



Acton Council on Aging

At the Human Services Building & Senior Center

JANUARY 2024

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, January 1st & 15th
Opening Hours:
Monday: 8:00am-5:00pm
Tuesday: 8:00am-7:30pm
Wednesday & Thursday: 8:00am-5:00pm
Friday: 8:00am-12noon

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

► Re-gifting Gathering



Thursday, January 4th, 1:00-1:45pm

Did you receive a holiday gift you really don't need? Join in on this fun annual gathering and swap it for (hopefully!) something you do want. The gift exchange is run like a Yankee Swap. Please bring a wrapped gift valued at \$10-\$20.

The First Three Women Senators and Their Stories

CANCELLED

pm

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

ator only served for a single day, but her story is timeless. Join us about the beginning days of the US Senate and the stories of the first three women senators, along with their contributions, successes, and challenges. Presented by Anne Bishop who worked as a Visitor Experience Guide at the Edward M. Kennedy Institute for the US Senate.



Black Ships and Samurai: Japan and the West, 1850-1950 with Paolo Di Gregorio
Thursday, January 18th, 1:00-2:00pm **Open to out-of-town seniors for \$5**
In the middle of the 19th century, Japan's self-imposed isolation was shattered by the sudden, unexpected arrival of a small American flotilla under the command of Commodore Matthew Perry. In this illustrated presentation, learn how this event began a period of dramatic, turbulent transformation that changed Japan from an agrarian, feudal society into an industrialized, imperial power. *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.*

Music of the Civil Rights Movement (1940-1970) with John Clark

Thursday, January 25th, 1:00-2:00pm

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

John Clark's presentation combining lecture, photographs, and video/audio clips, begins with a controversial Marian Anderson concert and a soberingly sad Billie Holiday song. Then the songs *You've Got to Be Carefully Taught from South Pacific* and *Nat King Cole's We Are Americans Too* that led up to Civil Rights music. The rest of the program is devoted to influential songs of the 1950s and 60s that reflected greater public awareness of the need for change and racial justice, including anthems *We Shall Overcome*, *Eyes on the Prize*, and *Blowin' in the Wind*. Other artists covered include Sam Cooke, James Brown, Sly & the Family Stone, Mahalia Jackson, Odetta, Nina Simone, Curtis Mayfield, Janis Ian, and even Elvis Presley. *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.*



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

COA Events requiring registration:

- Art Class with Fran, Tuesdays
- Ask the Lawyer, 1/16
- Boost Your Brain Health, 1/9
- Caregivers Group, 1/9, 1/23
- Chess Lessons, Thursdays
- End of Life Care, 1/11
- Line Dancing, Wednesdays
- Poet of the Month, 1/25
- Realtor Office Hours, 1/10
- Regifting gathering, 1/4
- Self Awareness Series, Fridays
- Singing Group, 1/17, 1/31
- Tech Help Appoints, 1/11
- Wool Needle Felting Class, 1/17
- Words Galore, Thursdays

Meals

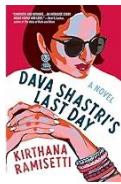
- New Year Celebration 1/2
- Robbins Brook Lunch, 1/16
- Monthly Breakfast, 1/19
- Dinner with Doug, 1/23
- Lunch & Learn, 1/30

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

Director's Corner

So many wonderful things happen at the Senior Center. I want to thank the amazing COA staff; Bernice, Beverly, Chris, Fiona, Rosie, Rose and Terri for making things appear so effortless. Their dedication, compassion and commitment to the older adults in this community shine through. You are an incredible team to work with and I appreciate all that you do. Wishing you all a Happy and Healthy New Year!

Sharon, COA Director



Book Discussion Group

Tuesday, January 9th, 10:00am

The discussion for this meeting will be around the book *Dava Shastri's Last Day*, by Kirthana Ramisetty. Copies of the book are on hold for the group at Acton Memorial Library. You may also check availability at Citizen's Library (978-929-6654). Ann Kulsick facilitates the gatherings. The Book Discussion Group is in person.

