



Acton Council on Aging

At the Human Services Building & Senior Center

JANUARY 2025



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: January 1st and 20th
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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Photojournalist Jon Chase Presentation

Thursday, January 9th, 1:00-2:00pm

Open to all seniors/free

Jon Chase will present a cross-section of his work, which is comprised primarily of portraits and documentary images. Jon is a photojournalist who has worked for newspapers, the Associated Press, and most recently as a University Photographer at Harvard. In addition to photographing luminaries from all walks of life at Harvard, Jon has pursued his own personal work, which includes collections from Chinese orphanages, Mexico, Native

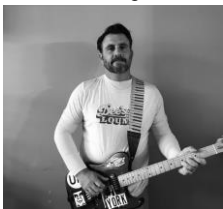


Americans out West, prisons, coal miners in Appalachia, and a Cambridge hospice. In addition, he has published a book, The Fight for Newton Corner. Jon lives in Acton with his wife Louisa.

Music of Willie Nelson Performance with Matt York

Tuesday, January 7th, 1:00-2:00pm

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



Longtime New England singer/songwriter Matt York will perform songs and tell stories about the great Willie Nelson. York will focus on Willie's long and illustrious music career that has spanned over seven decades. *In both 2022 and 2023, York was nominated for the Boston Music Award for Best Country Artist and last year, his album, Gently Used, was named one of the top albums by Worcester Magazine.* His performance of Johnny Cash's music at

the Senior Center was a big hit!

The 20th Century: A 1900-1909 Review with Dawn Gomez

Wednesday, January 22nd, 1:00-2:00pm **Open to all seniors/free**

The dawn of the 20th century found humanity at the brink of many societal changes. Imagine growing up in the first half of the Progressive Era in America. Cars were just a novelty and almost no one dreamed that one day man would fly. A country comprised of only 45 states and divided into mostly upper and lower classes. Agriculture was the predominant occupation and diseases that today are virtually extinct were a constant threat. What was the landscape and lifestyle like? From tenements to farms and urban to rural we'll look at how people worked and lived before many of today's necessities had yet to be invented. From cooking and food to fashion and fun, trends and styles will be discussed. Come learn more about the life our American ancestors experienced during this decade and share your own family stories. Dawn Gomez, *Reminiscing Round Table* founder,

provides topic-based programs for seniors at several local assisted living and senior center communities.



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

- ☐ Acton Songsters, p.3
- ☐ Age is Just a Number, p.6
- ☐ Art Class with Fran, p.4
- ☐ Ask the Lawyer, p. 3 & p.4
- ☐ Caregiver Group, p.6
- ☐ Caregiver's Journey, p.2
- ☐ Chess Lessons, p.10
- ☐ Cooking Class, p.2
- ☐ Forgiveness & Healing, p.3
- ☐ Gym Training, p.11
- ☐ Line Dancing, p.4
- ☐ Lunar New Year Show, p.5
- ☐ Memory Lane Café, p.5
- ☐ Normal Memory Loss? p.4
- ☐ Reiki Appointments, p.2
- ☐ Stand Tall, Age Well, p.3
- ☐ Tech Help Appts p.2
- ☐ Words Galore, Thursdays, p.6

Meals, page 7

- ☐ Monthly Breakfast, 1/17
 - ☐ Robbins Brook Lunch, 1/21
 - ☐ Dinner with Doug, 1/28
- For **Nursing programs** call
978-929-6650 -see p.15

Director's Corner

Happy New Year! This time of year, many of us are motivated to make positive changes to our lives. A nutritious diet, physical activity, social engagements and mentally stimulating pursuits can all help us stay healthy. The Senior Center offers many different educational, recreational and wellness programs, most of which are free of charge to Acton seniors. If you have not been to the Senior Center, please make a point of stopping in to see all that we have to offer. **Sharon**

Tech Help with Sid

Thursdays January 2nd, 9th and 16th from 1:00-4:00pm

Acton seniors only

College student Sid Bhatt will be at the Senior Center to answer and assist you with any tech. questions you may have using your phone, tablet or computer. If possible, bring your device with you.



☐► Technology Help Appointments with Acton Memorial Library

Thursday, January 9th, 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.



