



Acton Council on Aging

At the Human Services Building & Senior Center

APRIL 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

Building Closed: Monday, April 15th

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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What is Bigfoot? Presentation by Discovery Channel's Ronny Le Blanc

Tuesday, April 2nd, 3:30-4:30pm



For over 400+ years indigenous people throughout North America have encountered what they describe as a man-like being that has inhabited the forest as long as they can remember. Where are the bones? Where are the bodies and why is every photo or video seemingly blurry? Join Discovery channel star and Massachusetts native Ronny Le Blanc from *Expedition Bigfoot* and *Paranormal Caught on Camera* as he discusses some of the strangest cases surrounding Sasquatch, his own experiences, and what he thinks that this creature might actually be. Believe it or not, there are sightings here in Massachusetts and throughout New England. Get ready to open your mind and explore the world of Bigfoot!

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

Asking for Help and Accepting Care: Advocating for Yourself Presentation

Thursday, April 4th, 1:00-2:00pm

At what point do you ask for help or accept care? This is a challenge for many older people because it feels your sense of independence is being challenged. Well-intentioned family members who bring up your need for greater assistance can seem belittling and controlling. This presentation by Julie Norstrand will address this sensitive issue from the perspective of the aging adult and how to handle the transition of going from giving care (raising your children) to receiving it (now needing some form of assistance from adult children). 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. She facilitates the Council on Aging's Caregiver Support Group, see p.6.

Open to all/free

Live Elvis Tribute with Calvin Benelli

Wednesday, April 10th, 2:30-3:15pm

Acton's own Calvin Benelli will sing, dance and speak in true Elvis character. A fun performance not to be missed, this special event is sure to bring back fond memories of the King of Rock & Roll! Calvin Benelli was involved in theater at Acton Boxborough Regional High School and is the son of our fitness instructor Yvonne. His performances at the Senior Center are always a big hit!



Director's Corner

Please welcome Penelope "Penny" Funaiole as our Director of Health and Family Services. Her first day was March 4th. Penny has over 15 years of experience working in public health in the city of Medford addressing critical issues such as substance use, mental health, emergency preparedness, public health, and equity.

This month we will be honoring our volunteers. The Acton COA has over 100 volunteers who together have provided over 3,000 hours of their time. We could not provide all of the services to the seniors in Town without you! Thank you for your time and dedication!

Best, Sharon

indicates that you must register in advance, call 978-929-66

COA Events requiring registration:

- AARP Tax Prep Appointments
- Acton Songsters, 4/3, 4/17
- Art Class with Fran. Tuesdays
- Caregivers Group, 4/9, 4/23
- Chess Lessons, Thursdays
- Line Dancing, Wednesdays
- Medicare Planning, 4/30
- Memory Lane Café, 4/30
- Never Too Late, Fridays
- Poet of the Month, 4/4
- Raking Day, 4/26
- Tech Help Appoints, 4/11
- Words Galore, Thursdays

Meals

- Rotary Club Dinner, 4/2
- Chef McGuire Lunch, 4/9
- Monthly Breakfast, 4/12
- Robbins Brook Lunch, 4/16
- Friends Dinner, 4/23

For Nursing programs call 978-929 6650 (see p.12-13)

New to the Senior Center? Meet with an Ambassador!

Are you new to Acton? New to the Senior Center? Recently retired? Or just want to know more about what goes on here? Learn about what the Center offers from one of your peers through the Council on Aging's new Ambassador Program. COA staff will arrange for a volunteer to get in touch with you directly to set up a mutually convenient time to meet at the Center. Please contact Chris Chirokas at cchirokas@actonma.gov or 978-929-6652. If you are interested in volunteering as an Ambassador, please get in touch with Chris.

□► AARP Tax-Aide Program

Mondays until April 8th, By Appointment only

Call for availability of appointments.

□► Acton Songsters with Ed Knights

Wednesdays, April 10th and 17th, 1:00-1:45pm

****Note different day from printed newsletter****

Open to all seniors/free

Join Ed Knights for this singing group where participants will sing along to familiar songs. The group will sing popular songs this month. 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 the 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.*

□► Poet of the Month: Anne Bradstreet via Zoom

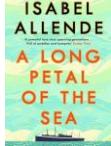


Thursday, April 4th, 10:30-11:30am

Open to all seniors/free

Join Val Walker via Zoom for this month's poet Anne Bradstreet (1612-1672), who was the first writer in England's North American colonies to be published. From Northampton, England, wealthy, and highly educated, she migrated with her family during the founding of the Massachusetts Bay Colony in 1630. As a mother of eight children, she wrote poetry in addition to her other duties related to being a mother, her religious faith, as well as surviving a terrible fire that destroyed her home. Her most famous collection, *The Tenth Muse Lately Sprung Up in America*, was widely read in America and England. Contact the COA at seniorcenter@actonma.gov to register and receive the Zoom link. Val Walker, MS, Educator, 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.

