



# Acton Council on Aging

At the Human Services Building & Senior Center

**MAY 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, May 27<sup>th</sup>

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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direct



## ► Explore the Hidden Treasures of Mesoamerica Series



**Wednesdays, May 8<sup>th</sup> through June 5<sup>th</sup>, 11:30am-12:30pm**

**Open to out-of-town seniors for \$20**

Mesoamerica is filled with vast hidden treasures to be explored—dramatic history, incredible natural wonders, richness of diverse cultures & languages, abundance of the arts, and exquisite cuisines.

Join Sherry Ruff to “travel” throughout the Mesoamerican regions in Mexico and Guatemala. The “travel itinerary” will include exploration of the history, geography, customs, cultures, languages, arts, cuisines & much more! Travel tips will be covered, too! Join us and explore the hidden treasures of Mesoamerica! *Sherry Ruff, MPH, is a Spanish language & education professional. Her expertise in Spanish includes language, culture, arts, literature, history, cuisine, & travel. She completed Spanish studies at the University of Valencia, Spain. Sherry has extensive experience traveling, living and studying abroad throughout the Spanish speaking world.*

## Mr. Madison's War: The US, Britain, and the War of 1812

**Tuesday, May 21<sup>st</sup>, 1:00-2:00pm**

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



At the beginning of the 19<sup>th</sup> century, the United States was a young nation struggling to find its way on the often-turbulent seas of international relations. While the young republic was flourishing at home, lingering disputes with Great Britain threatened the stability of our nation and finally led to war.

The story of the War of 1812, sometimes called the Second War for Independence, is full of heroism, treachery, and action. This illustrated lecture by Paolo Di Gregorio examines the causes, course, and results of this often overlooked, yet historically significant, struggle. *Paolo Di Gregorio is a historian, archaeologist and educator.*

## Decluttering and Organizing Your Home Before Selling

**Tuesday, June 4<sup>th</sup>, 1:00-2:00pm**

**Open to all seniors/free**



Join us for a special seminar that will guide you through the process of decluttering and organizing your home to make it ready for sale. Whether you plan to move in one year or five, this seminar is designed to provide you with invaluable information from two experts in the field—Amy Roberts, the owner of Out of The Box Moves, and Heather Murphy, a local Realtor® with over 20 years of experience. You'll learn valuable tips and tricks and great resources that will help make the overwhelming process of downsizing manageable. Don't miss this opportunity to gain priceless knowledge to help you achieve your home-selling goals.

**Director's Corner** *May is Older Americans' month; the COA will be celebrating Acton's age 90+ residents with a special luncheon. According to the Town census we have over 250! Staying active and social has been proven to help increase longevity and Acton is living proof. **Best, Sharon***

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

Find our calendar on pages 8-9  
COA Events requiring registration:

- AB Music Performance, 5/28
- Acton Songsters, 5/1 & 5/15
- Art Class with Fran, Tuesdays
- Ask the Lawyer, 5/21
- Caregivers Group, 5/14 & 5/28
- CarFit event, 5/13
- Chess Lessons, Thursdays
- Caregivers Resources, 6/4
- Creative Exploration, Mondays
- Exercise Your Brain Workshop, 5/15 & 5/16
- Hearing Screenings, 5/23
- Hidden Treasures Series, Wednesdays
- Ice Cream Outing, 5/30
- Line Dancing, Wednesdays
- Malnutrition Awareness, 5/21
- Memory Lane Café, 5/28
- Never Too Late, Fridays
- Poet of the Month, 5/16
- Tech Help Appoints, 5/9
- Vegetable Sushi Making, 5/21
- Wool Needle Felt Class, 5/15
- Words Galore, Thursdays

### Meals

- Chef McGuire Lunch, 5/7
- 90s Birthday Lunch, 5/14
- Monthly Breakfast, 5/17
- Robbins Brook Lunch, 5/21
- Dinner, 5/28

For Nursing programs call 978-929-6650 (see p.15)

## □► Acton Songsters with Ed Knights

**Wednesdays, May 1<sup>st</sup> and 15<sup>th</sup>, 1:00-1:45pm**

Join Ed Knights to sing along to familiar popular songs. The May 1<sup>st</sup> meeting will focus on music by The Beatles in preparation for a May 7<sup>th</sup> performance. 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. 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.*

**Open to all seniors/free**



## The History of Mother's Day

**Thursday, May 2<sup>nd</sup>, 1:00-2:00pm**

**Open to all seniors/free**

Mother's Day is a holiday honoring motherhood in different forms throughout the world. Here in the United States, the origins date back to the 19<sup>th</sup> century. Come learn the roles that Ann Reeves Jarvis, Julia Ward Howe and others played in establishing this holiday, and why Ann eventually resorted to an open campaign against the holiday she worked so hard to establish. We'll have a Mother's Day trivia quiz, learn about the most common gifts given versus the ones most treasured and take time to pay homage to our own mothers. *Dawn Gomez, Reminiscing Round Table founder, provides topic-based programs for seniors at several local assisted living and senior center communities.*

