



Acton Council on Aging

At the Human Services Building & Senior Center

DECEMBER 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: Mondays December 25th and January 1st
Opening Hours:
Monday: 8:00am-5:00pm
Tuesday: 8:00am-7:30pm
Wednesday & Thursday: 8:00am-5:00pm
Friday: 8:00am-12no

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direct

► Holiday Tea Party

Thursday, December 14th, 2:00-3:30pm

Come celebrate the season in style! Join us for tea, mulled cider, and a plentiful array of savory and sweet treats. The party is free for Acton seniors, thanks to the support of the Friends of the Acton Council on Aging. Registration for this event is required!



Acton seniors only

Songs for the Holiday Season with Ben and Brad

Tuesday, December 19th, 1:00-2:00pm

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

Spend a nostalgic and fun afternoon with Ben Sears and Brad Conner as they perform some seasonal favorites and a few surprises including *Winter Wonderland*, *Let It Snow, Let It Snow, Let It Snow, I'll be Home for Christmas*, *White Christmas*, *Sleigh Ride* and others. If you'd like to attend lunch beforehand, please make a reservation with the COA. *Ben Sears and Brad Conner, entertainers extraordinaire, have been called "Boston's favorite song duo" by the Boston Globe.* Theatre historians Sears and Conner are noted recording artists and performers. Their programs and performances are always well received at the Senior Center.



Holiday Singing Performance by Ashleigh Vittum

Wednesday, December 20th, 2:00-2:45pm

Open to all/free

Join Acton resident Ashleigh Vittum as she shares her love of Christmas and her beautiful voice through Christmas classics and seasonal fun. We hope you enjoy the show! *Ashleigh Vittum is a graduate of Acton Boxborough Regional High School. Her love of singing and acting drew her to study music and performance with the Madrigals and theater productions through Concord Players, Emerson Umbrella, and Nashoba Players where she performed as Mary Lennox, the lead in The Secret Garden. As a paid actor, Ashleigh worked for the House of Seven Gables in Salem and has IMBD credit for her film and TV acting experience.*

Holiday Music of the 40s with John Clark

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

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

Sit back and enjoy an hour of familiar and cherished holiday music from the 1940s in this multimedia presentation. John Clark will tell the fascinating stories behind the writing of *Rudolph the Red-Nosed Reindeer*, *Baby It's Cold Outside*, *Winter Wonderland*, *The Christmas Song*, and how *Merry Christmas Darling* took 32 years to find its way onto an album. You'll see movie clips of *Have Yourself a Merry Little Christmas*, *Here Comes Santa Claus* and *Silver Bells*. Featured artists include Judy Garland, Gene Autry, Bob Hope, Vaughn Monroe, Perry Como, Andrews Sisters, Nat King Cole, Johnny Mathis, and Bing Crosby. *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.*



► Learn to Make Vegetable Sushi

Tuesday, December 12th, 2:00-3:00pm

Open to out-of-town seniors starting Dec. 7th/free

Learn to make sushi with Asako, who is a former private chef originally from Japan! Sushi is a very popular dish that you can find at many restaurants and grocery stores. It is also healthy and delicious. There will be Miso soup to try as well. *Asako Judson, who lives in Acton, has worked at several restaurants and as a private chef and caterer.*

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

Director's Corner

The holiday season can be such a joyful time, but for some, it can be challenging. Take time to reach out to those who may need it, show a little extra kindness. A smile and kind word can go a long way. I would like to thank the Friends of the Acton COA. They put so much hard work into their fundraising efforts which make it possible for the COA to offer incredible programs free of charge to Acton seniors. We appreciate their support and your generosity.

Wishing you all a Merry Christmas and happy holiday season,

Sharon, COA Director

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 8:00-12noon 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 the 5th from 8:00am-7:00pm. We will not be accepting any large items (i.e. trees, outdoor decorations.)

