



Acton Council on Aging

At the Human Services Building & Senior Center

DECEMBER 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: December 25th and January 1st

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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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.



The Second Rome: A Brief History of the Byzantine Empire from 500-1450 with Paolo Di Gregorio

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

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



For nearly 1000 years the Byzantine Empire played an important, sometimes dominant, role in the Mediterranean. In this illustrated presentation, historian Paolo Di Gregorio will discuss how through war, peace, and political turmoil, the emperors in Constantinople, their generals and functionaries, controlled an empire that bridged East and West, and continued the imperial legacy of Ancient Rome.

Paolo Di Gregorio is a historian, archaeologist and educator. He is a Visiting Lecturer in the History Department at Bridgewater State University, and his passion for telling stories of our past is always appreciated by Acton's older adults!

► Holiday Tea Party

Tuesday, December 10th, 2:00-3:30pm

Come celebrate the season in style! This year Vintage Tea and Cake Company is catering our annual Holiday Tea Party. There will be tea as well as sweet and savory treats. The party is free of charge, thanks to a grant from the Executive Office of Elder Affairs.

Registration for this event is required.

Acton seniors only



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

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- "Age is Just a Number", p.5
- Caregiver Group, p.6
- Chess Lessons, p.10
- Christmas Carol Performance, p.4
- Gym Training, p.11
- Line Dancing, Wednesdays, p.5
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- Tech Help Appts p.3
- Words Galore, Thursdays, p.5

Meals

- Holiday Tea Party, 12/10 p.1
- Prison Dogs & Pizza, 12/17 p.4
- Monthly Breakfast, 12/20, p.7
- Robbins Brook Lunch, 12/17, p.7
- New Year's Eve, 12/31, p.7

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

Merry Christmas and Happy Holidays Sharon



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 the 4th from 8:00am- 4:00pm.**

We will not be accepting any large items (i.e. trees, outdoor decorations) or older lights.

► Acton Songsters with Ed Knights

Wednesdays, December 4th and 18th, 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. Sign up with the COA if you are new to the group. *After his career as an internal medicine physician at Acton Medical Associates, Ed became an avid volunteer in the community. He has a love of music and singing that he enjoys sharing with everyone. He has studied voice at the Boston Conservatory and performs in musicals and operas.*



► Poet of the Month: Robert Bly

Thursday, December 5th, 10:30-11:30am via Zoom

Open to all seniors/free

A native of Minnesota, Robert Bly is famous for his book *Iron John* which inspired the men's movement of the 1990s. He is the author of over 50 books of poetry and essay and is one of the most influential, prolific, and controversial American poets of the 20th century. Contact the COA at seniorcenter@actonma.gov to register and receive the Zoom link. *Val Walker, MS, is an educator and blogger for Psychology Today, and the author of The Art of Comforting and 400 Friends and No One to Call.*

Protect Yourself from Fraud and Identity Theft Presentation

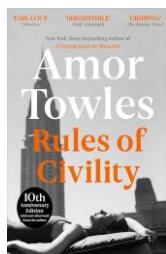
Thursday, December 5th, 1:00-2:00pm

Open to all seniors/free

Each year criminals steal billions from Americans using tactics including tech support and business impersonation, AI, cryptocurrency, and social media. Join Alice Diamond of the AARP Speakers Bureau for an eye-opening session where she will delve into the strategies of scammers and how you can outsmart them. Learn the essential steps to safeguard your identity and finances. Don't miss this crucial presentation—your security could depend on it! *Alice Diamond formerly served as Associate Dean of Career and Community Service at Lesley University. She became interested in joining efforts to combat fraud when she encountered numerous fraudulent job postings in her work. Alice volunteers on the AARP Fraud Watch Network Helpline.*



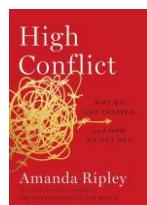
Book Discussion Group



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

Open to all seniors/free

The discussion for December's meeting will be around Rules of Civility by Amor Towles for the first hour of the meeting. For those who wish to stay to discuss High Conflict by Amanda Ripley, that will happen from 11:15-11:45am. 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. **This is a change from the description in the printed edition."



