



Acton Council on Aging



At the Human Services Building & Senior Center

SEPTEMBER 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 Mon. Sept 1st & Fri. Sept 19th

Monday: 8:00am-4:00pm

Tuesday: 8:00am-6:00pm

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

Friday: 8:00am-12noon

► The Ins and Outs of Senior Living Options

Thursday, September 4th, 1:00-2:00pm Open to all 60+/free

Remaining independent, staying safe, and thriving are all goals that will be discussed with Melissa Lee and Patricia Jacotin from Oasis Senior Advisors. Join them to navigate the ins and outs of senior living options—from aging in place to community living—and to tackle your questions about costs, planning for the future, managing care needs or dementia care, and finding social engagement. Enjoy light snacks and beverages while you learn more about the next steps to consider what will work best for you.

Live Folk Music Hootenanny

Tuesday, September 30th, 2:00-3:15pm Open to all 60+/free



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

Find our calendar on p. 10-11

COA Events requiring

registration:

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- Art Class with Fran, p.2
- Ask the Lawyer Appts, p.6
- Care Starts Here, p.3
- Caregivers Support, p.12
- Coffee & Conversation, p.14
- Create Your Own Book, p.4
- Estate Planning, p.3
- Great Gatsby Seminar, p.5
- Gym Training, p.15
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Meals, page 9

- Rotary Club Lunch, 9/7
- First Responders Lunch, 9/9
- Robbins Brook Lunch, 9/16
- Breakfast, 9/26
- Dinner with Doug, 9/30

For Nursing programs

call 978-929-6650, see p.19

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The Age of Assassination: Ideology, Conspiracy & Murder in the Industrial Age, 1880-1914 with Paolo Di Gregorio

Tuesday, September 9th, 4:00-5:00pm

Open to out-of-towners age 60+ for \$5

Irish author George Bernard Shaw once called assassination an extreme form of censorship. During the late decades of the 19th century, as political and social changes swept across the Atlantic world, a series of high-profile assassinations captured headlines across the globe. From US presidents to European monarchs, the powerful and influential fell victim to the assassin's bullet. This talk will explore some of the most infamous and consequential political murders of the industrial age. *Paolo Di Gregorio is a historian, archaeologist and educator. He is a Visiting Lecturer in the History Department at Bridgewater State University, and his passion for telling stories of our past is always appreciated by Acton's older adults!*



Directors Corner

September is National Senior Center Month. The Acton Senior Center provides countless hours of socialization, recreation, education, wellness, nutrition and social services to residents 60+. If you are receiving this newsletter for the first time, welcome! We will be having an Open House on **Wednesday, September 24th from 10am-12noon**.

See you soon, Sharon

□► Acton Songsters with Ed Knights

Wednesdays, September 3rd and 17th, 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.*



How to Get Outside This Autumn (Safely!)

Thursday, September 4th, 2:00-3:00pm

Open to all age 60+/free

Are you looking to get outside this autumn but worried about where to walk and how to avoid ticks and mosquitoes? Join Acton's Community Conservation Specialist, Ian Bergemann, and Acton Public Health Nurse, Susan Sama, for a presentation on how to safely navigate the outdoors this fall. Learn how to prevent tick and mosquito borne illnesses, how to find trails in town, and what apps you can use to identify wildlife!

□► Drawing and Watercolor Painting Class with Fran Hewitt

Tuesdays, September 9th thru November 25th, 9:30-11:30am

No class 10/ 21

**Call to register for this session beginning Tuesday, September 2nd after 8:30 am: 978-929-6652
(no voicemails please)**

Acton 60+ only

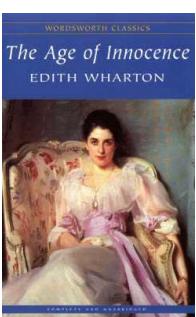
Participants in this class will learn how to use basic drawing skills and watercolor techniques to create pictures. We will explore line, color, shape, form, and texture as we draw and paint. Subjects for our work will include photographs of still-life objects, landscapes, animals, portraits, and flowers.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



Book Discussion Group

Tuesday, September 9th, 10:00-11:00am

Open to all 60+/free



The discussion for September's meeting will be around the book Age of Innocence by Edith Wharton. If you would like to read ahead, the discussion for October's meeting will be around the book The Great Gatsby by F Scott Fitzgerald. 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 gatherings.



► 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 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.



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 be 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 or Leo Fochtman, Ljfochtman@gmail.com 978-621-0485

Technology Assistance Clinic

Wednesday, September 10th and 24th 1:30-3:00pm

Open to all 60+/free

All seniors are welcome to participate in this drop-in Technology Clinic whenever a 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.



► Understanding Basic Estate Planning Terms & Documents: Back to Basics

Wednesday, September 10th, 2:00-3:30pm

Open to 60+/free

Join Attorney Dale Tamburro for a presentation on estate planning. He will cover estate planning terminology, the importance of getting organized (what are your assets, what is their worth, what are your income sources), the importance of communication, choosing your beneficiaries, what estate documents are needed, & what to do in case of disability. He will touch upon trusts as a tool for protecting your home if you require long-term care, which is a topic for a full seminar. Bring your specific questions for Dale to answer.