☐► Relaxing Reiki Appointments with Monica

Acton seniors only

Monday, January 13th, 8:30-11:30am

Sign-up for a 30-minute appt. starting Tuesday, January 7th after 8:30 am: 978-929-6652 (no voicemails please)

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 with a private practice in Acton, blackirisreiki.com.*



☐► Miso Soup & Onigiri Cooking Class with Asako Judson

Tuesday, January 14th, 2:00-3:00pm

Acton seniors only

Soup's on at the Senior Center for National Soup Month! Join Asako Judson to learn to make two Japanese dishes: miso soup with a vegetable stock base as well as Onigiri, a stuffed rice ball. Soup making will be a demonstration; participants will make their own rice balls, using both a traditional recipe and a new version. These triangular rice balls are delicious and making them is a hands-on, fun activity! *Asako Judson, who lives in Acton, has worked at several restaurants and as a private chef and caterer.*

☐► A Caregiver's Journey - Ups, Downs, Obstacles and Resources

Tuesday, January 14th, 6:00-7:00pm

Open to all seniors/free

Join us for a real talk about the highs, lows, challenges, and support available on the journey of caregiving! Ellie Andbiner, founder of Caregivers Wellbeing and Vikki Levine, Business Development Director of Ezra Home Care, LLC have combined their professional and personal knowledge of the caregiver's journey and have created an educational & interactive conversation that presents the different paths and resources available when it comes to being a primary care partner and aging in place/non-medical home care services. Ellie and Vikki warmly welcome our audience to ask questions, share their concerns about care, caregiving and being a care partner.

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

☐► Ask the Lawyer

Acton seniors only

Wednesday, January 15th, 9:30am -12:30pm

Estate Planning Attorney, Dale J. Tamburro is offering strictly limited 1-hour private legal consultations. Call the COA on 978-929-6652 to book an appointment.



Real Estate Changes: Understanding Agent Compensation

Wednesday, January 15th, 11:00am to 12noon

Open to all seniors/free

Join us for an insightful seminar where we discuss the dynamic world of real estate, a sector that has captured widespread media attention in recent years due to unprecedented demand, multiple offers, and soaring sold prices. However, the landscape is evolving, and significant changes have emerged, particularly concerning agent compensation. Heather Murphy from Keller Williams Realty Boston North West will provide insights into the changes affecting agent compensation and what these changes could mean to buyers and sellers.

☐► Acton Songsters with Ed Knights

Wednesdays, January 15th and 29th, 1:00-1:45pm

Open to all seniors/free

Join Ed Knights for this group that sings along to 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



☐► Stand Tall, Age Well: A Guide to Posture and Health with Physical Therapist Mary Evans

Wednesday, January 15th 2:00-3:00pm

Open to all seniors/free

Our posture plays a significant role in how easily we move around as we age. A stooped posture and scoliosis develop for many as we age, and can cause considerable discomfort and affect balance. The good news is that we can all become posturally aware, strengthen our muscles around the spine, and make changes for long-term spinal health. Sitting and standing tall aren't just about good posture, they give us confidence, improve our ability to see our surroundings, ease digestion, build bone and muscle strength, improve our breathing patterns, and help stabilize our balance. Join Dr. Mary Evans PT, DPT, MS, C2 BSPTS to hear the simple steps you can take to start improving your posture today. *Mary Evans is a doctor of physical therapy who specializes in spinal health with a focus on kyphosis and scoliosis. She can be found at Rehabhealth360.com.*

☐► Forgiveness & Healing with Dr. Miriam Diamond via Zoom from Home or Senior Center

Thursday, January 16th, 1:00-2:00pm

Open to all seniors/free

Forgiveness, acceptance, reconciliation...these are important ideals, often easier said than done. In this workshop we'll consider their deeper meaning and how they connect to our personal experiences. Join Miriam Rosalyn Diamond, PhD, to explore steps toward healing emotional wounds and shifting from being victims to heroes. This is a two-part workshop. In part 1, we'll focus on definitions, types of forgiveness, and working through emotions. Watch the February newsletter for Part 2 that is happening on Thursday, February 20th, where we'll explore navigating discussions with the other party/ies, seeking forgiveness, and self-forgiveness. You are welcome to attend either or both sessions. You can participate via Zoom from home or the Senior Center with a group watching on a large screen TV. Register for Part 1: seniorcenter@actonma.gov or 987-929-6652.