Open to all seniors/free

□► Boost Your Brain Health by Eating Well

Tuesday, January 9th, 1:00-2:00pm

Concord Park is offering an educational program by Senior Living Residences. Come learn the benefits of Brain Healthy Cooking. Eating a diet rich in brain healthy foods can benefit people at any age. Hear from experts why making more healthful and mindful food choices can be an asset to you.



Open to all seniors/free

□► Office Hours with Realtor® Heather Murphy

Wednesday, January 10th, 10:00-11:00am

Acton seniors only

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



Senior Property Tax Primer

Wednesday, January 10th, 2:00-3:00pm

Acton residents only

Join staff from the town of Acton Assessor's Office for an update on how property taxes will be affected by increasing home values. They will also share information on numerous ways homeowners might qualify for property tax relief if you are: over 65 with income and assets that are low-to-moderate, over 70, a veteran with a disability, or suffering financial hardship in general. If you are unable to attend and want to learn more, visit the Acton town website, www.actonma.gov, and click on "Government" and select "Assessors," or contact the Assessor's Office at 978-929-6621.



□► Ask the Lawyer

Tuesday, January 16th, 1:00-3:00pm

Acton seniors only

Elder Law Attorney Cathleen Summers offers free 20-minute private legal consultations. Call the COA on 978-929-6652 to book an appointment at the Senior Center.

Tax Preparation for 2023 Returns

The AARP TaxAide program (www.aarp.org) offers free income tax preparation for low and moderate income taxpayers by IRS-certified volunteers. Appointments at the Acton Senior Center will be on Mondays in February, March, and the first week of April. This year, the Massachusetts Circuit Breaker has been increased to \$2,590 from \$1,200. More details will be published in the next newsletter. Contact the COA at 978-929-6652 for information and to schedule appointments.

AARP Foundation Tax-Aide

□► Technology Help Appointments with Acton Memorial Library

Thursday, January 11th, 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, Community Engagement Librarian with the 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

**► Practical Tips: Planning for & Dealing with End-of-Life Care
via Zoom from Home or Senior Center**

Thursday, January 11th, 1:00-2:00pm



Open to all/free

Join Dianne Savastano via Zoom to learn what services are available to assist with end-of-life in any setting, the differences between hospice and palliative care, what decisions you may be faced with as you prepare for end-of-life, and the five most important legal protections/documents to have in place. This webinar is sponsored by the Acton, Boxboro and Littleton COAs and is administered through the Acton Health Division. Contact Matthew Dow at 978-929-6632 with questions. You may view the webinar from home or on a large screen at the Acton Senior Center. [Pre-registration](#) required if viewing at home. *Dianne Savastano is founder & principal of Healthassist, a Mass. company that specializes in helping clients navigate the complexities of the healthcare system. Dianne holds a BS degree in Nursing from Rhode Island College and an MBA from Simmons University.*

**** NEW** What Matters to You, Self-Awareness, and Self-Care**

Open to All/Free

Fridays, January 12th through March 1st, 10:00-11:00 am

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.

► Acton Songsters with Ed Knights

Wednesdays, January 17th and 31st, 1:00-1:45pm

 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. Lyrics provided. Ed also covers the mechanics of singing. Group typically meets twice each month--watch each 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.*

Open to all seniors/free

Collette Travel Trip Information Talk ** Not in print copy**

Thursday, January 18th, 1:00pm

Open to all seniors/free

Collette Travel will be here to discuss two upcoming trips sponsored by the Friends of the COA. Cowboy Country which visits National and state parks in So. Dakota and Wyoming August 29-September 5 and Iceland's Magical Northern Lights November 13-19.

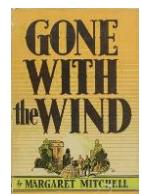
Java with John as advertised in the print copy is cancelled.

