



Acton Council on Aging

At the Human Services Building & Senior Center

JULY/AUGUST 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 FRIDAY, JULY 4th**

Monday: 8:00am-4:00pm

Tuesday: 8:00am-6:00pm

Wednesday & Thursday: 8:00am-4:00pm

Friday: 8:00am-12noon

Please note our new hours of operation listed above

Protections and Abominations:

Tariffs in US History with Paolo Di Gregorio

Tuesday, July 1st, 1:00-2:00pm

Open to out-of-town 60+ for \$5

In 2025 the news is full of talk about tariffs and trade. Yet the discussion of tariffs is not a new one in the US.

Tariffs have been a part of American policy and politics since the beginning of the Republic. This illustrated talk will explore the history of tariffs and trade in the United States from 1789 to today.

Understanding Property Valuation: Assessments, Appraisals, and Market Analysis

Tuesday, July 15th, 11:00am-12:00pm

Open to all 60+/free



Have you ever wondered about the differences between market value, assessed value, and appraised value? What are their purposes, and when should each method be used? How can you verify that your property's value is accurate, and if it's not, how can you update your information to potentially save money?

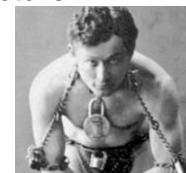
Realtor® Heather Murphy will also touch on the current real estate market conditions and new rules coming our way. *Heather Murphy, who has over 30 years of experience in real estate, is with Keller Williams Realty Boston North West.*

The Life and Times of Harry Houdini

Tuesday, August 5th, 1:00-2:00pm

Open to out-of-town 60+ for \$5

In honor of the 150th anniversary of Harry Houdini's birth, Jack Ryan will present highlights of Houdini's fascinating life as a magician, escape artist, author, pilot, movie director, actor, athlete, spirit-debunker, humanitarian, and acrobat. This entertaining lecture will include a psychic demonstration. Jack himself is a magician and is an expert on this American icon.



Director's Corner

Keep cool this summer at the Senior Center. There is always something to do and someone to talk to. Our programs and classes are extremely popular. If you sign up for an event and cannot attend, please remember to call and let us know as we often have folks on a waiting list. We also ask that you note the start time of programs, it can be disruptive to the leader and the attendees when people arrive late. **See you soon, Sharon**

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

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

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- Ice Cream! 7/8, 8/5
- Fire Dept Cook-out, 8/5
- Robbins Brook Lunch, 7/15, 8/19
- Dinner with Doug, 7/29, 8/26

For Nursing programs

call 978-929-6650, see p.19

▢► How to Add Widgets to Your iPhone

Wednesdays, July 2nd, 16th, August 6th, 10:00-11:00am

Open to all 60+/free

Upgrade your iPhone home screen with widgets that will display pictures, shortcuts into apps, and make your iPhone more accessible. Instructions will be given on how to install widgets during each class and each individual will be able to personalize their iPhone with either pictures of friends, family, or bigger icons of various apps. Class is led by our summer intern and long-time volunteer Sarah Willard.

▢► Intro to Photography Using the iPhone

Wednesdays, July 2nd, 16th, August 6th, 11:00-12:00noon

Open to all 60+/free

Become an expert in iPhone photography by discovering new tricks and tips on how to make pictures come out looking great! Instruction will be given on how to use different settings on the camera app as well as varying feedback on taking photos such as framing and lighting. Our summer intern and long-time volunteer Sarah Willard is leading this class.



▢► Acton Songsters with Ed Knights

Wednesdays, July 2nd & 16th, August 13th & 27th, 1:00-1:45pm

Open to all 60+/free

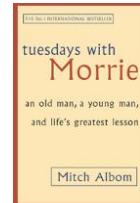
 Join Ed Knights for this group that sings familiar popular songs and learns the mechanics of singing. Don't worry about your level of singing—the group is open to anyone interested in singing. Lyrics provided. Sign up with the COA if you are new to the group. *After his career as an internal medicine physician at Acton Medical Associates, Ed became an avid volunteer in the community and enjoys sharing his love of music and singing. He has studied voice at the Boston Conservatory and performs in musicals and operas.*

Book Club with Sarah

Thursdays, July 3rd, 17th, August 7th, 10:00-11:00am

Open to all 60+/free

Come join the book club where we will discuss varying topics in a short book, talk in depth about different details, and enjoy all that the book provides! First book we will read is *Tuesdays With Morrie* by Mitch Albom. Copies are on reserve at the Acton Memorial Library. We will discuss the best highlights and most interesting details of the book and anything else you would like to talk about! The club will meet three times over the summer; titles for the second and third meetings to be determined. Group is facilitated by our summer intern and long-time volunteer Sarah Willard.



Book Discussion Group

Open to all 60+/free

Tuesday July 8th, August 12th, 10:00-11:00am

The discussion for July's meeting will be around the book *Bel Canto* by Ann Patchett. The discussion for August's meeting will be around the book *Miss Austen* by Gill Hornby. Copies of the books 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.

▢► Life Chapters: Stories Worth Sharing (Life Stories in print copy)

Tuesday, July 8th, 22nd, and August 12th, 11:00-12noon

Open to all 60+/free

AB student Matt is excited to lead a special discussion group focused on sharing your life stories and wisdom with younger generations. Whether it's a cherished memory, a life lesson, or a turning point in your journey, your voice matters. Join Matt in a relaxed, meaningful conversation about how you would like your story to be heard and remembered. Let's connect generations one story at a time.