## □► Creative Exploration with Story Archetypes with Poornima Kirby

**Mondays, May 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, June 3<sup>rd</sup> and 10<sup>th</sup>, 10:00-11:30am**

**Open to out-of-town seniors for \$20**



Have you ever answered a call to adventure? Gone on a voyage, and come back transformed? Gotten caught up in a comedy of errors? In this class, we'll look at stories both ancient and modern—from Greek myths, to fairy tales, to modern films—to find out the universal gears that make these stories tick. What do *Hansel and Gretel* and *War of the Worlds* have in common? They are both tales of "overcoming the monster"! What about *Hamlet* and *The Godfather*? Both tales of a hero brought down by a "tragic flaw." How about *Cinderella*, *Oliver Twist* and *Hamilton*? All tales of the "rags to riches" pattern. In each class, we'll look at the "fingerprint" or archetype of a different type of story. We'll look at examples from literature, movies, and our own lives, using them to inspire discussion, creative writing, and improvisation of our own grand adventures! Don't worry if you don't have experience with writing or acting as the class will be tailored to the needs and interests of participants. *Poornima Kirby has performed at the Senior Center in multiple productions with Stephen Collins and her workshop on Romeo & Juliet was a hit. She is an experienced Shakespearean actress, with numerous credits in film and theatre.*

## Live Performance: Acton Songsters Perform Hits by The Beatles



**Tuesday, May 7<sup>th</sup>, 1:00-1:20pm**

**Open to all seniors/free**

The Acton Songsters group led by Dr. Ed Knights will be performing some hit songs by The Beatles. Attendees are welcome to sing along. Come for Chef Maguire's lunch (sign up with the COA) and stay for some fun!

## Asking for Help and Accepting Care: Advocating for Yourself Presentation

**Wednesday, May 8<sup>th</sup>, 1:00-2:00pm**

**Open to all/free**

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 facilitates the Council on Aging's Caregiver Support Group.*



## □► Technology Help Appointments with Acton Memorial Library

**Thursday, May 9<sup>th</sup>, 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. Call the COA to reserve a 15 minute appointment.

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



## Live Performance: The Music of Johnny Cash

**Thursday, May 9<sup>th</sup>, 1:00-2:00pm**

Longtime New England musician and author Matt York will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950's to his passing in 2003. He'll discuss Cash's emergence as a groundbreaking artist in the 1950's, his marriage to June Carter and many of his other career highlights. In both 2022 and 2023, York was nominated for the Boston Music Award for Best Country Artist & his album *Gently Used* was named one of the Best Albums of 2022 by *Worcester Magazine*.

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

## □► CarFit Event

**Monday, May 13<sup>th</sup>, 1:30-2:40pm by appointment**



The Acton Council on Aging, Acton Police Department, and Acton Nursing Service are offering a free community CarFit event at the Senior Center. CarFit is designed to give a quick but comprehensive check on how well an older driver and their vehicle work together with a focus on comfort, safety, and mobility. Sometimes simple adjustments to mirrors, seat, steering wheel, or head restraint can make a big difference! It is not a driver test. CarFit is a national program developed by AAA, AARP, and the American Occupational Therapy Association. Each appointment takes less than 30 minutes for a technician to complete a 12-point checklist with each driver. An Occupational Therapist will also meet with each driver and if applicable will show you examples of devices that can improve your "car fit." Advance registration is required (call 978-929-6652), as is signing a waiver on the day of the event.

**Open to out-of-town seniors starting May 8<sup>th</sup>**

## Book Discussion Group

**Tuesday, May 14<sup>th</sup>, 10:00am**

**Open to out-of-town seniors/free**

The discussion for this meeting will be around the book *Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid. 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 for June 11<sup>th</sup> meeting is *Tom Lake*, by Ann Patchett. Ann Kulsick facilitates the gatherings.

## Conversation on Hearing and Brain Health



**Tuesday, May 14<sup>th</sup>, 1:30-2:30pm**

**Open to all/free**

Hearing care is healthcare! Come and listen to audiologist and owner of HearSmart Audiology, Dr. Megan Ford, who will be speaking on the topic of hearing and brain health. She will explore the amazing anatomy and physiology of how we hear in addition to the importance of a hearing companion (AKA Communication Partner), what happens when communication breaks down and what we can do about it. *Megan Ford, Au.D., has worked at several major medical centers in Boston, Cleveland and Worcester. In 2013 she opened her private practice, HearSmart Audiology, in Littleton.*

## Senior Community Service Employment Program information session

**Tuesday, May 14<sup>th</sup>, 6:00pm**

**Open to 55+/free**

The Senior Community Service Employment Program (SCSEP) is a federally funded, work-based job training program for job seekers 55 years old and up. SCSEP job seekers will be paid for training in their own community for up to 20 hours a week, for up to 4 years and gain new skills and work experience that lead to permanent, unsubsidized employment. To qualify you must be 55+ unemployed, earning under \$19,000/years as an individual or \$25,000 as a family. The program will provide you with 20 hours of work per week at \$15/hour. Currently there are positions in the Acton/Boxborough area. Contact Greg Haig, [ghaig@opertional.net](mailto:ghaig@opertional.net) or call 617-302-2731.

