



# Acton Council on Aging

At the Human Services Building & Senior Center  
APRIL 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: **CLOSED MONDAY APRIL 21<sup>st</sup>**  
**Monday: 8:00am-5:00pm**  
**Tuesday: 8:00am-7:30pm**  
**Wednesday & Thursday: 8:00am-5:00pm**  
**Friday: 8:00am-12noon**

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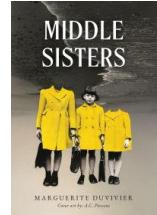
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## Magda Stilmant Author Talk on Memoir *Middle Sisters*

**Thursday, April 3<sup>rd</sup>, 1:00-2:00pm**

**Open to all seniors/free**

Acton resident Magda Stilmant will read excerpts from and discuss her journey through the writing and publishing of her first book. *Middle Sisters* is a memoir recently published by Palmetto Publishing using the pseudonym Marguerite Duvivier. This multi-generational saga reveals women's resilience and self-determination in the face of war, poverty, infidelity, illness, tragedy, and betrayal. A riveting and uplifting journey from Belgium to America, based in part on secretly kept journals. The book won't be sold at the talk, but it is available to purchase on Amazon. Magda will be familiar to many as she taught wool felting art classes at the Senior Center and participates in other programs.



## A Journey Through the Roots of American Popular Music Live Performance

**Tuesday, April 22<sup>nd</sup>, 1:00-2:00pm**

**Open to all seniors/free**

Program that blends live performance, storytelling and visuals about the origins of blues, rock and country music presented by singer and songwriter Jon Waterman. In the show, Jon is joined by Li Waterman on bass. Fascinating characters and events that are part of the history and the role of music in our lives will be explored. Jon and Li's programs are enthusiastically received in Acton. *This program is supported by a grant from the Acton-Boxborough Cultural Council, a local agency, which is supported by the Mass Cultural Council, a state agency.*



## ►► Performance of Farm Girl on the Front Line: Deborah Sampson's Secret!

**Tuesday, April 15<sup>th</sup>, 1:00-2:00pm**

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



Deborah Sampson was a poor, ordinary young woman from Massachusetts—who managed to hoodwink George Washington's army! She is the only woman known to have disguised herself as a man and serve as a soldier in the Continental Army without getting caught. Learn about close calls, mountainous obstacles, and head-scratching conundrums this heroine faced who risked humiliation and imprisonment to help free the colonies from English rule. Gain a behind-the-scenes look at this principled, dangerous deception and the character of the humble rebel who pulled it off. Janet Parnes of Historical Portrayals by Lady J will portray Deborah Sampson.

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

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

- Acton Songsters, p.3
- Art Class with Fran, p.4
- Benefits of Trusts, p. 3
- Caregiver Group, p.11
- CarFit Event, p.5
- Cooking Class, p.2
- Deborah Sampson, p.1
- Gym Training, p.12
- Line Dancing, p.4
- Meditation, p. 3
- Reiki Appointments, p.4
- Senior Prom, p.3
- Tax prep appts, p.2
- Tech Help Appts p.3
- Who Were the Incas? p.2
- Words Galore, p.10

### Meals, page

- Chef McGuire Lunch, 4/8
- Robbins Brook Lunch, 4/15
- Monthly Breakfast, 4/18
- Dinner with Doug, 4/29

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

## Director's Corner

April is Volunteer Appreciation month. The Acton COA is fortunate to have such wonderful, dedicated people who help us provide services, classes and meals as well as assist with the day to day operations at the Senior Center. Their commitment and support is greatly appreciated! Please take a moment to thank them for what they do. We couldn't do it without them! Best, 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 for availability and eligibility.

### 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.

### Book Discussion Group

Open to all seniors/free

**Tuesday April 8<sup>th</sup>, 10:00-11:00am**



The discussion for April's meeting will be around the book Trust by Hernan Diaz. If you would like to read ahead for May 13<sup>th</sup> meeting, Lady Tans Circle of Women by Lisa See. 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.

