



Acton Council on Aging

At the Human Services Building & Senior Center

NOVEMBER 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: November 11th, 28th & 29th
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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Performance: American Popular Music & Veterans

Thursday, November 14th, 1:00-2:00pm

Open to all seniors/free

Join Jon and Li Waterman, musicians and songwriters, as they blend live musical performance and presentation to explore some of the experiences and sacrifices of veterans throughout American history. The program consists of songs, history, and slideshow pertaining to some of the experiences of veterans of World War I, World War II, the Civil War and other conflicts alongside the history of popular music in America. Jon and Li's program "Cro-Magnon Blues" was a big hit last spring!



Pilgrims and Patriots: The Making of New England, 1620-1776 with Paolo Di Gregorio

Tuesday, November 19th, 2:00-3:00pm

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



This lecture examines the complex history of New England from the earliest English settlements to the outbreak of revolution. The story is dramatic and turbulent, replete with heroes, scoundrels, ministers, and merchants. In many ways, the story of the making of New England is the story of the birth of the United States.

▢► Ask the Realtor® Appointments

Tuesday, November 19th, 1:00-2:15pm Open to all seniors/free

Wondering about the current real estate market, rates or which renovations are worth doing prior to selling? Are you simply looking for good, reliable tradespeople? Heather Murphy, Realtor® with Keller Williams Realty will be hosting office hours at the Senior Center. Please call the Council on Aging to sign up for a 15-minute one-on-one meeting.

Director's Corner



Please join us in welcoming Wendy Curtis to the COA team as the Customer Service Coordinator. Wendy moved to Acton from New York seven years ago with her family. She is the mother of two teenagers who keep her almost as busy as her dog. Wendy can be spotted walking around West Acton with very social Golden Retriever. We look forward to having Wendy as part of our team. Stop by and say hello.

As a reminder, please stay home if you are not feeling well. It's been a busy cold and flu season already.

Thank you, Sharon

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

- ▢► Acton Songsters, p.2
- ▢► "Age is Just a Number", p.3
- ▢► Art Class with Fran, p.2
- ▢► Ask the Lawyer Appts, p.6
- ▢► Ask the Realtor Appts, p.1
- ▢► Card Workshop, p.2
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- ▢► Poet of the Month, p.5
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- ▢► Reiki Appts, p.5
- ▢► Tech Help Appts p.2 & 4
- ▢► Words Galore, Thursdays, p.2
- Meals, p.7**
- ▢► Lunch with Chef McGuire, 11/12
- ▢► Monthly Breakfast, 11/15
- ▢► Robbins Brook Lunch, 11/19
- ▢► Dinner with Doug, 11/26

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

► Drawing and Watercolor Painting Class with Fran Hewitt

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

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

Acton seniors only

The Nourish Project

Tuesday, November 5th, 11:00am

All welcome

Dr. Steven Michaelson from the Wellness Team of AB United Way will be here to discuss the Nourish Project. The Project will promote well-being through healthy eating, & highlight the importance of nourishing mind & body. Research shows that a healthy diet can support brain health, improve mood, & even reduce symptoms of anxiety & depression. The project kicks off this year with the creation of a Community Cookbook.

► Tech Help with Student Matthew Liu

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

Acton seniors only

Drop by the Senior Center lounge to ask ABRHS student Matthew your tech questions! Do you have questions about using your smart phone, tablet, or computer? If possible, bring your device with you. Matthew speaks English and Mandarin.



學生 Matthew Liu 的技術協助 11 月 5 日星期二下午 1:00-2:00 僅限阿克頓老年人 前往高級中心休息室，向 ABRHS 學生 Matthew 詢問您的技術問題！您對使用智慧型手機、平板電腦或電腦有疑問嗎？如果可能，請隨身攜帶您的設備。馬修會說英語和普通話。

► Greeting Card Craft Workshop with Nancy Dodge

Wednesday, November 6th, 10:00-11:30am

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

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

► Acton Songsters with Ed Knights

Wednesdays, November 6th and 20th, 1:00-1:45pm

Open to all seniors/free

Join Ed Knights for this group that sings along familiar popular songs and learns the mechanics of singing. Don't worry about your level of singing—the group is open to anyone interested in singing. Lyrics provided. This month the Songsters will be performing at the Senior Center!