► Event at Velvet Vine

Wednesday, September 10th 6:00-9:00pm

Open to all 60+

Contact the Acton Office of Economic Development (978) 929-6516 to RSVP. Seniors are invited to unwind in the cozy lounge, sip on specially crafted cocktails, and enjoy a selection of delicious menu options. The house will be spinning timeless tunes from the '50s, '60s, and early '70s, setting the mood for a nostalgic and delightful night out. The evening will also feature informative talks on skincare and emotional wellness, tailored especially for seniors, brought by Majestic Day Spa and Vibrant Focus Unlimited. Velvet Vine Café – 166 Great Road, Acton RSVP required by **Friday September 5th**. Admission is free. Charges apply solely for food and drinks ordered.

► Technology Help Appointments with Acton Memorial Library Staff

Thursday, September 11th, 10:00-11:00am

Acton 60+ only

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



Singer-Songwriters of the 60s with John Clark

Thursday, September 11th, 1:00-2:00pm

Open to out-of-towners age 60+ for \$5



This multi-media presentation starts with early sixties musicians Tim Buckley, Tim Hardin, Tom Paxton, Gordon Lightfoot, and Phil Ochs who all achieved some measure of success. Next are Tom Rush and Judy Collins who helped popularize many of the best writers by covering their songs. We then turn to the early days of artists influenced by Dylan who found great success—Donovan, Van Morrison, James Taylor, Neil Young, Joni Mitchell, Cat Stevens, Randy Newman, Harry Nilsson, and Carole King. Lesser

known singer-songwriters like Richard Thompson and Jesse Winchester merit some attention and let's not forget Robbie Robertson as well as John Lennon, George Harrison and Paul McCartney who all released solo records after the breakup of *The Beatles*. This program does not include artists who are featured in separate programs—Bob Dylan, Paul Simon and Leonard Cohen. *Prior to a career as a high school and adult education teacher, John Clark worked in music publishing in Nashville. He enjoys sharing his passion for music with senior centers and senior residences.*

► Relaxing Reiki Appointments with Monica

Monday, September 15th, 8:30-11:30am

Acton 60+ only

Call for an appointment after 8:30am Tuesday, Sept. 2nd: 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.*



► Create Your Own Book! with Neal Rantoul

Mondays, September 15th, 22nd, 29th, Oct. 6th, 20th, 27th, Nov. 24th, 1:00-3:00 pm

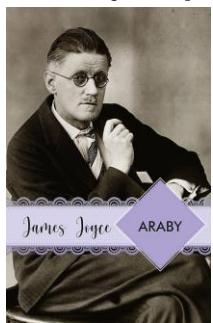
Open to out-of-towners age 60+ for \$20/series starting Sept. 8th

On-demand publishing has made it possible for anyone to make books. For this class we will discover just how easy this can be to collect your images, organize them, then design and make your own books. By telling your own story in a book, important moments can be preserved. In this class we will work to make your books beautiful and impactful, to tell your stories, and preserve them for future generations to come as part of your legacy. While the course is designed primarily to make photo books, other kinds of books can be made using on-demand printers. Neal Rantoul is a photographer who has made many books of varying size and cost. He will share these in class and demonstrate how to design and lay out your project. You will make your book ready to order by the end of our six weeks together, then meet one month later to share your printed results.

Participants need to bring a laptop/tablet to each class.

LitLovers Study Group/Masterpieces of Short Fiction: *Araby*

Tuesday, September 16th, 2:30-4:00pm



The group views a 30-minute lecture from The Great Courses: Masterpieces of Short Fiction, followed by a discussion on the lecture, the featured story, and the author. This month's story is *Araby* by James Joyce. 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, & Margaret Atwood. Copies of the stories are provided at the previous month's meeting; you can also pick up a hard copy at reception or contact facilitator Chris Chirokas at cchirokas@actonma.gov or 978-929-6652 if you'd like a digital copy sent.

Open to all 60+/free

Medicare Supplement Plans Versus Medicare Advantage Plans—What is the Difference?

Tuesday, September 16th, 4:00pm

In this seminar a representative from Blue Cross Blue Shield of Massachusetts will explain the differences between Medicare Supplement Plans and Medicare Advantage Plans to help you select the right coverage for you. The seminar will also include an explanation of original Medicare, resources to help you in the decision process (such as SHINE counselors available at the Senior Center), and real-life case studies. Medicare Open Enrollment occurs annually from October 15 to December 7, the time when you can change your Medicare plan for the following year.

