



Acton Council on Aging

At the Human Services Building & Senior Center

OCTOBER 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, October 14th

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 First People: A Brief History of the Indigenous Societies of North America

Thursday, October 10th, 1:00-2:00pm

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

Humans have lived in North America for at least 15,000 years, and the story of the development of Native American society is long and complex. With the arrival of Europeans in the 16th and 17th centuries, the fate of the Native peoples was drastically impacted. This illustrated lecture by Paolo Di Gregorio will explore the history of Native America, with a focus on New England, and the struggles and survival of the original inhabitants of this land.

Songs Without Words Classical Music Presentation

Thursday, October 17th, 12:30-1:30pm

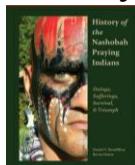


Join Sivan Etedgee for a classical music program with a focus on lyrical pieces for the piano by romantic composers. This program is part lecture and part piano performance. This is the only time Sivan is available this year, so do not miss out! *Sivan Etedgee appears frequently as a recitalist, chamber musician, and lecturer, giving many performances and presentations each year. He is a faculty member at the Newton Music Academy and president of the New England Piano Teachers' Association.*

Nashobah Praying Indians: A Living People, A Living Landscape

Tuesday, October 8th, 5:30-7:00pm

We live and walk on sacred ground. Littleton, with parts of Acton and Boxborough, was originally the 1654 Praying Indian Village of Nashobah, a place of spirit and vision. Join Sagamore Strong Bear Medicine of the Nashobah Praying Indians and local historian Daniel V. Boudillion as they discuss the Nashobah people, their spirit, their journey of suffering and survival, the village, and the sacred landscape that is all around us. *Strong Bear Medicine is Sagamore of the Nashobah Praying Indian and is the founder of the Friends of the Nashobah Praying Indians. A noted Native performer, he is a Native dancer, singer, craftsman, and public speaker. Daniel V. Boudillion is an avid historian and author with a wide knowledge of early Nashobah history and the locations associated with them. He currently serves on the Littleton Historical Society board and is a Trustee of the Littleton Conservation Trust. He recently published The History of the Nashobah Praying Indian (for sale at event/\$20 cash).*



Open to all/free

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

- Acton Songsters, p.3
- Art Class with Fran, p.5
- Cooking Class, p.3
- Caregiver Group, p.7
- Chess Lessons, p.11
- Gym Training, p.13
- Heart of Darkness Seminar, p.2
- Line Dancing, Wednesdays, p.5
- Mindfulness Meditation, p.2
- Memory Lane Café, p.5
- Part D Plan Selection Appts, p10
- Poet of the Month, p.4
- Power Choice, p.3
- Reiki Appts, p.4
- Tech Help Appts p.3
- Words Galore, Thursdays, p.2

Meals, page 6

- Lunch with Chef McGuire, 10/8
- Robbins Brook Lunch, 10/15
- Monthly Breakfast, 10/18
- Dinner with Doug, 10/29

For **Nursing programs** call
978-929-6650 -see p.16

Director's Corner

The Friends of the Acton COA are a dedicated group of volunteers. Their fundraising efforts support many of the programs, classes and special events residents are able to enjoy free of charge. If you are looking for a way to give back to the community, consider volunteering for this group. Don't miss their jewelry sale which will take place on Wednesday, October 16th. **See you soon, Sharon**

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

Thursday, October 1st, 1:00-2:00pm (rescheduled from Sept 26th) **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. You can find out more about her work at www.janefleishman.com.*

► Words Galore via Zoom

Thursdays, October 3rd and 17th, 9:00-10:00am

Open to all seniors/free

Join Val Walker via Zoom for this fun and lively hour of word play and brain twisters—a logophile's paradise! Learn new words, explore the history of old words and delve into the origins of words. Enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. Play guessing games with the dictionary and words-within-word games. Words Galore meets on the first and third Thursday of the month through December, with a separate sign up each month. Contact the COA at seniorcenter@actonma.gov to receive the Zoom link.



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) versus 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.