► Line Dancing with Paul

Wednesdays thru Dec. 11th, 2:30-3:30pm No class Nov. 27th

Open to out-of-town seniors \$20

Class started in September but is open to new people. Dance for fun, exercise, balance, coordination, and to learn a new skill. You'll have great fun line dancing, while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated, and then danced to contemporary music. 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.



► Words Galore via Zoom

Thursdays, November 7th through December 19th, 9:00-10:00am

**Open to all seniors/free
No class on Nov. 28th**

****Note schedule change!****

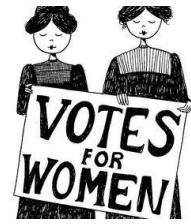
Join Val Walker via Zoom for this fun and lively hour of word play and brain twisters—a logophile's paradise! Learn new words, explore the history of old words and delve into the origins of words. Enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. Play guessing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

Women's Suffrage—the 19th Amendment with Dawn Gomez

Thursday, November 7th, 1:00-2:00pm

Open to all seniors/free

What with 2024 being an election year, and one in which the United States might elect their first female president, it seems timely to look at the 19th Amendment to the US Constitution. The women's suffrage movement was a decades-long fight to win the right to vote. By the time the final battle over ratification went down in 1920, 72 years had passed since the first convention in Seneca Falls, New York, and altered our country in an essential and permanent way. From Elizabeth Cady Stanton and Susan B. Anthony to Farmer Suffragettes and Front Door Lobbyists, come join Dawn to explore the suffrage movement and delve into some of the key players and events along the journey. *Dawn Gomez, Reminiscing Round Table founder, provides topic-based programs for seniors at several local assisted living and senior center communities.*



□► Positive Psychology Tools to Further Improve Resilience & Well-Being via Zoom

Thursday, November 7th, 2:30-3:30pm

Open to all seniors/free

The discipline of Positive Psychology reveals easy techniques for enhancing the way we experience life and deal with challenges. Join Dr. Miriam Rosalyn Diamond's newest workshop to engage in exercises around awareness, self-calming, imagination, connection, and appreciation. Everyone is welcome - attending the previous positive psychology workshops is not required. You can participate via Zoom from home or the Senior Center with a group watching on a large screen TV. Register:

seniorcenter@actonma.gov or 987-929-6652.

□► "Age is Just a Number" Book Study Group

Open to all seniors/free

Fridays, November 8th through January 10th, 10:00-11:00am

No class Nov. 29th & Dec. 27th

Join Tracy Woods for an 8-week group studying the book *Age is Just a Number: A Geriatrician's Secrets for Getting the Most Out of Life* by Ankur Patel, MD. The book is available from [Amazon](#) and other booksellers. Please read the first chapter before the first class. *Tracy Woods is a certified Older Adult Peer Specialist. All are welcome to this joint venture between the Acton Council on Aging and the Northeast Independent Living Program.*

Book Discussion Group

Tuesday, November 12th, 10:00-11:00am

Open to all seniors/free

The discussion for November meeting will be around the book *James* by Percival Everett. 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. *High Conflict* by Amanda Ripley will be discussed at the December meeting.



Senior Driving Safety: A Safe Drive Through the Aging Process

Tuesday, November 12th, 1:00pm

Open to all seniors/free

Developed by a retired Ohio state trooper, this presentation is designed for seniors who are questioning their driving skills and may be considering a retirement from driving. Topics include: defining the problem; warning signs of diminished driving skills; what you can do to continue driving safely; tips for reducing the likelihood of a traffic crash; exercise and driving; and making the decision to continue or retire from driving. Offered by Tim Walsh, CSA CDP, of Senior Care Authority.



