



Acton Council on Aging

At the Human Services Building & Senior Center

FEBRUARY 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: Monday, February 19th
Opening Hours:
Monday: 8:00am-5:00pm
Tuesday: 8:00am-7:30pm
Wednesday & Thursday: 8:00am-5:00pm
Friday: 8:00am-12noon

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The Quest for Peace: War, Internationalism, and the Creation of the United Nations with Paolo Di Gregorio

Thursday, February 15th, 1:00-2:00pm

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

The United Nations arose out of the carnage and destruction of World War II, with the aim of promoting peace, human rights, and international justice. For more than 70 years, the organization has played an important role in countries across the world. Yet, the ideas that shaped the UN have their roots in the political turmoil of the 20th century. This illustrated lecture will explore the origins of internationalism and the creation of the United Nations. *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.*



Protect Yourself From Fraud and Identity Theft—AARP Presentation

Tuesday, February 20th, 1:00-2:00pm

Open to all seniors/free

Alice Diamond from the AARP Speakers Bureau and its Fraud Watch Network will share an inside look at how scammers think, how to safeguard against identity theft and fraud, first-hand accounts from those who have been victimized, and what to do if you or someone you know has been victimized. With the prevalence of fraud today, it is vital to continually educate yourself and stay vigilant. *Alice Diamond is a career and admissions coach who formerly served as Associate Dean of Career and Community Service at Lesley University in Cambridge, MA. Alice became interested in joining efforts to combat fraud when she encountered numerous fraudulent job postings in her work. Alice speaks about fraud and identity theft to community groups and at senior centers and volunteers on the AARP Fraud Watch Network Helpline.*

Valentine's Day and Mardi Gras Traditions with Dawn Gomez

Thursday, February 8th, 1:00-2:00pm

Open to all seniors/free

It's been six years since Mardi Gras fell on the day before Valentine's Day and it will not happen again until 2029, making the second full week of February quite festive for many people around the world this year. Although both are now Christian feast days, the origins are different. One dates back thousands of years to pagan celebrations and the other was Christian from its martyr-based inception. Come learn the history and present-day traditions for each of these religious, cultural and commercial celebrations. We'll explore the customs, colors and culinary treats associated with each,

allowing ample opportunity for participants to share their memories as well. *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.*



COA Events requiring registration:

- ☐ Art Class with Fran, Tuesdays
- ☐ Caregiver Group, 2/13 2/27
- ☐ Chess Lessons, Thursdays
- ☐ Cookie Decorating, 2/13
- ☐ Line Dancing, Wednesdays
- ☐ Memory Lane Café, 2/27
- ☐ Poet of the Month, 2/22
- ☐ Pool lessons, Wednesdays
- ☐ Singing Group, 2/21
- ☐ Tax Appointments, Mondays
- ☐ Tech Help Appoints, 2/8
- ☐ What Matters to You, Fridays
- ☐ Wool Needle Felting Class, 2/21
- ☐ Words Galore, Thursdays

Meals

- ☐ Dinner with Doug, 2/6
 - ☐ Chef McGuire Lunch, 2/13
 - ☐ Monthly Breakfast, 2/16
 - ☐ Robbins Brook Lunch, 2/20
- Call Acton Nursing Services,
978 929 6650 for programs on p.12

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

Director's Corner

We are highlighting our own Bistro 30 this month with a couple of special events. See page 6 of this newsletter for more information. The Bistro is open to everyone and is a great way to meet new people. Acton is fortunate to have an amazing Senior Center that has so much to offer. If you haven't come, take the time to stop in and see what you're missing! **Best, Sharon**

▣▶ AARP Tax-Aide Program

No appointments February 19th



Mondays, By Appointment only, commencing February 5th, 9:00am

Call 978-929-6652 or email seniorcenter@actonma.gov. Appointments are required, and a form must be completed before the appointment. This form is available electronically and in paper versions from the Reception at the Acton Senior Center. Taxpayers will need to leave their tax documents with the preparer and return later with a second appointment, for a review of the completed return. Taxpayers with complex returns or high levels of income are advised to seek professional tax preparers. Please bring a copy of last year's tax returns with you to your appointment. Priority will be given to Acton & Boxborough senior residents.