### □► Who Were the Incas? with Edward Alessi

**Tuesday, April 8<sup>th</sup>, 1:00-3:00pm**

Open to all seniors/free



Come and learn about this fascinating ancient culture and civilization that took place in Ancient Peru. How did they live their everyday life? What myths surround this civilization? How were they governed? What technologies are they known for? Presentation will last a maximum of two hours; there will be a break. *Edward Alessi is a retired geriatric social worker who currently teaches Sociology at Middlesex Community College in Bedford.*

### Genealogy Group

**Tuesday, April 8<sup>th</sup> and 22<sup>nd</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.



### □► Crispy Spring Roll Cooking Class with Asako Judson

**Tuesday, April 8<sup>th</sup>, 2:00-3:00pm**

Acton seniors only



This class will teach you how to create crispy spring rolls filled with an abundance of fresh vegetables. The result is a satisfying & flavorful dish that is as delightful as it is nutritious. Because of its popularity, this is a repeat of Asako's February class and open only to those who did not attend that class. *Asako Judson, who lives in Acton, has worked at several restaurants and as a private chef and caterer.*

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

## ► Senior Prom

**Tuesday, April 8<sup>th</sup>, 5:00-7:00pm**

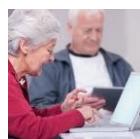
Swing into Spring at The Senior Prom at the Acton Senior Center. There will be music courtesy of the Acton Boxborough high school jazz quartet, dancing, and light refreshments! Each guest will receive a boutonniere or corsage crafted by d'Vine Floral Design. Special thanks to Danny's Place who is providing a grant to make this event possible! We hope to see you there! Sign up is required.



## ► Acton Songsters with Ed Knights

**Wednesdays, April 9<sup>th</sup> and 30<sup>th</sup>, 1:00-1:45pm**

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, April 9<sup>th</sup> and 23<sup>rd</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.



## ► Mindfulness Meditation with Heidrun Dickson via Zoom

**Wednesdays, April 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 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 started last month but new people are welcome to join—it is suitable for both beginners as well as those who have some experience. 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.



## ► Technology Help Appointments with Acton Memorial Library

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

**Acton seniors only**



Need help with common smartphone (iPhone or Android), tablet or laptop functions? Join Olivia Wennerod, Acton Memorial Library Adult Programming Librarian, at the Senior Center for one-on-one help with your device! Bring your fully charged device and your questions, and Olivia will troubleshoot technology problems alongside you. If Olivia 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.

## ► Benefits of Irrevocable and Revocable Trusts

**Thursday, April 10<sup>th</sup>, 1:00-2:00pm**

**Open to all seniors/free**

Attorney Dale Tamburro will present on the use of trusts in estate planning: components of a trust; probate avoidance; revocable (living) versus irrevocable; protecting your home and other assets; minimizing estate taxes; trust asset management of trust assets. If time permits, Dale will also discuss who should be trustee when you are unable to and how to fund the trust.

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

## ► Relaxing Reiki Appointments with Monica

**Monday, April 14<sup>th</sup>, 8:30-11:30am**

**Acton seniors only**

**Call for an appointment after 8:30am on Tuesday, April 1<sup>st</sup>: 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! Appointments are 30 minutes in length. 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).*



## ► Drawing and Watercolor Painting Class with Fran Hewitt

**Tuesdays, April 15<sup>th</sup> through June 17<sup>th</sup>, 9:30-11:30am**

**Acton seniors only**

**Call to register for this session beginning Tuesday, April 1<sup>st</sup> after 8:30 am: 978-929-6652 (no voicemails please)**

Participants in this class will learn how to use basic drawing skills and watercolor techniques to create pictures. We will explore line, color, shape, form, and texture as we draw and paint. Subjects for our work will include photographs of still-life objects, landscapes, animals, portraits, and flowers. No prior art experience is required to participate. If you have drawing and/or watercolor painting experience, you will use your knowledge to improve your skills. The supply list for this class is unchanged from the last session; it is available at the COA reception desk and can be emailed upon request. *Fran is a veteran art teacher who taught drawing, painting, ceramics, sculpture, weaving, and collage to K thru 12<sup>th</sup> grade in the NH Public School for 30 years. She developed and taught adult art education classes as part of a continuing education program. After retiring, she moved to Acton and has enjoyed learning about the area, continuing to create art work, and reading the latest novel.*



## Proposed New Department of Public Works Facility Discussion

**Tuesday, April 15<sup>th</sup>, 3:00-4:00pm**

**Open to all Acton residents**

Select Board Vice-Chair Dean Charter, who chairs the Department of Public Works Building Committee, will present the justification, plans, and cost estimate for the proposed new Public Works Facility that will replace the existing building at 14 Forest Road. A debt exclusion override will be voted on at the April election and will be presented for a vote at the Annual Town Meeting in May. This discussion will be informal and interactive and will include new information not known at the January presentation.

