everly Brothers, Johnny Horton, and Patsy Cline all continued the C&W crossover into the pop charts. And don't forget that this was the decade when rockabilly and country boogie morphed into rock & roll as Elvis Presley, Carl Perkins, Jerry Lee Lewis and Johnny Cash took center stage. All in all, it was a watershed decade for country music. *Prior to a career as a high school and adult education teacher, John Clark worked in music publishing in Nashville. He enjoys sharing his passion for music with senior centers and senior residences.*

Java with John

Friday, November 17th, 9:45am

Acton seniors only



John Mangiaratti will be here to give you updates from the Town and answer your questions. He has been known to bring a guest with him at times.

☐► Ask the Lawyer Appointments

Acton seniors only

Tuesday, November 28th, 9:00-11:00am

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

The Weight of Civilization: The Art and History of Sicily with Paolo Di Gregorio

Tuesday, November 28th, 1:00-2:00pm

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

Every major power in the Mediterranean, from the Greeks and Romans to the Arabs, Byzantines, and Normans, has left their mark on the island. The blending of these cultures has produced a vibrant, colorful tapestry of life, art, and tradition. Come explore the culture and history of this Mediterranean jewel. *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 and an instructor in the Anthropology Department at Wheaton College.*



LitLovers Study Group: American Bestsellers

Tuesday, November 28th, 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 Maltese Falcon* by Dashiell Hammett. Books are typically on reserve at the Acton Memorial Library. This group is facilitated by Program Manager Chris Chirokas.

☐► Student Classical Music Performance

Tuesday, November 28th, 6:00-6:40pm

Open to all/free

Lina, Erin, and Hyunho, Acton Boxborough Regional High School juniors, will perform a selection of classical music pieces on piano, cello, and flute. Please support these young, talented performers by coming out to enjoy an evening of beautiful music!

Classical Favorites and Hidden Gems Series with Sivan Etedgee

Thursday, November 30th, 12:30-1:30pm

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

With his signature mix of concert and commentary, pianist Sivan Etedgee presents an entertaining selection of classical music at the piano. This is the last of a three-part series. 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!



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

Holiday Decoration Clean Out – beginning December 1st

Many of us are trying to downsize the amount of decorations but aren't sure what to do with them. We also know of many people who are starting out or starting over that do not have many decorations. Please bring clean decorations that are still in good condition to the Senior Center **Friday, December 1st from 8:00am-12noon** and **Monday, December 4th 8:00-10:00am**. We will open our doors for folks of all ages to take what they can use **Monday, December 4th 11:00am-5:00pm** and **Tuesday, December 5th from 8:00am-7:00pm**. We will not be accepting any large items (i.e. trees, outdoor decorations.)

AARP Tax-Aide

We are looking for compassionate and friendly people to join our volunteer team this upcoming tax season. We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping someone else. Provide free tax-filing help to those who need it most.

Go to mataxaide.org/interest to get more information or contact David Manalan (dmanalan@gmail.com) or Paul Motyka (paul@pmotyka.com)

Message from the Friends of Acton COA

Watch for the Annual Appeal mailing shortly, our major fund raiser of the year.

Your generous contributions underwrite the majority of the COA programming.

Contributions may be made in Honor of or in Memory of friends and family.

Gifts may be made easily online at www.friendsofactoncoa.com

Watch for next mini-boutique – Needle Arts – November 14th, 10:00am-2:00pm see p. 3

The Friends of the Acton COA will next meet Monday, November 6th at 10:00am

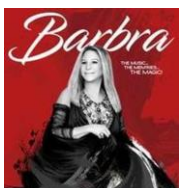
In Search of Leader for a Pride Social Group

The Acton Council on Aging is seeking someone to facilitate an Acton Pride Social Group for older adults in the LGBTQ+ community. We are envisioning a monthly gathering at the Acton Senior Center which may include entertainment, speakers, socializing, refreshments. The facilitator would seek feedback from interested seniors regarding types of events they would be interested in attending and then will plan events working with the COA's program manager. A stipend for coordinating the group is available. For more information, please contact Chris Chirokas at the Council on Aging, cchirokas@actonma.gov or 978-929-6652.

