



Acton Council on Aging

At the Human Services Building & Senior Center

FEBRUARY 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: February 17th
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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newsletter
direct

Valentines Day Party

Tuesday, February 11th, 1:30pm

Roses are red, Violets are blue, Sugar is sweet and so are you! Come share some Valentine goodies with friends at the Senior Center.

Open to all seniors/free



Acton Songsters Live Performance of Love Songs

Tuesday, February 11th, 1:00-1:30pm **Open to all/free**



In celebration of Valentine's Day, the Acton Songsters, led by Dr. Ed Knights, will be performing classic love songs that are sure to stir up some memories. New members are always welcome to join the Songsters group! Stay after the performance for a Valentine's Day gathering with refreshments.

The Great Love Songs of All Time/Vol. 1 with John Clark

Thursday, February 27th, 1:00-2:00pm

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

Let's face it—romantic love is the most common topic of popular songs down through the years. So what are the most cherished and enduring love songs of the 20th century (at least up to the 1970s)? It will include classics starting from the teens (*Me and My Gal*) up to 1972's *First Time Ever I Saw Your Face*. Some of our very best songwriters are represented here, like Hoagy Carmichael's *Stardust*, Rodgers & Hammerstein's *Some Enchanted Evening* and Jerome Kern/Dorothy Fields' *The Way You Look Tonight*. Many legendary singers show up, including Nat King Cole's *Unforgettable*, Elvis Presley singing *Can't Help Falling in Love* and of course Frank Sinatra with *Got You Under My Skin*. Two great songs from the 1960s made the cut—*Unchained Melody* and *At Last*.



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

- ☐▶ Acton Songsters, p.3
- ☐▶ AML Vision, p.2
- ☐▶ Art Class with Fran, p.5
- ☐▶ Caregiver Group, p.6
- ☐▶ Chess Lessons, p.10
- ☐▶ Chinese New Year, p.2
- ☐▶ Cooking Class, p.4
- ☐▶ Forgiveness & Healing, p.4
- ☐▶ Gym Training, p.13
- ☐▶ It's Never Too Late, p.2
- ☐▶ Line Dancing, p.5
- ☐▶ Memory Lane Café, p.4
- ☐▶ Poet of the Month, p.3
- ☐▶ Reiki Appointments, p.2
- ☐▶ Tax prep appts, p.2
- ☐▶ Tech Help Appts p.3
- ☐▶ Words Galore, Thursdays, p.5

Meals, page 7

- ☐▶ Chef McGuire Lunch, 2/11
- ☐▶ Robbins Brook Lunch, 2/18
- ☐▶ Monthly Breakfast, 2/21
- ☐▶ Dinner with Doug, 2/25

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

Contents	Page
Calendar	8
Exercise & Gym	11-13
Games	10
Groups	11
Meals	7
Movies	6
Nursing Service	16
Support & Services	13-14
Support Groups	6

Director's Corner

Several residents still prefer receiving the Senior Center newsletter by mail. If you plan on going away for any length of time, please let us know so we can put your newsletter on hold. It costs \$1 for each newsletter that is returned back to us from the post office. If you frequent the Senior Center, consider picking your newsletter up while you are here. You can also sign up to receive it electronically or visit actoncoa.com to view it. Our newsletter contains so much wonderful information. Take time and enjoy reading it!

Thank you, **Sharon**

☐► AARP Tax-Aide Program

Mondays, By Appointment only, commencing February 3rd, 9:00am

No appointments February 17th

Call 978-929-6652 or email seniorcenter@actonma.gov. Appointments are required and a form must be completed before the appointment. This form is available electronically or in paper versions from the Reception at the Senior Center. Taxpayers will need to leave their tax documents with the preparer and return later with a second appointment, for a review of the completed return. **Taxpayers with complex returns or high levels of income are advised to seek professional tax preparers.** Please bring a copy of last year's tax returns with you to your appointment.

Priority will be given to Acton & Boxborough seniors.



☐► Chinese 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, and perhaps a piano concerto! The program will be followed by refreshments. Please sign up if you did not do so last month.