## ► Line Dancing with Paul

**Wednesdays, April 16<sup>th</sup> through June 11<sup>th</sup>, 2:30-3:30pm**

**No class on May 28<sup>th</sup>**

**Registration for out-of-town seniors (\$20 fee) starts April 8<sup>th</sup>**

Join in on the spring session of line dancing! Dance for fun, exercise, balance, coordination, and to learn a new skill. You'll have great fun line dancing, while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated, and then danced to contemporary music. You will dance some of the old favorites and add some of the newest dances. No need to have a partner; this is something for everyone, and no experience is necessary! Space is limited—sign up with the Council on Aging. 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.

## The Indestructible Soul: A Brief History of Poland with Paolo Di Gregorio

**Thursday, April 17<sup>th</sup>, 1:00-2:00pm**

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

Over the course of 1,000 years of history, the story of Poland has been one of tragedy and triumph. At its peak, Poland was the largest nation in Europe, yet by the end of the 18th century it had completely disappeared from the map. This illustrated lecture will explore the grand and enduring tale of Poland and the Poles.





## Java with John

**Friday, April 18<sup>th</sup>, 9:45am**

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.

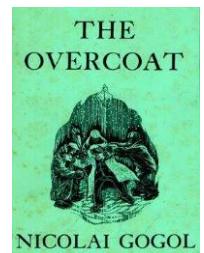
**Open to Acton residents**

## LitLovers Study Group/Masterpieces of Short Fiction: *The Overcoat*

**Tuesday, April 22<sup>nd</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 *The Overcoat* by Nikolai Gogol. 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.



## Bob Dylan's Jewish Roots with John Clark

**Thursday, April 24<sup>th</sup>, 1:00-2:00pm**

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

Bob Dylan is arguably the most important figure in American popular music in the second half of the 20th century, a point made emphatically when he received the 2016 Nobel Prize for Literature. Though scholars had approached his work as serious poetry for decades, few had considered the matter of how Dylan's Jewish heritage and upbringing affected his creative output. With help from all the critical and analytical writing about Dylan's Jewishness, John Clark will explore selected works of this enigmatic singer/songwriter through the lens of midrash, of the prophetic tradition, Yiddish humor and the past 100 years of Jewish-American songwriting. This presentation will include music and video clips and Dylan's own words to tell the story. Featured songs: *When the Ship Comes In*, *Forever Young*, *Father of Night*, *I Pity the Poor Immigrant*, *One More Cup of Coffee*, *Neighborhood Bully*, and *Hava Nagila*.



## □► CarFit Event

**Monday, April 28<sup>th</sup>, 9:30-11:30 am by appointment**

We are offering a free community CarFit event in the Senior Center parking lot. CarFit is designed to give a quick but comprehensive check on how well an older driver and their vehicle work together with a focus on comfort, safety, and mobility. Sometimes simple adjustments to mirrors, seat, steering wheel, or head restraint can make a big difference! It is not a driver test. CarFit is a national program developed by AARP and the American Occupational Therapy Association. Each appointment takes less than 30 minutes for a technician to complete a 12-point checklist with each driver. An Occupational Therapist will also meet with each driver and, if applicable, will show examples of devices that can improve the driver's "car fit." We always receive a good deal of positive feedback after these events—don't miss out! Advance registration is required (call 978-929-6652), as is signing a waiver on the day of the event.

## □► Exploring Improvisation with Poornima Kirby **Open to out-of-town seniors for \$20**

**Mondays, April 28<sup>th</sup> through June 9<sup>th</sup>, 10:00-11:00am**

**No class May 26<sup>th</sup>**



Come unlock your sense of humor, play and discovery with this class on the art and fun of improvisation! We'll play simple improv games, explore short-form and long-form scenarios, and gain tools for building characters on the fly. We'll also sharpen our listening skills, use our imaginations, and learn how to say "yes, and . . .!" to our fellow improvisors. We'll even learn how to apply improvisation skills in everyday life to solve problems, increase confidence, and gain insights into human relationships. People with any level of experience are welcome to join! Her classes at the Senior Center are educational and great fun!