Book Discussion Group



Tuesday, April 9th, 10:00am

Open to out-of-town seniors/free

The discussion for this meeting will be around the book, *A Long Petal of the Sea* by Isabel Allende. 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, *Seven Husbands of Evelyn Hugo*, by Taylor Jenkins Reed is the book for the May 14th meeting. Ann Kulsick facilitates the gatherings.

Cro-Magnon Blues: History and Legends Through Song

Tuesday, April 9th, 1:00-2:10pm

Open to all seniors/free

 **Mass Cultural Council** This unique program is part of the "Live Music Making History Live" series by Jon Waterman who uses live music to explore and celebrate history. An array of both legendary and little known characters and happenings throughout history will be featured, including ancient Sumer, the earliest known author, the Old West, an infamous radio broadcast, and an epic medieval battle. The program includes songs, stories, and a background slide presentation. This program is funded by a grant from the Acton-Boxborough Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. *Jon Waterman has been performing professionally as a musician and songwriter for over 20 years. His song "Sultana," which tells the story of the Civil War steamboat disaster, is featured at the Sultana Museum in Arkansas. He holds an M.A. in Popular Music History, an M.A. in Psychology, and a B.A. in History.*

Preserving Wetherbee Woods Information Session



Tuesday, April 9th, 6:00pm

Open to all

Join members of the Acton Conservation Trust to learn about the efforts to preserve Wetherbee Woods that face the farm fields on Wetherbee Street. The Community Preservation Committee will consider a proposal to purchase this "agricultural gateway to Acton" with CPC open-space funds at May 6 Town Meeting. You can learn more at <https://actonconservationtrust.org/>.



Selling Your Home: Alternatives to MLS Listing

Wednesday, April 10th, 11:00am-12:00pm

Open to all/free

Join Acton resident Greg Young of Revive Homes for a conversation about the different ways to sell your home—MLS listing, for sale by owner, and off-market sale—and the pros and cons of each approach. Greg will also discuss recent examples of off-market projects and Revive Homes services (they purchase homes as is, stage/list/sell a home, or rehab and sell).

► Technology Help Appointments with Acton Memorial Library

Thursday, April 11th, 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 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 to reserve a 15 minute appointment.



From Lexington to Yorktown: Revolution, Independence, and the Birth of the United States Lecture

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

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

Between 1775 and 1783, Britain's American colonies fought to gain their independence. The story of this struggle is the story of the birth of our country. As we celebrate Patriots Day, join Paolo Di Gregorio for this illustrated presentation that will revisit the story of the American Revolution. *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.*

Java with John

Friday, April 12th, 9:45am

Acton residents 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. We are working with Acton TV so you can watch live on the government channel or watch the taped version later.



Pelvic Floor Health

Tuesday, April 16th, 1:00-2:00pm

Open to all seniors/free

Join us for a fun, educational and engaging session by Dr Fatema Kanchwala, pelvic floor specialist at Rehab Health 360 in Acton. She will address the basics of pelvic floor function and the impact of age. She will explain the connection between our musculoskeletal system, pelvic floor muscles, bladder, and how that connects to our gut function. During her presentation she will offer impactful knowledge and strategies for a healthier lifestyle by providing a better understanding of the pelvic floor complex. *Fatema is a pelvic floor specialist at Rehab Health 360 LLC and is a distinguished graduate with a Masters from MGH Institute of Health Professionals, specializing in Orthopedics, where she not only excelled academically but also earned the prestigious clinical excellence award in the 2015 cohort. After her own personal experience and a deepened understanding of the intricacies of post-pregnancy recovery, Fatema's journey took a transformative turn and she started to delve into this specialized field of pelvic health. She now adeptly addresses a spectrum of conditions for both men and women. At Rehab Health 360, Fatema crafts personalized plans by seamlessly integrating her robust orthopedic background with her specialized pelvic floor training. Beyond her professional achievements, Fatema is an active member of the Acton community, embodying our commitment to a holistic approach to healthcare.*

ALICE Training

Tuesday April 23rd, 1:00-2:00pm

Open to all seniors

The Acton Police Department will be hosting ALICE Training at the Senior Center. ALICE teaches individuals and groups how to proactively handle the threat in a violent encounter or active shooter event.