## □► Exercising Your Brain Workshop

**Wednesday, May 15<sup>th</sup> and Thursday, May 16<sup>th</sup>, 11:00am to 12:00noon**

**Open to out-of-town seniors starting May 8<sup>th</sup>**

In this two-part workshop Edward Alessi will discuss how you can help lessen the decline of cognitive function that accompanies aging by exercising your brain. Work to do at home will allow participants to experiment with some of the exercises. It is suggested that you bring a notebook and pen or pencil. *Edward Alessi is a retired geriatric social worker who currently teaches Sociology at Middlesex Community College in Bedford.*

## □► Poet of the Month: Marge Piercy via Zoom

**Thursday, May 16<sup>th</sup>, 10:30-11:30am**

**Open to all seniors/free**

Join Val Walker via Zoom for this month's poet Marge Piercy, a contemporary American poet and novelist. The author of seventeen volumes of poems, her highly personal poetry tends to be written in free verse and she often addresses feminist and social issues. Val will read a selection of Piercy's poems and discuss her life. Contact the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) to receive the Zoom link.

## Java with John

**Friday, May 17<sup>th</sup>, 9:45am**

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.



**Acton residents only**



## ALICE Training

**Monday, May 20<sup>th</sup>, 11:00am-12noon**

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

**Open to all seniors**

## □► Malnutrition Awareness Presentation

**Tuesday, May 21<sup>st</sup>, 11:00am-12noon**

**Open to all seniors/free**

In honor of Older Americans month, Minuteman Senior Services will be offering a Malnutrition Awareness presentation at the Acton Senior Center. There will be an educational presentation, individual screenings, healthy diet information, and free snacks. Sign up with the Acton dining site at 781-221-7098 or at our reception desk.

## □► Ask the Lawyer

**Tuesday, May 21<sup>st</sup>, 1:00-3:00pm**

**Acton seniors only**

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



## □► Learn to Make Vegetable Sushi

**Tuesday, May 21<sup>st</sup>, 2:00-3:00pm**

**Acton seniors only/registration opens Monday, May 6<sup>th</sup> at 11:00am**

Learn to make sushi with Asako Judson, a former private chef originally from Japan. Sushi is a very popular dish that is also healthy and delicious—after this class you'll be able to make it yourself! *Asako Judson, who lives in Acton, has worked at several restaurants and as a private chef and caterer.*

## LitLovers Study Group/American Bestsellers: *Native Son* with Chris Chirokas

**Tuesday, May 21<sup>st</sup>, 2:30-4:00pm**

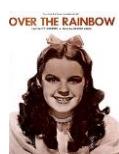
**Open to all seniors/free**

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. This month we will discuss *Native Son* by Richard Wright. Books are typically on reserve at the Acton Memorial Library.

## Harold Arlen & Sammy Cahn Music Presentation with John Clark

**Thursday, May 23<sup>rd</sup>, 1:00-2:00pm**

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

 Their names and faces may not be familiar, but the songs they wrote can easily pave a long path down Memory Lane! Composer Harold Arlen scored hits with *Get Happy* and *Stormy Weather* with lyricist Ted Koehler in the 1930s. Then Arlen collaborated with Yip Harburg on the iconic *Over the Rainbow*. In the 1940s he gave us *Come Rain or Come Shine* with Johnny Mercer supplying the words. Sammy Cahn is most well-known for his lengthy string of big hits for Frank Sinatra, including *Three Coins in the Fountain* and *Love and Marriage*. But he also co-wrote a whopping 25 Oscar-nominated songs including *Call Me Irresponsible* for Jack Jones. At the beginning of his illustrious career he wrote the very first hit for the Andrews Sisters, and near the end it was *Thoroughly Modern Millie* for Julie Andrews. Featured artists include Judy Garland, Bing Crosby, Lena Horne, Groucho Marx, Margaret Whiting, Glenn Miller, Louis Prima, and Ethel Waters. *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.*

## □► Hearing Screenings with Audiologist Megan Ford

**Thursday, May 23<sup>rd</sup>, 1:00-3:00pm**

**Open to out-of-town seniors starting May 8<sup>th</sup>/free**

Megan Ford Au.D., a licensed audiologist in practice since 1998, will provide hearing screenings, ear wax checks, and basic hearing aid checks. Please allow 15 minutes for your appointment. Dr. Ford has worked at several major medical centers in Boston, Cleveland and Worcester. In 2013 she opened her private practice, HearSmart Audiology, in Littleton.



