



Acton Council on Aging

At the Human Services Building & Senior Center

NOVEMBER 2025

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

30 Sudbury Rd, Rear, Acton MA 01720
Telephone: 978-929-6652
Email: seniorcenter@actonma.gov
Facebook: www.facebook.com/actoncoa
Website: www.actoncoa.com
Town Website: www.actonma.gov

Opening Hours: CLOSED Nov. 11th, 27th & 28th
Monday: 8:00am-4:00pm
Tuesday: 8:00am-6:00pm
Wednesday & Thursday: 8:00am-4:00pm
Friday: 8:00am-12noon

To help ensure that programs and meals run smoothly and that space is available for everyone who would like to participate, the COA staff is introducing a new practice. If you are more than 10 minutes late for a registered program or meal, your spot may be offered to someone on the waiting list.

☐► Appointments:

Part D Prescription Drug Plan Selection

Thursday, November 13th, 12:30-3:30pm Acton 60+ only

Are you interested in comparing Part D prescription drug plans during Medicare Open Enrollment in the interest of saving money? Schedule an appointment with the Massachusetts College of Pharmacy outreach team who will assist you in comparing plans! These appointments are only to compare stand-alone Part D plan costs, and will explore deductibles, tier structures and true out-of-pocket annual cost. Appointments are scheduled in 45-minute blocks of time at 12:30, 1:15, 2:00, 2:45. This program is a collaboration between the Acton Council on Aging and Massachusetts College of Pharmacy. Call the COA at 978-929-6652 to schedule an appointment and be sure to bring a list of your medications on November 13th.



Live Folk Music Hootenanny

Tuesday, November 18th, 3:00-4:15pm Open to all age 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.*



Directors Corner

*I am grateful for the things I witness each day at the Senior Center. I have seen wonderful friendships develop, people supporting each other during some of the most difficult times in their lives, strangers sitting down together to share a cup of coffee and talk, and people with a true passion for knowledge, exercise and companionship. The Senior Center is so much more than a building, it is its own community. **Have a wonderful Thanksgiving. Sharon***

Find our calendar on p. 10-11
COA Events requiring
registration:

- ☐► ABRHS Raking, p.3
- ☐► Acton Songsters, p.3
- ☐► Age is Just a Number, p.3
- ☐► Ask the Lawyer, p.3 & p.7
- ☐► Author Talk, p.3
- ☐► Brain Healthy Cooking, p.2
- ☐► Card Workshop, p.3
- ☐► Caregiver Support, p.13
- ☐► Cooking Demonstration, p.5
- ☐► Cultivating Courage, p.5
- ☐► Estate Planning, p.5
- ☐► Focus Group, p.5
- ☐► Grief Support, p.13
- ☐► Gym Training, p.15
- ☐► Hearing Screenings, p.6
- ☐► Improv Class, p.8
- ☐► Line Dancing, p.8
- ☐► Part D Appointments, p.1
- ☐► Reflexology Appts, p.5
- ☐► Reiki Appts, p.4
- ☐► Tech Help Appts, p.4
- ☐► Ukulele Paly Along, p.6
- ☐► Words Galore via Zoom, p.8

Meals, page 12

- ☐► Robbins Brook Lunch, 11/18
- ☐► Breakfast, 11/21
- ☐► Pizza Dinner, 11/25

For **Nursing programs**
call 978-929-6650, see p.20

Book Discussion Group

Open to out-of-town seniors/free

Tuesday November 4th, 10:00-11:00am (no meeting November 11th)

The discussion for November's meeting will be around the book Table for Two by Amor Towles. If you would like to read ahead, the discussion for December's meeting is around the book Mystic River by Dennis Lehane. 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.