## ► Bridges by EPOCH Proactive Brain Health Presentation

**Tuesday April 29<sup>th</sup>, 1:00-2:30pm**

**Open to all seniors/free**

Join us for a presentation on Proactive Brain Health. By implementing proactive habits, individuals can help reduce their risk of cognitive decline. Seniors will learn lifestyle changes to help keep their minds sharp for tomorrow. Risks to brain health, lifestyle factors, diet, sleep, exercises, and connections between heart and brain will be discussed. Snacks provided, and sign up required.



## Introduction to the Retired Men's Association

**Tuesday, April 29<sup>th</sup>, 2:00-3:00pm**

**Open to all seniors**

Meet members to learn and explore membership in the Retired Men's Association of Boston/Metrowest. The over 100 retirees in the organization enjoy friendly association and use their talents and interests to meet the needs of their communities in a three-pronged approach of fellowship, service and volunteerism. There are monthly meetings, in-person as well as on-line, featuring interesting speakers. The RMA also offers events such as local hikes, biking outings, visits to area museums, businesses, universities and sporting events. Spouses are welcome to all events. This is a great opportunity to get out and meet new people. Join us, won't you? If you can't make the meeting but want more information contact Paul Motyka at 978-263-2612 or paul@pmotyka.com or visit [www.rmena.org/](http://www.rmena.org/).



## After the Battle of Lexington and Concord: The Battle to Win Hearts and Minds with Larry Kerpelman

**Thursday, May 1<sup>st</sup>, 1:00-2:00pm**

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



On April 19, 1775, colonials and the King's soldiers exchanged musket fire on Lexington Green and Concord's North Bridge. Before the musket smoke even cleared, both sides, using words as weapons this time, began efforts to sway both the public and the higher-ups. The storytelling and speed of delivery mattered critically. Whichever side first presented the best case as to what happened that day stood strongest to win the hearts and minds of officials and the public in both the American colonies and Great Britain. The race was on. This talk will tell what they did, how they did it, and who prevailed in this race to remember. *Larry C. Kerpelman, Ph.D., is a freelance writer and communications professional from Acton. Upon retiring from a career in corporate communications, he turned to researching, writing, and speaking on singular moments in American history. His work has appeared in American History, American Heritage, The Boston Globe, and other publications. He holds a B.A. from Johns Hopkins University and a Ph.D. from University of Rochester.*

## ► Liz Walker Author Talk

**Tuesday, May 6<sup>th</sup>, 1:00pm**

**Out of town seniors call after April 22<sup>nd</sup>**



The Friends of the Acton Council on Aging proudly announce the annual Honoring Excellence program will host Pastor and former WBZ-TV anchor **Liz Walker** at the Senior Center. She will discuss experiences shared in her recently released book, No One Left Alone. Pastor Walker will sign copies available for purchase following her talk. Additional copies may be obtained at the Silver Unicorn Bookstore in West Acton.

## "A Fresh Perspective: A Fourth Collaborative Display"

From April 23<sup>rd</sup> through mid-June, we are delighted to welcome back the work of Jen Mabardy and Lara Maira. They present a celebration of creativity and fresh inspiration! With spring in the air, they're embracing renewal and infusing their display with some exciting new ideas. Jen has been a longtime Stampin' Up! Demonstrator. She loves colors and cardstock, and working with a variety of stamps and inks to make handmade greeting cards. Lara combs beaches all over the world for sea glass to then create framed art pieces.

All are welcome to attend their Reception in May – look in May's newsletter for details.

## 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, April 8<sup>th</sup>, 12noon**

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

**Open to all seniors**

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

**Tuesday, April 15<sup>th</sup>, 12:00pm**

Join us for baked ham, potatoes, vegetables and dessert for \$3.00. Sign up is required.

**Open to all seniors**

### **□► Monthly Breakfast**

**Friday, April 18<sup>th</sup>, 9:00am**

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.

**Acton seniors only**

### **□► Dinner with Doug**

**Tuesday, April 29<sup>th</sup>, 5:00pm**

We will be having sliced beef tenderloin with gravy over rosemary fingerling potatoes followed by dessert. Please sign up prior to the event.

