



Acton Council on Aging

At the Human Services Building & Senior Center

SEPTEMBER 2024

30 Sudbury Rd, Rear, Acton MA 01720

Telephone: 978-929-6652

Email: seniorcenter@actonma.gov

Facebook: www.facebook.com/actoncoa

Website: www.actoncoa.com

Town Website: www.actonma.gov



Building Closed: Monday 2nd & Friday 13th

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 Partition of India in 1947: The Height of Ethnic Displacement

Thursday, September 12th, 1:00-2:00pm

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

At midnight on August 14, 1947, the British colonial power —the Raj—partitioned the vast territory of India into two separate dominions—Hindu India and Muslim Pakistan. Horrific sectarian violence, religious cleansing, and massive refugee crises immediately ensued, as desperate Hindus fled Pakistan and desperate Muslims fled India. An estimated 1-2 million people died and an estimated 14-18 million people were displaced. The violent nature of the partition created an atmosphere of hostility and suspicion between India and



Pakistan that persists today. Dr. Lawrence Lowenthal will explore the background, the violence, and the enduring impact of this monumental tragedy. *Lawrence Lowenthal received his Ph.D. in English from New York University. He has taught at the college-level, served in the Israeli Army, writes about human rights issues, hosted a local radio show, and lectures on a variety of topics in the Greater Boston area.*

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

- Acton Power Choice, p.5
- Acton Songsters, p.2
- Art Class with Fran, p.4
- Ask the Lawyer, p. 4
- Brain Healthy Cooking p.2
- Caregiver Group, p.10
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- Words Galore, Thursdays, p.2

Meals, page 7

- First Responders Lunch
- Robbins Brook Lunch
- Monthly Breakfast
- Rotary Lunch
- Dinner with Doug

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

□► Convey Your Values and Life Lessons with a Legacy Letter via Zoom From Home or Senior Center

Thursday, September 19th, 2:30-3:30pm

Open to out-of-town seniors/free

We each have a unique set of cherished principles and wisdom that guide our decisions, how we view the world, our interactions with others, and the way we deal with setbacks. In this program led by Dr. Miriam Diamond, you will have the opportunity to take steps toward sharing your insights and core values to inspire family, community members, friends, and future generations. 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 at seniorcenter@actonma.gov or 978-929-6652.



Miriam Rosalyn Diamond, Ph.D., is an educator, program developer, and inclusion specialist. She teaches adult education and college classes on lifespan development, friendship, and ethical awareness.

□► indicates that you must register in advance, call 978-929-6652
See our online newsletter at www.actoncoa.com for full color, more details and
easy to click links

Director's Corner

September is National Senior Center Month. The Acton Senior Center provides countless hours of socialization, recreation, education, wellness, nutrition and social services to residents 60+. If you are receiving this newsletter for the first time, welcome! We will be having a newcomers event on Monday, September 23th at 9:30am or stop in anytime and we will show you around. **Best, Sharon.**

□► Words Galore via Zoom

Thursdays, September 5th & 19th, 9:00-10:00am

Join Val Walker via Zoom for this fun and lively hour of word play and brain twisters—a logophile's paradise! Learn new words, explore the history of old words and delve into the origins of words. Enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. Play guessing games with the dictionary and words-within-word games. This fall Words Galore is meeting on the first and third Thursday of the month, with a separate sign up each month. Contact the COA at seniorcenter@actonma.gov to receive the Zoom link. *Val Walker, MS, is an educator, blogger and author. She offers her wordplay and poetry classes at many Senior Centers and enjoys sparking our wits and encouraging lighthearted banter—and fun!*

Open to all seniors/free



“Habitat for All” Workshop with Planning Division Staff

Thursday, September 5th, 1:00-2:30pm

Open to all/free

ACTON

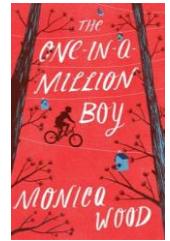
The Town of Acton is conducting a community engagement effort to re-envision how new residential housing development occurs, and we want to hear from you! Affordable housing and housing options are scarce, while open space is finite and valuable as well. Today, Acton's only by-right method of housing development is the standard subdivision in which a road is created to carve large lots into smaller lots with no open space preserved. This puts a strain on the natural land while creating dispersed housing. Habitat for All is a zoning effort to address both housing and land preservation issues comprehensively through a by-right method for housing development that creates deed-restricted affordable housing and protects natural resources. Join this workshop with staff from Acton's Planning Division where you will try to create a housing development that balances these conflicting needs!

Book Discussion Group

Tuesday, September 10th, 10:00-11:00am

Open to out-of-town seniors/free

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.



