



# Acton Council on Aging

At the Human Services Building & Senior Center

**JUNE 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 THURSDAY JUNE 19<sup>th</sup>**

**Monday: 8:00am-5:00pm**

**Tuesday: 8:00am-7:30pm**

**Wednesday & Thursday: 8:00am-5:00pm**

**Friday: 8:00am-12noon**

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

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

## Shredding Event

**Tuesday, June 3<sup>rd</sup>, 1:00-3:00pm**



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.

## Live Folk Music Hootenanny

**Tuesday, June 3<sup>rd</sup>, 2:00-3:15pm**

**Open to all seniors/free**

Musicians Howie Rashba and Mel

**CANCELLED**

**Look out for a re-scheduled date**

**any fan or experiencing one for share in a spirited tradition!**  
Songs such as *This Land is Your Land*, *If I Had a Hammer*, *Blowin' 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:

- Acton Songsters, p.2
- Art Class with Fran, p.5
- Ask the Lawyer Appts, p.5
- Breathwork, p.3
- Card Workshop, p.3
- Caregiver Group, p.7
- Enhance Your Mood, p.4
- Gym Training, p.11
- Hearing Screening Appts, p.4
- Housing Options, p.2
- Improv with Poornima, p.5
- Line Dancing, p.6
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### Meals, page 7

- Monthly Breakfast, 6/13
- Robbins Brook Lunch, 6/17
- Dinner with Doug, 6/24

For **Nursing programs** call

978-929-6650 See p.14-15

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### Director's Corner

I'd like to take this opportunity to thank the amazing COA staff. They are a caring and dedicated group of individuals that work hard behind the scenes so things run smoothly. Working at the COA is much more than just a job for them; they are passionate about what they do and truly care for the people they come in contact with each day. They do not hesitate to roll up their sleeves and do whatever needs to get done. I am grateful to work alongside of them and appreciate the great work they do.

**Best, Sharon**

**□► Acton Songsters with Ed Knights**  
**Wednesdays, June 4<sup>th</sup> and 18<sup>th</sup>, 1:00-1:45pm** **Open to all seniors/free**  
 Join Ed Knights for this group that sings familiar popular songs and learns the mechanics of singing. Don't worry about your level of singing—the group is open to anyone interested in singing. Lyrics provided. Sign up with the COA if you are new to the group.

**□► Housing Options for Older Adults with Attorney Dale Tamburro**  
**Thursday, June 5<sup>th</sup>, 1:00-2:30pm** **Open to all senior/free**  
  
 Join Attorney Dale Tamburro to explore ways estate planning can help you stay in your home and the financial/legal ramifications of the housing choices you make. He will discuss what to do if you want to age in place, how to protect 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 (liquidity) to age in place, the financial & personal benefits of staying at home, tying your home options into an estate plan, pulling equity from your home, and long-term care protections of your home. Bring your questions!

**□► PRIDE Pizza & Improvisation Games for the LGBTQ+ Community**   
**Thursday, June 5<sup>th</sup>, 2:00-3:00pm** **Open to All LGBTQ+ seniors & allies/free**  
*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! You don't have to act and the games are fun and fast-moving! Rainbow elders and allies from Acton and beyond are warmly welcome to join the fun of playing 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](mailto:seniorcenter@actonma.gov), 978-929-6652 or directly to Chris Chirokas at [cchirokas@actonma.gov](mailto:cchirokas@actonma.gov) and same phone number.

  
**Book Discussion Group**  
**Tuesday June 10<sup>th</sup>, 10:00-11:00am** **Open to all seniors/free**  
 The discussion for June's meeting will be around the book *Tell Me Everything* by Elizabeth Strout. If you would like to read ahead for the July 8<sup>th</sup> meeting *Bel Canto* by Ann Pachett. 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.

**History of Baroque Rome with Paolo Di Gregorio**  
**Tuesday, June 10<sup>th</sup>, 1:00-2:00pm** **Open to out-of-town seniors for \$5**  
 During the 16<sup>th</sup> and 17<sup>th</sup> centuries Rome, the Eternal City, underwent a tremendous physical transformation, as architects, sculptors, and artists decorated the city with countless churches, palazzi, and fountains. This illustrated talk by Paolo Di Gregorio will tell the rollicking, often violent, story of the characters and personalities that shaped Baroque Rome. **Hold the Date: Paolo's next presentation will be Tuesday, July 1<sup>st</sup> at 1:00 on the history of tariffs in the US.**  




**The Ice Cream Man is Coming!**  
**Tuesday, June 10<sup>th</sup>, 3:00-4:00pm** **Acton seniors only**  
 Celebrate summer with a free ice cream treat from Dylan & Pete's Ice Cream truck at the Senior Center.

## Talk on Pickleball and Other Recreation Programming for Seniors



**Tuesday, June 10<sup>th</sup>, 4:00pm**

You're Invited! Join us for a special presentation and Q&A session hosted by the Town of Acton's Recreation and Programs Coordinator, Mike! This event will focus on recreation opportunities for seniors, including pickleball, ping pong, and other activities you'd love to see offered. Mike will also share creative ways for seniors to get the most out of the Rec Center. Bring your ideas, questions, and enthusiasm—we'd love to hear from you!