▣▶ Acton Songsters with Ed Knights

No meeting February 7th

Wednesday, February 21st, 1:00-1:45pm

Open to all seniors/free

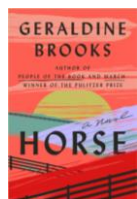
Join Ed Knights for this singing group where participants will sing along to familiar songs. On February 7th, songs will be from *Fiddler on the Roof* and on the 21st the group will sing love songs. Don't worry about your level of singing; this class is open to anyone interested in singing. Lyrics provided. 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 enjoys sharing with everyone. He has studied voice at the Boston Conservatory and performs in musicals and operas.*

▣▶ Technology Help Appointments with Acton Memorial Library

Thursday, February 8th, 10:00-11:00am

Acton seniors only

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 charge device and your questions, and Rebecca will troubleshoot technology problems alongside you. If Rebecca can't help with a specific problem you are having, she will do her best to find the right resources that can help you. Call the COA for a 15 minute appointment.



▣▶ Book Discussion Group

Tuesday, February 13th, 10:00am

Open to all seniors/free

The discussion for this meeting will be around the book, *Horse*, by Geraldine Brooks. 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). If you would like to read ahead the book, *Lady Tans Circle of Woman*, by Lisa Sea for Tuesday March 12th. Ann Kulsick facilitates the gatherings.

▣▶ Valentine's Day Cookie Decorating Class with Asako Judson

Tuesday, February 13th, 2:00-3:00pm

Acton seniors only

Have you seen the beautifully decorated cookies that are all the rage and wondered just how it is done? Now's your chance to find out! You will learn how to decorate cookies with royal icing, a hard icing that is the premier choice for piping onto cookies to make intricate and beautiful designs. This class will only focus on making the icing and learning how to pipe it; the cookies will be premade. *Asako Judson, who lives in Acton and is originally from Japan, has worked at several restaurants and as a private chef and caterer. Her sushi making class was a big hit!*



▣▶ Words Galore via Zoom, from home only

Open to all seniors/free

Thursdays 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*. Contact the COA at seniorcenter@actonma.gov to register and receive the Zoom link.



► Poet of the Month: John Clare via Zoom

Thursday, February 22nd, 10:30-11:30am

Open to all seniors/free

Born to a peasant family in 1793, and without a formal education, John Clare's poetry has mostly been discovered and celebrated in recent decades. Much of his work was published posthumously, and with his disadvantaged background and illiterate parents he struggled professionally to be a poet alongside working as a manual laborer all his life. His poems generously illuminate the rural life of England in the early 1800s, and his natural talent reveals the true spirit of the Romantic period. His poems are filled with joy, humility, and wonder. *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.*

Greatest Love Songs of All Time Part 3 with John Clark

Thursday, February 22nd, 1:00-2:00pm

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



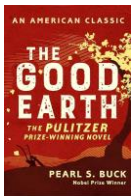
Why have there been so many love songs crowding the Hit Parade over the past century? One reason is there are just so many dimensions, so many aspects of this universal human feeling. That's just what you can expect from Volume Three of John Clark's *Greatest Love Songs of All Time*, which combines lecture, photographs and video/audio clips. These are just some of the songs in the program: *Love Is a Many Splendored Thing*, *I Love You For Sentimental Reasons*, *I Wanna Be Loved By You*, *Let Me Call You Sweetheart*, *You Made Me Love You*, the ironic *Let's Call the Whole Thing Off* and the playful Cole Porter classic *Let's Do It, Let's Fall in Love*. Featured artists include the Boswell Sisters, Nat King Cole, Judy Garland, Marilyn Monroe, Ruth Etting, Harry James/Helen Forrest, and Fred Astaire/Ginger Rogers. *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.*

LitLovers Study Group/American Bestsellers: *The Good Earth*

Tuesday, February 27th, 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 *The Good Earth* by Pearl Buck. Books are typically on reserve at the Acton Memorial Library. This group is facilitated by Program Manager Chris Chirokas.



Movie Matinees

Open to all seniors/free

Shown with closed captioning, when available



Monday, February 5th, 1:00-2:55pm *The Boy Who Harnessed the Wind* (2019, PG) Against all odds a 13 year old boy in Malawi, Africa invents an unconventional way to save his family and village from famine. Drama based on a true story stars Maxwell Simba and Chiwetel Ejiofor.