Technology Assistance Clinic

Wednesday, July 9th, 23rd, and August 13th, 27th, 1:30-3:00pm

Open to all 60+/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.



□► Line Dancing with Paul

Wednesdays, July 9th through August 13th, 2:30-3:30pm

Open to out-of-town 60+ for \$20/series

Join in on the summer session of line dancing! Dance for fun, exercise, balance, coordination, and to learn a new skill. You'll have great fun line dancing, while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated, and then danced to contemporary music. You will dance some of the old favorites and add some of the newest dances. No need to have a partner; this is something for everyone, and no experience is necessary! Space is limited—sign up with the Council on Aging. This class is funded by a grant from the Executive Office of Aging & Independence—a \$1 donation per class for Acton residents is suggested.

□► Technology Help Appointments with Acton Memorial Library Staff

Thursdays, July 10th and August 14th, 10:00-11:00am **Acton 60+ only**

Need help with common smartphone (iPhone or Android), tablet or laptop functions? In July Olivia Wennerod, Adult Programming Librarian, will be at the Senior Center for one-on-one help with your device. In August, Heather Murray, Reference Librarian, will offer appointments. Bring your fully charged device and your questions, and Olivia and Heather will troubleshoot technology problems alongside you. If they can't help with a specific problem you are having, they will do their best to find the right resources that can help you. Call the COA to reserve a 15-minute appointment.



Assistance Signing Up For COA Notifications with Sarah

Thursday, July 10th and Tuesday, August 5th, 11:00-12noon **Open to all 60+/free**

One of the major ways the Council on Aging gets the word out about program cancellations is through automated notifications. You can also choose to be notified when the monthly newsletter has been posted online. Drop by the Senior Center and our intern Sarah will walk you through the steps to receive notifications! Bring your smart phone, laptop or tablet. You can also sign up directly at www.actoncoa.com/list.aspx and select which notifications you want and whether to be notified by email or text.



The 20th Century: A 1930-1939 Review with Dawn Gomez

Thursday, July 10th, 1:00-2:00pm

Open to all 60+/free

Our journey continues as we move from the Roaring Twenties, a period of unprecedented economic prosperity, into the Dirty Thirties, where the Great Depression marked the deepest and longest-lasting economic downturn ever experienced by the industrialized Western world. America had once been the land of possibility; now it was the land of despair. It was as if Americans had gone from a carefree summer into a freezing winter. We'll review the factors that culminated into the Depression and both Hoover and Roosevelt's efforts to revive the economy. From Dust Bowls beginning to Prohibition ending and silent movies being replaced by the emergence of "talkies;" this decade showcases many extremes. Come see how fashion, food and even favorite pastimes changed in the face of extreme unemployment. First-hand testimonials will be shared and attendees will be encouraged to share their own family stories as well. *Dawn Gomez, Reminiscing Round Table founder, provides topic-based programs for seniors at assisted living and senior center communities.*

► Relaxing Reiki Appointments with Monica

Mondays, July 14th and August 11th, 8:30-11:30am

Acton age 60+ only

Call for an appointment after 8:30 am, Tuesday, July 1st: 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.*



Tech Assistance with Matt

Tuesday, July 15th, 29th and August 19th 10:00-12noon

Open to all 60+/free

AB student Matt will be here to assist you with any of your tech needs or questions. No appointment necessary just stop by and see him in the lounge.



► Healthy Eating Presentation

Tuesday July 15th, 1:00-2:00pm

Open to all 60+/free

Join Deaconess Abundant Life Services for a presentation on "Healthy Eating for Older adults" at the Acton Senior Center. Information and tips on how to choose the right foods as we age. Deaconess Abundant Life Services is a network of residential communities that includes Newbury Court in Concord.



Meet and Greet: Rosie Latto New Rainbow Coordinator

Tuesday, July 15th, 2:00-3:00pm

Open to all 60+/free

Come meet Rosie Latto who has joined the Acton Rainbow Planning Team and will help COA staff plan programs for LGBTQ+ older adults. Rosie is an Acton resident who shares the vision of the planning team in meeting the programming needs of older LGBTQ+ adults. Please bring your program suggestions and we'll brainstorm ideas together! Refreshments will be served.



The A&W Ukulele Players Performance

Thursday, July 17th, 1:00-2:00pm

Open to all 60+/free

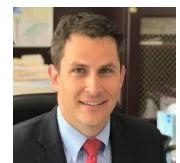
Don't miss this fun afternoon as the Awesome & Wicked Good Ukulele Players (A&W for short) as they perform a lively and upbeat mix of popular music spanning the decades from the 1920s through the 1990s. They will sing and strum everyone from *Chattanooga Choo Choo* to *Crazy Little Thing Called Love* with many songs by the Beatles in between. Audience members are invited to sing along, play provided percussion instruments, and even dance the hula. A&W was started in 2016 by leaders Marisa Cacciatore and Jerry Dallal and is composed of some 20 players from Littleton to Jamaica Plain. Stay after the performance for a root beer float!

Java with John

Tuesday, July 22nd, 9:30am

Acton 60+ only

Town Manager John Mangiaratti will be at the Senior Center to update you on what is going on in Town and answer any of your questions. Light refreshments will be served. Acton TV will be filming this live broadcast.