► Mindfulness Meditation 201 via Zoom with Heidrun Dickson

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

Open to all seniors/free

 Class is for participants with 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! Suggestions for daily home practice provided. Please attend all four sessions. Sign up with the COA at seniorcenter@actonma.gov. 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.*

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

Mondays, October 7th, 21st, 28th, 11:00-12:00noon

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

Stephen Collins' seminar on the Joseph Conrad's novella concludes this month. 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.

Book Discussion Group

Tuesday, October 8th, 10:00-11:00am

Open to all seniors/free

The discussion for October 8th meeting will be around the book Secret Keeper by Kate Morton. 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). Ann Kulsick facilitates the gatherings.



Recovering After a Hospital Stay



Tuesday, October 8th, 1:00-2:00pm

Open to all seniors/free

Concord Park is offering an educational program by Senior Living Residences at the Acton Senior Center. This presentation will help participants understand what happens after being discharged from a hospital or rehab stay. All available options for supportive services, including Assisted Living Communities will be discussed.

► Yakisoba Cooking Class with Asako Judson

Tuesday, October 8th, 2:00-3:00pm

Acton seniors only

Join Asako Judson to learn to prepare yakisoba, a sautéed Japanese soul food containing noodles, meat or tofu, vegetables, and savory teriyaki-like sauce. It is a popular street food in Japan, but it is also seen in grocery stores, casual restaurants and festivals. Learn to make this delicious dish at home! Asako will demonstrate how to make yakisoba and you will have a chance to taste it! *Asako Judson, who lives in Acton, has worked at several restaurants and as a private chef and caterer.*



► Acton Songsters with Ed Knights

Wednesdays, October 9th and 23rd, 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.

► Technology Help Appointments with Acton Memorial Library

Thursday, October 10th, 10:00-11:00am

Acton seniors only

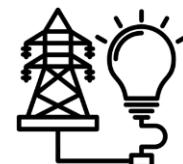
Need help with common smartphone (iPhone or Android), tablet or laptop functions? Join Heather Murray, Acton Memorial Library Reference Librarian, at the Senior Center for one-on-one help with your device! Bring your fully charged device and your questions, and Heather will troubleshoot technology problems alongside you. If Heather 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.

► R2 Discounted Electricity Rate & Acton Power Choice Presentation

Tuesday, October 15th, 1:00-2:00pm

Open to all Acton residents/free

If you missed last month's program, you have another chance 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!



Friends Jewelry Sale

Wednesday, October 16th, 9:00am-2:00pm

All are welcome

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!

► indicates that you must register in advance, call 978-929-6654

Ice Cream with a Cop

Thursday, October 17th, 1:30-2:30pm

Drop by the Senior Center to chat with Acton PD Officer Stackhouse & enjoy a free ice cream provided by the Acton Police Association! Also on hand will be the Department's wonderful comfort dog, Zane.

Open to all seniors/free

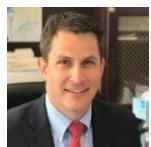
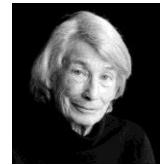
□► Poet of the Month: Mary Oliver via Zoom

Thursday, October 17th, 10:30-11:30am

Open to all seniors/free

Join Val Walker via Zoom to celebrate the life & works of Mary Oliver and explore selected poems about the power of awe & wonder. Oliver boldly declares she is "willing to be dazzled" in her poem *The Ponds* and in the same spirit, we can enjoy more poems dedicated to her life-affirming attitude to living with openness and wonder. Contact the COA at

seniorcenter@actonma.gov to register & receive the Zoom link. Val Walker, MS, Author, Educator, Blogger for *Psychology Today*, www.ValWalkerAuthor.com



Java with John

Friday, October 18th, 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.

□► Relaxing Reiki Appointments with Monica

Acton seniors only

Monday, October 21st, 8:30-11:30am (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.

Collette Trips sponsored by the Friends of the COA

Tuesday, October 22nd, 11:00am



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

Open to all

Informational session will be on this trip which 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.