Monday, February 12th, 1:00-2:25pm *Burton and Taylor* (2013) Biopic about legendary acting duo and on-and-off couple Richard Burton and Elizabeth Taylor as they prepare for the 1983 play *Private Lives*. The play is panned by critics, but fans of Taylor loyally attend and cheer her on, much to the



chagrin of serious stage actor Burton. Dominic West and Helena Bonham Carter co-star. *Showing of this film is in collaboration with the Acton Memorial Library.*



Tuesday, February 13th, 5:00-6:45pm *Falling in Love* (1984, PG-13) Robert DeNiro and Meryl Streep stars as two strangers whose paths keep crossing, and although they are married to other people they start a friendship that could blossom into much more. *Showing of this film is in collaboration with the Acton Memorial Library.*



Monday, February 26th, 1:00-3:10pm *Maestro* (2023, R for language and drug use) Biopic about musical genius Leonard Bernstein that focuses on his marriage to actor Felicia Montalegre Cohn, his career, and his affairs with men. Bradley Cooper and Carey Mulligan co-star.

Monday, March 4th, 1:00-2:50pm *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.*



Support Groups

▣► Caregiver Support Group via Zoom

Tuesdays, February 13th and 27th, 3:00-4:30pm

Open to all caregivers of older adults/free

Join Julie Norstrand for a Caregiver Support Group which meets twice a month via Zoom. New participants always welcome! Being a caregiver can be very challenging. You may feel stretched thin with the many demands you face, including work and family life, which can leave you feeling physically exhausted, isolated and alone.

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



Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, February 20th, 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.



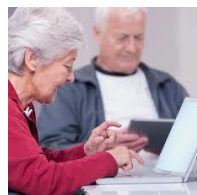
▣► Memory Lane Café

Tuesday, February 27th, 12:00-1:30pm

Open to all/free

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

Groups



Computer Club

Open to all seniors/free

Wednesday, February 14th and 28th, 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

Tuesdays, February 13th and 27th, 1:00-2:30pm

Open to all seniors/free

Our first meeting each month uses online/computer tools to find answers to family history questions. In addition to Ancestry and FamilySearch, this month's focus will be on the Google search engine. This month's second meeting topic is CONNECTING THROUGH DNA. - why it is the biggest genealogy breakthrough since the computer? (*March: organizing our documents and data*).



Java with John * NOT IN PRINT COPY*****

Friday, February 16th, 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.

Games

❑► Introduction to Playing Pool

Wednesdays, February 7th, 14th, and 21st, 12:30-1:15pm OR 1:30-2:15pm

Acton seniors only

Terry and Michal Huffaker are offering a very basic introduction to playing pool that will cover terminology, equipment and skills. Registration is required as space is limited to three people per class. Please only sign up if you can attend all three weeks. Terry and Michael are Acton residents, trying to retire. Terry learned to play as a child and even had her own small cue! Michael has no such advantages, but is trying to catch up.

Morning Open Activity Time

Weekday mornings, 9:00-11:30am

Open to all seniors/free

No activity time February 16th 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, February 20th for experienced players only

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

No Mah Jongg February 19th

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, except during lesson time. We have cues and chalk or bring your own. Available for all seniors. Lessons available! See details on above.



Visit Bodacious the Therapy Dog

Wednesdays, 10:00am to 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 gentle, affectionate, and hypo-allergenic. Visiting with a therapy dog is known to increase emotional well-being...and it's free!

Thank you

Our Volunteer Eric P who took care of all the leftover holiday decorations

Our fabulous Meals on Wheel Drivers

BSA Troop 1 Acton Boy Scouts for the sweet treats during the holidays

Sue F, a new volunteer who has been invaluable at the front desk and helping out in the kitchen.



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

Meals at the Senior Center



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

☐► **Dinner with Doug from Boston Events**

Open to all seniors

Tuesday, February 6th, 5:00pm

Doug and his team will be serving chicken kabob over rice and vegetables with dessert. The cost is \$5.00. Sign up is required.

☐► **Lunch with Chef McGuire**

Tuesday, February 13th, 12noon

Open to all seniors

Enjoy chili, salad and dessert. Please call or sign up at the COA reception. A \$3.00 donation is requested.