LitLovers Study Group/American Bestsellers: *Grapes of Wrath*

Tuesday, April 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 John Steinbeck's *Grapes of Wrath*. Books are typically on reserve at the Acton Memorial Library. Group is facilitated by Program Manager Chris Chirokas.

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

Big Band Music Part 2 Presentation with John Clark

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

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

Tommy Dorsey, Jimmy Dorsey and Artie Shaw were the most famous bandleaders after Benny Goodman and Glenn Miller who were covered in part one of this program. Tommy and Jimmy were together from 1928-1935 when the brothers split to form their own bands.



Jimmy's orchestra scored seven #1's in 1941 alone, including *Amapola* and *Green Eyes*. Tommy's band charted an amazing 185 songs from 1935-1949, including *Boogie Woogie* and *I'll Never Smile Again*, which featured the Pied Pipers with Frank Sinatra who left in 1942 to become a star in his own right. Clarinetist Artie Shaw played with several orchestras before starting his own in 1935. His most famous song was undoubtedly 1938's *Begin the Beguine* but his best-selling record was the 1940 Mexican-flavored *Frenesi*. John provides highlights and the inside scoop on three of the Big Band era's most popular and prolific orchestras through a combination of lecture, videos and recordings. *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.*

"Shifting Gears" Driver Education Presentation

Tuesday, April 30th, 1:00-2:00pm

Open to all/free

Join Michele Ellicks, Community Outreach Coordinator for the Registry of Motor Vehicles, to learn about current rules of the road, defensive driving, and safe driving tips. Presentations by Michele, a local resident, are always educational and worthwhile!

□► Planning for Medicare: Countdown to 65 Seminar

Tuesday, April 30th, 5:30-6:30pm

Open to all/free

Are you approaching age 65 and need help understanding your Medicare health insurance options? This seminar offered by a Blue Cross Blue Shield of Massachusetts representative will help you understand your Medicare health insurance options outside of your employer-sponsored coverage, whether or not you are planning to retire. Topics covered: Medicare and Medicare Parts A and B; Medicare enrollment timeline; Medigap plans that supplement Medicare coverage; Medicare Advantage plans such as HMOs and PPOs; Medicare Part D prescription drug plans; plans and programs available to early retirees such as COBRA.

Meals at the Senior Center

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



□► Rotary Dinner

Tuesday, April 2nd, 5:00pm

Acton Seniors only

You are invited to dinner sponsored by the Rotary Club of Acton Boxborough. Enjoy Stuffed shells in tomato sauce accompanied by meatballs and served with an Italian dressed salad followed by dessert. Sign up opened in March and closed March 26th.

□► Lunch with Chef McGuire

Tuesday, April 9th, 12noon

Open to all seniors

□► Monthly Breakfast

Friday, April 12th, 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.

□► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, April 16th, 12noon

Open to all seniors

□► Friends Sponsored Honoring Excellence Dinner

Tuesday, April 23rd, 5:00pm

Acton seniors only

Join us for an evening of fine dining accompanied by the mellow sounds of the Justin Mayer Jazz Trio. The event is offered free of charge through the sponsorship of the Honoring Excellence Fund. Sign up by April 16th. Dress to impress! Chicken Cordon Bleu, rice pilaf, vegetables and petit fours.

Bistro 30 is open to all, Wednesdays and Thursdays, 11:30am-1:30pm



Stop in and see what's for lunch! The menu will be posted at the Senior Center and on our website, www.actoncoa.com when it is available, \$6.00/item cash/Venmo/credit cards accepted.

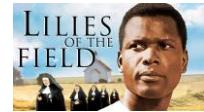
Movie Matinees



Open to all seniors/free

Monday, April 1st, 1:00-2:45pm *Falling in Love* (1984, PG-13) Robert DeNiro and Meryl Streep star 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.*

Shown with closed captioning, when available



Monday, April 8th, 1:00-2:35pm *Lilies of the Field* (1963) Sidney Poitier stars as a traveling handyman who becomes the answer to the prayers of nuns who wish to build a chapel in the desert. Nominated for five Academy Awards including Best Picture, with a win for Poitier. *This film is shown in collaboration with the Acton Memorial Library.*



Monday, April 22nd, 1:00-2:40pm *Yogi Berra: It Ain't Over* (2022, PG) Uplifting documentary offers an intimate portrait of the often misunderstood American icon, Yogi Berra. It covers the caricatures and famous "Yogisms," but goes deeper into the life of a sports legend whose unparalleled accomplishments on the baseball diamond were often overshadowed by his off-the-field persona.