**Open to all seniors/free**

## ▢► Greeting Card Craft Workshop with Nancy Dodge

**Wednesday, June 11<sup>th</sup>, 10:00-11:30am**

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



In this workshop suitable for all skill levels, you will make one to two greeting cards. You can choose from several versatile designs of greeting cards based on your experience level and make your creation unique by selecting embellishments and a sentiment. All supplies provided by instructor. Registration required. *Nancy Dodge is an avid crafter and a Stampin' Up distributor.*

## ▢► Introduction to Breathwork



**Wednesday, June 11<sup>th</sup>, 1:00-2:00pm**

**Open to all seniors/free**

Join Gauri Tandon of Neurovana Health for a workshop on breathing exercises rooted in the centuries old practice of pranayama. This practice is known to help with better sleep, improved digestion, & reducing stress. Also discussed will be concepts of self-awareness through breathwork and strategies to include in our daily lives to help us feel better.

## Technology Assistance Clinic

**Wednesday, June 11<sup>th</sup> and 25<sup>th</sup>, 1:30-3:00pm**

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



All seniors are welcome to participate in this drop-in Technology Clinic whenever the need arises. Bring your technology questions, problems, and issues related to your computer, phone, or tablet. If possible, bring the problem hardware with you to the session. Several regular attendees are willing to share their experiences, and work with you, one-on-one, to address technology issues, from Windows system difficulties, email setups/usage, networking issues, upgrades, and assistance with "how do I" frustrations. MAC and Chrome/Android users are welcome. If you are unable to attend in person and would like to talk with a Clinic member via Zoom or phone, please contact the COA and we will forward your information to a Clinic member.

## Acton Rainbow Planning Team Meeting

**Wednesday, June 11<sup>th</sup>, 2:30-3:15pm (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. 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.

## ▢► Technology Help Appointments with Acton Memorial Library

**Thursday, June 12<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.

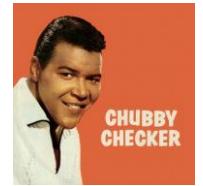
## Dance Songs of the 50s & 60s with John Clark

**Thursday, June 12<sup>th</sup>, 1:00-2:00pm**

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

What was the big musical trend in the period between Elvis and Rock & Roll of the mid-50s and the music explosion sparked by the Beatles, Stones & Dylan in the mid-60s?

DANCE SONGS! This multimedia presentation by John Clark will start with *The Stroll* in 1958 and how things got creative with dance partners on *American Bandstand* giving lessons on the latest steps. *The Twist* was the easiest and the most popular but *Mashed Potato Time* and the *Loco-Motion* were not far behind. Other dances that had teenagers of all ages jumpin' and gyratin' were *Hully Gully*, *the Monkey*, *the Jerk*, *the Wah-Watusi*, *the Hitch-Hike*, *the Shotgun*, and *the Swim*, *At the Hop*, *Papa's Got a Brand New Bag*, and *Let's Dance*. Artists include Chubby Checkers, Little Eva, James Brown, The Diamonds, Danny & the Juniors, and Chris Montez



## □► Relaxing Reiki Appointments with Monica

**Monday, June 16<sup>th</sup>, 8:30-11:30am**

**Acton seniors only**

Call for an appointment after 8:30am, **Tuesday, June 3<sup>rd</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).*

## Fifty+ Years of Broadway with David Polansky

**Tuesday, June 17<sup>th</sup>, 1:00-2:00pm**

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



Using his exciting trumpet, versatile voice, and "sure to please" keyboard, David takes us on a music journey made up of many of America's favorite Broadway hits over an almost sixty-year period of 1921 to 1978. The shows include the *Ziegfeld Follies* which introduced *Second Hand Rose*; *Lady Be Good* which included *Fascinating Rhythm*; *Show Boat* with *Old Man River*; Some of the others are *Girl Crazy*, *Oklahoma*, *West Side Story*, *Fiddler on the Roof*, *Ain't Misbehavin'*. In addition to the music, David always has a warm, wonderful way with the audience. Don't miss it!

## □► Enhance Your Mood and Well-Being with (more) Positive Psychology

**Tools (4th Edition) via Zoom from Home or Senior Center**

**Wednesday, June 18<sup>th</sup>, 11:00am-12:00pm**

**Open to all seniors/free**

Would you like to experience more calm, resilience, and self-confidence? Positive Psychology provides proven techniques and easy exercises to help achieve these goals. Join Dr. Miriam Rosalyn Diamond's newest workshop to engage in exercises using awareness, kindness, relaxation, and happy memories. Everyone is welcome to participate (regardless of whether you attended previous sessions). You can participate via Zoom from home or the Senior Center with a group watching on a large screen TV. Register: [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) or 987-929-6652. If joining remotely, feel free to have paper and a pen ready.