Movie Matinees

Open to all seniors/free Shown with closed captioning, when available

Monday, November 6th, 1:00-2:50 *Barbra: The Music...The Mem'ries...The Magic* (2017, TV-14) Iconic singer

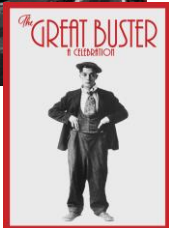


Barbra Streisand culminates her 13-city tour in Miami with dazzling ballads, Broadway standards, and stories from behind the scenes.

Monday, November 13th, 1:00-3:10 *Enola Holmes 2* (2022, PG-13) In this sequel, Sherlock's younger sister Enola (Millie Bobby Brown) is now a detective for hire. Her first official case ignites a mystery that requires the help of friends, and Sherlock himself, to unravel.



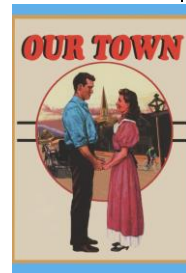
Tuesday, November 14th, 4:00-5:45 *The Great Buster* (2018) Documentary on the life and work of comic genius, actor, comedian, and director Buster Keaton, who is remembered for his brilliant work in silent films where he did his own stunts. Directed by Peter Bogdanovich, this documentary contains many movie clips and interviews with the likes of Dick Van Dyke and Mel Brooks. *Showing of this film is in collaboration with the Acton Memorial Library.*



Monday, November 20th, 1:00-3:00 *Our Town* (2003, PG-13) Paul Newman made his first Broadway appearance in four decades as the Stage Manager in this production of the Thornton Wilder classic. *Showing of this film is in collaboration with the Acton Memorial Library.*



Monday, November 27th, 1:00-2:40 *Persuasion* (2022, PG) In this romance based on the Jane Austen novel, Anne Elliot regrets being persuaded not to marry a dashing man of humble origins eight years earlier. Will she seize her second chance at love? Stars Dakota Johnson, Richard E. Grant and Cosmo Jarvis.



The **Council on Aging Board** is wishing you a healthy autumn.

In partnership with the Acton-Boxborough Regional School District, the Seniors Read program has started. If you're interested in reading to children in Kindergarten through Third Grade, please complete the Seniors Read Interest Form (available at the Senior Center.) Your completed form can be returned in person to the Senior Center or scanned and sent via email to seniorcenter@actonma.gov.

Happy November Holidays! Honoring our veterans on November 11th and enjoying a feast on Thanksgiving!

The Council on Aging Board

Thank you

Life Care of Acton for the dinner and monthly fresh fruit for breakfast

Donations are always gratefully received of individually wrapped candy and k-pods for the Keurig.



Art & Crafts



Art Exhibit

In November, we are delighted to welcome back the art of Acton resident, Magda Stilmant. She uses a technique called needle dry wool felting. Inspiration comes from nature, local and far away landscapes. Trees feature prominently in many of her recent art works.

▣► Beaded Jewelry Making

Wednesday, November 8th, 10:00-11:30am

Acton seniors only

If you haven't tried it, beading is fun and easy! You may make earrings, a bracelet or a necklace of your own design, choosing from a variety of beads or you may bring your own. We use elastic for bracelets and necklaces, as they are easy to make and effortless to wear, and pierced wires with hooks for drop earrings. Make something to complete a holiday outfit or to give to a special person as a gift! Donation of \$5 for supplies suggested. Chris Chirokas, Bernice Nicoll, and Joy Ivanov will be on hand to help, as needed.

▣► Wool Needle Felting Art Class

Wednesday, November 15th, 1:00-3:00pm

Acton seniors only

Under the guidance of artist Magda Stilmant, everyone will create a framed wool felting piece of a landscape with trees to take home. Needle felting is the process of transforming wool into an art object using a barbed needle to bond the fibers together. All supplies are included for a fee of \$50 payable to the instructor on the day of class (cash preferred). 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 at the Senior Center and Acton Memorial Library. An image of the project will be available in the Senior Center reception area.