COA Events requiring registration:

- Caregivers Group, 12/19
- Chess Lessons, Thursdays
- Holiday Tea 12/14
- Holidays Storytelling 12/7 & 12/21
- Make Vegetable Sushi 12/12
- Needle Felt Art, 12/20
- Poet of the Month, 12/14
- Self Awareness Series, Fridays
- Singing Group, 12/6 & 12/20
- Snow Folks Craft Workshop, 12/11
- Tech Help Appoints, 12/14
- Wool Needle Felting Class, 12/20
- Words Galore, Thursdays

Meals

- Monthly Breakfast, 12/8
- Dinner with Doug, 12/12
- Robbins Brook Lunch, 12/19
- Pie!, 12/19
- New Year Celebration 1/2/2024

*Call Acton Nursing Services,
978 929 6650 for programs on p. 12*

Visit Bodacious the Therapy Dog



Wednesdays, 10:00am-12noon No visit on Dec. 27th

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

Open to all seniors/free

□► Singing Group with Ed Knights

Wednesdays, December 6th and 20th, 1:00-1:45pm



Join Ed Knights for this singing group where participants sing along to familiar songs, with a focus on holiday tunes this month. Don't worry about your level of singing; this class is open to anyone interested in singing. Lyrics provided. Ed covers the mechanics of singing—how your breathing and sitting position impact the sound you produce. The group meets twice each month—watch for the newsletter for exact dates. Only people new to the group need to sign up. The group will be performing during the holiday lunch on December 19th at 12:30! *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.*

Open to all seniors/free

□► Holidays and Celebrations Storytelling Workshop with Sal Lopes

Thursdays, December 7th and 21st, 10:30-12noon

Open to out-of-town seniors/free



Storytelling is a great way to reflect on your life and provides the opportunity to share one's life with others. For some it's a great social experience, for others it is entertainment, and for some the reflection is therapeutic. The first meeting will be to work on stories about holidays or celebrations and during the second meeting each participant will present an 8-10 minute story, followed by discussion. A packet to guide you in preparing for the class will be available for you at Senior Center reception. *Sal Lopes is a retired educator who has taken courses on storytelling, facilitated workshops and has presented his stories locally.*

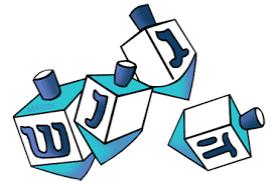
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Christmas and Hanukkah Traditions with Dawn Gomez

Thursday, December 7th, 1:00-2:00pm

Open to all seniors/free

Both of these cherished holidays are diverse in their origins and nature. Some traditions are religious with others being more cultural or secular. Many similarities in how they are celebrated exist: special worship services, lights on an evergreen or menorah, special songs like *Away in the Manger* and *Maoz Tzur*, gift-giving customs, and holiday culinary treats like candy canes and latkes. We will discuss how these traditions started and have evolved over time. Come join us to learn more about these holidays and share your traditions and memories as well. Dawn's last program about Halloween was a hit and she looks forward to returning! You are welcome to stop by the Senior Center's Bistro 30 for lunch beforehand. *Dawn Gomez is an IBM retiree who, for the last two years, has found her passion offering various programs at a local assisted living community, with her favorite being Reminiscing Round Table discussions.*



Empire of Liberty: The Making and Unmaking of Haiti 1789-1925 with Paolo Di Gregorio

Tuesday, December 12th, 1:00-2:00pm

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

In 1804 Haiti became the second independent republic in the Western Hemisphere. Born of revolution, the nation strove for prosperity. Yet, the success of Haitian independence was scarred by external forces and domestic upheaval. This illustrated talk will explore the heroic and tragic history of Haiti. *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.*



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

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

Open to All/Free

This group explores themes within the Eight Dimensions of Wellness for Older Adults: social, environmental, physical, emotional, spiritual, occupational, intellectual, and financial. Join us for this group, facilitated by Tracy Woods a certified Older Adult Peer Specialist. Each week the group explores 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.



► Words Galore for the Holidays via Zoom

Thursdays December 7th through 28th, 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—with a holiday twist! The focus this month is to learn how a variety of cultures celebrate the holidays. 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*. Contact the COA at seniorcenter@actonma.gov to register and receive the Zoom link to participate from home.