## □► Hearing Screening Appointments with Audiologist Megan Ford

**Tuesday, June 24<sup>th</sup>, 9:30 to 11:45am**

**Acton seniors only**

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





## □► Tools for a Calmer Mind Seminar

**Tuesday, June 24<sup>th</sup>, 1:00-1:45pm**

Join Dr. Jennifer Staples, Clinical Psychologist and Co-Founder of *guts.* for a 45-minute practical talk on how to ease worry & quiet racing thoughts. You will walk away with simple, science-backed tools to help you feel more present, calm, and in control. *The non-profit guts. is dedicated to making mental health tools more accessible, actionable, and relatable — because it takes guts to talk about mental health.*

**Open to all seniors/free**

## LitLovers Study Group/Masterpieces of Short Fiction: *The Lady with the Dog*

**Tuesday, June 24<sup>th</sup>, 2:30-4:00pm**

**Open to all seniors/free**

Each month the group views a 30-minute lecture from *The Great Courses: Masterpieces of Short Fiction*, followed by a discussion on the lecture, the featured story, and the author. This month's story is *The Lady with the Dog* by Anton Chekhov. 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 Margaret Atwood. 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.



## All About Wetlands with Ian Bergemann

**Wednesday, June 25<sup>th</sup>, 2:00-3:00pm**

**Open to all seniors/free**

Are you curious about what types of wetlands there are? Or which species are native to wetlands? Explore the wonderful world of wetlands with the Acton Conservation Division's Community Conservation Specialist, Ian Bergemann. The presentation will take a deep dive into how to identify different wetland environments, why wetlands are often seen as bad places, and how wetlands are protected. Lastly, we will explore how wetlands protect us!

## □► Ask the Lawyer Appointments

**Acton seniors only**

**Thursday, June 26<sup>th</sup>, 9:30am -12:30pm**

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



## Neal Rantoul Talk on His Book *The 8 x 10 Photographs*

**Thursday, June 26<sup>th</sup>, 1:00-2:00pm**

**Open to all/free**

Photographic artist and past exhibitor at the Senior Center Neal Rantoul will talk about his new book: *Neal Rantoul, The 8 x 10 Photographs, 1984-2005*. The book shows black and white photographs made over 21 years with an 8 x 10 view camera. Neal will discuss the camera and how he used it exclusively to make pictures throughout the US, Italy and France. He will bring examples of prints made in his darkroom during those years as well as have copies of his book for sale at his talk (\$75).



## □► Exploring Improvisation with Poornima Kirby

**Mondays through June 16<sup>th</sup>, 10:00-11:00am Note make-up class added!**

Class is closed to new participants.

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

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

Class is currently full and closed to new participants.

## 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.

## ► Line Dancing with Paul

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

**Open to out-of-town seniors if space available for \$10 for remainder of series**

The spring session started last month and is still open to new people. 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 Executive Office of Aging & Independence —a \$1 donation per class for Acton residents is suggested.

## Laugh for Your Health with Susan Phillips

**Thursdays, 11:00am-12:00noon No meeting on June 19<sup>th</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.

## Become a Senior Trail Blazer!

Walking a few short, fun, easy trails this summer is a great way to exercise and enjoy Acton's natural beauty. Bring along a friend and make it a social time as well! Contact the COA or visit [www.actoncoa.com](http://www.actoncoa.com) and look under "News" for the guide to the four "senior approved" local trails. All the trails are easy to get to and have accessible parking spots. Developed in collaboration with Acton's Natural Resource and Health Divisions. If you would like a certificate for taking all four walks, email [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov)

The **Council on Aging Board** hopes that you're enjoying the spring flowers and good weather. We encourage you to participate in some Walking activities that many seniors have been doing: NARA Strolls were a big success last year and ANS has resumed them this season - Friday mornings through June 27 at NARA Park for a walk with neighbors enjoying the outdoors and some companionship along with coffee at the end! Another popular walking activity is Senior Trailblazers - take [four easy walks](#) in Acton and notify the COA and you'll get a Certificate of Completion after enjoying some of our beautiful outdoor spaces. Have a wonderful, healthy summer!

## Photography Exhibit



From June 17<sup>th</sup> through the month of July, we are delighted to welcome the photography of Alan Mertz to the Senior Center.

Alan enjoys photographing nature, including flora and fauna, with an emphasis on macro photography, both in the wild and in-studio. He creates abstract photos where the origin is difficult to discern and uses creative lighting in a studio setting with unexpected results. Included in the exhibit will be photos of birds that visited his backyard feeders as part of the Cornell University Ornithology Lab FeederWatch program this past winter.

## Meals at the Senior Center

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

### **□► Monthly Breakfast**

**Friday, June 13<sup>th</sup>, 9:00am**

Veterans' Services Officer, James MacRae will be preparing breakfast. Enjoy scrambled eggs, French toast fruit bacon and or sausages. Please sign up prior to the event. Cost is \$3.00. There is NO Java with John this month

**Acton seniors only**



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

**Tuesday, June 17<sup>th</sup>, 12:00pm**

Join us for pulled pork, coleslaw, corn and dessert for \$3.00. Sign up is required.