Roadwork! Be advised that Sudbury Rd. is scheduled to be re-paved this summer. Sewer lines are going to be installed on Powder Mill Rd. from Maynard to Concord. EXPECT DELAYS!



The Art of Decluttering and Downsizing: A Workshop for a Simpler Future

Tuesday, July 22nd, 1:00-2:00pm

Open to all 60+/free



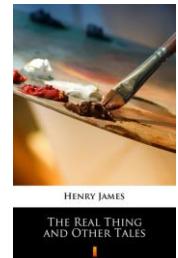
Do you feel overwhelmed by your “stuff?” Is it holding you back from enjoying your space more or from downsizing to a smaller space that will help you live your next dream in life? Clearing out clutter and organizing can be challenging, both physically and emotionally. And it can be difficult to know where to start. In this workshop, Realtor® and organizing/decluttering expert Nancy Slocum will discuss strategies and proven tools and techniques to help you begin carrying out the process.

LitLovers Study Group/Masterpieces of Short Fiction: *The Real Thing*

Tuesday, July 22nd, 2:30-4:00pm

Open to all 60+/free

The group will view 30-minute lecture from *The Great Courses: Masterpieces of Short Fiction*, followed by a discussion on the lecture, the featured story, and the author. July's story is *The Real Thing* by Henry James. Short stories have the unique ability to deliver a powerful emotional impact within a concise format, and we are studying some of the best! Upcoming authors include Ernest Hemingway, D.H. Lawrence, Flannery O'Connor, Franz Kafka, James Baldwin, 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 or 978-929-6652. Group is not meeting in August.



□► Words Galore via Zoom

Thursdays, July 24th through August 14th, 9:00-9:55am

Open to all 60+/free



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

What to Consider When Purchasing an Emergency Response System

Thursday, July 24th, 1:00-2:00pm

Open to all/free



Darlene Messier of Connect America will discuss what is helpful to know before purchasing a personal emergency response system (PERS). Darlene’s company owns Lifeline but she will talk about what to look for in buying any medical alert system. Do you want one that connects to a landline and only works at home? Or a GPS system that can be used away from home? Or is automatic fall detection important to you? There is a lot to consider! The typical cost, financial assistance available from agencies like Minuteman Senior Services, what to consider before signing a contract, and the uses of alert systems beyond getting assistance after a fall such as medication management will also be covered.

□► Ask the Lawyer

Acton 60+ only

Monday, July 28th, 9:00-11:00am



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

Be sure to hold onto this copy of the summer newsletter as it covers **July AND August. Any changes to the schedule will be posted at the Senior Center, on our website, posted on Facebook and sent via “notifications” to subscribers. Subscribe [here](#)**

Piano Performance of Songs from The Great American Songbook

Tuesday, July 29th, 1:00-2:00pm



Open to out-of-town 60+ for \$5

Richard Amir will perform and tell stories about American popular music dating back to Stephen Foster. His program will include timeless selections from George M. Cohan, Irving Berlin, Jerome Kern, Harold Arlen, George Gershwin, Duke Ellington, Cole Porter, Rodgers, and both Hart and Hammerstein. *Richard was age 66 during the COVID shutdown when he found his passion for piano and learned how to play the piano by ear. Richard's joyful love of music shines through in his programs!*

Sports Cheats, Frauds and Con Artists with Bob Ainsworth

Thursday, July 31st, 1:00-2:00pm



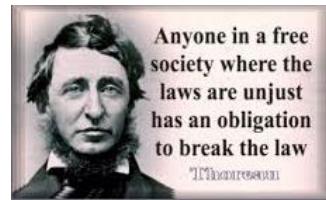
Open to out-of-town 60+ for \$5

Bill Belichick and Spygate. Tom Brady and Deflategate. Nancy Kerrigan attacked by Tanya Harding. Boston Red Sox Manager Alex Cora sign stealing with the Houston Astros. What do these actions have in common? They all are examples of sports cheats, people who will do anything to win. Cheating isn't limited to major sports--it occurs everywhere people compete, from fencing to boxing to chess. And it is pervasive, from Little League baseball to colleges to

the professional leagues to the Olympics. Author Bob Ainsworth will take the audience on an entertaining trail of cheaters from ancient times to today, from baseball to Indy car racing to the card game of bridge. The audacity of the methods used to win at all costs can be surprising!

Henry David Thoreau: Civil Rights & Civil Disobedience

Thursday, August 7th, 1:00-2:00pm



Open to all 60+/free

Join Richard Smith from the Thoreau Society for a thought-provoking exploration of Thoreau's participation in the Underground Railroad, his abolitionist views, his night in jail and how his writings have historically inspired civil rights movements around the world.

Law and Order in Boston with David Kruh

Tuesday, August 12th, 1:00-2:00pm

Open to out-of-town 60+ for \$5



In this illustrated presentation, published author and historian David Kruh discusses high-profile cases from three eras of Boston's history: The Boston Massacre, The Parkman Murder, and the Boston Strangler. Together we'll look at the crime, follow the investigation, and finish in court, where we will argue the case and hear the verdict.

