



# Acton Council on Aging

At the Human Services Building & Senior Center  
**MARCH 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



**Opening Hours:**  
Monday: 8:00am-5:00pm  
Tuesday: 8:00am-7:30pm  
Wednesday & Thursday: 8:00am-5:00pm  
Friday: 8:00am-12noon

Subscribe [HERE](#) to get the newsletter direct

## Piano Performance of Movie Themes with Richard Amir

**Thursday, March 6<sup>th</sup>, 1:00-2:00pm**

 Richard Amir will play iconic music from the movies and will share some interesting tidbits of information during the program. The tunes will feature many award-winning composers and will undoubtedly provide a fun-filled journey down memory lane! *During the COVID shutdown, at age 66, Richard Amir found his passion for piano when he learned how to play by ear.*

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

## Senior Property Tax Primer



**Thursday, March 13<sup>th</sup>, 1:00-2:00pm**

**Acton seniors only**

Join staff from the town of Acton Assessor's Office for an update on how property taxes will be affected by increasing home values. They will also share information on numerous ways a homeowner might qualify for property tax relief if you are: over 65 with income and assets that are low-to-moderate, over 70, a veteran with a disability, or suffering financial hardship in general. If you are unable to attend and want to learn more, visit the Acton town website, [www.actonma.gov](http://www.actonma.gov), and click on "Government" and select "Assessors," or contact the Assessor's Office at 978-929-6621.



## □► Irish Voices Literary Reading and Celtic Harp Performance

**Tuesday, March 18<sup>th</sup>, 1:00-2:45pm**

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

Join us for a lovely afternoon celebrating Irish music, culture, and literature! Celtic harper and storyteller Jaimee Leigh Joroff will take us on a resonant journey through the history of the Celtic harp, share a look at the Celtic harp's history, Irish legends from the past, and play a few tunes.

Then after a refreshment break, Stephen Collins will perform *Irish Voices*, a dramatic offering that celebrates Irish writers including Yeats, Joyce, Heaney, and McCourt. A great deal of Irish writing centers on the subjects of land, the past, the Church, and the political landscape. *Jaimee Leigh Joroff is a former competitive Irish step-dancer and third-generation harpist. As a child she spent summers at her Godmother's cottage in Sligo, Ireland, learning Irish fairy tales and legends of the landscape. She regularly performs at private events and also teaches Celtic harp.*

*After a long sales career, Stephen Collins is doing what he truly loves—performing as literary luminaries and teaching literature classes.*



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

- Acton Songsters, p.3
- Art Class with Fran, p.6
- Ask the Lawyer, p.2
- Caregiver Group, p.12
- Estate Planning, p.5
- Gym Training, p.12
- Hearing Screening Appts ,p.5
- Irish Voices, p.1
- It's Never Too Late, p.6
- LGBTQ+ Pizza & Pool, p. 3
- Meditation, p. 4
- Memory Lane Café, p.5
- Reiki Appointments, p.2
- Senior Prom, p.6
- Tax prep appts, p.2
- Tech Help Appts p.4

### Meals, page 7

- Chef McGuire Lunch, 3/11
- St Pat's Lunch, 3/16
- Robbins Brook Lunch, 3/18
- Monthly Breakfast, 3/21
- Dinner with Doug, 3/25

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

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

## Director's Corner

March is National Nutrition month. The Senior Center offers a variety of meal options. Please see p.7 for more information. I love to walk through the dining room see people engaged in conversation. So many new friendships have formed around those tables. Come join us! **Sharon**

### □► AARP Tax-Aide Program

**Priority will be given to Acton & Boxborough seniors**

**Mondays, By Appointment only, 9:00am -3:00pm until April 7<sup>th</sup>**

Call 978-929-6652 or email [seniorcenter@actonma.gov](mailto: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.



### Managing Stress Workshop with Edward Alessi

**Tuesday, March 4<sup>th</sup>, 1:00-2:30pm**

This workshop will explore the many factors that can cause stress & helpful ways to cope. It will look at the biological along with social factors that date back to pre-historic times relating to why & 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.*

### Collette Travel Presentation

**Wednesday, March 5<sup>th</sup>, 11:00-12noon**

The Friends of the Acton COA are organizing two upcoming trips with Collette Travel.