▣► Greeting Card Craft Workshop with Nancy Dodge

Wednesday, November 29th, 10:30-12:00noon

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

In this workshop suitable for all skill levels, you will make one to two fabulous holiday 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.*

▣► Drawing and Watercolor Painting Class with Fran Hewitt

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

Acton seniors only/class is full

▣► Digital Photography Class with Neal Rantoul

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

Class began in October and is full

Drop-in Art, Tuesdays, 9:00-11:00am

Open to all 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 all seniors/free

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



Raffle - each year the state requires the Council on Aging to file an annual report. The data from this report is compiled from you checking into MySeniorCenter for the various activities you attend. These numbers matter for a variety of reasons. As an incentive for checking in we will select a name each month to win a prize. Raffle winner for September was Diane Flis.

Support Groups

▣► Caregiver Support Group via Zoom

Tuesdays, November 7th and 21st, 3:00-4:30pm

Open to all caregivers of older adults/free

Join Julie Norstrand for a Caregiver Support Group which has a different schedule this month and is meeting the first and third Tuesday 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, 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, November 21st, 11:00-12:00noon

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, November 28th, 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.



Meals at the Senior Center

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

▣► Dinner with Doug from Boston Events

Tuesday, November 7th, 5:00pm

Open to all seniors

Enjoy baked fish, rice, broccoli and a dessert for \$5 Sign up prior to the event.

▣► Lunch with Chef McGuire

Tuesday, November 14th, 12noon

Open to all seniors

Enjoy pulled pork sandwiches, coleslaw, and carrot cake. Call or sign up at the COA reception.

A \$3.00 donation is requested.

▣► Veteran's Day Breakfast

Friday, November 17th, 9:00am

Open only to Acton seniors

Join us for a warm, plentiful breakfast! Typically, French toast, eggs, fruit, bacon and or sausages are prepared by chef Veteran Services Officer James MacRae. Veterans are invited to join us free-of-charge this month, thanks to the Friends of the Acton Council on Aging. Cost is \$3.00 for non-veterans. Call the COA for a reservation and please indicate if you are a Veteran.

▣► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, November 21st, 12noon

Open to out of town seniors

Join us for turkey and all the fixings, dessert for \$3. Sign up is required.

Bistro 30 (formally known as the Café) is open Wednesdays and Thursdays 11:30-1:30pm.

Open to all. 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.



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

Groups

Computer Club

Wednesday, November 8th, 1:30-3:00pm

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

Open to all seniors/free

No meeting November 22nd

Hot Topics Discussion Group

Wednesdays, 10:30-11:30am

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.

Open to all seniors/free

No meeting November 22nd

Genealogy Group

Tuesdays, November 14th and 28th, 1:00-2:30pm

By popular demand! The group will now meet TWICE A MONTH! The 2nd Tuesday will engage online/computer tools to find answers to our family history questions. The 4th Tuesday will focus on special topics and general discussion. This month's 4th Tuesday special topic is LEVELS OF PROOF -- which of the several "Katie Collins" found in Boston in the 1900 census is MY great-grandmother? (December: *Holiday Traditions*).

Open to all seniors/free



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 November 10th, 17th, 23rd, 24th



Chess Lessons with Ken LeBow

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

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

Open to all seniors/free

No class Thursday, November 23rd



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.

Drop-In Bridge

Wednesdays, 1:30-3:30pm (November 22nd will meet 1:00-3:00pm)

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

Open to all seniors/free

Mah Jongg Time

Mondays, 1:00-4:00pm for experienced players only

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

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

Open to out-of-town seniors/free

No Mah Jongg November 23rd

Chess Club

Thursdays, 1:00-4:00pm

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

Open to all seniors/free

No Chess Club Thursday, November 23rd

Come and play pool! Table available during regular opening times. We have cues and chalk or bring your own. Available for all seniors. Please let us know if you would be interested in teaching pool skills.