Concord Traveling Players Performance

Tuesday, October 22nd, 2:00-3:00pm

Open to all seniors/free

The Concord Traveling Players are bringing a lively performance of staged readings, music, skits, and good spirited humor to Acton. It will include a short play about the local impact of the events at Concord's North Bridge and the start of the American Revolution. The Players are a group of older adults who always bring fun and positive energy!

Music of the Great Depression Presentation with John Clark

Thursday, October 24th, 1:00-2:00pm

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

The Stock Market Crash of 1929 plunged this country into an economic depression that lasted until the Second World War. Popular songs responded in many different ways: *Happy Days Are Here Again* was the first of many attempts to cheer up a devastated citizenry, followed by *Life is Just a Bowl of Cherries*, *Let's Have Another Cup of Coffee* and a string of overly optimistic hits by Ted Lewis. Woody Guthrie's Dust Bowl Ballads offered sympathy to those who were forced to give up their homes. Bing Crosby's *Brother Can You Spare a Dime* and *My Forgotten Man* seemed to almost scold our government for neglecting to help its veterans and working people. The romance and fancy footwork of Fred Astaire and Ginger Rogers and the sunny charm of child star Shirley Temple were a welcome antidote to the Depression's despair and drudgery. In this multimedia presentation by John Clark, you'll hear the stories behind these songs and many more!



A Message from the [Friends of Acton COA](#)

The popular FACOA Jewelry Sale returns **October 16th**. NYAJ's will donate 15% of food purchases – **eating in** all day on **October Tuesdays**. Pick up a certificate for NYAJ at the Senior Center or online below. Wondering about these and other upcoming FACOA events?

See the [calendar](#) for more complete descriptions including NYAJ's. **The Friends of the Acton COA will next meet Monday, October 7th at 10:00am at the Senior Center.**

□► Memory Lane Café

Tuesday, October 29th, 12:00-1:30pm

Open to all/free

A Memory Café is a welcoming place for people with memory impairment and their care partners. This month bring in an item that tells us something about you. 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.

LitLovers Study Group/American Bestsellers: *John Adams*

Tuesday, October 29th, 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 *John Adams* by David McCullough. Books are typically on reserve at the Acton Memorial Library. Group is facilitated by Program Manager Chris Chirokas.

Halloween Party

Wednesday, October 30th, 1:00pm

Open to all seniors/free

Join us for a Boo-tiful Halloween get together. Costumes are encouraged, a prize for the best dressed! Come to the Senior Center to eat drink and be scary. NO TRICKS ALL TREATS!



Spotlight on the News Gathering *NEW!*

Mondays, 10:30am-12:00pm

No gathering on Oct. 14th

Open to all seniors/free

Drop in for this new weekly gathering to discuss the latest news of personal interest and events that individuals wish to share with the group. Discussions are open ended. Participation is encouraged but listeners are welcomed. The Hot Topics group has gotten so popular, facilitator Sal Lopes has added a new group with a different twist.

□► Drawing and Watercolor Painting Class with Fran Hewitt

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

Acton seniors only

Art class began last month; it is currently full with a waitlist.



Visit Bodacious the Therapy Dog

Wednesdays, 10:00am to 12noon

Open to all seniors/free

Visit with Bodacious, a sweet golden-doodle, & his handler Dick at the Senior Center. Bodacious & Dick are members of Therapy Dogs Int., a non-profit volunteer group whose tagline is "Paws Awhile for Love." Bodacious is gentle, friendly, affectionate, & hypo-allergenic. Visiting with a therapy dog is known to increase emotional well-being, drop in for a visit!

□► Line Dancing with Paul

Wednesdays thru December 11th, 2:30-3:30pm No class 11/27 Open to out-of-town seniors \$20

Class started last month but is open to new people. 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, & 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 & add some of the newest dances. No need to have a partner; this is something for everyone, & no experience is necessary! This class is funded by a grant from the Mass. EOEA—a \$1 donation per class for Acton residents is suggested.

Laugh for Your Health with Susan Phillips

Thursdays, 11:00 am-12:00noon No meeting Oct. 3rd and 24th 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!



Meals at the Senior Center



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

► Lunch with Chef McGuire

Tuesday, October 8th, 12noon

Enjoy American Chop Suey, salad and dessert for \$3.00. Sign up is required.