□► Brain Healthy Cooking for One

Tuesday, September 10th, 1:00pm

Open to out-of-town seniors/free

Concord Park is offering an educational program by Senior Living Residences' chefs. Showing you how to prepare several Mediterranean style, cost-effective, brain-healthy meals. Eat nutritiously, reduce food waste & stretch your budget. Please sign up at seniorcenter@actonma.gov or call 978-929-6652.

□► Acton Songsters with Ed Knights

Wednesdays, September 11th and 25th, 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 and learn the mechanics of singing. Don't worry about your level of singing; this group meets twice a month and is open to anyone interested in singing. Lyrics provided. *After his career as an internal medicine physician at Acton Medical Associates, Ed became an avid volunteer in the community. He has a love of music & singing that he enjoys sharing with everyone. He has studied voice at the Boston Conservatory and performs in musicals & operas.*

► Literature Seminar: Joseph Conrad's *Heart of Darkness*

Mondays, September 16th, 23rd, Oct. 7th, 21st, 28th, 11:00-12noon

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

Stephen Collins is teaching a seminar on Joseph Conrad's novella. More than a century after its 1899 publication, *Heart of Darkness* remains an indisputable classic text and arguably Conrad's finest work. Some critics, notably Nigerian writer Chinua Achebe, have accused Conrad of blatant racism. Is that accurate? Or does Conrad actually expose the horrors of Imperialism and Colonialism? We will analyze the text with those thoughts in mind and hope to generate mindful discussion. Students should expect to encounter episodes of violence in the text. Having a copy of the text is required. *Stephen Collins teaches literature classes and offers live dramatic performances featuring literary figures. His teaching style has been described as a hybrid of lecture and performance.*



Girl Scout Project **(NOT IN PRINTED NEWSLETTER)**

Monday, September 16th, 2:00-3:00pm

Acton seniors only

Is your house number visible? It is important for first responders to be able to identify your house in case of an emergency, especially in the night. Girl Scout troop 78141/62496, as part of their Silver Award Project are giving out free or discounted house numbers to senior citizens until September 29th or for as long as our supplies last. They will share more information about their project then--and they promise to bring treats! If you are interested in receiving house numbers, please sign up for this through the Senior Center!

Populists and Progressives:

Social Reform and Political Change in the US 1880s-1920s

Tuesday, September 17th, 1:00-2:00pm Open to out-of-town seniors for \$5

The rapid industrial development of the US in the late 19th century caused tremendous upheaval. Increasing wealth inequality, political corruption and urbanization transformed the daily structures of life and led to calls for social and political reform. This illustrated talk by Paolo Di Gregorio will explore the efforts to transform American politics and society at the turn of the 20th century. *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!*



► Line Dancing with Paul

Wednesdays, September 18th through December 11th, 2:30-3:30pm

No class November 27th

Open to out-of-town seniors \$20

Dance for fun, exercise, balance, coordination, & 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. You will dance some of the old favorites and add some of the newest 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 & ballroom dance instructor and teaches at various senior, recreation, and community centers throughout MetroWest Boston. His mission, purpose, & passion in life is to offer something of value and meaning to others that will enhance & transform people's lives for the better through sharing the many positive physical, mental, & social benefits of dancing.*

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

Big Band Swing Music Part 3 Presentation with John Clark



Thursday, September 19th, 1:00-2:00pm

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

John Clark's first two Big Band programs featured the four most popular Swing Era bandleaders, and this third installment spotlights the best of the rest! Harry James left Benny Goodman to start his own orchestra which backed Frank Sinatra's first recording *All Or Nothing at All*. Woody Herman and Stan Kenton featured a progressive sound and future jazz stars among their musicians. Kay Kyser hosted his *Kollege of Musical Knowledge* quiz show and hit it big with *Old Buttermilk Sky*. *Swing & Sway with Sammy Kaye* was the catchy name for an orchestra that specialized in "sweet" tunes. Vaughn Monroe was the only vocalist to lead his own band. Most famous for *Auld Lang Syne*, Guy Lombardo had the lengthiest career. Other big bands covered in this multimedia presentation are Lionel Hampton, Gene Krupa, Teddy Wilson, Larry Clinton, Shep Fields, and Eddy Duchin. *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.*



Autumn Celebration & Newcomer Tours

Monday, September 23rd, 9:30am-11:00am

Open to out-of-town seniors/free

Sweater weather is always better together! Come celebrate the beginning of autumn and National Senior Center Month. Stop by for apple cider donuts, coffee, and cider. Newcomers welcome to drop in for a tour and refreshments. Learn more about what the Senior Center offers from one of your peers through our Ambassador Program.