LitLovers Study Group/American Bestsellers: *Gone with the Wind*

Tuesday, January 23rd, 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 will discuss *Gone with the Wind* by Margaret Mitchell. Books are typically on reserve at the Acton Memorial Library. This group is facilitated by Program Manager Chris Chirokas.



► Words Galore via Zoom

Open to all seniors/free

Thursdays, January 25th through March 14th, 9:00-10:00am

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



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

► Poet of the Month: Emily Brontë via Zoom

Thursday, January 25th, 10:30-11:30am



Emily Brontë was an English novelist and poet who produced only one novel, *Wuthering Heights*, yet she wrote many poems that have been widely anthologized and celebrated throughout the past two centuries. Though she was silent and reserved, publishing under her pen name, Ellis Bell, her imagination and passion poured through her writing. Sadly, she only lived to the age of 30, leaving behind astoundingly moving works that inspired Emily Dickinson and Ralph Waldo Emerson. 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.

Open to all seniors/free

Open to all seniors/free



Shown with closed captioning, when available

The Book Club is available to borrow from the Senior Center resource shelf after being shown. **Monday, January 8th, 1:00-2:50 Sam and Kate** (2022, R for language and drug use) Family dramedy about a young man who returns home to care for his ill father (real-life father and sons Dustin Hoffman and Jake Hoffman) and falls for a woman with a tragic past who is looking out for her mother (real-life mother and daughter Sissy Spacek and Schuyler Fisk). *Showing of this film is in collaboration with the Acton Memorial Library.*

Monday, January 22nd, 1:00-2:45 The Book Club: The Next Chapter (2023; PG-13) In this sequel, four best friends take their book club to Italy for the fun girls trip they never had. Comedy starring Jane Fonda, Diane Keaton, Candice Bergen, and Mary Steenburgen.



Tuesday, January 23rd, 6:00-7:00 pm Tricky Dick and the Man in Black

(2018) In April 1970 while the war in Vietnam is raging, President Richard Nixon invited Johnny Cash to the White House. Nixon requested Cash perform two songs (belonging to other artists) seen by many to be anti-hippie and racist. What Cash did instead surprised everyone. Documentary includes clips of the performance, background on Cash's life, and interviews.

Monday, January 29th, 1:00-2:40 The Railway Children (2022, PG) During WWII three evacuee children are sent to the rural English countryside to escape the bombings. A dangerous adventure ensues when they discover an injured US soldier hiding out in a railyard. *Showing of this film is in collaboration with the Acton Memorial Library.*



Support Groups

► Caregiver Support Group via Zoom

Tuesdays, January 9th and 23rd, 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.



Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, January 16th, 11:00-12noon

Open to all/free

Participants will learn from other grandparents and experts about legal strategies and practices, ways to relieve the stress, and resources available. For additional information, contact group leader Joe O'Leary of the Commission on the Status of Grandparents Raising Grandchildren at 978-760-0360.



► **Memory Lane Café**

Tuesday, January 30th, 12:00-1:30pm

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.

Minuteman Senior Services Presents: *Powerful Tools for Caregivers* (Virtual workshop)

By taking care of your own health and well-being, you become a better caregiver. *Powerful Tools for Caregivers* is a six-week online course designed to build the skills caregivers need to take better care of themselves while caring for an adult. The next course begins on Wednesday, January 24, 2024, 11:30am – 1pm. For more information and to register, contact Minuteman Senior Services Healthy Living Coordinator Stephanie Bott at 781-221-7095 or s.bott@minutemanseniorservices.org



Meals at the Senior Center

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

► **New Year's Celebration**

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

Open to all seniors

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 \$5.00. This meal is partially funded by the Friends of the Acton COA.

► **Monthly Lunch by Benchmark Senior Living/Robbins Brook**

Tuesday, January 16th, 12noon

Open to all seniors

Join us for ziti with sauce, salad, roll and dessert for \$3.00. Sign up is required.