Open to all seniors

► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, October 15th, 12 noon

Join us for Meatloaf, mashed potatoes, mixed vegetables and dessert for \$3. Sign up is required.

Open to all seniors

► Monthly Breakfast

Friday, October 18th, 9:00am

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

Acton seniors only

► Dinner with Doug

Tuesday, October 29th, 5:00pm

Pasta primavera, salad, garlic bread and dessert are on the menu for dinner. Cost is \$5.00. Please sign up prior to the event.

Open to all seniors

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 accepted. **Open to all.**



Octoberfest at the Bistro October 9th & 10th! Enjoy a German inspired menu and complimentary sampling of beer!



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, October 22nd. 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.

**► indicates that you must register in advance, call 978-929-6652
For information on our [presenters](#) and click on the list**

Acton Council on Aging Seeks Artists

The Acton COA is seeking artists (preferably age sixty and above) to display their work at the Senior Center. Exhibits typically run for six weeks and may feature original art works by an individual or by a group. Various media are acceptable, including drawing, painting, collage and photography. The Senior Center does not have the capacity at this time to display sculpture or other three-dimensional works. If you or someone you know is interested, please request a copy of the [Acton Senior Center Art Exhibit Guidelines](#). For more information please contact the Acton Council on Aging office at 978-929-6652.

Movie Matinees

Open to all seniors/free

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.



Monday, October 7th, 1:00-2:35 *Sweet Smell of Success* (1957) Powerful but unethical New York columnist J.J. Hunsecker (based on real-life columnist Walter Winchell) coerces an unscrupulous press agent into breaking up his sister's romance with a jazz musician. Stars Burt Lancaster, Tony Curtis and Susan Harrison. *This film is shown in collaboration with the Acton Memorial Library.*



Monday, October 21st, 1:00-2:25 *The Last Bus* (2021) Timothy Spalls stars as an aging man who travels across the UK by bus to fulfill a pledge to his late wife (Phyllis Logan of *Downton Abbey*). This is a bit of a tear-jerker. *This film is shown in collaboration with the Acton Memorial Library.*

Monday, October 28th, 1:00-2:50 *The Long Game* (2023, PG) In 1955 Texas, five Mexican/American teens who are not allowed to play at the golf club where they caddy inspire their principal to create a school golf team. Stars Jay Hernandez and Dennis Quaid.

Support Groups

► Caregiver Support Group via Zoom

Wednesday, October 16th and 30th, 3:00-4:30pm

Open to all caregivers of older adults/free

This month the group meets on Wednesday rather than the usual Tuesday.

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 may 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.



Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, October 15th, 11:00-12noon

Open to all/free

Participants will learn from other grandparents and experts about legal strategies and practices, ways to relieve the stress, and resources available. For additional information, contact group leader Joe O'Leary of the Commission on the Status of Grandparents Raising Grandchildren at 978-760-0360.

The **Council on Aging Board** hopes that you're enjoying the Fall colors and cooler weather of course, in good health. We are working with the Acton-Boxborough Regional School District with the successful SENIORS READ Program. Seniors read to elementary school children, grades Kindergarten through Fourth Grade in their classrooms. Ask at the COA Reception for a [Senior Reader Interest Form](#) and the [Senior Reader Guidelines](#). If you are interested, please complete a Form and return it to the Senior Center Front Desk. *Best wishes for a HAPPY HALLOWEEN!!* The Council on Aging Board