Contents	Page
About Town	18
Calendar	10-11
Exercise & Gym	15-16
Games	14
Groups	14
Meals	12
Movies	9
Nursing Service	20
Programs	1-8
Support & Services	13
Support Groups	13

☐► Brain Healthy Cooking at Home

Open to all 60+/free

Tuesday November 4th, 1:00-2:00pm



Join Concord Park at the Acton Senior Center to learn how to cook Brain Healthy. There is no question that eating a diet rich in brain healthy foods can benefit people at any & every age. It reduces inflammation, regulates blood sugar, promotes heart health & scientists are now finding it may have an effect on delaying the symptoms of Alzheimer's disease. Hear why making more healthful and mindful food choices can benefit you and learn how you can cook "brain healthy" at home. **Sign up is required.**

Bodacious the Therapy Dog Visit

Wednesdays 10:00am - 12noon No visit November 26th

Open to all 60+/free

Visit Bodacious, the sweet golden-doodle, and his handler Dick at the Senior Center! As a member of Therapy Dogs International, Bodacious is gentle, friendly, and hypo-allergenic. Spending time with therapy dogs can boost emotional well-being. Drop by for a visit!



Visit with Sophia Darsch from Acton's Sustainability Office

Wednesdays, November 5th and 19th, 11:00am to 12:00pm

Open to all

Have questions about fuel assistance, home energy assessments, utilities, or home energy efficiency upgrades? Stop by the Senior Center for drop-in office hours with Sophia from the town of Acton Sustainability Office. Bring your questions, your utility bills, or just come to learn more about your energy- and cost-saving options. All are welcome! If you have any questions, please contact sdarsch@acton-ma.gov.



☐► Acton Songsters with Ed Knights

Wednesdays, November 5th and 19th, 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.

The Fall of the Roman Republic: Civil War, Discord, and the Birth of Empire with Paolo Di Gregorio

Thursday, November 6th, 1:00-2:00pm

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



With the end of the Punic Wars in the second century BCE, Rome dominated the Western Mediterranean and was poised to expand eastward. Yet the tremendous growth of Roman power caused social turmoil in Rome itself. The result was civil war, dictatorship and the eventual collapse of the Roman Republic. This illustrated lecture will look at the forces that caused the transformation from Roman Republic to Roman Empire.

☐► “Age is Just a Number” Book Study Group

Fridays, November 7th through January 16th, 10:00-11:00am

No group Nov. 28th, Dec. 26th & Jan. 2nd

Open to all age 60+/free

Join Tracy Woods for an 8-week group studying the book *Age is Just a Number: Achieve Your Dreams at Any Stage in Your Life* by Olympic gold medalist Dara Torres. The book is available from Amazon and other booksellers. Please read the first chapter before the Nov. 7 class. *Tracy Woods is a certified Older Adult Peer Specialist. All age 60+ are welcome to this joint venture between the Acton Council on Aging and the Northeast Independent Living Program.*



☐► Ask the Lawyer

Monday, November 10th, 9:00 – 11:00am

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

Acton 60+ only

☐► ABRHS Junior Class Raking Day

Monday, November 10th, 10:00am-12noon

Acton 60+ only

The ABRHS students are once again offering this service. Please call to ask about availability.

☐► Caregiver: A Love Story

Monday, November 10th, 10:30am-12noon

Open to all

In honor of family caregivers and in celebration of National Caregivers' month.

Join us for a screening and discussion of this poignant film about caregiving, end of life and the essential, yet largely unseen workforce - the family caregivers who support their loved ones at home. **Please let us know if you plan to attend 978-929-6652.**

Cheryl Botieri, MS, an End-of-Life Educator, Family Support Specialist, & End-of-Life Doula, will be facilitating our discussion. This program is funded by the MA Councils on Aging's Strengthening End-of-Life Conversations Initiative.



☐► Greeting Card Craft Workshop with Nancy Dodge

Wednesday, November 12th, 10:00-11:30am

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

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

☐► Author Talk with Sarah Boyer: *Coming Out, Becoming Ourselves: Lesbian Stories from the Boston Daughters of Bilitis 1969–1999*

Wednesday, November 12th, 1:00-2:00pm

Open to all/free



While Sarah Boyer worked as oral historian at the Cambridge Historical Commission, she was invited to interview past members of the Boston Daughters of Bilitis, a chapter of the earliest known lesbian organization in the US. She was inspired by the extraordinary stories of “ordinary” folks, and her book is a result of ensuring the voices of the emerging gay liberation movement be heard and their lives celebrated. Learn more about these women and the Daughters of Bilitis with Sarah! Please sign up with the COA at 978-929-6652 or directly with COA staff member Chris Chirokas at the same number or cchirokas@actonma.gov.