► Japanese Summer Festival with Cooking Demonstration

Tuesday, August 12th, 2:00-3:00pm

Join Asako Judson for a joyful, summer-inspired gathering that brings the spirit of a traditional Japanese *Natsu Matsuri* (summer festival) to our community! Participants will enjoy a hands-on cooking demonstration featuring two classic dishes: Okonomiyaki (savory cabbage pancake) and Sū Udon (simple Udon noodle soup). Cool down with refreshing Kakigōri (shaved ice) & enjoy cold Mugicha (roasted barley tea) as we celebrate together. This event is about food, fun, and sharing memories—Japanese summer style! Registration is required; if you find you cannot attend please inform the COA. *Asako Judson, who lives in Acton, has worked at several restaurants and as a private chef and caterer.*

Acton 60+ only



► Learn to Play the Ukulele!

Thursday, August 14th and 21st, 1:00-2:00pm

Open to out-of-town 60+ for \$10

Want to try an instrument that is fun and easy to play? Join Julie Stepanek for this two-part class as she shows the fundamentals of ukulele playing. No experience necessary. Ukuleles provided. Registering in advance with the COA is required.

► Acupuncture & Chronic Pain Presentation and Sample Treatments

Tuesday, August 19th, Presentation 1:00-1:20pm;

Sample Treatment Appointments 1:30-2:35pm

Open to all 60+/free

Dr. Emilie Gerber-Kunicka of Ascend Acupuncture & Wellness of Acton, will give a brief informational presentation on what acupuncture is, what it can treat, what treatment entails, as well as acupressure points one can use to support longevity, pain management, and well-being. Following the talk, Emilie will offer sample acupuncture treatments; allow about 30 minutes for your appointment. Calling the COA in advance for an appointment 978-929-6652 is required but please just drop in for the presentation.



► Ask the Realtor® Appointments with Heather Murphy

Wednesday, August 20th, 1:00-2:15pm

Open to all 60+/free

Wondering about the current real estate market, rates or which renovations are worth doing prior to selling? Are you simply looking for good, reliable tradespeople? Heather Murphy, Realtor® with Keller Williams Realty will be hosting office hours at the Senior Center. Please call the Council on Aging to sign up for a 15-minute one-on-one meeting.

► Melodies for Medicine Student Performance

Tuesday, August 26th, 4:00-5:00pm

Open to all 60+/free



Join us for *Melodies for Medicine*, a special evening where talented young musicians (ages 10–16) will bring the joy of live music to our Senior Center. Enjoy beautiful performances by a range of instruments including vocalists along with meaningful conversations and a shared love of music — all in a warm, relaxed setting. Come be inspired, moved, and reminded of the joy that music brings. You won't want to miss it!

► Lunch and Tour at Benchmark at Robbins Brook, Acton

Thursday August 28th, 11:30am (NOT 11am as written in the print copy)

Open to all 60+/free

Join us at Benchmark Senior Living at Robbins Brook, 10 Devon Drive, Acton for a delicious lunch and tour. Robbins Brook offers an award-winning senior living and memory care program. Plan to meet at Robbins Brook by 11:30am. Please sign up prior to this outing.

Play Pool

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

Open to all 60+/free



Play Ping Pong

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

Open to all 60+/free



Art Exhibit

In August through mid-September 2025, we welcome back the art work of Harriet DiLuzio. She studied art at Boston University, as well as DeCordova in Concord.

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 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



Support Groups

Save the date for Navigating Grief Group: A new support group for those who have experienced the loss of a loved one, will meet monthly via Zoom, starting Thursday, September 4th, 3:00pm.

Caregiver Support Group via Zoom

Will not be meeting in July or August.



Grandparents Raising Grandchildren Support Group

Will not be meeting in July and August.

For information, contact group leader Joe O'Leary of the Commission on the Status of Grandparents Raising Grandchildren at 978-760-0360.

SAVE THE DATE

Sunday, July 27th from 11am to 2pm

The **Acton Commission on Disabilities** will be celebrating the 35th anniversary of the signing of the *Americans with Disabilities Act* on in the lower pavilion of NARA Park, 25 Ledge Rock Way. The park is wheelchair accessible. We will be there rain or shine! Picnic provided. All are welcome. Free, accessible transportation is available for Acton residents. Contact cod@actonma.gov with any questions



2026 Collette Trips!

Join the Friends of the Acton COA on **Wednesday, September 10th at 11:00am** for a fun slideshow event to learn more about the beautiful guided tours we are offering next year with Collette. Our spring trip will to **Sunny Portugal featuring Lisbon, Alentejo, Algarve & Portuguese Riviera** departing on March 26th, 2026. And our fall trip will be



The Canadian Rockies & Glacier National Park departing September 11th, 2026. All our group trips are fully guided – Collette takes care of all the details so all you need to do is have a wonderful time! For more information reach out to:

Bill Noeth - wnoeth@verizon.net 978-844-1831

Leo Fochtman – Ljfochtman@gmail.com 978-621-0485

The **Council on Aging Board** hopes that you are having a healthy and enjoyable summer. The good weather is a time to take walks and enjoy the lovely outdoors in Acton. The Senior Trailblazer walks are easy, safe (flat) paths that are suitable for seniors. Information about the walks is available at the COA Reception desk.

The COA Board is also looking for new members/associate members to join. You're invited to attend a Council on Aging Board monthly meeting in the late summer/early fall. The dates will be available on the website. **Have a wonderful summer!**

Meals at the Senior Center



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

► **Ice Cream! At the Senior Center**

Thursday, July 8th & August 5th, 2:00pm

Open to all 60+

Enjoy ice cream & a variety of toppings. Please sign up prior to the event. \$1.00 per serving requested.