► Relaxing Reiki Appointments with Monica

Monday, September 23rd, 8:30-11:00am (sign up for a 30 minute appt.)

Acton seniors only

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.*



► Drawing and Watercolor Painting Class with Fran Hewitt

Tuesdays, September 24th through November 26th, 9:30-11:30am

Acton seniors only

Participants in this class will learn how to use basic drawing skills and watercolor techniques to create pictures. We will explore line, color, shape, form, and texture as we draw and paint. Subjects for our work will include photographs of still-life objects, landscapes, animals, portraits, and flowers. No prior art experience is required to participate. If you have drawing and/or watercolor painting experience, you will use your knowledge to improve your skills. The supply list for this class is the same as last spring and is available at the COA reception desk and can be emailed upon request. **Registration for this session begins on Wednesday, September 4th; call 978-929-6652.** *Fran is a veteran art teacher who taught drawing, painting, ceramics, sculpture, weaving, and collage to K thru 12th grade in the NH Public School for 30 years. She developed and taught adult art education classes as part of a continuing education program. After retiring, she moved to Acton and has enjoyed learning about the area, continuing to create art work, and reading the latest novel.*

► Memory Lane Café

Tuesday, September 24th, 12:00-1:30pm

Open to all/free

A Memory Café is a welcoming place for people with memory impairment and their care partners /caregivers. This month musician Edward Thomas will be performing for us. We do ask attendees to bring their care partners. Lunch will be provided. Sponsored by Acton COA, Concord Park and Cooperative Elder Services. Please let us know if you plan to attend.



▢► Ask the Lawyer

Tuesday, September 24th, 1:00-3:00pm

Acton seniors only

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

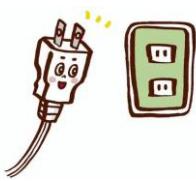
LitLovers Study Group/American Bestsellers: *The Woman Warrior*

Tuesday, September 24th, 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 *The Woman Warrior* by Maxine Hong Kingston. Books are typically on reserve at the Acton Memorial Library. Group is facilitated by Program Manager Chris Chirokas.

▢► R2 Discounted Electricity Rate & Acton Power Choice Presentation



Tuesday, September 24th, 6:00-7:00pm

Open to all Acton residents/free

Join us to learn about the qualifiers and benefits of Eversource's "R2" Discount Rate Program and how participating in Acton Power Choice, the Town's electricity program, can help you reduce your electricity costs. You'll also learn how to determine who your electricity supplier is and how much you're paying for electricity. *Please bring all pages of a current Eversource electric bill with you to the presentation.* Acton Community Services Director Laura Ducharme and Council on Aging staff will be on hand to answer questions about Eversource's "R2" application process. Julie Harris from MassPowerChoice, the Town's consultant for Acton Power Choice (APC) will answer questions about APC. If you would like to enroll in APC, you can do so on the spot if you have a current Eversource electric bill with you!

Coffee with a Cop

Wednesday, September 25th, 9:00-10:00am

Open to all seniors/free

Drop by and chat with members of the Acton Police Department who may include liaison to the senior community Detective Leo Gower, Officer Jon Stackhouse with comfort dog Zane, and clinician Beth Van Emburgh. Coffee with a Cop is a nationwide initiative designed to provide a welcoming environment for residents to get to know their police officers face-to-face and talk about what's going on in their community. The COA & Acton Police Department are pleased to bring the program to the Senior Center.

Loving Our Older Bodies: Sexuality and Aging with Dr. Jane Fleishman

Thursday, September 26th, 1:00-2:00pm

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



What does aging mean for us as older adults? Many of us are critical about our bodies. And it affects us sexually. For all of us who have ever felt too fat, too short, too dark, too light, too curly, too straight, too tall, too small breasted, too big a belly, too ANYTHING – your body is beautiful. Join Dr. Jane Fleishman as we talk about loving our bodies as we age. She'll give practical tips, recommendations, and resources that can help you start loving your aging body today. *Jane Fleishman, PhD, MEd, MS, is an educator, writer, researcher, and author of The Stonewall Generation: LGBTQ Elders on Sex, Activism, and Aging. She is on a mission to promote the sexual wellness in older adults and co-hosts an award-winning podcast on sex and aging, Our Better Half. Her TEDx talk, Is It OK for Grandma to Have Sex? has reached over 90,000 viewers. She lives in Northampton, MA and is a proud parent of two really amazing millennials. You can find out more about her work at www.janefleishman.com.*

Java with John

Friday, September 27th, 9:45am

Open to Acton residents

Town Manager, John Mangiaratti will be here to give updates from the Town, answer your questions and listen to your suggestions and concerns. Acton TV will be filming it live.