Come hear all about Southern Charm (September 8-14) and Christmas in London

(November 29 -December 5). Brochures available at the Senior Center or on

[www.friendsofactoncoa.com](http://www.friendsofactoncoa.com)



**Open to all**

### □► Relaxing Reiki Appointments with Monica

**Monday, March 10<sup>th</sup>, 8:30-11:30am**

**Acton seniors only**

**Sign-up for a 30-minute appt. starting Tuesday, March 4<sup>th</sup> 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](http://blackirisreiki.com).*

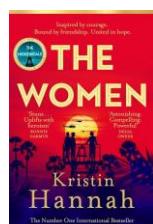


### □► Ask the Lawyer

**Acton seniors only**

**Tuesday, March 11<sup>th</sup>, 9:00-11:00am**

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



### Book Discussion Group

**Open to all seniors/free**

**Tuesday March 11<sup>th</sup>, 10:00-11:00am**

The discussion for March's meeting will be around the book The Women by Kristen Hannah. If you would like to read ahead for April 8<sup>th</sup>'s meeting, Trust by Herman Diaz. 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**



## Successful Strategies on How to Sell and Buy Your Next Home

**Wednesday, March 12<sup>th</sup>, 11:00-12noon**

**Open to all seniors/free**

Join us for an insightful seminar with Realtor® Heather Murphy to discuss strategies for selling your current home and purchasing your next one. Learn tips specific to today's real estate market. Heather, who has over 30 years of experience in real estate, is with Keller Williams Realty Boston North West.

## II Bel Paese: A Journey Through Italy Part 3 with Paolo Di Gregorio

**Tuesday, March 11<sup>th</sup>, 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 final lecture of the 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. *Paolo Di Gregorio is a historian, archaeologist and educator. He is a Visiting Lecturer in the History Department at Bridgewater State University, and his passion for telling stories of our past is always appreciated by Acton's older adults!*



## Genealogy Group

**Tuesday, March 11<sup>th</sup> and 25<sup>th</sup>, 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



## □► LGBTQ+ Pool & Pizza Social Time

**Tuesday, March 11<sup>th</sup>, 5:00-7:00pm**

 Come by the Senior Center to play pool, snack on some pizza, and socialize! We'll also have ping pong available if our new table arrives in time. Free event open to older adults in the LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, Queer) community and allies from Acton and surrounding towns. Please sign up so we have enough pizza either with the Council on Aging at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov), 978-929-6652 or directly to Chris Chirokas at [cchirokas@actonma.gov](mailto:cchirokas@actonma.gov) and same phone number.

## □► Acton Songsters with Ed Knights

**Wednesdays, March 12<sup>th</sup> and 26<sup>th</sup>, 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, March 12<sup>th</sup> and 26<sup>th</sup>, 1:30-3:00pm**

**Open to all 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.



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

## ► Mindfulness Meditation with Heidrun Dickson via Zoom

**Wednesdays, March 12<sup>th</sup>, 19<sup>th</sup>, April 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>, 3:00-4:15pm**

**Open to all seniors/free**



Feeling stressed, overwhelmed, or just needing a moment of peace? Mindfulness can help you cultivate inner calm, focus, and emotional balance! This class is suitable for both beginners as well as those who have some experience with mindfulness. Together, we will explore different mindfulness practices including seated meditation, body scans, and mindful movement. There will be time for sharing and questions, and suggestions for home practice will be provided. Register with the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) to receive the link which you can use to drop-in to as many classes in this series as you'd like. You will need a high-speed internet connection and a computer or tablet. *Heidrun Dickson has maintained a regular mindfulness practice for many years, including week-long retreats. She trained as a mindfulness teacher at Brown University and loves sharing her learnings with others.*

## ► Technology Help Appointments with Acton Memorial Library

**Thursday, March 13<sup>th</sup>, 10:00-11:00am**

**Acton seniors only**

Need help with common smartphone (iPhone or Android), tablet or laptop functions? Join Heather Murray, Acton Memorial Library Reference Librarian, at the Senior Center for one-on-one help with your device! Bring your fully charged device and your questions, and Heather will troubleshoot technology problems alongside you. If Heather can't help with a specific problem you are having, she will do her best to find the right resources that can help you. Call the COA to reserve a 15-minute appointment.



## Chat with Matt

**Tuesday, March 18<sup>th</sup>, 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. Acton 高中的学生Matthew (刘瑞源) 要开始一个社会团体小组。来跟他享受一些茶点·跟别人说话·而且一个温暖的社区



## Donating to Make Downsizing Easy

**Wednesday, March 19<sup>th</sup>, 11:00-12noon**

**Open to all seniors/free**

HOUSEHOLD GOODS where you choose to donate. Sharon Martens, Executive Director of Household Goods, will share how donating your no-longer-needed items to organizations like Household Goods can make downsizing and decluttering easier—while also making a big difference for someone in need.