☐► **Monthly Breakfast**

Friday, February 16th, 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. There will be a Java with John afterwards. (The mailed newsletter is incorrect.)

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

Tuesday, February 20th, 12noon

Open to all seniors

Join us for meatloaf, mixed vegetables, mashed potatoes, and dessert. The cost is \$3.00.



Bistro 30 (formerly known as the Café)

Wednesdays and Thursdays, 11:30am-1:30pm

Open to all

Stop in and see what's for lunch! The [menu](#) updates weekly. \$6.00/item, cash, Venmo or credit cards accepted.

Wednesday, February 14th bring someone to lunch and enjoy a special Valentine's Day 2 for 1 special!

Bistro 30 is celebrating their new name, logo and look with a special Grand Opening **on Wednesday, February 28th** (snow date will be Feb. 29th). Stop in and join us for lunch!

Art & Crafts

☐► **Wool Needle Felting Art Class with Magda Stilmant**

Wednesday, February 21st, 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 with rolling hills, flowers, and trees under a sunny sky. 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. *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.*

☐► **Drawing and Watercolor Painting Class with Fran Hewitt**

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

Acton seniors only

Class started in January; call about space availability.

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.



Photography Exhibit

In February through March 15th, we are delighted to welcome the photographs of Concord resident, Barbara Aiello. In her photos, she portrays the beauty of her surroundings, particularly Concord, Acton and Boston. All are welcome to attend Barbara's Reception on **Tuesday, February 27th, 4:00-6:00pm.**

Acton Council on Aging Seeks Artists

The Acton Council on Aging is seeking artists (preferably age sixty and above) to display their work at the Senior Center.

Exhibits typically run for four to six weeks and may feature original art works by an individual or by a group. Various media are acceptable, including drawing, painting, collage and photography. The Senior Center does not have the capacity at this time to display sculpture or other three-dimensional works.

The Senior Center uses the popular Walker display system. Works must have wires securely attached to the back for hanging. They should be matted, framed or have finished edges and may include a variety of sizes.

If you or someone you know is interested, please request a copy of the [Acton Senior Center Art Exhibit Guidelines](#). For more information please contact the Acton Council on Aging office at 978-929-6652.

Mind, Body and Spirit

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

Fridays through March 1st, 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 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.

▣► Line Dancing with Paul

Wednesdays through March 20th, 2:30-3:30pm

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

Open to all seniors/free

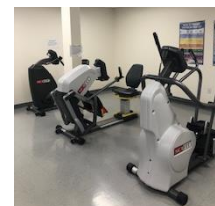


Laughter can really be one of the best medicines! In this interactive program, you will learn how to generate your own hearty laughter without the need for jokes. We use seated and standing laughter exercises, combined with deep, relaxing belly, or "yoga breaths." This practice is called Laughter Yoga, but there are no mats or yoga poses. Many health benefits are derived from this practice including: increased energy and alertness, mood elevation, stress relief, positive connections with others, and boosting the immune system. See how you can laugh your way to joy and well-being! *Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher. Her workshops promote laughter as a tool to build joy, resilience, connection, and collaboration.*

Gym Hours & Monitoring

Acton seniors only

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



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

Exercise Classes

- Wellness Yoga is not meeting in February; classes will resume March 6th
- Terri Zaborowski's classes are canceled on February 22nd, 23rd, and 26th (see class descriptions below)
- 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 through March 25th, 8:30-9:30am

No class February 19th and 26th

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

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

No class on February 22nd

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 March 25th, 11:00-12:00noon

No class 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 through March 26th, 8:30-9:30am

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

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

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

No class on February 22nd

No class on February 23rd

Have fun as you move to the music with this safe and heart-healthy class which uses low-impact movements to energize your active lifestyle. After 30 minutes of aerobics, you will work on building your muscle strength and flexibility with upper and lower body exercises using hand held weights in both standing and seated positions. We finish with a 5-10 minute full body stretch and relaxation segment. Weights are provided by the center.

Thursday Tai Chi Practice

Open to out-of-town seniors/free

Thursdays, 11:00-12:00noon

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 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 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).*

A Message from the Friends of Acton COA

Now that we are hunkered down in the midst of winter, have you considered joining upcoming COA sponsored **Collette trips** to the western national and state parks in late summer or to Iceland in mid-November? Travel with friends and benefit the FACOA at the same time. Thank you to all who have responded to the **Annual Appeal**.