Monday	Tuesday	Wednesday	Thursday	Friday
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 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 1:00 Loving Our Older Bodies (rescheduled from 9/26) 6:00 Meditation - ANS	2 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:00 Cribbage Games 10:30 Hot Topics 10:30 Horticultural Therapy - 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	3 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Tai Chi Practice 11:30-1:30 Bistro 30 1:00 Chess Lessons/Club 1:00 Benefits of Trusts 1:00 Mah Jongg 3:00 Meditation 201 via Zoom	4 Center closes at 12 8:30 Senior Fitness
7 8:30 Active Aging 10:00 Friends of COA Mtg 10:30 News Gathering 11:00 Tai Chi//Taijian 11:00 Heart of Darkness Seminar 3/5 1:00 Movie 1:00 Mah Jongg	8 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 10:00 Book Discussion Group 11:00 Maintenance Balance – ANS 12:00 Lunch with Chef McGuire 1:00 Genealogy Group 1:00 Hospital Stay Recovery Talk 2:00 Cooking Class with Asako Judson 5:30 Nashoba Praying Indians Talk	9 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 11:30 Balance Matters - ANS 11:30-1:30 Bistro 30 Octoberfest 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Actor Songsters 1:30 Drop-in Bridge 1:30 Computer Club 2:30 Line Dancing	10 8:30 Senior Fitness 9:45 Active Aging 10:00 Tech Help Appts 11:00 Tai Chi Practice 11:00 Laughter Yoga 11:30-1:30 Bistro 30 Octoberfest 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 The First People Talk 3:00 Meditation 201 via Zoom	11 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness
14 Building Closed	15 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class 9:45 Active Aging 10:00 COA Board Meeting 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 11:00 Grandparents Group 12:00 Robbins Brook Lunch 1:00 Mah Jongg 1:00 Power Choice Presentation 6:00 Horticultural Therapy - ANS	16 8:30 Senior Fitness 9:00-2:00 Friends Jewelry Sale 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 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 3:00 Caregivers Group via Zoom	17 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:30 Poet of the Month via Zoom 11:00 Tai Chi Practice 11:00 Laughter Yoga 11:30-1:30 Bistro 30 12:30 Sivan Etedgee Presentation 1:00 Mah Jongg 1:00 Chess Lessons/Club 1:30 Ice Cream with a Cop 3:00 Meditation 201 via Zoom	18 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 9:45 Java with John 10:00 Nouvonne Fitness
21 8:30 Active Aging 8:30-11:30 Reiki Appoints 10:30 News Gathering 11:00 Tai Chi//Taijian 11:00 Heart of Darkness Seminar 4/5 1:00 Movie 1:00 Mah Jongg	22 8:30 Senior Fitness 9:00 – 10:30 Art Time 9:30 Art Class with Fran 9:45 Active Aging 11:00 Collette Travel Info Talk 11:00 Maintenance Balance – ANS 1:00 Genealogy Group 2:00 Concord Players Performance	23 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Horticultural Therapy - ANS 11:30 Balance Matters - ANS 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Actor Songsters 1:30 Drop-in Bridge 1:30 Computer Club 2:30 Line Dancing	24 11:00 Tai Chi Practice 11:30-1:30 Bistro 30 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 John Clark's Music Series 3:00 Meditation 201 via Zoom	25 Center closes at 12 10:00 Nouvonne Fitness

28 8:30 Active Aging 10:30 News Gathering 11:00 Tai Chi/Taijيان 11:00 Heart of Darkness Seminar 5/5 1:00 Movie 1:00 Mah Jongg	29 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 Medicare Plans Talk 2:30 LitLovers Group 5:00 Dinner with Doug	30 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Halloween Party 1:30 Drop-in Bridge 2:30 Line Dancing 3:00 Caregivers Group via Zoom	31 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 Chess Lessons/Club 1:00 Mah Jongg	November 1 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne 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 p.7.

ANS=Acton Nursing Program – contact 978 929 6650 with questions/to register.

Calendar Notes Programs and Classes are correct at time of going to press; circumstances beyond our control may result in cancellation, postponement, or a change in how we deliver the program. Follow us on Facebook for updates, 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: Nashobah Praying Indians, Poet of the Month, Music of the Great Depression, The First People, Heart of Darkness Seminar, Yakisoba cooking class, Music Without Words Classical Music, Loving Our Older Bodies, Movies, Drawing & Watercolor Class, Mindfulness Meditation, Words Galore, Tai Chi/Taijiquan class. Visit the Friends website at www.friendsofactoncoa.com

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.

