



Acton Council on Aging

At the Human Services Building & Senior Center

MAY 2025

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newsletter
direct

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 MAY 26th**
Monday: 8:00am-5:00pm
Tuesday: 8:00am-7:30pm
Wednesday & Thursday: 8:00am-5:00pm
Friday: 8:00am-12noon

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▣► Fraud Prevention Tips with Middlesex Savings Bank

Thursday, May 8th, 1:00-2:30pm

Open to all seniors/free

Fraud department specialists from Middlesex Savings Bank will discuss the recent frauds and scams that are targeting seniors in our community. Ways to identify fraud & prevent being scammed will be covered.



Spies and Counterspies:

Deception, Espionage, & Treachery During the Revolutionary War with Paolo Di Gregorio

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

Tuesday, May 13th, 1:00-2:00pm

We often imagine the American Revolution as a heroic struggle for liberty won on the battlefields by patriotic citizen-soldiers against the might of the British empire. And while the battles of the war were important, another



secret conflict was being fought behind the lines—the battle for military intelligence. This illustrated talk will dive into the webs of deception and intrigue, as American and British spies sought the knowledge that could bring victory in the war.



Meditation and Transformation:

A Classical Piano Journey with Sivan Etedgee

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

Thursday, May 29th, 12:30-1:30pm

Join Sivan Etedgee for a classical music program featuring the meditative and transformative pieces of Brahms, Schubert, Mazzolli, & Beethoven. This program is a combination of lecture and piano performance. *Sivan appears frequently as a recitalist, chamber musician, & lecturer, giving many performances & presentations each year.*

Live Folk Music Hootenanny

Tuesday, June 3rd, 2:00-3:00pm

Open to all seniors/free

Musicians Howie Rashba and Mel Green will perform familiar and favorite folk music and folk-rock classics. Whether you are a seasoned Hootenanny fan or experiencing one for the first time, this is your opportunity to share in a spirited tradition! Songs such as *This Land is Your Land*, *If I Had a Hammer*, *Blowing in the Wind*, and *Mr. Tambourine Man* are often included. Hootenanny is a term with Scotch-Irish roots that found its way to Appalachia before being popularized in the 1940s by folk legends like Woody Guthrie and Pete Seeger. Come sing along, clap your hands, stomp your feet, and brighten your day! *Howie Rashba and Mel Green have delighted local audiences with their warmth and music including at the New England Folk Festival.*



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

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- ▣► Acton Songsters, p.2
- ▣► Art Class with Fran, p.6
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- ▣► Caregiver Group, p.10
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- ▣► Improv with Poornima, p.6
- ▣► Line Dancing, p.6
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- ▣► Words Galore, p.7

Meals, page 7

- ▣► Cinco de Mayo Party, 5/5
- ▣► Chef McGuire Lunch, 5/13
- ▣► Monthly Breakfast, 5/16
- ▣► Robbins Brook Lunch, 5/20
- ▣► Indian Lunch, 5/27

For **Nursing programs** call
978-929-6650 See p.15-16

Director's Corner

May is Older Americans' month; the COA will be celebrating Acton's age 90+ residents with a special luncheon. According to the Town census we have over 200! Explore the many opportunities for staying active and engaged we offer at the Senior Center. It has been proven to help increase longevity and Acton is living proof. **Best, Sharon**



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



Thursday, May 1st, 1:00-2:00pm

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

On April 19th, 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 the Johns Hopkins University and a Ph.D. from the University of Rochester.*

☐► Liz Walker Author Talk

Out of town seniors call after April 22nd

Tuesday, May 6th, 1:00pm



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.

☐► Acton Songsters with Ed Knights



Wednesdays, May 7th and 21st, 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. See page 4 for information on this month's performance.

☐► Technology Help Appointments with Acton Memorial Library

Thursday, May 8th, 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 charge 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.