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

For information on our presenters

► Tech Help with Student Matthew Liu

Tuesday, December 10th, 4:00-6:00pm

ABRHS student Matthew will be available to answer 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.

学生 Matthew Liu 的技术帮助

12月10日星期二，下午4:00-6:00 仅限阿克顿高年级学生 ABRHS 学生 Matthew 将为您解答技术问题。

您对使用智能手机、平板电脑或电脑有疑问吗？如果可能，请携带您的设备。Matthew 会说英语和普通话。



► Technology Help Appointments with Acton Memorial Library

Thursday, December 12th, 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.



Holiday Music of the 50s & 60s with John Clark

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

Open to all seniors/free



Sit back and enjoy this multimedia presentation filled with familiar and cherished holiday songs from the 1950s and 1960s. You'll hear the stories behind *It's Beginning to Look a Lot Like Christmas* by Broadway composer Meredith Willson and Willie Nelson's *Pretty Paper*. Did you know that the prolific Johnny Marks had three hits during these years? *Rockin' Around the Christmas Tree* (Brenda Lee), *A Holly Jolly Christmas* (Burl Ives) and *Run Rudolph Run* (Chuck Berry)? And there were holiday novelty songs galore like *The Chipmunk Song*, *I'm Getting' Nuttin' for Christmas* and *I Saw Mommy Kissing Santa Claus*. You'll also see performance

clips featuring Perry Como, Brook Benton, Andy Williams, and Jose Feliciano. Get into the spirit of the season with these classic holiday favorites! *Prior to a career as a high school and adult education teacher, John Clark worked in music publishing in Nashville. He enjoys sharing his passion for music with senior centers and senior residences.*

Nutrition Presentation on Gut Health



Thursday, December 12th, 3:00-4:00pm

Open to all seniors/free

Join Reshma Nair of Volunteering for Seniors for a discussion on the role fiber, hydration and probiotics play in a healthy gut. *Reshma Nair is an executive director with Bridges by EPOCH and a volunteer with Volunteering for Seniors, an organization that curates a calendar of activities designed to suit the various interests and abilities of older adults. VFS is committed to fostering a sense of belonging and companionship and takes pride in bringing smiles, laughter, and a renewed sense of purpose to the lives of seniors.*

Art Exhibit

From mid-December to the end of January 2025 we are delighted to welcome back the art of Acton resident, Magda Stilmant. She uses a technique called needle dry wool felting. Inspiration comes from nature, local and far away landscapes. Trees feature prominently in many of her recent art works.



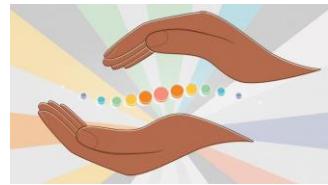
► Relaxing Reiki Appointments with Monica

Monday, December 16th, 8:30-11:30am

Acton seniors only

****Reiki appointments this month are open only to people who have previously been waitlisted and unable to obtain an appointment; staff will contact those people****

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 so we can call someone from the waitlist. *Monica Forrest is a certified Usui Reiki Master practitioner.*



► A Christmas Carol Live Performance

Tuesday, December 17th, 1:00-2:00pm

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

 Join actors Stephen Collins and Poornima Kirby for a funny, heartfelt journey through Charles Dickens' classic, *A Christmas Carol*. This adaptation shows Ebenezer Scrooge's transformation from a grumpy, selfish misanthrope to a generous, wise and kindly man, full of the spirit of Christmas.

With Stephen playing Scrooge and Poornima swiftly changing between the other characters, this fast-paced, playful adaptation keeps the beauty and humor of Dickens' original text, interspersed with melodious Christmas carols, and even a lively English folk dance. Come warm your heart and ring in the holiday season with this refreshing take on a familiar tale! Magic, Music, Transformation? . . . Humbug!