□► Caramel Apple Cooking Class with Asako Judson

Tuesday, November 12th, 2:00-3:00pm

Acton seniors only

Join Asako Judson to make homemade caramel apples. After dipping the apples in caramel, you can add toppings like nuts, chocolate or sprinkles. Once you know the tips, they are simple to make. They are not only a delicious classic fall treat, they also look lovely! *Asako Judson, who lives in Acton, has worked at several restaurants and as a private chef and caterer.*

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

Medicare Open Enrollment Services at the Senior Center

The Medicare Open Enrollment period ends December 7th, the time each year when you can review your Medicare plan and make changes. The Council on Aging has one remaining presentation 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.

It's Time for Your Medicare Check Up! Presentation

Tuesday, November 5th, 1:30-2:30pm *Note time change*

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

Appointments opened up last month; call the COA at 978-929-6652 about availability.

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. Be sure to bring a list of your medications on November 18th.

□► Housing Options for Older Adults with Attorney Dale Tamburro

Wednesday, November 13th, 1:00-2:00pm

Open to all senior/free

Join Attorney Dale Tamburro to explore ways estate planning can help you stay in your home and the financial/legal ramifications of your choices. He will discuss what to do if you want to age in place, how to protect your home from creditors and nursing homes, whether staying at home is the right option, how you should/could own your home, determining if you have enough money (liquidity) to do age in place, the financial and person benefits of staying at home, tying your home options into an estate plan, pulling equity from your home, long-term care protections of your home. Bring your questions! **Be sure to sign up with the COA as space is limited.**



□► Technology Help Appointments with Acton Memorial Library

Thursday, November 14th, 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 charge 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.



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



□► Poet of the Month via Zoom: Elizabeth Barrett Browning

Thursday, November 14th, 10:30-11:30am

Open to all seniors/free

Elizabeth Barrett Browning's independence & courage as a prominent English poet in the 1840s drew admiration and critical acclaim. Browning's humane & compassionate point of view addressed social injustice topics such as the slave trade, child labor in mines & mills, & restrictions on women. Emily Dickinson was hugely influenced & inspired by her poems.

Watch the December newsletter for details on the December 5th Poet of the Month meeting featuring Robert Bly. Contact the COA at seniorcenter@actonma.gov to register & receive the Zoom link.

Java with John

Friday, November 15th, 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 Forrest

Acton seniors only

Monday, November 18th, 8:30-11:30am

Sign-up for a 30-minute appt. starting Tuesday, November 5th: Call 978-929-6652

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 as there is usually a waitlist. *Monica Forrest is a certified Usui Reiki Master practitioner.*

Needle Arts Sale

Tuesday, November 19th and Wednesday, November 20th, 10:30am-1:30pm

All welcome

The Wednesday group will be offering hand-made items for sale. Proceeds benefit Friends of the COA.

Flu Prevention

Wednesday, November 20th, 11:00-12noon

Open to all seniors/free

Join staff from Deaconess Abundant Life Services at the Senior Center for an engaging discussion on flu prevention. Deaconess Abundant Life Services is a network of residential communities that includes Newbury Court in Concord.

Preparing for Climate Risks

Wednesday, November 20th, 2:30-3:30pm

Open to all Acton residents

How prepared do you feel for natural hazards? Join us for cookies and a conversation with the Town of Acton "MVP 2.0" team to provide your input on ways the Town could help residents better prepare for climate risks. Questions? Contact Sustainability Office at sustainability@actonma.gov or 978-929-6515.