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



Benefits of Irrevocable and Revocable Trusts

Thursday, October 3rd, 1:00-2:00pm

Open to all seniors/free

Attorney Dale Tamburro will present on the use of trusts in estate planning: components of a trust; probate avoidance; revocable (living) vs irrevocable; protecting your home and other assets; minimizing estate taxes; trust asset management of trust assets. If time permits Dale will also discuss who should be trustee when you are unable to and how to fund the trust.

Visit Bodacious the Therapy Dog

Wednesdays, 10:00am to 12noon

Open to all seniors/free

Visit with Bodacious, a handsome golden-doodle, and his handler Dick 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...drop in for a visit!



□► Mindfulness Meditation 201 via Zoom

Thursdays, October 3rd through 24th, 3:00-4:15pm

Open to all seniors/free

This class led by Heidrun Dickson is geared towards participants who have some previous experience with mindfulness. Whether you have an established meditation practice, practiced in the past and want to get back to it, have been using an app or other resource and are feeling a bit stuck, or are looking to practice in community, this class is for you! Together we will explore different mindfulness practices and share our experiences and questions in a safe, supportive space. Suggestions for daily home practice provided. Plan on attending all four sessions. Sign up with the COA at seniorcenter@actonma.gov. If you have any questions, we can put you in touch with the instructor. *Heidrun Dickson trained as a mindfulness teacher at Brown University and enjoys sharing her learnings with others. She has maintained a regular mindfulness practice for many years, including week-long retreats.*

Laugh for Your Health with Susan Phillips

Thursdays, 11:00 am-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.*

Movie Matinees

Open to all seniors/free

Shown with closed captioning when available

Monday, September 9th, 1:00-3:00 Teacher's Pet (1958) A gruff misogynistic newspaperman (Clark Gable) despises journalism schools until he poses as a student and meets his match in the teacher (Doris Day). Comedy received Academy Award nominations for Best Supporting Actor (Gig Young) and Best Screenplay. *This film is shown in collaboration with the Acton Memorial Library.*

Monday, September 16th, 1:00-2:35 Made in Italy (2020, R for language) A widower artist and his son try to mend their broken relationship while restoring a dilapidated family house in Tuscany. Liam Neeson and his real-life son Micheál co-star.

Monday, September 23rd, 1:00-2:45 Crimes of the Heart (1986, PG-13 for themes of suicide) Diane Keaton, Jessica Lange and Sissy Spacek star as quirky southern sisters damaged by the suicide of their mother. Drama/dark comedy based on the Pulitzer Prize winning play earned three Academy Award nominations including Best Actress for Spacek. *This film is shown in collaboration with the Acton Memorial Library.*

Monday, September 30th, 1:00-2:45 *The Young Victoria* (2009, PG) Julian Fellowes' dramatization of the turbulent first years of Queen Victoria's rule and her enduring romance with Prince Albert. Stars Emily Blunt, Rupert Friend, Paul Bettany, Jim Broadbent, Mark Strong, and Harriet Walker. Three Academy Award nominations with a win for Costume Design.

Meals at the Senior Center

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



► First Responder Appreciation Luncheon

Tuesday, September 10th, 12noon

Acton seniors only

We will be hosting a lunch to honor Acton's First Responders. Chef McGuire will be preparing, shepherd's pie, salad, and dessert. Acton seniors are welcome to attend to show their appreciation to those who are there when we need them. Please sign up at the COA. Cost is \$3.00.

► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, September 17th, 12noon

open to all seniors

Join us for ziti, meatballs, salad and dessert for \$3. Sign up is required.

► Monthly Breakfast

Friday, September 20th, 9:00am

Acton seniors only

Join us for a warm, plentiful breakfast! Typically, French toast, eggs, fruit, bacon and or sausages are prepared by chef Veteran Services Officer James MacRae. Cost is \$3.00. Fruit is kindly provided by Life Care of Acton. Sign up is required.

► Dinner with Doug

Tuesday, September 24th, 5:00pm

open to all seniors

Chicken pot pie, side salad and dessert are on the menu for dinner. Cost is \$5.00.

Please sign up prior to the event.

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



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.



Minuteman Senior Services lunches are served Monday thru Thursday at noon. Grab and go lunches also offered. (Fridays 11:30-12noon). 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.

Birthday Lunch, Tuesday, September 24th. 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.

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.