► Prison Dogs Documentary with Pizza & Pup Visit

Tuesday, December 17th, 5:00-7:00pm

Acton residents only

Acton Police Officer Jon Stackhouse will discuss the Puppies Behind Bars program, followed by a showing of the *Prison Dogs* documentary. The film focuses on three New York prisoners who raise puppies to become service dogs for US veterans and first responders/law enforcement. Pizza will be served, courtesy of the Acton Police Association. The Department's service dog Zane is a graduate of the program—and his birthday happens to be this month! Please sign up with the COA.

Java with John

Friday, December 20th, 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. Peter Light the Superintendent of AB Schools will be joining him. Acton TV will be filming it live.

Visit Bodacious the Therapy Dog

Wednesdays, 10:00am to 12noon

No visit on Dec. 25th

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!



There will not be a Memory Lane Café in December.

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

Hot Topics Discussion Group

Wednesdays, 10:30-11:45am No meeting Dec. 25th

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.



□► Line Dancing with Paul

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

Open to out-of-town seniors--\$10 for remaining classes

Class started last month 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. For a description of steps and a link to a tutorial click [here](#).



□► Words Galore via Zoom

Thursdays through December 19th, 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. Session started last month but you can still join—contact the COA at seniorcenter@actonma.gov to receive the Zoom link. *Val Walker, MS, is an educator,*

blogger and author. She offers her wordplay and poetry classes at many Senior Centers and enjoys sparking our wits and encouraging lighthearted banter—and fun!



Laugh for Your Health with Susan Phillips

Thursdays, 11:00am-12:00noon

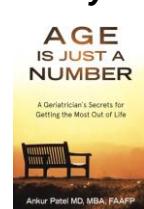
Open to all seniors/free

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

□► “Age is Just a Number” Book Study Group

Fridays through January 10th, 10:00-11:00am No class Dec. 27th

Open to all seniors/free



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. New people welcome to this group that began in November—you'll have to catch up on the reading. *Tracy Woods is a certified Older Adult Peer Specialist. All are welcome to this joint venture between the Acton Council on Aging and the Northeast Independent Living Program.*

Support Groups

□► Caregiver Support Group via Zoom

Tuesdays, December 3rd and 17th, 3:00-4:30pm

Open to all caregivers of older adults/free

Caregivers of older adults, please join Julie Norstrand, PhD, MSW, for this group that meets via Zoom and offers practical and emotional support. New participants 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. Funded by an Executive Office of Elder Affairs grant. *Julie Norstrand, PhD, MSW, and MSc, is an adjunct Professor at Regis College. She is the founder of Help My Aging Parents and serves on the Newton COA Board.*



Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, December 17th, 11:00-12noon

Open to all/free

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

Movie Matinees

Open to all seniors/free



Shown with closed captioning when available

Monday, December 2nd, 1:00-2:45pm *My Old Lady* (2014, PG-13)

An American inherits a Paris apartment that comes with an unexpected resident. Dramatic comedy stars the late Dame Maggie Smith, Kevin Kline and Kristin Scott Thomas. *This film is shown in collaboration with the Acton Memorial Library.*



Monday, December 9th, 1:00-2:35pm *From Time to Time* (PG-2009) In 1940s England, a boy spends Christmas with his grandmother at her country estate while waiting for news on his father who is missing-in-action. He soon finds he can pass through time to witness family stories. Julian Fellowes film stars Dame Maggie Smith, Hugh Bonneville, Dominic

West, and Timothy Spall. *This film is shown in collaboration with the Acton Memorial Library.*

Monday, December 16th, 1:00-3:15pm *The Holdovers* (2023, R for language) A curmudgeonly New England private school teacher stays on campus during Christmas break, forming an unlikely bond with a brainy but troubled student and the school's cook who just lost a son in the Vietnam War. Stars Paul Giamatti, Da'Vine Joy Randolph and Dominic Sessa.



