



Acton Council on Aging

At the Human Services Building & Senior Center

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

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Author Talk with Paulette Stout

Tuesday, June 11th, 1:00-2:00pm

Join us for an author talk featuring Acton's own Paulette Stout. She is a multi-award-winning author of contemporary fiction, with readers in 40 countries. Her latest novel, *What Eyes Can't See*, was called "a modern-day Romeo & Juliet, with a much happier ending for everyone." Paulette will join us for an in-person conversation about her writing journey, story inspirations, then will read from one of her books and host a Q&A session. See you there!

Open to all seniors/free

□► Understanding Basic Estate Planning Terms & Documents: Back to Basics

Tuesday, June 18th, 1:00-2:00pm



Join Attorney Dale Tamburro for a presentation on estate planning. He will cover estate planning terminology, the importance of getting organized (what are your assets, what is their worth, what are your income sources), the importance of communication, choosing your beneficiaries, what estate documents are needed, and what to do in case of disability. He will touch upon trusts as a tool for protecting your home if you require long-term care, which is a topic for a full seminar. Bring your specific questions for Dale to answer. *This Elder Law Education Program is sponsored by the Massachusetts Bar Association with generous assistance from the Massachusetts Chapter of the National Academy of Elder Law Attorneys.*

Open to all seniors/free

□► Onsite Tour of Haartz Corporation Manufacturing Facility

Wednesday, June 26th, 1:00 pm

 Did you know that Haartz Corporation, the world's #1 supplier of automotive topping fabrics, is headquartered right here in Acton? The staff at Haartz is generously sharing their time and knowledge with Acton's older adults during a tour of their facility. Haartz develops and manufactures numerous coated fabrics for exterior soft trim applications including convertible tops, truck tonneau covers, and tire covers, as well as interior applications. Haartz has grown to include a manufacturing facility in Europe and offices in India, Japan, and China. The walking/standing tour will last about an hour—wear closed-toe shoes and long pants; safety glasses will be provided. Haartz is located at 87 Hayward Rd; park in the left section of the lot and carpooling is recommended. Registration through the COA is required: seniorcenter@actonma.gov or 978-929-6652.

Open to all seniors/free

Director's Corner

Please welcome Catherine Taylor as a member of the COA staff. Catherine was an intern in 2019 and has been a volunteer at the Senior Center since January of this year. She will be working for the COA until she heads off to graduate school in September. We're looking forward to seeing more of her in the next few months.

Best, Sharon

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

- Basic Estate Planning, 6/18
- Resources for Caregivers, 6/4
- Acton Songsters, 6/5 & 26
- Cooking Class, 6/11
- Heal the Healer Book Group
- Creative Exploration Series
- Hidden Treasures Series
- Haartz Tour, 6/26
- Line Dancing, Wednesdays
- Poet of the Month, 6/20
- Tech Help Appoints, 6/13
- Words Galore, Thursdays

Meals

- Robbins Brook Lunch, 6/18
- Monthly Breakfast, 6/21
- Dinner, 6/25

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

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



Shredding Event

Monday, June 3rd, 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.

► Creative Exploration with Story Archetypes with Poornima Kirby

Mondays through June 10th, 10:00-11:30am Open to out-of-town seniors for \$20

In this class that concludes this month, 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. 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! *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. She has also taught public speaking, poetry, and theatre to students of all ages. She holds a Master's degree in Arts Administration from Boston University, and a B.A. in Drama from Vassar College, and has trained at Shakespeare & Co., and the London Academy of Music and Dramatic Arts.*



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

Tuesday, June 4th, 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.



Decluttering and Organizing Your Home Before Selling

Tuesday, June 4th, 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.



Live Elvis Tribute with Calvin Benelli

Tuesday, June 4th, 4:00-5:00pm

Open to all/free

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!

Free Narcan Training

Tuesday, June 4th 5:30pm

Open to all

Since 2000, the annual number of overdose deaths from any kind of drug in the U.S. has multiplied nearly six times. This training is an essential part of overdose prevention education. Learn what an overdose looks like and what can be done to reverse an overdose. Free Narcan rescue kits will be provided.