We hope you are enjoying the spring weather and flowers! It's a perfect time to take walks with your friends. Back by popular demand, the NARA walks will begin on Friday, May 23 and continue for 6 weeks, until June 27. In June, the Community Conservation Specialist will be joining the group periodically for educational talks about conservation. We hope you'll participate and enjoy one of the best times of the year. **COA Board**

The 20th Century: A 1920-1929 Review with Dawn Gomez

Thursday, May 8th, 2:00-3:00pm

Open to all seniors/free

It's now time to take a deep dive into the third decade of the 20th century. The progressive era is over and the 1920's was the decade when modern society began. Americans were excited by the technological advances that were becoming a part of their lives. But they were also a little frightened, for technology was changing the world faster than ever before. For many Americans, it was a time when they felt torn between the simple, traditional rural life and the new Jazz Age that beckoned from the city. From the introduction of the radio that reached right into people's homes to women who could now vote showing a new spirit of independence. From cheaper cars that could carry Americans farther from home than ever before to the restrictions of Prohibition and hatred stirred up by the Ku Klux Klan. It was a blooming and booming decade...until it wasn't. Americans were buying on credit, living it up and expecting that their prosperity would continue until the stock market crash of 1929 hit. Suddenly the bright lights of the Jazz Age went dark as if America had gone from a carefree summer into a freezing winter. Come and 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.*



☐► Relaxing Reiki Appointments with Monica

Monday, May 12th, 8:30-11:30am

Acton seniors only

Call for an appointment after 8:30am, Tuesday, May 6th: 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.*

Book Discussion Group

Open to all seniors/free



Tuesday May 13th, 10:00-11:00am

The discussion for May's meeting will be around the book Lady Tan's Circle of Women by Lisa See. If you would like to read ahead for the June 10th meeting, Tell Me Everything by Elizabeth Strout. 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.

☐► Ask the Lawyer

Acton seniors only

Tuesday, May 13th, 1:00-3:00pm

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



☐► Sushi and Tamagoyaki Cooking Class with Asako Judson

Tuesday, May 13th, 2:00-3:00pm

Acton seniors only

Registration begins at 8:30am on Tuesday, May 6th: 978-929-6652 (no voicemails please)

In this class, we will make simple and delicious vegetable sushi rolls using fresh ingredients like cucumber, avocado, and carrot. You will learn how to prepare and season sushi rice, spread it on nori (seaweed), and roll it neatly. This class is perfect for beginners and a great way to enjoy homemade sushi in a fun and easy way! The instructor will also demonstrate how to make Tamagoyaki (Japanese rolled omelet). Registration is required; if you find you cannot attend please call COA to cancel as Asako's classes are very popular. *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

□► Planning for Medicare: Countdown to 65 Seminar with Blue Cross/Blue Shield of Massachusetts

Tuesday, May 13th, 5:00-6:00pm

Open to all/free



If you're getting close to Medicare eligibility, this seminar is for you! Whether you are planning to retire or will continue to work, it's important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines could cost you money? This seminar is led by a knowledgeable Blue Cross Blue Shield of Massachusetts representative who will answer your specific questions. Topics covered include: explanation of Medicare Parts A, B, and C, Medicare enrollment timeline, Medigap plans that supplement Medicare coverage, Medicare Advantage plans, Medicare Part D prescription drug plans, & plans available to early retirees.

Technology Assistance Clinic (previously Computer Club)

Wednesday, May 14th and 28th, 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.

□► Poets of the Month/Two American Children's Poets: Joan Walsh Anglund and Annette Wynne via Zoom



Thursday, May 15th, 10:30-11:30am

Open to all seniors/free

To welcome this spring--and share this season with the children in our lives—join Val Walker to celebrate the joyous poetry of two remarkable women authors: Joan Walsh Anglund (1926-2021), famous for *A Friend Is Someone Who Likes You*, and a lesser-known but charming poet, Annette Wynne (1889-1952). Exploring their beloved poems and fascinating lives can offer lovely ways to spend an hour together. Email seniorcenter@actonma.gov for link.

Acton Songsters Live Performance of Patriotic Songs

Thursday, May 15th, 1:00-1:30pm

Open to all/free



In honor of Memorial Day and Flag Day, the Acton Songsters, led by Dr. Ed Knights, will be performing patriotic songs that are sure to stir your emotions and get your toes tapping. Audience members are welcome to sing along. New people are always welcome to join the Songsters group which meets at the Senior Center twice a month.

Java with John

Friday, May 16th, 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.

□► Shakespeare's Queens Live Performance with Poornima Kirby

Tuesday, May 20th, 1:00-2:00pm

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



Shakespeare grew up under the reign of Elizabeth I, a mercurial, intelligent, powerful queen. And her influence is written across many of Shakespeare's finest female characters. Whether in his dangerous siren-queens Lady Macbeth and Margaret, or in playful, wayward leaders like Titania and Olivia, or in redemptive characters like Hermione, Juliet and Miranda, Shakespeare seems fascinated by how each of these women wielded power and made choices. Should they stay single or get married? Should they speak their minds, or find other ways to get what they want? And where does their power lie: in magic, wordplay or swordplay? Created and performed by Shakespearean actress, Poornima Kirby, this jewel of a play dances between Elizabeth's story, and Shakespeare's own life as a writer and father to two strong-minded daughters. With humor, history and sparkling poetry, *Shakespeare's Queens* is a delight for the senses and a refreshing exploration of some of the bard's liveliest verse.