**Open to all seniors**

### **□► Dinner with Doug**

**Tuesday, June 24<sup>th</sup>, 5:00pm**

**Open to all seniors**

Enjoy a 3 course Italian meal starting off with margarita flatbread followed by chicken, broccoli and ziti with alfredo sauce and chocolate chip biscotti for dessert. Please sign up prior to the event. Cost is \$5.

### **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, June 24<sup>th</sup>.** Anyone with a birthday this month can enjoy a free lunch and special dessert this day. Sign up with John Day in the kitchen on 781-221-7098. Let him know that it is your birthday month.

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

## Support Groups

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

**Tuesdays, June 3<sup>rd</sup> and 17<sup>th</sup>, 3:00-4:30pm**

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



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



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

**Tuesday, June 17<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.

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| <b>JUNE 2</b><br>8:30 Active Aging<br>10:00 Exploring Improvisation<br>11:00 Tai Chi/Taijian Class<br>1:00 Movie<br>1:00 Mah Jongg   | <b>3</b><br>8:30 Senior Fitness<br>9:00 Art Time<br>9:30 Art Class with Fran<br>9:45 Active Aging<br>10:30-12 Wellness Clinic - ANS<br>11:00 Maintenance Balance – ANS<br>1:00-3:00 Shredding Event<br>2:00 Live Folk Music Hootenanny<br>3:00 Caregivers Group via Zoom<br>6:00 Energy Healing - ANS                                 | <b>4</b><br>8:30 Senior Fitness<br>10:00-12:00 Therapy Dog Visit<br>10:00 Cribbage Games<br>10:00 Yoga 10:30 Hot Topics<br>10:30 Therapeutic Horticulture - ANS<br>11:30 Balance Matters! - ANS<br><b>11:30-1:30 Bistro 30</b><br>12:30 Needle Arts Group<br>12:30 Maintenance Balance – ANS<br>1:00 Acton Songsters<br>1:30 Bridge 2:30 Line Dancing  | <b>5</b><br>8:30 Senior Fitness<br>9:45 Active Aging<br>11:00 Tai Chi Practice<br>11:00 Laugh for Your Health<br>1:00 Housing Options<br>1:00 Chess Club<br>1:00 Mah Jongg<br>2:00 PRIDE Games<br>3:00 Chair Flow Yoga                    | <b>6</b><br><b>Center closes at 12</b><br>8:30 Senior Fitness<br>10:00 Nouvonne Fitness<br>10:00 NARA Park Stroll with ANS   |
| <b>9</b><br>8:30 Active Aging<br>10:00 Exploring Improvisation<br>10:00 COA Friends Meeting<br>11:00 Tai Chi/Taijian Class<br>11:30 Friends & COA Board Mtg<br>12:30 COA Board Meeting<br>1:00 Movie<br>1:00 Mah Jongg | <b>10</b><br>8:30 Senior Fitness<br>9:00 Art Time<br>9:30 Art Class with Fran<br>9:45 Active Aging<br>10:00 Book Discussion Group<br>11:00 Maintenance Balance – ANS<br>1:00 Genealogy Group<br>1:00 History of Baroque Rome<br>3:00-4:00 Ice Cream Man<br>4:00 Rec Dept Programming Info Talk<br>6:00 Therapeutic Horticulture - ANS | <b>11</b><br>8:30 Senior Fitness<br>10:00-12:00 Therapy Dog Visit<br>10:00 Cribbage Games<br>10:00 Card Making Workshop<br>10:00 Yoga 10:30 Hot Topics<br><b>11:30-1:30 Bistro 30</b><br>11:30 Balance Matters! - ANS<br>12:30 Needle Arts Group<br>12:30 Maintenance Balance – ANS<br>1:00 Breathwork<br>1:30 Tech Assistance Clinic<br>1:30 Bridge<br>2:30 Acton Rainbow Team Mtg<br>2:30 Line Dancing | <b>12</b><br>8:30 Senior Fitness<br>9:45 Active Aging<br>10:00 Tech Help Appts<br>11:00 Tai Chi Practice<br>11:00 Laugh for Your Health<br>1:00 Dance Songs of the 50s & 60s<br>1:00 Chess Club<br>1:00 Mah Jongg<br>3:00 Chair Flow Yoga | <b>13</b><br><b>Center closes at 12</b><br>8:30 Senior Fitness<br><b>9:00 Breakfast</b><br>10:00 Nouvonne Fitness<br>10:00 NARA Park Stroll with ANS<br><br><b>NO JAVA WITH JOHN</b> |
| <b>16</b><br>8:30 Active Aging<br>8:30 Reiki Appointments<br>10:00 Exploring Improvisation<br>11:00 Tai Chi/Taijian Class<br>1:00 Movie<br>1:00 Mah Jongg  | <b>17</b><br>9:00 Art Time<br>9:30 Art Class with Fran<br>10:30-12 Wellness Clinic - ANS<br>11:00 Maintenance Balance – ANS<br>11:00 Grandparents Group<br><b>12:00 Robbins Brook Lunch</b><br>1:00 50+ Years of Broadway<br>3:00 Caregivers Group via Zoom<br>6:00 Meditation & Chair Yoga - ANS                                     | <b>18</b><br>8:30 Senior Fitness<br>10:00-12:00 Therapy Dog Visit<br>10:00 Cribbage Games<br>10:00 Yoga 10:30 Hot Topics<br>11:00 Positive Psychology<br><b>11:30-1:30 Bistro 30</b><br>12:30 Needle Arts Group<br>12:30 Maintenance Balance – ANS<br>1:00 Acton Songsters<br>1:30 Bridge  | <b>19</b><br><b>Building Closed</b>   | <b>20</b><br><b>Center closes at 12</b><br>8:30 Senior Fitness<br>10:00 NARA Park Stroll with ANS  |
| <b>23</b><br>8:30 Active Aging<br>11:00 Tai Chi/Taijian Class<br>1:00 Movie<br>1:00 Mah Jongg  | <b>24</b><br>8:30 Senior Fitness<br>9:00 Art Time<br>9:30-11:45 Hearing Screening Appts<br>9:45 Active Aging<br>11:00 Maintenance Balance – ANS<br><b>12:00 MMSS Birthday Lunch</b><br>1:00 Genealogy Group<br>1:00 Tools for a Calmer Mind<br>2:30 LitLovers Group<br><b>5:00 Dinner with Doug</b>                                   | <b>25</b><br>8:30 Senior Fitness<br>10:00-12:00 Therapy Dog Visit<br>10:00 Cribbage Games<br>10:00 Yoga 10:30 Hot Topics<br>10:30 Therapeutic Horticulture - ANS<br><b>11:30-1:30 Bistro 30</b><br>12:30 Needle Arts Group<br>12:30 Maintenance Balance – ANS<br>1:30 Tech Assistance Clinic<br>1:30 Bridge<br>2:00 All About the Wetlands Talk  | <b>26</b><br>8:30 Senior Fitness<br>9:45 Active Aging<br>11:00 Tai Chi Practice<br>11:00 Laugh for Your Health<br>1:00 Chess Club<br>1:00 Mah Jongg<br>1:00 Neal Rantoul Talk<br>3:00 Chair Flow Yoga                                     | <b>27</b><br><b>Center closes at 12</b><br>8:30 Senior Fitness<br>10:00 Nouvonne Fitness<br>10:00 NARA Park Stroll with ANS  |