Technology Assistance Clinic

Wednesday, November 12th, 1:30-3:00pm **No Clinic 11/26** **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.



The Music of The Beatles and Beyond with John Clark

Thursday, November 13th, 1:00-2:00pm

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

In the mid-1960s Beatles producer George Martin was guiding the group into experimental songs using orchestration, electronics and exotic instrumentation. Hit singles like *Yesterday* and *Eleanor Rigby* used strings in artful ways. The first psychedelic song *Tomorrow Never Knows* broke new ground in 1966, and along the way George Harrison added Eastern spirituality to the mix. The Beach Boys competitively released *Pet Sounds* and *Smiley Smile* which spurred The Beatles on to the crowning achievement of *Sgt Pepper's*. Soon groups like Procol Harum and Moody Blues brought classical elements to their music giving us *Whiter Shade of Pale* and *Nights in White Satin*. The progressive rock genre emerged in the wake of this music featuring groups like Deep Purple, Pink Floyd, Yes, King Crimson, and Emerson, Lake & Palmer.



☐► Technology Help Appointments with Acton Memorial Library Staff

Thursday, November 13th, 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.



Java with John



Friday November 14th, 9:45am

Open to Acton Residents

Join us for coffee, muffins and the Town Manager, John Mangiaratti. He 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. If you are unable to make it to program but have a question you want answered? Please email manager@actonma.gov

☐► Relaxing Reiki Appointments with Monica

Monday, November 17th, 8:30-11:30am

Acton 60+ only

Reservations for appointments open at 8:30am on Tuesday, Nov. 4th: 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.*

☐► Cultivating Courage Workshop via Zoom

Tuesday, November 18th, 1:00-2:00pm

Open to all age 60+/free

If you had the courage to do anything, what would you do? Life presents frequent chances to take risks, have adventures, and address obstacles. From trying a new activity to asking for help to going somewhere alone for the first time to coping with a crisis, we can empower ourselves to act. Join Dr. Miriam Rosalyn Diamond to claim your strengths, gain inspiration from brave role models, and identify manageable steps to expand your experience. Participate via Zoom from home or at the Senior Center with a group watching on a large screen TV. Register: seniorcenter@actonma.gov or 987-929-6652.



☐► Tonjiru Soup Cooking Demonstration

Tuesday, November 18th, 2:00-3:00pm

Acton age 60+ only

Warm up this fall with a comforting bowl of Tonjiru—a Japanese miso vegetable soup. This hearty dish features plenty of root vegetables, tofu, and miso for a rich, nourishing flavor. We will prepare both vegetarian and non-vegetarian versions, so everyone can enjoy. In this demo-style class taught by Asako Judson, you will discover new vegetables, see simple cutting techniques, and learn how they come together in this wholesome, fiber and mineral rich soup. 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.*



☐► Reflexology Appointments with Rebecca Howard

Tuesday, November 18th, 3:00-4:30pm

Acton age 60+ only



Reflexology is a complementary health therapy involving applying gentle pressure to specific points on the hands, feet, and ears to promote relaxation and promote healing and balance in other parts of the body. Curious how reflexology can help you? Contact the Council on Aging to make an appointment with reflexologist Rebecca Howard and let us know if you must cancel; *appointments only available to those who did not see Rebecca last month.*

☐► Focus Group

Tuesday, November 18th, 4:30-5:30pm

Acton 60+ only

Acton Public Health is looking for your feedback. Join us for a discussion and short survey. Participants will be entered to win a drawing for a gift card. Refreshments will be served. Please sign up prior to the event.

Needle Arts Fair

Wednesday, November 19th & Thursday November 20th, 10:00am-2:00pm

All welcome

The Wednesday group will be offering hand-made items for sale. Proceeds benefit Friends of the COA.