The Political and Romantic Songs of World War II Presentation with John Clark



Thursday, November 21st, 1:00-2:00pm

Open to all seniors/free

In this multimedia presentation, John Clark will highlight some of the most popular music of the war years. These aren't just the hits but songs tied to specific events and situations like *My Sister and I*, *The Last Time I Saw Paris* and songs of great heroism like *Comin' in on a Wing and a Prayer* and *Praise the Lord and Pass the Ammunition*. Songs that expressed the feelings of soldiers and their loved ones: *I'll Be Seeing You, As Time Goes By*, *Don't Sit Under the Apple Tree* and *Lillie Marlene*. As well as songs of longing for the war to end: *(There'll Be Bluebirds Over) The White Cliffs of Dover* and *When the Lights Go On Again All Over the World*. Featured artists include the Andrews Sisters, Glenn Miller, Johnny Mercer, Frank Sinatra, Judy Garland, Vera Lynn, Vaughn Monroe, Louis Jordan, Jimmy Dorsey, Rudy Vallee, and Spike Jones.

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

► Ask the Lawyer Appointments

Acton seniors only

Tuesday, November 26th, 9:00-11:00am

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

► Memory Lane Café

Tuesday November 26th, 12:00-1:30pm

Open to all/free

A Memory Café is a welcoming place for people with memory impairment & their care partners.

This month enjoy music performed by John Poirier. We do ask attendees to bring their care partners. Lunch is provided. Sponsored by Acton COA, Concord Park & Cooperative Elder Services. Please let us know if you plan to attend.



Acton Songsters Live Performance: Irving Berlin Music

Tuesday, November 26th, 1:00-1:30pm

Open to all/free

Kick off the holiday season by attending the Acton Songsters live performance! This group of older adults led by Dr. Ed Knights will perform a blend of holiday and other music by Irving Berlin including *There's No Business Like Show Business* and *Alexander's Ragtime Band*.



LitLovers Study Group/American Bestsellers: John Adams

Tuesday, November 26th, 2:30-3:30pm

Open to all seniors/free

After two years, this is the last LitLovers meeting focused on Great American Bestsellers! We will watch a DVD lecture and each person is welcome to discuss a recent bestseller they have read. Group is facilitated by Program Manager Chris Chirokas.

Live Performance: Cellar Dwellers Jazz & Blues Band

Tuesday, November 26th, 5:30-6:30pm

Open to all seniors/free

The Cellar Dwellers Jazz & Blues Band will be performing at dinner this month! They were great fun when they performed over the summer. You are welcome to come just for the performance but make a reservation to attend dinner: seniorcenter@actonma.gov or 978-929-6652.



Holiday Scam Awareness with Middlesex Sheriff's Office

Tuesday, December 3rd, 1:00-2:00pm

Open to all/free

Unfortunately for some preparing for the holidays is not about wrapping presents, baking and decorating—it's a time when criminals work on new ways to scam people. Join staff from the [Middlesex Sheriff's Office](#) (MSO) of Peter J. Koutoujian to gain a deeper understanding of current scams designed to steal money and critical personal information. The role of the MSO will also be discussed. This educational presentation is part of the Middlesex Sheriff's Office L.E.A.R.N. (Law Enforcement and Residents Networking) program.

Visit Bodacious the Therapy Dog

Wednesdays, 10:00am to 12noon No visit on Nov. 27th Open to all seniors/free



Visit with Bodacious, a sweet 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, friendly, affectionate, and hypoallergenic. Visiting with a therapy dog is known to increase emotional well-being. Drop in for a visit!

Laugh for Your Health with Susan Phillips

Thursdays, 11:00am-12:00noon No meeting November 28th

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!



Support Groups



□► Caregiver Support Group via Zoom

Tuesdays, November 12th & 26th, 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 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, November 19th, 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.

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, November 12th, 12noon

Open to all seniors

Enjoy baked ziti, salad and dessert for \$3.00. Sign up is required.

□► Monthly Breakfast

Friday, November 15th, 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. **Veterans eat free**. Fruit is kindly provided by Life Care of Acton. Sign up is required.

□► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, November 19th, 12noon

Open to out of town seniors

Join us for turkey and all the fixings, dessert for \$3.00. Sign up is required.