☐► Medicare Savings Program Workshop

Tuesday, May 20th, 2:00-3:00pm

Open to all/free



Come learn about the Medicare Savings Program (MSP) with Kathy Myers and Leslie Madge, state certified SHINE counselors. This workshop offered by Minuteman Senior Services SHINE (Serving the Health Information Needs of Everyone) is designed for people with maximum monthly incomes of \$2935 for single people and \$3966 for married couples. Learn how you can save \$185 monthly in Medicare Part B costs and in some cases, have Medicare pay for annual Part B deductibles, medical co-payments, Part D deductibles, premiums and late enrollment penalties. Space is limited—call the COA at 978-929-6652 to sign up. For other information regarding any Medicare related insurance matter please schedules a SHINE appointment today!

Mosquito Awareness Presentation

Wednesday, May 21st, 11:00am to 12:00pm

Open to all/free



A staff member from Central Massachusetts Mosquito Control Project will speak about the biology and habitat of mosquitoes and offer suggestions on ways to reduce the mosquito populations in and around your home. CMMCP offers community presentations with the goal of reducing citizens' exposure to mosquito-borne diseases. There will be time for Q&A.

☐► 90s Birthday Luncheon

Thursday, May 22nd, 12:00-1:30pm

Open only to Acton seniors age 90+

Call now to Register



We are hosting a luncheon in honor of our Acton residents who are aged 90+. Honoree may bring a guest. If you didn't receive an invitation and are 90 or older, please call the COA at 978-929-6652 so we may include you. This free event is sponsored by Bridges by EPOCH of Westford and Sudbury. Please RSVP by Thursday, May 15th.

Novelty Songs of the 50s & 60s with John Clark

Thursday, May 22nd, 1:00-2:00pm

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

Comedy albums achieved their greatest national popularity in 1960-1961 (Jonathan Winters, Bob Newhart, Shelley Berman, etc.). But in the decade preceding and for a few years after, some of the most original and hilarious novelty records were national hits. We begin with Andy Griffith's *What It Was, Was Football* from 1953. Then in no particular order you will be treated to British skiffle king Lonnie Donegan's *Does Your Chewing Gum Lose its Flavor*, Allen Sherman's *Hello Muddah, Hello Fadduh*, Bobby "Boris" Pickett's *Monster Mash*, and Charlie Drake's *My Boomerang Won't Come Back*. Among the other featured songs are *Ahab the Arab*, *Yakety Yak*, *Alley Oop*, *Baby Sittin' Boogie* and two of John's personal favorites—*Transfusion* and *The Old Philosopher*. Meet John at the corner of Crazy Ave & Silly Street, and just try to keep a straight face!



Henna Tattoos

Tuesday, May 27th, 9:30-11:30am

Open to all seniors/free

Mandy from Wicked Good Henna will be in the lounge doing free henna tattoos. Stop by and get one or watch the process. See p. 7 for the Indian Lunch at noon.

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

Tuesday, May 27th, 1:00-2:30pm

Open to all seniors/free



Join us for a real talk about the highs, lows, challenges, and support available on the journey of caregiving! Ellie Andbiner, founder of Caregivers Wellbeing and Vikki Levine, Business Development Director of Ezra Home Care, LLC have combined their professional and personal knowledge of the caregiver's journey and have created an educational & interactive conversation that presents the different paths and resources available when it comes to being a primary care partner and

aging in place/non-medical home care services. Ellie and Vikki warmly welcome our audience to ask questions, share their concerns about care, care giving and being a care partner.

LitLovers Study Group/Masterpieces of Short Fiction: *The Necklace*



Tuesday, May 27th, 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 Necklace* by Guy de Maupassant. Short stories have the unique ability to deliver a powerful emotional impact within a concise format, and we are studying some of the best. Copies of the stories are

provided at the previous month's meeting; if you want a copy emailed contact Chris Chirokas at cchirokas@actonma.gov or 978-929-6652.