## Irish-Themed Line Dancing Party with Paul Hughes

**Wednesday, March 19<sup>th</sup>, 2:30-3:30pm**

**Open to all seniors/free**



Paul will be teaching some line dancing steps with an Irish twist in this fun dance party. Paul will be donning a leprechaun hat so join him by wearing green or accessorizing! No experience necessary. *Paul Hughes is a line and ballroom dance instructor and teaches at various senior, recreation, and community centers throughout MetroWest Boston.*

## Paul Simon's 65-Year Journey with John Clark

**Thursday, March 20<sup>th</sup>, 1:00-2:00pm**

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

Join John Clark for a multimedia overview of the rich and varied career of Paul Simon. Like his contemporaries, Bob Dylan and Leonard Cohen, Paul Simon (with Art Garfunkel) began as a strongly confessional singer/songwriter, but unlike them has consistently presented his lyrics using polished production values and exceptional musicians. And Simon continues to evolve lyrically and expand musically. The biblically prophetic mode of *Sound of Silence* (1966) resurfaces in his mid-70s masterpiece *American Tune*. Early ethnic explorations into world music (*El Condor Pasa*) culminate in the politically controversial *Graceland* album. And gospel music seems to be a major influence throughout his career (*Loves Me Like a Rock*,



*Gone at Last*). Drawing less upon his Jewish heritage than either Dylan or Cohen, his more recent songs seem to focus on spiritual questions and discoveries from mostly Christian and Hindu/Buddhist sources (*Questions for the Angels*, *The Afterlife* and *Quiet*).



### **Java with John**

**Friday, March 21<sup>st</sup>, 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.



### **□► Hearing Screenings with Audiologist Megan Ford**

**Tuesday, March 25<sup>th</sup>, 9:30 to 11:45am**

**Acton seniors only**

Megan Ford Au.D., a licensed audiologist in practice since 1998, will provide hearing screenings, ear wax checks, and basic hearing aid checks. Please allow 15 minutes for your appointment. Dr. Ford has worked at several major medical centers in Boston, Cleveland and Worcester. In 2013 she opened her private practice, HearSmart Audiology, in Littleton.

### **□► Memory Lane Café**

**Tuesday March 25<sup>th</sup>, 12:00-1:30pm**

**Open to all/free**

A Memory Café is a welcoming place for people with memory impairment and their care partners. We ask that attendees bring their care partners. Please let us know if you plan to attend as lunch will be provided. Sponsored by Acton COA, Concord Park and Cooperative Elder Services.

### **□► Understanding Basic Estate Planning Terms & Documents: Back to Basics**

**Tuesday, March 25<sup>th</sup>, 1:00-2:00pm**

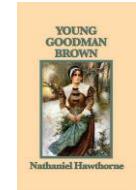
**Open to all seniors/free**

Join Attorney Dale Tamburro for a presentation on estate planning. He will cover estate planning terminology, the importance of getting organized (what are your assets, what is their worth, what are your income sources), the importance of communication, choosing your beneficiaries, what estate documents are needed, and what to do in case of disability. He will touch upon trusts as a tool for protecting your home if you require long-term care, which is a topic for a full seminar. Bring your specific questions for Dale to answer. *This Elder Law Education Program is sponsored by the Massachusetts Bar Association with generous assistance from the Massachusetts Chapter of the National Academy of Elder Law Attorneys.*

### **LitLovers Study Group/Masterpieces of Short Fiction: *Young Goodman Brown***

**Tuesday, March 25<sup>th</sup>, 2:30-4:00pm**

**Open to all seniors/free**

Each month the group views a 30-minute lecture from *The Great Courses: Masterpieces of Short Fiction*, followed by a discussion on the lecture, the featured story, and the author. This month's story is Nathaniel Hawthorne's *Young Goodman Brown*. Short stories have the unique ability to deliver a powerful emotional impact within a concise format, and we are studying some of the best. Authors include Ernest Hemingway, D.H. Lawrence, Flannery O'Connor, James Baldwin, Henry James, and Anton Chekhov. Copies of the stories are provided at the previous month's meeting; if you would like a copy emailed or wish to pick up a hard copy at the Senior Center, please contact facilitator Chris Chirokas at [cchirokas@actonma.gov](mailto:cchirokas@actonma.gov) or 978-929-6652.