☐► Common Estate Planning & Elder Law Questions Seminar

Thursday, November 20th, 1:00-2:30pm

Open to all age 60+/free



Attorney Dale Tamburro will present on the most common estate planning and elder law questions he is asked in his work. Questions include: Why should I review and update my legal documents? What are credit shelter trusts? What are the most pressing estate planning issues of concern for elders and their families? What is a durable power of attorney? What are federal and state estate taxes? Bring your specific question—Dale will answer as many as time allows.

The 20th Century: A 1950-1959 Review with Dawn Gomez **Thursday, November 20th, 1:00-2:00pm** **Open to all age 60+/free**

"The Nifty Fifties" in the US were a transformative decade marked by post-WWII prosperity, suburban expansion and cultural shifts. Fueled by a booming economy and government spending, Americans embraced consumerism with new cars, televisions and suburban homes becoming symbols of middle-class success. The era saw the birth of the baby boom generation and the introduction of many toys to amuse them from Mr. Potato Head to Play-Doh. Teenagers became a distinct social group with disposable income, fueling the popularity of rock music, led by Elvis Presley and other icons. Television was a dominant force in shaping entertainment and advertising with shows like *Father Knows Best* and *I Love Lucy* reflecting idealized family life. Not everything was positive though—politically, the Cold War intensified, sparking anti-communist fervor through McCarthyism and military engagement in the Korean War. Additionally, the civil rights movement began to gain momentum, challenging segregation and laying the groundwork for future social change. Come 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.*



▣► Ukulele Play Along—New Monthly Series!

Friday, November 21st, 10:00-11:00am **Open to out-of-towners age 60+ for \$5/month**

Have you learned the basics of ukulele from Julie Stepanek's earlier classes and are ready for more? Join Julie for a monthly play along. After a short review and Q&A, participants will play some fun and easy songs because one learns to play the ukulele by playing the ukulele! When you sign up, please indicate whether you will bring your own ukulele or use one provided by Julie. Group will typically meet on the third Friday each month but watch the newsletter for dates. Sign up once to attend this monthly series, but please let the Council on Aging know if you are not continuing.



▣► Create Your Own Book! with Neal Rantoul

Monday, November 24th, 1:00-3:00pm

Class is full and closed to new participants. In this follow-up meeting, please bring your completed book to share with the group. If you haven't had your book printed yet, come anyway and get inspiration from your classmates' projects!

▣► Hearing Screening Appointments with Audiologist Megan Ford

Tuesday, November 25th, 9:30-11:45am

Acton 60+ only

Megan Ford Au.D., a licensed audiologist in practice since 1998, will provide hearing screenings, ear wax checks, and basic hearing aid checks. Please allow 15 minutes for your appointment. Dr. Ford has worked at several major medical centers in Boston, Cleveland and Worcester. In 2013 she opened her private practice, HearSmart Audiology, in Littleton. There has been such a high demand for Dr. Ford's appointments, she now is coming to the Center monthly!

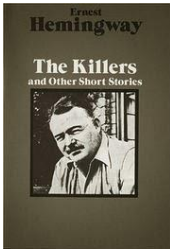


Protect Yourself from Fraud and Identity Theft

Tuesday, November 25th, 1:00-2:00pm

Open to all age 60+/free

Each year criminals steal billions from Americans using tactics including tech support and business impersonation, AI, cryptocurrency, and social media. Join Alice Diamond of the AARP Speakers Bureau for an eye-opening session where she will delve into the strategies of scammers and how you can outsmart them. Learn the essential steps to safeguard your identity and finances. Don't miss this crucial presentation—your security could depend on it! *Alice Diamond formerly served as Associate Dean of Career and Community Service at Lesley University. She became interested in joining efforts to combat fraud when she encountered numerous fraudulent job postings in her work. Alice volunteers on the AARP Fraud Watch Network Helpline.*



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

Tuesday, November 25th, 2:30-4:00pm

Open to all age 60+/free

The group views a 30-minute lecture from *The Great Courses: Masterpieces of Short Fiction*, followed by a discussion on the lecture, the featured story and the author. This month's story is *The Killers* by Ernest Hemingway. 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 D.H. Lawrence, Flannery O'Connor, Franz Kafka,

James Baldwin, and Margaret Atwood. Copies of the stories are provided at the previous month's meeting; 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 emailed.