▣► Housing Options for Older Adults with Attorney Dale Tamburro

Thursday, June 5th, 1:00-2:30pm

Open to all senior/free



Learn ways estate planning can help you stay in your home and the financial/legal ramifications of the housing choices you make. Dale will discuss what to do if you want to age in place, protecting your home from creditors & nursing homes, whether staying at home is the right option, how you should/could own your home,

determining if you have enough money to age in place, the financial and personal benefits of staying at home, tying your home options into an estate plan, pulling equity from your home, & long-term care protections of your home.

▣► PRIDE Pizza & Improvisation Games for the LGBTQ+ Community

Thursday, June 5th, 2:00-3:00pm



Hosted by Julie Nowak (she/any), LGBTQIA+ Initiative Coordinator, Springwell Elder

Services Enjoy some delicious pizza and give your wits a good workout with some hilarious improv games! We play cooperatively, not competitively (and enjoy a LOT of laughs)! You're always free to pass, choose another card, and/or get a little help! Rainbow elders and allies from Acton and beyond are warmly welcome to join the fun, whether you're a seasoned performer or just want to try these unusual, easy-to-learn games: *Poetry for Neanderthals* – Get creative communicating your historic discoveries using only the smallest words! *On a Scale of One to T-Rex* - Unleash your inner dinosaur, tree, or wacky waver in this zany, expressive game! Please sign up so we have enough pizza either with the Council on Aging at seniorcenter@actonma.gov, 978-929-6652 or directly to Chris Chirokas at cchirokas@actonma.gov and same phone number.

▣► Exploring Improvisation with Poornima Kirby

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

Mondays through June 9th, 10:00-11:00am

No class on May 26th

Come unlock your sense of humor, play and discovery with this class on the art and fun of improvisation! Workshop started last month but is still open to new people. 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.

▣► Drawing and Watercolor Painting Class with Fran Hewitt

Acton seniors only

Tuesdays through June 17th, 9:30-11:30am

Class is currently full; call about waitlist

▣► Line Dancing with Paul

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

No class on May 28th

Open to out-of-town seniors if space available for \$20/series

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. This class is funded by a grant from the Executive Office of Aging & Independence—a \$1 donation per class for Acton residents is suggested.

☐► Words Galore via Zoom

Thursdays through May 29th, 9:00-9:55am

Open to all seniors/free

Val Walker's class meets weekly via Zoom for an hour 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 & words-within-word games.

****Shredding Event****



Tuesday, June 3rd, 1:00-3:00pm

Acton seniors only

A1 shredding company will be on site at 30 Sudbury Rd. to destroy personal documents. Limit of 6 grocery-sized bags per person. Any questions please contact us at 978-929-6652. Sponsored by the Friends of the Acton Council on Aging. A \$1 donation per bag is requested. Please do not arrive early.

Meals at the Senior Center

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

☐► Cinco de Mayo Lounge Party

Monday, May 5th, 12:15pm

Open to all seniors



Enjoy a non-alcoholic Margarita and some snacks from Bueno y Sano in the lounge starting at 12:15pm. Please sign up so we can plan accordingly. \$1.00 per serving requested.

☐► Lunch with Chef McGuire

Tuesday, May 13th, 12noon

Open to all seniors

We'll be having American Chop Suey, salad and dessert for \$3.00. Sign up is required.

☐► Monthly Breakfast

Friday, May 16th, 9:00am

Acton Seniors only

Doug (from the Bistro and Dinner with Doug) will be preparing a delicious breakfast this month. Please sign up prior to the event. Cost is \$3.00

☐► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, May 20th, 12:00pm

Open to all seniors

Join us for Chicken Broccoli Ziti, salad and dessert for \$3.00. Sign up is required.

☐► Indian Luncheon

Tuesday, May 27th, 12noon

Open to all seniors

Enjoy vegetable Samosas, Aloo Gobi, Chicken Tikka Masala, rice and naan. Cost is \$3.00. 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, Thursday, May 29th. Anyone with a birthday this month can enjoy a free lunch and special dessert this day. Sign up with John Day in the kitchen on 781-221-7098. Let him know that it is your birthday month.

Frozen Meals - Every week we have a number of tasty pre-cooked frozen meals from **Open Table** available to anyone who would like to take one home. Call 978-929-6652 or ask at the COA front desk.