### **Coping with Loneliness & Increasing Feelings of Joy with Julie Norstrand PhD**



**Wednesday, March 26<sup>th</sup>, 11:00-12noon**

**Open to all seniors/free**

It took the recent COVID pandemic to make us *all* aware of how detrimental loneliness can be to our physical and emotional well-being. It may be argued that one good thing to come out of the pandemic is that we are more willing to talk about our feelings of loneliness, giving us a chance to develop ways to reduce it. Julie will address this critical issue head on with specific examples of why we feel lonely and what we can do to reduce it, as well as community resources we can seek out for help. The ultimate goal of this presentation is to help you find a new routine in your life where you feel not only less loneliness but increased feelings of joy.

## The 20<sup>th</sup> Century: A 1910-1919 Review with Dawn Gomez

**Thursday, March 27<sup>th</sup>, 1:00-2:00pm**

**Open to all seniors/free**

After looking at the years 1900-1909 in January, we now turn our attention to the second decade. Rapid industrialization, immigration and urbanization continue in the Progressive Era, leading reform-minded people driving to make changes to improve the resulting appalling working conditions and poverty. Dominated by events of the bloodiest conflict the world had yet known, World War I, and its impact on the United States will be explored. Topics will vary from soldiers, suffragists, and the Spanish flu to brassieres, LL Bean boots, and the Buffalo nickel. From negatives like the Triangle Shirtwaist Company fire, sinking of the Titanic, and ratification of the 16th Amendment's introduction of personal income tax to positives like Henry Ford's automobile assembly line, the first National Geographic magazine, and Oreo cookies. We will discuss and recall the landscape and American lifestyles during this decade. Come to learn more and share your own family stories as well. *Dawn Gomez, Reminiscing Round Table founder, provides topic-based programs for seniors at several local assisted living and senior center communities.*



## Acton Rainbow Planning Team Meeting

**Wednesday, April 2<sup>nd</sup>, 2:00-3:00pm (hybrid)**

**Join in-person at the Senior Center (with refreshments) or from home via Zoom**



This team of community members explores how the Council on Aging/Senior Center can meet the programming needs of Acton LGBTQ+ residents age 60 and up. We welcome new members from the LGBTQ+ community, allies or municipal employees. The goals of the team are for Acton's LGBTQ+ older adults to have their voices heard about desired activities and that they find the Senior Center to be a welcoming place. The COA is also seeking someone to help plan a monthly event (stipend available). For more information or for the meeting Zoom link, please contact Chris Chirokas (she/her), Acton Council on Aging Program Manager, at [cchirokas@actonma.gov](mailto:cchirokas@actonma.gov) or 978-929-6652. See page 3 for information on our Pool & Pizza Night.

### ► Senior Prom

**Acton seniors only**



Swing into Spring at The Senior Prom on **Tuesday, April 8<sup>th</sup>, 5:00-7:00pm** at the Acton Senior Center. There will be music courtesy of the Acton Boxborough high school jazz quartet, dancing, and light refreshments!

Each guest will receive a boutonniere or corsage crafted by d'Vine Floral Design. Special thanks to Danny's Place who is providing a grant to make this event possible! We hope to see you there! **Sign up is required.**

### ► Drawing and Watercolor Painting Class with Fran Hewitt

**Tuesdays through March 25<sup>th</sup>, 9:30-11:30am**

**Acton seniors only**

Art class is currently full. Please call about the waitlist.

### ► Line Dancing with Paul

**Wednesday, March 12<sup>th</sup>, 2:30-3:30 pm**

**Schedule update: No class on March 5<sup>th</sup>**

This is final class of the winter session and is closed to new people. See page 4 for information on a special Irish line dancing class this month!

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

**Fridays, through April 25<sup>th</sup>, 10:00-11:00am**

**Open to all/free**

Join Tracy Woods for a 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*. Group started last month, but new people still welcome. Please obtain a copy of the book. *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.*

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

## 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, March 11<sup>th</sup>, 12noon**

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

**Open to all seniors**

### **□► Acton Lions Club Annual St. Patrick's Day Luncheon**

**Sunday, March 16<sup>th</sup>, 12:00pm- 1:30pm**

**Acton & Boxborough seniors only**

Acton & Boxborough Seniors only everyone's Irish on St. Patrick's Day! A traditional corned beef and cabbage lunch will be prepared and served by Lions Club members at the Acton Senior Center. It is free and open to seniors from Acton and Boxborough only. Please sign up by March 12<sup>th</sup>.