REMEMBER TO BRING YOUR FOB WITH YOU – THIS MAKES CHECKING IN MUCH EASIER & QUICKER. If you don't like carrying it with you did you know that you can also have a photo of the barcode on your phone which can be used by the reader? Ask at the desk if you have lost your fob or need a replacement. (We just took delivery of a funky new design!)

Play Pool

Open to all 60+/free

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

Needle Arts Fair Nov. 19th and 20th –Please note the pool table will not be available during this time.

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.



Coming up next month...

When Life (and the Holidays) Feel Overwhelming: Simple Skills for Challenging Days

Wednesday, December 3rd, 2:00-3:00pm

Open to all age 60+/free

Join Dr. Jennifer Staples, Clinical Psychologist and co-founder of *guts* nonprofit, to learn practical tools to cope with overwhelming moments. The holiday season can feel especially lonely and challenging; this session will help you find more peace, calm, and acceptance. You'll leave with science-backed strategies you can use immediately and a take-home handout. *guts* makes mental health tools accessible, actionable, and relatable—because it takes guts to talk about mental health!

▣► Ask the Lawyer with Dale Tamburro

Acton 60+ only

Thursday, December 4th, 10:00am – 1:00pm

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

Volunteer Opportunity: Singing Group Leader

The Acton Songsters, the Acton Senior Center singing group, will be needing a new group leader in the near future as the current leader Ed Knights is considering retirement. You should have a background in singing and Ed feels it is most helpful for the leader to read music which helps select pieces that are appropriate for the group. About 20 dedicated singers typically meet on the 1st and 3rd Wednesday afternoons each month and the group offers occasional performances at the Senior Center. If you want to learn more about this opportunity, please reach out to Chris Chirokas a 978-929-6652 or cchirokas@actonma.gov.

Ongoing Programs...

❑► Exploring Improvisation Workshop with Poornima Kirby

Mondays through November 24th, 10:00-11:00am

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

Workshop started last month; contact the Council on Aging about availability.

❑► Drawing and Watercolor Painting Class with Fran Hewitt

Tuesdays through November 25th, 9:30-11:30am

Class is full and closed to new participants.

❑► Line Dancing with Paul

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

Open to out-of-towners 60+ for \$10 for remainder of 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.

❑► Words Galore via Zoom

Open to all age 60+/free

Thursdays through November 13th, 9:00-9:55am

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

Laugh for Your Health with Susan Phillips

Thursdays, 11:00am-12:00pm (no meeting November 27th)

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.*



Collette Trips sponsored by the Acton Friends of the COA

Our spring trip will be to Sunny Portugal departing on March 26th, 2026. Our fall trip will be The Canadian Rockies & Glacier National Park departing September 2026. 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.

Movie Matinees

Shown with closed captioning, when available.

Open to all 60+/free

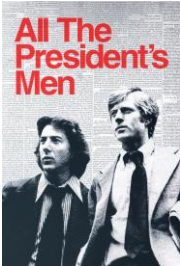
This month we're honoring the late Robert Redford with a variety of his films



Monday, November 3rd, 1:00-2:45pm *Barefoot in the Park* (1967, G) A buttoned-down young lawyer marries a vivacious woman—but their passionate relationship descends into discord when they rent a fifth-floor walk-up. Comedy stars Robert Redford and Jane Fonda; written by Neil Simon. *This film is shown in collaboration with the Acton Memorial Library.*

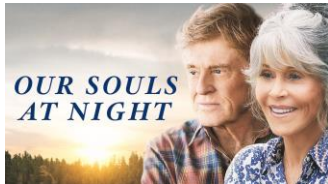
former girlfriend and her fugitive husband escape the Nazis in French Morocco.

Humphrey Bogart, Ingrid Berman and Paul Henreid star in this war-time romance which won Oscars for Best Picture, Director and Screenplay. DVD available to borrow from Senior Center resource shelf after Nov. 10th.