## □► ABRHS Student Music Performance

**Tuesday, May 28<sup>th</sup>, 6:00pm**

**Open to all/free**

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



## ►► Ice Cream Outing at Kimball Farm in Westford

**Thursday, May 30<sup>th</sup>, 1:30-2:30pm**

**Acton, Littleton, Boxboro seniors age 60+ only**

Who says ice cream is for kids?! Join in for a free small ice cream in a cone or cup as well as some conversation! To receive your voucher, meet at the silo near the cow at Kimball's at 400 Littleton Road, Westford. **RSVP required no later than May 23<sup>rd</sup> to the Council on Aging at**

**[seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) or 978-929-6652.** This outing is a collaboration between the towns of Acton, Boxborough, and Littleton and is administered by the Acton Health Division. It is funded by a grant from CHNA (Community Health Network Area) through the Massachusetts Department of Public Health's determination of need process.



## Shredding Event

**Monday, June 3<sup>rd</sup>, 9:30-11:30am**

**Acton seniors only**

A1 shredding company will be on site at 30 Sudbury Rd. to destroy personal documents. Limit of 5 grocery-sized bags per person. Any questions please contact us at 978-929-6652. Sponsored by the Friends of the Acton Council on Aging. A \$1 donation per bag is requested. Please do not arrive early.

## ►► Community Resources for Caregivers: Caring for Loved Ones Living with Dementia



**Tuesday, June 4<sup>th</sup>, 11:30-1:30pm**

**Open to all**

Join us for a lunch and learn. Find about local community resources and hear from a panel of experts about a variety of topics related to caring for someone with dementia. We will end with a Q&A session so come prepared to share your questions! Sponsored by the Liberty Alzheimer's Partnership group.



## Meals at the Senior Center

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

### ►► Lunch with Chef McGuire

**Tuesday, May 7<sup>th</sup>, 12noon**

**Open to all seniors**

Enjoy pulled pork sandwiches with coleslaw and a dessert for \$3.00. Sign up is required. Stay after lunch for the 1:00pm Acton Songsters performance of The Beatles hits.

### ►► 90's Birthday Luncheon

**Open only to Acton seniors age 90+ plus a guest**

**Tuesday, May 14<sup>th</sup>, 12:00-1:30pm**

**Call now to Register**

We are hosting a luncheon in honor of our Acton seniors who are aged 90+. If you didn't receive an invitation and are 90 or older, please call the COA at 978-929-6652 so we may include you. This free event is sponsored by Bridges by EPOCH of Westford and Sudbury. Please RSVP by Tuesday May 7<sup>th</sup>.



### ►► Monthly Breakfast

**Acton seniors only**

**Friday, May 17<sup>th</sup>, 9:00am**

Enjoy breakfast from Life Care Center of Acton. Sign up is required. Cost is \$3.00.

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

**Open to all seniors**

**Tuesday, May 21<sup>st</sup>, 12noon**

Join us for fish sticks, coleslaw, mashed potatoes, and dessert. Cost is \$3.00. This meal is subsidized by Minuteman Senior Services.

### ►► Dinner with Doug

**Open to all seniors**

**Tuesday, May 28<sup>th</sup>, 5:00pm**

Chicken parmesan, pasta, garlic bread and dessert are on the menu for dinner. Cost is \$5.00. Please sign up prior to the event.

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

**Look out for the Cinco de Mayo special menu May 2<sup>nd</sup>.**

Stop in and see what's for lunch! The menu will be posted at the Senior Center, on our website, [www.actoncoa.com](http://www.actoncoa.com) or scan the QR code with your smartphone camera, when it is available, \$6.00/item cash/Venmo/credit cards accepted.



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

## Groups

### **Computer Club**

**Wednesday, May 8<sup>th</sup> and 22<sup>nd</sup>, 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.

**Open to all seniors/free**



### **Genealogy Group**

**Tuesday, May 14<sup>th</sup> and 28<sup>th</sup>, 1:00-2:30pm**

**Open to all seniors/free**



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 software for recording ancestor data, charting, and generating family narratives. This month's second meeting topic is about identifying, labeling and preserving old family photographs (June: *Focus on Novice Genealogists*).

### **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.



### **□► Words Galore via Zoom**

**Thursdays, May 23<sup>rd</sup> through June 27<sup>th</sup>, 9:00-10:00am**

**Open to all seniors/free**

Join Val Walker via Zoom for this fun and lively hour of word play and brain twisters—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. Contact the COA at seniorcenter@actonma.gov to register and receive the Zoom link. *Val Walker, MS, is an educator, blogger for Psychology Today, and the author of The Art of Comforting and 400 Friends and No One to Call. Val holds a Master of Science degree in rehabilitation counseling, a career she practiced for 20 years. She offers her wordplay and poetry classes at many Council on Aging/Senior Centers and enjoys sparking our wits and encouraging lighthearted banter—and fun!*

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

**Fridays through May 24<sup>th</sup>, 10:00-11:00am**

Group concludes this month and is closed to new participants



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.