► Explore the Hidden Treasures of Mesoamerica Series

Wednesdays through June 5th, 11:30 am-12:30pm

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

This workshop concludes this month and is closed to new participants.

► Acton Songsters with Ed Knights

Wednesdays, June 5th and 26th, 1:00-1:45pm

Open to all seniors/free

Join Ed Knights to sing along to familiar popular songs. Don't worry about your level of singing; this class is open to anyone interested in singing. Lyrics provided. Ed also covers the mechanics of singing. 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 that he enjoys sharing with everyone. He has studied voice at the Boston Conservatory and performs in musicals and operas.*

Wedding Day Traditions

Thursday, June 6th, 1:00-2:00pm

Open to all seniors/free

June has long been a popular month for weddings. The first recorded evidence of marriage ceremonies uniting two people dates from about 2350 B.C. in Mesopotamia. Over the next several hundred years wedding day traditions evolved, and many old customs continue despite most people not understanding the history behind them. We'll explore many facets of "tying the knot," from wedding dress fashions and the addition of bridesmaids and groomsmen to serving cake and tossing the bouquet. Come join the discussion and share memories of your own big day! *Dawn Gomez, Reminiscing Round Table founder, provides topic-based programs for seniors at several local assisted living and senior center communities.*



□► Asian Dumplings Cooking Class with Asako Judson

Tuesday, June 11th, 2:00-3:00pm

Acton seniors only

Join us to learn to make easy savory dumplings also called stuffed buns with a sweet red bean paste. You will learn how to make the skin from scratch, a red bean paste, and how wrap the stuffing. The filling for buns can be anything you like, it's all up to your imagination! You'll have the opportunity to customize your buns with toppings like sesame seeds, green onions, or a drizzle of sauce for added flavor. Asako will provide step-by-step guidance and tips to ensure your buns turn out perfectly every time. *Asako Judson, who lives in Acton, has worked at several restaurants and as a private chef and caterer.*

Opera Program

Tuesday June 11th, 3:00pm

Open to all

[Untold stories](#) as presented by artist-in-residence Chichi Enu. Join us for an interactive opera concert featuring the work of BIPOC artists. Join the artist talk with Chichi and find out: how she became an opera singer; her song selection process; and hear her sing some songs.



Hydration Presentation

Wednesday, June 12th, 11:00am

Open to all/free

Join staff from Deaconess Abundant Life Services at the Senior Center for an engaging discussion on hydration. They will provide a light snack. Deaconess Abundant Life Services is a network of residential communities that includes Newbury Court in Concord.

□► Fix Your Clock with Keith Gregory

Thursday, June 13th, 10:00-11:00am

Open to all seniors/free

If you have a clock that does not keep time or has stopped, don't miss this opportunity for a quick and easy evaluation and possible remedy. Most clock problems can be fixed quickly with simple adjustments, without having to take the clock apart. Keith will not be taking any clocks to repair but if you have a broken clock to donate, Keith will repair it for Household Goods or use for parts. If you repair clocks and would like to get involved, please let the COA know and we'll put you in touch with Keith.

□► Technology Help Appointments with Acton Memorial Library

Thursday, June 13th, 10:00-11:00am

Acton seniors only

Need help with common smartphone (iPhone or Android), tablet or laptop functions? Join Rebecca Schmidt, Acton Memorial Library's Community Engagement Librarian, 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.

Crossroads of Empires: A Brief History of Armenia

Thursday, June 13th, 1:00-2:00pm

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



For thousands of years, the Armenian Plateau has been a crossroads of empires at the junction of Europe and Asia. The tumultuous history of the region has shaped the people and culture of Armenia and the South Caucasus. But it is a story most of us do not know. This illustrated talk by Paolo Di Gregorio will delve into the history and legacy of Armenia. *Paolo Di Gregorio is a historian, archaeologist and educator. He is a Visiting Lecturer in the History Department at Bridgewater State University, and his passion for telling stories of our past is greatly appreciated by Acton's older adults!*