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, October 15 th , 10:00am COA Friends - Monday, October 7 th , 10:00am	
Fiona Starr, COA Customer Service Coordinator		
Terri Zaborowski, Exercise Instructor		



Matthew Liu, a new student volunteer
who jumped right in to assist;
Girl Scout Troop 78141/62496 for their
house number project;
Acton Boxborough Rotary for their
luncheon

Medicare Open Enrollment Services at the Senior Center

The Medicare Open Enrollment period is **October 15th to December 7th**, the time each year when you can review your Medicare plan and make changes. The Council on Aging is offering two presentations on selecting your Medicare coverage, as well as appointments with a SHINE Counselor for guidance on selecting a plan, and appointments with pharmacy students for those who only need assistance selecting Part D/prescription drug plan.

Medicare Supplement or Medicare Advantage: Which Plan is Best for You

Tuesday, October 29th, 1:00-2:00pm

Open to all/free

Medicare can be confusing! Find the coverage that fits your needs. Join this seminar presented by staff from Blue Cross of Massachusetts to learn about Medicare Supplement Plans versus Medicare Advantage Plans. Open enrollment, October 15 to December 7, is the time each year when you can change your Medicare plan, so it's the perfect time to make sure you are still enrolled in the best plan for you. You will learn about original Medicare, differences between Supplement and Advantage plans, the need for Prescription Drug coverage (Part D), real life case studies, available resources.

It's Time for Your Medicare Check Up! Presentation

Tuesday, November 5th, 1:00-2:00pm

Open to all/free

Leslie Madge, SHINE counselor for Minuteman Senior Services, will discuss:

- Healthcare options and important changes to Medicare
- The Medicare plan finder tool
- How to obtain affordable coverage and public health benefits
- Access to prescription drug benefits

You will receive an Annual Notice of Change from your current health plan, which you should read as a starting point in the decision-making process.

SHINE is a State Health Insurance Program (SHIP) and a program of Minuteman Senior Services, offering free health insurance counseling for Medicare beneficiaries of all ages through a network of state certified staff and volunteers.

□►Appointments: Part D Prescription Drug Plan Selection

Monday, November 18th, 9:00am to 1:00pm

Open to all seniors/free

Are you interested in comparing Part D prescription drug plans during Medicare Open Enrollment in the interest of saving money? If you are looking to compare Part D plan costs, deductibles and tier structures plus obtain a true out of pocket annual cost, schedule an appointment with the Massachusetts College of Pharmacy outreach team who will assist you in comparing plans. Appointments scheduled in 30-minute blocks of time. This program is a collaboration between the Acton Council on Aging, the Minuteman Senior Services SHINE Program, and Massachusetts College of Pharmacy. Call the COA at 978-929-6652 to schedule an appointment, and be sure to bring a list of your medications on Nov. 18th.

Watercolor Exhibit



Until 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".

From Firefighter/Paramedic Josh Ramos for [Fire Safety Awareness Month](#).

[Hoarding](#) is defined as "persistent difficulty discarding things; even things with little value," (Mayo Clinic). Too many items within a home make it nearly impossible to rescue a trapped victim and difficult to extinguish a fire. It gets much hotter inside the building and is much more difficult and dangerous for firefighters and the occupants. The Town of Acton is dedicated to keeping you safe. If you, or a friend you know, struggles with hoarding, we have an entire team dedicated to combatting hoarding problems. You can call Public Safety at (978) 929-7722 or the Senior Center at 978-929-6652.

Games

Morning Open Activity Time

Weekdays, 9:00-11:30am

The Senior Center dining room is open weekday mornings for drop-in activities. We provide the space, tables, chairs and a variety of games (Scrabble, chess, Mah Jongg, playing cards). You may also work on your own art or craft project. Ask some friends to meet here or make new ones!

Mah Jongg Time

Mondays, 1:00-4:00pm, Tuesday October 15th for experienced players only

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

Open to all seniors/free

No activity time October 14th & 18th



Open to all seniors/free

No Mah Jongg October 14th

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.

Weekly Cribbage Game *New!*

Wednesdays starting October 2nd, 10:00-11:00am

Open to all seniors/free

Come by the Senior Center for a fun game of cribbage with this newly formed group. You only need to know the basics to play this card game which originated in the UK in the 17th century. There will be some cards and boards available or bring your own.