□► Dinner with Doug and Musical Performance by the Cellar Dwellers at 5:30pm

Tuesday, November 26th, 5:00pm

Open to all seniors

The menu is baked fish, rice, broccoli, and dessert. 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](#), or via this QR code with your smartphone camera, when it is available, \$6.00/item cash/Venmo accepted. **Open to all**.



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, November 26th. 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. Let him know that it is 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.

Monday	Tuesday	Wednesday	Thursday	Friday
28 8:30 Active Aging 10:30 News Gathering 11:00 Tai Chi//Taijian 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 12:00 Pizza & Cake 1:00 Medicare Plans Talk 2:30 LitLovers Group 5:00 Dinner with Doug	30 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
4 8:30 Active Aging 10:00 Friends of COA Mtg 10:30 News Gathering 11:00 Tai Chi//Taijian 1:00 Movie 1:00 Mah Jongg	5 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 The Nourish Project 11:00 Maintenance Balance – ANS 1:00-2:00 Tech Help 1:30-2:30 Medicare Check Up Talk 6:00 Horticultural Therapy - ANS	6 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Card Workshop 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Horticultural Therapy – ANS 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Drop-in Bridge 2:30 Line Dancing	7 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 Women's Suffrage 1:00 Chess Lessons/Club 1:00 Mah Jongg 2:30 Positive Psychology Tools via Zoom	8 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 "Age is Just a Number" Study Group
11 Building Closed	12 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 Maguire 1:00 Senior Driving Safety 1:00 Mah Jongg 1:00 Genealogy Group 2:00 Cooking Class 3:00 Caregivers Group via Zoom	13 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00-12:00 Flu Clinic - ANS 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 Housing Options Talk 1:30 Drop-in Bridge 1:30 Computer Club 2:30 Line Dancing	14 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:00 Tech Help Appts 10:30 Poet of the Month via Zoom 11:00 Tai Chi Practice 11:00 Laughter Yoga 11:30-1:30 Bistro 30 1:00 Mah Jongg 1:00 Chess Lessons/Club 1:00 Veterans Music Performance	15 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 9:45 Java with John 10:00 Nouvonne Fitness 10:00 "Age is Just a Number" Study Group
18 8:30 Active Aging 8:30-11:30 Reiki Appts 9:00-1:00 Part D Appts 10:30 News Gathering 11:00 Tai Chi//Taijian 1:00 Movie 1:00 Mah Jongg	19 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 10:00 COA Board Meeting 10:30 Wellness Clinic - ANS 10:30-1:30 Needle Arts Sale 11:00 Maintenance Balance – ANS 11:00 Grandparents Group 12:00 Robbins Brook Lunch 1:00-2:15 Ask the Realtor Appts 2:00 Pilgrims & Patriots History Talk 6:00 Meditation Yoga - ANS	20 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 10:30-1:30 Needle Arts Sale 10:30 Horticultural Therapy – ANS 11:00 Flu Prevention Talk 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Drop-in Bridge 2:30 Line Dancing 2:30 Preparing for Climate Risks	21 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 Music of WWII with John Clark 1:00 Chess Lessons/Club 1:00 Mah Jongg	22 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 "Age is Just a Number" Study Group

25 8:30 Active Aging 10:30 News Gathering 11:00 Tai Chi/Taijian 1:00 Movie 1:00 Mah Jongg	26 8:30 Senior Fitness 9:00 Art Time 9:00-11:00 Ask the Lawyer Appts 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 Songsters Performance 2:30 LitLovers Group 3:00 Caregivers Group via Zoom 5:00 Dinner with Doug 5:30 Cellar Dwellers Band Performance	27 8:30 Senior Fitness 10:00 Cribbage Games 10:30 Hot Topics 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS **1:00-3:00 Drop-in Bridge** **Timings changed for today**	28 & 29 Building Closed <i>Happy Thanksgiving</i> ► indicates that you must register in advance, call 978-929-6652 For <u>information</u> on our presenters.
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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.11. 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](#) and sign up for notifications