☐► Acton Memorial Library "Vision for the Future" ****NOT IN PRINT COPY****

Thursday, February 6th, 9:30-11:00am

Open to all seniors/free

Hear about exciting plans for the future and share your ideas on how AML can better serve the community. Sign up is required via this [flyer](#) link or emailing mpalacio@actonma.gov

☐► It's Never Too Late to Begin Again Book Study Group

Fridays, February 7th through April 25th, 10:00-11:00am

Open to all/free

Join Tracy Woods for a 12-week group studying the book *It's Never Too Late to Begin Again: Discovering Creativity and Meaning in Midlife and Beyond* by Julia Cameron who also wrote *The Artist's Way*. Tracy has limited copies of the book to loan people at the first meeting or you may obtain a copy on your own. If you have a copy, please read the first chapter prior to February 7th. *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.*

☐► Relaxing Reiki Appointments with Monica

Monday, February 10th, 8:30-11:30am

Acton seniors only

Sign-up for a 30-minute appt. starting Tuesday, February 4th after 8:30 am:

978-929-6652 (no voicemails please)



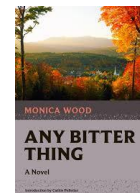
Reiki is an ancient Japanese holistic therapy used to nurture and heal the body, mind, heart, and spirit. It is a gentle, non-invasive treatment where the practitioner uses a light gentle touch to balance energy in the receiver. When the body is in balance, it is better able to heal and support itself. 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.*

Book Discussion Group

Open to all seniors/free

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

The discussion for February's meeting will be around the book *Any Bitter Thing* by Monica Wood. If you would like to read ahead for March 11th meeting, *The Woman* by Kristin Hannah. 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.



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

Stories from the Heart

Tuesday, February 11th, 5:30-7:00pm

Open to out-of-town seniors/free

We all love stories. Through stories we can traverse time and space and connect with lives unlike anything else. Stories engage us with each other and help us building empathy and connection towards each other. As we grow older, we have more stories to share from our life experiences. Homewatch Caregivers of Marlborough, in association with Krossroads Performing Arts (a non-profit organization) is excited to bring a story telling program for the participants in Acton Senior Center. Let us all dive into our lives and share some personal stories in an evening focusing on self-expression and emotional wellbeing.



Stay Active During the Winter Months

Wednesday, February 12th, 11:00-12:00noon

Open to out-of-town seniors/free

Join Jillian Gibbons PT, DPT Director of Rehabilitation at Life Care Centers of Acton on ways to stay active in the winter months. A snack will be provided.

Acton Songsters with Ed Knights

Wednesdays, February 12th and 26th, 1:00-1:45pm

Open to all seniors/free

Join Ed Knights for this group that sings 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.



Technology Assistance Clinic (previously Computer Club)

Wednesday, February 12th and 26th, 1:30-3:00pm **Open to out-of-town seniors/free**

All seniors are welcome to participate in this drop-in Technology Clinic whenever the need arises. Bring your technology questions, problems, and issues related to your computer, phone, or tablet. If possible, bring the problem hardware with you to the session. Several regular attendees are willing to share their experiences, and work with you, one-on-one, to address technology 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 Clinic member via Zoom or phone, please contact the COA and we will forward your information to a Clinic member.



Technology Help Appointments with Acton Memorial Library

Thursday, February 13th, 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.



Poet of the Month: Elizabeth Barrett Browning via Zoom

Thursday, February 13th, 10:30-11:30am via Zoom

Open to all seniors/free



Elizabeth Barrett Browning's masterful love poems make her a perfect choice for February's Poet of the Month! Her independence and courage as a prominent English poet in the 1840s drew admiration and critical acclaim. Browning's humane and compassionate point of view addressed social injustice topics such as the slave trade, child labor in mines and mills, and restrictions on women. Emily Dickinson was hugely influenced and inspired by her poems. Contact the COA at seniorcenter@actonma.gov to register and receive the Zoom link.

Il Bel Paese: A Journey Through Italy Part 2 with Paolo Di Gregorio

Thursday, February 13th, 1:00-2:00pm

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

There are few places that are as rich in beauty, culture, and history as Italy. For centuries, travelers, poets, and artists have been drawn to the country, and many have been seduced by life on the peninsula. This second of a three-part series examines the history and culture of Italy by looking at some of the great cities, artists, and events that have captivated and inspired many. The final lecture in this series will be March 11th.