**Open to all seniors**

### **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.

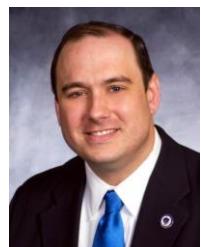
**Birthday Lunch, Tuesday, April 22<sup>nd</sup>**. Anyone with a birthday this month can enjoy a free lunch and special dessert this day. Sign up with John Day in the kitchen on 781-221-7098. Let him know that it is your birthday month.

**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.



**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.

If you have been "temporarily aware" for 3 months or more you will need to contact us to be re-instated onto the USPS mailing list.



The **Council on Aging Board** wants you to know about a FREE fun and informative event hosted by our district's State Senator - Jamie Eldridge. This year's event is scheduled for Thursday, April 24<sup>th</sup> at Assabet Valley Regional Technical High School. The 44th Senior Conference will include information, entertainment, food and raffle prizes. Workshops from expert guest speakers on planning for your future, and resources for caregivers and family members. Senator Eldridge also provides free breakfast, and a delicious free lunch made by the culinary students of Assabet Valley. The school is located at 215 Fitchburg St, Marlborough. The program is from 8:00am - 2:00pm.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>31</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>1 APRIL</b> 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 3:00 Caregivers Group Via Zoom	<b>2</b> 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Yoga 10:30 Horticultural Therapy - ANS 10:30 Hot Topics <b>11:30-1:30 Bistro 30</b> 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 2:00 Rainbow Planning Meeting	<b>3</b> 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Magda Stilmant Author Talk 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	<b>4</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>7</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>8</b> 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 10:00 Book Group 11:00 Maintenance Balance – ANS <b>12:00 Chef McGuire Lunch</b> 1:00 Genealogy Group 1:00 Who were the Incas? 2:00 Cooking Class 4-6:00 Housing Legal Clinic Appts 5:00-7 Senior Prom 6:00 Energy Healing - ANS	<b>9</b> 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Yoga 10:30 Hot Topics <b>11:30-1:30 Bistro 30</b> 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Drop-in Bridge 1:30-3:00 Tech Clinic 3:00 Mindfulness Meditation (Zoom)	<b>10</b> 8:30 Senior Fitness 9:45 Active Aging 10:00 Tech Appts with AML 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Trusts Talk 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	<b>11</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>14</b> 8:30 Active Aging 8:30-11:30 Reiki Appoints 9:00-11:00 Tax Appts 10:00 COA Friends Meeting 11:00 Tai Chi/Taijian Class 1:00 Movie 1:00 Mah Jongg	<b>15</b> 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 10:00 COA Board Mtg 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 11:00 Grandparents Group <b>12:00 Robbins Brook Lunch</b> 1:00 Deborah Sampson Performance 3:00 Caregivers Group Via Zoom 3:00 New DPW Facility Discussion 6:00 Meditation & Chair Yoga - ANS	<b>16</b> 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Yoga 10:30 Hot Topics 10:30 Horticultural Therapy - ANS <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 Line Dancing 3:00 Mindfulness Meditation (Zoom)	<b>17</b> 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for Your Health 12:00 Volunteer Appreciation Luncheon 1:00 History of Poland 1:00 Mah Jongg 1:00 Chess Club 3:00 Chair Flow Yoga	<b>18</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>21</b> <b>BUILDING CLOSED</b>	<b>22</b> 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 12:00 MMSS Birthday Lunch 1:00 Genealogy Group 1:00 American Popular Music Performance 1:00 Mah Jongg 2:30 LitLovers Group 6:00 Therapeutic Horticulture - ANS	<b>23</b> 8:30 Senior Fitness 10:00 Cribbage Games 10:00 Yoga 10:30 Hot Topics <b>11:30-1:30 Bistro 30</b> 12:30 Needle Arts Group 1:30 Drop-in Bridge 1:30-3:00 Tech Clinic 2:30 Line Dancing 3:00 Mindfulness Meditation (Zoom)	<b>24</b> 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 Bob Dylan Music with John Clark 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga (8am-2pm 44 <sup>th</sup> Senior Conference at Assabet Valley Regional Tech	<b>25</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>28</b> 8:30 Active Aging 9:30-11:30 CarFit Event 10:00 Exploring Improvisation 11:00 Tai Chi/Taijian Class 1:00 Movie 1:00 Mah Jongg	<b>29</b> 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 1:00 Proactive Brain Health Presentation 2:00 Introduction to Retired Men's Association <b>5:00 Dinner with Doug</b>  <b>7am-8pm Town Election</b> R.J.Grey Jr. High School	<b>30</b> 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Yoga 10:30 Hot Topics <b>11:30-1:30 Bistro 30</b> 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Drop-in Bridge 2:30 Line Dancing 3:00 Mindfulness Meditation (Zoom)	<b>May 1</b> 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 Winning Hearts & Minds after the Battles of Concord & Lexington 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	<b>2</b> <b>Center closes at 12</b> 8:30 Senior Fitness
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*The COA does not endorse or promote any service or company who makes a presentation. We encourage you to be an 'educated consumer' before entering into contract with any service provider. Movie titles are available on p. 12. 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. For information on our presenters go to [www.actoncoa.com/129/Programs](http://www.actoncoa.com/129/Programs)*