This month the following activities are supported by the Friends of the Acton COA: Popular Music & Veterans, Poet of the Month, Pilgrims & Patriots, Card Making Class, Music of World War II, Caramel Apple Cooking Class, Words Galore, Positive Psychology 3, The Women's Suffrage Movement, Movies, Drawing & Watercolor Class, Cellar Dwellers performance, and Tai Chi class. Learn more about the [Friends](#)

ACTON COA STAFF	COA BOARD
Sharon Mercurio, Director	<i>Emi Azar</i>
<i>Rosie Atherton, Office Manager</i>	<i>Jeff Bergart</i>
<i>Chris Chriokas, Program Manager</i>	<i>Michelle Brady</i>
<i>Wendy Curtis, COA Customer Service Coordinator</i>	<i>Lori Cooney, Secretary</i>
<i>Beverly Hutchings, Senior Services Coordinator</i>	<i>Ellen Feinsand, Chair</i>
<i>Rose Murphy, Human Services Customer Service & Communication Assistant</i>	<i>Ann Kulsick</i>
<i>Bernice Nicoll, Activities/Customer Service Assistant</i>	<i>Alma Sandman, Vice Chair</i>
<i>Fiona Starr, COA Customer Service Coordinator</i>	<i>Niru Velankar</i>
<i>Terri Zaborowski, Exercise Instructor</i>	
Board will next meet: Tuesday November 19th, 10:00am	
COA Friends will next meet: Monday, November 4th, 10:00am	

THANK YOU TO:

the Friends of the Acton COA for an amazing jewelry sale; Acton Police Association for ice cream with a cop; Michael Chautin for serving on the COA Board.

A Message from the Friends of Acton COA

Watch for the Annual Appeal mailing shortly, the major fundraiser of the year. Your generous contributions underwrite the majority of the COA programming. Contributions may be made in Honor of or in Memory of friends and family.

Visit the Needle Arts Sale, November 19th & 20th, 10:30am-1:30pm at the Senior Center. This Wednesday group will be offering hand-made items for sale, to benefit the Friends.

The Friends of the Acton COA will next meet Monday, November 4th at 10am.

Games

Morning Open Activity Time

Weekdays, 9:00-11:30am

**Open to all seniors/free
No activity time Nov. 11th, 15th, 28th, 29th**



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! 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, November 12th for experienced players only

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

Open to all seniors/free

No Mah Jongg November 11th and 28th

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, 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. Non players are welcome, the regulars are happy to teach you how 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 (Wednesday, November 27th 1:00-3:00pm)

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 No Club Nov. 28th

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 No Lesson Nov. 28th

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.*



Astrophotography Exhibit

From November 1st to mid-December, we welcome the photographs of Acton resident, [Marsha Wilcox](#). Using telescopes, dedicated astronomy cameras and specialized filters, Marsha captures awe-inspiring celestial scenes such as stars and nebulae in the night sky.

Movie Matinees



Open to all seniors/free

Shown with closed captioning when available

Monday, November 4th, 1:00-3:20pm *Death on the Nile* (1978, PG) Hercule Poirot murder mystery based on the Agatha Christie novel. Stars the late Dame Maggie Smith, Peter Ustinov, Angela Lansbury, Mia Farrow, Bette Davis, Olivia Hussey, and David Niven. *This film is shown in collaboration with the Acton Memorial Library.*



Monday, November 18th, 1:00-3:00pm *Mending the Line* (2022, R for

language & war violence) A Marine wounded in Afghanistan learns to face his combat trauma through friendship with an older veteran and the healing practice of fly fishing.

Inspired by the organization Warriors & Quiet Waters that uses fly fishing to help heal. This film has strongly emotional content that may be upsetting to some. Stars Brian Cox, Sinqua Walls & Wes Studi.



