



Acton Council on Aging

At the Human Services Building & Senior Center

JULY/AUGUST 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

Closed: July 4th all day and August 14th & 28th 8am-12noon

Opening Hours:

Monday: 8:00am-5:00pm

Tuesday: 8:00am-7:30pm

Wednesday & Thursday: 8:00am-5:00pm

Friday: 8:00am-12noon

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The Isabella Stewart Gardner Museum Heist Author Talk

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



An hour or so after St. Patrick's Day ended in 1990, two men dressed as Boston cops entered the Isabella Stewart Gardner Museum, stayed for about 90 minutes, and left with 13 pieces of art. None of the priceless items have been found. Numerous suspects have been named over the years but none have been arrested, and many are now dead. Bob Ainsworth, the author of *DUPED*, a fictional account of the robbery, will review the actual details of the theft, the suspects, and the motives behind the world's most valued art theft. He will also tell of his own brush with the infamous crime. Copies of Bob's book will be available to purchase. *An avid reader of mysteries, thrillers, as well as historical non-fiction, Bob has self-published three novels of his own, with a forth coming out this year. He found while teaching accounting that his students were interested in his anecdotes about fraud—and his idea for a mystery series was born.*

*Find our calendar on pages 10-12
COA Events requiring registration:
□►Acton Songsters, 7/17, 8/7, 8/21
□►Ask the Lawyer, 7/23
□►Banking Do's & Don'ts 7/18
□►Candy Cooking Classes, 7/9
□►Chess Lessons, Thursdays
□►Friends for Life 7/31 & 8/14
□►Heal the Healer Group, Fridays
□►Healthy Sleeping 7/16
□►Hiring a Contractor, 7/24
□►Japanese Tea Ceremony, 8/6
□►Line Dancing, Wednesdays
□►Piano Performance, 8/25
□►Poet of the Month, 7/18
□►Reiki Appointments, 7/31 & 8/12
□►Shell Trinket Dish Class, 7/17
□►Stay Connected, 7/23
□►Tech Help Appts, 7/11 & 8/8
□►Ukulele Class, 7/30
□►Wool Needle Felt Class, 7/17*

CANCELLED

Forensic Science Roadshow

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

□► Banking Do's and Don'ts Lunch and Learn

Thursday, July 18th, 1:00-2:00pm

Open to out-of-town seniors starting July 11th/free

Join Katrina Sweeney, financial services expert from Northern Bank, for a free informational session on "Do's and Don'ts" related to banking. Some topics of discussion will be: proper account titling, benefits of electronic banking, avoiding account fraud and much more! Katrina will also gather feedback on what future banking topics are of interest. Pizza will be provided and space is limited, so registering through the Council on Aging is required.



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

Meals

*□► Robbins Brook Lunch, 7/16 & 8/20
□► Fire Dept Cookout, 7/16
□► Dinner with Doug, 7/30 & 8/27
□► Ice Cream Social, 8/22
□► Root Beer Float, 7/23*

For Nursing programs call
978-929 6650 (see p.19)

Director's Corner

Summer is here! Please keep in mind that the Senior Center is air-conditioned and you are more than welcome to come in and cool off. As New Englanders we know that there can be intense storms during the summer. Make sure you have a plan in place should you lose power. This includes registering your home and cell phones with the Town's notification system to be notified of pertinent information. To register, go to the Town's website, and click on "notify me" (on the bottom right side of the page) and follow the instructions.

Best, Sharon

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.

□► Cooking Class: Kohako Crystal Candy with Asako Judson

Tuesday, July 9th, 2:00-3:00pm

Acton seniors only



Create edible art with Asako! Kohaku candy is a traditional Japanese candy that looks like edible jewelry. It is a brightly colored confection made of sugar, agar-agar, and flavor. It has a crunchy shell made of crystalized sugar on the outside and a jelly texture on the inside. You can also cut them into a variety of shapes while the gel is soft. Please bring a fish knife or other non-serrated knife to class. *Asako Judson, who lives in Acton, has worked at several restaurants and as a private chef and caterer.*

□► Technology Help Appointments with Acton Memorial Library

Thursdays, July 11th and August 8th, 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.

□► Healthy Sleep Habits Presentation

Tuesday, July 16th, 11:00am-12noon

Open to all seniors/free

Reshma Nair will provide an overview of factors that disrupt sleep and habits that can be inculcated to get into a healthy sleep routine. She will also discuss the consequences of bad sleep habits on our health. *Reshma Nair is an executive director with Bridges by EPOCH, a memory care assisted living provider and a volunteer with Volunteering for Seniors, an organization that curates a calendar of activities designed to suit the various interests and abilities of older adults. VFS is committed to fostering a sense of belonging and companionship and takes pride in bringing smiles, laughter, and a renewed sense of purpose to the lives of seniors.*



The Bourbons: Kings of France Presentation with Paolo Di Gregorio



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

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

During the 17th and 18th centuries, the Bourbon Dynasty ruled over France and brought her to unprecedented heights of cultural and political greatness. Yet, as the power of France grew, the seeds for revolution were sown. This illustrated talk will examine the surprising rise and dramatic fall of one of Europe's great royal houses. *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 always appreciated by Acton's older adults!*