### **□► Monthly Lunch by Benchmark Senior Living/Robbins Brook**

**Tuesday, March 18<sup>th</sup>, 11:45am**

**Open to all seniors**

Join us for ham & veggie quiche, salad, potatoes, and dessert for \$3.00.

**Sign up is required.** Minuteman Senior Services will be celebrating National Senior Nutrition Month at this lunch with special guests to celebrate how senior nutrition programs support physical, mental, and social health.

### **□► Monthly Breakfast**

**Friday, March 21<sup>st</sup>, 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.

### **□► Colonial Dinner with Doug**

**Tuesday, March 25<sup>th</sup>, 5:00pm**

**Open to all seniors**

Pot roast, potatoes and dessert are on the menu for dinner. Cost is \$5.00. Sign up is required.



**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.

**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, March 25<sup>th</sup>.** 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 healthy end to winter and start to longer days in spring. We appreciate the feedback that you have provided in the Senior Surveys. If you haven't yet completed one, please ask at the Senior Center desk for a copy. We are also looking for additional members to join the COA Board. If you are interested, please attend a monthly Board Meeting. They are held on the third Tuesday of the month at 10am. Agendas are posted on the Town of Acton website.

Enjoy the sunshine! **COA Board**

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

**For information on our presenters**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 MARCH</b> 8:30 Active Aging 9:00-12 AARP Tax Appts 1:00 Movie 1:00 Mah Jongg	<b>4</b> 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 Managing Stress Workshop 3:00 Caregiver Support Group via Zoom	<b>5</b> 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 Collette Travel Presentation <b>11:30-1:30 Bistro 30</b> 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge	<b>6</b> 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Movie Theme Piano Performance 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	<b>7</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 It's Never Too Late Study Group
<b>10</b> 8:30 Active Aging 8:30-11:30 Reiki Appts 9:00-3 AARP Tax Appts 10:00 Friends of COA Mtg 1:00 Movie 1:00 Mah Jongg	<b>11</b> 8:30 Senior Fitness 9:00 Art Time 9:00 Ask the Lawyer Appts 9:30 Art Class with Fran 9:45 Active Aging 10:00 Book Discussion Group 11:00 Maintenance Balance – ANS <b>12:00 Chef McGuire Lunch</b> 1:00 Journey thru Italy Pt 3 1:00 Genealogy Group 3:00 Caregiver Support Group via Zoom 4-6:00 Housing Legal Clinic Appts 5:00 LGBTQ+ Pool & Pizza 6:00 Therapeutic Horticulture – ANS 6:00 Energy Healing - ANS	<b>12</b> 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 How to Sell Your Home <b>11:30-1:30 Bistro 30</b> 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Tech Assistance Clinic 1:30 Drop-in Bridge 2:30 Line Dancing 3:00 Mindfulness Meditation	<b>13</b> 8:30 Senior Fitness 9:45 Active Aging 10:00 Tech Help Appts 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Senior Property Tax Primer 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	<b>14</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 It's Never Too Late Study Group
				<b>Sunday March 16<sup>th</sup></b> 12:00 Acton Lions Club Annual St Patrick's Day Lunch
<b>17</b> 8:30 Active Aging 9:00-3 AARP Tax Appts 11:00 Tai Chi/Taijiquan Class 1:00 Movie 1:00 Mah Jongg	<b>18</b> 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 <b>11:45 Robbins Brook Lunch</b> 1:00 Irish Voices Performance 4:30 Chat with Matt 6:00 Meditation & Chair Yoga – ANS	<b>19</b> 8:30 Senior Fitness 10:00 Cribbage Games 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:00 Make Downsizing Easy <b>11:30-1:30 Bistro 30</b> 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 2:30 Irish Line Dancing Party 3:00 Mindfulness Meditation	<b>20</b> 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 John Clark's Music Series: Paul Simon 1:00 Mah Jongg 1:00 Chess Club 3:00 Chair Flow Yoga	<b>21</b> <b>Center closes at 12</b> 8:30 Senior Fitness <b>9:00 Breakfast</b> 9:45 Java with John 10:00 Nouvonne Fitness 10:00 It's Never Too Late Study Group
<b>This month the following activities are supported by the Friends of the Acton COA:</b> Irish Voices, Music of Paul Simon, 20 <sup>th</sup> Century in Review, Movie Themes Piano Performance, Coping with Loneliness & Increasing Joy, Mindfulness Meditation, Managing Stress, Journey Through Italy, Drawing/Watercolor class, Movies, and Tai Chi class.				