Monday, April 29th, 1:00-2:55pm *Barbie* (2023, PG-13) Barbie and Ken live in the colorful and seemingly perfect world of matriarchal Barbie Land. Things change when they get a chance to go to the real world. Margot Robbie and Ryan Gosling co-star. Nominated for eight Academy Awards include Best Picture. DVD available to borrow after April 29th.

Groups

Computer Club

Open to all seniors/free

Wednesday, April 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.



Genealogy Group

Open to all seniors/free



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

Our first meeting of the month uses online/computer tools to find answers to family history questions. This month's online focus will be on cemetery research. This month's second meeting topic is DNA - Double Redux on the Double Helix (May: Old Photographs).

Hot Topics Discussion Group

Wednesdays, 10:30-11:45am

Open to all seniors/free

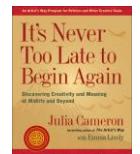
This group meets weekly to discuss current event topics and issues of interest to members. Group is facilitated by Sal Lopes, but each participant will be encouraged to select an article from *The Week* magazine and lead the discussion for that meeting.



►►It's Never Too Late to Begin Again Book Study Group

Open to all/Free

Join Tracy Woods for a 12-week group studying the book *It's Never Too Late to Begin Again: Discovering Creativity and Meaning in Midlife and Beyond* by Julia Cameron who also wrote *The Artist's Way*. Tracy Woods is a certified Older Adult Peer Specialist. All are welcome to this joint venture between the Acton Council on Aging and the Northeast Independent Living Program. The group started in March, but new participants are welcome—you'll just have to catch up on the reading.



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

See our online newsletter at www.actoncoa.com for full color, more details and easy to click links

The **COA Board** wishes you a happy spring, and celebration of holidays!

We encourage you to consider taking 4 walks in Acton that are suitable for seniors. The [Acton Senior Trailblazers](#) have been enjoying the outdoors for years. Ask at Reception for the guide. You will get a certificate after you complete the 4 walks and notify Chris Chirokas, cchirokas@actonma.gov .

The COA Board is enthusiastic about the response of Acton seniors participating in the Seniors Read Program in collaboration with the ABRSD. If you're interested in reading to children in Kindergarten - 4th Grade, please fill out a Seniors Read Interest. [Form](#) available at the Reception Desk in the Senior Center.

Collette Travel Presentation



Tuesday, April 2nd, 1:00pm

Open to all seniors/free

Hear about the upcoming trip to Iceland and the adventures planned for next year.

Iceland's Northern Lights Tour Date November 13th– 19th, 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.



A Message from the **Friends of Acton COA**

Visit the Senior Center [photo gallery](#) then explore the entire updated [website](#). The FCOA's **Honoring Excellence Fund** will underwrite a jazz trio April 23rd with dinner and wine, see p.4 for more details. Be sure to make your reservation early.

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

Support Groups

□► Caregiver Support Group via Zoom

Tuesdays, April 9th and 23rd, 3:00-4:30pm Open to all caregivers of older adults/free

Join Julie Norstrand for a Caregiver Support Group which is meeting on the first and third

Tuesdays this 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 caregiver 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. If you are new to the group, please sign up with the Council on Aging at seniorcenter@actonma.gov or call 978-929-6652. See p. 1 for information on a presentation by Julie on April 4th.



Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, April 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, April 30th, 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 by April 23rd.

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

See our online newsletter at www.actoncoa.com for full color, more details and easy to click links

► ABRHS Senior Community Service Day - Raking for Senior Citizens

Friday, April 26th, 9:30am-12:30pm

Acton seniors only

Call for availability. The ABRHS students are once again offering this service. Yards will be selected through a lottery and if successful we will contact you to let you know. [Donations to the ABRHS Community Service Programs](#) Boxborough seniors should contact the Boxborough COA.