Additional donation forms are also available in the lounge at the Senior Center.

The Friends of the Acton COA will next meet Monday, March 11th at 10 am.

Who is ready for some adventure this year! The Friends of the Acton COA in partnership with Collette Tours has planned two amazing guided travel opportunities in 2024!

America's Cowboy Country Tour Date Aug 29 – Sep 5, 2024 Enjoy stunning views of the American West as



you make your way through Yellowstone, Grand Teton National Park, and more. Overnight in the cowboy towns of Jackson Hole and Cody. Experience the Wild West as it once was with a visit to Deadwood. Experience Yellowstone National Park, search for free-ranging herds of buffalo in Custer State Park. Marvel at Grand Teton National Park's towering peaks, soak in stunning views of Mt. Rushmore and the Crazy Horse Memorials.

Iceland's Northern Lights Tour Date Nov 13 – 19, 2024 Experience the "land of fire and ice" and chase the aurora borealis across an ethereal wonderland. In the dark of the night, search for the northern lights as you drift along on an evening starlit cruise. Travel the "Golden Circle," home to renowned natural wonders, and spend time at Thingvellir National Park, gaze at Gullfoss waterfall, and see the explosive geothermal fields at Geysir. Explore Skógar Museum and see traditional turf-built homes. Walk on a black volcanic sand beach. See Jökulsárlón glacial lagoon filled with floating icebergs. Relax in the warm, mineral-rich water of the Blue Lagoon.



The Council on Aging Board

The Council on Aging Board hopes you're enjoying a healthy and active winter.

We'd like to honor the staff of the Council on Aging, the Friends of the Acton Council on Aging, and all the volunteers who make the life of seniors in Acton better. We appreciate the efforts of all who helped make 2023 a very strong year with increases in participants in activities inside and outside the senior center. Happy Valentine's Day! And, make sure to do something special for yourself and loved ones.

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

Support and Services



Birthday Lunch, Tuesday, February 27th at 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.* Note change of day.

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](#) [Supper 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, (Seniors only 1-3pm), Thursdays 1:00-4:30pm. New guests are invited to pre-register via the website or by calling 978 331 0252.

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

Appointments are available with a counsellor to assist with your health insurance after 65.

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

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

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.

February 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.

Friends of Acton Libraries Book Sale

Saturday, February 3, 9 a.m. – 5 p.m., and Sunday, February 4, 1-5 p.m.

Effective Grassroots Movements that Impact Voting Rights with Professor Rachael V. Cobb Monday, February 5, 7-8 p.m. Virtual event via Zoom.

Demonstration on Classical Indian Dance Sunday, February 11, 2-2:45 p.m.

Asian Art Series: The Lunar New Year Sunday, February 11, 2:30-3:30 p.m. Virtual event via Zoom.

Black Girl Love: Indie Romance Writers Panel Monday, February 12, 7-8 p.m. Virtual event via Zoom.

Yarn & Needle Club Tuesdays, February 13 and 27, 3-4 p.m.

Tech Help at West Acton Citizens' Library Wednesday, February 14, 2:30-3:30 p.m.

Acton Memorial Library Book Discussion Group Tuesday, February 20, 6:30-8 p.m. Book: *The Personal Librarian* by Marie Benedict and Victoria Christopher Murray.

Bending Towards Justice: African Americans as Subject and Creators in American Art Wednesday, February 21, 7-8 p.m. Virtual event via Zoom.

Fix It Clinic Saturday, February 24, 10 a.m. – 1 p.m.

Winter Concert Series: Kyle Langlois Sunday, February 25, 2-3 p.m.



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.