Book Discussion Group

Tuesday, December 12th, 10:00am

Open to all seniors/free

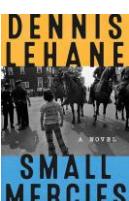
The discussion for this meeting will be around the book *Small Mercies* by Dennis Lehane. Copies of the book are on hold for the group at Acton Memorial Library. You may also check availability at Citizen's Library (978-929-6654). Ann Kulsick facilitates the gatherings. If you would like to read ahead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

► Technology Help Appointments with Acton Memorial Library

Thursday, December 14th, 10:00-11:00 am

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 charged 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. Call the COA for a 15 minute appointment.



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

□► **Poet of the Month: The Life and Poems of Henry David Thoreau via Zoom**
Thursday, December 14th, 10:30-11:30am

Open to all seniors/free



Henry David Thoreau is famous for his essays and *Walden Pond; Or, Life in the Woods*. But his poems are also a fascinating window into his beliefs and values about living with a deeper appreciation of our sacred bond with nature around us. In this class, we will read three of his short poems and also explore his life in Concord. 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*. She 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.



Java with John

Friday, December 8th, 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.

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.

Festive Fest, Saturday December 16th, 11:00am-1:00pm at Town Center, 2nd Floor Flint Room, 12 Mudge Way, Bedford MA - Join us for some seasonal fun, games and sparkle! Gather with friends and allies of the LGBTQ+ community for a light lunch. Festive attire encouraged or come as you are. All are welcome. RSVP by Monday, December 11th at 781-275-6825 or coa@bedfordma.gov

Movie Matinees

Open to all seniors/free

Shown with closed captioning, when available

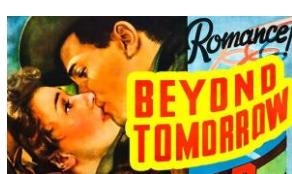
Beyond Tomorrow (DVD) and *Golda* (Blu-ray) available to borrow from the Senior Center resource shelf after they are shown.



Monday, December 4th, 1:00-2:40pm *Golda* (2023, PG-13) Bio pic about the intensely dramatic and high-stakes responsibilities and decisions that Israel's Prime Minister Golda Meir faced during the Yom Kippur War of 1973. Helen Mirren stars as Meir.



Tuesday, December 5th, 4:00-6:05pm *Up Close & Personal* (1996, PG-13) An ambitious woman (Michelle Pfeiffer), determined to build a career in broadcast journalism, falls in love with her boss (Robert Redford). Dramatic love story also features Stockard Canning and Joe Mantegna.



Monday, December 11th, 1:00-2:25pm *Beyond Tomorrow* (1940) The ghosts of three elderly industrialists help reunite a young couple they initially brought together at a Christmas Eve dinner. This film, also known as *Beyond Christmas*, stars Jean Parker, Richard Carlson, Harry Carey, Charles Winninger, and C. Aubrey Smith. Closed captioning not available.



Monday, December 18th, 1:00-2:45pm *A Boy Called*

Christmas (2021, PG) In this origin story of Father Christmas, an ordinary boy, with a pet mouse and a reindeer at his side, sets out on an adventure to find his father, who is looking for the fabled village of Elphelm. Stars Henry Lawfull, Maggie Smith, Jim Broadbent.



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

A message from the COA Board

We hope you enjoyed a wonderful Thanksgiving holiday!

We have had to postpone the Seniors Read Program until the spring. The Acton-Boxborough Regional School District is enthusiastic and we will work closely with them in the spring to having seniors read to elementary school students.

There will be a webinar on January 11th, 2024 from 1:00-2:00pm "Practical Tips - Planning Early For and Dealing with End-of-Life Care."

There is a [flyer](#) with more information & where to register for participating in this session.
Best wishes from the COA Board for good health and happiness during the Holiday Season!

Thank you

Eileen Lucey for the soda

All of the wonderful donations of candy

Friends of the Acton COA for all of your fundraising efforts

Deborah Finnegan for the donations of Keurig coffee.

Northeast Corrections Facility Culinary Program for the delicious pies

Everyone who brought us their leftover Halloween candy

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



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 October was Marjorie Backus.