Mind, Body and Spirit



Visit Bodacious the Therapy Dog

Wednesdays, 10:00am-12noon (Nov 8th, 11:00-12noon)

Visit with Bodacious, a handsome golden-doodle, and his handler Dick every Wednesday 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!

No visit on November 22nd

Open to all seniors/free

▣► Line Dancing with Paul

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

Open to out-of-town seniors for \$10

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.*



Laugh for Your Health

Thursdays, 11:00-12:00noon

Open to all seniors/free

No meeting on Nov. 23rd

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.*



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. Mondays and Wednesdays from 3:00-4:30pm. Gym users are expected to sign up to monitor the gym. You will be required to be on our sub list if you have no assigned monitor hour. Everyone using the gym needs to be trained to use the equipment and learn how to monitor the gym. Please call if you are interested and we can sign you up for training. *Hours are subject to change. You can call us at 978-929-6652 to confirm the current schedule.



Exercise Classes

- Exercise classes are limited to Acton residents age 60 and up
- If you are new to a class, read the description to judge whether it will be a good match for your fitness level and call us with any questions
- Instructors have final say on whether a class is suitable for an individual
- Check with your doctor before starting any exercise program
- Wear comfortable clothing and bring water in a non-breakable container
- 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

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

Active Aging with Terri Zaborowski

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

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

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

No class Dec. 25th

No class Dec. 26th

No class 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 through December 18th, 11:00-12:00noon

No class 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 through December 19th, 8:30-9:30am

No class Dec. 26th

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

No class Dec. 27th

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

No class Nov. 23rd, Dec. 28th

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

No class 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.



Wellness Yoga with Patsy Brightman

Wednesdays, through December 20th, 10:00-11:15am

No class Nov. 22nd and Dec. 27th

The last class of each month is a healthy joint class

This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class has an emphasis on wellness and will include a period of deep relaxation. Bring a yoga mat to each yoga class (optional, especially for joint class). The last class of each month is a Healthy Joint Class offered to improve range of motion. The low impact and gentle joint practice does not require yoga experience and is done seated and standing. Joint movements help improve flexibility and balance and decrease a stiff or achy body and help prevent falls. Funded by an Executive Office of Elder Affairs grant; \$1 donation per class requested. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*

Thursday Tai Chi Practice

Thursdays, 11:00-12:00noon

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 through December 21st, 3:00-4:00pm

No class 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 through December 22nd, 10:00-11:00am

No class 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).

Become a Senior Trail Blazer!



Walking a few short, fun, easy trails this fall is a great way to exercise and enjoy Acton's natural beauty. Bring along a friend and make it a social time as well! Contact the COA or visit www.actoncoa.com and look under "News" for the guide to the four "senior approved" local trails or request a copy from the Council on Aging. All the trails are easy to get to and have accessible parking spots. Developed in collaboration with Acton's Natural Resource and Health Divisions. If you would like a certificate for taking all four walks, email seniorcenter@actonma.gov.

Support and Services



Birthday Lunch, Thursday, November 9th, 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. [MENU](#)

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

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

[Acton Food Pantry](#) - 978-635-9295, 235 Summer Road, Boxborough. www.actonfoodpantry.org
10am-7pm Wednesday and 9:30-11:30am Thursdays. CLOSED WEEK OF 4th WED. EVERY MONTH.

[Open Table Pantry](#), 33 Main Street, Maynard, call 978-369-2275, www.opentable.org
Tuesdays 1:00pm-6:30pm, Thursdays 1:00-4:30pm. New guests are invited between 5:00-6:30pm.