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

Tuesday, July 15th, 12:00pm

Open to all 60+

Join us for BBQ chicken thigh, mac & cheese, carrots and dessert for \$3.00. Sign up is required.

► **Dinner with Doug**

Tuesday, July 29th, 4:30pm

Open to all 60+

Doug from Boston Events will be serving your choice of BBQ pulled pork or BBQ chicken, corn, coleslaw and dessert for \$5.00. Please sign up prior to the event.

► **Fire Department Cook-Out**

Acton 60+ only

Tuesday, August 5th, 4:30pm at the Senior Center

The Fire Dept. will be barbequing burgers on the grill with summer sides and an ice cream treat. Cost is \$3.00. Please sign up prior to the event.

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

Tuesday, August 19th, 12:00pm

Open to all 60+

Join us for Beef Taco Cheese Casserole, cornbread, corn chips & dessert for \$3.00. Sign up is required.

► **Dinner with Doug**

Tuesday, August 26th, 4:30pm

Open to all 60+

Enjoy Southern buttermilk chicken, potatoes, green beans & dessert for \$5.00. Please sign up prior to event.

Bistro 30 is open to all, Wednesdays 11:30am-1:30pm

Enjoy a fresh, made to order lunch! The menu will be posted at the Senior Center, on our website, or scan the QR code with your smartphone camera. \$6.00/item cash/Venmo accepted.



Bistro Special Event

Wednesday, July 23rd 11:30-1:30pm

Open to all

Join us in celebrating the Anniversary of Bistro 30 with a special food truck lunch free of charge compliments of Doug from Boston Events (while supplies last).



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, July 22nd, and August 26th. Anyone with a birthday these months 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.

Monday	Tuesday	Wednesday	Thursday	Friday
30 8:30 Active Aging 1:00 Movie 1:00 Mah Jongg	JULY 1 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 10:30-12 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 1:00 History of US Tariffs 4:30 Therapeutic Horticulture - ANS	2 8:30 Senior Fitness 10:00 Cribbage Games 10:00 iPhone Widgets with Sarah 10:30 Hot Topics 11:00 iPhone Photography with Sarah 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Bridge	3 8:30 Senior Fitness 9:45 Active Aging 10:00 Book Club with Sarah 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Chess Club 1:00 Mah Jongg	4 Building Closed
7 8:30 Active Aging 11:00 Tai Chi/Taijian Class 1:00 Movie 1:00 Mah Jongg	8 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 10:00 Book Group 11:00 Maintenance Balance – ANS 11:00 Life Chapters with Matt 1:00 Genealogy Group 2:00 Ice Cream!	9 8:30 Senior Fitness 10:00 Cribbage Games 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Bridge 1:30 Tech Help Clinic 2:30 Line Dancing	10 8:30 Senior Fitness 9:45 Active Aging 10:00 Tech Help Appts 11:00 Tai Chi Practice 11:00 Laugh for Your Health 11:00 Sign Up for Notifications 1:00 1930-1939 Review 1:00 Chess Club 1:00 Mah Jongg	11 Center closes at 12 10:00 Coffee & Conversation 10:00 Novonne Fitness
14 8:30 Active Aging 8:30 Reiki Appts 11:00 Tai Chi/Taijian Class 1:00 Movie 1:00 Mah Jongg	15 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 10-12:00 Tech Help with Matt 10:30-12 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 11:00 Understanding Property Valuation 12:00 Robbins Brook Lunch 1:00 Healthy Eating presentation 2:00 Meet Rosie Latto	16 8:30 Senior Fitness 10:00 Cribbage Games 10:00 iPhone Widgets with Sarah 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:00 iPhone Photography with Sarah 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	17 8:30 Senior Fitness 9:45 Active Aging 10:00 Book Club with Sarah 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 A&W Ukulele Players 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	18 Center closes at 12 8:30 Senior Fitness 10:00 Coffee & Conversation 10:00 Novonne Fitness
21 8:30 Active Aging 11:00 Tai Chi/Taijian Class 1:00 Movie 1:00 Mah Jongg	22 8:30 Senior Fitness 9:00 Art Time 9:30 Java with John 9:45 Active Aging 11:00 Life Chapters with Matt 11:00 Maintenance Balance – ANS 12:00 MMSS Birthday Lunch 1:00 Genealogy Group 1:00 Art of Decluttering 2:30 LitLovers Group	23 8:30 Senior Fitness 10:00 Cribbage Games 10:30 Hot Topics 11:30-1:30 Bistro 30 Food Truck Celebration 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Bridge 1:30 Tech Help Clinic 2:30 Line Dancing	24 8:30 Senior Fitness 9:00 Words Galore 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Purchasing an Emergency Response System 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	25 Center closes at 12 8:30 Senior Fitness 10:00 Coffee & Conversation 10:00 Novonne Fitness 10:00 NARA Park Stroll with ANS