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

□► Acton Songsters with Ed Knights

Wednesdays, July 17th, August 7th & 21st, 1:00-1:45pm

Open to all seniors/free

Join Ed Knights for this singing group where participants will 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. Group typically meets twice each month--watch the newsletter for exact dates. Only people new to the group need to sign up. *Some of you may remember Ed from his career as an internal medicine physician at Acton Medical Associates, but he also has a love of music and singing that he enjoys sharing with everyone. He has studied voice at the Boston Conservatory and performs in musicals and operas.*

□► Poet of the Month: W.B. Yeats

(rescheduled from June – not Elizabeth Bishop as advertised in print copy)**

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

Open to all seniors/free



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.*

Norman Rockwell: The Artist and the Man Behind the Brush with Dawn Gomez

Thursday, July 18th, 1:00-2:00pm

Open to all seniors/free



Norman Rockwell, the American painter and illustrator, maintains broad appeal in the United States for his reflection of our culture through many decades. Who hasn't chuckled over, nodded their head in agreement with or recognized themselves in one of his settings of everyday American life. From advertising posters and book illustrations to *The Saturday Evening Post* and *Look* magazine covers, we will explore the history and works of this prolific artist. Come join the discussion where together we'll share the nostalgia his works conjure up. *Dawn Gomez, Reminiscing Round Table founder, provides topic-based programs for seniors at several local assisted living and senior center communities.*

□► Ask the Lawyer

Tuesday, July 23rd, 9:00-11:00am

Acton seniors only

Elder Law Attorney Margaret Hoag offers free 20-minute private legal consultations.

Call the COA on 978-929-6652 to book an appointment.



□► Stay Connected: Understanding the Lifeline Program for Affordable Communication Services

Tuesday, July 23rd, 11:00am-12:00noon

Open to all/free



Please join representatives from the Massachusetts Department of Telecommunications & Cable's ("DTC") Consumer Division to discuss the Lifeline Program, a federal government benefit program that provides a monthly discount on telephone service or broadband internet service to help qualifying low-income consumers stay connected to the nation's communications networks. DTC staff will explain the types of service available under the program as well detail the program's application, eligibility requirements and recertification process. The presenters will answer your questions about the Lifeline program and offer assistance resolving your concerns involving telecommunication services to stay connected. *The DTC oversees the telecommunications and cable industries in Massachusetts. The Consumer Division works to resolve disputes that arise between consumers and their telephone or cable service provider. The Division offers a series of outreach programs to help educate consumers about these industries and empower them to make smart decisions when evaluating their needs for purchasing these services.*

LitLovers Study Group/American Bestsellers: *To Kill a Mockingbird*

Tuesday, July 23rd, 2:30-4:00pm

Open to all seniors/free

Each month our group views a 30-minute lecture from *The Great Courses DVD Bestsellers: The Books That Shaped America*, followed by a discussion on the lecture, the featured novel and the author. This month we will discuss *To Kill a Mockingbird* by Harper Lee. Books are typically on reserve at the Acton Memorial Library. Group is facilitated by Program Manager Chris Chirokas. See Movies on pages 7 & 8 for information on viewing a Harper Lee documentary and the film *To Kill a Mockingbird*.

□► Consumer Tips: Hiring a Contractor for Home Improvements
Wednesday, July 24th, 11:00am- 12noon **Open to all seniors/free**

Robin Putnam Events & Outreach Manager with the Massachusetts Office of Consumer Affairs and Business Regulation (OCABR) will lead a discussion on the OCABR Home Improvement Contractor program and the benefits of hiring a registered contractor. The presentation will include information about OCABR, contractor registrations, complaints, arbitration, and the guaranty fund. *The Office of Consumer Affairs and Business Regulation works to protect consumers through consumer advocacy and education and ensure that the businesses its agencies regulate treat all Massachusetts consumers fairly.*



□► Learn to Play the Ukulele!

Tuesday, July 30th, 1:00-2:00pm **Open to out-of-town seniors for \$5 starting July 11th**

Want to try an instrument that is fun and easy to play? Join Julie Stepanek as she shows the fundamentals of ukulele playing. No experience necessary. Ukuleles provided. Registering in advance with the COA is required.

□► Friends for Life Pt. 1: Friendship and Health - Making the Connection

Wednesday, July 31st, 2:00-3:00pm via Zoom from Home or Senior Center **Out of town seniors/free**

Friendships are among our most influential relationships. We will discuss how friends can affect our health, longevity, and well-being. Join Dr. Miriam Rosalyn Diamond to explore ways we can promote wellness through our own interpersonal connections. You may participate via Zoom from home or watch on a large-screen TV at the Senior Center; please indicate your preference when you register. *Dr. Miriam Rosalyn Diamond is an educator, program developer, and inclusion specialist. She teaches adult education and college classes on lifespan development, friendship, and ethical awareness. She is also a published playwright and has a weekly radio segment about world music.*

August Programs

The Senior Center and Human Services Building will be opening at noon on Wednesday August 14th and August 28th as all Human Service staff will be in training. Regularly scheduled lunch and programs will resume at noon.