**This month the following activities are supported by the Friends of the Acton COA:** After the Battle of Lexington & Concord, Magda Stilmant Author Talk, Spring Roll Cooking Class, Mindfulness Meditation, Who Were the Incas, Drawing/Watercolor class, Farm Girl on

the Front Line Performance, History of Poland, Dance Music of the 50s & 60s, Improvisation Class, Words Galore, Movies, and Tai Chi Class.

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>
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Fiona Starr, COA Customer Service Coordinator	<i>Niru Velankar</i>
Terri Zaborowski, Exercise Instructor	
<b>Board will next meet: Tuesday, April 15<sup>th</sup>, 10:00am</b>	
<b>COA Friends will next meet: Monday, April 14<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, April 14<sup>th</sup> at 10am.**

*Thank you to:* all the folks who have donated candy – always welcome, specially Eleanor V for her Chocolate lollipops, Acton Boxborough Lions' Club for the delicious St. Patrick's Day luncheon, Det. Gower and Beth Van Emburgh for assisting with our dining room project, Sarah for organizing and running the Senior Prom, our diligent AARP tax aide volunteers.

## Groups and Weekly Programs

### **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.

### **Visit Bodacious the Therapy Dog**



**Wednesdays, 10:00am to 12noon**

**No visit on April 23<sup>rd</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!

### **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.

### **□► Words Galore via Zoom**

**Thursdays, April 24<sup>th</sup> through May 29<sup>th</sup>, 9:00-9:55am**

**Open to all seniors/free**

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

### **Laugh for Your Health with Susan Phillips**

**Thursdays, 11:00 am-12:00noon No meeting on May 1<sup>st</sup> 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.



### **COA Seeking Event Coordinator for LGTBQ+ Programs for Older Adults**

The Acton Council on Aging is seeking someone to coordinate a monthly event at the Senior Center for older adults in the LGBTQ+ community. Gatherings may include entertainment, speakers, socializing with refreshments, pool & ping pong. It would be ideal if this person could attend Acton COA Rainbow Team meetings (via Zoom or hybrid) where members discuss ideas for programming. The coordinator would work with the COA's program manager in planning events. A monthly stipend is available. For more information, please contact Chris Chirokas at the Council on Aging, [cchirokas@actonma.gov](mailto:cchirokas@actonma.gov) or 978-929-6652.



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

**For information on our [presenters](http://www.actoncoa.com/129/Programs) go to [www.actoncoa.com/129/Programs](http://www.actoncoa.com/129/Programs)**

## Support Groups

### □► Caregiver Support Group via Zoom

**Tuesdays, April 1<sup>st</sup> and 15<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.



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

### Grandparents Raising Grandchildren Support Group

**Tuesday, April 15<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.

## Games

### Morning Open Activity Time

**Weekdays, 9:00-11:30 am**

**Open to all seniors/free**

**No activity time April 18<sup>th</sup> & 21<sup>st</sup>**

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 and Tuesday April 22<sup>nd</sup>, 1:00-4:00pm**

**No Mah Jongg April 21<sup>st</sup>**

**Open to all seniors/free**

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

### Weekly Cribbage Game

**Wednesdays, 10:00-11:00am**

**Open to all seniors/free**

Come by the Senior Center for a fun game of cribbage with this 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**