► **Monthly Breakfast**

Friday, January 19th, 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. Sign up is required.

► **Dinner with Doug from Boston Events**

Open to all seniors

Tuesday, January 23rd, 5:00pm

Doug and his team will be serving rosemary roasted chicken, roasted potatoes, French green beans and dessert. The cost is \$5.00. Sign up is required.

► **Rivercourt Lunch and Learn**

Tuesday, January 30th, 12noon

Open to all seniors

Join RiverCourt Residences, a senior living community in Groton for meat/veggie Lasagna, garden salad, and chocolate truffle cake. A guest speaker Anissa Schppard from CAREtenders will provide a presentation on dehydration. For \$3 donation. Sign up is required.



Bistro 30 (formerly known as the Café) is open Wednesdays and Thursdays,

11:30am-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.

Groups

Computer Club

Open to all seniors/free

Wednesday, January 10th and 24th, 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.

Genealogy Group

Tuesday, January 9th and 23rd, 1:00-2:30pm

Open to all seniors/free



Whether you are new to genealogy or have been researching for years, come discuss your research, seek advice, or simply share your passion for family history. Our second Tuesday meeting uses online/computer tools to find answers to family history questions. In addition to Ancestry and FamilySearch, this month's focus will be on historical newspaper databases. This month's fourth Tuesday topic is BIOGRAPHICAL SKETCHES -- was an ancestor or cousin mentioned in some history book? (February: connecting through DNA).

Games

Morning Open Activity Time

Weekday mornings, 9:00-11:30am

Open to all seniors/free

No activity time January 1st, 15th and 19th



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

Acton resident Ken Lebow teaches this class that 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 and Tuesday, January 2nd and 16th, for experienced players only

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

No Mah Jongg January 1st and 15th

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

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.

A Message from the Friends of Acton COA

The FCOA wishes everyone a happy and healthy New Year.

The Annual Appeal was sent to senior homes or by email in late November.

A hearty thank-you to all Acton seniors who responded immediately.

Our major fundraiser, gifts may be made online easily at www.friendsofactoncoa.com.

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



Visit Bodacious the Therapy Dog

Wednesdays, 10:00am-12noon

Open to all seniors/free

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 friendly, affectionate, and hypo-allergenic. Visiting with a therapy dog is known to increase emotional well-being...and it's free.

Thank you

Girls on the Run for the homemade goodies, teas, coffee, cocoa and yarn

Everyone that donated Holiday decorations

Dick and Bodacious, the therapy dog team.



Art & Crafts



□► Drawing and Watercolor Painting Class with Fran Hewitt

Tuesdays, January 16th through March 19th, 9:30-11:30am

Acton seniors only

Participants in this class will learn how to use basic drawing skills and watercolor techniques to create pictures. We will explore line, color, shape, form, and texture as we draw and paint.



Subjects for our work will include photographs of still-life objects, landscapes, animals, portraits, and flowers. No prior art experience is required to participate. If you have drawing and/or watercolor painting experience, you will use your knowledge to improve your skills. The supply list for this class is available at the COA reception desk and can be emailed upon request.

Fran is a veteran art teacher who taught drawing, painting, ceramics, sculpture, weaving, and collage to K thru 12th grade in the NH Public School for 30 years. She developed and taught adult art education classes as part of a continuing education program. After retiring 11 years ago, she moved to Acton and has enjoyed learning about the area, continuing to create art work, and reading the latest novel.

□► Wool Needle Felting Art Class with Magda Stilmant

Wednesday, January 17th, 1:00-3:00pm

Acton seniors only

Under the guidance of artist Magda Stilmant, participants will create a framed wool felting piece of a flowers 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 but with beautiful texture! 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. An image of the project will be available in the Senior Center reception area. Image here is from a previous class. *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.*

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.