▣► Crispy Spring Roll Cooking Class with Asako Judson

Tuesday, February 18th, 2:00-3:00pm

Acton seniors only

This class will teach you how to create perfectly crispy spring rolls filled with an abundance of fresh vegetables. The result is a satisfying and flavorful dish that is as delightful as it is nutritious. *Asako Judson, who lives in Acton, has worked at several restaurants and as a private chef and caterer.*



▣► Forgiveness & Healing Pt. 2 with Dr. Miriam Diamond via Zoom from Home or Senior Center

Thursday, February 20th, 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. In this second part of the workshop, we'll explore navigating discussions with the other party/ies, seeking forgiveness, and self-forgiveness. Having attended part 1 not required. Join Miriam Rosalyn Diamond, PhD, to explore steps toward healing emotional wounds and shifting from being victims to heroes. You can participate via Zoom from home or the Senior Center watching on a large screen TV. Contact the COA at seniorcenter@actonma.gov or 978-929-6652 to register.

Java with John, scheduled for Feb 21st is CANCELLED

▣► Memory Lane Café

Tuesday, February 25th, 12:00-1:30pm

Open to all/free

A Memory Café is a welcoming place for people with memory impairment and their care partners. This month we will be reminiscing about favorite books while creating a bookmark. We ask that attendees bring their care partners. Lunch will be provided. Sponsored by Acton COA, Concord Park and Cooperative Elder Services. Please let us know if you plan to attend.

LitLovers Study Group/Masterpieces of Short Fiction

Tuesday, February 25th, 2:30-4:00pm

Open to all seniors/free

The LitLovers Group is beginning a new area of study! Each month we will view a 30-minute lecture from *The Great Courses DVD Masterpieces of Short Fiction*, followed by a discussion on the lecture, the featured story, and the author. Short stories have the unique ability to deliver a powerful emotional impact within a concise format, and over the next 24 meetings we will study some of the best. Authors include Nathaniel Hawthorne, Ernest Hemingway, D.H. Lawrence, Flannery O'Connor, James Baldwin, and Anton Chekhov. Copies of the stories will be provided. February's story is *The Cask of Amontillado* by Edgar Allan Poe. For this month's meeting, you may find the story online or pick up a hard copy at the Senior Center reception desk. Group is facilitated by Program Manager Chris Chirokas.



One of our High School volunteers, Sarah, has a special event planned for April and is looking suggestions of songs you would like to dance to or listen to. There is a polka dot box at the Senior Center for your suggestions.

Managing Stress Workshop with Edward Alessi

Tuesday, March 4th, 1:00-2:30pm

Open to all seniors/free

This workshop will explore the many factors that can cause stress and helpful ways to cope. It will look at the biological along with social factors that date back to pre-historic times relating to why and how we react to stressful factors. *Edward Alessi a retired MSW clinical social worker who has taught at many colleges and senior centers. He currently teaches at the Middlesex Community College as an adjunct professor.*

▣► Drawing and Watercolor Painting Class with Fran Hewitt

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

Acton seniors only

Art class began last month and is currently full. Please call about the waitlist.

Visit Bodacious the Therapy Dog



Wednesdays, 10:00am to 12noon No visit on Feb. 19th

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!

▣► Line Dancing with Paul

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

Schedule update: No class on March 5th

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



The winter session started last month but you can still join! Dance for fun, exercise, balance, coordination, and to learn a new skill. You'll have great fun line dancing, while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated, and then danced to contemporary music. You will dance some of the old favorites and add some of the newest dances. No need to have a partner; this is something for everyone, and no experience is necessary!

This class is funded by a grant from the Massachusetts Executive Office of Elder Affairs—a \$1 donation per class for Acton residents is suggested.

▣► Words Galore via Zoom

Open to all seniors/free

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

Join Val Walker via Zoom for 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.

Support Groups

☐► Caregiver Support Group via Zoom

Tuesdays, February 4th & 11th, 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.



Grandparents Raising Grandchildren Support Group

Tuesday, February 18th, 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, February 3rd, 1:00-3:05 *The Boys in the Boat*

(2023-PG-13) Directed by George Clooney, this film tells the story of the underdog 1936 University of Washington rowing team that competed for gold at the Berlin Summer Olympics. Based on the book by Daniel James Brown. Stars Callum Turner, Joel Edgerton, Peter Guinness.

Monday, February 10th, 1:00-3:05 *The Six Triple Eight*

(2024, PG-13) Based on the real story of the 6888th Central Postal Directory Battalion, a WWII unit comprised entirely of women of color whose mission it was to sort and deliver a backlog of millions of pieces of mail to and from soldiers in Europe. Stars Kerry Washington and Ebony Obsidian, with Sam Waterston, Susan Sarandon, and Oprah Winfrey in small roles.