**Open to all seniors/free**

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

### Play Pool

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**

**Open to all seniors/free**

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



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

## Movie Matinees

**Shown with closed captioning, when available.**



**Monday, April 7<sup>th</sup>, 1:00-2:50** *Hud* (1963) An honest, hard-working Texas Rancher deals with his unscrupulous, selfish son Hud who is responsible for the death of his own brother. Stars Paul Newman, Patricia Neal, and Melvyn Douglas. Neal and Douglas won Oscars for their roles. *This film is shown in collaboration with the Acton Memorial Library.*

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

**Monday, April 14<sup>th</sup>, 1:00-2:35** *Swallows and Amazons* (2016, PG) Children on holiday in England's Lake District battle other children for use of an island, not realizing something more sinister is afoot. Set in the 1930s, film stars Kelly Macdonald, Andrew Scott, Rafe Spall. *This film is shown in collaboration with the Acton Memorial Library.*



**Monday, April 28<sup>th</sup>, 1:00-3:40** *Wicked* (2024, PG) Elphaba (Cynthia Erivo), misunderstood because of her green skin, befriends popular girl Galinda (Ariana Grande) at school in the Land of Oz. Musical nominated for 10 Oscars with wins for costume and production design. DVD available to borrow from the lounge resource shelf after 4/28.

## Exercise

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

The Gym is open during the Senior Center's normal operating hours. 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.

**Acton seniors only**



### **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, March 31<sup>st</sup> through June 23<sup>rd</sup>, 8:30-9:30am**

**No class on April 21<sup>st</sup> & May 26<sup>th</sup>**

**Tuesdays, April 1<sup>st</sup> through June 24<sup>th</sup>, 9:45-10:45am**

**No class May 22<sup>nd</sup> & June 19<sup>th</sup>**

**Thursdays, April 3<sup>rd</sup> through June 26<sup>th</sup>, 9:45-10:45am**

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).



**For information on our [presenters](#)**

## Tai Chi/Taijiquan Class with Linda Sango

**Mondays, March 31<sup>st</sup> through June 23<sup>rd</sup>, 11:00 am-12:00noon      No class April 21<sup>st</sup> & May 26<sup>th</sup>**

This Taijiquan class uses Formless Dragon style, a modern re-examination of classical Tai Chi and is open to all levels of participants. Linda Sango studies under Occidental Taoist Jeff Coté, who distills the essence of Tai Chi into fundamental principles. Students will be encouraged to learn single movements and explore postural, movement and conceptual principles, rather than learning as many form movements as possible.

## Senior Fitness with Terri Zaborowski

**Tuesdays, April 1<sup>st</sup> through June 24<sup>th</sup>, 8:30-9:30am**

**Wednesdays, April 2<sup>nd</sup> through June 25<sup>th</sup>, 8:30-9:30am**

**No class May 21<sup>st</sup>**

**Thursdays, April 3<sup>rd</sup> through June 26<sup>th</sup>, 8:30-9:30am**

**No class May 22<sup>nd</sup> & June 19<sup>th</sup>**

**Fridays, April 4<sup>th</sup> through June 27<sup>th</sup>, 8:30-9:30am**

**No class May 23<sup>rd</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, April 2<sup>nd</sup> through June 25<sup>th</sup>, 10:00-11:15am**

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. 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**

**No practice on June 19<sup>th</sup>**

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, April 3<sup>rd</sup> through June 26<sup>th</sup>, 3:00-3:45pm**

**No class on June 19<sup>th</sup>**

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, April 4<sup>th</sup> through June 27<sup>th</sup>, 10:00-11:00am**

**No class on May 2<sup>nd</sup> & June 20<sup>th</sup>**

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. 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 ActonInformation Line: 978 929 6600

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

**Town Election**, Tuesday, April 29<sup>th</sup>, 7am-8pm R.J.Grey Jr. High School.

**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).

### April at Acton's Libraries

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

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

Highlights include Mithila/Madhubani Art Workshops, Flower Arranging, Saturday April 12<sup>th</sup>, and the Annual Holi Celebration Saturday, April 26<sup>th</sup>, 1-3pm, Acton Memorial Library.

### April at Community Education

Check out the [catalog](#)

**Mount Calvary Community Supper**, 472 Massachusetts Ave. Wednesdays; 4:45-5:45pm, doors open at 4:15pm.

**The Executive Office of Elder Affairs is now the [Executive Office of Aging & Independence](#).**

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.

## 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)

**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](#) or call the Assessor's Office for more details at 978-929-6621.