ACTON COA STAFF	ACTON COA BOARD MEMBERS	
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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, May 14 <sup>th</sup> , 10:00am	
Terri Zaborowski, Exercise Instructor	COA Friends, Monday, May 13 <sup>th</sup> , 10:00am	

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

## Movie Matinees

**Shown with closed captioning, when available**

**Open to all seniors/free**

**Monday, May 6<sup>th</sup>, 1:00-3:00pm *Nyad*** (2023, PG-13) Biopic about athlete Diana Nyad who at the age of 60 becomes obsessed with completing an epic swim that always eluded her: the 110 miles from Cuba to Florida often referred to as the “Mount Everest” of swims. Annette Bening stars with Jodie



Foster as her friend and coach Bonnie Stoll; both received Oscar nominations for their performances.

**Monday, May 13<sup>th</sup>, 1:00-2:30pm *Jules*** (2023, PG-13) Milton is an older man living a quiet life of routine in a small Pennsylvania town until a UFO and its extra-terrestrial passenger crash in his backyard. At first no one believes him, but then he and two fellow seniors bond while trying to help the alien safely return to its home. Dramatic comedy stars Ben Kingsley, Jane Curtain and Harriet Sansom Harris. This film is shown in collaboration with the Acton Memorial Library.



**Monday, May 20<sup>th</sup>, 1:00-2:45pm *The Phantom of the Open*** (2021, PG-13) Heart-warming true story of Maurice Flitcroft (Academy Award Winner Mark Rylance), a dreamer and unrelenting optimist, who manages to gain entry to the 1976 British Open Golf Championship qualification round despite never playing a round of golf before.

## Support Groups



**□► Caregiver Support Group via Zoom**

**Tuesdays, May 14<sup>th</sup> and 28<sup>th</sup>, 3:00-4:30pm**

**Open to all caregivers of older adults/free**

Join Julie Norstrand for this group that meets twice a month via Zoom. New participants are 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. If you are new to the group, please sign up with the Council on Aging at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) or call 978-929-6652. See page 2 for Julie's program on May 8<sup>th</sup> on Advocating for Yourself (rescheduled from April).

### **Grandparents Raising Grandchildren Support Group at the Senior Center**



**Tuesday, May 21<sup>st</sup>, 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, May 28<sup>th</sup>, 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 May 21<sup>st</sup>.

## Art & Crafts

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

**Wednesday, May 15<sup>th</sup>, 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 featuring a red wing blackbird. 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 \$60 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.

### **□► Drawing and Watercolor Painting Class with Fran Hewitt**

**Tuesdays through June 11<sup>th</sup>, 9:30-11:30am**

**Acton seniors only**

Class is full; call about waitlist.



Art Exhibit In May through mid-June, we welcome the watercolor paintings of Bonnie McGrath. She earned a BFA in Fine Art from the Mass College of Art and has worked for many years in art and photography workshops and as a graphic designer in the book publishing industry. There will be a Reception with refreshments on **Tuesday, May 7<sup>th</sup> from 4:00-6:00pm**. All are welcome!

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

**Open to all seniors/free**

Come to the Senior Center and paint or draw with your peers. Please bring your own supplies.