Attention! Acton Seniors

You are cordially invited to attend a free luncheon on **Sunday, October 6th, 2024 at 12noon** in the Courtyard at the Boxboro Regency, in Boxborough. The menu is as follows: Regency Chicken, Mashed Potatoes, Green Beans, Rolls and Butter, and Apple Pie. Entertainment will be provided. The luncheon is hosted and sponsored by the Boxboro Regency Hotel and The Rotary Club of Acton-Boxborough. Sign up by September 20th, 978-929-6652.

Monday	Tuesday	Wednesday	Thursday	Friday
September 2 Building is Closed	3 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 11:00 Maintenance Balance – ANS 1:00 Mah Jongg 6:00 Therapeutic Horticulture - ANS	4 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge	5 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laughter Yoga 11:30-1:30 Bistro 30 1:00 Habitat for All Workshop 1:00 Chess Lessons/Club 1:00 Mah Jongg	6 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness
9 8:30 Active Aging 10:00 Friends of the COA Meeting 11:00 Tai Chi/Taijian 1:00 Movie 1:00 Mah Jongg	10 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 10:00 Book Discussion Group 10:00 Balance Appointments - ANS 11:00 Maintenance Balance – ANS 12:00 First Responder Lunch 1:00 Genealogy Group 1:00 Brain Healthy Cooking for One 3:00 Caregivers Group via Zoom	11 8:30 Senior Fitness 9:00 Balance Appointments – ANS 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Drop-in Bridge 1:30 Computer Club	12 11:00 Tai Chi Practice 11:00 Laughter Yoga 11:30-1:30 Bistro 30 1:00 Partition of India Talk 1:00 Chess Lessons/Club 1:00 Mah Jongg	13 Building is Closed
16 8:30 Active Aging 11:00 Tai Chi/Taijian 11:00 Joseph Conrad Seminar 1/5 1:00 Movie 1:00 Mah Jongg 2:00 Girl Scout Project Presentation	17 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 10:00 COA Board Meeting 11:00 Maintenance Balance – ANS 11:00 Grandparents Raising Grandchildren Support Group 12:00 Robbins Brook Lunch 1:00 Populists & Progressives History Talk 4:00-6:00 Watercolor Class Art Reception	18 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 10:30 Therapeutic Horticulture – ANS 11:30 Balance Matters - ANS 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 2:30 Line Dancing	19 8:30 Senior Fitness 9:00 Words Galore via Zoom 11:00 Tai Chi Practice 11:00 Laughter Yoga 11:30-1:30 Bistro 30 1:00 Big Band Swing w' John Clark 1:00 Mah Jongg 1:00 Chess Lessons/Club 2:30 Legacy Letter Writing via Zoom	20 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 10:00 Nouvonne Fitness
23 8:30 Active Aging 8:30 Reiki Appointments 9:30-11:00 Autumn Celebration 11:00 Joseph Conrad Seminar 2/5 1:00 Movie 1:00 Mah Jongg	24 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 1:00 Genealogy Group 1:00 Ask the Lawyer Appointments 2:30 LitLovers Study Group 3:00 Caregivers Group via Zoom 5:00 Dinner with Doug 6:00 Power Choice Presentation	25 8:30 Senior Fitness 9:00-10:00 Coffee with a Cop 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:30 Balance Matters - ANS 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Drop-in Bridge 1:30 Computer Club 2:30 Line Dancing	26 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laughter Yoga 11:30-1:30 Bistro 30 1:00 Loving Your Aging Body 1:00 Chess Lessons/Club 1:00 Mah Jongg	27 Center closes at 12 8:30 Senior Fitness 9:45 Java with John 10:00 Nouvonne Fitness

30 8:30 Active Aging 11:00 Tai Chi/Taijian 1:00 Movie 1:00 Mah Jongg	October 1 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS	2 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 11:30 Balance Matters - ANS 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 2:30 Line Dancing	3 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laughter Yoga 11:30-1:30 Bistro 30 1:00 Benefits of Trusts 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Mindfulness Meditation via Zoom	4 Center closes at 12 8:30 Senior Fitness
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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 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, see the website www.actoncoa.com and sign up for notifications



This month the following activities are supported by the Friends of the Acton COA: The Partition of India, History of Populists and Progressives, Our Older Bodies, Heart of Darkness Seminar, Big Band/Swing Music, Movies, Drawing & Watercolor Class, Mindfulness Meditation, Legacy Letter Workshop, Words Galore, 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.

Catherine Taylor has left her position here to begin graduate school in Maine. She was a pleasure to work with and we wish her the best of luck!