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

Monday	Tuesday	Wednesday	Thursday	Friday
28 8:30 Active Aging 9:30-11:30 CarFit Event 10:00 Exploring Improvisation 11:00 Tai Chi/Taijjan Class 1:00 Movie 1:00 Mah Jongg	29 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 Assn. 5:00 Dinner with Doug 7am-8pm Town Election R.J.Grey Jr. High School	30 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Yoga 10:30 Hot Topics 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Bridge 2:30 Line Dancing 3:00 Mindfulness Meditation (Zoom)	May 1 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Tai Chi Practice 1:00 Winning Hearts & Minds after the Battles of Concord & Lexington 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	2 Center closes at 12 8:30 Senior Fitness
5 8:30 Active Aging 10:00 Exploring Improvisation 10:00 Balance Screening Appts - ANS 11:00 Tai Chi/Taijjan Class 12:15 Cinco de Mayo Party 1:00 Movie 1:00 Mah Jongg 7pm Town Meeting Begins at ABRHS	6 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 10:00 Balance Screening Appts - ANS 10:30 Wellness Clinic – ANS 11:00 Maintenance Balance – ANS 1:00 Liz Walker 6:00 Therapeutic Horticulture - ANS	7 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Yoga 10:30 Hot Topics 11:30-1:30 Bistro 30 11:30 Balance Matters! - ANS 12-1:00 Art Exhibit Reception 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Bridge 2:30 Line Dancing 3:00 Caregivers Support Group	8 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:00 Tech Help Appts 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Chess Club 1:00 Mah Jongg 1:00 Fraud Prevention Talk 2:00 1920-1929 Review 3:00 Chair Flow Yoga	9 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Coffee & Convo
12 8:30 Active Aging 8:30-11:30 Reiki Appts 10:00 Exploring Improvisation 10:00 Friends of COA Mtg 11:00 Tai Chi/Taijjan Class 1:00 Movie 1:00 Mah Jongg	13 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 10:00 Book Discussion Group 11:00 Maintenance Balance – ANS 12:00 Chef McGuire Lunch 1:00 Ask the Lawyer Appointments 1:00 Genealogy Group 1:00 Spies & Counterspies Talk 2:00 Cooking Class 4-6:00 Housing Legal Clinic Appts 5:00 Planning For Medicare 6:00 Energy Healing - ANS	14 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Yoga 10:30 Hot Topics 11:30-1:30 Bistro 30 11:30 Balance Matters! - ANS 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Bridge 1:30 Tech Assistance Clinic 2:30 Line Dancing	15 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:30 Poets of the Month 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Mah Jongg 1:00 Chess Club 1:00 Acton Songsters Performance 3:00 Chair Flow Yoga	16 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 9:45 Java with John 10:00 Nouvonne Fitness 10:00 Coffee & Convo
19 8:30 Active Aging 10:00 Exploring Improvisation 11:00 Tai Chi/Taijjan Class 1:00 Movie 1:00 Mah Jongg	20 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 Grandparents Group 11:00 Maintenance Balance – ANS 12:00 Robbins Brook Lunch 1:00 Shakespeare's Queens 2:00 Medicare Savings Program Workshop	21 10:00 Cribbage Games 10:00 Yoga 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:00 Mosquito Awareness 11:30-1:30 Bistro 30 11:30 Balance Matters! - ANS 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Bridge 2:30 Line Dancing 3:00 Caregivers Support Group	22 9:00 Words Galore via Zoom 11:00 Tai Chi Practice 11:00 Laugh for Your Health 12:00 90s Birthday Luncheon 1:00 Chess Club 1:00 Mah Jongg 1:00 John Clark "Novelty Songs" 3:00 Chair Flow Yoga	23 Center closes at 12 10:00 Nouvonne Fitness 10:00 NARA Park Stroll with ANS 10:00 Coffee & Convo

26 BUILDING CLOSED Memorial Day	27 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:30-11:30 Henna Tattoos 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Indian Lunch 1:00 Mah Jongg 1:00 Genealogy Group 1:00 A Caregiver's Journey 2:30 LitLovers Study Group 6:00 Meditation & Chair Yoga - ANS	28 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Yoga 10:30 Therapeutic Horticulture - ANS 10:30 Hot Topics 11:30-1:30 Bistro 30 11:30 Balance Matters! - ANS 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Bridge 1:30 Tech Assistance Clinic	29 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 12:00 MMSS Birthday Lunch 12:30 Sivan Etedgee Piano Performance 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	30 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 NARA Park Stroll with ANS 10:00 Coffee & Convo
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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 and sign up for notifications. **For information on our presenters go to www.actoncoa.com/129/Programs**

This month the following activities are supported by the Friends of the Acton COA: After the Battle of Lexington & Concord, Folk Music Hootenanny, Shakespeare's Queens, Liz Walker program, Classical Music Journey with Sivan Etedgee, Sushi Cooking Class, 20th Century 1920-1929 Review, Mindfulness Meditation, Drawing/Watercolor class, Novelty Songs of the 50s & 60s, Spies & Counterspies in the Revolutionary War, Exploring Improvisation Class, Words Galore, Poet of the Month, Movies, and Tai Chi Class.