Open to all/free

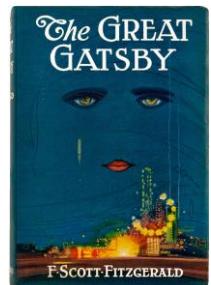


► The Great Gatsby Seminar with Stephen Collins

Wednesdays, September 17th through October 15th, 11:00am to 12pm

Open to out-of-towners age 60+ for \$20

This year marks the 100th anniversary of the publication of *The Great Gatsby* by F. Scott Fitzgerald. The novel explores The Jazz Age otherwise known as The Roaring Twenties which made the word "flappers" famous and also ushered in Prohibition. Fitzgerald's novel examines the excesses and oftentimes despair of the times. What is success? What is The American Dream? Many critics designated *The Great Gatsby* as The Great American Novel and it is at least a worthy candidate. Scribner and Sons published Fitzgerald, as well as Hemingway and Thomas Wolfe, and Maxwell Perkins was editor for all three writers. Please read the novel in its entirety before the first class. *Stephen Collins literature classes and live dramatic performances featuring literary figures are always popular at the Senior Center. His teaching style has been described as a hybrid of lecture and performance.*



► Line Dancing with Paul

Wednesdays, September 17th through November 19th, 2:30-3:30pm

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

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



The 20th Century: A 1940-1949 Review with Dawn Gomez

Thursday, September 18th, 1:00-2:00pm

Open to all 60+/free



Next, we turn our attention from the Dirty Thirties to the Roaring '40s. This nickname reflects the vibrant culture and social atmosphere of the time characterized by the onset of World War II. The first half of the decade was focused on the war both in Europe and Asia Pacific. We will review Roosevelt and Truman's presidential involvements and the impact on everyday Americans. How those actively fighting as well as those doing their part back home managed. Other horrific '40s events will be explored, including the Holocaust, atomic bomb and the start of the Cold War. On the plus side, WWII's need for manufactured goods officially put the Great Depression in the rear-view mirror leading to a period of economic growth and cultural experimentation. Post V-E and V-J days, Americans were eager to return to peaceful pursuits and prosperous times. Many used the G.I. Bill to take advantage of fulfilling the dream of home ownership or gaining further education. From the impact military uniforms had on post-war fashion to wartime rationing giving way to ample supplies for three squares a day. From the continuation of the Golden Age of Radio and the introduction of the jukebox to most families owning a television and new toys like Slinky and Silly Putty, we will look at the typical American lifestyle. Come to learn more about this decade and share your own family stories as well. *Dawn Gomez, Reminiscing Round Table founder, provides topic-based programs for seniors at assisted living and senior center communities.*



□► Ask the Lawyer

Tuesday, September 23rd, 1:00-3:00pm

Acton 60+ only

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

Maximizing Your Retirement Years with Edward Alessi

Tuesday, September 23rd, 1:00-2:00pm

Open to all 60+/free

Having enough money to live on following is only one aspect of retirement. This workshop will focus on how to maximize your retirement years, which can result in a rewarding and fulfilling life. This workshop is appropriate for those who are retired or anticipating retirement. *Edward Alessi is a retired clinical social worker who spent most of his professional life working with older adults.*



□► Move with Confidence: A Fall, Posture, Balance & Wellness Screening

Tuesday, September 23rd, 2:00-3:15pm

Open to all 60+/free

In celebration of National Falls Prevention Week, come take part in a free wellness screening event focused on helping you stay upright, active, and independent. Hosted by Rehab Health 360 in partnership with the American Physical Therapy Association's Geriatrics Special Interest Group, this interactive event includes four hands-on screening stations:

- Vitals & Orthostatic Hypotension Check – Understand your blood pressure changes and how they may affect balance
- Timed "Up and Go" Test – Assess your mobility, cognitive ability and risk for falls during dual task
- Strength Screening – Understand how your lower extremity strength impacts your balance
- Four-Stage Balance Test – See how steady you are in various standing positions

In addition to the screenings, we'll provide practical education on choosing the right footwear and what types to avoid, techniques for getting up safely from the floor if a fall occurs, and fall prevention strategies. Please don't wait for a fall before taking action! Small improvements in awareness of strength, balance, and posture can make a big difference in your confidence and independence. Registration is required—contact the Council on Aging to reserve your spot.



Open House

Wednesday, September 24th 10:00am-12noon

Open to all

Celebrate the Senior Center's 8th anniversary at 30 Sudbury Rd. Have a tour of the building, enjoy light refreshments and see all that we have to offer.

► Ribbon Stitchery Class with Mary Shey

Thursdays, September 25th through October 30th, 1:00-3:00pm

Open to out-of-towners age 60+ for \$20/series starting Sept. 8th



Feel the joy of creating as you learn to embroider with ribbon in this class taught by Mary Shey who has been creating in this medium since childhood. Ribbon embroidery is easier on the eyes and hands than embroidering with thread, and the result is a lovely work of art with a three-dimensional quality. You will learn the different stitches and work at your own pace to create a piece featuring pink flowers and a butterfly. This type of embroidery was popular in the courts of Versailles, at the Forbidden City in China and as an applique technique among Prairie and Great Lakes Native American tribes. A fee of \$24 is due to the instructor at the first class which includes everything needed and is suitable for beginners. Image of the project is displayed in the reception area. View examples of Mary's work at <https://msribbonstitchery.com/>.