Filming locations include Deerfield Academy, Groton School, Fairhaven High School, St. Mark's School of Southborough, Wakefield Bowldrome, and Pleasant Café in Roslindale. Best Picture Oscar nominee with a win for Supporting Actress Randolph.



Monday, December 23rd, 1:00-2:40pm *Lured* (1947) Police are after a serial killer who lures his female victims through newspaper personal ads and sends poetry as clues to the cops. Lucille Ball and George Sanders co-star. *This film is shown in collaboration with the Acton Memorial Library.*

Monday, December 30th, 1:00-2:35pm *Rather* (TV-MA, 2023) Documentary on the rise

and fall of broadcast journalist and "Big Three" nightly news anchor Dan Rather. He covered stories including the Civil Rights movement, JFK's assassination, the Vietnam War, Abu Ghraib, fall of the Berlin Wall, and Watergate. The filmmaker weaves the past, present and future of journalism into the story.



The Council on Aging Board wishes you a warm and healthy winter.

There are many wonderful activities in Acton and the area to help you avoid isolation and enjoy the season. Be sure to take precautions when going out in the winter weather to avoid falling or accidents.

Several Acton seniors have participated in the Seniors Read program during November, enjoying sharing time with elementary school children.

Happy Holidays and all the best to you and your family from the Council on Aging Board.

COA Board Meeting Tuesday, December 17th at 10:00am on [Zoom](#)

Meals at the Senior Center

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



□► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, December 17th, 12noon

Open to all seniors

Join us for beef brisket, garlic mashed potatoes, carrots, roll and dessert for \$3.00. Sign up is required.

□► Monthly Breakfast

Friday, December 20th, 9:00am

Acton seniors only

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

□► Noon Year's Eve Celebration

Tuesday, December 31st arrive at 11:45am

Acton seniors only

Let's ring in the New Year right! Asako Judson will be preparing boiled dumplings, spring rolls (Chinese egg rolls), fried rice, noodle salad, Mapo (tofu and pork), and mango pudding.

Sign up by December 24th. Cost \$5.00. This meal is partially funded by the Friends of the Acton COA.



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

Closed December 26th. Stop in and see what's for lunch! The menu will be posted at the Senior Center, on our website, www.actoncoa.com 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, December 24th. Anyone with a birthday this month can enjoy a free lunch and special dessert this day. Sign up with John Day in the kitchen on 781-221-7098. 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.

□► indicates that you must register in advance, call 978-929-6652 information on our presenters