Tuesday, February 18th, 4:00-6:15 pm *The Holdovers*



(2023, R for language) Encore viewing! 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 Bowladrome, and Pleasant Café in Roslindale. Best Picture Oscar nominee with

a win for Supporting Actress Randolph. DVD available to borrow from Senior Center lounge resource library after 2/18.

Monday, February 24th, 1:00-3:05 *Maria*

(2024, R for language) Bio-pic starring Angelina Jolie as Maria Callas, the renowned opera singer, in the final days of her life in 1970s Paris. Jolie took seven months of opera lessons to prepare for the role.



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

For [information on our presenters](#)

Meals at the Senior Center



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

☐► Lunch with Chef McGuire

Tuesday, February 11th, 12noon

Open to all seniors

Enjoy, shepherd's pie, salad and dessert for \$3.00. Sign up is required.

☐► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, February 18th, 12noon

Open to all seniors

Join us for Beef Stroganoff, vegetables, salad and dessert for \$3.00. Sign up is required.

☐► Monthly Breakfast

Friday, February 21st, 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. February's breakfast is sponsored by the Acton Police Association.

☐► Dinner with Doug

Tuesday, February 25th, 5:00pm

Open to all seniors

Chicken broccoli and ziti, garlic bread 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

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, February 25th. 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.



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. 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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 February 8:30 Active Aging 9:00-12 AARP Tax Appts 11:00 Tai Chi/Taijien Class 1:00 Movie 1:00 Mah Jongg	4 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 1:00 Chinese New Year Performance (refreshments after) 3:00 Caregivers Group via Zoom 6:00 Therapeutic Horticulture - ANS	5 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 1:30 Drop-in Bridge 2:30 Line Dancing	6 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:30-11 AML “Vision for the Future” 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	7 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 It's Never Too Late Study Group WEAR RED FOR HEALTHY HEART DAY
10 8:30 Active Aging 8:30-11:30 Reiki Appts 9:00-3 AARP Tax Appts 11:00 Tai Chi/Taijien Class 1:00 Movie 1:00 Mah Jongg	11 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 10:00 Book Discussion Group 11:00 Maintenance Balance – ANS 12:00 Chef McGuire Lunch 1:00 Acton Songsters Performance 1:00 Genealogy Group 1:30 Valentine's Day Party 3:00 Caregivers Group via Zoom 5:30 Stories from the Heart 6:00 Energy Healing - ANS	12 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 11:00 Stay Active thru Winter 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 Tech Clinic (computer club) 1:30 Drop-in Bridge 2:30 Line Dancing	13 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:00 Tech Help Appts 10:30 Poet of the Month via Zoom 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Journey Thru Italy Pt 2 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	14 Center closes at 12 10:00 Nouvonne Fitness 10:00 It's Never Too Late Study Group NO SENIOR FITNESS
17 Building Closed	18 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 2:00 Spring Roll Cooking Class 4:00 Movie “The Holdovers”	19 8:30 Senior Fitness 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 2:30 Line Dancing	20 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 pt 2 3:00 Chair Flow Yoga	21 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 10:00 Nouvonne Fitness 10:00 It's Never Too Late Study Group NO JAVA WITH JOHN
24 8:30 Active Aging 9:00-3 AARP Tax Appts 1:00 Movie 1:00 Mah Jongg	25 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 2:30 LitLovers Study Group 5:00 Dinner with Doug 6:00 Meditation & Chair Yoga - ANS	26 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 1:00 Acton Songsters 1:30 Tech Clinic 1:30 Drop-in Bridge 2:30 Line Dancing	27 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 The Great Love Songs 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	28 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 It's Never Too Late Study Group

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.

For information on our presenters go to www.actoncoa.com/129/programs



This month the following activities are supported by the Friends of the Acton COA: Forgiveness & Healing Pt. 2, Spring Roll Cooking Class, Poet of the Month, Journey Through Italy Pt. 2, Drawing/Watercolor class, Managing Stress Workshop, Words Galore, Love Songs Presentation, Movies, and Tai Chi class.

To learn more about the Friends go to www.friendsofactoncoa.com

THANK YOU TO: Sid Bhatt for providing technical assistance during his winter break,
Deborah Youngman for keeping our library so organized,
Dick Driscoll for bringing in Bodacious the Therapy Dog, each week to visit and brighten everyone's day,
Nicole Magun for taking care of the leftover holiday decorations.