Java with John

Friday, January 17th, 9:45am

Open to Acton residents

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

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

Please visit the online newsletter at www.actoncoa.com for easy to follow links, full color and updated information.

▣► Drawing and Watercolor Painting Class with Fran Hewitt

Tuesdays, January 21st through March 25th, 9:30-11:30am

Acton seniors only

Registration for this session begins Tuesday, January 7th after 8:30 am; call 978-929-6652 (no voicemails please)

Participants in this class will learn how to use basic drawing skills and watercolor techniques to create pictures. We will explore line, color, shape, form, and texture as we draw and paint. Subjects for our work will include photographs of still-life objects, landscapes, animals, portraits, and flowers. No prior art experience is required to participate. If you have drawing and/or watercolor painting experience, you will use your knowledge to improve your skills. The supply list for this class is unchanged from the last session; it is available at the COA reception desk and can be emailed upon request.

▣► Is it Normal Aging or is it Memory Loss?

Tuesday, January 21st, 1:00-2:00pm

Open to all seniors/free

Differentiating between memory loss that is a natural part of aging and memory loss that is associated with early-stage dementia can be difficult for anyone. We will give tips and provide insight on recognizing the most common signs of early-onset dementia in the hope that more people can identify the symptoms, and the disease can be diagnosed and treated as early as possible. Please join presenter Sarah Turcotte and the team from Bridges by EPOCH for this great topic. Refreshments to be served.

▣► Ask the Lawyer

Tuesday, January 21st, 1:00-3:00pm

Acton seniors only

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

Chat with Matt

Tuesday, January 21st, 4:30-5:30pm

Open to all/free

ABRHS student Matt is starting a social group. Come down, enjoy some light refreshments great conversations and a warm community. Matt speaks English and Mandarin.

▣► Line Dancing with Paul

Wednesdays, January 22nd through March 12th, 2:30-3:30pm

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



Join in on the winter session of line dancing! 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 EOEA—a \$1 donation per class for Acton residents is suggested.

The Girls & the Girl Groups of the 60s with John Clark

Thursday, January 23rd, 1:00-2:00pm

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

Early rock & roll was dominated by a male perspective but from about 1958 to 1964 the music of female singers and groups spoke to the emotions and situations of adolescent girls. First came Connie Francis with teen love songs like *Where the Boys Are*. Lesley Gore was all about boyfriends and betrayal with *It's My Party* and its dramatic sequel *Judy's Turn to Cry*. Then came the payback of the Angels' *My Boyfriend's Back*. The stakes were higher in loss-of-innocence classics like *Will You Love Me Tomorrow* and *Remember (Walking in the Sand)*. There were songs about the bad boys that these girls loved like *Leader of the Pack* and *He's a Rebel*, and about the joys of falling and being in love like *Be My Baby*, *He's So Fine*, *I Will Follow Him* and *Chapel of Love*. Along the way you'll also hear the hits of the female TV stars of the era: Connie Stevens, Shelley Fabares and Annette Funicello. The agony *and* the ecstasy is all there (and set to music) in this program.



☐► Memory Lane Café

Tuesday, January 28th, 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 meet Det. Leo Gower & Clinician Beth Van Emburgh from the Acton PD, while getting a little creative. We do ask attendees to bring their care partners. Lunch will be provided. Sponsored by Acton COA, Concord Park & Cooperative Elder Services. Please let us know if you plan to attend.