□► Japanese Tea Ceremony & Wagashi Cooking Class with Asako Judson



Tuesday, August 6th, 2:00-3:00pm

Acton seniors only

The Japanese tea ceremony, or “chanoyu,” is a traditional practice where people enjoy matcha, a powdered green tea. The host prepares and serves the tea with graceful and mindful steps. It is all about appreciating the moment, the tea, and the company you are with, resulting in a peaceful and reflective experience. Participants will also learn to make a traditional wagashi sweet and how to prepare and serve matcha tea for a ceremony. *Asako Judson, who lives in Acton, has worked at several restaurants and as a private chef and caterer.*

□► Technology Help Appointments with Acton Memorial Library

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

Acton seniors only

See page 2 for details

The Funniest Moments in Film

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

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

This interactive presentation by award-winning author and pop culture historian Marty Gitlin highlights the best of the best funniest moments in film from the silent era to the modern era. Marty will show videos of the best laugh-out-loud scenes from the 1920s to today, including snippets of such stars as Harold Lloyd, Groucho Marx, Woody Allen, Peter Sellers, Gene Wilder, Leslie Nielsen, John Candy, and Robin Williams. You will be entertained by the funniest moments in such comedies as *It Happened One Night, A Night at the Opera, The Producers, The Pink Panther Strikes Again, Monty Python and the Holy Grail, Naked Gun, Mrs. Doubtfire, The Birdcage and Planes, Trains and Automobiles*. He will discuss why they are considered the funniest ever and the impact they made on pop culture. The presentation will include plenty of fun trivia questions and a question-and-answer period. This one is a blast so make sure to join in!



MRS. DOUBTFIRE

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

40 Whacks: The Lizzie Borden Case with Christopher Daley

Tuesday, August 13th, 1:00-2:00pm



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

We all know the ditty "Lizzie Borden took an ax..." but few people know the actual facts about the famous murders! Join Christopher Daley for an in-depth retelling of the famous Fall River double homicide. Extensive research utilizing archival materials, period newspapers and period photographs has been done to create an entertaining, fascinating and informative presentation about America's favorite murder mystery. *Christopher Daley retired after 25 years as a public school history teacher to turn full time to his passion of speaking on a wide-range of historical topics. He is author of the book Murder and Mayhem in Boston: Historic Crimes in the Hub and has appeared on television regarding the Lizzie Borden case.*

□► Friends for Life Pt 2: Making and Keeping Friendships Throughout our Lives

Wednesday, August 14th, 2:00-3:00pm via Zoom from Home or Senior Center Out of town seniors/free

Friendships are among our most important connections. What determines who becomes friends? What friendship patterns do we each have? How can we navigate challenges that arise in these relationships? Join Dr. Miriam Rosalyn Diamond to explore research on this subject and how it applies to our own friendships. You may participate via Zoom from home or watch on a large-screen TV at the Senior Center; please indicate your preference when you register. *Dr. Miriam Rosalyn Diamond is an educator, program developer, and inclusion specialist. She teaches adult education and college classes on lifespan development, friendship, and ethical awareness. She is also a published playwright and has a weekly radio segment about world music.*

□► Poet of the Month: Mary Oliver **CANCELLED**

Thursday, August 15th, 10:30-11:30am via Zoom

Open to all seniors/free

Edna St. Vincent Millay: A Lovely Light with Stephen Collins

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

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

Join Stephen Collins as he examines the life and times of poet Edna St. Vincent Millay. After graduating from Vassar College, she moved to Greenwich Village in the early 1920s where she immersed herself in the world of literature and theatre. She was a feminist long before the word was bandied about. She was also politically active and advocated for Sacco and Vanzetti. In 1923 she became the first woman to win the Pulitzer Prize. Once dismissed as a sappy, sentimental poet of light verse, she is now recognized for the genius she displayed in her work. *After a long sales career, Stephen Collins is doing what he truly loves—performing and teaching. His teaching style has been described as a hybrid of lecture and performance. His seminars and performances always meet with positive reviews at the Senior Center.*

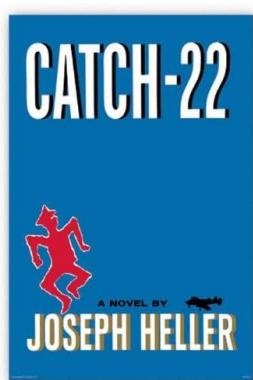


LitLovers Study Group/American Bestsellers: *Catch-22*

Tuesday, August 20th, 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 Joseph Heller's *Catch-22*. Books are typically on reserve at the Acton Memorial Library. Group is facilitated by Program Manager Chris Chirokas.



REMINDER: Stay hydrated through the summer, come and visit the Senior Center to cool down – play pool, read the paper, grab lunch or bring a snack, or just connect with friends – you are welcome to stay as long as you'd like during our regular hours.

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



Accordion Performance by Tony D'Eramo

Thursday, August 22nd, 1:00pm

Open to all seniors

Tony has been playing the accordion since he was a boy and his talents have been enjoyed at our 90's Luncheon and the Memory Café. He is a member of the Massachusetts Accordion Association and the American Accordion Association.



□► Diya Arun Piano Performance

Wednesday, August 28th, 3:00-3:45pm

Open to all/free

Pianist Diya Arun, a rising senior at Acton-Boxborough Regional High School, will play a variety of music from classical to popular.