28 8:30 Active Aging 9:00 Ask the Lawyer Appts 11:00 Tai Chi/Taijian Class 1:00 Movie 1:00 Mah Jongg	29 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 10-12:00 Tech Help with Matt 11:00 Maintenance Balance – ANS 1:00 Great American Songbook Piano Performance 4:30 Dinner with Doug	30 8:30 Senior Fitness 10:00 Cribbage Games 10:30 Hot Topics 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Bridge 2:30 Line Dancing	31 8:30 Senior Fitness 9:00 Words Galore 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Sports Cheats, Frauds & Con Artists Talk 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	AUGUST 1 Center closes at 12 8:30 Senior Fitness 10:00 Coffee & Conversation 10:00 Novonne Fitness 10:00 NARA Park Stroll with ANS
4 8:30 Active Aging 11:00 Tai Chi/Taijian Class 1:00 Movie 1:00 Mah Jongg	5 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 10:30-12 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 11:00 Sign Up for Notifications 1:00 Life & Times of Harry Houdini 2:00 Ice Cream! 4:30 Acton Fire Dept Cook Out	6 8:30 Senior Fitness 10-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 iPhone Widgets with Sarah 10:30 Hot Topics 11:00 iPhone Photography with Sarah 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Bridge 2:30 Line Dancing	7 8:30 Senior Fitness 9:00 Words Galore 9:45 Active Aging 10:00 Book Club with Sarah 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Henry David Thoreau Talk 1:00 Chess Club 1:00 Mah Jongg	8 Center closes at 12 8:30 Senior Fitness 10:00 Coffee & Conversation 10:00 Novonne Fitness 10:00 NARA Park Stroll with ANS
11 8:30 Active Aging 8:30 Reiki Appointments 10:00 COA Friends Meeting 11:00 Tai Chi/Taijian Class 1:00 Movie 1:00 Mah Jongg	12 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 11:00 Maintenance Balance – ANS 11:00 Life Chapters with Matt 1:00 Law & Order in Boston Talk 1:00 Genealogy Group 2:00 Japanese Summer Festival & Cooking Demonstration 4:30 Therapeutic Horticulture - ANS	13 8:30 Senior Fitness 10-12:00 Therapy Dog Visit 10:00 Cribbage Games 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 1:30 Tech Help Clinic 2:30 Line Dancing	14 8:30 Senior Fitness 9:00 Words Galore 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 Learn to Play Ukulele 3:00 Chair Flow Yoga	15 Center closes at 12 8:30 Senior Fitness 10:00 Coffee & Conversation 10:00 Novonne Fitness 10:00 NARA Park Stroll with ANS
18 8:30 Active Aging 11:00 Tai Chi/Taijian Class 1:00 Movie 1:00 Mah Jongg	19 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 10-12:00 Tech Help with Matt 10:30-12 Wellness Clinic – ANS 11:00 Maintenance Balance – ANS 12:00 Robbins Brook Lunch 1:00 Acupuncture Talk 1:30-2:35 Acupuncture Appointments	20 8:30 Senior Fitness 10-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Ask the Realtor Appts 1:30 Bridge	21 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Chess Club 1:00 Mah Jongg 1:00 Learn to Play Ukulele 3:00 Chair Flow Yoga	22 Center closes at 12 10:00 Coffee & Conversation 10:00 Novonne Fitness 10:00 NARA Park Stroll with ANS

25 11:00 Tai Chi/Taijian Class 1:00 Movie 1:00 Mah Jongg	26 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 MMSS Birthday Lunch 1:00 Genealogy Group 4:00 Melodies for Medicine Music Performance 4:30 Dinner with Doug	27 8:30 Senior Fitness 10-12:00 Therapy Dog Visit 10:00 Cribbage Games 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Bridge 1:30 Tech Help Clinic	28 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for Your Health 11:30 Tour & Lunch at Robbins Brook 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	29 Center closes at 12 8:30 Senior Fitness 10:00 Coffee & Conversation 10:00 Novonne Fitness 10:00 NARA Park Stroll with ANS
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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.13. 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](#)

This summer the following activities are supported by the Friends of the Acton COA: Japanese Summer Festival, History of US Tariffs, Learn to Play the Ukulele, The Great American Songbook performance, Words Galore, The Life & Times of Harry Houdini, 1930s Review, Sports Cheats, Law & Order in Boston, A&W Ukulele Performance, Movies, and Tai Chi Class.

ACTON COA STAFF	COA BOARD
Sharon Mercurio, Director	<i>Emi Azar</i>
Rosie Atherton, Office Manager	<i>Jeff Bergart</i>
Chris Chirokas, Program Manager	<i>Michelle Brady, Secretary</i>
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Bernice Nicoll, Activities/Customer Service Assistant	<i>Niru Velankar</i>
Fiona Starr, COA Customer Service Coordinator	
Terri Zaborowski, Exercise Instructor	
Board will not be meeting in July or August	
COA Friends will next meet: Monday, August 11th, 10:00am	

A Message from the [Friends of Acton COA](#)

The FCOA supports an increasingly wide variety of activities including the recent talk by **Liz Walker** and **trips with Collette**. Relying on your generosity, donations are welcome all year long. Curious how this effort is funded? Come join the next meeting.

The Friends of the Acton COA will next meet Monday, August 11th at 10am.

THANK YOU TO:

Caroline Atherton & Connor Rempe for assisting with Shredding day;
Lori Cooney who is stepping down from the COA Board after 9 years of dedication and support

Movie Matinees

Shown with closed captioning, when available.

Open to all 60+/free



This summer, we are having a "through the decades" film festival! Movies from the 1920s to the 1990s will be shown and at the end of the summer you can vote for your favorite.