Monday, November 17th, 1:00-3:20pm *All the President's Men* (1976, PG) Dustin Hoffman, Robert Redford and Jason Robards star in the film about the *Washington Post* reporters who uncovered the details of the Watergate scandal, which led to President Richard Nixon's resignation. Oscar Best Picture nominee; win for Art Direction, Sound, Writing, and for Robards as Best Supporting Actor. DVD available to borrow from resource shelf after Nov. 17th.

Monday, November 24th, 1:00-2:50pm *Butch Cassidy and the Sundance Kid* (1969, PG) In 1890s Wyoming a band of outlaws go on the run when a train robbery goes wrong. Robert Redford, Paul Newman and Katharine Ross star. Oscar nominee for Best Picture with wins for Writing, Cinematography, Original Song, and Original Score. DVD available to borrow from resource shelf after Nov. 24th.



Monday, December 1st, 1:00-2:45pm *Our Souls at Night* (2017, TV14) In this romance, Jane Fonda and Robert Redford star as neighbors who have both lost their spouses. Despite living next door to each other for decades, they have had very little contact until one pays the other an unexpected visit.

For information on our presenters go to www.actoncoa.com/129/Programs

Veterans Day in Acton

The Town of Acton's Veteran Services Department, as well as the Celebrations and Ceremonies Committee, invite you to join us for this year's Veterans Day Ceremony. The ceremony will be observed on **Tuesday, November 11th at 11am**. Please park behind Town Hall or behind the Fire Station. The ceremony will take place outdoors (weather permitting) by the Isaac Davis monument on the town common. In the event of inclement weather, we will move the ceremony to the Faulkner room inside town hall. All are encouraged to attend. We hope you can join us in paying reverence to our nations' heroes.

Notary

Acton 60+ only

Need something notarized? Stop by the Senior Center Tuesday or Wednesdays from 12-1pm. We have a volunteer who can help you.

Monday	Tuesday	Wednesday	Thursday	Friday
3 November 8:30 Active Aging 10:00 Improv Class 11:00 Tai Chi/Taijiquan Class 1:00 Movie 1:00 Mah Jongg	4 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 10:00 Book Discussion Group 10:30-12 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 12-1:00 Notary available 1:00 Brain Healthy Cooking 3:00 Caregiver Support via Zoom	5 8:30 Senior Fitness 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 11:00 Visit with Sustainability Office 11:30-1:30 Bistro 30 12-1:00 Notary available 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Bridge 2:30 Line Dancing	6 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Fall of Roman Republic 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga 3:00 Navigating Grief via Zoom	7 Center closes at 12 8:30 Senior Fitness 10:00 Cribbage Games 10:00 Nouvonne Fitness 10:00 “Age is Just a Number” Study Group
10 8:30 Active Aging 9-11:00 Ask the Lawyer Appts 10-12 ABRHS Raking 10:00 Improv Class 10:00 Friends of COA Mtg 10:30 Caregivers: A Love Story 1:00 Movie 1:00 Mah Jongg	11 BUILDING CLOSED Veterans’ Day Ceremony at 11am in the Town Center	12 8:30 Senior Fitness 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:00 Greeting Card Workshop 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 Author Talk: Sarah Boyer 1:30 Bridge 1:30 Tech Assistance Clinic 2:30 Line Dancing	13 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:00 Tech Help Appts 11:00 Tai Chi Practice 11:00 Laugh for Your Health 12:30 Part D Drug Plan Appts 1:00 Chess Club 1:00 Mah Jongg 1:00 Music of the Beatles 3:00 Chair Flow Yoga	14 Center closes at 12 8:30 Senior Fitness 9:45 Java with John 10:00 Cribbage Games 10:00 Nouvonne Fitness 10:00 “Age is Just a Number” Study Group
17 8:30 Active Aging 8:30-11:30 Reiki Appts 10:00 Improv Class 1:00 Movie 1:00 Mah Jongg	18 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 10:00 COA Board Mtg 10:30 – 12 Wellness Clinic-ANS 11:00 Maintenance Balance – ANS 12:00 Robbins Brook Lunch 12-1:00 Notary available 1:00 Cultivating Courage Workshop 2:00 Cooking Demonstration 3-4:30 Reflexology Appts. 3:00 Live Music Hootenanny 3:00 Caregiver Support via Zoom 4:30-5:30 Acton Public Health Focus Group	19 8:30 Senior Fitness 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10-2:00 Friends Sale 10:30 Hot Topics 10:30 Therapeutic Horticulture – ANS 11:00 Visit with Sustainability Office 11:00 Joint Replacement Talk - ANS 11:30-1:30 Bistro 30 12-1:00 Notary available 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Bridge 2:30 Line Dancing	20 8:30 Senior Fitness 9:45 Active Aging 10-2:00 Friends Sale 11:00 Laugh for Your Health 11:00 Tai Chi Practice 1:00 Estate Planning Seminar 1:00 Chess Club 1:00 Mah Jongg 1:00 20 th Century Review – 50s 3:00 Chair Flow Yoga	21 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 10:00 Cribbage Games 10:00 Nouvonne Fitness 10:00 Ukulele Play Along 10:00 “Age is Just a Number” Study Group