### **Needle Arts Group, Wednesdays, 12:30-2:30pm**

**Open to all seniors/free**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	<b>30</b> 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	<b>1 MAY</b> 8:30 Senior Fitness 10:00 Wellness Yoga 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 11:30 Balance Matters - ANS <b>11:30-1:30 Bistro 30</b> 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Drop-in Bridge 2:30 Line Dancing with Paul	<b>2</b> 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice <b>11:30-1:30 Bistro 30</b> <i>Cinco de Mayo</i> 1:00 History of Mothers' Day 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	<b>3</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 Never Too Late <b>NO NOUVON FITNESS</b>
<b>6</b> 8:30 Active Aging 10:00 Creative Exploration Series 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg  7:00 Town Meeting at ABRHS, 36 Charter Rd	<b>7</b> 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 <b>12:00 Lunch w' Chef McGuire</b> 1:00 Acton Songsters Sing the Beatles 4:00 – 6:00 Art Reception 6:00 Therapeutic Horticulture - ANS	<b>8</b> 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS <b>11:30-1:30 Bistro 30</b> 11:30 Hidden Treasures Series 11:30 Balance Matters - ANS 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Advocating for Yourself 1:30 Drop-in Bridge 1:30 Computer Club 2:30 Line Dancing with Paul	<b>9</b> 8:30 Senior Fitness 9:45 Active Aging 10:00 IT Help Appointments 11:00 Tai Chi Practice <b>11:30-1:30 Bistro 30</b> 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 Music of Johnny Cash Performance 3:00 Stretch & Flex	<b>10</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Never Too Late 10:00 NARA park stroll with ANS
<b>13</b> 8:30 Active Aging 10:00 Friends of COA Mtg 10:00 Creative Exploration Series 1:00 Movie 1:00 Mah Jongg 1:30-2:40 CarFit Event	<b>14</b> 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 10:00 COA Board Mtg 10:00 Book Discussion Group 11:00 Maintenance Balance – ANS <b>12:00 90s Birthday Celebration</b> 1:00 Genealogy Group 1:30 Hearing & Brain Health Talk 3:00 Caregiver Support Group via Zoom 6:00 Senior Community Service Employment Info Session	<b>15</b> 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 11:00 Exercising Your Brain Workshop 11:30 Balance Matters - ANS <b>11:30-1:30 Bistro 30</b> 11:30 Hidden Treasures Series 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:00 Wool Needle Felting Class 1:30 Drop-in Bridge 2:30 Line Dancing with Paul	<b>16</b> 8:30 Senior Fitness 9:45 Active Aging 10:30 Poet of the Month via Zoom 11:00 Tai Chi Practice 11:00 Exercising Your Brain Workshop <b>11:30-1:30 Bistro 30</b> 1:00 Mah Jongg 1:00 Chess Lessons/Club 3:00 Stretch & Flex	<b>17</b> <b>Center closes at 12</b> 8:30 Senior Fitness <b>9:00 Breakfast</b> 9:45 Java with John 10:00 Nouvonne Fitness 10:00 Never Too Late 10:00 NARA park stroll with ANS
<b>20</b> 8:30 Active Aging 10:00 Creative Exploration Series 11:00 ALICE Training 1:00 Movie	<b>21</b> 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 Malnutrition Awareness	<b>22</b> 8:30 Senior Fitness 10:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics <b>11:30-1:30 Bistro 30</b> 11:30 Balance Matters - ANS	<b>23</b> 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Tai Chi Practice <b>11:30-1:30 Bistro 30</b> 1:00 Chess Lessons/Club	<b>24</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Never Too Late

1:00 Mah Jongg 1:30 CarFit Raindate	11:00 Maintenance Balance – ANS 11:00 Grandparents Group <b>12:00 Robbins Brook Lunch</b> 1:00 Ask the Lawyer Appointments 1:00 War of 1812 Talk 2:00 Make Vegetable Sushi 2:30 LitLovers Group 6:00 Meditation & Yoga - ANS	11:30 Hidden Treasures Series 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	1:00 Mah Jongg 1-3:00 Hearing Screening Appts 1:00 John Clark Music Series 3:00 Stretch & Flex	
<b>27</b>  <b>MEMORIAL DAY Center is closed</b>	<b>28</b> 8:30 Senior Fitness Canceled 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging Canceled 11:00 Maintenance Balance – ANS <b>12:00 MMSS Birthday Lunch</b> 12:00 Memory Lane Café 1:00 Mah Jongg 1:00 Genealogy Group 3:00 Caregiver Support Group via Zoom <b>5:00 Dinner with Doug</b> 6:00 ABRHS Student Music Performance	<b>29</b> 8:30 Senior Fitness 10:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:30 Balance Matters - ANS <b>11:30-1:30 Bistro 30</b> 11:30 Hidden Treasures Series 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 2:30 Line Dancing with Paul	<b>30</b> 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Tai Chi Practice <b>11:30-1:30 Bistro 30</b> 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:30 Ice Cream at Kimball Farm 3:00 Stretch & Flex	<b>31</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 NARA park stroll with ANS

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 7. 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](http://www.actoncoa.com)

**This month the following activities are supported by the Friends of the Acton COA:** Learn to Make Sushi, Movies, Asking for Help and Accepting Care, Words Galore, Needle Felting class, Explore the Hidden Secrets of Mesoamerica series, music of Johnny Cash performance, Exercising Your Brain workshop, Creative Exploration with Story Archetypes workshop, Arlen and Cahn music presentation, War of 1812 lecture, watercolor/drawing class, Poet of the Month, Tai Chi class. To support the Friends please visit their [website](http://www.actoncoa.com).



### Friends of Acton COA Fund Raiser

**Jewelry Sale Wednesday, October 16<sup>th</sup>, 2024**



**Donate:** Your Jewelry Now! **Where:** Acton Senior Center, Reception Desk

**Event Details:** All Jewelry Welcome (new, old, single earrings, vintage, you name it!)

The jewelry we collect will be sold at the October Jewelry Sale with proceeds used to fund programs and events at the Acton Senior Center.