|   |   |   |  |                                    |
|---|---|---|--|------------------------------------|
| <b>30</b><br>8:30 Active Aging<br>11:00 Tai Chi/Taijian Class<br>1:00 Movie<br>1:00 Mah Jongg | <b>JULY 1</b><br>8:30 Senior Fitness<br>9:00 Art Time<br>9:45 Active Aging<br>11:00 Maintenance Balance – ANS<br>1:00 History of US Tariffs | <b>2</b><br>8:30 Senior Fitness<br>10:00 Cribbage Games<br>10:30 Hot Topics<br><b>11:30-1:30 Bistro 30</b><br>12:30 Needle Arts Group<br>12:30 Maintenance Balance – ANS<br>1:30 Bridge | <b>3</b><br>8:30 Senior Fitness<br>9:45 Active Aging<br>11:00 Tai Chi Practice<br>11:00 Laugh for Your Health<br>1:00 Chess Club<br>1:00 Mah Jongg | <b>4</b><br><b>Building Closed</b> |
|---|---|---|--|------------------------------------|

*The COA does not endorse or promote any service or company who makes a presentation. We encourage you to be an 'educated consumer' before entering into contract with any service provider. Movie titles are available on p.10. ANS=Acton Nursing Program – contact 978 929 6650 with questions/to register. 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](#)*

**This month the following activities are supported by the Friends of the Acton COA:** Folk Music Hootenanny, History of Baroque Rome, Tools for a Calmer Mind, Neal Rantoul *The 8x10 Photographs*, 50+ Years of Broadway, Drawing/Watercolor Class, Exploring Improvisation Class, Positive Psychology, Movies, Greeting Card Workshop, History of Dance Music Presentation, and Tai Chi Class.

| ACTION COA STAFF   | COA BOARD                        |
|--|----------------------------------|
| <b>Sharon Mercurio, Director</b>   | <i>Emi Azar</i>                  |
| Rosie Atherton, Office Manager   | <i>Jeff Bergart</i>              |
| Chris Chirokas, Program Manager  | <i>Michelle Brady, Secretary</i> |
| Wendy Curtis, COA Customer Service Coordinator                           | <i>Lori Cooney, Vice Chair</i>   |
| Beverly Hutchings, Senior Services Coordinator                           | <i>Ellen Feinsand, Chair</i>     |
| Rosie Murphy, Health and Human Services Administrative Assistant         | <i>Ann Kulsick</i>               |
| Bernice Nicoll, Activities/Customer Service Assistant                    | <i>Alma Sandman</i>              |
| Fiona Starr, COA Customer Service Coordinator                            | <i>Niru Velankar</i>             |
| Terri Zaborowski, Exercise Instructor                                    |                                  |
| <b>Board will next meet: Monday, June 10<sup>th</sup>, 12:30pm</b>       |                                  |
| <b>COA Friends will next meet: Monday, June 10<sup>th</sup>, 10:00am</b> |                                  |