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, February 18th, 10:00am via Zoom	
https://actonma.zoom.us/j/81163230228?pwd=r01lkhPETV28r8A2ncYshEDzTWjo7L.1	
COA Friends will next meet: Monday, March 10th, 10:00am	

A Message from the **Friends of Acton COA**
Something different for the New Year – check
ACOA sponsored **trips by Collette.**

The Annual Appeal, our major fundraiser, was
sent to households in December.

Gifts may be made in **honor** of or in **memory** of
easily [online](#)

Additional donation forms are also available in the
lounge at the Senior Center.

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

Games

Morning Open Activity Time

Weekdays, 9:00-11:30am

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

Open to all seniors/free

No activity time February 17th & 21st



Mah Jongg Time

Mondays and Thursdays, 1:00-4:00pm and Tuesday February 18th, 1:00-4:00pm

No Mah Jongg February 17th

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.

Open to out-of-town seniors/free

Weekly Cribbage Game

Wednesdays, 10:00-11:00am

Come by the Senior Center for a fun game of cribbage with this newly formed group. Instruction will be given if needed. There will be some cards and boards available or bring your own.

Open to all seniors/free

Drop-In Bridge

Wednesdays, 1:30-3:30pm

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

Open to all seniors/free

Play Pool

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

Open to all seniors/free

Chess Club

Thursdays, 1:00-4:00pm

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

Open to all seniors/free



▣► Chess Lessons with Ken LeBow

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

This class is best for people with some chess experience who know how the pieces move and concepts of check and checkmate. Each week features a lesson, playing games and receiving feedback. If you are a true beginner, let us know and we'll put you in touch with Ken who is happy to teach you the basics at the Center before joining the class. 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.*

Open to all seniors/free

The **Council on Aging Board** hopes you're having a safe and enjoyable winter. With the new year underway, there are numerous opportunities for seniors to take classes online and in person. The link below will take you to the online course catalog. There are classes in Arts & Crafts, Health & Well-Being and Finance & Legal that may be of interest. [Acton-Boxborough Community Education : Sign Up to Stay in Touch](#) Use the link to get information about classes that may interest you. And, you may learn something new and possibly meet new people with similar interests. We hope you have a happy and healthy 2025!

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.



Hot Topics Discussion Group

Wednesdays, 10:30-11:45am

Open to all seniors/free

This group is an opportunity for people to talk about present or recent major issues of the day.

Each member is expected to offer or suggest a topic or issue for the group to engage in and 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

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

Genealogy Group

Tuesday, February 11th and 25th, 1:00-2:30pm

Open to out-of-town 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



Exercise

Exercise Classes

- 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

Active Aging with Terri Zaborowski

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

No class Feb. 17th

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

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

No class 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. Note that the Tuesday and Thursday 9:45 classes sometimes exceed the maximum participants so people are turned away; please consider trying another class or using the gym (sign up for training if you haven't done so already).

Tai Chi/Taijiquan Class with Linda Sango

Mondays, February 3rd, 10th, March 17th, 24th, 11:00am-12:00noon

No class Feb. 17th & 24th, March 3rd & 10th



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 March 25th, 8:30-9:30am

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

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

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

No class March 27th

No class February 14th & 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 through March 12th, 10:00-11:15am

The last class in Feb. will be a healthy joint class

No class March 19th & 26th

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

Thursday Tai Chi Practice

Thursdays, 11:00 am-12:00noon

Open to out-of-town seniors/free

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.

Chair Flow Yoga with Rebecca Reber

Thursdays 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 can be 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 through March 28th, 10:00-11:00am

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.

New Gym/Fitness Room Policy

Acton seniors only

The Gym is now 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 by a COA staff member and sign an exercise waiver. If you are interested in signing up for training call 978-929-6652.



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.

Housing Legal Clinics commencing 2nd Tuesdays, 4:00-6:00pm, at the Human Services Building, 30 Sudbury Rd, Rear. Call 978 929 6651, or email tenantsupport@actonma.gov.

February at Acton's Libraries

[Check](#) for the latest news.

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

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

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

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

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

Felting Workshop Wednesday, February 5, 4-6 p.m. Join fiber artist Rachel Benson to make a felted owl. All materials provided.

Yarn & Needle Club Tuesdays, January 11 and 25, 3-4 p.m. Meets the 2nd & 4th Tuesday every month.

Virtual Art Talk with Jane Oneail: Rhythm and Hues – The Harlem Renaissance and Its Legacy

Thursday, February 13, 7-8 p.m.