<b>24</b> 8:30 Active Aging 9:00-3 AARP Tax Appts 11:00 Tai Chi/Taijian Class 1:00 Movie 1:00 Mah Jongg	<b>25</b> 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:30-11:45 Hearing Screening Appts 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café <b>12:00 MMSS Birthday Lunch</b> 1:00 Basic Estate Planning 1:00 Genealogy Group 2:30 Litlovers Group <b>5:00 Acton 250 Dinner with Doug</b>	<b>26</b> 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:00 Coping with Loneliness <b>11:30-1:30 Bistro 30</b> 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Tech Assistance Clinic 1:30 Drop-in Bridge	<b>27</b> 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 The 20 <sup>th</sup> Century Review (1910-1919) 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	<b>28</b> <b>Center closes at 12</b> 10:00 Nouvonne Fitness 10:00 It's Never Too Late Study Group
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*The COA does not endorse or promote any service or company who makes a presentation. We encourage you to be an 'educated consumer' before entering into contract with any service provider. Movie titles are available on p.11. ANS=Acton Nursing Program – contact 978 929 6650 with questions/to register. 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](http://www.actoncoa.com) and sign up for notifications.*

**THANK YOU TO:** Sharon Zhou and her group of dancers and musicians who helped us celebrate Lunar New Year; Lucy Miskin who has helped over the last couple of years at our meals; Acton Police Association for sponsoring breakfast in February, the Acton Songsters for their Valentine's Day Performance.

ACTON COA STAFF	COA BOARD
<b>Sharon Mercurio, Director</b>	<i>Emi Azar</i>
Rosie Atherton, Office Manager	<i>Jeff Bergart</i>
Chris Chirokas, Program Manager	<i>Michelle Brady, Secretary</i>
Wendy Curtis, COA Customer Service Coordinator	<i>Lori Cooney, Vice Chair</i>
Beverly Hutchings, Senior Services Coordinator	<i>Ellen Feinsand, Chair</i>
Rosie Murphy, Health and Human Services Administrative Assistant	<i>Ann Kulsick</i>
Bernice Nicoll, Activities/Customer Service Assistant	<i>Alma Sandman</i>
Fiona Starr, COA Customer Service Coordinator	<i>Niru Velankar</i>
Terri Zaborowski, Exercise Instructor	
<b>Board will next meet: Tuesday, March 18<sup>th</sup>, 10:00am via <a href="https://zoom.us">Zoom</a></b>	
<b>COA Friends will next meet: Monday, March 10<sup>th</sup>, 10:00am</b>	

#### A Message from the **Friends of Acton COA**

The FACOA encourages you to

#### SAVE THE DATE

**Tuesday, May 6<sup>th</sup> at 1pm** to hear Pastor Liz Walker, former Channel 4 anchor and author who will discuss her new book and sign copies.

**The Friends of the Acton COA will next meet Monday, March 10<sup>th</sup> 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!



### **Mah Jongg Time**

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

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.

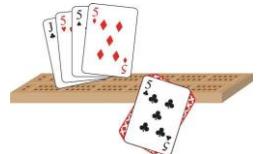


**Open to all seniors/free**

### **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.



### **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.

**Pool table not available for drop-in play on Tuesday, March 11<sup>th</sup>, 5:00-7:30pm.**



### **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 are on hold indefinitely:** Anyone who knows the basics can play with Chess Club on 1:00pm each Thursday.

## Groups

### **Art Time**

**Tuesdays, 9:00-11:00am**

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

**Open to all seniors/free**



### **Hot Topics Discussion Group**

**Wednesdays, 10:30-11:45am**

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.

**Open to all seniors/free**



### **Needle Arts Group**

**Wednesdays, 12:30-2:30pm**

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

**Open to all seniors/free**

## Movie Matinees

Shown with closed captioning, when available.



**Monday, March 3<sup>rd</sup>, 1:00-3:10pm** *Who's Afraid of Virginia Woolf?* (1966) A middle-aged New England associate professor and his wife expose their young guests to their alcohol fueled vitriolic verbal battles. Starring Elizabeth Taylor, Richard Burton, Sandy Dennis, and George Segal. Received 13 Oscar nominations with five wins including Best Actress in a Leading Role for Taylor and Best Supporting Actress for Dennis. *This film is shown in collaboration with the Acton Memorial Library.*

**Monday, March 10<sup>th</sup>, 1:00-2:40pm** *Wedding Season* (2022, PG) In this romantic comedy, two young Indian-Americans are pressured by their parents to find the

appropriate spouse, they pretend to date during a summer of weddings only to find themselves falling for each other.