ACTON COA STAFF	COA BOARD
Sharon Mercurio, Director	<i>Emi Azar</i>
<i>Rosie Atherton, Office Manager</i>	<i>Jeff Bergart</i>
<i>Chris Chirokas, Program Manager</i>	<i>Michelle Brady, Secretary</i>
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<i>Fiona Starr, COA Customer Service Coordinator</i>	<i>Niru Velankar</i>
<i>Terri Zaborowski, Exercise Instructor</i>	
Board will next meet: Tuesday, May 20th, 10:00am	
COA Friends will next meet: Monday, May 12th, 10:00am	

A Message from the Friends of Acton COA
The FCOA supports an increasingly wide variety of activities. Relying on your generosity, donations are welcome all year long. Is there someone special you would like to remember or honor? Curious how this effort is funded? Come join the next meeting.
The Friends of the Acton COA will next meet Monday, May 12th at 10am.

THANK YOU TO: Sarah Willard and all of those who volunteered to make the Senior Prom a success, and to those who stayed behind to help tidy up; Acton 250 committee for bringing the Minuteman re-enactors and providing the beverages for the Colonial Dinner.



Support Groups

▣► Caregiver Support Group via Zoom

Wednesdays, May 7th and 21st, 3:00-4:30pm

****Note change of meeting day for this month****

Open to all caregivers of older adults/free

Caregivers of older adults, please join Julie Norstrand, PhD, MSW, for this group that meets via Zoom and offers practical and emotional support. New participants always welcome! The challenging work of caregiving may leave you feeling stretched thin, which may cause feelings of exhaustion and isolation. Julie ensures safe, non-judgmental settings where members can share and learn from one another and witnesses the strong bonds that develop between members. If you are new to the group, please sign up with the Council on Aging at seniorcenter@actonma.gov. Funded by an Executive Office of Aging & Independence grant.



Grandparents Raising Grandchildren Support Group

Tuesday, May 20th, 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, 9:00-11:30am

Open to all seniors/free

No activity time May 16th and 26th

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



Mah Jongg Time

Open to all seniors/free



Mondays and Thursdays, 1:00-4:00pm and Tuesday May 27th, 1:00-4:00pm

No Mah Jongg May 26th

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. 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

Open to all seniors/free

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

Play Ping Pong

Open to all seniors/free

Table available during regular opening times. We have paddles & balls or bring your own.



Chess Club



Thursdays, 1:00-4:00pm

Open to all seniors/free

Players with some chess experience get together for games at the Senior Center. You only need to know the basics to play. Chess Lessons are on hold indefinitely.

Movie Matinees

Shown with closed captioning, when available.

Open to out-of-town seniors/free

Monday, May 5th, 1:00-3:05 *The Russians Are Coming The Russians Are Coming* (1966) Comedy



depicts the chaos and hysteria that follows the grounding of a Soviet submarine off the coast of fictional Gloucester Island, Massachusetts. Directed by Norman Jewison; stars Eva Marie Saint, Carl Reiner, Alan Arkin, Brian Keith, and Jonathan Winters.

Monday, May 12th, 1:00-2:40 *To Olivia* (2021)



The story of the tumultuous marriage of actress Patricia Neal and renowned author Roald Dahl and how they cope with a tremendous loss. Keeley Hawes and Hugh Bonneville co-star. *This film is shown in collaboration with the Acton Memorial Library.*



Monday, May 19th, 1:00-3:20 *Midway* (2019, PG-13 for wartime violence)

The story of the Battle of Midway, a clash between the American fleet and the Japanese Navy, which marked a pivotal turning point in the Pacific Theater during WWII. Stars Patrick Wilson, Woody Harrelson, and Dennis Quaid.

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.

Genealogy Group

Tuesday, May 13th and 27th, 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.



Visit Bodacious the Therapy Dog



Wednesdays, 10:00am to 12noon

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, 10:30-11:45 am

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.

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

Laugh for Your Health with Susan Phillips

Thursdays, 11:00am-12:00noon No meeting on May 1st

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.