The Acrylic Mixed Media Class advertised in the print copy of the January newsletter is cancelled.

| 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 | Zoom link | |
| Terri Zaborowski, Exercise Instructor | COA Friends, Monday, January 8 th , 2024, 10:00am | |



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 November was Nicolette Wellington. Make sure you sign in on MySenior Center, you could be our next winner!

Mind, Body and Spirit

□► Line Dancing with Paul

Wednesdays, January 31st through March 20th, 2:30-3:30pm **Note new time!**

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



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 with Susan Phillips

Thursdays, 11:00-12:00noon

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



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

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

This group led by Older Adult Peer Specialist Tracy Woods ends this month.

Open to all/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
- 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, January 8th through March 25th, 8:30-9:30am

Tuesdays, January 2nd through March 26th, 9:45-10:45am

Thursdays, January 4th through March 28th, 9:45-10:45am

No class January 1st, 15th, February 19th

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 January 8th through March 25th, 11:00-12noon

No class January 1st, 15th, February 19th

This Tai Chi class is open to all levels of participants. It uses Formless Dragon style Tai Chi, a modern re-examination of classical Tai Chi. Linda Sango studies under Jeff Coté, Occidental Taoist, who after decades of practice in multiple styles of Tai Chi, began distilling the essence of Tai Chi into fundamental principles. Instead of focusing on learning as many form movements as possible, students will be encouraged to learn single movements and explore postural, movement and conceptual principles immediately. Tai Chi is known to improve the health of body, mind and spirit while improving balance. *Linda Sango, a retired health and physical education teacher, has been studying Tai Chi and Qi Gong under Jeff Cote' since 2002 and has been teaching classes to seniors since 2010. Linda also practices Asian Bodywork Therapy in the discipline of Tuina.*

Senior Fitness with Terri Zaborowski

Tuesdays, January 2nd through March 26th, 8:30-9:30am

Wednesdays, January 3rd through March 27th, 8:30-9:30am

Thursdays, January 4th through March 28th, 8:30-9:30am

Fridays, January 5th through March 29th, 8:30-9:30am



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

No classes in February

Wednesdays, January 3rd through January 31st and March 6th through March 27th, 10:00-11:15am

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

Open to out-of-town seniors/free

Thursdays, 11:00-12noon

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

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

Stretch and Flex with Terri Zaborowski

Thursdays, January 4th through March 28th, 3:00-4:00pm

This class is designed to help seniors maintain their strength, flexibility and independence with both standing and seated exercises using resistance bands. Start with a warm-up moving the body and joints through their full range of motion without resistance to the music. Proceed to strengthen the muscles using resistance bands with various upper and lower body exercises. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress, increase flexibility and leave you feeling great! Resistance bands are provided by the center. Entire class is done seated or standing.

NouVonne Fitness with Yvonne Benelli

Fridays, January 5th through March 29th, 10:00-11:00am

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, January 11th, 12noon. Anyone with a birthday this month can enjoy a free lunch and special dessert this day. Sign up with John Day in the kitchen on 781-221-7098 and let him know it's your birthday month.

Minuteman Senior Services are serving congregate lunches Monday thru Thursday at noon. Grab and go lunches will continue to be offered including Fridays. Sign up with John Day, the dining room coordinator, in person or at **781-221-7098 by 11:00am the day before**. Voluntary donation is \$2.00.

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

Meals on Wheels- Minuteman Senior Services, visit www.minutemansenior.org or call 781-272-7177, toll free (888) 222-6171 [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

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.

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, 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

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.

The Council on Aging Board wishes you all good things in 2024!

A new year may turn your thoughts to participating in activities and programs.

We'd like to congratulate the seniors from Acton who participated in the Massachusetts Walk Challenge. Acton won a \$250 prize for your participation. Keep up your walking by becoming a **Senior Trailblazer** in Acton.

Information is also available at the COA Reception.