Charles Ponzi: Boston's Contribution to Financial Fraud and Deceit with Author Robert Ainsworth

Tuesday, January 28th, 1:00-2:00pm

Open to all seniors/free

"I will pay you 50% return on your money in 45 days"—Charles Ponzi, 1920, Boston. To over 20,000 people, this promise sounded like manna from heaven, and they handed over \$10,000,000. Then the manna turned to cardboard and their life savings were gone. Everyone has heard the term Ponzi Scheme splashed over the news thanks to Bernie Madoff and other fraudsters. But do you really know what it means? Where the idea came from? How did it operate? Who was the man whose name lives in infamy? This presentation based on Bob's research for his recently published book *Ponzi'd*, will introduce you to Carlo Pietro Giovanni Guglielmo Tebaldo Ponzi, aka Charles Ponzi, as well as Bernie Madoff, Elizabeth Holmes, and other fraudsters such as a man who sold the Brooklyn Bridge and another who sold the Eiffel Tower. *An avid reader of mysteries, thrillers, as well as historical non-fiction, Bob Ainsworth has self-published four novels of his own. He found while teaching accounting that his students were interested in his anecdotes about fraud—and his idea for a mystery series was born.*



Il Bel Paese: A Journey Through Italy Part 1 with Paolo Di Gregorio

Tuesday, January 28th, 3:00-4:00pm

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

There are few places that are as rich in beauty, culture, & history as Italy. For centuries, travelers, poets, & artists have been drawn to the country, & many have been seduced by life on the peninsula. This three-part series examines the history and culture of Italy by looking at some of the great cities, artists, & events that have captivated and inspired many. It will continue in February & March.

Acton Finance Committee Listening Session

Tuesday, January 28th, 6:00-7:00pm

Open to all Acton residents

The Acton Finance Committee (FinCom) is seeking your input! This listening session will give residents an opportunity to share their thoughts on what they consider to be "essential" services, as well as their ideas on which costs could be cut. With voters approving a tax override in 2024, this is not a normal year for FinCom, who plan on articulating a clear and united fiscal message, to develop and advocate for unified policies, as well as share information and work together to increase the efficiency and effectiveness of municipal service delivery.

Proposed New Department of Public Works Facility Discussion

Thursday, January 30th, 1:00-2:00pm

Open to all Acton residents

Select Board Vice-Chair Dean Charter, who chairs the Department of Public Works Building Committee, will present the justification, plans, and cost estimate for the proposed new Public Works Facility that will replace the existing building at 14 Forest Road. A debt exclusion override will be voted on at the April election and will be presented for a vote at the Annual Town Meeting in May. This discussion will be informal and interactive.

☐► Chinese/Lunar New Year Performance

Tuesday, February 4th, 1:00-2:00pm

Open to all seniors/free

A group of local Chinese musicians will join us celebrating 2025 Chinese New Year! They will present a very pleasant program with a combination of Chinese and western music, covering Chinese folk instrument, Erhu solo, Chinese folk dance, vocal ensemble, duet, and solo, along with piano concerto! The program will be followed by refreshments.

Art Exhibit

We are delighted to show the art of Acton resident, Magda Stilman until the end of January. 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. [We are seeking new artists to exhibit.](#)

Visit Bodacious the Therapy Dog

Wednesdays, 10:00am to 12noon **No visit on January 1st** **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 hypo-allergenic. Visiting with a therapy dog is known to increase emotional well-being...drop in for a visit!



▣► Words Galore via Zoom

Open to all seniors/free

Thursdays, January 9th through February 27th, 9:00-9:55am

Join Val Walker via Zoom for the winter session of fun and lively 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.



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.



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

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

Open to all seniors/free

The group led by Tracy Woods concludes this month.

Support Groups

▣► Caregiver Support Group via Zoom

Tuesdays, January 7th and 21st, 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 EOEA grant.



Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, January 21st, 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.

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



Acton Rainbow Planning Team to Explore the Programming Needs of the LGBTQ+ Older Adults

The Acton Council on Aging is forming a team of community members to explore how the Council on Aging/Senior Center can meet the programming needs of Acton LGBTQ+ residents age 60 and up. Members may be from the LGBTQ+ community, allies or municipal employees. The Council on Aging's goals are for Acton's LGBTQ+ older adults to have their voices heard about programming and feel that the Senior Center is a welcoming place. Our first monthly meeting will take place via Zoom on **Wednesday, January 29th, at 2:00pm**. If you are interested in participating or have programming suggestions, please contact Chris Chirokas (she/her), Acton Council on Aging Program Manager, at cchirokas@actonma.gov or 978-929-6652.