Art & Crafts

► Snow Folks Craft Class with Gretchen Fogelstrom

Monday, December 11th, 10:00-12noon

Open to all seniors



In this class you will have the opportunity to make three unique snow people, all dressed up in cozy sweaters ready for a snowy winter. No crafting experience required. \$10 supply fee (cash only) due at Senior Center reception on day of class. *Gretchen Fogelstrom is a Massachusetts based artist and teacher. Her inspiration comes from her explorations around the world; from the bright, bold colors of Latin America, to the intricate patterns of Europe, and the sweeping landscapes and dramatic skies of Africa. Her art flows from impressionism to abstracts and she is always playing with new art forms.*

► Wool Needle Felting Art Class

Wednesday, December 20th, 1:00-3:00pm

Acton seniors only

Under the guidance of artist Magda Stilmant, participants will create a framed wool felting piece of a landscape to take home. Needle felting is the process of transforming wool into an art object using a barbed needle to bond the fibers together. The finished product looks like a painting! All supplies are included for a fee of \$50 payable to the instructor on the day of class (cash preferred). 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.

Art Exhibit

In December through January, we welcome the art work of Harriet DiLuzio. She studied art at Boston University, as well as DeCordova in Concord. This Exhibit depicts Harriet's recent trip to Africa and Europe this summer. Refreshments will be served at a Reception on **Tuesday, December 5th, 4:00-6:00pm**. All are welcome.



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.



Support Groups

□► Caregiver Support Group via Zoom

Tuesdays, December 19th, 3:00-4:30pm

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.

Open to all caregivers of older adults/free

No Meeting on December 5th



Grandparents Raising Grandchildren Support Group at the Senior Center



Tuesday, December 19th, 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 will not meet in December and will resume on January 30th.



Meals at the Senior Center

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

□► Monthly Breakfast

Friday, December 8th, 9:00am

Acton seniors only

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. Cost is \$3.00.

□► Dinner with Doug from Boston Events

Tuesday, December 12th, 5:00pm

Open to out of town seniors

Stuffed pork tenderloin with gravy, potatoes, vegetables and dessert. Cost \$5. Sign up required.

□► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, December 19th, 12noon

Open to out of town seniors

Join us for Beef Brisket, Garlic mashed potatoes, carrots, roll and dessert for \$3.00. The Senior Center singing group will be performing at 12:30pm and invite you to sing along!

□► Pie!

Open to out of town seniors

Tuesday, December 19th, 2:30pm

Enjoy hot, fresh pie made by Northeast Corrections facility Culinary program and served by Acton's Woman's Club. Please sign up. A \$1.00 donation is requested.

□► New Year's Celebration

Open to out of town seniors

Tuesday, January 2nd, 2024, 5:00pm

Let's ring in the New Year right! Enjoy Chinese food, sparkling cider and good company. Maybe even dress up a little. Sign up by December 26th. Cost \$5. This meal is partially funded by the Friends of the Acton COA.



**Bistro 30 (formerly 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 homepage, under "News", www.actoncoa.com when it is available, \$6.00/item, cash, Venmo or credit cards accepted. Café Bistro will be closed on Thursday, December 14th. We apologize for the inconvenience.

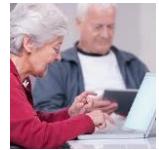
Groups

Computer Club

Open to all seniors/free

Wednesday, December 13th, and 27th, 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.



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 meets in the Senior Center dining room where coffee is available.

Genealogy Group

Tuesday, December 12th, and 26th 1:00-2:30pm

Open to all seniors/free

By popular demand! The group is now meeting 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 December's topic will be Holiday Traditions.



Games

Morning Open Activity Time

Open to all seniors/free

Weekday mornings, 9:00-11:30am

No activity time December 8th & 25th

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!



Chess Lessons with Ken LeBow

Open to all seniors/free

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

No Chess Lessons Thursday, December 14th

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



Ken LeBow has been playing chess for over 50 years. He started a chess club and lessons for seniors in Pennsylvania and has been teaching and leading chess club in Acton, in person and virtually, since 2013.

Drop-In Bridge

Open to all seniors/free

Wednesdays, 1:30-3:30pm

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

Mah Jongg Time

Open to all seniors/free

Mondays, 1:00-4:00pm & Tuesday, December 26th for experienced players only

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

No Mah Jongg December 25th

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

Open to all seniors/free

Thursdays, 1:00-4:00pm

No Chess Club on Thursday, December 14th

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. Available for all seniors. Please let us know if you would be interested in teaching pool skills.