A Message from the [Friends of Acton COA](#)  
The FCOA took great pleasure in organizing the recent **Honor Excellence Fund** Pastor Liz Walker author talk supported through a generous bequest. When spring cleaning, keep an eye open for jewelry you might donate to the fall jewelry fair to benefit the FCOA's support of programming.  
**The Friends of the Acton COA will next meet Monday, June 9<sup>th</sup> at 10am.**

**The Liz Walker program from May 6<sup>th</sup> is available to view [on Acton TV & their on demand website](#).**

**THANK YOU TO:** Bridges of Westford & Sudbury for sponsoring the 90s Birthday Lunch. Friends' Honoring Excellence fund for sponsoring the Liz Walker event. The AB United Way wishes to thank all the members of the Senior Center who participated in the Nourish Project by submitting a recipe. Cookbook coming soon.



## Movie Matinees

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

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

DVDs of *Harriet* & *Conclave* available to borrow from COA resource shelf after viewing

**Monday, June 2<sup>nd</sup>, 1:00-2:30pm *42nd Street*** (1933) When the leading lady of a Broadway musical breaks her ankle, she is replaced by a young unknown actress who becomes the star of the show. Cast of this musical includes Warner Baxter, Bebe Daniels, Ruby Keeler, Ginger Rogers. *This film is shown in collaboration with the Acton Memorial Library.*

**Monday, June 9<sup>th</sup>, 1:00-2:35pm *The Last Rifleman*** (2023, PG-13) In this moving drama, WWII veteran (Pierce Brosnan) escapes his care home in Northern Ireland to embark on an arduous journey to France to attend the anniversary of the D-Day landings, pay his final respects to his best friend and find the courage to face the ghosts of the past. Showing in honor of the 81<sup>st</sup> anniversary of D-Day. *This film is shown in collaboration with the Acton Memorial Library.*

**Monday, June 16<sup>th</sup>, 1:00-3:05pm *Harriet*** (2019, PG-13 for violence and racial epithets) Based on the inspirational life of Harriet Tubman who escaped from slavery and worked to free others. Stars Cynthia Erivo who received Oscar nominations for her performance and best original song. Film being shown in recognition of Juneteenth.

**Monday, June 23<sup>rd</sup>, 1:00-3:00pm *Conclave*** (2024, PG) The Cardinal tasked with running the secretive process of selecting a new Pope uncovers a web of conspiracies and intrigue. Thriller stars Ralph Fiennes, Stanley Tucci, John Lithgow, Isabella Rossellini. Oscar nominee for Best Picture with a win for Best Adapted Screenplay; Fiennes and Rossellini received nominations for their performances.

**Monday, June 30<sup>th</sup>, 1:00-2:50pm *Rustin*** (2023, PG-13) Activist Bayard Rustin (Colman Domingo) faces racism and homophobia as he helps change the course of Civil Rights by orchestrating the 1963 March on Washington. Film being shown in recognition of Pride Month.

## Games

### **Morning Open Activity Time**

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

**Open to all seniors/free**

**No activity time June 13<sup>th</sup> & 19<sup>th</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**

**Open to all seniors/free**

**No Mah Jongg June 19<sup>th</sup>**

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.

### **Chess Club**

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

**No Club June 19<sup>th</sup>**

**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.

## Groups

### **Art Time**

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

**Open to all seniors/free**

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

### **Genealogy Group**

**Tuesday, June 10<sup>th</sup> & 24<sup>th</sup>, 1:00-2:30pm**

**Open to all seniors/free**

Discover your family history in a supportive environment. Novice, experienced, or simply the curious are welcome. Learn the basics, get advice, and share new discoveries and strategies. Emphasis is on research methods, presentation formats, and the meaningfulness of preserving the past for future generations. For the second monthly meeting, bring your portable computer (or at least a notebook) with the goal of expanding your family tree.



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

**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 hypoallergenic. 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.

## 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 23<sup>rd</sup>, 8:30-9:30am**

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

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

**Acton seniors only**

**No Class June 17<sup>th</sup>**

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

This class focuses on functional fitness with exercises designed to help seniors maintain strength, balance and independence. It is designed for every fitness level and modifications and adaptations are demonstrated. Start with flexibility training in a warm-up to increase the range of motion of your joints, followed by balance exercises to improve your gait and confidence in your daily routines, proceed to resistance training to build lean muscle and increase bone density all to the beat of the music! There is a 5-minute stretch segment at the end. The last 15 minutes is an optional cardio training segment to maintain heart and lung function using low-impact dance movements. Entire class is done seated or standing. Note that the Tuesday and Thursday 9:45 classes sometimes exceed the maximum participants so people are turned away; please consider trying another class or using the gym (sign up for training if you haven't done so already).