Programs and meals that are off in July and August:

Book Group
Java with John
Monthly Breakfast
Stretch & Flex
Wellness Yoga
Drawing/Watercolor Class

Memory Lane Café
Caregiver Support Group
Words Galore
& August's Poet of the Month



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

Tuesday, July 16th, 12noon

Open to all seniors

Join us for baked chicken, mac & cheese, carrots, and dessert for \$3. Sign up is required

□► Fire Department Cook- Out

Acton seniors only

Tuesday, July 16th, 5:00pm at the Senior Center

The Fire Dept. will be barbequing burgers on the grill with summer sides and an ice cream treat. Cost is \$3.00. Please sign up prior to the event.

Musical duo Crawlspace will perform a mix of country, blues, and classic soft rock on guitar starting at 6:00pm.

□► Root Beer Float

Open to all seniors

Tuesday, July 23rd, 6:00pm

Come cool off with a refreshing root beer float. Please sign up. \$1 per serving requested.

□► Dinner with Doug

Open to all seniors

Tuesday, July 30th, 5:00pm

Enjoy baked fish, rice, green beans and dessert for \$5. Please sign up prior to the event.

□► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, August 20th, 12noon

Open to all seniors

Join us for Beef Taco Cheese Casserole, cornbread, corn chips, and dessert for \$3. Sign up required.

Ice Cream! at the Senior Center

Open to all seniors

Thursday, August 22nd, 2:00pm

Enjoy ice cream and a variety of toppings. Please sign up prior to the event. \$1 per serving requested.

□► Dinner with Doug

Open to all seniors

Tuesday, August 27th, 5:00pm

Doug from Boston Events will be serving BBQ pulled pork, homemade mac and cheese, coleslaw and dessert for \$5. Please sign up prior to the event.

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

Bistro 30 is open to all, Wednesdays and Thursdays, 11:30am-1:00pm

Please note new end time. No Bistro July 4th (Opening at Noon on Wednesday August 14th & 28th)

Wednesday July 3rd look for a special “cookout” menu for the holiday.



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.

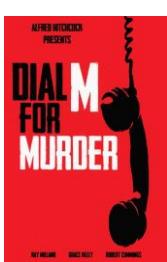


Open to all seniors/free



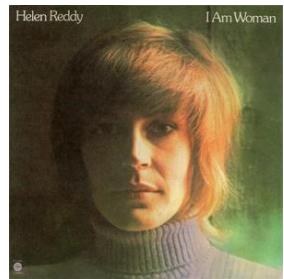
Monday, July 1st, 1:00-3:05pm *The Beautiful Game* (2024, PG-13) Advocates to end homelessness organize a soccer tournament in Rome known as the Homeless World Cup. This film, inspired by a true story, follows the experience of the team from England. Bill Nighy stars as the coach.

Monday, July 8th, 1:00-2:55pm *I Am Woman* (2019, TV-MA) Biopic about Australian musician and activist Helen Reddy profiling her struggles breaking into the US music business, her often turbulent personal life, and her rise to stardom when *I Am Woman* becomes the anthem for the feminist movement in the 1970s.



Monday, July 15th, 1:00-2:45pm *Dial M for Murder* (1954, PG)

Alfred Hitchcock thriller tells the story of a former tennis star who arranges for the murder of his adulterous, and rich, wife. Stars Grace Kelly and Ray Milland. *This film is shown in collaboration with the Acton Memorial Library.*



Monday, July 22nd, 1:00-2:40pm *Unfrosted* (2024, PG-13) Comedy tells the story of rivals Kellogg's and Post competing in 1963 to create a toaster pastry that could change breakfast forever. Stars Jerry Seinfeld, Amy Schumer, Jim Gaffigan.

Thursday, July 25th, 1:00-2:25pm *Harper Lee: From Mockingbird to Watchman*



(2015) Documentary focuses on the facts and speculation surrounding Harper Lee, her masterpiece *To Kill a Mockingbird* and how she took the world by surprise when *Go Set a Watchman* was published in 2015. Includes interviews with Lee's sister, close friends, Mary Badham (who played Scout in the movie), Tom Brokaw, Oprah Winfrey, and many authors. *This film is shown in collaboration with the Acton Memorial Library.*



Monday, July 29th, 1:00-2:20pm *The Lavender Hill Mob* (1951) A meek British bank clerk who oversees the shipment of bullion and his eccentric neighbor decide to steal the gold bars and smuggle them out of the country as miniature Eiffel Towers. Alec Guinness stars in an Oscar-nominated role. Film won Oscar for Best Story and Screenplay. Marks Audrey Hepburn's first appearance in a major movie. *This film is shown in collaboration with the Acton Memorial Library.*

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.



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

Movie Matinees – August



Thursday, August 1st, 1:00-3:10pm *To Kill a Mockingbird* (1961) Gregory Peck stars as Atticus Finch, a widowed lawyer in Depression-era Alabama, who defends a black man against an undeserved rape charge and teaches his young children the wrongs of prejudice. Nominated for eight Oscars with wins for Best Actor (Peck), Best Screenplay and Best Art Direction.

Monday, August 5th, 1:00-2:30pm *Rita Moreno: Just a Girl Who Decided to Go for It* (2021, PG-13) Documentary about the life and work of Rita Moreno, from her humble beginnings in Puerto Rico to her success on Broadway and Hollywood and the prejudice and sexism she overcame.