### Fuel Assistance

SMOC's Home Energy Assistance Program (HEAP), provides assistance with heating bills to eligible households. The program operates annually from Nov. 1 2024– April 30 2025. Eligibility is based on gross annual income & family size.

**Transportation** Curb-to-curb van services can take you from home to the Senior

# people in household	Income
1	49 196
2	64 333
3	79 470

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? 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)

## Acton Nursing Services



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

### **□► Therapeutic Horticulture**

**Acton Seniors Only**

**Tuesday, April 22<sup>nd</sup>, 6:00-7:00pm, Wednesdays April 2<sup>nd</sup> and 16<sup>th</sup>, 10:30-11:30am**

Let's grow some summer bulbs and seedlings for cut flowers, your choice! All supplies provided. 12 participants per class.

### **□► Podiatry Clinics**

**Acton Seniors Only**

**Appointments: Tuesday April 15<sup>th</sup> & 29<sup>th</sup>, 12-4:00pm, Thursday April 10<sup>th</sup> & 24<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 April 15<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**

**All ages welcome**

**Tuesday, April 8<sup>th</sup>, 6:00-6:45pm**

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**

**Sponsored by an Anonymous Donor**

**Tuesdays, ongoing, 11:00am Call 978-929-6650 to register No class 4/22**

**Wednesday, ongoing, 12:30pm Call 978-929-6650 to register No class 4/23 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 –1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, April 1<sup>st</sup> and 15<sup>th</sup>, 10:30am-Noon.** 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!

**\*\*\*STOP PRESS\*\*\***

## **AB United Way Community Potluck - Sunday, April 6<sup>th</sup> at 5:30-7:30pm**

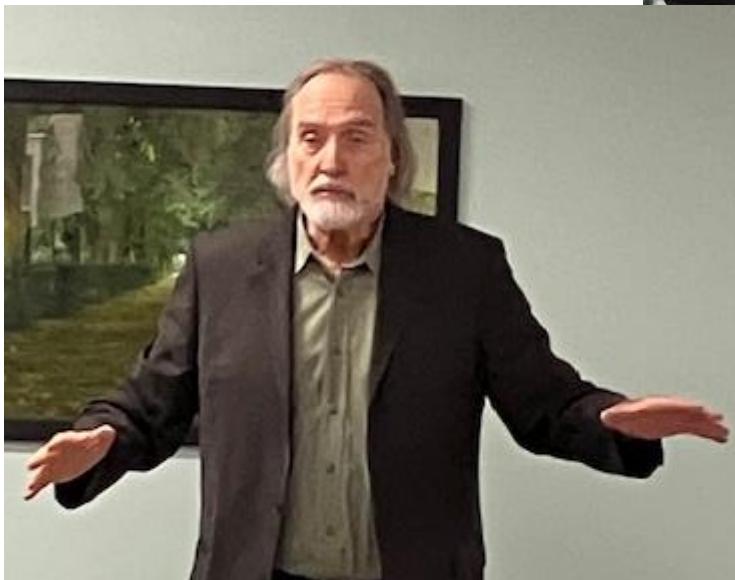
Enjoy a community potluck of appetizers and desserts while learning from local experts about the power of nutrition and personal connection in supporting overall well-being. The event is the AB Nourish Panel and Potluck event sponsored by the AB United Way's Mental Wellness Team on Sunday, April 6 at 5:30-7:30 at the Resource Center, 15 Charter Road, Acton. Bring an appetizer or a dessert, Let's come together to nourish our minds, bodies and community --one bite at a time"

### **The ACTON COUNCIL ON AGING VOLUNTEER**

**APPRECIATION LUNCHEON** Thursday, April 17<sup>th</sup>, 2025, 12:00-1:30pm

If you are a volunteer and haven't received your invitation by Monday, April 7<sup>th</sup>  
please call the office, 978-929-6652.

March was another fun and busy month. St Patrick's day inspired several fun activities including a special line dancing with Paul, a marvelous lunch from the Lions Club, a literary and musical performances from Stephen Collins and Jaimee Leigh Joroff on the Celtic Harp.





**There's always fun to be had at the senior center! Did you know that we now have a ping-pong table – to be enjoyed anytime when the center is open.**



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

**The Human Services Building and Senior Center will be closed Monday April 21<sup>st</sup>.**