



Acton Council on Aging

At the Human Services Building & Senior Center

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 MONDAY, SEPTEMBER 1st**

Monday: 8:00am-4:00pm

Tuesday: 8:00am-6:00pm

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

Friday: 8:00am-12noon

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

Please note our new hours of operation listed above



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.

☐► Melodies for Medicine Student Performance

Tuesday, August 26th, 3:30-4:30pm

Open to all/free

(Not 4:00pm as advertised in the summer newsletter**)**



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!

Contents	Page
About Town	15
Calendar	8-9
Exercise & Gym	12-13
Games	10
Groups	11
Meals	7
Movies	10
Nursing Service	16
Programs	1-5
Support & Services	14
Support Groups	6

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**

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

Please note that these programs
have been open for registration
since July and may be full.
Enquire about a waitlist.

- ☐► Acton Songsters, p.4
- ☐► Acupuncture Appts, p.5
- ☐► Ask the Realtor, p.5
- ☐► Care Starts Now, p.5 *New*
- ☐► Coffee & Conversation, p.11
- ☐► Cooking Demonstration, p.3
- ☐► Gym Training, p.12
- ☐► iPhone Photography, p.2
- ☐► iPhone Widgets, p.2
- ☐► Life Chapters, p.3
- ☐► Line Dancing, p.4
- ☐► Music for Medicine, p.1
- ☐► Tech Help Appts, p.4
- ☐► Reiki, p.3
- ☐► Robbins Brook Tour, p.5
- ☐► Ukulele Lessons, p.5
- ☐► Words Galore, p.4

Meals, page 9

- ☐► Ice Cream! 8/5
- ☐► Fire Dept Cook-out, 8/5
- ☐► Robbins Brook Lunch, 8/19
- ☐► Dinner with Doug, 8/26
- ☐► Rotary Club Lunch, 9/7

For **Nursing programs**
call 978-929-6650, see p.16

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

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!

Assistance Signing Up for COA Notifications with Sarah

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.



How to Add Widgets to Your iPhone

Wednesday, 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. This class will be a review of material covered in the July classes.



Intro to Photography Using the iPhone

Wednesday, 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.

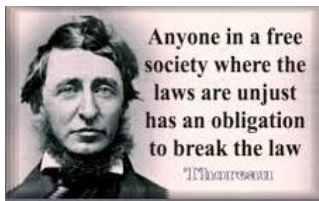
Book Club with Sarah **CANCELLED**

~~Thursdays, 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.~~

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](#)



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.

☐► Relaxing Reiki Appointments with Monica

Mondays, August 11th, 8:30-11:30am

Acton age 60+ only

Reiki is an ancient Japanese holistic therapy used to nurture and heal the body, mind, heart, and spirit. It is a gentle, non-invasive treatment where the practitioner uses a light gentle touch to balance energy in the receiver. When the body is in balance, it is better able to heal and support itself. Reiki is a great form of self-care! Appointments are 30 minutes in length. Make sure to call the COA if you need to cancel an appointment so we can call someone from the waitlist. *Monica Forrest is a certified Usui Reiki Master practitioner with a private practice in Acton, blackirisreiki.com.*



Book Discussion Group

Open to all 60+/free

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

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.



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.

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

Tuesday, 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.

☐► Japanese Summer Festival with Cooking Demonstration

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

Acton 60+ only

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 Songsters with Ed Knights

Wednesdays, 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.*

Technology Assistance Clinic

Wednesday, 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, through August 13th, 2:30-3:30pm

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

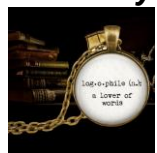
Join in on the summer session of line dancing! Dance for fun, exercise, balance, coordination, and to learn a new skill. You'll have great fun line dancing, while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down 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.



☐► Words Galore via Zoom

Thursdays, 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.

☐► Technology Help Appointments with Acton Memorial Library Staff

Thursdays, 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 charge 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.



☐► 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.

Tech Assistance with Matt

Tuesday, 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.



☐► 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.

☐► 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

Open to all 60+/free

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

Play Ping Pong

Open to all 60+/free

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



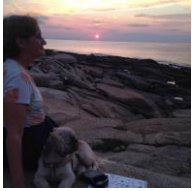
****SIGN UP OPEN NOW****

☐► Care Starts Here: Home, Health & the Gut, A Wellness talk with Smoothie Sips

Tuesday, September 9th, 2:00-3:00pm

Open to all 60+/free

Join **Holli Bassin**, Functional Medicine Health Coach, and **Vikki Levine**, Client Service Director at Ezra Home Care, for an informative and uplifting wellness discussion at the Acton COA exploring the powerful connection between gut health, overall well-being, and the importance of support at home. Discover how small lifestyle changes—including nutrition, mindset, and personalized care—can make a big impact on aging well, feeling energized, and staying independent. Enjoy delicious smoothie samples while learning how gut-friendly habits and compassionate home care work hand-in-hand to support a vibrant, dignified life.



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. Harriet will be hosting a Reception on **Tuesday, August 19th, 3:30-5:00pm.**

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.



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, 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.

☐► 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.



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, 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.

****NEW ****

☐► Rotary Club Lunch at Boxboro Regency Hotel

Acton/Boxboro 60+ only

Sunday, September 7th, 12noon

You are cordially invited by Rotary Club of Acton-Boxborough, honoring the Bud Flannery tradition, to a lunch of Regency Chicken, Mashed Potatoes, Green Beans, rolls & butter, and apple pie. Sign up is required by August 27th. Boxboro 60+ please call Boxboro COA.