There will be a webinar on January 11, 2024 from 1:00-2:00pm "Practical Tips - Planning Early For and Dealing with End-of-Life Care." See **page 3** for more details.

The Council on Aging Board

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

Acton Nursing Services

Call 978-929-6650, Acton Nursing, for these programs from Wednesday, December 27th



► **Therapeutic Horticulture**

Acton Seniors Only

Tuesday, January 2nd, 6:00 -7:00pm, Wednesdays, January 17th and 31st, 10:30-11:30am

Come down gently from the holiday season by designing a cheerful yellow smiley arrangement for yourself or to give as a gift to someone needing a lift! All supplies are provided. 12 participants per class

► **Energy Healing with Jacqui Burak**

Tuesday, January 23rd, 6:00-6:45pm

All ages 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.

► **Meditation and Gentle Chair Yoga**

All ages welcome

Tuesday, January 9th, 6:00-7:00pm

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

► **Podiatry Clinics**

Acton seniors only

Appointments: Friday, January 5th, 9:00-11:30am and Tuesday, January 16th and 30th, 1:00-7:00pm, Thursday, January 25th, 11:00-3:00pm. Call 978-929-6650 to make an appointment.

****Please note the increased rate from Footcare Focus effective 01/01/2024****

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 \$50. Please be advised that there is a \$50 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.

► **Balance Screening Appointments **Not in print copy****

Acton Seniors only

Monday, January 8th 10:00 – 2:00pm and Tuesday, January 9th, 9:00-12:30pm

Call 978-929-6650 for an appointment.

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

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

Acton seniors only

Wednesdays, January 10th – February 14th, 11:30am – 12:30pm Call 978-929-6650 for an appointment

Join Karen Patterson PT as she provides a 6 week series of classes on increasing strength, balance, flexibility and your confidence in performing activities of daily living.

► **Maintenance Balance Training Sponsored by an Anonymous Donor**

Acton seniors only

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

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

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

Wellness Clinics, 1st and 3rd Tuesday of the month, January 2nd and 16th, 10:30am -12noon

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. If you have questions regarding donations please call and speak with one of our staff. Thank you for your generosity!

January at Acton Memorial Library for COA

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.

Asian Art Series: Timeless Traditions – Expressions of the Divine in India Art Sunday, January 14th, 2:30-3:30pm. Virtual event via Zoom.

Acton Memorial Library Book Discussion Group Tuesday, January 16th, 6:30-8:00pm. Book: *Demon Copperhead* by Barbara Kingsolver.

Culturally Curious Art Talk: Fierce Females – Women in Art Wednesday, January 17th, 7:00-8:00pm Virtual event via Zoom.



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, and at a presentation Jan 18th. See page 3.



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. Please be aware that some coats and boots look alike – be sure that you take your belongings with you.



Acton Police Department – the holidays might be over but scammers work 24/7 365 days a year. It is important to be a savvy consumer. Always be wary of deals that seem too good to be true. Be cautious of anyone seeking donations over the phone or at your door. You can always call the Acton PD non-emergency number 978 264 9638 if you have concerns.