Art & Crafts

► Drawing and Watercolor Painting Class with Fran Hewitt

Tuesdays, April 9th through June 11th, 9:30-11:30am

Acton seniors only

Participants in this class will learn how to use basic drawing skills and watercolor techniques to create pictures. We will explore line, color, shape, form, and texture as we draw and paint. Subjects for our work will include photographs of still-life objects, landscapes, animals, portraits, and flowers. No prior art experience is required to participate. If you have drawing and/or watercolor painting experience, you will use your knowledge to improve your skills. The supply list for this class is available at the COA reception desk and can be emailed upon request. **Registration for this session begins on Monday, April 1st at 1:00pm; call 978-929-6652.** Fran is a veteran art teacher who taught drawing, painting, ceramics, sculpture, weaving, and collage to K thru 12th grade in the NH Public School for 30 years. She developed and taught adult art education classes as part of a continuing education program. After retiring, she moved to Acton and has enjoyed learning about the area, continuing to create art work, and reading the latest novel.



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

Through the end of April we welcome back Neal Rantoul who is a career photographer and artist. For this show he has decided to show posters of his work made over the past 45 years.

Games

Morning Open Activity Time

Weekday mornings, 9:00-11:30am

The Senior Center dining room is open weekday mornings for drop-in activities. We provide the space, tables, chairs and a variety of games (Scrabble, chess, Mah Jongg, playing cards). You may also work on your own art or craft project. Ask some 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. *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, April 16th for experienced players only

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

No Mah Jongg April 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.

Mind, Body and Spirit

► Line Dancing with Paul

Wednesdays, April 24th through June 12th, 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.*

Introduction to Mindfulness with Heidrun Dickson

Mondays through April 22nd, 3:00-4:30pm ** change of date since printed copy**

No Class April 15th

Mindfulness series concludes this month and is closed to new participants.

Laugh for Your Health

Thursdays, 11:00-12:00noon

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.*

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

Gym Hours & Monitoring

Acton seniors only

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



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

See our online newsletter at www.actoncoa.com for full color, more details and easy to click links

Exercise Classes

- Exercise classes are limited to Acton residents age 60 and up
- Terri's classes (Senior Fitness, Active Aging, Stretch & Flex) are not meeting May 24th through June 14th; watch the May newsletter for a schedule of video recordings of some of Terri's classes
- 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, April 1st through May 20th and June 17th, 24th, 8:30-9:30am

Also no class April 15th

Tuesdays, April 2nd through May 21st and June 18th, 25th, 9:45-10:45am

Thursdays, April 4th through May 23rd and June 20th, 27th, 9:45-10:45am

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, April 1st through June 24th, 11:00am-12:00noon

No class April 15th & May 27th

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, April 2nd through May 21st and June 18th, 25th, 8:30-9:30am

Also no class June 19th

Wednesdays, April 3rd through May 22nd and June 26th, 8:30-9:30am

Thursdays, April 4th through May 23rd and June 20th, 27th, 8:30-9:30am

Fridays, April 5th through May 17th and June 21st, 28th, 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

Wednesdays, April 3rd through June 26th, 10:00-11:15am

No class June 19th

The last class of each month is a healthy joint class

This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class has an emphasis on wellness and will include a period of deep relaxation. Bring a yoga mat to

each yoga class (optional, especially for joint class). The last class of each month is a Healthy Joint Class offered to improve range of motion. The low impact and gentle joint practice does not require yoga experience and is done seated and standing. Joint movements help improve flexibility and balance and decrease a stiff or achy body and help prevent falls. Funded by an Executive Office of Elder Affairs grant; \$1 donation per class requested. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*

Thursday Tai Chi Practice

Thursdays, 11:00am-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.

Open to out-of-town seniors/free

Stretch and Flex with Terri Zaborowski

Thursdays, April 4th through May 23rd and June 20th, 27th, 3:00-4:00pm Also no class April 18th

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, April 5th through June 28th, 10:00-11:00am

No class on May 3rd

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, Qi Gong, and relaxation. Done standing and sitting, you may modify to suit your own needs. Class begins with a gentle warm-up. Hand weights and balls (optional and supplied by Center) are used for resistance strength training. Class ends with a soothing cool down phase of stretch and relaxation. Reduce stress and clear your mind! You will leave class feeling re-energized, rejuvenated and relaxed...ready for your day! A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines. *Yvonne Benelli holds an MS in Clinical Exercise Physiology, a BS in Physical Education, and taught American Red Cross CPR/First Aid for over 40 years as well as a multitude of fitness classes, including current classes in AquaCize, Water Aerobics, Pilates and Personal Training (on land and in water).*

Become a Senior Trail Blazer!