ACTON COA STAFF	ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director	Emi Azar	Lori Cooney, Secretary
Rosie Atherton, Office Manager	Jeff Bergart	Ellen Feinsand, Chair
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		
Bernice Nicoll, Activities/Customer Service Assistant	The Friends and the Board will next meet: COA Board – Tuesday, September 17 th , 10:00am COA Friends - Monday, September 9 th , 10:00am	
Fiona Starr, COA Customer Service Coordinator		
Terri Zaborowski, Exercise Instructor		



Suzanne Sexton & Paula Walsh for K-Cups; Kathy Kristoff for beading supplies; Will Atherton for assembling furniture for us; Martha Morrison for maintaining the planters; the Acton Fire Department for the cookout; Jane Saks for book donation.

Support Groups

□►Caregiver Support Group via Zoom

Tuesdays, September 10th and 24th, 3:00-4:30pm **Open to all caregivers of older adults/free**

Caregivers of older adults, please join Julie Norstrand, PhD, MSW, for a group that meets via Zoom which offers practical and emotional support. New participants are always welcome! The challenging work of caregiving may leave you feeling stretched thin, which can cause feelings of exhaustion and isolation. Julie ensures safe, non-judgmental settings where members can share and learn from one another and witnesses the strong bonds that develop between members. If you are new to the group, please sign up with the Council on Aging at seniorcenter@actonma.gov. 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, September 17th, 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.

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. One of our volunteer Ambassadors will 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.

Games

Morning Open Activity Time

Weekdays, 9:00-11:30am

Open to all seniors/free

No activity time September 2nd, 13th & 20th



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 out-of-town seniors/free

Mondays, 1:00-4:00pm, Tuesday, September 3rd, for experienced players only

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

No Mah Jongg September 2nd

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.

Play Pool

Open to out-of-town seniors/free

Table available during regular opening times. We have cues and chalk or bring your own.

Chess Club

Open to out-of-town seniors/free

Thursdays, 1:00-4:00pm

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



► Chess Lessons with Ken LeBow

Open to out-of-town seniors/free

Thursdays, ongoing, 1:00-3:30pm

This class is best for people with some chess experience who know how the pieces move and the concepts of check and checkmate. You will play games and get feedback. Chess sets supplied by the COA. If you are a true beginner, Ken is happy to meet with you at the Senior Center to teach you the basics. Just let us know if that's the case and Ken will get in touch with you to arrange some times to meet. Chess is a great way to exercise your brain—studies show playing can improve memory, boost concentration skills, and increase creativity. *Ken LeBow has been playing chess for over 50 years. He started a chess club and lessons for seniors in Pennsylvania and has been teaching and leading the chess club in Acton, since 2013.*



Watercolor Exhibit

From September 16th to October 31st we welcome the paintings by students who have participated in Fran Hewitt's Watercolor Classes during the past academic year. With a wide variety of skill levels from beginner to advanced, the purpose of this exhibit is to not only share the students' work but also show "what we do".

All are welcome to attend the Reception with refreshments on **Tuesday, September 17th from 4:00-6:00pm.**

Groups

Art Time

Tuesdays, 9:00-11:00am

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

Computer Club

Wednesday, September 11th and 25th, 1:30-3:00pm

Open to out-of-town seniors/free

All seniors are welcome to participate in Computer Club. Bring your computer and hardware questions, problems and related issues. If possible bring the problem hardware to the meeting. This is a club with no formally planned instruction. Several regulars are there willing to share their experiences, and work one-on-one, to resolve any computer issues, from Windows system difficulties, email setups/usage, networking issues, upgrades and assistance with "how do I" frustrations. MAC and Chrome/Android users are welcome. If you are unable to attend in person and would like to talk with a club member via Zoom or phone, please contact the COA and we will forward your information.



Genealogy Group

Open to out-of-town seniors/free

Tuesday, September 10th and 24th, 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

Group is currently closed to new participants

Wednesdays, 10:30-11:45am

Open to all seniors/free

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

Needle Arts Group

Wednesdays, 12:30-2:30pm

Open to out-of-town seniors/free

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

Exercise

Exercise Classes

- Wellness Yoga is returning Wednesday, October 2nd, 10:00am-see October newsletter for details
- Stretch & Flex class on Thursday afternoons is not returning to the schedule
- 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, September 9th thru December 30th, 8:30-9:30am **No class 9/2, 10/14, 11/11, 12/23**

Tuesdays, September 3rd thru December 31st, 9:45-10:45am **No class 12/24**

Thursdays, September 5th thru January 2nd, 9:45-10:45am **No class 9/12, 9/19, 10/24, 11/28, 12/26**

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 exceed the maximum participants so people are turned away; please consider trying another class or using the gym (sign up for training if you haven't done so already). *Terri Zaborowski has been teaching fitness classes for the COA since 2000. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*