A few Winter tips from the DPW/Highway Division

Residents with hydrants in front of or near their property are requested to clear the snow away from the area so that in an emergency the hydrant will be accessible. Please check that your mailbox & post are secure and in good condition prior to the snow season. More information can be found 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 6th, 2024, and Saturday, January 13th, 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 |
|---|--|---|---|---|
| 1 January Senior Center is Closed Happy New Year | 2 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 1:00 Mah Jongg 5:00 New Year's Celebration Dinner 6:00 Therapeutic Horticulture - ANS | 3 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 1:30 Drop-in Bridge | 4 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 Re-gifting Gathering 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex | 5 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness |
| 8 8:30 Active Aging 10:00 Friends of COA Mtg 10:00 Balance Screening - ANS 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg | 9 8:30 Senior Fitness 9:00 Drop-in Art 9:00 Balance Screening - ANS 9:45 Active Aging 10:00 Book Discussion Group 10:00 COA Board meeting via Zoom 11:00 Maintenance Balance – ANS 1:00 Genealogy Group 1:00 Boost Your Brain Health by Eating Well 3:00 Caregiver Support Group via Zoom 6:00 Meditation & Chair Yoga - ANS | 10 8:30 Senior Fitness 10:00 Realtor Office Hours 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 11:30 Balance Matters - 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 2:00 Senior Property Tax Primer | 11 8:30 Senior Fitness 9:45 Active Aging 10:00 Tech Help Appointments 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Café -Bistro 30 1:00 End of Life Care via Zoom 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex | 12 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 What Matters to You |
| 15 Senior Center is Closed | 16 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 Maintenance Balance – ANS 11:00 Grandparents Raising Grandchildren Group 12:00 Robbins Brook Lunch 1:00-3:00 Ask the Lawyer Appointments 1:00 Mah Jongg | 17 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 Balance Matters - ANS 11:30-1:30 Café -Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters with Ed Knight 1:00 Wool Needle Felting Art Class 1:30 Drop-in Bridge | 18 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 Japan & the West Talk 1:00 Mah Jongg 1:00 Chess Lessons/Club 1:00 Collette Travel Information Talk 3:00 Stretch & Flex | 19 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 10:00 Nouvonne Fitness 10:00 What Matters to You |
| 22 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg | 23 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 1:00 Genealogy Group 2:30 LitLovers Group 3:00 Caregiver Support Group via Zoom 5:00 Dinner with Doug 6:00 Energy Healing – ANS 6:00 Movie | 24 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 11:30 Balance Matters - 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 | 25 8:30 Senior Fitness 9:00 Words Galore via Zoom 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 1:00 Civil Rights Music with John Clark 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex | 26 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 What Matters to You |

| | | | | |
|---|---|---|---|--|
| 29 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg | 30 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 Rivercourt Lunch & Learn 12:00 Memory Lane Cafe | 31 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 Balance Matters - ANS 11:30-1:30 Café -Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters with Ed Knight 1:30 Drop-in Bridge 2:30 Line Dancing with Paul | 1 February 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Café -Bistro 30 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex | 2 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 What Matters to You |
|---|---|---|---|--|

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 4. 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: Poet of the Month, Words Galore, movies, Black Ships and Samurai history presentation, watercolor/drawing class, Music of the Civil Rights Movement presentation, 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.

**The Senior Center will be closed:
Mondays, January 1st and 15th, 2024**

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 Town Clerk would like to share some [information](#) regarding recent updates to ballots, the census and dog licenses.

Help Us Help You!



Have your contact details changed or do your emergency contacts need updating? Stop by the front desk and have us update your information.

We had such fun in December

Sushi making was enjoyed by a full class.

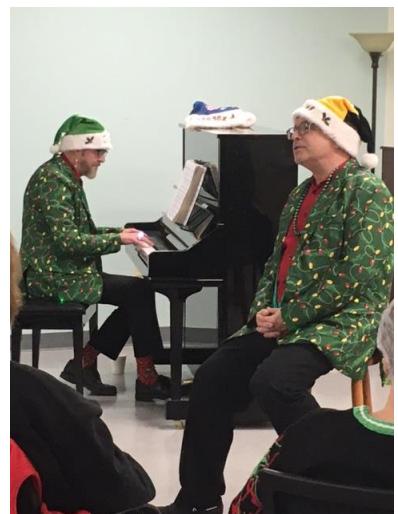


So many festive treats...



The Holiday tea was as popular as ever.

Ben & Brad brought the joys of the season.



Ashleigh Vittum sang some fantastic festive tunes.



Bodacious the Therapy Dog brought smiles to everyone's faces.

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978-929-6652