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

Save the date! Sen Jamie Eldridge's 43rd Senior Conference, **Thursday, April 18th**. Assabet Valley Regional Technical High School, 215 Fitchburg St, Marlborough, MA 01752. For more information visit www.senatoreldridge.com/seniors. Email questions to Bianca.DeSousa@masenate.gov

DEA Drug Take Back Program

Saturday, April 27th, 10:00am-2:00pm at the Public Safety Facility, 371 Main St, Acton.

This national initiative provides an opportunity for the public to surrender pharmaceutical controlled substances and other medications to law enforcement officers for destruction. Expired, unused, or unwanted controlled substances can be brought to the PSF.

News from the Town Clerk's Office

Annual Town Election, Tuesday, April 30th, 2024

Annual Town Meeting, Monday, May 6th, 2024. Email clerk@actonma.gov, 978-929-6620 with any questions.

Support and Services



Birthday Lunch, Tuesday, April 23rd 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.

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

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

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

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.

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

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.

In 2024 Massachusetts was one of 10 states nationally to eliminate the asset test for Medicare Savings Program (MSP) benefits. Income levels for MSP programs has also increased effective March 1.

Now individuals earning between \$2,386 and \$2,824 can have their Medicare Part B premium paid for – a savings monthly of \$174.70. Married couples also qualify who have combined incomes between \$3238 and \$3,833.

Individuals earning up to \$2385 with assets of \$2000 qualify to have their Medicare premiums paid for along with all related deductibles and copayments. [For more information](#) You may find the 2024 MSP application [here](#) and use this [screening tool](#) to determine eligibility. (65+ decision tree) [Contact Minuteman Senior Services](#) [Regional SHINE program for more information or application assistance: 781-221-7029.](#) SHINE counselors are state certified experts in Medicare providing free and impartial information. To schedule an appointment please call the Council on Aging and note that SHINE can meet in person or remotely.

[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.

Help Line Numbers

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

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

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

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

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

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

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

The Massachusetts Senior Legal Helpline 1-800-342-5297 Monday-Friday 9:00am-12noon.

Topics for which seniors can access assistance may be limited.

Dial-A-Lawyer: Free Legal Advice by Phone for Elders, on the first Wednesday of every month, from 5:30-7:30pm, attorneys are available at 617-338-0610 or 877-686-0711.

Ask the Lawyer: free 20-minute appointments with a local elder law specialist at the Senior Center.

Veteran Services Officer for Acton and Boxborough, James MacRae would like to remind veterans and surviving spouses that there are benefits that you may be entitled to. Reach out to him at vso@actonma.gov or call 978-929-6614 for a confidential chat.



Acton Nursing Services

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



□► Medication Safety and Drug Disposal with Dr. Danny Dinno

Thursday, April 25th, 1:00pm

All ages welcome

Dr. Danny Dinno, Pharm D, RPH, B.S, graduated from Trinity College in Hartford, CT in 2018 with a BS in biology and from MCPHS in 2022 with his PharmD. He is an 3rd generation pharmacist with experience working in both retail pharmacy as well as the biotechnology industry where he was a clinical research associate on various cancer trials at Candel Therapeutics. Please join us on April 25th, 2024 where Dr. Dinno will discuss Medication Safety and Drug Disposal.

□► Therapeutic Horticulture

Acton Seniors Only

Tuesday April 23rd and 30th, 6:00 -7:00pm, Wednesday April 17th, 10:30-11:30am

Seed Starting- We'll talk about strategies for starting plants from seed. You'll choose from a wide variety of uncommon edible and ornamental seed choices to get some growing! All supplies are provided. 12 participants per class.

□► Energy Healing with Jacqui Burak

Tuesday, April 9th, 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, April 16th, 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 and 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.

Nursing Programs Continued...

□► Podiatry Clinics

Acton seniors only

Appointments: Tuesdays April 16th, 12noon-6:00pm and April 30th 10:30-4:00pm, Thursday April 25th 12-5:00pm. Call 978-929-6650 to make an appointment.

Sarah Kinghorn BSN RN CFCN is a certified Footcare nurse and is the owner of Footcare Focus. Sarah provides assessment, toenail clipping and filing, non-surgical callus/corn reduction, gentle foot massage and education to keep your feet healthy and happy! Appointments are 30 minutes for \$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

Acton Residents only

Monday, April 22nd, 10:00 – 2:00pm and Tuesday, April 23rd, 10:00 – 2:00pm

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

Wednesdays, May 1st – June 5th, 11:30am – 12:30pm

Acton Residents only

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

Tuesdays, ongoing, 11:00am Call 978-929-6650 to register There will be no classes on April 16th & 17th

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

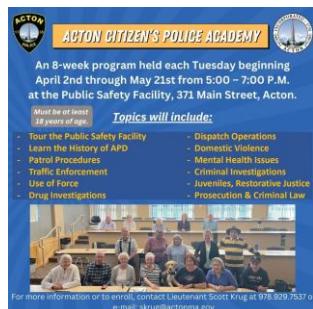
Acton seniors only

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, April 2nd and 16th, 10:30 -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!