► Poet of the Month: W.B. Yeats

Thursday, June 20th, 10:30am via zoom

Join Val Walker via Zoom for this month's poet William Butler Yeats who is widely considered to be one of the greatest poets of the 20th century. Yeats maintained his cultural roots, featuring Irish legends and heroes in many of his poems and plays. Perhaps no other poet stood to represent a people and country as poignantly as Yeats, both during and after his life, and his poetry is widely read today across the English-speaking world. Val will read a selection of Piercy's poems and discuss her life. 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.*

Open to all seniors/free



Tea with Thom

Friday, June 21st, 9:45am

Acton residents only

The Assistant Town Manager, Thom Begin, will be at the Senior Center following breakfast to give you updates from the Town and answer your questions. We are working with Acton TV so you can watch live on the government channel or watch the taped version later.



Senior Living 101: Understanding Your Options

Tuesday, June 25th, 1:00-2:00pm

Open to all/free

Join *The Residence at Bedford* at the Senior Center for *Senior Living 101*. For those considering a downsize, the options can be complex and overwhelming. Having a clear understanding of the landscape will help as you begin to determine if a move might be beneficial in your future. Learn from senior living experts on how to best evaluate your options.



From Abolition to the Harlem Renaissance in Music with John Clark

Thursday, June 27th, 1:00-2:00pm

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



This travelogue along the road to freedom begins in the days of the Underground Railroad with the subversive spirituals of the enslaved and the abolitionist protest songs of the Hutchinson Family Singers. After the Civil War, two other important players in this story emerged: the Fisk Jubilee Singers and Bert Williams, whose performances represented an affirmation of the proud heritage and full humanity of African-Americans. Then in the early

20th century, in the midst of Jim Crow legislation, the first freedom anthems appeared: *Oh, Freedom* and *Lift Every Voice and Sing*. Some of the contributions of the Harlem Renaissance will be highlighted, including important musical events (*Shuffle Along, Blackbirds of 1928*), musicians (Noble Sissle, Eubie Blake, Louis Armstrong, and Fats Waller) and singers (Bessie Smith, Ma Rainey, 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.*



Meds Management

Tuesday, July 2nd, 1:00-2:00pm

Open to all/free

Join Allied Care at the Senior Center, for a program about the importance of medication management, including understanding prescriptions, proper dosage, potential side effects, and strategies for organizing and administering medications safely. The program seeks to promote medication adherence, minimize risks of adverse drug interactions, and enhance overall health outcomes.

► Words Galore via Zoom

Thursdays through June 27th, 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! Class started last month but is open to new people. 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 and author. 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!*

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

Meals at the Senior Center



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

Monthly Lunch by Benchmark Senior Living/Robbins Brook Open to all seniors

Tuesday, June 18th, 12noon

Join us for pulled pork, coleslaw, corn and dessert Cost is \$3.00. Sign up is required.

Monthly Breakfast

Acton seniors only

Friday, June 21st, 9:00am

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. Fruit is kindly provided by Life Care of Acton. Sign up is required.

Dinner with Doug

Open to all seniors

Tuesday, June 25th, 5:00pm

Enjoy chicken kabobs, rice, salad and dessert for \$5. Sign up is required.

Bistro 30 is open to all, Wednesdays and Thursdays, 11:30am-1:30pm No Bistro June 19th or 20th



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



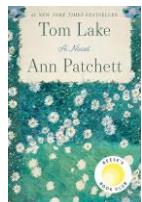
Groups

Heal the Healer Book Study Group

Fridays, June 7th through September 6th, 10:00-11:00am No group on 7/5

Open to all/free

Join Tracy Woods for a 12-week group studying the book *Heal the Healer: A Self-Care Guide for Wellness Workers and Caregivers* by Joshua Rosenthal. It is a survival guide for givers filling an ever-widening care gap left by our healthcare system—who are often chronically stressed, exhausted and undervalued. The book is available from Amazon and other booksellers. The group will read and discuss one chapter each week, so read the first chapter before the first class. *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.*



Book Discussion Group

Open to all seniors/free

Tuesday, June 11th, 10:00am

The discussion for this meeting will be around the book, *Tom Lake*, by Ann Patchett. Copies of the book are on hold for the group at Acton Memorial Library. You may also check availability at Citizen's Library. No meetings in July and August. If you would like to read ahead the book *The One In A Million Boy* by Monica Wood for September 10th meeting. Ann Kulsick facilitates the gatherings.