## **Tai Chi/Taijiquan Class with Linda Sango**

**Mondays through June 23<sup>rd</sup>, 11:00 am-12:00noon**

**Acton seniors only**

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

**Acton seniors only**

**No Class June 17<sup>th</sup>**

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

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

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

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

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

**Acton seniors only**

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

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

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

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

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

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

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.rebeccarebryoga.com/](http://www.rebeccarebryoga.com/).*

**Acton seniors only**

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



## **NouVonne Fitness with Yvonne Benelli**

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

This class is an enjoyable total workout designed by Yvonne Benelli for seniors of all fitness levels and includes a little of everything... muscular strength training, cardio/dance, stretching, balance, stability, core strengthening & posture work, Qi Gong and relaxation. Done standing and sitting, you may modify to suit your needs. From a gentle warm-up to a soothing cool down phase, this class will reduce stress and help to clear your mind. You will leave feeling re-energized, rejuvenated and relaxed...ready for your day! Hand weights and balls (supplied by Center) are used. A \$1.00 donation per class is suggested, per Executive Office of Aging & Independence grant guidelines.

**Acton seniors only**

**No class on June 20<sup>th</sup>**

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

## **Support and Services**

The Senior Services Coordinator, Beverly Hutchings helps Acton residents aged 60+ and their family caregivers with a range of social services and advocacy, including:

- Information & Referral
- Homecare services, including state homecare, skilled and private
- Social and adult day health programs
- Housing rental options, Assisted Living and skilled Nursing Homes options
- Protective Services
- Financial & Legal services
- Food Assistance Programs
- Fuel and Utility Assistance programs
- Health Insurance
- In-home Handy Helper service
- Friendly phone calls
- Tech Support
- Transportation Options

**Transportation** Door-to-door van services can take you from home to the Senior Center, medical appointments, shopping... for more information or to **schedule rides, call 978-844-6809** during normal business hours. Plan ahead and book your ride at least 24 hours in advance.

**The Handy Helper Volunteer Program** helps Acton seniors with small jobs and repairs in the household as well as technology issues related to the computer, phone or TV. This is not an emergency program. Call the COA at 978-929-6652 to make a request.

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)

**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.

## **Food Pantries**

**Acton Food Pantry** is located at 235 Summer Road Building #1, Lower Level in the Boxborough Business Park. Phone 978-635-9295. Hours - Wednesday: 10:00 am to 7:00 pm, Thursday: 9:30 am to 11:30 am. The pantry is closed the week of the 4th Wednesday of each month.

**Open Table** Pantry service is available in the Maynard Municipal Parking Lot located between Summer Street and Main Street. **Please enter from Summer Street** (19 Summer St, Maynard – across from the Fine Arts Theater). **Phone:** 978-369-2275. Hours are: Tuesdays 1:00 – 3:00pm (Seniors 65+) Tuesdays 3:00 – 6:30pm and Thursdays 11:00am – 4:30pm

**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 or toll free (888) 222-6171.



## **Acton Nursing Services**

**Call 978-929-6650, Acton Nursing, for these programs starting Wednesday, May 28<sup>th</sup>**

### **□► Podiatry Clinics**

**Acton Seniors only**

**Appointments Tuesdays June 3<sup>rd</sup> and 17<sup>th</sup>, 12-4:30pm, Thursday June 12<sup>th</sup>, 12-4:30pm, Monday June 16<sup>th</sup>, 9-12pm and 1-4pm.** **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 after discussion with Sarah related to the popularity of her clinics and based on her recommendation, each client is eligible for a visit every 8 weeks (minimally). By doing this we hope to make visits available for all residents on a rolling basis and make call in day less stressful for residents. Visits will then be on a first case basis until clinics are booked and we will continue to have a waiting list. Thank you for your understanding as we make these clinics available for as many residents as possible!**

### **□► Nara Park Senior Stroll**

**Acton, Boxboro, Littleton Seniors**

**Fridays, thru June 27<sup>th</sup>, 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 6<sup>th</sup> 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.

### **□► Therapeutic Horticulture**

**Acton Seniors only**

**Based on class popularity we will be changing signup to a LOTTERY moving forward. Sign up for class lottery by 12noon on Monday, June 2<sup>nd</sup> by phone or email: 978-929-6650; [nursing@actonma.gov](mailto:nursing@actonma.gov). We will notify every one of their status by June 3<sup>rd</sup>.**

**Tuesday, June 10<sup>th</sup>, 6:00 pm-7:00 pm, Wednesdays, June 4<sup>th</sup> and June 25<sup>th</sup>, 10:30-11:30am**

Let's experiment arranging flowers with a new biodegradable pouch in a low bowl. All supplies provided. 12 participants per class.

## ▢►Meditation and Gentle Chair Yoga

All ages welcome

**Tuesday, June 17<sup>th</sup>, 6:00-7:00pm**

Meditation is about developing calmness, practicing awareness and decluttering the mind. Pam Saarinen, a Certified Yoga Instructor will lead this class. Together you will practice meditation, using mindful breathing & visualization techniques to release tension and create a sense of calm and balance. You will learn breathing techniques that can be practiced at home. Chair yoga will be a short, gentle and functional sequence, designed to strengthen and create flexibility in the body. Please wear comfortable clothing. Sponsored by the ANS.