Meals at the Senior Center



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

☐► **Monthly Breakfast**

Friday, January 17th, 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.

☐► **Monthly Lunch by Benchmark Senior Living/Robbins Brook**

Tuesday, January 21st, 12noon

Open to all seniors

Join us for lasagna, salad, garlic bread and dessert for \$3.00. Sign up is required.

☐► **Dinner with Doug**

Tuesday, January 28th, 5:00pm

Open to all seniors

Enjoy roast beef, mashed potatoes, green beans and dessert are on the menu for dinner. Cost is \$5.00. Please sign up prior to the event.



Bistro 30 is open to all, Wednesdays 11:30am-1:30pm
Bistro closed January 1st and 8th



Enjoy a fresh, made to order lunch! The menu will be posted at the Senior Center, on our website, or scan the QR code with your smartphone camera \$6.00/item cash/Venmo accepted.

Please note schedule change the Bistro will no longer be open on Thursdays.



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, January 28th. 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.

The **Council on Aging Board** wishes you a happy and healthy 2025!

We hope you will continue to enjoy Acton, the Senior Center and all its activities, programs and services.

We'd like to hear from you about your participation and interests.

Please fill out this [form](#) and return it to michelebrady@gmail.com or to the front desk at the Senior Center, 30 Sudbury Road, Rear

We look forward to seeing you in 2025! The Board will next meet Tuesday January 21st, via [Zoom](#):

Monday	Tuesday	Wednesday	Thursday	Friday
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 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00-4:00 Drop in Tech Help	3 Center closes at 12 10:00 Nouvonne Fitness 10:00 "Age is Just a Number" Study Group
6 8:30 Active Aging 10-2:00 Balance Screening Appts - ANS 11:00 Tai Chi//Taijian 1:00 Movie 1:00 Mah Jongg	7 8:30 Senior Fitness 9:00 Art Time 9-11:00 Balance Screening Appts - ANS 9:45 Active Aging 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 1:00 Willie Nelson Music Performance 3:00 Caregiver Support via Zoom 6:00 Therapeutic Horticulture - ANS	8 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics NO BISTRO 11:30 Balance Matters! - ANS 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Computer Club 1:30 Drop-in Bridge	9 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 Photojournalist Presentation 1:00-4:00 Drop in Tech Help 3:00 Chair Flow Yoga** NEW	10 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 "Age is Just a Number" Study Group
13 8:30 Active Aging 8:30 Reiki Appointments 10:00 Friends of COA Mtg 11:00 Tai Chi//Taijian 1:00 Movie 1:00 Mah Jongg	14 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 Miso Soup & Onigiri Cooking 6:00-7:00 A Caregiver's Journey 6:00 Meditation & Chair Yoga - ANS	15 8:30 Senior Fitness 9:30-11:30 Ask the Attorney Appts 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:00 Real Estate Changes 11:30 Balance Matters! - ANS 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Drop-in Bridge 2:00 Stand Tall, Age Well	16 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Mah Jongg 1:00 Chess Lessons/Club 1:00 Forgiveness & Healing via Zoom 1:00-4:00 Drop in Tech Help 3:00 Chair Flow Yoga** NEW	17 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 9:45 Java with John 10:00 Nouvonne Fitness
20 Building Closed	21 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 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 Mah Jongg 1:00 Is Memory Loss Normal? 1:00 Ask the Lawyer Appts 3:00 Caregiver Support via Zoom 4:30-5:30 Chat with Matt	22 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 Balance Matters! - ANS 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 The 20 th Century Review 1:30 Drop-in Bridge 1:30 Computer Club 2:30 Line Dancing	23 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 Girls Group Music with John Clark 3:00 Chair Flow Yoga** NEW	24 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness

27 8:30 Active Aging 11:00 Tai Chi//Taijian 1:00 Movie 1:00 Mah Jongg	28 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 MMSS Birthday Lunch 1:00 Genealogy Group 1:00 Charles Ponzi Author Talk 3:00 Journey Thru Italy Talk 5:00 Dinner with Doug 6:00 Finance Committee Listening Session	29 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 11:30 Balance Matters! - ANS 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Drop-in Bridge 2:30 Line Dancing	30 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 New DPW Facility Discussion 3:00 Chair Flow Yoga** NEW	31 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness
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The COA does not endorse or promote any service or company who makes a presentation. We encourage you to be an 'educated consumer' before entering into contract with any service provider. Movie titles are available on p.10. 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: Music of Willie Nelson Performance, Forgiveness & Healing, Journey Through Italy, Girl Groups of the 60s, Drawing/Watercolor class, Words Galore, Movies, Jon Chase photography presentation, 20th Century Review, Miso & Onigiri cooking class, and Tai Chi class

To learn more about the [Friends](#)

THANK YOU TO: To everyone that brought in Holiday decorations and helped with the event; our volunteer Ambassadors for a successful first year; Lucy Miskin for her invaluable assistance with our special meals; our dedicated gym monitors.

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>
<i>Beverly Hutchings, Senior Services Coordinator</i>	<i>Ellen Feinsand, Chair</i>
<i>Rosie Murphy, Health and Human Services Administrative 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, January 21st, 10:00am via Zoom	
COA Friends will next meet: Monday, January 13th, 2025, 10:00am	

A Message from the **Friends of the Acton COA**
The FCOA wishes everyone a happy and healthy
New Year.

The [Annual Appeal](#), our major fundraiser, was sent
to over 3000 households last month.

A hearty thank-you to all Acton seniors who
responded immediately.

Gifts may be made online easily at
www.friendsofactoncoa.com.

**The Friends of the Acton COA will next meet
Monday, January 13th at 10:00am.**

For [information](#) on our presenters

Movie Matinees

Open to all seniors/free

Shown with closed captioning when available

Monday, January 6th, 1:00-2:55 *Joy: The Birth of IVF* (2024, PG-13 for language, surgical recreations) Based on the real story of three British trailblazers who pioneer the development of in vitro fertilization and the opposition from church, state, media, and the medical establishment. James Norton, Bill Nighy and Thomasin McKenzie star as Bob Edwards, Patrick Steptoe and Jean Purdy.



Monday, January 13th, 1:00-2:40 *Thelma* (2024, PG-13) When a 93-year-old woman gets duped by a phone scammer pretending to be her grandson, she sets out on a quest to reclaim what was taken from her. Jane Squibb stars in this comedy based on the experience of the writer/director's grandmother. Blu-ray disc is available to borrow after the 13th.

Monday, January 27th, 1:00-2:50 *The Unlikely Pilgrimage of Harold Fry* (2023) Harold is an ordinary older man who has passed through life, living on the side lines, until he goes to mail a letter one day...and just keeps walking. Harold's long journey serves as a vehicle to look back on his life that included a horrible tragedy. Includes flashback scene of suicide. Jim Broadbent and Penelope Wilton co-star in this drama. *This film is shown in collaboration with AML.*



Games

Morning Open Activity Time

Weekdays, 9:00-11:30am

Open to all seniors/free

No activity time January 1st, 17th and 20th

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



Mah Jongg Time

Open to all seniors/free

Mondays and Thursdays, 1:00-4:00pm & Tuesday January 21st, 1:00-4:00pm No Mah Jongg 1/20

This Mah Jongg group plays the American version of the game and is open to all skill levels. Games follow National Mah Jongg League rules.

Weekly Cribbage Game

Wednesdays, 10:00-11:00am

No Game Jan. 1st

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

No Game Jan. 1st

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.

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.

Book Discussion Group

Tuesday January 14th, 10:00-11:00am

Open to all seniors/free

The discussion for January's meeting will be around the book The Lioness of Boston by Emily Franklin. If you would like to read ahead Any Bitter Thing by Monica Wood, for February 11th meeting. 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.

Hot Topics Discussion Group

Open to all seniors/free



Wednesdays, 10:30-11:45am

No Meeting January 1st

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.



Needle Arts Group

Wednesdays, 12:30-2:30pm

Open to all seniors/free

No Meeting January 1st

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

Genealogy Group

Tuesdays January 14th and 28th, 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.