**Monday, March 17<sup>th</sup>, 1:00-2:55pm** *Odd Man Out* (1947) In this classic film noir, James Mason plays a wounded Irish nationalist leader who attempts to evade police following a failed robbery in Belfast. Oscar nomination for film editing. *This film is shown in collaboration with the Acton Memorial Library.*



**Monday, March 24<sup>th</sup>, 1:00-2:45pm** *Here* (2024, PG-13) A generational story about families and the special place they inhabit in love, loss, laughter, and life. Robin Wright and Tom Hanks co-star. Film reunites the director, writer and stars of *Forrest Gump*.

**Monday, March 31<sup>st</sup>, 1:00-2:45pm** *The Children's Train* (2024-PG-13) In post-WWII Naples, poor children are sent north to live with wealthier people as an initiative to escape hunger and poverty. Italian film dubbed in English.

## Visit Bodacious the Therapy Dog



**Wednesdays, 10:00am to 12noon** **No visit on March 19<sup>th</sup>** **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!



## 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 Aging & Independence grant.

The **Acton Police Department** is pleased to announce that the [2025 Citizens Police Academy](#) will return this April. To register, please follow [the link](#) or you can register online through Acton Recreation. We look forward to seeing you in the spring! Program contact: Lt. Scott Krug [skrug@actonma.gov](mailto:skrug@actonma.gov) Town of Acton.

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

## Support Groups

### **□►Caregiver Support Group via Zoom**

**Tuesdays, March 4<sup>th</sup> & 11<sup>th</sup>, 3:00-4:30pm**

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](mailto:seniorcenter@actonma.gov). Funded by an Executive Office of Aging & Independence grant. Planning ahead, the first meeting next month is April 1<sup>st</sup>.



**Open to all caregivers of older adults/free**

### **Grandparents Raising Grandchildren Support Group**

**Tuesday, March 18<sup>th</sup>, 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.

### **Monthly Death Cafe, Second Monday of the Month, 7:00 - 8:30pm**

Welcome to Death Cafe! A Death Cafe is a group directed discussion of death with no agenda, objectives or course of action, no set conclusions and no judgment. Death Cafes provide a safe environment to gather, eat/drink tea and enjoy open-minded conversations about dying and death. It is an opportunity to share, explore and question our own perceptions of death. It's not a bereavement group - just an open conversation about a topic that we often find taboo. You are welcome to share as much or as little as you like. Email [carol@patientpresence.com](mailto:carol@patientpresence.com) with questions. Join [ZOOM](#):

### **Weekly Grief Group, Tuesdays, 7:00 - 8:00pm**

Struggling with grief? You are not alone. Grief is the internal pain we feel from a loss. We all experience grief in a unique way and we all need our grief to be witnessed to heal.

Our Grief Group is a welcoming, non-judgmental, safe space to share your story, support others and learn some coping strategies to live in your new reality.

Questions? Email [carol@patientpresence.com](mailto:carol@patientpresence.com) Join [ZOOM](#):

## Exercise

### **Gym/Fitness Room Policy**

**Acton seniors only**

The Gym is 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.



### **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 24<sup>th</sup>, 8:30-9:30am**

**Tuesdays through March 25<sup>th</sup>, 9:45-10:45am**

**Thursdays through March 20<sup>th</sup>, 9:45-10:45am**

**No class March 27<sup>th</sup>**

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, March 17<sup>th</sup> & 24<sup>th</sup>, 11:00am-12:00noon**

**No class March 3<sup>rd</sup> & 10<sup>th</sup>**

This Taijiquan class uses Formless Dragon style, a modern re-examination of classical Tai Chi & 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 & explore postural, movement & 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 25<sup>th</sup>, 8:30-9:30am**

**Wednesdays through March 26<sup>th</sup>, 8:30-9:30am**

**Thursdays through March 20<sup>th</sup>, 8:30-9:30am**

**No class March 27<sup>th</sup>**

**Fridays through March 21<sup>st</sup>, 8:30-9:30am**

**No class March 28<sup>th</sup>**

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 12<sup>th</sup>, 10:00-11:15am**

**No class March 19<sup>th</sup> & 26<sup>th</sup>**

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 Aging & Independence grant; \$1 donation per class requested.