## ▢►Energy Healing with Jacqui Burak

**Tuesday June 3<sup>rd</sup>, 6:00-6:45pm**

All ages welcome

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

## ▢►Maintenance Balance Training

*Sponsored by an Anonymous Donor*

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

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

**Acton Senior 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, June 3<sup>rd</sup> and 17<sup>th</sup>, 10:30-12noon.**

The Acton Nursing Services' Nurse, Elizabeth McNamara can check blood pressure, weight and answer any medication, nutrition and health related questions you may have. No appointment required.

**Durable Medical Equipment for Loan** – Acton Nursing Service has a variety of items to loan, or if you have items to donate, call Denise at 978-929-6650. We can only accept DME equipment **Cleaned**, we are **UNABLE** to accept any adult diapers or depends, walking boots, c-pap machines and equipment. Thank you for your generosity.

## About Town

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

Subscribe to receive the Municipal Monthly with all the Town updates

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

**Transfer Station Hazardous Waste Day, Saturday, June 21<sup>st</sup>, 9:00-11:30am**

For a list of items that are accepted please visit [www.acton-ma.gov](http://www.acton-ma.gov) . For directions.

**June at Acton's Libraries**

For the latest news. For more information, & to register for programs.

Sign up for the AML newsletter: Questions?

Sign Up for Adult Summer Reading! Monday, June 2, All Day, Acton Memorial Library & West Acton Library. Sign up in person or on our website: <https://tinyurl.com/2bdwyhp4>

Celebrating the Stories & History of the LGBTQ+ Community Tuesday, June 3, 6:00–7:00 PM, AML Meeting Room

Sewing Club Thursday, June 5, 3:30—4:30 PM, AML Meeting Room

Discover Magical Totems: Silk Road Origami Fun Saturday, June 7th, 1:00 – 2:15 PM, AML Meeting Room

Mindful Silk Road Calligraphy Workshop Saturday, June 7th, 2:30 – 4:00 PM, AML Meeting Room

Virtual - A Chat with Edward Underhill Monday, June 9th, 7:00—8:00 PM, Zoom. Sign up for the zoom link on our website: <https://tinyurl.com/5n84nje7>

Yarn & Needle Club Tuesday, June 10 & 24, 3:00—4:00 PM, AML Meeting Room

Tech Help at West Acton Citizens' Library Wednesday, June 11, 1:30—2:30 PM, West Acton Citizens' Library. Sign up for a time slot on our website: <https://tinyurl.com/572rayz4>

Summer Concert Series - Rodney Mashia: Tribute to African American Musicians Thursday, June 12, 6:00—7:00 PM, AML Library Lawn

Virtual - Summer Romance Beach Read Recommendations with Lorelei of Lorelei's Lit Lair Monday, June 16, 7:00—8:00 PM, Zoom. Sign up for the zoom link on our website: <https://tinyurl.com/4d88e8tt>

Acton Memorial Library Book Discussion Group Tuesday, June 17, 6:30—7:45 PM, AML Conference Room

Adult Game Night Wednesday, June 18, 6:00—7:00 PM, AML Meeting Room

Virtual - "Dead End Road" with True Crime Author E.C. Hanson Monday, June 23, 7:00—8:00 PM, Zoom. Sign up for the zoom link on our website: <https://tinyurl.com/rk7nike6>

Great Decisions Group Discussion Tuesday, June 24, 6:30—8:00 PM, AML Meeting Room

VIRTUAL: Racism and Civil Rights with David Kalivas Tuesday, June 24, 7:00—8:00 PM, Zoom. Sign up for the Zoom link on our website: <https://tinyurl.com/4pefrbdb>

West Acton Citizens' Library Book Discussion Group Wednesday, June 25, 2:30—3:30 PM, West Acton Citizens' Library. Sign up on our website: <https://tinyurl.com/zd3nnnd32>

Pride Book Group Wednesday, June 25, 6:00—7:00 PM, AML Conference Room. Sign up on our website: <https://tinyurl.com/2nz3n72f>

Paying for education Monday June 30, 6:00—7:00 PM, AML Meeting Room

## **June 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.**

### **New Newsletter Mailing List coming September 2025**

In September we will send the newsletter to Acton Seniors who responded to the 2025 Census. This is a reminder that if you were not on the census your delivery may cease – please get in touch to be included in the mailing. Should you wish to subscribe online let us know so that we can take you off the mailing list. If at any time you no longer wish to receive the newsletter or are going away for an extended time do please let us know.

Find us at the Human Services Building & Senior Center, 30 Sudbury Rd, Rear, Acton MA 01720.  
978-929-6652

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

**The Human Services Building and Senior Center will be closed  
Thursday, June 19<sup>th</sup>**

May was Older Americans Month and we celebrated our folks who are turning 90 or into their 90s with a party:



Poornima brought Shakespeare's Queens to life

The Friends were thrilled to welcome Liz Walker to talk about her new book as part of their Honoring Excellence program.



Acton Songsters performed a rousing collection of patriotic songs for Memorial Day.



Paulo brought his inimitable style to his lecture on the Spies & Counterspies of the Revolutionary War

Middlesex Bank hosted a very timely talk on avoiding finance fraud