Mind, Body and Spirit

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 all seniors/free

Gym Hours & Monitoring

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



Acton seniors only

Exercise Classes

- Exercise classes are limited to Acton residents age 60 and up
- Classes are not meeting December 25th through January 1st
- If you are new to a class, read the description to judge whether it will be a good match for your fitness level and call us with any questions
- Instructors have final say on whether a class is suitable for an individual
- Check with your doctor before starting any exercise program
- Wear comfortable clothing and bring water in a non-breakable container
- To keep the floor safe for all, please bring clean, supportive shoes to change into for class
- All attendees must have an exercise class waiver on file and up-to-date emergency contact information

Active Aging with Terri Zaborowski

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

No class Dec. 25th and Jan. 1st

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

No class Dec. 26th

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

No class 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, 11:00-12noon

No class Dec. 25th and Jan. 1st

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
Wednesdays through December 20th, 8:30-9:30am
Thursdays through December 21st, 8:30-9:30am
Fridays through December 22nd, 8:30-9:30am

No class Dec. 26th
No class Dec. 27th
No class Dec. 28th
No class 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
The last class of each month is a healthy joint class

No class Dec. 27th

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, 11:00-12noon

Open to out-of-town seniors/free

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

Stretch and Flex with Terri Zaborowski

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

No class 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 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, December 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 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. Beware of closings around the holidays.

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

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, Annual Medicare Open Enrollment ends December 7th. Call for availability of appointments, at 978-929-6652. Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the "donut hole". If you reach that gap, you will see your prescription drug costs increase dramatically. Don't let this happen to you! Prescription Advantage can help. 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.

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

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.

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.

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, every other month.



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.

December 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.

Breathe for Change Fridays, December 1 and 22, 10-11 a.m. Guided meditation.

Plant Parenthood 101 Discussion Tuesday, December 5, 6-7 p.m. Learn how to take care of indoor houseplants.

Patriots and Potters: Trouble Brewing with Pied Potter Hamlin Saturday, December 9, 2-3:30 p.m. Colonial pottery demonstration.

Asian Art Series: When the Tiger Smoked a Pipe: The Art of Korea with Ginny Meyer Sunday, December 10, 2:30-3:30 p.m. Virtual event via Zoom.

Yarn & Needle Club Tuesdays, December 12 and 26, 3-4 p.m. Work on your current fiber project and socialize.

Technology Help at the Senior Center Thursday, December 14, 10-11 a.m. Make an appointment thru the COA.

Steeped in Secrecy: The Boston Tea Party, 250 Years Later Saturday, December 16, 2-3 p.m. Virtual event via Zoom.

Winter Concert Series: ABRHS Madrigal Singers Sunday, December 17, 3-4 p.m. Traditional holiday melodies.



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.



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.

Pre-recorded exercise classes are available on [Acton TV's Youtube channel](#), look for the playlist "Acton Senior Center at Home".



- Check the Lost & Found if you mislay a glove or hat.
- For exercise & gym users remember to bring dry, clean and appropriate footwear to change into.

Acton Nursing Services

Call 978-929-6650, Acton Nursing, for these programs from Wednesday, November 29th



□► Therapeutic Horticulture

Acton seniors Only

Tuesday, December 19th, 6:00-7:00 pm, Wednesdays, December 6th and 13th, 10:30-11:30am

Come decorate a low table arrangement with winter greens and a hurricane candle shade. All supplies are provided. 12 participants per class.

□► Energy Healing with Jacqui Burak

Tuesday, December 12th, 6:00-6:45pm

All ages are welcome

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, December 14th and 28th 12noon-4:00pm and Tuesday, December 19th 10:30am-2:30pm and Friday December 8th, 9:00-11:30am

Call 978-929-6650 to make an appointment.

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

□► Maintenance Balance Training Sponsored by an Anonymous Donor

Acton seniors only

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

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

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

Wellness Clinics, 1st and 3rd Tuesday of the month, December 5th & 19th, 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.

News from the Town Clerks's Office

Please be on the lookout for the upcoming mailings from our office:

Dog license renewal in late December;

Street listing/census in early January.