LGBTQIA+ & Friends Lunch and Concert

Saturday February 17th, 11:00-1:00pm

Town Center, 2nd Floor Flint Room, 12 Mudge Way, Bedford, MA

Come join us to hear the sweet sounds of the Kinsey Scales! The Kinsey Scales are Boston's premier LGBTQIA+ a cappella group. Founded in 2017, they are oriented towards providing a supportive community and a safer space for the performance of a cappella music within diverse gender and sexuality communities. A cold, light lunch will be provided. All are welcome. RSVP by Monday, February 12, 2024 at 781-275-6825 or coa@bedfordma.gov

Acton Nursing Services

Call 978-929-6650, Acton Nursing, for these programs from Wednesday, January 31st



☐► Therapeutic Horticulture

Acton Seniors Only

Tuesday, February 6th, 6:00pm-7:00pm, Wednesdays February 14th & February 28th, 10:30-11:30am

Time to think of spring and plant some bulbs. All supplies are provided. 12 participants per class.

☐► Energy Healing with Jacqui Burak

Tuesday, February 20th, 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, February 13th, 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 February 9th, 9:00-11:30am and Tuesday, February 20th, 10:30-4:30pm, Thursdays February 22nd & Feb 29th, 12-4:30pm. 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.

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

Acton Senior 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, February 6th and 20th, 10:30am -12:00pm

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

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

Call 978-929-6650, Acton Nursing, for these programs from Wednesday, January 31st.

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. We do have a lot of items currently which will be disposed of at the end of February if not claimed. Items include spectacles, earrings, and several water bottles.





News from the Town Clerk's Office

2024 will have multiple elections as well as the annual town meeting, please confirm your voter status by going to the Secretary of the Commonwealth's page: <https://www.sec.state.ma.us/divisions/elections/voter-resources/registering-to-vote.htm>

Please be on the lookout for the Mail-In Ballot postcard being sent to every registered voter in the Commonwealth. Please review the information on the card and if you would like to vote by mail, please sign and return it to our office.

The Town of Acton Annual Street Listing/Census has been mailed out, please don't forget to sign and return it to our office.

Dog license renewals have been mailed out. If you have a dog and did not receive a notice, please contact our office.



email: clerk@actonma.gov
978.929.6620

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



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.

If you are coming to the Center for exercise either in the gym or for a class please bring a clean pair of sneakers with you. Grit and salt spoils the floors and inhibits the gym equipment.

Thank you for your cooperation.

Senior Center Library



Did you know the Senior Center has a library room? It's at the end of the lounge in the central part of the building. There are books, DVDs, *Great Courses* series, and jigsaw puzzles to take home, comfortable chairs for reading, and two computers to use. Donations of books, DVDs, and puzzles are also accepted. Check it out next time you are visiting!

Volunteer Opportunity: Senior Center Ambassadors

In an effort to make residents who are new to the Senior Center feel welcome, the Council on Aging is starting a new Ambassador program. Volunteers will be matched with someone who they will meet at the Senior Center to discuss the nuts and bolts of what the COA/Senior Center offers, show them around the building, and perhaps attend a program or meal together. Ambassadors should have a familiarity with the Senior Center. If interested in volunteering, please contact Chris Chirokas at cchirokas@actonma.gov or 978-929-6652.



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 December was Cal Winroth. Make sure you sign in on MySeniorCenter, you could be our next winner!

PHOTOS WANTED - for our bulletin board celebrating Valentine's Day and Love!

Pictures of your wedding, friends, pets - whatever your love is...

Thanks so much for your help!!!

PS - Bring your photo in and we will print a copy of it.