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| DECEMBER 2 | 3 8:00-4:30 Holiday decorations drop off 8:30 Active Aging 11:00 Tai Chi//Taijian 1:00 Movie 1:00 Mah Jongg | 4 8:00-12:00 Holiday Decorations Drop off 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 1:00 Sheriff's Office Holiday Scams Awareness Talk 2:00-7:00 Holiday Decorations Pick Up 3:00 Caregivers Support via Zoom 4:00-6:00 Stop & Shop Event 6:00 Therapeutic Horticulture- ANS | 5 8:00-4:00 Holiday Decorations Pick Up 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 Acton Songsters 1:30 Drop-in Bridge 2:30 Line Dancing | 6 Center closes at 12 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 Laugh for Your Health 11:30-1:30 Bistro 30 1:00 Identity Theft Presentation 1:00 Chess Lessons/Club 1:00 Mah Jongg |
| 9 8:30 Active Aging 11:00 Tai Chi//Taijian 1:00 Movie 1:00 Mah Jongg | 10 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 10:00 Book Discussion Group 11:00 Maintenance Balance – ANS 1:00 Genealogy Group 2:00 Holiday Tea Party 4:00 -6:00 Tech Help with student Matthew Liu 6:00 Meditation & Chair Yoga - ANS | 11 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 Therapeutic Horticulture - ANS 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 1:30 Computer Club 2:30 Line Dancing | 12 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:00 Tech Help Appts 11:00 Tai Chi Practice 11:00 Laugh for Your Health 11:30-1:30 Bistro 30 1:00 Holiday Music with John Clark 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Gut Health Presentation | 13 Center closes at 12 10:00 Nouvonne Fitness 10:00 "Age is Just a Number" Study Group |
| 16 8:30-11:30 Reiki Appts 1:00 Movie 1:00 Mah Jongg | 17 8:30 Senior Fitness Video Recording 9:00 Art Time 9:45 Active Aging Video Recording 10:00 COA Board Mtg via Zoom 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 11:00 Grandparents Group 12:00 Robbins Brook Lunch 1:00 A Christmas Carol 3:00 Caregivers Support via Zoom 5:00 Prison Dogs Documentary with Pizza and Acton PD's Zane | 18 8:30 Senior Fitness Video Recording 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Therapeutic Horticulture - ANS 10:30 Hot Topics 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Drop-in Bridge | 19 8:30 Senior Fitness Video Recording 9:00 Words Galore via Zoom 9:45 Active Aging Video Recording 11:00 Tai Chi Practice 11:00 Laugh for Your Health 11:30-1:30 Bistro 30 1:00 The Second Rome with Paolo Di Gregorio 1:00 Mah Jongg 1:00 Chess Lessons/Club | 20 Center closes at 12 9:00 Breakfast 9:45 Java with John 10:00 Nouvonne Fitness 10:00 "Age is Just a Number" Study Group |
| 23 1:00 Movie 1:00 Mah Jongg | 24 9:00 Art Time 11:00 Maintenance Balance – ANS | 25 Building Closed | 26 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Chess Lessons/Club 1:00 Mah Jongg | 27 Center closes at 12 |

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| 30 1:00 Movie 1:00 Mah Jongg | 31 8:30 Senior Fitness Video Recording 9:00 Art Time 9:45 Active Aging Video Recording 11:00 Maintenance Balance – ANS 11:45 New Year's Eve Celebration | January 1, 2025 Building Closed | 2 8:30 Senior Fitness Video Recording 9:45 Active Aging Video Recording 11:00 Tai Chi Practice 11:00 Laugh for Your Health 11:30-1:30 Bistro 30 1:00 Chess Lessons/Club 1:00 Mah Jongg | 3 Center closes at 12 10:00 Nouvonne Fitness 10:00 "Age is Just a Number" Study Group |
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The COA does not endorse or promote any service or company who makes a presentation. We encourage you to be an 'educated consumer' before entering into contract with any service provider. Movie titles are available on p.6. ANS=Acton Nursing Program – contact 978 929 6650 with questions/to register. Calendar Notes Programs and Classes are correct at time of going to press; circumstances beyond our control may result in cancellation, postponement, or a change in how we deliver the program. Follow us on Facebook for updates, see the website www.actoncoa.com and sign up for notifications



This month the following activities are supported by the Friends of the Acton COA: A Christmas Carol, The Second Rome, Poet of the Month, Holiday Music of the 50s & 60s, Words Galore, Movies, and Tai Chi class.
To learn more about the [Friends](#).

THANK YOU TO: The Friends for the Needle Arts Sale, and all our wonderful volunteers.

| ACTON COA STAFF | COA BOARD |
|--|---------------------------------|
| Sharon Mercurio, Director | <i>Emi Azar</i> |
| <i>Rosie Atherton, Office Manager</i> | <i>Jeff Bergart</i> |
| <i>Chris Chirokas, Program Manager</i> | <i>Michelle Brady</i> |
| <i>Wendy Curtis, COA Customer Service Coordinator</i> | <i>Lori Cooney, Secretary</i> |
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| <i>Rosie Murphy, Human Services Customer Service & Communication Assistant</i> | <i>Ann Kulsick</i> |
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| <i>Fiona Starr, COA Customer Service Coordinator</i> | <i>Niru Velankar</i> |
| <i>Terri Zaborowski, Exercise Instructor</i> | |
| Board will next meet: Tuesday, December 17th, 10:00am via Zoom | |
| COA Friends will next meet: Monday, January 13th, 2025, 10:00am | |

A Message from the **Friends of Acton COA**
The Friends wish to thank everyone who assisted with and/or attended the recent **Jewelry Sale**, proceeds of which support programming at the COA.
Be sure to sign up for the **Holiday Tea Party** and **New Year's Day Celebration**.
The Friends of the Acton COA will next meet Monday, January 13th at 10am.