Monday, November 25th, 1:00-2:50pm *Ball of Fire* (1941) In this screwball comedy, a group of professors working on a new encyclopedia encounter a brash nightclub singer who the police are hoping will help them bring down her mobster boyfriend. Gary Cooper and Barbara Stanwyck co-star. Nominated for four Oscars including Best Actress for Stanwyck. John Clark showed a clip of a nightclub scene featuring the Gene Krupa Band in a recent lecture. *This film is shown in collaboration with the Acton Memorial Library.*

Holiday Decoration Clean Out – beginning December 2nd. Many of us are trying to downsize the amount of decorations but aren't sure what to do with them. We also know of many people who are starting out or starting over that do not have many decorations. Please bring clean decorations that are still in good condition to the Senior Center **Monday, December 2nd from 8:00am-4:30pm and Tuesday, December 3rd, 8:00-12noon.** We will open our doors for folks of all ages to take what they can use **Tuesday, December 3rd, 2:00-7:00pm and Wednesday, 4th from 8:00am- 4:00pm.** We will not be accepting any large items (i.e. trees, outdoor decorations) or older lights.



Groups

Spotlight on the News Gathering

Mondays, 10:30am -12:00pm

No meeting November 11th

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.



Art Time

Tuesdays, 9:00-11:00am

Open to all seniors/free

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



Needle Arts Group

Wednesdays, 12:30-2:30pm

Open to all seniors/free

This friendly, social group is open to anyone interested in gathering to sew, knit or crochet. Donations of good quality, full balls or skeins of yarn are always welcome.



Genealogy Group

Tuesday, November 12th and 26th, 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

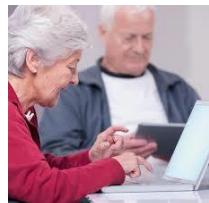
Wednesdays, 10:30-11:45am

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 learner. Facilitated by Sal Lopes.

Computer Club

Wednesday, November 13th, 1:30-3:00pm No Group on Nov 27th 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

- Note change to Terri's class schedule in December; that month's newsletter will contain details on recordings being shown during select 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



Active Aging with Terri Zaborowski

Mondays through December 9th, 8:30-9:30am No class Nov. 11th, Dec. 16th, 23rd, 30th
Tuesdays through December 10th, 9:45-10:45am No class Dec. 17th, 24th, 31st
Thursdays through December 12th, 9:45-10:45am No class Nov. 28th, Dec. 19th, 26th, Jan. 2nd

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, 11:00 am-12:00 noon No class Nov. 11th, Dec. 23rd & 30th
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 10th, 8:30-9:30am

No class Dec. 17th, 24th, 31st

Wednesdays through December 11th, 8:30-9:30am

No class Dec. 18th, 25th, Jan. 1st

Thursdays through December 12th, 8:30-9:30am

No class Nov. 28th, Dec. 19th, 26th, Jan. 2nd

Fridays through December 6th, 8:30-9:30am

No class Nov 29th & Dec. 13th, 20th, 27th, Jan. 3rd

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 Nov. 27th, Dec. 25th, Jan. 1st

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

Thursdays, 11:00 am-12:00noon

Open to out-of-town seniors/free

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 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 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.

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 Curb-to-curb van services can take you from home to the Senior Center, medical appointments, shopping... for more information or to **schedule rides, call Transaction at 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.

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

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.

The Town of Acton is conducting a **Climate Vulnerability Survey**. We want to better understand your experiences with and perspectives on extreme weather events and their impacts in Acton. The information you share will help identify local actions that the Town of Acton can take for our community to better prepare for, cope with, and recover from the impacts of extreme weather events. To fill out the survey visit: <https://bit.ly/mvpacton>

Mount Calvary Community Supper, 472 Massachusetts Ave. Wednesdays; 4:45-5:45pm, doors open at 4:15pm. [menu](#).