Monday, July 7th, 1:00-2:20pm [Battling Butler](#) (1926) Buster Keaton stars in this silent film about a love-struck weakling who pretends to be a boxer to gain respect from the family of the girl he loves. *This film is shown in collaboration with the Acton Memorial Library.*

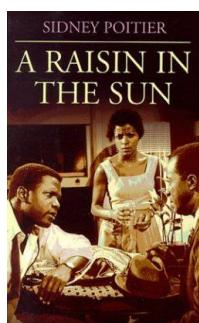
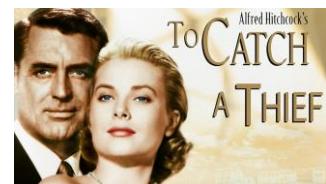
Monday, July 14th, 1:00-2:40pm [Dodsworth](#) (1936) A retired auto manufacturer and his wife take a European vacation only to find they want very different things from life. Walter Huston and Ruth Chatterton star in drama based on the book by Sinclair Lewis. Seven Oscar nominations including for best picture with win for art direction. *This film is shown in collaboration with the Acton Memorial Library.*



Monday, July 21st, 1:00-2:40pm [Romance on the High Seas](#) (1948) Romantic misunderstandings abound on a cruise when spouses suspect each other of infidelity. Cast includes Jack Carson, Janis Paige, Oscar Levant, Don DeFore, and Doris Day in her first movie role. Received two Oscar nominations—best original song (Jule Styne and Sammy Cahn) and best music scoring/musical (Ray Heindorf).

Monday, July 28th, 1:00-2:45pm [To Catch a Thief](#)

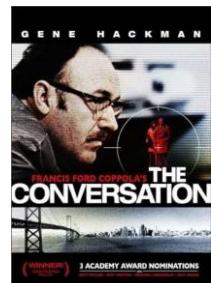
(1955, PG) A retired jewel thief sets out to prove his innocence after he is suspected of returning to his old habits. Cary Grant and Grace Kelly star in this



Hitchcock mystery. Nominated for three Oscars with a win for cinematography. *This film is shown in collaboration with the Acton Memorial Library.*

Monday, August 4th, 1:00-3:10pm [A Raisin in the Sun](#) (1961) A substantial insurance payment could mean either financial salvation or personal ruin for a poor black family. Sidney Poitier, Claudia McNeil, and Ruby Dee star.

Monday, August 11th, 1:00-2:50pm [The Conversation](#) (1974, PG) Gene Hackman stars as a secretive, paranoid surveillance expert who has a crisis of conscience when he suspects the couple his is spying on will be murdered. Thriller written and directed by Francis Ford Coppola. Nominated for three Oscars, including best picture. *This film is shown in collaboration with the Acton Memorial Library.*



Monday, August 18th, 1:00-2:50pm [The Four Seasons](#) (1981, PG) Witty character study of three middle-aged couples who happily vacation together until a divorce upsets the group dynamic. Written and directed by Alan Alda who also stars in the film along with Carol Burnett, Rita Moreno, Len Cariou, Sandy Dennis, and Jack Weston.

Monday, August 25th, 1:00-2:40pm [Widow's Peak](#) (1994, PG) A young English widow moves to Widow's Peak, Ireland, and hostility escalates between her and another woman in town. Period drama set in 1934, stars Joan Plowright, Mia Farrow, Natasha Richardson, Jim Broadbent. *This film is shown in collaboration with the Acton Memorial Library.*



Sarah Willard – Please welcome Sarah back to the COA in her new role as a Summer Intern. Sarah has been volunteering at the COA since she was a freshman and graduated from AB in June. She will be studying Neuroscience in the fall at the University of Rochester. Sarah will be assisting with a variety of data collection projects, leading programs and assisting in the kitchen and front desk. We're happy to have her!

Games

Morning Open Activity Time

Weekdays, 9:00-11:30am

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

**Open to all 60+/free
No activity time July 4th**



Mah Jongg Time

Mondays and Thursdays, 1:00-3:45pm

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

Open to all 60+/free

Weekly Cribbage Game

Wednesdays, 10:00-11:00am

Open to all 60+/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 60+/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, 1:00-3:45pm

Open to all 60+/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 60+/free

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

Genealogy Group

Tuesday, July 8th & 22nd, August 12th & 26th, 1:00-2:30pm

Open to all 60+/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 in August, 10:00am - 12noon

Bodacious will not be visiting in July

Open to all 60+/free

Visit with Bodacious, a sweet golden-doodle, and his handler Dick at the Senior Center. Bodacious and Dick are members of Therapy Dogs International, a non-profit volunteer group whose tagline is "Paws Awhile for Love." Bodacious is gentle, friendly, affectionate, and hypo-allergenic. Visiting with a therapy dog is known to increase emotional well-being...drop in for a visit!

Hot Topics Discussion Group

Wednesdays, 10:30-11:45am

This group is an opportunity for people to talk about present or recent major issues of the day. Each member is expected to offer or suggest a topic or issue for the group to engage in and to actively participate as a leader or learner. Facilitated by Sal Lopes.