Aging Alone: A Sexual Wellness Perspective with Dr. Jane Fleishman

Thursday, September 25th, 1:00-2:00pm

Open to out-of-towners age 60+ for \$5



Aging provides us with significant challenges and aging alone can lead to loneliness and social isolation. Former Surgeon General Vivek Murthy called social isolation a public health crisis in need of the same investments in research as other public health challenges. From a sexual wellness perspective, Dr. Jane Fleishman will offer up-to-date research, recommendations, and tips for aging alone. Join us for a thought-provoking, compassionate, and positive perspective on aging alone. Jane Fleishman, PhD, MEd, MS, is an educator, writer, researcher, and author of *The Stonewall Generation: LGBTQ Elders on Sex, Activism, and Aging*. She is on a mission to promote the sexual wellness in older adults and co-hosts an award-winning podcast on sex and aging, *Our Better Half*. Her TEDx talk, *Is It OK for Grandma to Have Sex?* has reached over 100,000 viewers. Find out more about Jane's work at www.janefleishman.com.

Golden Rainbow & Friends Social Hour

Wednesday, September 24th, 2:00-3:00pm

Open to all 60+/free



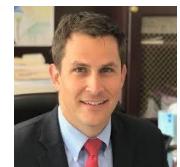
Join Rainbow Coordinator Rosie Latto for an hour of conversation. People in the LGBTQ+ community and allies are warmly welcome. Note that an ally is a person who actively supports and advocates for the rights and inclusion of lesbian, gay, bisexual, and transgender individuals. Bring your ideas for program topics and any questions! Refreshments served. Please reach out to Chris Chirokas at the COA with any questions: cchirokas@actonma.gov or 978-929-6652.

Java with John

Friday, September 26th, 9:45am

Open to Acton residents

Town Manager John Mangiaratti will be here to give updates from the Town, answer your questions and listen to your suggestions and concerns. Acton TV will be filming it live.



► Lunch and Tour at RiverCourt Residences

Tuesday, September 30th, 11:30am

Open to all 60+/free

Join us at RiverCourt, 8 West Main Street, Groton for a delicious lunch and a friendly tour of their beautiful community. Come hear their story, meet the team, and enjoy a great day with them. Plan to meet at RiverCourt at 11:30am. They can't wait to welcome you! Sign up is required.



Decluttering Without Burning Out: 5 Essentials to Make it Easier (Even Enjoyable!)

Thursday, October 2nd, 1:00-2:00pm

Open to all 60+/free



Feeling overwhelmed, exhausted, or embarrassed just thinking about all the stuff in your home? You're not the only one! Come learn 5 essential, practical ways to reduce your stress so you can stay motivated and make steady progress without the emotional roller coaster. Forget "attacking" your clutter or "revving up" to get rid of it asap. There's a better way: a more respectful, sustainable approach. Clutter is just part of life—together, everything is figure-out-able! Let's Start Now! Bring your clutter—clean towels, sheets or blankets, and Laura will donate them for you to Household Goods!

Attendees have a chance to win a PDF copy of "Paper Clarity: What to Keep, Where and When to Shred." *Laura Moore, M.Ed. is a life skills mentor and founder of ClutterClarity, LLC. For 30 years she's helped families bring balance to their homes and lives through in-home services, personal coaching, and her weekly decluttering support group, Women with ClutterClarity (on Zoom). Author of "Paper Clarity: What to Keep, Where, and When to Shred."*

Volunteer Ambassadors Needed! Help us welcome new visitors to the Senior Center!

The first year of this program was a big success and more Ambassadors are needed to keep up with the demand. All that is needed is familiarity with the Center, access to email, and a spirit of volunteerism! Average commitment is 1-2 hours/month but each Ambassador controls their participation. Contact Chris Chirokas for more information at cchirokas@actonma.gov or 978-929-6652.

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.

Looking for Ping Pong Partner? You may post your contact information on the bulletin board in the Senior Center gym, perhaps mentioning your skill level.



Meals at the Senior Center



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

► First Responder Appreciation Luncheon

Tuesday, September 9th, 12noon

Acton 60+ only

We will be hosting a lunch to honor Acton's First Responders. Chef McGuire will be preparing ham and pea casserole, salad, and dessert. Acton seniors are welcome to attend to show their appreciation to those who are there when we need them. Please sign up at the COA. Cost is \$3.00.

► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, September 16th, 12noon

Open to all 60+

Join us for ziti, sauce, salad and dessert for \$3. Sign up is required.

► Monthly Breakfast

Friday, September 26th, 9:00am

Acton 60+ only

Join us for a warm, plentiful breakfast! Typically, French toast, eggs, fruit, bacon and or sausages are prepared by chef Veteran Services Officer James MacRae. Cost is \$3.00. Fruit is kindly provided by Life Care of Acton. Sign up is required.

► Dinner with Doug

Tuesday, September 30th, 4:30pm

Open to all 60+

Enjoy arancini followed by chicken or eggplant parm. with pasta, garlic bread and dessert for \$5. Please sign up prior to the event.