Tai Chi/Taijiquan Class with Linda Sango

Mondays, September 9th thru December 16th, 11:00-12:00noon

No class 9/2, 10/14, 11/11, 12/23 & 12/30

This Taijiquan class (new name but same class!) uses Formless Dragon style, a modern re-examination of classical Tai Chi and is open to all levels of participants. Linda Sango studies under Jeff Coté, Occidental Taoist, who distills 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. This practice 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 Taijiquan 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, September 3rd thru December 31st, 8:30-9:30am

No class 12/24

Wednesdays, September 4th thru December 18th, 8:30-9:30am

No class 10/23, 12/25 & 1/1

Thursdays, September 5th thru January 2nd, 8:30-9:30am

No class 9/12, 10/24, 11/28 & 12/26

Fridays, September 6th thru January 3rd, 8:30-9:30am

No class 9/13, 10/25, 11/29 & 12/27

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-12:00 noon

Open to out-of-town seniors/free

No practice 11/28

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, September 6th through January 3rd, 10:00-11:00am No class 9/13, 10/4, 11/29 & 12/27

This class is an enjoyable total workout designed by Yvonne Benelli for seniors of all fitness levels and includes a little of everything... muscular strength training, cardio/dance, stretching, balance, stability, core strengthening & posture work, Qi Gong and relaxation. Done standing and sitting, you may modify to suit your needs. From a gentle warm-up to a soothing cool down phase, this class will reduce stress and help to clear your mind. You will leave feeling re-energized, rejuvenated and relaxed...ready for your day! Hand weights and balls (supplied by Center) are used for resistance strength training and fun. 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(outdoors and indoors), Pilates, outdoor exercise year-round, and personal training (on land and in water).*

Gym Facilities

Acton seniors only

Hours are: Monday, 9:00-1:00pm, Tuesday, Wednesday, Thursday 9:00am-12:00pm, and Friday 10:00am-11:00am. Everyone who would like to use 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.



Support and Services

The Senior Services Coordinator, Beverly Hutchings helps Acton residents aged 60+ and their family caregivers with a range of social services and advocacy, including:

- Information & Referral
- Homecare services, including state homecare, skilled and private
- Social and adult day health programs
- Housing rental options, Assisted Living and skilled Nursing Homes options
- Protective Services
- Financial & Legal services
- Food Assistance Programs
- Fuel and Utility Assistance programs
- Health Insurance
- In-home Handy Helper service
- Friendly phone calls
- Tech Support
- Transportation Options

If you have questions or would like to know more about services offered, please call or send an email to: Beverly Hutchings 978-929-6652 or bhutchings@actonma.gov

Transportation Door-to-door van services can take you from home to the Senior Center, medical appointments, shopping... for more information or 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.

Farmer's Market Coupons

Farmer's Market coupons are available for Acton residents age 60+ who meet the income guidelines.

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.

Minuteman Senior Services, Acton's State Home Care, provides a variety of services including: Care Management, In home assessments, support activities of daily living and Meals on Wheels. Call (781)-272-7177, toll free (888) 222-6171 or visit www.minutemansenior.org

About Town

All town buildings, including the Senior Center will be closed on Friday, September 13th for Employee Development Day.

Town of Acton Information Line: 978 929 6600.

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

Go to www.actonma.gov and subscribe to receive the Municipal Monthly with all the Town updates.

Acton-Boxborough Community Education If you are interested in receiving the email newsletter listing their programs & classes, please go to their website abce.abschools.org

September at Acton's Libraries

Check our website for the latest news: <https://www.actonmemoriallibrary.org> Check our calendar for

more information and to register for programs: <https://www.actonmemoriallibrary.org/calendar/>

Sign up for the AML newsletter: <https://www.actonmemoriallibrary.org/about-us/email-newsletter/>

Questions? Email Acton Memorial Library's Information Services Department at

actadultservices@minlib.net This month's programs include an AB student musical performance, an author visit from Matt Fitzpatrick and the regular fix-it clinic, repair sewing workshop, and the yarn & needle club. Call or visit the AML website for more details and to register.

Upcoming Elections Schedule

Tuesday, September 3rd, 2024 for the State Primary & **Tuesday, November 5th, 2024** State Election
For registration and application details, deadlines, and more information, go to the Acton Town Clerk "Elections & Voting" webpage at <https://www.acton-ma.gov/598/Elections-Voting>. For questions, please contact the Acton Clerk's Office at 978-929-6620 or clerk@actonma.gov.