Now is a good time to verify your voting status for the 2024 Election year. You can do that by going to the Secretary of the Commonwealth's [website](#). The state of Massachusetts will be sending out mail-in voter registration cards to every registered voter in January 2024.

Acton Police Department would like to encourage interested citizens to get involved with [C4RJ](#) (Communities for Restorative Justice). [To volunteer](#), fill out the application. Full training is given.

Remember – if a program has a “□►” this means you must pre-register.

Department of Public Works/Highway Division

Snow Clearance and Mailbox Replacement Policy

Mailboxes installed in the Town right of way are placed at the owner's risk. Each mailbox installation should be sufficiently solid to withstand snow-clearing efforts by the Town. It is the responsibility of the owner of the mailbox to clear the snow around the mailbox to assure mail delivery by the U.S. Postal Department. If the snow banks are too high to shovel, place a temporary box beside the road until the snow has melted enough to allow access to the mailbox. The mailbox should be installed, periodically inspected and maintained by the homeowner in accordance with the guidelines provided by the United States Post Office (www.USPS.com). When installing a mailbox choose a suitable location. If you are unsure, check with the postal carrier.

The Town does not replace mailboxes if damaged by snow being discharged by the snowplow. The Town only assumes responsibility if a Town plow comes into contact with the mailbox or post.

The Town does not replace plastic mailboxes. Plastic mailboxes in cold weather become very brittle and are not well-suited to withstand this type of environment. The Town also does not replace mailboxes that are in need of repair due to lack of maintenance, vandalism or have a spike-type support. Homeowners should check the condition of their mailbox and post before the ground freezes and make any necessary repairs.

The Town will not be responsible for damage to any mailbox or post if the front of the box extends past the curb line and/or is within 6-inches from the curb line.

The Town will only replace mailboxes if the Town's plow came in contact with a well-maintained mailbox or post. The Highway Division will inspect the reported damage to determine the cause of the damage to the mailbox and/or the post. If it is determined that the damage is a result of the Town plow hitting the mailbox or post, the Town staff will attempt to make the necessary repairs. If the mailbox or post is deemed non-repairable, the homeowner may choose from one of the two options listed below:

1. The Town will replace the damaged mailbox and/or post with a standard-style metal mailbox and/or wood post
2. The homeowner may opt to furnish and install their own mailbox and post and the Town will reimburse them up to \$100 towards the replacement.

Mailboxes to be fixed will be put on a list and repaired when the Highway Division is back on a regular schedule and all other weather-related priorities are completed.

A CLAIM should be submitted to the Highway Division immediately following the storm so that they can witness the damage and make their determination. LATE CLAIMS are difficult to verify and will likely be denied since they may not be able to adequately determine the cause of the damage.

More handy tips from the DPW can be found in our online newsletter and the Town website at www.actonma.gov

Christmas Tree disposal

After the holidays you can dispose of your tree at the Transfer Station or...



"Troop 1 and Troop 284 are collecting Holiday Trees. We hope you have had an opportunity to see our lawn signs and flyers around town. Our partnership allows us once again to pick up trees from both Acton and Boxborough residents. We truly hope we can count on your support. Together, we will collect trees on Saturday, January 6, 2024, and Saturday, January 13, 2024. Your ongoing support of our

Scout Troops means the world to us. Your donation helps us fund campouts, hiking activities, merit badge workshops, camp, the upkeep of camping gear, courts of honor, and high adventure trips for all our scouts. A recommended donation of \$20 can ensure a contactless pick up at your residence. Payment can be made by

check (Check can be written out to Troop 284 Acton), and easily affixed to your tree in a plastic baggie. Or sign up and pay online at ActonBSA.org. No computer to sign up, no problem! Just give us a call at 978-795-4152 and leave a message and we will get back to you. We are here to support you. It's Simple, it's Easy, and it's Local. Thank you in advance for your support!" [Flyer.](#)