Computer Club

Open to all seniors/free

Wednesday, June 12th, and 26th, 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.



Genealogy Group

Tuesdays, June 11th and 25th, 1:00-2:30pm



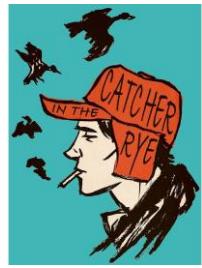
Discover your family history in a supportive environment. Novice, experienced, or simply the curious are welcome. Learn the basics, get advice, and share new discoveries and strategies. Emphasis is on research methods, presentation formats, and the meaningfulness of preserving the past for future generations. For the second monthly meeting, bring your portable computer (or at least a notebook) with the goal of expanding your family tree.

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

LitLovers Study Group/American Bestsellers: *Catcher in the Rye*

Tuesday, June 25th, 2:30-4:00pm

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 *Catcher in the Rye* by J.D. Salinger. Books are typically on reserve at the Acton Memorial Library. Group is facilitated by Program Manager Chris Chirokas.



Hot Topics Discussion Group

Wednesdays, 10:30-11:45am

No meeting on June 19th

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.



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.



Movie Matinees

Open to all seniors/free

Shown with closed captioning when available

Monday, June 3rd, 1:00-2:45pm *Falling for Figaro* (2020) A brilliant young fund manager (Danielle Macdonald) leaves her lucrative but unfulfilling job to chase her lifelong dream of becoming an opera singer in the Scottish Highlands with a strict voice coach (Joanna Lumley). Light romantic drama with lots of opera music!



Monday, June 10th, 1:00-2:30pm *The Miracle Club* (2023, PG-13) In 1967 Ballygar, Ireland, there is just one tantalizing dream for the local women—to taste freedom by winning a pilgrimage to the sacred French town of Lourdes. Maggie Smith, Kathy Bates, Laura Linney co-star in this dramatic comedy.



Tuesday, June 11th, 5:00-6:20pm *Stonewall Uprising* (2010, TV 14) On an early June morning in 1969, police raided the Stonewall Inn, a popular Greenwich Village gay bar. Raids like this weren't unusual at the time when homosexual sex was illegal in every state but Illinois, but on that night the streets erupted into violent protests and demonstrations that lasted for six days. The Stonewall Riots became a major turning point in the modern gay civil rights movement. *This film is shown in collaboration with the Acton Memorial Library.*



Monday, June 17th, 1:00-3:00pm *Shirley* (2024, PG-13) Regina King stars in this biopic about Shirley Chisholm, who made a trailblazing run for the 1972 Democratic presidential nomination after becoming the first black woman elected to congress.



Monday, June 24th, 1:00-2:40pm *Summertime* (1955) A middle-aged single woman's dream of romance finally becomes a bittersweet reality when she meets a handsome, but married, man while vacationing in Venice. Katherine Hepburn stars in an Oscar-nominated role. Filmed entirely in Venice. *This film is shown in collaboration with the Acton Memorial Library.*



Acton Memorial Library.

Monday, July 1st, 1:00-3:05pm *The Beautiful Game* (2024, PG-13) Advocates to end homelessness organize a soccer tournament in Rome known as the Homeless World Cup. This film, inspired by a true story, follows the experience of the team from England. Bill Nighy stars as the coach.



The **Council on Aging Board** wants to thank everyone who participated in the Seniors Read Program during March and April in the reading to children in the elementary schools. The feedback was very positive and many people are interested in participating again.

Another activity that has been popular is the NARA Park Strolls - walking, socializing and enjoying the outdoors. We encourage you to join in the relaxing fun time on the days listed on the flyer available from Acton Nursing. Enjoy the summer!

Support Groups

□► Caregiver Support Group via Zoom

Tuesdays, June 4th and 18th, 3:00-4:30pm

Open to all caregivers of older adults/free

Join Julie Norstrand for a Caregiver Support 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. 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. Julie Norstrand, PhD, MSW, and MSc, is an adjunct Professor at Regis College. She is the founder of Help My Aging Parents and serves on the Newton COA Board.



Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, June 18th, 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. The group will not be meeting in August.

Visit Bodacious the Therapy Dog

Wednesdays, June 5th & 12th, Tuesday, June 18th, 10:00am - 12noon

No visit on June 19th, 26th, & July 3rd

Open to all seniors/free

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



Memory Café will not be meeting over the summer but will resume in September.



□► Wool Needle Felting Art Class with Magda Stilmant

Tuesday, June 18th, 1:00-3:00pm

Acton seniors only

Under the guidance of artist Magda Stilmant, participants will create a framed wool felting piece of "Red Roofs," a landscape featuring red-roofed houses in the distance. 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 area. *Magda began felting as a creative outlet after she retired and downsized. She is self-taught and has had pieces accepted into juried art shows and has had multiple exhibits including at the Senior Center and Acton Memorial Library.*

□► Drawing and Watercolor Painting Class with Fran Hewitt

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

Acton seniors only

Class is currently full; call about waitlist

□► Greeting Card Craft Workshop with Nancy Dodge

Tuesday, June 18th, 10:30-12noon

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

In this workshop suitable for all skill levels, you will make one to two greeting cards. You can choose from several versatile designs based on your experience level and make your creation unique by selecting embellishments and a sentiment. All supplies provided by instructor. Registration required. Sample cards available to view at Reception. *Nancy Dodge is an avid crafter and a Stampin' Up distributor.*

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

No Group June 19th

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

Monday	Tuesday	Wednesday	Thursday	Friday
June 3 9:30-11:30 Shredding Event 10:00 Creative Exploration Series 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	4 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 11:30 Community Resources for Caregivers 1:00 Organizing Home Before Selling 3:00 Caregivers Group via Zoom 4:00 Live Elvis Tribute 5:30 Narcan Info Talk 6:00 Energy Healing - ANS	5 8:30 Senior Fitness 10:00 Wellness Yoga 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 10:30 Horticultural Therapy – ANS 11:30 Hidden Treasures Series Concludes 11:30 Balance Matters! – ANS 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Drop-in Bridge 2:30 Line Dancing with Paul	6 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Tai Chi Practice 11:30-1:30 Bistro 30 1:00 History of Weddings 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	7 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Nara Stroll – ANS 10:00 Heal the Healer Group
10 8:30 Active Aging 10:00 Creative Exploration Series 10:00 Friends of COA Mtg 11:00 Tai Chi 11:30 Board & Friends of COA Joint Mtg 12:30 COA Board Mtg 1:00 Movie 1:00 Mah Jongg	11 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 10:00 Book Group 11:00 Maintenance Balance – ANS 1:00 Author Talk: Paulette Stout 1:00 Genealogy Group 2:00 Asian Dumplings Cooking Class 3:00 Opera Program 5:00 Movie: <i>Stonewall Rising</i> 6:00 Meditation & Yoga - ANS	12 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Horticultural Therapy – ANS 11:00 Hydration Presentation 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	13 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:00 Clock Repair 10:00 Tech Help Appointments 11:00 Tai Chi Practice 11:30-1:30 Bistro 30 1:00 Brief History of Armenia 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	14 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Nara Stroll – ANS 10:00 Heal the Healer Group
17 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	18 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 10:00 Therapy Dog Visit 10:30 Greeting Card Workshop 10:30 Wellness Clinic – ANS 11:00 Grandparents Group 11:00 Maintenance Balance – ANS 12:00 Robbins Brook Lunch 1:00 Basic Estate Planning 1:00 Wool Needle Felting Art Class 3:00 Caregivers Group via Zoom 6:00 Therapeutic Horticulture - ANS	19 <h1>Center is Closed</h1>	20 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:30 Poet of the Month via Zoom 11:00 Tai Chi Practice 1:00 Mah Jongg 1:00 Chess Lessons/Club 3:00 Stretch & Flex NO BISTRO 30	21 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 9:45 Tea with Thom 10:00 Nouvonne Fitness 10:00 Nara Stroll - ANS 10:00 Heal the Healer Group

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 6.