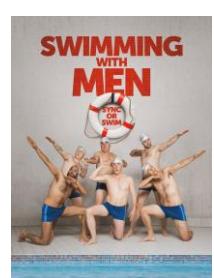
Monday, August 12th, 1:00-2:30pm *The Third Man* (1949) Pulp novelist Holly Martins (Joseph Cotten) travels to shadowy, postwar Vienna, only to find himself investigating the mysterious death of an old friend, Harry Lime (Orson Welles). This classic thriller won an Oscar for Best Cinematography. *This film is shown in collaboration with the Acton Memorial Library.*



Monday, August 19th, 1:00-2:35pm *Swimming with Men* (2018; NR but contains swear words) A British man suffering a mid-life crisis finds new meaning in life as part of an amateur synchronized swim team of middle-aged men. Dramatic comedy stars Rob Brydon, Rupert Graves, and Jim Carter (of *Downton Abbey* fame). Inspired by the real story. *This film is shown in collaboration with the Acton Memorial Library.*



Monday, August 26th, 1:00-2:50pm *One Life* (2023-PG) Anthony Hopkins stars as Sir Nicholas Winton, a real-life London broker who rescued over 600 children from Nazi-occupied Czechoslovakia. *This film is shown in collaboration with the Acton Memorial Library.* DVD will be available to borrow from lounge resource shelf after August 26th.



Support Groups

Grandparents Raising Grandchildren Support Group at the Senior Center



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

No meeting in August

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.

Visit Bodacious the Therapy Dog

Wednesdays, 10:00am to 12noon

No visit on July 3rd, August 14th, 21st & 28th

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!



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

Groups

□► Heal the Healer Book Study Group

Fridays 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 compassionate 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. Group started in June, so new participants will need to catch up on the reading. *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 out-of-town seniors/free

Summer break July/August

The discussion for September 10th meeting will be around the book The One in A Million Boy by Monica Wood.

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, Secret Keeper by Kate Morton is the book for Tuesday October 8th. Ann Kulsick facilitates the gatherings.

Computer Club

Open to all seniors/free

Wednesday, July 10th, 24th, August 14th, 28th, 1:30-3:00pm

All seniors are welcome to participate in Computer Club. Bring your computer and hardware questions, problems and related issues. If possible bring the problem hardware to the meeting. This is a club with no formally planned instruction. Several regulars are there willing to share their experiences, and work one-on-one, to resolve any computer issues, from Windows system difficulties, email setups/usage, networking issues, upgrades and assistance with "how do I" frustrations. MAC and Chrome/Android users are welcome.



Genealogy Group

Open to out-of-town seniors/free

Tuesday July 9th, 23rd, August 13th, 27th, 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.

Hot Topics Discussion Group

Wednesdays, 10:30-11:45am No Hot Topics on August 14th & 28th 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.



A Message from the Friends of Acton COA

The FCOA supports an increasingly wide variety of activities.

Relying on your generosity, donations are welcome all year long.

Curious how this effort is funded? Come join the next meeting.

The Friends of the Acton COA will next meet Monday, August 12th at 10am

Friends of the Acton COA Fundraiser at Not Your Average Joe's

Go out to eat and support the Friends any Tuesday in July. Print the flier found on the Friends website or pick one up at the Senior Center and hand it to your server.

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

Monday	Tuesday	Wednesday	Thursday	Friday
July 1 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	2 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 1:00 Meds Management	3 8:30 Senior Fitness 10:30 Hot Topics 10:30 Horticultural Therapy - ANS 11:30-1:00 Bistro 30 12:30 Needle Arts Group 1:30 Drop-in Bridge	4 Building Closed	5 Center closes at 12 10:00 Nouvonne Fitness
8 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	9 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 1:00 Genealogy Group 2:00 Crystal Candy Cooking Class 6:00 Horticultural Therapy - ANS	10 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 11:30-1:00 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Computer Club 1:30 Drop-in Bridge 2:30 Line Dancing with Paul	11 8:30 Senior Fitness 9:45 Active Aging 10:00 Tech Help Appointments 11:00 Laugh for Your Health 11:00 Tai Chi Practice 11:30-1:00 Bistro 30 1:00 Isabella Stewart Gardner Museum Heist Author Talk 1:00 Chess Lessons/Club 1:00 Mah Jongg	12 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Heal the Healer Group
15 8:30 Active Aging 8:30- 10:00 Reiki Appointments 1:00 Movie 1:00 Mah Jongg	16 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Grandparents Group 11:00 Healthy Sleep Presentation 11:00 Maintenance Balance – ANS 12:00 Robbins Brook Lunch 1:00 Bourbon Kings History Talk 5:00 Acton FD Cookout 6:00 Musical Performance from Crawlspace	17 8:30 Senior Fitness 10:00 Shell Art Class 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 11:30-1:00 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:00 Wool Needle Felting Art Class 1:00 Haartz Site Tour 1:30 Drop-in Bridge 2:30 Line Dancing with Paul	18 8:30 Senior Fitness 9:45 Active Aging 10:30 Poet of the Month via Zoom 11:00 Laugh for Your Health 11:00 Tai Chi Practice 11:30-1:00 Bistro 30 1:00 Banking Do's & Don'ts 1:00 Norman Rockwell 1:00 Mah Jongg 1:00 Chess Lessons/Club	19 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Heal the Healer Group
22 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	23 8:30 Senior Fitness 9:00 Drop-in Art 9-11:00 Ask the Lawyer Appointments 9:45 Active Aging 11:00 Maintenance Balance – ANS 11:00 Stay Connected Talk 12:00 MMSS Birthday Lunch 1:00 Genealogy Group 2:30 LitLovers Group 6:00 Root Beer Float Social	24 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 10:30 Horticultural Therapy - ANS 11:00 Hiring a Contractor 11:30-1:00 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 1:30 Computer Club 2:30 Line Dancing with Paul	25 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for Your Health 11:00 Tai Chi Practice 11:30-1:00 Bistro 30 1:00 Movie 1:00 Chess Club 1:00 Mah Jongg	26 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Heal the Healer Group