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

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

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

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

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:

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

[SHINE](#), Serving Health Insurance Needs of Everyone Program **Annual Medicare Open Enrollment**

time is here! SHINE counselors are available by appointment, please call 978-929-6652. Plan to bring to your SHINE appointment your Medicare card, current insurance card, MyMedicare login, and current list of medications/dosages. If you haven't created a MyMedicare account you can visit www.medicare.gov or create one with your SHINE counselor. See page 2 for details of a Medicare presentation. *SHINE is a State Health Insurance Program (SHIP) & a program of Minuteman Senior Services, offering free health insurance counseling for Medicare beneficiaries of all ages through a network of state certified staff & volunteers. SHINE is partially funded by the federal Administration for Community Living with local funding provided by Beth Israel Lahey Health, Acton-Boxborough United Way, Cambridge Savings Charitable Foundation, Concord-Carlisle Community Chest, Cummings Foundation, Dana Home Foundation, Foundation for MetroWest, Middlesex Savings Charitable Foundation, Maynard Community Chest, Stow Community Chest & private gifts.*



SMOC FUEL ASSISTANCE LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

Homeowners and renters, including households whose cost of heat is included in the rent can apply. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Household income cannot exceed 60% of estimated State Median Income. (1 person in household income \$45,392. 2 people in household income \$59,359.) This program provides assistance through a fixed benefit amount for the cost of the primary source of heat. Call Beverly 978-929-6652 for application assistance.

[Acton Emergency Assistance Program](#) short term emergency financial assistance available from ARPA funds. Please contact Laura Ducharme on 978-929-6651.

Financial aid also is available for those needing emergency safety clean-outs. Call Laura or Bev for more details.

[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](#) 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 at the Senior Center.



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.

Acton PD would like to introduce you to the Restorative Justice Program, [C4RJ](#) who are looking for [volunteers](#).

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.

November 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.

[English at Large Conversation Group](#) Mondays, 1-2:30 p.m. and 6:30-8 p.m.

[Yarn & Needle Club](#) Tuesdays, November 14 and 28, 3-4 p.m. Work on your current fiber project and socialize.

[Reading Between the Lines: Contextualizing New England's Indigenous Rock Art](#) Wednesday, November 1, 7-9 p.m. Friends of Pine Hawk program.

[Asian Art Series: Japanese Aesthetics: Exploring Japan's Artistic Sensibilities](#) Sunday, November 12, 2:30-3:30 p.m. Virtual event via Zoom.

["The Drive to Sing" Documentary Screening plus Q&A with Filmmakers/Cast](#) Wednesday, November 15, 5:45-8 p.m. Documentary about choirs during the pandemic and making music together.

[I Hiked Acton's Trails Book Club](#) Friday, November 17, 1-3 p.m. Book: *To Be a Water Protector* by Winona LaDuke. Trail: Jenks Loop.

[Acton Memorial Library Book Discussion Group](#) Tuesday, November 21, 6:30-8 p.m. Book: *The Revolutionary Samuel Adams* by Stacy Schiff.

[Fix It Clinic](#) Saturday, November 25, 10 a.m. - 1 p.m.



Collette Travel - Trips sponsored by the Friends of the COA

Shades of Ireland - April 27th-May 6th, 2024

America's Cowboy Country – August 29th-September 5th 2024

Iceland's Magical Northern Lights – November 12th-19th 2024

Information available at the Senior Center.



[New Bike Share Program](#) available from Minute Man.



Winter IS coming...

Sand and Salt Available. A mixture of sand and salt is available to Acton residents (no contractors) at the designated area located behind the Highway Division at 14 Forest Road. Follow the signs to the area designated for residents. Please use caution while entering and exiting as vehicles and equipment are prevalent. Please bring your own shovel and container.

In the event of bad weather: if schools are closed the Senior Center will not run any meals or programs. If the schools operate on a delay our programs will commence at 10am. Check local media or call the Center for updates.



Veterans Day in Acton

The Town of Acton's Veteran Services Department, as well as the Celebrations and Ceremonies Committee, invite you to join us for this year's Veterans Day Ceremony. The ceremony will be observed on Saturday, November 11th at 11am. Please park behind

Town Hall or behind the Fire Station. The ceremony will take place outdoors (weather permitting) by the Isaac Davis monument on the town common. In the event of inclement weather, we will move the ceremony to the Faulkner room inside town hall. All are encouraged to attend. We hope you can join us in paying reverence to our nations' heroes.