Computer Club

Wednesday, January 8th and 22nd, 1:30-3:00pm

Open to all seniors/free



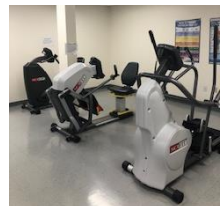
All seniors are welcome to participate in Computer Club. Bring your computer and hardware questions, problems and related issues. If possible bring the problem hardware to the meeting. This is a club with no formally planned instruction. Several regulars are there willing to share their experiences, 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

New Gym/Fitness Room Policy

Acton seniors only

The Gym will now be open during the Senior Center's normal operating hours. There will not be a monitor in the room. Anyone using the gym needs to be trained to use the equipment and sign an exercise waiver. ☐ ► If you are interested in signing up for training call 978-929-6652.



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

Exercise Classes

• See next page for information on a new chair yoga class!

- Terri's classes will resume the week of January 6th; [class recordings](#) will be shown on January 2nd for Senior Fitness and Active Aging
- 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 & up-to-date emergency contact information

Active Aging with Terri Zaborowski

Mondays, January 6th through March 24th, 8:30-9:30am

No class January 20th & Feb. 17th

Tuesdays, January 7th through March 25th, 9:45-10:45am

Thursdays, January 9th through March 20th, 9:45-10:45am

No class Jan. 2nd & March 27th

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.

Tai Chi/Taijiquan Class with Linda Sango

Mondays, January 6th through March 24th, 11:00 am-12:00noon

No class 20th and Feb. 17th

Linda's schedule was in flux when we went to print; call the COA to confirm schedule. 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.



Senior Fitness with Terri Zaborowski

Tuesdays, January 7th through March 25th, 8:30-9:30am

Wednesdays, January 8th through March 26th, 8:30-9:30am

Thursdays, January 9th through March 20th, 8:30-9:30am

Fridays, January 10th through March 21st, 8:30-9:30am

No class Jan. 1st

No class Jan. 2nd and March 27th

No class Jan. 3rd and March 28th

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, January 8th through February 5th, 10:00-11:15am

****Watch the February newsletter for the remaining winter schedule****

The last class of each month is a healthy joint class

This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and

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

Thursday Tai Chi Practice

Open to out-of-town seniors/free

Thursdays, 11:00 am-12:00 noon

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.

****New!** Chair Flow Yoga with Rebecca Reber**

Thursdays, January 9th through March 27th, 3:00-3:45pm

This active chair yoga class will combine yoga poses, stretches, breathing and relaxation techniques while sitting or standing (holding the chair). Come enjoy the benefits of reducing anxiety, lowering blood pressure while building strength and balance to feel better in your body and mind. The Center will have some yoga blocks and straps available, but please bring your own if possible (strap could be a scarf; yoga block a shoe box). *Rebecca is a certified yoga instructor who has been working with seniors for almost a decade. To learn more about Rebecca, visit www.rebeccareberyoga.com.*



NouVonne Fitness with Yvonne Benelli

Fridays, January 3rd through March 28th, 10:00-11:00 am

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 EOEa grant guidelines.

Support and Services

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

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

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 or visit www.minutemansenior.org

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.

Sand and Salt Available. A mixture of sand and salt is available to Acton residents (no contractors) at the designated area located behind the Highway Division at 14 Forest Road. Follow the signs to the area designated for residents. Please use caution while entering and exiting as vehicles and equipment are prevalent. Please bring your own shovel and container.

Winter Safety

Prepare for possible power outages. Charge your cellphone, laptop, and other electronic devices. Have flashlights accessible. If your medical equipment uses electricity, talk to health care providers, utility company and your personal support network for options during a power outage. If you'll need assistance during an outage, talk to family, friends and your support network. Consider purchasing a generator to provide power during an outage. Follow the manufacturer's instructions and learn how to use it safely before an outage.

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. The Town Clerk would like to remind all dog owners in town to [re-new their license.](#)

January at Acton's Libraries

Check www.actonmemoriallibrary.org for the latest news.

Check www.actonmemoriallibrary.org/calendar for more information, & to register for programs.