Mount Calvary Community Supper, 472 Massachusetts Ave. Wednesdays; 4:45-5:45pm, doors open at 4:15pm. See menu in online newsletter or visit www.mtcalvaryacton.org/community-supper

Flag Retirement Ceremony at Woodlawn Cemetery

Saturday, September 21st, 3:00pm (rain date Sunday September 22nd)

The Acton Department of Veterans' Services and Acton Boy Scouts invite you to join them in their flag retirement ceremony at Woodlawn Cemetery. If you are unable to attend and have flags you wish to retire, please contact James MacRae at 978-929-6614 (jmacrae@actonma.gov).

Acton Nursing Services



Call 978-929-6650, Acton Nursing, for these programs from 1pm, Wednesday, August 28th

□► Therapeutic Horticulture

Acton Seniors only

Tuesday September 3rd, 6:00-7:00pm, Wednesdays, September 18th and 25th, 10:30-11:30am

Everything lavender! Create a sachet with lavender buds and a lovely arrangement with lavender wands. All supplies are provided. 12 participants per class.

□► Nara Park Senior Stroll Part 3 Acton, Boxboro, Littleton Seniors

Friday, August 30th, September, 6th, 20th and 27th – 10am -11am (No walk Friday, September 13th)

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 Bathhouse Pavilion which is located in the lower lot off Ledge Rock Way. For additional information please call Nursing at 978-929-6650. Registration is required.

□► Podiatry Clinics

Acton Seniors only

Appointments Friday, September 27th, 9:00-12noon and Tuesday, September 17th, 1:00-7:00pm.

Call 978-929-6650 to make an appointment.

Sarah Kinghorn BSN RN CFCN is a certified Footcare nurse and is the owner of Footcare Focus. Sarah provides assessment, toenail clipping and filing, non-surgical callus/corn reduction, gentle foot massage and education to keep your feet healthy and happy! Appointments are 30 minutes for \$50. Please be advised that there is a \$50 cancellation fee if appointment is not cancelled at least 24 hours ahead of time. Payment is cash or check; please make checks payable to Footcare Focus LLC. Acton Nursing Services is happy to provide space for the Podiatry Clinics for the benefit of our residents.

□► Balance Screening Appointments

Acton Seniors only

Tuesday, September 10th 10:00 –2:00 pm and Wednesday, September 11th, 9:00-12:30pm

Call 978-929-6650 for an appointment

Offered by the Acton Nursing Services– Karen Patterson PT, Board certified Clinical Specialist in Geriatric Physical Therapy is holding individualized balance assessments by appointment in the Acton Nursing Services office for the upcoming Balance Matters Program.

□► Balance Matters!! Sponsored by the Friends of Acton Nursing Services

Wednesdays, September 18th – October 23rd, 11:30am – 12:30pm

Acton Seniors only

Call 978-929-6650 for an appointment

Join Karen Patterson PT as she provides a 6 week series of classes on increasing strength, balance, flexibility and your confidence in performing activities of daily living.

□► Maintenance Balance Training Sponsored by an Anonymous Donor

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, September 3rd and 17th.

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 – we 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/depends, walking boots, c-pap machines & equipment. If you have questions regarding donations please call and speak with one of our staff. Thank you for your generosity!

Collette Trips sponsored by the Friends of the COA

Spotlight on Northern Italy April 24th-May 2th, 2025

Open to all

Informational session will be **Tuesday, October 22nd, 10:00am** Trip includes Treviso, Tiramisu-Making Demonstration, Verona, Murano Glass Blowing Demonstration, Venice, Asolo, Prosecco Winery Tour, The Dolomites, Bassano del Grappa, Venetian Villa Visit for more information visit www.friendsofactoncoa.com or stop by the Senior Center for a brochure.

We've enjoyed a busy summer here at the Senior Center



From photography exhibits, live music at the Fire Department BBQ, experiencing a Japanese Tea Ceremony, learning to play the ukulele, learning more about the Isabella Stewart Gardner Heist, sharing the joy of crafting together with needle felting and decorative shell trinket dishes, and hearing about the Lizzie Borden case, we have had a huge range of activities, programs and social activities to appeal to everyone.

A Message from the Friends of Acton COA

Fall is here and seniors are coming to the Center in ever greater numbers. Check out FCOA sponsored trips and the Photo Gallery of past events at <https://friendsofactoncoa.com/>. **The Friends of the Acton COA will next meet Monday, September 9th at 10am.**

Next up the **October Jewelry Sale. Wednesday, October 16th, 9:00am – 2:00pm**

The Friends of the COA have been collecting vintage costume jewelry all summer long. Your opportunity to purchase some gifts, a fashion accessory or special occasion memento at remarkable prices. Don't miss it! All are welcome!



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