Games

Morning Open Activity Time

Weekdays, 9:00-11:30am No activity time Dec. 20th & 25th

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



Open to all seniors/free

Mah Jongg Time

Mondays and Thursdays, 1:00-4:00pm

Open to all seniors/free

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. Games follow National Mah Jongg League rules.

Weekly Cribbage Game

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. Instruction will be given if you do not know 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

Wednesdays, 1:30-3:30pm

Open to all seniors/free

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

Thursdays, 1:00-4:00pm

Open to all seniors/free

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

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.



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

Genealogy Group

Tuesday December 10th, 1:00-2:30pm

Open to all seniors/free

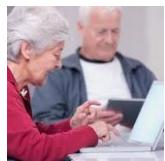
Discover your family history in a supportive environment. Novice, experienced, or simply the curious are welcome. Learn the basics, get advice, and share new discoveries and strategies. Emphasis is on research methods, presentation formats, and the meaningfulness of preserving the past for future generations.



Computer Club

Wednesday, December 11th, 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

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.



Exercise Classes

- Terri will not be teaching Senior Fitness and Active Aging from December 13th through January 3rd; recordings of classes will be shown at select class times (see below)
- Monday's Tai Chi class taught by Linda will only meet on December 2nd and 9th this month
- Exercise classes are limited to Acton residents age 60 and up
- To keep the floor safe for all, please bring clean, supportive shoes to change into for class
- 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
- All attendees must have an exercise class waiver on file and up-to-date emergency contact information

Exercise Video Recording Schedule:

While Terri is off, you may work out in the gym (introductory training required), try a different class, or participate at the Senior Center via recordings of Terri's classes on these dates:

Senior Fitness at 8:30am, Tues Dec. 17th & 31st, Wed Dec. 18th, Thurs Dec. 19th & Jan. 2nd

Active Aging at 9:45am on Tues Dec. 17th & 31st, Thurs Dec. 19th & Jan. 2nd

You can [view](#) recordings of Terri's classes from your device or smart TV at home and scroll down to a class of your choice.

Active Aging with Terri Zaborowski

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

No class 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 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). *Terri Zaborowski has been teaching fitness classes for the COA since 2000. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*

Tai Chi/Taijiquan Class with Linda Sango

****Note change in schedule****

Mondays through December 9th, 11:00am-12:00noon

No classes Dec. 16th through Jan 6th; will return January 13th

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 Occidental Taoist Jeff Coté, who distills the essence of Tai Chi into fundamental principles. Students will be encouraged to learn single movements and explore postural, movement and conceptual principles, rather than learning as many form movements as possible. 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 Dec. 19th, 26th, Jan. 2nd

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

No class 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 through December 18th, 10:00-11:15am

The last class of each month is a healthy joint class

No class Dec. 25th, Jan. 1st

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

Thursday Tai Chi Practice

Thursdays, 11:00am-12:00noon

Those who participated in the specific form previously offered in the Thursday 11:00 Tai Chi class continue to practice together at the Senior Center.

Open to out-of-town seniors/free

NouVonne Fitness with Yvonne Benelli

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

No class 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. *Yvonne Benelli holds an MS in Clinical Exercise Physiology, a BS in Physical Education, and taught American Red Cross CPR/First Aid for over 40 years as well as a multitude of fitness classes, including current classes in AquaCize & water aerobics (outdoors and indoors), Pilates, outdoor exercise year-round, and personal training (on land and in water).*

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 (LIHEAP), provides assistance with heating bills to eligible households. The program operates annually from November 1st 2024– April 30th 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 |

Senior Real Estate Tax Relief

There are numerous ways you might qualify for tax relief if you are: over 65 with income and assets that are lo-to-moderate, over 70, veteran with a disability or experiencing financial hardship in general. To find out if you qualify, visit the Acton town website and click on the “quick link” for Property Tax Relief Programs or call the Assessor's Office for more details at 978-929-6621.