** NOT IN PRINTED EDITION**

Acton Citizen's Police Academy

The Acton Police Department is pleased to announce that the Citizens Police Academy will return this April. To register and for more [information](#). We look forward to seeing you in the Spring.

The Acton 250 Committee focuses on providing education on the events leading up to and including April 19, 1775 and then into July 4, 2026. If you are not familiar with our Acton 250 Committee and its programming a great place to start is at <https://acton-ma.gov/250>. Upcoming on April 2nd at Town Hall we have Historian J. L. Bell in to speak as well as town center walks on April 6th and 12th with more to come. For more details see our website.



LGBTQIA+ and Friends Spring Event

Saturday April 20th, 11:00am-1:00pm

Town Center, 2nd Floor Flint Room, 12 Mudge Way, Bedford, MA. [Flyer](#) RSVP by Tuesday April 16th at 781-275-6825.



April at Acton's Libraries

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

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

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

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

English at Large Beginner English Class Mondays and Wednesdays, 10-11:30 a.m.

English at Large Conversation Group Mondays, 1-2:30 p.m. or 6:30-8 p.m.

The "ME" Decade: A Cultural Review of the 1970s through Music Wednesday, April 3, 6-8 p.m.

Breathe for Change Fridays, April 5 and 19, 10-11 a.m. Guided meditation.

Acton Center Walking Tours with Amy Cole Saturday, April 6, and Friday, April 12, 1:50-3 p.m.

Yarn & Needle Club Tuesdays, April 9 and 23, 3-4 p.m. Meets the 2nd and 4th Tuesday of every month.

Tech Help at West Acton Citizens' Library Wednesday, April 10, 1:30-2:30 p.m.

Virtual Asian Art Series: Persia – Crossroads for Art and Culture Sunday, April 14, 2:30-3:30 p.m. Via Zoom.

Acton Memorial Library Book Discussion Group Tuesday, April 16, 6:30-8 p.m. Book: *Trust* by Hernan Diaz.

Holi Celebration at AML Saturday, April 27, 1-3 p.m. Music, free dance lessons, and food available for purchase.

HAZARDOUS WASTE DAYS ARE:

Saturday, June 1st, 9:00-11:30am and Tuesday, September 24th, 4:00-6:30pm.

Upcoming Elections and Deadlines

Special Town Meeting, Wednesday April 17th.

Annual Town Election, Tuesday April 30th.

Annual Town Meeting, Monday May 6th.

The Acton Council on Aging Volunteer Appreciation Luncheon

Tuesday, April 30th 2023, 12:00-1:30pm

If you are a volunteer and haven't received your invitation by April 16th please call the office, 978-929-6652.

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STOP THE PRESS!!!!!!
Shredding Day June 3rd, 9:30-11:30am
See May's Newsletter for more info.

Join our team of volunteers and help those in need in your community!

Make a meaningful contribution to your neighbors and become a Minuteman Volunteer as a Meals on Wheels Driver, Senior Dining Helper, Bill Paying Assistant, Friendly Visitor, Grocery Shopper, Healthy Living Workshop Leader, Ombudsman or SHINE Health Benefits Counselor! Time commitment varies by program. Please call our Volunteer Coordinator, Yuen, at 781-221-7093 or email volunteer@MinutemanSenior.org for more info.



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.