Acton Nursing Services

Call 978-929-6650, Acton Nursing, for these programs from Wednesday, November 1st



Aging in Place: Planning for your Future

Open to all

Wednesday, November 8th, 1:00pm

Ellen Feinsand spent her career helping people save for, transition to, and live in retirement. Since 2014, she has expanded her career to include advocating for seniors and earned a Certification in Gerontology, Management of Aging Services, from the University of MA in 2015. Previously, Ellen founded D & G Consulting, Inc. in 1997. Ellen has served on the Acton Nursing Services Advisory Committee since 2015 as secretary. Ellen has served on the Acton Council on Aging Board since 2015, becoming Chair in 2019.

► Therapeutic Horticulture

Acton Seniors Only

Tuesday, November 7th, 6:00-7:00pm, Wednesdays, November 15th and 29th, 10:30-11:30am

Miniature Reflective Design We'll create a standing cornucopia of fall flowers and foliage in a bamboo leaf cone. All supplies are provided. 12 participants per class.

► Energy Healing with Jacqui Burak

All Ages are Welcome

Tuesday, November 21st, 6:00-6:45pm

Join us for a powerful exploration into the world of energy healing. During this group session Jacqui will take you on a journey through guided visualization. You will leave the session feeling more empowered having self-care tools you can use on your own. Chairs will be provided. Feel free to bring a yoga mat, towel, blanket or pillow. Call 978 929 6650 to register or for more information. Sponsored by ANS.

► Podiatry Clinics

Acton Seniors Only

Appointments: Thursday, November 30th, 12:00-4:00pm and Tuesday 7th, 2:00-7:00pm, Tuesday 21st, 12:00-4:00pm. Call 978-929-6650 to make an appointment.

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

► Meditation and Gentle Chair Yoga

All ages welcome

Tuesday Nov 14th, 6:00-7:00 pm

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.

► 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, November 7th & 21st, 10:30am -12:00pm

The Acton Nursing Services' Nurse 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.

Monday	Tuesday	Wednesday	Thursday	Friday
30 8:30 Active Aging 10:00 Digital Photography Class 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	31 Happy Halloween 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 Commonwealth of Catastrophe	November 1 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 11:00 Thornton Wilder Seminar 11:30-1:30 Café -Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Singing Group 1:30 Drop-in Bridge 3:30 Line Dancing	2 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Café -Bistro 30 1:00 Between Us Sisters – Alcott Sisters Performance 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	3 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 What Matters to You DAYLIGHT SAVINGS TIME ENDS SUNDAY NOV 5th.
6 8:30 Active Aging 10:00 Digital Photography Class 10:00 Friends of COA Mtg 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	7 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 9:45 ABRHS Field Trip 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 1:00 Medicare Plans Talk 3:00 Caregiver Support Group via Zoom 4:00-6:00 South Acton Plan Open House 5:00 Dinner with Doug 6:00 Therapeutic Horticulture - ANS	8 8:30 Senior Fitness 10:00 Wellness Yoga 10:00 Beaded Jewelry Making 10:30 Hot Topics 11:00-12:00 Therapy Dog Visit 11:00 Thornton Wilder Seminar 11:30-1:30 Café -Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Aging in Place - ANS 1:30 Drop-in Bridge 1:30 Computer Club 2:00 WWII History Presentation 3:30 Line Dancing	9 8:30 Senior Fitness 9:45 Active Aging 10:00 Drop-in Tech Help 10-12 ABRHS Raking Day 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Café -Bistro 30 12:00 MMSS Birthday Lunch 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 Financial Literacy & Wellness 3:00 Stretch & Flex	10 BUILDING IS CLOSED
13 8:30 Active Aging 10:00 Digital Photography Class 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	14 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 10-2:00 Knitting Group FCOA Fundraiser Sale 10:00 Book Discussion Group 10:00 COA Board Mtg via Zoom 11:00 Maintenance Balance – ANS 11:30-1:30 South Acton Plan Open House 12:00 Lunch with Chef McGuire 1:00 History of the NE Patriots 1:00 Genealogy 4:00 Movie “The Great Buster” 6:00 Meditation – ANS	15 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:00 Home Care Presentation 11:30-1:30 Café -Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Wool Needle Felting Class 1:00 Commission for the Blind Talk 1:30 Drop-in Bridge 3:30 Line Dancing	16 8:30 Senior Fitness 9:45 Active Aging 10:30 Poet of the Month via Zoom 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Café -Bistro 30 12:30 Country Music of the 50s 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	17 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 9:45 Java with John 10:00 Nouvonne Fitness 10:00 What Matters to You