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.

December at Acton's Libraries

Check for [the latest news](#).

[Check](#) www.actonmemoriallibrary.org/calendar for more information, & to register for programs.

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

[Investing for Retirement](#) Tuesday, December 3, 6:30-7:30 p.m. CFA Society Boston answers common questions about retirement.

[Books in Bloom with the Acton Garden Club](#) Thursday, December 5, 6:30-8 p.m. Floral interpretations of books published in 1934, the year the Garden Club was organized.

[Winter Concert Series: ABRHS Madrigal Singers](#) Sunday, December 8, 2-3 p.m. Traditional holiday melodies.

[Yarn & Needle Club](#) Tuesdays, December 10 and 24, 3-4 p.m. Meets the 2nd and 4th Tuesday of every month.

[Tech Help at West Acton Citizens' Library](#) Wednesday, December 11, 1:30-2:30 p.m.

[Author Visit & Book Signing: Fred Kinch](#) Thursday, December 12, 7-8 p.m. Author of the new book *The Business of Secrets*, experiences while selling cryptographic equipment.

December at Community Education

Check out the Fall catalog at www.abce.abschools.org

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



LGBTQIA+ And Friends Event

Saturday December 21st, 11:00am-1:00pm

Minuteman Senior Services Office, Suite 101, 1, Burlington Woods Dr., Burlington MA

01803. Please join us for a screening of the movie *Rustin*. *Rustin* illuminates the work of civil rights activist / rainbow icon Bayard Rustin, awarded the Presidential Medal of Freedom as the key organizer of the March on Washington for Jobs and Freedom at which Dr. Martin Luther King, Jr. delivered his "I Have a Dream" speech. A cold, light lunch will be provided. All are welcome. RSVP by Monday, December 17th, 2024 at 781-275-6825 or coa@BedfordMA.gov Sponsored by Bedford Council on Aging, Minuteman Senior Services, Lexington Human Services and LGBTQIA+ Aging Project (A program of the Fenway Institute.)

Acton Nursing Services

Call 978-929-6650, Acton Nursing, for these programs starting Wednesday, November 27th

□► Therapeutic Horticulture

Acton Seniors Only

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

Make a green centerpiece with your choice of festive embellishments. All supplies are provided. 12 participants per class.

□► Podiatry Clinics

Acton Seniors Only

Appointments Tuesdays, Dec 3rd and 17th, 1:00-7:00pm. Friday, Dec 6th and 13th, 8:45am-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, December 10th, 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, December 3rd and 17th, 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!



**NOW HIRING !!!!!
For Our NEW Acton Location
At 252 Main Street
Tentatively scheduled to open on 12/13**

**Looking to hire 75+ part-time associates!
Endless opportunity to learn and for career growth.**

Hiring for ALL departments

**We will be visiting the Acton Senior Center on 12/3 from
4pm-6pm!**

**PLEASE CALL ANY TIME TO SPEAK WITH THE HIRING
MANAGER FOR ADDITIONAL DETAILS.
PHONE NUMBER: 978-897-6449**

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.

November was as busy as usual



Paolo Di Gregorio presented to a packed room on the subject of "Pilgrims and Patriots – the Making of New England."



Caramel Apple Cooking with Asako
was a fun Fall activity

Happy Thanksgiving!



The Needle Arts Group held their annual sale with proceeds going towards the Friends and their support of programs at the Senior Center.



THE ACTON COUNCIL ON AGING @ THE SENIOR CENTER, DECEMBER 2024 NEWSLETTER

*The Center is closed Wednesday, December 25th and Wednesday, January 1st, 2025
Be sure to check the calendar for schedule changes over the festive period.*