► To All Acton and Boxborough Senior Citizens:

You are cordially invited as a guest to a luncheon on **Sunday, September 7th, 2025** in the Courtyard of the Boxborough Regency at 12 pm. Entertainment will be provided. The event is hosted and sponsored by the Acton-Boxborough Rotary Club and the Boxborough Regency. For sign ups, Acton Seniors call the Acton COA (Boxboro should call Boxboro COA) Menu is Regency Chicken, Mashed Potatoes, Green Beans, rolls & butter, and apple pie. Vegetarians may make a request at sign up.



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, September 23rd.** Anyone with a birthday this month can enjoy a free lunch and special dessert this day. Sign up with John Day in the kitchen on 781-221-7098. Let him know that it is your birthday month.

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



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| September 1 | 2 Building Closed 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 Mah Jongg 3:00 Caregiver Support Group via Zoom | 3 8:30 Senior Fitness 10:00 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 | 4 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for Your Health 11:00 Tai Chi Practice 1:00 Senior Living Options 1:00 Chess Club 1:00 Mah Jongg 2:00 Get Outside This Autumn 3:00 Chair Flow Yoga 3:00 Navigating Grief via Zoom | 5 8:30 Senior Fitness 10:00 Coffee & Conversation 10:00 Nouvonne Fitness 10:00 NARA Park walk with ANS |
| 8 8:30 Active Aging 10:00 Friends of COA Mtg 11:00 Tai Chi/Taijian Class 1:00 Movie 1:00 Mah Jongg | 9 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 10:00 Book Discussion Group 11:00 Maintenance Balance – ANS 12:00 First Responders Lunch 1:00 Genealogy Group 2:00 Care Starts Here Talk 4:00 Age of Assassination Talk | 10 8:30 Senior Fitness 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:00 Collette Travel Talk 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Bridge 1:30 Tech Assistance Clinic 2:00 Basic Estate Planning | 11 10:00 Tech Help Appointments 11:00 Tai Chi Practice 1:00 Singer-Songwriters of the 60s with John Clark 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga | 12 Center closes at 12 10:00 Coffee & Conversation 10:00 Nouvonne Fitness 10:00 NARA Park walk with ANS |
| 15 8:30 Active Aging 8:30 Reiki Appointments 9-12 Balance Screening Appts - ANS 11:00 Tai Chi/Taijian Class 1:00 Movie 1:00 Mah Jongg 1:00 Create Your Own Book | 16 8:30 Senior Fitness 9:00 Art Time 9-11 Balance Screening Appts - ANS 9:30 Art Class with Fran 9:45 Active Aging 10:00 COA Board Mtg 10:30 -12 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 11:00 Grandparents Group 12:00 Robbins Brook Lunch 2:30 LitLovers Group 3:00 Caregiver Support Group via Zoom 4:00 Medicare Plans Talk 4-5:30 Art Reception | 17 8:30 Senior Fitness 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:00 Great Gatsby Seminar 11:30 Balance Matters! 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 | 18 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for Your Health 11:00 Tai Chi Practice 1:00 20 th Century Review 1940s 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga | 19 Building Closed |
| 22 8:30 Active Aging 11:00 Tai Chi/Taijian Class 1:00 Movie 1:00 Mah Jongg 1:00 Create Your Own Book | 23 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 MMSS Birthday Lunch 1:00 Maximize your Retirement Years 1:00 Ask the Lawyer Appointments 1:00 Genealogy Group 2:00 Move with Confidence | 24 8:30 Senior Fitness 10:00-12 OPEN HOUSE 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:30 Hot Topics 11:00 Great Gatsby Seminar 11:30 Balance Matters! 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Bridge 1:30 Tech Assistance Clinic 2:00 Golden Rainbow & Friends 2:30 Line Dancing | 25 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for Your Health 11:00 Tai Chi Practice 1:00 Ribbon Stitchery Class 1:00 Aging Alone 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga | 26 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 9:45 Java with John 10:00 Coffee & Conversation 10:00 Nouvonne Fitness |

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|--|---|--|--|--|
| 29 8:30 Active Aging 11:00 Tai Chi/Taijian Class 1:00 Movie 1:00 Mah Jongg 1:00 Create Your Own Book | 30 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 11:30 Lunch & Tour at RiverCourt 2:00 Live Folk Music Hootenanny 4:30 Therapeutic Horticulture – ANS 4:30 Dinner with Doug | October 1 8:30 Senior Fitness 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 11:00 Great Gatsby Seminar 11:30 Balance Matters! 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 | 2 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 1:00 Ribbon Stitchery Class 1:00 De-Cluttering Presentation 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga 3:00 Navigating Grief Group | 3 Center closes at 12 8:30 Senior Fitness 10:00 Coffee & Conversation 10:00 Nouvonne Fitness |
|--|---|--|--|--|

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 go to www.actoncoa.com/129/Programs

This September the following activities are supported by the Friends of the Acton COA: Folk Music Hootenanny, Aging Alone/Sexual Wellness, Create Your Own Book Workshop, Ribbon Stitchery Class, Age of Assassination History Talk, Singer-Songwriters of the 60s, Maximizing Retirement, 1940s Review, *The Great Gatsby* Seminar, Drawing & Watercolor Class, Movies, and Tai Chi Class.