29 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	30 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 1:00 Learn to Play the Ukulele 5:00 Dinner with Doug	31 8:30 Senior Fitness 10-12:00 Therapy Dog Visit 10:30 Hot Topics 11:30-1:00 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 2:00 Friends for Life Pt 1 Via Zoom 2:30 Line Dancing with Paul	AUGUST 1 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for Your Health 11:00 Tai Chi Practice 11:30-1:00 Bistro 30 1:00 Movie 1:00 Chess Club 1:00 Mah Jongg	2 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Heal the Healer Group
5 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	6 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 2:00 Tea Ceremony & Cooking Class	7 8:30 Senior Fitness 10-12:00 Therapy Dog Visit 10:30 Hot Topics 10:30 Horticultural Therapy - ANS 11:30-1:00 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	8 8:30 Senior Fitness 9:45 Active Aging 10:00 Tech Help appointments 11:00 Laugh for Your Health 11:00 Tai Chi Practice 11:30-1:00 Bistro 30 1:00 Funniest Moments in Film 1:00 Chess Lessons/Club 1:00 Mah Jongg	9 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Heal the Healer Group
12 8:30 Active Aging 8:30- 10:00 Reiki Appointments 10:00 Friends of the COA Meeting 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	13 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 10:00 COA Board Mtg 11:00 Maintenance Balance – ANS 1:00 Lizzie Borden Talk 1:00 Genealogy Group 4:30 Art Reception 6:00 Horticultural Therapy - ANS	14 8:00 – 12noon CENTER CLOSED 12:00-1:00 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 1:30 Computer Club 2:00 Friends for Life Pt 2 via Zoom 2:30 Line Dancing with Paul	15 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for Your Health 11:00 Tai Chi Practice 11:30-1:00 Bistro 30 1:00 Chess Lessons/Club 1:00 Mah Jongg	16 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Heal the Healer Group
19 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	20 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Robbins Brook Lunch 1:00 Edna St Vincent Millay with Stephen Collins 2:30 LitLovers Group 6:00 Therapeutic Horticulture - ANS	21 8:30 Senior Fitness 10:30 Hot Topics 11:30-1:00 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	22 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for Your Health 11:00 Tai Chi Practice 11:30-1:00 Bistro 30 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 Accordion Performance 2:00 Ice Cream Social	23 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Heal the Healer Group

26 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	27 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 MMSS Birthday Lunch 1:00 Genealogy Group 5:00 Dinner with Doug	28 8:00 – 12noon CENTER CLOSED 12:00-1:00 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 1:30 Computer Club 3:00 Student Musical Performance	29 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for Your Health 11:00 Tai Chi Practice 11:30-1:00 Bistro 30 1:00 Chess Lessons/Club 1:00 Mah Jongg	30 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Heal the Healer Group
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The COA does not endorse or promote any service or company who makes a presentation. We encourage you to be an 'educated consumer' before entering into contract with any service provider. Movie titles are available on page 7 & 8.
ANS=Acton Nursing Program – contact 978 929 6650 with questions/to register.

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

This summer the following activities are supported by the Friends of the Acton COA: Forensic Science Roadshow, Edna St. Vincent Millay program, 40 Whacks: The Lizzie Borden Case, Learn to Play the Ukulele, Friends for Life series, Funniest Moments in Film, Kohako candy cooking class, Japanese Tea Ceremony/cooking class, Gardner Museum Heist Author Talk, Movies, Crawlspace duo performance, Needle Felting class, Norman Rockwell program, History of the Bourbons lecture, 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.

THANK YOU to the staff at Haartz Corporation for generously offering three tours of the facility to accommodate the amount of interested folks



For all the generous donations of candy and coffee

Boston Events for the complimentary ice cream

Liberty Alzheimer's Partnership for the Caregiver's forum

Student Volunteers Will Atherton, Yash Gollapudi and Sarah Willard

ACTON COA STAFF	ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director		
Rosie Atherton, Office Manager	Emi Azar	Lori Cooney, Secretary
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Rose Murphy, Human Services Customer Service & Communication Assistant	Michael Chautin	Niru Velankar
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, Tuesday, August 13 th , 10:00am	
Terri Zaborowski, Exercise Instructor	COA Friends, Monday, August 12 th , 10:00am	

Art & Crafts

□► Shell Trinket Dish and Ornaments Class

Wednesday, July 17th, 10:00-11:30am

Acton seniors only

Lara Maira of The Sea & Me Designs will lead you in giving ordinary shells a new life! In this fun and easy class, participants will be able to choose from a variety of designs and embellishments (bows, beads, etc) to create a unique trinket dish and two ornaments. Once you know the technique, you'll want to make more! Other craft ideas using this method will also be discussed. All materials will be included for a \$10 fee (cash preferred), payable to the instructor on the day of class. Samples available to view at the Senior Center reception area. Space is limited so registering is required.