Drop-In Bridge

Open to all seniors/free

Wednesdays, 1:30-3:30pm

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

Play Pool

Open to all seniors/free

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

Chess Club

Open to all seniors/free

Thursdays, 1:00-4:00pm

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



□► Chess Lessons with Ken LeBow

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

Open to all seniors/free

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.*

Groups

Art Time

Tuesdays, 9:00-11:00am Art will end at 10:30 on 10/22

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. Donations of good quality, full balls or skeins of yarn are always welcome.



Genealogy Group

Tuesday, October 8th and 22nd, 1:00-2:30pm

Open to all seniors/free

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

Open to all seniors/free

This group is an opportunity for people to talk about present or recent major issues of the day. Each member is expected to offer or suggest a topic or issue for the group to engage in. Members are expected to actively participate as a leader or as a learner. Facilitated by Sal Lopes.

Computer Club

Wednesday, October 9th and 23rd, 1:30-3:00pm

Open to all 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.

Exercise

Exercise Classes

- 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
- For more information on our instructors and programs visit www.actoncoa.com/161/Exercise-Information



Active Aging with Terri Zaborowski

Mondays through December 30th, 8:30-9:30am

No class Oct. 14th, Nov. 11th, Dec. 23rd

Tuesdays through December 31st, 9:45-10:45am

No class Dec. 24th

Thursdays through January 2nd, 9:45-10:45am

No class Oct. 24th, Nov. 28th, Dec. 26th

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).

Tai Chi/Taijiquan Class with Linda Sango

Mondays through December 16th, 11:00am-12:00noon

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

This Taijiquan 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.

Senior Fitness with Terri Zaborowski

Tuesdays through December 31st, 8:30-9:30am

No class Dec. 24th

Wednesdays through December 18th, 8:30-9:30am

No class Oct. 23rd & Dec. 25th, Jan. 1st

Thursdays through January 2nd, 8:30-9:30am

No class Oct. 24th, Nov. 28th, Dec. 26th

Fridays through January 3rd, 8:30-9:30am

No class Oct. 25th, Nov 29th, Dec. 27th

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



Wellness Yoga with Patsy Brightman

Wednesdays October 2nd through December 18th, 10:00-11:15am **No class 11/27, 12/25 & 1/1/25**

The last class of each month is a healthy joint class

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

Thursday Tai Chi Practice

Open to out-of-town seniors/free

Thursdays, 11:00 am-12:00noon

No practice Nov. 28th

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 through January 3rd, 10:00-11:00am

No class Oct. 4th, Nov 29th, Dec. 27th

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 & 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. Hand weights and balls (supplied by Center) are used for resistance strength training and fun. A \$1.00 donation/class or \$10 for full session is suggested, per EOEA grant guidelines.

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.

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

Fuel Assistance

SMOC's Home Energy Assistance Program (HEAP), provides assistance with heating bills to eligible households. The program operates annually from November 1 2024– April 30 2025 and is designed to help low-income people afford the cost of heat in the winter months. Eligibility is based on gross annual income and family size.

# people in household	Income
1	49 196
2	64 333
3	79 470

About Town, and beyond

Town of Acton Information Line: 978 929 6600.

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



Tuesday, November 5th, 2024 General Election.

RJ Grey Jr High School, 7:00am-8:00pm.

For registration and application details, deadlines, and more information, go to the Acton Town Clerk "[Elections & Voting](#)". Any questions contact Acton Clerk's Office 978-929-6620 or clerk@actonma.gov. Voter registration deadline is October 26th, 5pm. Vote by mail application deadline is October 29th.



Register to Vote! or use this QR code

If you would like to submit a public records request, please use the following link <https://actonma.nextrequest.com/requests/new> and it will take you to our online system.

Mount Calvary Community Supper, 472 Massachusetts Ave. Wednesdays; 4:45-5:45pm, doors open at 4:15pm. Visit www.mtcalvaryacton.org/community-supper for menu.