## Thursday Tai Chi Practice

**Open to out-of-town seniors/free**

**Thursdays, 11:00am-12:00noon**

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

## **Chair Flow Yoga with Rebecca Reber**

**Thursdays through March 27<sup>th</sup>, 3:00-3:45 pm**

This active chair yoga class combines 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/](http://www.rebeccareberyoga.com/).*



## **NouVonne Fitness with Yvonne Benelli**

**Fridays through March 28<sup>th</sup>, 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 Aging & Independence grant guidelines.

## **About Town and Beyond**

**Town of Acton Information Line: 978 929 6600**

**Subscribe to receive the Municipal Monthly with all the Town updates.**

**Housing Legal Clinics** 2<sup>nd</sup> Tuesdays, 4:00-6:00pm, at the Human Services Building, 30 Sudbury Rd, Rear. Call 978 929 6651, or email [tenantsupport@actonma.gov](mailto:tenantsupport@actonma.gov).

## **March at Acton's Libraries**

For the latest [news](#). For more [information](#), & to [register](#) for programs.

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

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, 1-2:30 p.m.

Sewing Club Thursday, March 6, 3:30-4:30 p.m. Meets the 1<sup>st</sup> Thursday of every month. Knowledge of a sewing machine is required.

Yarn & Needle Club Tuesdays, March 11 & 25, 3-4 p.m. Meets the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month.

Acton Memorial Library Book Discussion Group Tuesday, March 18, 6:30-7:45 p.m. Book: *Being Mortal* Atul Gawande.

Foreign Affairs: Great Decisions Group Discussion Tuesday, March 25, 7-8 p.m. America's largest discussion group on world affairs. Copies of annual Briefing Book available at the library. Topic: U.S.-China Relations.

## **March 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. Visit for [menu](#).

**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](mailto: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 & 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 & book your ride at least 24 hours in advance.

**Handy Helper Program** Do you have a small, unfinished project or repair around your home? Could we help you with that? We are the Handy Helpers and we can provide technical help with digital cable boxes, computers, and printers; change light bulbs and batteries; and even install various items such as curtain rods, blinds, shelving, and window-mount fans or air conditioning units. This is not an emergency program. Give us a call 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](mailto: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](http://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 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. See page 1 for a details of a visit to the center by the Town's Assessors.



To subscribe for newsletter & notifications online go to <https://actoncoa.com/list.aspx> If you still want to receive your newsletter through regular mail you can still subscribe to notifications so you hear about any program changes or cancellations.

**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.

**National Wear Red Day** to bring awareness to Heart Disease and specifically Heart Disease in women, on February 7<sup>th</sup>, had staff and the exercise class donning their scarlet tops!



## Acton Nursing Services

**Call 978-929-6650, Acton Nursing, for these programs starting Wednesday, February 26<sup>th</sup>**

► **Therapeutic Horticulture**

**Acton Seniors Only**

**Tuesday, March 11<sup>th</sup>, 6:00 -7:00pm, Wednesdays March 19<sup>th</sup> & 26<sup>th</sup>, 10:30-11:30am**

Come design a spring themed arrangement in an ivory compote bowl. All supplies provided. 12 participants per class.

► **Podiatry Clinics**

**Acton Seniors Only**

**Appointments: Tuesday March 4<sup>th</sup>, 12-4:00pm, March 18<sup>th</sup>, 1-6:00pm, Thursday, March 13<sup>th</sup>, 12-4:00pm. 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 March 18<sup>th</sup>, 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.

► **Energy Healing with Jacqui Burak**

**Tuesday, March 11<sup>th</sup>, 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.

► **Maintenance Balance Training**

**Acton Seniors only**

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

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

Join Karen Patterson PT as she provides maintenance balance classes as a continued follow-up to her 6-week Balance Matters! Each class is independent of the other but you MUST have attended the Balance Matters! 6-week sessions to join. **Please call to register as class size is limited!**

**Wellness Clinics –1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, March 4<sup>th</sup> & 18<sup>th</sup>, 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!

Love was all around in February!



Celebrating Lunar New Year



Asako led another very popular cooking class – this time making spring rolls





The Valentine's Party with a cupcake decorating station was a hit.



Breakfast this month was sponsored by the Acton Police Association. Veterans Services Officer James MacRae did the cooking as always!



## THE ACTON COUNCIL ON AGING @ THE SENIOR CENTER, MARCH 2025 NEWSLETTER