Open to all 60+/free



Needle Arts Group

Wednesdays, 12:30-2:30pm

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

Open to all 60+/free

Laugh for Your Health with Susan Phillips

Thursdays, 11:00am-12:00noon

Open to all 60+/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. *Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher. Her workshops promote laughter as a tool to build joy, resilience, connection, and collaboration.*

□► Coffee and Conversation with Tracy Woods

Fridays, ongoing, 10:00-11:00am

No Meeting July 4th

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. Group is ongoing and new participants are welcome. *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 60+ 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

- The best way to hear if an instructor cancels a class is through COA notifications; if you aren't signed up see page 3 for more information.
- Exercise classes are limited to Acton residents age 60 and up
- Wellness Yoga with Patsy is not meeting July & August
- 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, June 30th through August 18th, 8:30-9:30am

No class 8/25, 9/1

Tuesdays, July 1st through August 26th, 9:45-10:45am

No class 8/21

Thursdays, July 3rd through August 28th, 9:45-10:45am

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

Tai Chi/Taijiquan Class with Linda Sango

Mondays, July 7th through August 25th, 11:00am-12:00noon

No class June 30th

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, July 1st through August 26th, 8:30-9:30am

Wednesdays, July 2nd through August 27th, 8:30-9:30am

Thursdays, July 3rd through August 28th, 8:30-9:30am

No class 8/21

Fridays, July 18th through August 29th, 8:30-9:30am

No class 7/4, 7/11, 8/22

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.

Thursday Tai Chi Practice

Open to all 60+/free

Thursdays, 11:00am-12:00noon

Those who participated in the specific form previously offered in the Thursday 11:00

Tai Chi class continue to practice together at the Senior Center.



Chair Flow Yoga with Rebecca Reber

Thursdays, July 17th through August 28th, 3:00-3:45pm

No class 7/3, 7/10, 8/7

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, July 11th through August 29th, 10:00-11:00am

No class 7/4

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 go to www.actoncoa.com/129/Programs

Support and Services

The Assistant COA Director, 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

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

Food Pantries/Suppers

It is always a good idea to contact the specific food resource for the most up to date information.

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

Open Table Pantry service is available in the Maynard Municipal Parking Lot located between Summer Street and Main Street.: 978-369-2275. Hours are: Tuesdays 1:00 – 3:00pm (Seniors 65+) Tuesdays 3:00 – 6:30pm and Thursdays 11:00am – 4:30pm

Sudbury Community Food Pantry 978-443-7725, 160 Concord Rd, Sudbury, MA

Stow Food Pantry 978 897 4230,

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

West Acton Baptist Church, 592 Mass Ave, Acton MA, accessible from parking lot 24/7.

Community Dinner, First Parish Church of Stow & Acton, 353 Stow Rd, Stow, MA. 978-897-8149. 2nd Friday of every month.

For [more information](#) of resources across the area.

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

About Town

Town of Acton Information Line: 978 929 6600

You can also [subscribe](#) to receive the Municipal Monthly with all the Town updates.

Housing Legal Clinics

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

Summer at Acton's Libraries

Check www.actonmemoriallibrary.org for the latest news.

Check www.actonmemoriallibrary.org/calendar for more information, & to register for programs.

Sign up for the AML newsletter: <https://www.actonmemoriallibrary.org/about-us/email-newsletter/>
Questions? Email Acton Memorial Library's Information Services Depart. at actadultservices@minlib.net or call 978-929-6655.

This summer the Library is offering myriad classes, performances and programs.

Not to be missed events include

Summer Concert Series: Squeezebox Stompers, Thursday, July 17th, 5:30-7:00pm;

Summer Reading Carnival, June 2-August 27th.

and also in the Summer Concert Series - The Rule of Two, Tuesday August 5th, 6:00-7:00pm.

Summer at Community Education

Check out the catalog at www.abce.abschools.org

Acton Nursing Services

Call 978-929-6650, Acton Nursing, for these programs starting Wednesday, June 25th

□► Nara Park Senior Stroll Part 2

Acton, Boxboro, Littleton Seniors

Fridays, July 25th thru September 19th, 10:00 -11:00am

Registration is required

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. Please meet us at the Sports Pavilion off the lower parking lot located off Quarry Road. For information please call Nursing at 978-929-665

□► Therapeutic Horticulture

Acton Seniors Only

Tuesday July 1st, 4:30-5:30pm, & Wednesdays, July 9th and 16th, 10:30-11:30am

We will make framed press flower clay plaques. All supplies are provided. 12 participants per class.

□► Therapeutic Horticulture

Acton Seniors Only

Tuesday August 12th, 4:30-5:30pm, Wednesday, August 20th & 27th, 10:30-11:30am

Using leaf manipulation techniques, we'll weave a fence around our mini flower garden. All supplies are provided. 12 participants per class.

Based on class popularity we will be changing signup to a LOTTERY moving forward.

Sign up is for both July and August classes

Sign up for class lottery by 12noon on Monday, June 30th by phone or email: 978-929-6650; nursing@actonma.gov. We will notify every one of their status by June 30th and July 1st

□► Podiatry Clinics

Acton Seniors Only

July, Thursday, 3rd & 17th, 12-4pm, Tuesdays, 8th & 15th, 12-4pm, Monday, 14th, 9-1pm.

August, 11th and 25th, 9-1pm, Tuesdays, 5th, 19th & 26th, 12-4pm Appointments: Call 978-929-6650

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.

******* 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!

□► Maintenance Balance Training Sponsored by an Anonymous Donor Acton Seniors only

Tuesdays, ongoing, 11:00am & 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 & 3rd Tuesday of the month, July 1st & 15th, August 5th & 19th, 10:30-12:00pm.

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

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

June was another busy month



Baroque Rome!



Broadway tunes!!

Breathwork class!

Pride!

Shredding!!!



THE ACTON COUNCIL ON AGING @ THE SENIOR CENTER, JULY/AUGUST 2025 NEWSLETTER

**The Human Services Building and Senior Center will be closed
Friday, July 4th**

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