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

24 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	25 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 1:00 Understanding Senior Living Options 1:00 Genealogy Group 12:00 MMSS Birthday Lunch 2:30 LitLovers Group 4:00 Photography Reception 5:00 Dinner with Doug	26 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Hot Topics 11:30-1:30 Bistro 30 11:30 Balance Matters - ANS 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:00 Haartz Facility Tour 1:30 Drop-in Bridge 1:30 Computer Club	27 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Tai Chi Practice 11:30-1:30 Bistro 30 1:00 Music of Abolition to Harlem Renaissance w' John Clark 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	28 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Heal the Healer Group
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This month the following activities are supported by the Friends of the Acton COA: Asian

Dumplings cooking class, Paulette Stout Author Talk, greeting card workshop, Elvis Tribute, Movies, Words Galore, Needle Felting class, Explore the Hidden Secrets of Mesoamerica series, Creative Exploration with Story Archetypes workshop, From Abolition to the Harlem Renaissance music program, History of Armenia lecture, Wedding Day Traditions, watercolor/drawing class, Poet of the Month, Tai Chi class.

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

Nicole Magun who volunteered on the front desk and for the gift of the Spring decorations

Bridges by EPOCH of Westford & Sudbury for sponsoring our 90s Birthday luncheon

Life Care Center of Acton for sponsoring May's breakfast and the donation of fruit every monthly breakfast

Shirley Noakes & Bob Johnson for their generous candy donations



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

Check the bulletin for both the tried and true and something new.

FCOA will support the ever-popular **shredding event on June 3rd**.

Ready to let go of a bit of jewelry? – Donate it to the **October Jewelry Sale**

Explore the updated and expanded **website**

The Friends of the Acton COA will next meet Monday, June 10th at 10:00am at the Senior Center.

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		
Fiona Starr, COA Customer Service Coordinator	The Friends and the Board will next meet:	
Catherine Taylor, COA Customer Service Coordinator	COA Board, Monday, June 10 th , 12:30pm	
Terri Zaborowski, Exercise Instructor	COA Friends, Monday, June 10 th , 10:00am	

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 June 19th and 21st

Mah Jongg Time

Mondays, 1:00-4:00pm, for experienced players only

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

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.

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 out-of-town seniors/free

No Bridge June 19th

□► 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

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 12th, 2:30-3:30 pm

Open to out-of-town seniors \$10 for remainder of 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 is on hiatus. Watch future newsletters for its return to the schedule.

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

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 now meeting through June except for the Wednesday, June 19th holiday
- 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 24th, 8:30-9:30am

No Class June 3rd



Tuesdays through June 25th, 9:45-10:45am

Thursdays through June 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 through June 24th, 11:00 am-12noon

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 25th, 8:30-9:30am

Wednesdays through June 12th & 26th, 8:30-9:30am

No class June 19th

Thursdays through June 27th, 8:30-9:30am

Fridays through June 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 through June 26th, 10:00-11:15am

The last class of each month is a healthy joint class

No class June 19th

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-12noon

Open to out-of-town seniors/free

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

Stretch and Flex with Terri Zaborowski

Thursdays through June 27th, 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 28th, 10:00-11:00am

This class is an enjoyable total workout designed for seniors by Yvonne Benelli to be suitable for all fitness levels and includes balance, stability, core strengthening, posture, muscular strength, some cardio/dance, stretching, 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. 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 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 .

Art Exhibit Through mid-June, we are showing the work of Bonnie McGrath.



Photography Exhibit

From June 17th through the month of July, we are delighted to welcome the photography of Alan Mertz to the Senior Center. Alan enjoys photographing nature, including flora and fauna with an emphasis on macro photography, both in the wild and in-studio. He creates abstract photos where the origin is difficult to discern and uses creative lighting in a studio setting with unexpected results. Included in the exhibit will be his images of the recent solar eclipse.

A reception will be held on **Tuesday, June 25th from 4:00-6:00pm**.

Support and Services



Birthday Lunch, Tuesday, June 25th 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](#) or ask in the dining room (781-221-7098).