The Friends of Acton COA board will meet **May 13<sup>th</sup>, 10:00-11:00am** at the Acton Senior Center.



Acton Boxborough Rotary Club and Friends of the Acton COA for April's wonderful dinners; the AARP Tax Aide Volunteers who assisted over 70 seniors this tax season.

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.

## 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!

**Open to all seniors/free  
No activity time May 17<sup>th</sup> & 27<sup>th</sup>**



### **□► Chess Lessons with Ken LeBow**

**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.*

**Open to all seniors/free**



### **Drop-In Bridge**

**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.

**Open to all seniors/free**

### **Mah Jongg Time**

**Mondays, 1:00-4:00pm, and Tuesday, May 28<sup>th</sup> for experienced players only**

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

**Open to all seniors/free**

**No Mah Jongg May 27<sup>th</sup>**

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**

**Thursdays, 1:00-4:00pm**

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

**Open to all seniors/free**

**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 through June 12<sup>th</sup>, 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**

Please note that Laugh for Your Health with Susan Phillips will not be meeting for a few months. Watch future newsletters concerning its return to the schedule.

### **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 each Wednesday at the Senior Center. Bodacious and Dick are members of Therapy Dogs International, a non-profit volunteer group whose tagline is "Paws Awhile for Love." Bodacious is gentle, affectionate, and hypo-allergenic. Visiting with a therapy dog is known to increase emotional well-being...and it's free!



## Gym Hours & Monitoring

\*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.

Acton seniors only



## Exercise Classes

- Terri's classes are running as normal except for Tuesday, May 28<sup>th</sup> and Wednesday, June 19<sup>th</sup>
- No classes on the holiday of Wednesday, June 19<sup>th</sup>
- 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 June 24<sup>th</sup>, 8:30-9:30am**

**Tuesdays through 25<sup>th</sup>, 9:45-10:45am**

**Thursdays through 27<sup>th</sup>, 9:45-10:45am**

**No class May 28<sup>th</sup>**

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 June 24<sup>th</sup>, 11:00 am-12:00noon**

**No class May 13<sup>th</sup>, 20<sup>th</sup>, & 27<sup>th</sup>**

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 June 25<sup>th</sup>, 8:30-9:30am**

**Wednesdays through June 12<sup>th</sup> & 26<sup>th</sup>, 8:30-9:30am**

**No class June 19<sup>th</sup>**

**Thursdays through June 27<sup>th</sup>, 8:30-9:30am**

**Fridays through June 28<sup>th</sup>, 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 through June 26<sup>th</sup>, 10:00-11:15am**

**No class June 19<sup>th</sup>**

#### ***The last class of each month is a healthy joint class***

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

### **Thursday Tai Chi Practice**

**Thursdays, 11:00 am-12:00noon**

**Open to out-of-town seniors/free**

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



### **Stretch and Flex with Terri Zaborowski**

**Thursdays through June 27<sup>th</sup>, 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 June 28<sup>th</sup>, 10:00-11:00am**

**No class on May 3<sup>rd</sup>**

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! Contact the COA or visit [www.actoncoa.com](http://www.actoncoa.com) and look under "News" for the guide to the four "senior approved" local trails or request a copy from the Council on Aging. All the trails are easy to get to and have accessible parking spots. Developed in collaboration with Acton's Natural Resource and Health Divisions. If you would like a certificate for taking all four walks, email [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov).

**Iceland's Northern Lights** Tour Date November 13<sup>th</sup> – 19<sup>th</sup>, 2024. Experience the "land of fire and ice" and chase the aurora borealis across an ethereal wonderland. Sign up by May 14<sup>th</sup>.



The **Council on Aging Board** hopes you are enjoying the spring. The season for walking and enjoying nature is upon us. In collaboration with the Acton Nursing Services, we are encouraging people to walk and enjoy a relaxing time with friends or meeting new people taking a "NARA Park Senior Stroll" during May and June. Information about days and times can be found on page 15.

## Support and Services

 **Birthday Lunch, Tuesday, May 28<sup>th</sup> 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](http://www.minutemansenior.org) or call 781-272-7177, toll free (888) 222-6171. [Lunch menu](#) [Cold Menu](#)

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



**Open Table Pantry**, 33 Main Street, Maynard, call 978-369-2275, [www.opentable.org](http://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., has a Mini Food Pantry just off the parking lot.

**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.

**The COA Handy Helper Program** helps Acton seniors with small repairs and simple household jobs. Volunteers glue chair legs, replace light bulbs, flip mattresses, help with computer issues and more. This is not an emergency service. Call the COA at 978-929-6652 to make a request, or if you would like to volunteer as a 'Handy Helper'.