Acton Memorial Library Book Discussion Group Tuesday, February 18, 6:30-7:45 p.m. Book: *Guns, Germs, and Steel* by Jared Diamond.

Virtual: Masters of Song – Rodgers and Hammerstein Part 2 with Clint Edwards Tuesday, February 25, 7-8 p.m. Early career of lyricist Oscar Hammerstein II.

February at Community Education

Check out the [Winter catalog](#) .

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

LGBTQIA+ & Friends Event

Saturday February 15th, 11:00am-1:00pm, Town Center, 2nd Floor Flint Room, 12 Mudge Way, Bedford, MA 01730. Join Attorney Samantha Gentel of Generations Law Group for help with estate planning for members of the LGBTQIA+ community. You can view the flyer in our online newsletter.

The Executive Office of Elder Affairs is now the Executive Office of Aging & Independence.

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.

Are you turning 65 this year or already 65 and thinking about retirement in 2025? Servings Health Insurance Needs of Everyone (SHINE) can help you navigate the transition from employer group health coverage to Medicare A/B and supplemental coverage to cover copayments, deductibles and medication. A New to Medicare SHINE counseling session will guide you through how to enroll in Medicare A/B; when to enroll in Medicare; tax implications when contributing to a Health Savings Account, the differences between traditional medigap supplements and Medicare Advantage plans and annual healthcare costs in retirement. SHINE is a service of Minuteman Senior Services funded in part by Executive Office of Elder Affairs and available by appointment at the senior center.

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 low-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.

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.

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.

February is Heart Health Month. National Wear Red Day is the first Friday in February, this year February 7th. Wear red and help raise awareness that heart disease is the leading cause of death in the U.S. and largely preventable.

- **Prioritizing your heart can help you avoid severe illness.** People with poor cardiovascular health are also at increased risk of severe illness from COVID-19
- **Self-care is heart-health care.** Being physically active, eating healthier foods, getting enough sleep, not smoking, and finding healthy ways to reduce stress can help prevent heart disease.
- **Get to know your heart!** Learn what a healthy blood pressure, cholesterol, weight, and blood sugar level is for you and how they impact your risk for heart disease. Use the information to inform health-related decisions and actions for yourself and others, is strongly linked to better health.



Check the **Lost & Found** if you mislay a glove or hat. Please be aware that some coats and boots look alike – be sure that you take your belongings with you.

Help Us Help You! Have your contact details changed or do your emergency contacts need updating? Stop by the front desk and have us update your information

If you do not wish to receive the newsletter through the mail please let us know.

Call 978-929-6652 or [email](#). To [subscribe](#) for newsletter & notifications.



Cribbage is now played on a Wednesday morning.

Acton Nursing Services



Call 978-929-6650, Acton Nursing, for these programs starting Wednesday, January 29th

☐► Therapeutic Horticulture

Acton Seniors Only

Tuesday, February 4th, 6:00-7:00pm, Wednesdays, February 19th & 26th, 10:30-11:30am

Create a decoupage canvas from my supply of botanical images to enliven your home décor. All supplies provided. 12 participants per class.

☐► Podiatry Clinics

Acton Seniors Only

Appointments Tuesday, February 11th, 12:00-5:00pm, Thursday, February 13th, 12:00-5:00pm, Fridays, February 7th and 21st, 9:00-12noon. Call 978-929-6650 to make an appointment.

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

☐► Energy Healing with Jacqui Burak

Tuesday, February 11th, 6:00-6:45pm

All Ages Welcome

Join us for a powerful exploration into the world of energy healing. During this group session Jacqui will take you on a journey through guided visualization. You will leave the session feeling more empowered having self-care tools you can use on your own. Chairs will be provided. Feel free to bring a yoga mat, towel, blanket or pillow. Call 978 929 6650 to register or for more information. Sponsored by ANS.

☐► Meditation and Gentle Chair Yoga

Tuesday, February 25th, 6:00-7:00pm

All Ages Welcome

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

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, February 4th and 18th. 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!

Photos from January



Join us for a game of chess



Participating in the Stand Tall Age Well program



Dawn Gomez gave us a potted history of the 20th Century.



We rang in the New Year with a delicious meal

**©THE ACTON COUNCIL ON AGING @ THE SENIOR CENTER,
FEBRUARY 2025 NEWSLETTER
*The Center is closed Monday, February 17th***