A Message from the Friends of Acton COA

Fall is here and seniors are coming to the Center in ever greater numbers. Check out FCOA sponsored Collette trips at www.friendsofactoncoa.com.

Next up the popular Jewelry Sale

Wednesday & Thursday, October 22nd-23rd, 9am – 2pm.

The Friends of the COA collected vintage costume jewelry all summer long. An opportunity to purchase gifts, a fashion accessory or special occasion memento at reasonable prices. Don't miss it. All are welcome!

The Friends of the Acton COA will next meet Monday, September 8th at 10am.

| 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 next meet: Tuesday, September 16th, 10am. | |
| COA Friends will next meet: Monday, September 8th, 10am | |

THANK YOU TO: Sarah Willard, summer intern, and Matthew Liu and Nymisha Goli our high school volunteers; Acton Fire Department for the wonderful cookout; Linda, Maria and Sue for all of your help at the front desk.

Support Groups

□►Caregiver Support Group via Zoom

Tuesdays, September 2nd and 16th, 3:00-4:30pm

Open to all caregivers of older adults/free

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



□►NEW Navigating Grief Group via Zoom

Thursday, September 4th, 3:00-4:00pm

Open to all/free

Are you experiencing grief from the death of an older loved one and finding it hard to cope with everyday life? If so, please join us in a new grief support group that will meet once a month for one hour via Zoom to discuss ways of coping with grief. Listening to others' experiences can help you to better understand your own experience and may provide you with new insight in more constructive ways of dealing with this stage of life. This group will be led by Julie Norstrand, PhD, an experienced eldercare consultant who has worked with older adults and family caregivers for many years. Please sign up with the Council on Aging at seniorcenter@actonma.gov. Funded by an Executive Office of Aging & Independence grant.

Grandparents Raising Grandchildren Support Group

Tuesday, September 16th, 11:00-12noon

Open to all/free

Participants will learn from other grandparents and experts about legal strategies and practices, ways to relieve the stress, and resources available. For additional information, contact group leader Joe O'Leary of the Commission on the Status of Grandparents Raising Grandchildren at 978-760-0360

Watercolor Exhibit

From September 9th to October 31st we welcome the paintings by students who have participated in Fran Hewitt's Watercolor Classes during the past academic year. With a wide variety of skill levels from beginner to advanced, the purpose of this exhibit is to not only share the students' work but also show "what we do".

All are welcome to attend the Reception with refreshments on Tuesday September 16th, 4:00-5:30pm.

The **Council on Aging Board** hopes you had a great summer.

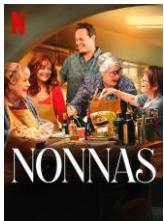
Now it's back to school time and we are starting the SENIORS READ Program in collaboration with the Acton-Boxborough Regional School District for another year. This Program brings seniors from Acton and Boxborough together with children in Kindergarten through Fourth Grade to read to classes. The Program was a success during the 2024-2025 school year and we've been asked to return for this school year. To participate in the SENIORS READ Program, please fill out a [Senior Reader Interest Form](#) and return it to the reception desk at the Senior Center at 30 Sudbury Road, Rear. You will read the [Senior Reader Guidelines](#) to prepare you for the actual reading sessions at the schools.

If you know anyone who might also be interested in participating, please let them fill out their own Senior Reader Interest Form and return it to the Senior Center.

You will need to complete a new form even if you have participated in this program previously.

Movie Matinees

Shown with closed captioning, when available.



Open to all 60+/free

September 8th, 1:00-2:50pm *Nonnas* (2025, PG) After losing his mother, a man risks everything to honor her by opening an Italian restaurant with actual grandmothers as chefs. Comedy based on a true story. Stars Vince Vaughn, Brenda Vaccaro, Talia Shire, Lorraine Bracco, Susan Sarandon.



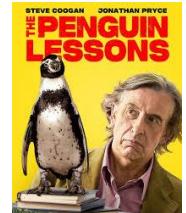
September 15th, 1:00-3:05pm *The World's Fastest Indian* (2005, PG-13) Film set in the 1960s stars Sir Anthony Hopkins is based on the life of New Zealander Burt Munro. Munro rebuilt a 1920 Indian motorcycle in hopes of setting the land speed world record at Utah's Bonneville



Salt Flats. *This film is shown in collaboration with the Acton Memorial Library.*

September 22nd, 1:00-2:35pm *12 Angry Men* (1957) The jury in a murder trial is frustrated by a single member whose skeptical caution forces them to more carefully consider the evidence before jumping to a hasty verdict. Best picture nominee stars Henry Fonda, Lee J. Cobb, Jack Klugman, Ed Begley, and Martin Balsam. *This film is shown in collaboration with the Acton Memorial Library.*

September 29th, 1:00-2:50pm *The Penguin Lessons* (2024, PG-13) In 1976 a disillusioned Englishman, Tom Michell, takes a teaching job in Argentina just as a brutal military junta tears the country apart. He finds his life transformed when he rescues a penguin from an oil slick. Film starring Steve Coogan is inspired by Michell's memoir.