October at Acton's Libraries

[Calendar](#) for more information, & to register for programs:

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

English at Large Conversation Group Mondays, 6:15-7:45 p.m., or Thursdays, 1:30-3 p.m.

Citizenship Classes Saturdays, 10-12noon In partnership with St. Mark Community Education Program.

Colonial Books and Brews Tuesday, October 1, 6-8:30pm Acton 250 library event for 21+. Free entry, music, displays and food.

Virtual: Ways to Have a Green Holiday Season for Families with Sarah Robertson-Barnes Monday, October 7, 7-8:00pm. Via Zoom.

Yarn & Needle Club Tuesdays, October 8 and 22, 3-4 p.m. Meets the 2nd & 4th Tuesday of every month.

Tech Help at West Acton Citizens' Library Wednesday, October 9, 1:30-2:30pm.

Pine Hawk: Archaeological Discoveries In New England, Ted Timreck Wednesday, Oct 9, 7-8:30 pm

Breathe for Change Fridays, October 11 and 25, 10-11:00am Guided meditation.

Acton Memorial Library Book Discussion Group Tuesday, October 15, 6:30-8pm Book: *The Minutemen and Their World* by Robert A. Gross.

Pine Hawk: Ancient Winters at the Flagg Swamp Rockshelter Tuesday, October 15, 7-8:30pm

Virtual: Artist Ricardo Diseño and Writer Steve Mockus Discuss Eerie Legends Wednesday, October 16, 7-8:00pm Via Zoom.

Friends of Acton Libraries Book Sale Saturday, October 19 9am-5pm and Sunday, October 20, 1-4pm

Pine Hawk: Burying the Trowel Tuesday, October 22, 7-8:30pm.

Virtual: Even More Haunted Lighthouses of New England with Author Jeremy D'Entremont Monday, October 28, 7-8:00pm

Pine Hawk: Book Discussion – Changes in the Land Tuesday, October 29, 7-8:30pm

Bakers of all ages are invited to submit an apple pie to our Third Annual Friends of the Acton Libraries

Apple Pie Contest. Contestants should pre-register [online](#) Any questions, go to

friendsofactonlibraries@gmail.com Judging to be conducted by library staff, last year's competition winners, and a volunteer from the Acton Woman's Club.

LGBTQIA+ & Friends Event

Saturday, October 19th, 11:00am-1:00pm.

Town Center, 2nd Floor Flint Room, 12 Mudge Way, Bedford MA

Acton Boxborough Community Ed

Book now for November! [Highlights](#) of Class Offerings from Acton-Boxborough Community Ed!

Check out our [Fall Catalog \(click here\)](#) for all adult classes!

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.

Acton Nursing Services



Call 978-929-6650, [Acton Nursing](#), for these programs starting Wednesday, September 25th

► Therapeutic Horticulture

Acton Seniors Only

Tuesday October 15th, 6:00-7:00pm, Oct 2nd and 23rd, Wednesdays, 10:30-11:30am

In advance of the holiday season, we will pot double white amaryllis bulb in an attractive pot with a decorative stem support. All supplies are provided. 12 participants per class.

► Podiatry Clinics

Acton Seniors Only

Appointments Thursday, October 3rd, 12-3:00pm and 31st, 1:00-5:00pm and Tuesday, October 15th and 29th, 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.

► Meditation and Gentle Chair Yoga

All ages welcome

Tuesday, October 1st, 6:00-7:00pm

Meditation is about developing calmness, practicing awareness and decluttering the mind. Pam Saarinen, a Certified Yoga Instructor will lead this class. Together you will practice meditation, using mindful breathing & visualization techniques to release tension and create a sense of calm and balance. You will learn breathing techniques that can be practiced at home. Chair yoga will be a short, gentle and functional sequence, designed to strengthen and create flexibility in the body. Please wear comfortable clothing. Sponsored by the ANS.

► 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, October 1st and 15th, 10:30am-12noon.

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!



The Friends' Jewelry Team

Be sure to check out the Jewelry Sale on Wednesday, October 16th, 9:00am-2:00pm.

The highlight of September is always the First Responders Lunch held to honor those who serve and sacrifice.