Monday	Tuesday	Wednesday	Thursday	Friday
27 November 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 Nouvonne Fitness 10:00 What Matters to You
4 8-10:00 Holiday Decorations Drop Off 8:30 Active Aging 11:00-5:00 Holiday Decorations Pick Up 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	5 8:00 -7:00 Holiday Decorations Pick Up 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 4:00 Movie 4:00 Art Reception	6 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:30-1:30 Café -Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Singing Group 1:30 Drop-in Bridge	7 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:30 Storytelling 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Café -Bistro 30 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 Holiday Traditions 3:00 Stretch & Flex	8 Center closes at 12 8:30 Senior Fitness 9:00 Monthly Breakfast 9:45 Java with John 10:00 Nouvonne Fitness 10:00 What Matters to You
11 8:30 Active Aging 10:00 Snow Folks Craft Class 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 Discussion Group 10:00 COA Board Mtg via Zoom 11:00 Maintenance Balance – ANS 1:00 Empire of Liberty Haiti Talk 1:00 Genealogy Group 2:00 Learn to Make Vegetable Sushi 5:00 Dinner with Doug 6:00 Energy Healing -ANS	13 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:30-1:30 Café -Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 1:30 Computer Club	14 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:00 Tech Help Appointments 10:30 Poet of the Month via Zoom 11:00 Laugh for your Health 11:00 Tai Chi Practice 12:00 MMSS Birthday Lunch 1:00 Mah Jongg 2:00 Holiday Tea Party 3:00 Stretch & Flex	15 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 What Matters to You
18 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	19 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 11:00 Grandparents Raising Grandchildren Group 12:00 Robbins Brook Lunch 1:00 Ben & Brad Holiday Songs 2:30 Pie! 3:00 Caregiver Support Group via Zoom 6:00 Therapeutic Horticulture - ANS	20 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 11:30-1:30 Café -Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Singing Group 1:00 Wool Needle Felt Class 1:30 Drop-in Bridge 2:00 Holiday Singing Performance	21 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:30 Storytelling 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Café -Bistro 30 1:00 John Clark's Holiday Music 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	22 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 What Matters to You

25 Closed for the Holidays 	26 9:00 Drop-in Art 11:00 Maintenance Balance – ANS 1:00 Genealogy Group 1:00 Mah Jongg	27 10:30 Hot Topics 11:30-1:30 Café -Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 1:30 Computer Club	28 9:00 Words Galore via Zoom 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Café -Bistro 30 1:00 Chess Lessons/Club 1:00 Mah Jongg	29 Center closes at 12 10:00 What Matters to You Don't forget to sign up for the New Year's Celebration on Tuesday January 2nd.
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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.

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

This month the following activities are supported by the Friends of the Acton COA: Holiday tea party, Poet of the Month, Words Galore, movies, Holiday Traditions with Dawn, Songs for the Holiday Season with Ben & Brad, history of Haiti presentation, snow folks crafting class, Holiday Music of the 40s presentation, needle felting class, and Tai Chi class.



A Message from the Friends of Acton COA

The Friends wish everyone a happy holiday season.

Watch for the Annual Appeal mailing, 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

The Friends of the Acton COA will next meet Monday, January 8th at 10:00am

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	Michael Chautin
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	Michelle Brady	Niru Velankar
Bernice Nicoll, Activities/Customer Service Assistant	<i>The Friends and the Board will next meet:</i>	
Fiona Starr, COA Customer Service Coordinator	<i>COA Board, Tuesday, December 12th, 10:00am via Zoom link</i>	
Terri Zaborowski, Exercise Instructor	<i>COA Friends, Monday, January 8th, 2024, 10:00am</i>	

Busy days at the Senior Center...



"Between Us Sisters" performance with Amy Cole as May and Stefanie Cloutier as Louisa Alcott was fascinating.



A group of Acton & Boxborough seniors took a school bus over to the High School for a tour, lunch and a visit with students. A real trip down 'memory lane'.



The needle arts group hosted a successful fundraising fair for the Friends of the COA.



Line Dancing with Paul concluded another successful session. Keep an eye out for the next scheduled program.



In honor of Veterans' Day, a lecture on WWII American Defenders of Bataan & Corregidor was hosted by the daughter of one of the heroes of that campaign – Staff Sergeant Henry "Hank" Wilayto.

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.

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

**The Senior Center will be closed:
Mondays, December 25th, 2023 and January 1st, 2024**