**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](http://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](mailto: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 eliminated the asset test for Medicare Savings Program (MSP) benefits. Income levels for MSP programs has also increased effective since March 1<sup>st</sup>. 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. *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 \(LIHEAP\)](#)**

**Fiscal Year 2024 Program is extended to May 10<sup>th</sup>, 2024.** 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](mailto:vso@actonma.gov) or call 978-929-6614 for a confidential chat.

### **May 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.

This month includes repair workshops, tech help at the West Acton Citizen's Library, a lecture from the Town's Land Stewardship Coordinator on our local wetlands, meditation, a zoom exploration of Southeast Asian art, history walks and talks by a local archaeologist, and Daniel Gay immigrant songs presentation.

### **HAZARDOUS WASTE DAYS** are:

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

**Annual Town Meeting, Monday, May 6<sup>th</sup>, 2024**. Email [clerk@actonma.gov](mailto:clerk@actonma.gov), 978-929-6620 with any questions.

Go to [www.actonma.gov](http://www.actonma.gov) and subscribe to receive the Municipal Monthly with all the Town updates.

Town of Acton Information Line: 978 929 6600.

***Acton has a new online newspaper, [THE ACTON EXCHANGE](#).***

### **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 Ambassador Program. COA staff will arrange for a volunteer to get in touch with you directly to set up a convenient time to meet at the Center.

For more information, please contact Chris Chirokas at [cchirokas@actonma.gov](mailto:cchirokas@actonma.gov) or 978-929-6652.

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

## Acton Nursing Services

**Call 978-929-6650, Acton Nursing, for these programs from Wednesday, May 1<sup>st</sup>**



**□► Nara Park Senior Stroll** Acton, Boxboro, Littleton Seniors

**Friday, May 10<sup>th</sup>, 17<sup>th</sup> and 31<sup>st</sup>, June 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> – 10:00 -11:00am**

**Please note: no walking group on Friday, May 24<sup>th</sup>**

Come join other seniors from Acton, Boxboro and Littleton Council's on Aging for conversation, coffee and a stroll around Acton's Nara Park, 25 Ledgerock Way, Acton. Please meet us at the Sports Pavilion off the upper parking lots located off Quarry Road. For additional information please call Nursing at 978-929-6650  
Registration is required.

**□► Therapeutic Horticulture**

**Acton seniors only**

**Tuesday May 7<sup>th</sup>, 6:00 -7:00pm, Wednesdays May 8<sup>th</sup> and 29<sup>th</sup>, 10:30-11:30am**

There's a whole world of unusual colors and forms of chrysanthemums to explore! We'll pot up a variety of heirloom varieties that will reward you with unique blooms late in the season. All supplies are provided. 12 participants per class.

**□► Meditation and Gentle Chair Yoga**

**All ages welcome**

**Tuesday, May 21st, 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, May 3<sup>rd</sup>, 9:00-12noon and Tuesday, May 7<sup>th</sup> and 21<sup>st</sup>, 1:00-6:00pm, Thursday May 30<sup>th</sup> 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.

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

**Acton seniors only**

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

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

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

**Wellness Clinics – 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, May 7<sup>th</sup> and 21<sup>st</sup>, 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!

**Acton-Boxborough Community Education** has many classes available each term. They have not been mailing a catalog to homes in the last few years but do have an email list highlighting upcoming classes. If you are interested in receiving the email newsletter please go to their [website](#).

AB Community Education is offering a walking tour of Concord Center and the Old North Bridge on **Sunday, June 2<sup>nd</sup> from 10:00am to noon**. There is a registration fee of \$49. Register at [abce.abschools.org](http://abce.abschools.org) or by calling 978-266-2525. Please wear comfortable shoes, bring water and dress for the weather. This tour will meet at the Colonial Inn in Concord Center. All attendees must be pre-registered.

**Medicare Scam Awareness.** A Minuteman Senior Services SHINE counselor received a call from “Medicare” asking if she’d received her new Medicare card. **This is a scam** Medicare never contacts members by telephone unsolicited. If a member contacts Medicare first, Medicare may return the call, but representatives would never telephone to offer new Medicare cards, discounted health insurance, or tell members their Medicare coverage is going to expire or be discontinued.

April brought many of you to the senior center for the first time. Program subjects ranging from “Big Foot” to Cro-Magnon Blues music to our Volunteer Reception, to our history lesson in time for Patriots’ day on the Birth of the US.



The Friends hosted a wonderful Parisian inspired evening in their “Honoring Excellence” series.

We remembered Tom Crowdus and Bev Davis with a dinner accompanied by the Justin Mayar Jazz Trio. Everyone dressed to impress and had a lovely evening. Follow us on Facebook to see more photos.

**©THE ACTON COUNCIL ON AGING @ THE SENIOR CENTER, MAY 2024**  
**978-929-6652**  
**Building is closed Monday, May 27<sup>th</sup>**

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.

## Volunteer Reception 2024



**We were delighted to host so many of our valuable Volunteers for lunch.  
"You are the berry best!!!"**