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

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 Handy Helper Volunteer Program helps Acton seniors with small jobs and repairs in the household as well as technology issues related to the computer, phone or TV. This is not an emergency program. Call the COA at 978-929-6652 to make a request.

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 counselor 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 1st. 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)

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.

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.

June 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.

Friends of the Acton Libraries Book Sale Saturday, June 1, 9 a.m. – 5 p.m., and Sunday, June 2, 1-5 p.m.

What's the Buzz on Beekeeping? Thursday, June 6, 6:30-8 p.m. Introductory class on beekeeping.

Yarn & Needle Club Tuesdays, June 11 and 25, 3-4 p.m. Meets the 2nd and 4th Tuesday of every month.

Tech Help at West Acton Citizens' Library Wednesday, June 12, 1:30-2:30 p.m.

Summer Concert Series: Hungrytown Thursday, June 13, 7-8 p.m. Hybrid performance across genres by duo Rebecca Hall & Ken Anderson.

Acton Memorial Library Book Discussion Group Tuesday, June 18, 6:30-8 p.m. Book: *Tom Lake* by Ann Patchett.

An Evening with Mercury Stardust Thursday, June 20, 7-8 p.m. TikTok phenomenon & author talks about her book, followed by moderated Q&A.

HAZARDOUS WASTE DAYS are:

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

Go to 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. You can find it at www.actonexchange.org

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 abce.abschools.org

Acton Climate Festival

Saturday, June 8th, 1:00-4:00pm at Gardner Field, West Acton

Enjoy activities for all ages, food and live music. [For more details](#)



LGBTQIA+ and Friends Pride Event

Saturday, June 15th, 11:00am-1:00pm at Town Center, 2nd Floor Flint Room, 12 Mudge Way, Bedford, MA

Please join us as we celebrate Pride Month with local author Sarah Boyer. Sarah Boyer's newest book is *Coming Out, Becoming Ourselves: Lesbian Stories from the Boston Daughters of Bilitis, 1969-1999*. A cold, light lunch will be provided. All are welcome. RSVP by Monday, June 10th, 2024 at 781-275-6825 or coa@BedfordMA.gov

Acton Nursing Services



Call 978-929-6650 [Acton Nursing](#), for these programs from Wednesday, May 29th

□► Nara Park Senior Stroll

Acton, Boxboro, Littleton Seniors

Friday, May 31st, June 7th, 14th and 21st, 10:00 -11:00am

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 June 18th, 6:00 -7:00pm, Wednesdays June 5th and 12th, 10:30-11:30am

Dried florals such as cotton balls and pincushion flowers will make up a unique floral display. All supplies are provided. 12 participants per class.

□► Energy Healing with Jacqui Burak

Tuesday, June 4th, 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

Tuesday, June 11th, 6:00-7:00pm

All ages welcome

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, June 7th and 21st, 9:00-12noon and Tuesday, June 18th, 12-5:00pm,

Thursday June 27th 12-4:00pm. 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 –1st and 3rd Tuesday of the month, June 4th and 18th, 10:30am -12:00pm

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

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

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

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 or 978-929-6652

May was a very busy month:



The Friends continue to collect jewelry (new, old, single earring etc) for the fundraising sale on Wednesday, October 16th, 2024.
Proceeds are used to fund programs & events at the Senior Center



Please drop off your unwanted items at the Reception desk.



Onsite Tour of Haartz Corporation Manufacturing Facility

Open to all. Please sign up in advance to reserve your spot!

**Wednesday,
June 26th at 1:00pm**



Wedding Day Traditions

**Thursday, June 6th,
from 1:00-2:00 pm**

Open to all. No sign up required.

New Newsletter Mailing List coming September 2024

In September we will send the newsletter to the 2024 Census including folks who are turning 60 this year and seniors who are new to town. This is a reminder that if you were not on the census your mail delivery may cease – please get in touch to be included in the mailing. Should you wish to subscribe online or already do so, let us know so that we can take you off the USPS mailing list. If at any time you no longer wish to receive the newsletter or are going away for an extended time do please let us know.

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

Building is closed Wednesday June 19th