[General Election](#), Tuesday, November 5th, RJ Grey Jr High School, 7:00am-8:00pm.

Community Education

[Check out the Fall catalog.](#)

November at [Acton's Libraries](#)

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

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

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

[English at Large 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 a.m. - 12 p.m. In partnership with St. Mark Community Education Program.

[Introduction to Canva](#) Tuesday, November 5, 3-4 p.m. Learn the basics of Canva, the popular design website.

[The Hidden History of Black Boston with Joel Mackall](#) Wednesday, November 6, 6-8 p.m.

[Breathe for Change](#) Friday, November 8, 10-11 a.m. Guided meditation.

[Yarn & Needle Club](#) Tuesdays, November 12 and 26, 3-4 p.m. Meets the 2nd and 4th Tuesday of every month.

[One for the Revolutionary Road: Taverns and the American Revolution](#) Tuesday, November 12, 7-8:30 p.m. Northeastern University Professor Malcolm F. Purinton.

[Tech Help at West Acton Citizens' Library](#) Wednesday, November 13, 1:30-2:30 p.m.

[Repair and Renew Sewing Workshop](#) Thursday, November 14, 4-6 p.m.

[Holiday Baking Demonstration with Heidi McIndoo: Mini Pumpkin Pie Tartlets](#) Monday, November 18, 7-8 p.m.

[Acton Memorial Library Book Discussion Group](#) Tuesday, November 19, 6:30-8 p.m. Book: *North Woods* by Daniel Mason.

[Pine Hawk: A Day in the Life of a Local Archaeologist](#) Wednesday, November 20, 7-8:30

The **Council on Aging Board** hopes you are having a good autumn. The Seniors Read program is underway with seniors reading to children in grades Kindergarten - fourth grade. There is another opportunity for Acton seniors to participate in the ABRSD schools - serving as a Substitute Teacher. See [here](#) for a description of the Program and who to contact if you or someone you know is interested in doing this. We wish you a Happy Thanksgiving and a healthy November!

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.

□►Indicates that you must register in advance, call 978-929-6652 for COA programs.

For [information on our presenters](#)



Acton Nursing Services

Call 978-929-6650, Acton Nursing, for these programs starting Wednesday, October 30th

□► Flu and COVID Vaccine Clinic

All ages welcome

Wednesday, November 13th, 10:00am – 12noon

Registration required!

Acton Pharmacy will be offering Flu and COVID Vaccines to help residents combat these winter virus' keeping themselves and their families safe. Registration is required, please call Acton Nursing to schedule your appt. 978-929-6650. Both high-dose and regular dose flu vaccine will be available. Hosted by ANS.

□► Therapeutic Horticulture

Acton Seniors Only

Tuesday, November 5th, 6:00-7:00pm, November 6th and 20th 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 Tuesdays, November 5th & 19th, 1:00-7:00pm. Fridays, November 15th & 22nd, 9:00-12noon 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, November 19th, 6:00-7:00pm

Call 978-929-6650 to register

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 Senior only

Tuesdays, ongoing, 11:00am & 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, November 5th and 19th, 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 **clean** DME equipment, we are **UNABLE** to accept any adult diapers or depends, walking boots, c-pap machines & equipment. If you have questions regarding donations call and speak with one of our staff. Thank you for your generosity!

□► indicates that you must register in advance

We welcomed Fall with lots of well attended events.



Sivan Etedgee made a much anticipated return to the Center.

Ice Cream with a Cop in October!!



Our presentations on the First Peoples and the Nashobah Praying Indians were fascinating.



As well as presentations on history and music, or social events like sharing ice cream with the Acton PD we offer presentations by professionals in all manner of practical and legal subjects. The lecture on the Benefits of Irrevocable & Revocable Trusts was a full-house.

©THE ACTON COUNCIL ON AGING @ THE SENIOR CENTER,

NOVEMBER 2024 NEWSLETTER

Daylight Savings Time ends Sunday, November 3rd, 2024.