□► Wool Needle Felting Art Class with Magda Stilmant

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

Acton seniors only



Under the guidance of artist Magda Stilmant, participants will create a framed wool felting piece of "Fast Waters," one of the more challenging pieces Magda has taught. 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.*

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.

Art Exhibit



From August 1st through September 12th, we welcome the work of Jen Mabardy and Lara Maira who will host a collaborative exhibit titled "Connections".

Jen has been a longtime Stampin' Up! Demonstrator. She loves colors and cardstock, and working with a variety of stamps and inks to make handmade greeting cards. Lara combs beaches all over the world for sea glass to then create framed art pieces.

For this exhibit, look for unique pieces "connecting" their creations!

All are welcome to attend their Reception with refreshments on **Tuesday, August 13th from 4:30-6:30pm.**

Games

Morning Open Activity Time

Weekday mornings, 9:00-11:30am

Open to all seniors/free

No activity time July 4th, August 14th & 28th

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!



Mah Jongg Time

Open to all seniors/free

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

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

No group meeting on July 4th

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.

Drop-In Bridge

Open to out-of-town seniors/free

Wednesdays, 1:30-3:30pm

The group is for people with an intermediate to advanced skill level and knowledge of conventions, partnership play, and bidding levels.

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

► 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

No Class 7/4, and on 7/25 & 8/1 can still play games



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.

No Chess Club July 4th

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

► Relaxing Reiki Appointments with Monica

Acton seniors only



Mondays, July 15th and August 12th, 8:30-10:00am (sign up for a 30 minute appt.)

Reiki is an ancient Japanese holistic therapy used to nurture and heal the body, mind, heart, and spirit. It is a gentle, non-invasive treatment where the practitioner uses a light gentle touch to balance energy in the receiver. When the body is in balance, it is better able to heal and support itself. Reiki is a great form of self-care. Make sure to call the COA if you need to cancel an appointment. *Monica Forrest is a certified Usui Reiki Master practitioner from Acton.*

► Line Dancing with Paul

Wednesdays July 10th through August 21st, 2:30-3:30pm

Open to out-of-town seniors \$20

Dance for fun, exercise, balance, coordination, and to learn a new skill. You'll have great fun line dancing, while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated, and then danced to contemporary music that you will enjoy! Dance to some of the old favorites, and also add some of the newest line dances. No need to have a partner; this is something for everyone, and no experience is necessary! This class is funded by a grant from the Massachusetts Executive Office of Elder Affairs—a \$1 donation per class for Acton residents is suggested. *Paul Hughes is a line and ballroom dance instructor and teaches at various senior, recreation, and community centers throughout MetroWest Boston. His mission, purpose, and passion in life is to offer something of value and meaning to others that will enhance and transform people's lives for the better through sharing the many positive physical, mental, and social benefits of dancing.*



Laugh for Your Health with Susan Phillips

Thursdays starting July 11th, 11:00am-12:00noon

Open to all seniors/free

Laughter is an instant vacation! Come join us as we do easy and fun seated laughter exercises to shift our mood, relieve stress, relax our whole body, positively connect with others, and infuse our whole being with joy! In this interactive program, we learn how to generate our own laughter, without relying on jokes. This worldwide practice is called Laughter Yoga, but there are no mats or yoga poses. We add yoga breaths, which are deep belly breaths, for soothing breaks between exercises. Come enjoy all the health benefits the power of giggles has to offer and leave feeling relaxed and refreshed! *Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher. Her workshops promote laughter as a tool to build joy, resilience, connection, and collaboration.*

My Healthy Brain

My Healthy Brain through Massachusetts General Hospital (MGH) is a virtual research program for older adults with memory concerns. The study helps people improve lifestyle habits to promote brain health, optimize memory and enhance other types of thinking. No medications are involved in the study. You could be paid up to \$220 for full completion of the program and get to keep the smartwatch provided by the program to monitor activity and sleep. To find out if you are a good fit for the program: Contact Makenna Law, research coordinator at mghmyhealthybraing@mgb.org, 617-643-9406.

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

- Stretch & Flex is not meeting in July and August; Wellness Yoga is not meeting July through September
- 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, July 1st through August 26th, 8:30-9:30am

Tuesdays, July 2nd through August 27th, 9:45-10:45am

Thursdays, July 11th through August 29th, 9:45-10:45am

No class July 4th



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, July 8th through August 26th, 11:00 am-12:00noon

No class July 15th

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.*



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

Senior Fitness with Terri Zaborowski

Tuesdays, July 2nd through August 27th, 8:30-9:30am
Wednesday, July 3rd through August 28th, 8:30-9:30am
Thursdays, July 11th through August 29th, 8:30-9:30am
Fridays, July 12th through August 30th, 8:30-9:30am

No class on August 14th & 28th

No class July 4th

No class July 5th

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

Thursday Tai Chi Practice

Thursdays, 11:00 am-12:00noon

Open to out-of-town seniors/free

No practice July 4th

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.