Monday	Tuesday	Wednesday	Thursday	Friday
April 1 8:30 Active Aging 9:00-3:00 AARP Tax Appts 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg 3:00 Mindfulness Series	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 Collette Travel Presentation 3:30 What is Bigfoot? 5:00 Rotary Club Dinner	3 8:30 Senior Fitness 10:00 Wellness Yoga 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 1:30 Drop-in Bridge	4 8:30 Senior Fitness 9:45 Active Aging 10:30 Poet of the Month via Zoom 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Bistro 30 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 Advocating for Yourself 3:00 Stretch & Flex	5 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Never Too Late
8 8:30 Active Aging 9:00-12 AARP Tax Appts 10:00 COA Friends Mtg 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg 3:00 Mindfulness Series	9 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 10:00 Book Discussion Group 10:00 COA Board Mtg 11:00 Maintenance Balance – ANS 12:00 Lunch with Chef McGuire 1:00 Genealogy Group 1:00 Cro-Magnon Blues Music Talk 3:00 Caregiver Group via Zoom 6:00 Energy Healing – ANS 6:00 Wetherbee Woods Info Talk	10 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 11:00 Selling Your Home 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Drop-in Bridge 1:30 Computer Club 2:30 Live Elvis Tribute	11 8:30 Senior Fitness 9:45 Active Aging 10:00 Tech Help Appts 11:00 Tai Chi Practice 11:00 Laugh for your Health 11:30-1:30 Bistro 30 1:00 Birth of the US Talk 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	12 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 9:45 Java with John 10:00 Nouvonne Fitness 10:00 Never Too Late
15 Building Closed Patriots' Day	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 Grandparents Group 12:00 Robbins Brook Lunch 1:00 Mah Jongg 1:00 Pelvic Floor Health Talk 6:00 Meditation & Yoga - ANS	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 11:30-1:30 Bistro 30 12:30 Needle Arts Group 1:00 Acton Songsters 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 Bistro 30 1:00 Mah Jongg 1:00 Chess Lessons/Club NO STRETCH & FLEX	19 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Never Too Late
22 8:30 Active Aging 10:00 Balance Screening Appts - ANS 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg 3:00 Mindfulness Series	23 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 10:00 Balance Screening Appts - ANS 11:00 Maintenance Balance – ANS 12:00 MMSS Birthday Lunch 1:00 Genealogy Group 1:00 ALICE Training 2:30 LitLovers Group 3:00 Caregiver Group via Zoom 5:00 Honoring Excellence Friends Dinner 6:00 Therapeutic Horticulture - ANS	24 8:30 Senior Fitness 10:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 11:30-1:30 Bistro 30 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	25 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Bistro 30 1:00 Big Band Music with John Clark 1:00 Medication Disposal Talk - ANS 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	26 Center closes at 12 8:30 Senior Fitness 9:30-12:30 ABRHS Raking Day 10:00 Nouvonne Fitness 10:00 Never Too Late
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 Memory Lane Café 12:00 Volunteer Appreciation Lunch 1:00 Shifting Gears Drivers Program 5:30 Planning for Medicare 6:00 Therapeutic Horticulture - ANS	1 MAY 8:30 Senior Fitness 10:00 Wellness Yoga 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 1:30 Drop-in Bridge 2:30 Line Dancing with Paul	2 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Bistro 30 1:00 Mothers' Day Program 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	3 Center closes at 12 8:30 Senior Fitness 10:00 Never Too Late NO NOUVON FITNESS

The COA does not endorse or promote any service or company who makes a presentation. We encourage you to be an 'educated consumer' before entering into contract with any service provider. Movie titles are available on page 5. ANS=Acton Nursing Program – contact 978 929 6650 with questions/to register.

Calendar Notes Programs and Classes are correct at time of going to press; circumstances beyond our control may result in cancellation, postponement, or a change in how we deliver the program. Follow us on Facebook for updates, or see the website www.actoncoa.com

March was another busy month of activities

Spring roll making was extremely popular.



Acton songsters serenaded the monthly lunch crowd



The Lions Club hosted their annual St Patrick's Day Lunch





This month the following activities are supported by the Friends of the Acton COA: Movies, Big Band music presentation, watercolor/drawing class, Poet of the Month, Asking for Help & Accepting Care, Elvis performance, Mindfulness class, From Lexington to Yorktown lecture, Tai Chi class, Honoring Excellence dinner, and What is Bigfoot?

Would you like a friendly caller?

The Acton COA is launching a Friendly Caller program to all Acton adults aged 60 years or older in the community! If you would like to find out more about this opportunity, please reach out to Beverly Hutchings at 978-929-6652.



Thank you to...

All our Volunteers without whom we could not provide the service that we do.

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 ACTON COUNCIL ON AGING @ THE SENIOR CENTER, APRIL 2024
978-929-6652
Building is closed Monday, April 15th

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	<i>The Friends and the Board will next meet:</i>	
Fiona Starr, COA Customer Service Coordinator	COA Board, Tuesday, April 9 th , 10:00am	
Terri Zaborowski, Exercise Instructor	COA Friends, Monday, April 8 th , 10:00am	