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 age 60+/free

No activity time Sept. 1st, 19th & 26th

Mah Jongg Time

Mondays, Thursdays, & Tuesday, September 2nd 1:00-4:00pm (No Mah Jongg September 1st)

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

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.



Open to all 60+/free

Drop-In Bridge

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.

Open to all 60+/free

Chess Club

Thursdays, 1:00-3:30pm

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.

Open to all 60+/free

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, September 9th and 23rd, 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 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

Due to room space constraints, this group is currently closed to new participants.



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

No class September 11th & Oct 2nd

Thursdays, 11:00am-12noon

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

No meeting September 19th

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

The Gym is open during the Senior Center's normal operating hours. Anyone using the gym needs to be trained to use the equipment by a COA staff member and sign an exercise waiver. □► If you are interested in signing up for training call 978-929-6652.

Acton 60+ only



Exercise Classes

- Exercise classes are limited to Acton residents age 60 and up
- To keep the floor safe for all, please bring clean, supportive shoes to change into for class
- If you are new to a class, read the description to judge whether it will be a good match for your fitness level and call us with any questions
- Instructors have final say on whether a class is suitable for an individual
- Check with your doctor before starting any exercise program
- Wear comfortable clothing and bring water in a non-breakable container
- All attendees must have an exercise class waiver on file and up-to-date emergency contact information



Active Aging with Terri Zaborowski

Mondays, September 8th through December 22nd, 8:30-9:30am

No class 9/1,10/13,12/29

Tuesdays, September 2nd through December 23rd, 9:45-10:45am

No class 11/11, 12/30

Thursdays, September 4th through December 18th, 9:45-10:45am

No class 9/11, 11/27, 12/24

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).

Terri Zaborowski has been teaching fitness classes for the COA since 2000. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.

Tai Chi/Taijiquan Class with Linda Sango

Mondays, September 8th through December 22nd, 11:00am-12:00noon

No class 9/1, 10/6, 10/13, 11/10, 11/17, 12/29

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. *Linda Sango, a retired health and physical education teacher, has been studying Taijiquan and Qi Gong under Jeff Cote' since 2002 and has been teaching classes to seniors since 2010.*

Senior Fitness with Terri Zaborowski

Tuesdays, September 2nd through December 23rd, 8:30-9:30am

No class 11/11, 12/30

Wednesdays, September 3rd through December 17th, 8:30-9:30am

No class 12/24, 12/31

Thursdays, September 4th through December 18th, 8:30-9:30am

No class 9/11, 11/27, 12/25, 1/1

Fridays, September 5th through December 19th, 8:30-9:30am **No class 9/12, 9/19, 11/28, 12/26, 1/2**

Have fun as you move to the music with this safe and heart-healthy class which uses low-impact movements to energize your active lifestyle. After 30 minutes of aerobics, you will work on building your muscle strength and flexibility with upper and lower body exercises using hand held weights in both standing and seated positions. Class ends with a 5-10 minutes of full body stretch and relaxation. Weights are provided by the center.

Wellness Yoga with Patsy Brightman

Wednesdays, October 1st through December 17th, 10:00-11:15am

No class in September, 11/26, 12/24, 12/31

This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. Includes seated postures, standing postures (using a chair for support if needed) and optional floor work. Each class has an emphasis on wellness and will include a period of deep relaxation. The last class of each month is a Healthy Joint Class offered to improve range of motion. Joint movements help improve flexibility and balance and decrease a stiff or achy body and help prevent falls. Bring a yoga mat to each yoga class (optional, especially for joint class). Funded by an Executive Office of Aging & Independence grant; \$1 donation per class requested. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse*

Thursday Tai Chi Practice

Thursdays, 11:00 am-12:00noon

Open to out-of-town seniors/free

No practice 11/27, 12/25, 1/1

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, September 4th through December 18th, 3:00-3:45pm

No class 11/27, 12/25, 1/1

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.rebeccarebervyoga.com/.*

NouVonne Fitness with Yvonne Benelli

Fridays, September 5th through December 19th, 10:00-11:00am

No class 9/19, 11/28, 12/26, 1/2

This class is an enjoyable total workout designed by Yvonne Benelli for all fitness levels and includes a little of everything... muscular strength training, cardio/dance, stretching, balance, stability, core strengthening & posture work, Qi Gong, Pilates, mindfulness, 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 while working everything! You will feel re-energized, rejuvenated and relaxed...ready for your day! Hand weights and balls (supplied by Center) are optional. A \$1.00 donation per class is suggested, per Executive Office of Aging & Independence grant guidelines. *Yvonne Benelli holds an MS in Clinical Exercise Physiology, a BS in Physical Education, and taught American Red Cross CPR/First Aid for over 40 years as well as a multitude of fitness classes, including current classes in AquaCize & water aerobics, Pilates, outdoor exercise classes year-round, exercise via Zoom, and personal training (on land and in water).*

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.