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

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

January at Community Education

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

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

AB UNITED WAY'S MENTAL WELLNESS TEAM invites you to submit recipes! All participants will be entered into a drawing, to win a variety of prizes. These recipes will comprise an AB Community Cookbook with the theme "NOURISH"...that is nourishing to mind and/or body. If there is a story or tradition associated with the recipe please include. For submission, access abuw.org/nourish or drop the recipe off at the Acton Senior Center and place it in the Recipe Box located in the Lobby. We ask that recipes be submitted by January 20th.

Look out for details regarding the AARP Tax Preparation service being offered to low income seniors with simple tax returns, in the February newsletter.

Acton Nursing Services



Call 978-929-6650, Acton Nursing, for these programs starting Thursday January 2nd

☐► Therapeutic Horticulture

Acton Seniors only

Tuesday, January 7th, 6:00 -7:00pm, Wednesdays, January 15th and 22nd, 10:30-11:30am

With dried blue hydrangea flowers, we'll create a remembrance of the outstanding blossoms we enjoyed during the summer using a grapevine wreath. All supplies provided. 12 participants per class.

☐► Podiatry Clinics

Acton Seniors only

Appointments Tuesdays, Jan 7th and 21st, 12-5:00pm. Thursdays, Jan 23rd and 30th, 12-5:00pm

Call 978-929-6650 to make an appointment.

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

☐► Meditation and Gentle Chair Yoga

All ages welcome

Tuesday, January 14th, 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.

☐► Balance Screening Appointments

Acton Seniors only

Monday, January 6th, 10:00 – 2:00pm and Tuesday, January 7th, 9:00-11:00am

Call 978-929-6650 for an appointment. Karen Patterson PT, Board certified Clinical Specialist in Geriatric Physical Therapy is holding individualized balance assessments by appointment in the Acton Nursing Services office for the upcoming Balance Matters Program.

☐► Balance Matters!!

Acton Seniors only

Wednesdays, January 8th - February 12th, 11:30am – 12:30pm

Call 978-929-6650 for an appointment. Sponsored by the Friends of Acton Nursing Services

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

☐► Maintenance Balance Training

Sponsored by an Anonymous Donor

Tuesdays, ongoing, 11:00am Call 978-929-6650 to register

Wednesday, ongoing, 12:30pm Call 978-929-6650 to register

Acton Seniors only

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, January 7th and 21st, 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!



If you need to dispose of your real tree you can take to the transfer station. Or you can have local Boy Scouts pick up:

Acton Scouts 2025 Holiday Tree Pick Up is back again. Troop 1 and Troop 284 are collecting Holiday Trees. We hope you have had an opportunity to see our lawn signs and [flyers](#) around town. Our partnership allows us once again to pick up trees from both Acton and Boxborough residents. We truly hope we can count on your support. Together, we will collect trees on Saturday, January 4, 2025, and Saturday, January 11, 2025. Your ongoing support of our Scout Troops means the world to us. Your donation helps us fund campouts, hiking activities, merit badge workshops, camp, the upkeep of camping gear, courts of honor, and high adventure trips for all our scouts. A recommended donation of \$20 can ensure a contactless pick up at your residence. Payment can be made by check (Check can be written out to Troop 284 Acton), and easily affixed to your tree in a plastic baggie. Or sign up and pay online at ActonBSA.org. No computer to sign up, no problem! Just give us a call at 978-795-4152 and leave a message and we will get back to you. We are here to support you. It's Simple, it's Easy, and it's Local. Thank you in advance for your support!



Winter Weather Policy

If the schools announce a delay we will not have any classes before 10am. If schools are closed we will not have classes/programs or meals that day. Do not travel if you are unsure. Check local news for updates. Call us with any questions. 978-929-6652.

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.



December at the Senior Center is a marvelous time,



We had presentations on a variety of topics including avoiding holidays scams from the Sheriff's Office. A visit from Zane for the Prison Dogs Documentary presentation made everyone happy.



The Holiday décor swap is always very well supported. Who doesn't need more sparkle in their lives?



No Holiday season would be complete without the annual Holiday Tea



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JANUARY 2025 NEWSLETTER
Visit our website at www.actoncoa.com



The Center is closed Wednesday, January 1st and Monday, January 20th.