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. Movie titles are available on page 5. ANS=Acton Nursing Program – contact 978 929 6650 with questions/to register.

20 8:30 Active Aging 10:00 Digital Photography Class 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	21 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 10:30 Wellness Clinic – ANS 11:00 Grandparents raising Grandchildren Support Group 11:00 Maintenance Balance – ANS 12:00 Robbins Brook Lunch 1:00 End of Life Decisions/ 1:1 Appts 3:00 Caregiver Support Group via Zoom 6:00 Energy Healing - ANS	22 8:30 Senior Fitness 11:30-1:30 Café -Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00-3:00 Drop-in Bridge	23 BUILDING IS CLOSED Happy Thanksgiving	24 BUILDING IS CLOSED
27 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	28 8:30 Senior Fitness 9:00 Drop-in Art 9:00 Ask the Lawyer Appts 9:30 Art Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 1:00 Art & History of Sicily 1:00 Genealogy 2:30 LitLovers Group 6:00 Student Classical Music Performance	29 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Greeting Card Workshop 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:30-1:30 Café -Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Singing Group 1:30 Drop-in Bridge	30 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Café -Bistro 30 12:30 Sivan's Favorites & Hidden Gems 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	December 1 Center closes at 12 8-12 Holiday Decorations Drop off 8:30 Senior Fitness 10:00 Nouvelle Fitness 10:00 What Matters to You

This month the following activities are supported by the Friends of the Acton COA: American Defenders of Bataan and Corregidor, Between Us Sisters performance, History of Sicily, Country Music of the 1950s, drawing & watercolor class, Thornton Wilder class, Poet of the Month, card making class, Patriots: From Doormats to Destiny, Favorites and Hidden Gems classical music series, photography class, movies, needle felting class, and Tai Chi class.



The Acton COA values the diversity of our participants, staff, volunteers, and the Acton Community. We strive to model and promote a welcoming environment by embracing our older community including differences in race, cultural background, sexual orientation, gender identity, ability, socioeconomic status, and other forms of uniqueness.

ACTON COA STAFF		ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director		Ellen Feinsand, Chair	Alma Sandman, Vice Chair
Rosie Atherton, Office Manager		Lori Cooney, Secretary	Chunsheng (Bill) Fu
Chris Chirokas, Program Manager		Emi Azar	Michelle Holmberg
Bev Hutchings, Senior Services Coordinator		Jeff Bergart	Niru Velankar
Rose Murphy, Human Services Customer Service & Communication Assistant		Michael Chautin	
Bernice Nicoll, Activities/Customer Service Assistant		The Friends and the Board will next meet:	
Fiona Starr, COA Customer Service Coordinator		COA Board, Tuesday, November 14 th , 10:00am Zoom	
Terri Zaborowski, Exercise Instructor		COA Friends, Monday, November 6 th , 10:00am	

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October was a busy month here at the Senior Center.

CarFit was a success.



We enjoyed a superb presentation on the Golden Age of the Silent Movie



Dawn Gomez entertained a large group with her History of Halloween.



Bodacious our visiting Therapy Dog joined in with the Halloween spirit.

The Mission of the Acton Council on Aging is to advocate for services and programs to enhance the well-being of our older adults in an inclusive and welcoming environment.