Monday	Tuesday	Wednesday	Thursday	Friday
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 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 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
5 8:30 Active Aging 9:00 –12 AARP Tax Appts 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	6 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 5:00 Dinner with Doug 6:00 Therapeutic Horticulture - ANS	7 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 11:30 Balance Matters - ANS 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 12:30/1:30 Intro to Playing Pool 1:30 Drop-in Bridge 2:30 Line Dancing with Paul	8 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:00 IT Help Appts 11:00 Tai Chi Practice 11:00 Laugh for your Health 11:30-1:30 Bistro 30 1:00 Valentine's & Mardi Gras Talk 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	9 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 What Matters to You
12 8:30 Active Aging 9:00-3:00 AARP Tax Appointments 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	13 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 10:00 COA Board Meeting via Zoom 10:00 Book Discussion Group 11:00 Maintenance Balance – ANS 12:00 Lunch w' Chef McGuire 1:00 Genealogy Group 2:00 Cookie Decorating Class 3:00 Caregiver Group via Zoom 5:00 Movie 6:00 Meditation - ANS	14 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:30 Balance Matters - ANS 11:30-1:30 Bistro 30 Valentine's Special 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 12:30/1:30 Intro to Playing Pool 1:30 Drop-in Bridge 1:30 Computer Club 2:30 Line Dancing with Paul	15 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 Bistro 30 1:00 Quest for Peace Talk 1:00 Mah Jongg 1:00 Chess Lessons/Club 3:00 Stretch & Flex	16 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 9:45 Java with John 10:00 Nouvonne Fitness 10:00 What Matters to You
19 Senior Center is Closed	20 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 Mah Jongg 1:00 Protect Yourself from Fraud Talk 6:00 Energy Healing -ANS	21 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 12:30/1:30 Intro to Playing Pool 1:00 Acton Songsters 1:00 Wool Needle Felting Art Class 1:30 Drop-in Bridge 2:30 Line Dancing with Paul	22 9:00 Words Galore via Zoom 10:30 Poet of the Month via Zoom 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Bistro 30 1:00 Greatest Love Songs 1:00 Chess Lessons/Club 1:00 Mah Jongg	23 Center closes at 12 10:00 Nouvonne Fitness 10:00 What Matters to You

26 9:00-3:00 AARP Tax Appointments 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	27 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 12:00 MMSS Birthday Lunch 1:00 Genealogy Group 2:30 LitLovers Group 3:00 Caregiver Group via Zoom 4:00 – 6:00 Photography Exhibit Reception	28 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:30-1:30 Bistro 30 Grand Opening 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 1:30 Computer Club 2:30 Line Dancing with Paul	29 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 Bistro 30 (Grand Opening Snow Date) 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	March 1 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 What Matters to You
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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 3. 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: Quest for Peace/UN presentation, Love Songs presentation, Poet of the Month, Words Galore, movies, cookie decorating class, watercolor/drawing class, needle felting class, Valentine's Day & Mardi Gras discussion, and Tai Chi class.

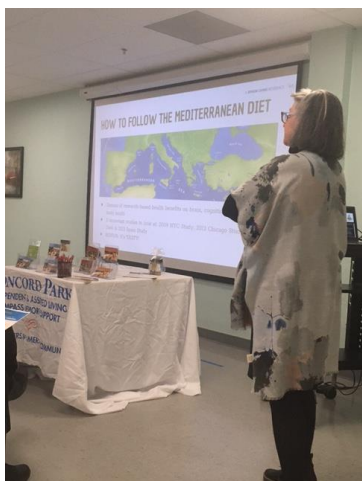


The Acton COA values the diversity of our participants, staff, volunteers, and the Acton Community. We strive to model and promote a welcoming environment by embracing our older community including differences in race, cultural background, sexual orientation, gender identity, ability, socioeconomic status,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

Share our welcome [video](#)!

ACTON COA STAFF		ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director		Emi Azar	Ellen Feinsand, Chair
Rosie Atherton, Office Manager		Jeff Bergart	Chunsheng (Bill) Fu
Chris Chirokas, Program Manager		Michelle Brady	Alma Sandman, Vice Chair
Bev Hutchings, Senior Services Coordinator		Michael Chautin	Niru Velankar
Rose Murphy, Human Services Customer Service & Communication Assistant		Lori Cooney, Secretary	
Bernice Nicoll, Activities/Customer Service Assistant		The Friends and the Board will next meet:	
Fiona Starr, COA Customer Service Coordinator		COA Board, Tuesday, February 13 th 10:00am Zoom	
Terri Zaborowski, Exercise Instructor		COA Friends, Monday, March 11 th , 10:00am	

In January we had an eclectic roster of programs:



The Chocolate chip cookies for “Boosting Your Brain Health by Eating Well” were a huge success! (Recipe available at Reception.)



The Town Assessors produced a very informative presentation on how to qualify for property tax relief eligibility, plus answered questions on other aspects of property tax.



Paulo Di Gregorio brought another fascinating topic to the Center as he spoke about the last 200 years of Japanese history.



A re-scheduled Java with John was very well attended by seniors with lots of questions.

**©THE ACTON COUNCIL ON AGING @ THE SENIOR CENTER, FEBRUARY 2024
978-929-6652**

**The Senior Center will be closed:
Monday, February 19th**

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.