NouVonne Fitness with Yvonne Benelli

Fridays, July 5th through August 30th, 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. 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 is a great way to exercise and enjoy Acton's natural beauty. Bring a friend and make it a social time as well! Contact the COA or visit www.actoncoa.com and scroll down through "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 .

New Newsletter Mailing List coming September 2024

In September we will send the newsletter to the 2024 Census responders 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 delivery may cease – please get in touch to be included in the mailing. Should you wish to subscribe online let us know so that we can take you off the 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.

Support and Services

 **Birthday Lunches, Tuesday, July 23rd & August 27th at 12noon.** Anyone with a birthday this month can enjoy a free lunch and special dessert this day. Sign up with John Day in the kitchen on 781-221-7098 and let him know it's your birthday month.

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

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

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

[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. Be aware of holiday closings.

[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 counsellor to assist with your health insurance after 65. *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.

Farmer's Market Coupons

Farmer's Market coupons are available for Acton residents age 60+ who meet the income guidelines below. Please contact Bev Hutchings for more information 978-929-6652.

Household Size	Annual	Monthly	Twice-Monthly	Bi-weekly	Weekly
1	\$27,861	\$2,322	\$1,161	\$1,072	\$536
2	\$37,814	\$3,152	\$1,576	\$1,455	\$728

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

Help Line Numbers

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

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

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

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

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

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

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

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

Topics for which seniors can access assistance may be limited.

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

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



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

July & August at Acton's Libraries

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

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

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

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

English at Large Summer Conversation Group Mondays, 10-11:30 a.m.

Yarn & Needle Club Tuesdays, July 9, July 23, August 13, and August 27, 3-4 p.m. Meets the 2nd and 4th Tuesday of every month.

Tech Help at West Acton Citizens' Library Wednesdays, July 10 and August 14, 1:30-2:30 p.m.

Travel through the Art & History of the Silk Road Wednesdays, July 10 and August 14, 6-8pm. July: digital animation. August: make your own jewelry.

Breathe for Change Fridays, July 12, July 19, August 9, and August 23, 10-11 a.m. Guided meditation.

Daniel Gay Immigrant Songs Saturday, July 13, 11 a.m. – 12:30 p.m. Musical performance.

Acton Memorial Library Book Discussion Group Tuesday, July 16, 6:30-8 p.m. Title for discussion TBA.

Summer Concert Series: Crowes Pasture Thursday, July 18, 7-8 p.m. Banjo-guitar Americana duo on the library lawn.

Repair and Renew Sewing Workshop Monday, July 22, 4-6 p.m.

Author Visit: Wendy Chen Wednesday, July 31, 6:30-7:30 p.m. Award winning local author of *Their Divine Fires*. Book signing with sales by Silver Unicorn.

Summer Concert Series: PanNeubean Steel Thursday, August 29, 7-8 p.m. Steelpan and Caribbean music on the library lawn.

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.

Hazardous Waste Day Tuesday, September 24th, 4:00-6:30pm

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 has an online newspaper, THE ACTON EXCHANGE. You can find it at www.actonexchange.org

► 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, June 26th



□► Nara Park Senior Stroll Part 2



Acton, Boxboro, Littleton Seniors

Friday, July 19th & 26th and Friday, August 2nd, 9th, 16th & 23rd, 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

Tuesdays, July 9th, 6:00-7:00pm, Wednesdays July 3rd and 24th, 10:30-11:30am

Paint a botanical image using stencils or freehand on a slate roof tile, suitable for display. All supplies are provided. 12 participants per class

□► Therapeutic Horticulture

Acton Seniors Only

Tuesdays August 13thand 20th, 6:00 -7:00pm, Wednesdays, August 7th, 10:30-11:30am

Japanese style water garden featuring rocks, foliage and summer blooms. All supplies are provided. 12 participants per class.

□► Podiatry Clinics

Acton Seniors Only

Appointments Friday, July 12th and 19th, 9:00-12noon and Tuesday, July 23rd, 1:00-7:00pm.

Friday, August 16th, 9:00-12noon, Tuesday August 20th, 1:00-7:00pm, Thursday, August 22nd, 1-5pm.

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!**

There will be no classes week of July 1st.

Wellness Clinics, 1st and 3rd Tuesday of the month,

July 2nd and 16th, August 6th and 20th, 10:30 am -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 **cleaned**, 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!

Happy Summer! We hope you are enjoying the longer days and sunshine.

Starting with the celebration of our country's creation on July 4th followed by opportunities to be outside and enjoy all that Acton has in its natural beauty. Continuing to Labor Day when everyone can enjoy another long weekend of fun. We encourage you to participate in activities that you enjoy such as walking on Acton's trails, going to the Senior Center for a meal and a chance to socialize with others, playing pool, take an exercise class, or possibly read a book to your grandchildren. Whatever you do, we wish you good health and happiness this summer. We look forward to seeing you in the fall. **The Council on Aging Board**



Clock Mending



Elvis!

**A selection from our
June calendar...**



History of Armenia



Tea with Thom



Estate Planning

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

Building is closed all day Thursday, July 4th and 8am-12noon on Wednesdays August 14th & 28th

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