☐► Coffee and Conversation with Tracy Woods

Friday, May 9th through 30th, 10:00-11:00am

Open to all/free

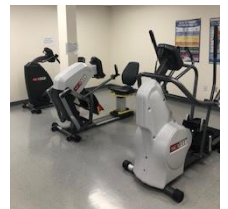
Join Tracy Woods for a weekly coffee and conversation group where you can talk about what's on your mind with your peers. *Tracy Woods is a certified Older Adult Peer Specialist. All are welcome to this joint venture between the Acton Council on Aging and the Northeast Independent Living Program.*

Exercise

Gym/Fitness Room

Acton seniors only

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.



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 June 23rd, 8:30-9:30am

No class May 26th

Tuesdays through June 24th, 9:45-10:45am

Thursdays through June 26th, 9:45-10:45am

No class May 22nd & June 19th

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 through June 23rd, 11:00am-12:00noon

No class May 26th

This Taijiquan class uses Formless Dragon style, a modern re-examination of classical Tai Chi and is open to all levels of participants. Linda Sango studies under Occidental Taoist Jeff Coté, who distills the

essence of Tai Chi into fundamental principles. Students will be encouraged to learn single movements and explore postural, movement and conceptual principles, rather than learning as many form movements as possible. This practice is known to improve the health of body, mind and spirit while improving balance.

Senior Fitness with Terri Zaborowski

Tuesdays through June 24th, 8:30-9:30am

Wednesdays through June 25th, 8:30-9:30am

Thursdays through June 26th, 8:30-9:30am

Fridays through June 27th, 8:30-9:30am

No class May 21st

No class May 22nd & June 19th

No class May 23rd

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. Class ends with a 5-10 minutes of full body stretch and relaxation. Weights are provided by the center.

Wellness Yoga with Patsy Brightman

Wednesdays through June 25th, 10:00-11:15am

This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. Includes seated postures, standing postures (using a chair for support if needed) and optional floor work. Each class has an emphasis on wellness and will include a period of deep relaxation. 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. Bring a yoga mat to each yoga class (optional, especially for joint class). Funded by an Executive Office of Aging & Independence grant; \$1 donation per class requested.

Thursday Tai Chi Practice

Thursdays, 11:00am-12:00noon

Open to out-of-town seniors/free

No practice on June 19th

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 June 26th, 3:00-3:45pm

No class on June 19th

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 (a scarf works for a strap; shoe box for a yoga block). *Rebecca is a certified yoga instructor who has been working with seniors for almost a decade. To learn more about Rebecca, visit www.rebeccareberyoga.com/.*



NouVonne Fitness with Yvonne Benelli

Fridays through June 27th, 10:00-11:00am

No class on May 2nd & June 20th

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. A \$1.00 donation per class is suggested, per Executive Office of Aging & Independence grant guidelines.

For information on our [presenters](#)

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

May at Acton's Libraries

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

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

May at Community Education

Check out the [catalog](#). There are many great programs including:-

[Adult Beginner Argentine Tango](#)

[Backyard Bird Song Identification Class](#)

[Fermented Pickle Workshop](#)

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.

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

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. Call the Assessor's Office for more details at 978-929-6621.

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? This is not an emergency program. Call 978-929-6652 to make a request.

Veteran Services Officer for Acton and Buxborough, James MacRae would like to remind veterans and surviving spouses that there are benefits that you may be entitled to. Reach out to him at vso@actonma.gov or call 978-929-6614 for a confidential chat.

Minuteman Senior Services Acton's State Home Care, provides a variety of services including: Care Management, In home assessments, support activities of daily living and Meals on Wheels. Call (781)-272-7177, toll free (888) 222-6171 or visit www.minutemansenior.org



"A Fresh Perspective: A Fourth Collaborative Display"

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 with refreshments on **Wednesday, May 7th, 12:00 -1:00pm.**

Tax season is over! Our AARP Tax Aide team of 5 volunteers gave over 220 hours of their time to process 73 seniors' tax returns for free. Our gratitude to them and their diligence and dedication.

Acton Nursing Services



Call 978-929-6650, Acton Nursing, for these programs starting Wednesday, April 30th

☐► Podiatry Clinics

Acton Seniors Only

Appointments: Tuesday May 6th and 20th, 12-4:00pm, Thursdays, May 1st and 29th, 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.

☐► Therapeutic Horticulture

Acton Seniors Only

Tuesday, May 6th, 6:00-7:00pm, Wednesdays, May 21st and 28th, 10:30-11:30am

Time to pot up flowers & foliage for a long summer display. All supplies provided.