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

Monday	Tuesday	Wednesday	Thursday	Friday
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 Nouvonne 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 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 Nouvonne 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 Nouvonne 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 3:30-5 Art Reception	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 Nouvonne Fitness 10:00 NARA Park Stroll with ANS

25 11:00 Tai Chi/Taijien 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 3:30 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 Nouvonne Fitness 10:00 NARA Park Stroll with ANS
--	---	---	--	--

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>
<i>Rosie Atherton, Office Manager</i>	<i>Jeff Bergart</i>
<i>Chris Chirokas, Program Manager</i>	<i>Michelle Brady, Secretary</i>
<i>Wendy Curtis, COA Customer Service Coordinator</i>	<i>Ellen Feinsand, Chair</i>
<i>Beverly Hutchings, Assistant COA Director</i>	<i>Ann Kulsick</i>
<i>Rosie Murphy, Health and Human Services Administrative Assistant</i>	<i>Alma Sandman, Vice Chair</i>
<i>Bernice Nicoll, Activities/Customer Service Assistant</i>	<i>Niru Velankar</i>
<i>Fiona Starr, COA Customer Service Coordinator</i>	
<i>Terri Zaborowski, Exercise Instructor</i>	
Board will not be meeting in July or August	
COA Friends will next meet: <i>Monday, August 11th, 10:00am</i>	

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:

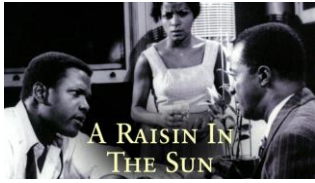
Caroline A. & Connor R. for assisting with Shredding day;
Lori Cooney who is stepping down from the COA Board after 9 years of dedication and support

Movie Matinees

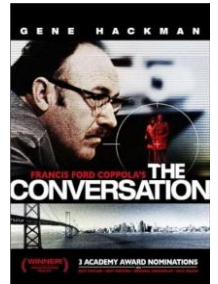
Shown with closed captioning, when available.

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, 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 he 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.*



Games

Morning Open Activity Time

Open to all 60+/free

Weekdays, 9:00-11:30am

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



Mah Jongg Time

Open to all 60+/free

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.

Weekly Cribbage Game

Open to all 60+/free

Wednesdays, 10:00-11:00am

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

Open to all 60+/free

Wednesdays, 1:30-3:30pm

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



Chess Club

Open to all 60+/free

Thursdays, 1:00-3:45pm

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, 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

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

Open to all 60+/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 60+/free

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

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

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, through August 18th, 8:30-9:30am

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

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

No class 8/25, 9/1

No class 8/21

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 August 25th, 11:00am-12:00noon

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 August 26th, 8:30-9:30am

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

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

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

No class 8/21

No class 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, through August 28th, 3:00-3:45pm

No class 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, through August 29th, 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.

For [information](#) on our presenters



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.

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

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

Summer Reading Carnival Tuesday, August 5, 4:00—6:00 PM, AML Back Library Lawn

Summer Concert Series - The Rule of Two Tuesday, August 5, 6:00—7:00 PM, AML Back Library Lawn

Embroidery Summer Series: Teach a Piece @ West Acton Citizens' Library Wednesday, August 6, 1:00—2:00 PM, West Acton Citizens' Library. Sign up on our program calendar on our website:

<https://tinyurl.com/4c99v9m3>

Embroidery Summer Series: Teach a Piece @ AML Wednesday, August 6, 4:30—5:30 PM, AML

Meeting Room. Sign up on our program calendar on our website: <https://tinyurl.com/5fsfhyp>

Adult Writing Group Thursday, August 7, 6:00—7:00 PM, AML Meeting Room

Mindfulness Workshop: Instruction and Discussion With A Guided Meditation and Q&A Session

Monday, August 11, 6:00—7:00 PM, AML Meeting Room

Yarn & Needle Club Tuesday, August 12 & 26, 3:00—4:00 PM, AML Meeting Room

Tech Help at West Acton Citizens' Library Wednesday, August 13, 1:30—2:30 PM, West Acton Citizens' Library. Sign up for a slot on our program calendar on our website

West Acton Citizens' Library Book Discussion Group Wednesday, August 13, 3:30—4:30 PM, West Acton Citizens' Library. **The Whistling Season** by Ivan Doig

Line Dancing Wednesday, August 20, 6:00—7:00 PM, AML Back Library Lawn

Basics of Budgeting with CFA Society Boston Thursday, August 21, 6:00—7:00 PM, AML Meeting Room

Great Decisions Group Discussion - NATO Tuesday, August 26, 6:30—8:00 PM, AML Conference Room

Adult Game Night Wednesday, August 27, 6:00—7:00 PM, AML Meeting Room

Summer at Community Education

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

LOST & FOUND



If you think that you may have mislaid anything at the Senior Center be sure to check our Lost & Found. Anything remaining after August 15th will be disposed of.
Thank you for your cooperation

©THE ACTON COUNCIL ON AGING @ THE SENIOR CENTER

Acton Nursing Services

Call 978-929-6650, Acton Nursing, for these programs:

☐► Nara Park Senior Stroll Part 2

Acton, Boxboro, Littleton Seniors

Fridays, thru September 12th, 10:00 -11:00am ****NOTE CHANGE IN DATE OF FINISHING****

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 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

August, 11th & 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, 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!