September at Acton's Libraries

Please note that summer hours continue thru September:

| Acton Memorial Library | West Acton Citizens' Library: |
|-------------------------------|--------------------------------------|
| Monday 9:00 AM - 8:00 PM | Monday Closed |
| Tuesday 9:00 AM - 7:00 PM | Tuesday 9:00 AM - 5:00 PM |
| Wednesday 9:00 AM - 8:00 PM | Wednesday 9:00 AM - 5:00 PM |
| Thursday 9:00 AM - 8:00 PM | Thursday 9:00 AM - 5:00 PM |
| Friday 9:00 AM - 2:00 PM | Friday Closed |
| Saturday 9:00 AM - 1:00 PM | Saturday 9:00 AM - 1:00 PM |
| Sunday Closed | Sunday Closed |

Check our website for the latest news: <https://www.actonmemoriallibrary.org>

Check our calendar for more information, & to register for programs:

<https://www.actonmemoriallibrary.org/calendar/>

Sign up for the AML newsletter: <https://www.actonmemoriallibrary.org/about-us/email-newsletter/>

Questions? Email at reference@acton-ma.gov or call 978-929-6655

So many exciting programs – be sure to check them out.

September at Community Education

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

There are lots of great classes coming up and information on trips. The trip is to Portugal, February 21st -28th with an extension option of going to the Azores from February 28th -March 3rd. Contact Community Education for more information.

MBTA CharlieCard

Apply or re-apply for your senior discount CharlieCard by calling 888-844-0355 or emailing charliecardonline@MBTA.com. For more information visit their website at www.mbta.com/fares/reduced/senior-charliecard



Acton Nursing Services

Call 978-929-6650, Acton Nursing, for these programs starting Wednesday, August 27th

□► Nara Park Senior Stroll Part 2 Acton, Boxboro, Littleton Seniors

Friday, thru Sept 12th, 10am -11am *Please note the change to end date*

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 additional information please call Nursing at 978-929-6650. Registration is required

□► Therapeutic Horticulture Acton Seniors Only

Tuesday, Sept. 30th, 4:30-5:30pm, Wednesdays, Sept 10th & 17th, 10:30-11:30am

Bonsai trees, meaning "planted in a container" in Japanese, are miniature, potted trees that symbolize harmony, balance and peace. We'll start a Japanese Larch from seed to grow on in a container. All supplies are provided. 12 participants per class.

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

Sign up for class lottery by 12noon on Thursday, Sept 4th by phone or email: 978-929-6650; nursing@actonma.gov. We will notify every one of their status by Sept 5th.

□► Podiatry Clinics

Acton Seniors Only

Appointments Mondays, September 15th & 29th, 9-1pm, Tuesdays, 2nd, 16th & 30th, 12-5pm.

Call 978-929-6650 to make an appointment.

Sarah Kinghorn BSN RN CFCN is a certified Footcare nurse and is the owner of Footcare Focus. Sarah provides assessment, toenail clipping and filing, non-surgical callus/corn reduction, gentle foot massage and education to keep your feet healthy and happy! Appointments are 30 minutes for \$50.

□► Balance Screening Appointments

Acton Seniors Only

Monday, September 15th, 9am – 12pm and Tuesday, September 16th, 9-11am

Call 978-929-6650 for an appointment

Karen Patterson PT, Board certified Clinical Specialist in Geriatric Physical Therapy is holding individualized balance assessments by appointment in the Acton Nursing Services office for the upcoming Balance Matters Program.

□► Balance Matters!!

Acton Seniors Only

Wednesdays, September 17th – October 22nd, 11:30am – 12:30pm

Call 978-929-6650 to sign up Sponsored by the Friends of Acton Nursing Services

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

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

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

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

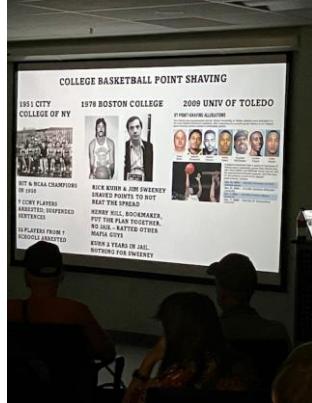
Join Karen Patterson PT as she provides maintenance balance classes as a continued follow-up to her 6-week Balance Matters! Each class is independent of the other but you MUST have attended the Balance Matters! 6 week sessions to join. **Please call to register as class size is limited!**

Wellness Clinics, 1st & 3rd Tuesday of the month, September 2nd & 16th, 10:30am-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!

The Senior Center hosted many programs and activities this summer. Here are just a few...



Ukulele lessons
A&W Ukulele Concert
Thoreau Talk
Sports Cheats Presentation
July 4 Line Dancing with Paul

©THE ACTON COUNCIL ON AGING @ THE SENIOR CENTER, SEPTEMBER 2025 NEWSLETTER

The Human Services Building and Senior Center will be closed
Monday, September 1st & Friday, September 19th
JOIN US FOR
OPEN HOUSE, WEDNESDAY, SEPTEMBER 24th, 10am-Noon