☐► Nara Park Senior Stroll

Acton, Boxboro, Littleton Seniors

Fridays, May 23rd thru June 27th, 10:00 -11:00am

Come join other seniors from Acton, Boxboro and Littleton Council's on Aging for conversation, coffee and a stroll around Acton's Nara Park, 25 Ledgerock Way, Acton. Joining us for our June 6th walk will be Ian Bergemann, Community Conservation Specialist for the Town of Acton. Ian will be providing an educational talk once a month during this year's Senior Strolls and we are pleased to work interdepartmentally with him. Please meet us at the Bath House Pavilion off the main parking lot. For additional information please call Nursing at 978-929-6650. Registration is required

☐► Meditation and Gentle Chair Yoga

All ages welcome

Tuesday May 27th, 6:00-7:00pm

Meditation is about developing calmness, practicing awareness & 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 & 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 & functional sequence, designed to strengthen and create flexibility in the body. Wear comfortable clothing.

☐► Energy Healing with Jacqui Burak

Tuesday, May 13th, 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.

☐► Balance Screening Appointments

Acton Seniors Only

Monday, May 5th, 10am – 2pm and Tuesday, May 6th, 10am-11:00am and 12pm-1pm

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

☐► Balance Matters!!

Acton Seniors only

Wednesdays, May 7th – June 11th, 11:30am – 12:30pm

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

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

☐► **Maintenance Balance Training** Sponsored by an Anonymous Donor **Acton Seniors only**
Tuesdays, ongoing, 11:00am Call 978-929-6650 to register

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

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

Wellness Clinics –1st and 3rd Tuesday of the month, May 6th & 20th, 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. Thank you for your generosity.

Acton Fire Department would like to share the following:

The Chain of Survival is a critical concept in emergency medicine that outlines the essential steps needed to improve the chances of survival for individuals experiencing sudden cardiac arrest. It consists of five key links: early recognition and activation of emergency response, early cardiopulmonary resuscitation (CPR), rapid defibrillation, effective advanced life support, and integrated post-cardiac arrest care. The beginning actions of the chain can be performed by anyone. The steps are simple: recognize that an individual is experiencing a cardiac event and dial 911, perform high-quality CPR, and carry out rapid defibrillation using an AED if one is available. Bystander participation is crucial in the first few links, as immediate action can double or even triple a person's survival chances. In the Town of Acton, the importance of this was recently demonstrated when, in the last seven weeks, three individuals were successfully resuscitated after experiencing cardiac arrest because bystanders quickly initiated the Chain of Survival.

Acton is well-equipped with automated external defibrillators (AEDs) in many public and private buildings, and every police cruiser and fire apparatus carries an AED. However, CPR before the arrival of an AED is critical in providing a good outcome, as it helps maintain circulation and oxygen flow to the brain, increasing the likelihood of survival until defibrillation can be performed. "Early action is oftentimes a determining factor in the case of cardiac events. Knowing the signs of a heart attack and knowing how to perform CPR and use an AED are skills that everybody should have," said Chief Arnum. According to the American Red Cross, for every minute that defibrillation is delayed, survival chances decrease by 10 percent. The Acton Fire Department is proud to operate ambulances at an Advanced Life Support (ALS) level, essentially bringing the Emergency Room to the patient, ensuring that those experiencing a medical emergency receive the highest level of pre-hospital care. "Though we always hope for the best, we must always be prepared for a medical emergency to occur. This means having the skillset and the tools around you to act in a swift manner," Chief Arnum added. "Your actions can start the Chain of Survival and save a life!"



If you are going away for a period of time and are putting your mail on hold PLEASE let us know so we can suspend your USPS mailing. "Temporarily away" gets returned to us at a cost of over a dollar each time. Take a minute to let us know!

The Human Services Building and Senior Center will be closed
Monday, May 26th

©THE ACTON COUNCIL ON AGING @ THE SENIOR CENTER

April brought showers, sunshine and snow as well as some marvelous events here at the Senior Center:



We celebrated our invaluable Volunteers



Our High School volunteer Sarah organized a fabulous Prom which was enjoyed by all who attended. There was dancing, great food, a wonderful band and beautiful flowers for all the attendees.



Other events included live music, history talks on the Incas and the History of Poland as well as a living history presentation of Deborah Sampson, a farm girl who joined Washington's army, talks from a lawyer about Trusts and a Spring Roll cooking class! What will you do in May?