24 8:30 Active Aging 10:00 Improv Class 11:00 Tai Chi/Taijiquan Class 1:00 Movie 1:00 Mah Jongg 1:00 Create Your Own Book	25 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:30-11:45 Hearing Screening Appts 9:45 Active Aging 11:00 Maintenance Balance – ANS 12-1:00 Notary available 1:00 Protect Yourself from Fraud & Identity Theft 1:00 Genealogy Group 2:30 LitLovers Group 4:30 Therapeutic Horticulture – ANS 4:30 Pizza Dinner	26 8:30 Senior Fitness 10:00 Cribbage Games 10:30 Hot Topics 12-1:00 Notary available 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS NO BISTRO	27 & 28 BUILDING CLOSED Happy Thanksgiving
--	---	--	--

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.9. 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 month the following activities are supported by the [Friends of Acton COA](#): The Music of The Beatles & Beyond, Tonjiru Cooking Demo, 1950s Review, Folk Music Hootenanny, Exploring Improvisation, Words Galore, Drawing & Watercolor Class, Movies, Fall of Roman Republic, Ukulele Play Along, Coming Out & Becoming Ourselves, Simple Skills for Challenging Days, Create Your Own Book Workshop, Cultivating Courage, Holiday Card Workshop, and Tai Chi Class.

THANK YOU TO: The Friends of the Council on Aging for their fundraising efforts and support.

ACTON COA STAFF	COA BOARD
<i>Sharon Mercurio, Director</i>	<i>Emi Azar</i>
<i>Rosie Atherton, Office Manager</i>	<i>Jeff Bergart</i>
<i>Chris Chirokas, Program Manager</i>	<i>Michele 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>	
<i>Board will next meet: Tuesday, November 18th, 10am</i>	
<i>COA Friends will next meet: Monday, November 10th, 10am (no mtg in Dec)</i>	

Meals at the Senior Center



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

Honoring Our Veterans at Breakfast and Lunch

The Council on Aging is honoring our Acton veterans age 60+ this month by inviting them, free of charge, to the monthly breakfast on Friday, November 21st at 9:00am and one free lunch at Bistro 30 on a Wednesday, either November 5th, 12th, or 19th. For breakfast, please sign up with the COA at 978-929-6652; drop by for the Bistro lunch any time between 11:30-1:00pm. For the Bistro, please ask for a coupon at the Senior Center reception desk & hand it to the person taking your order in the dining room.

☐► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, November 18th, 12noon

Open to all 60+

Join us for turkey and the fixings, and dessert. \$3.00 is requested. Sign up is required. Sponsored by Minuteman Senior Services.

☐► Monthly Breakfast

Friday, November 21st, 9:00am

Veterans Eat Free!

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. **Veterans eat free!** Fruit is kindly provided by Life Care of Acton. Sign up is required.

☐► Pizza Dinner

Tuesday, November 25th, 4:30pm

Open to all 60+

Join us for pepperoni or cheese pizza, salad and dessert. Please sign up prior to the event. \$5.00 is requested.

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



NO BISTRO NOVEMBER 26th.

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, November 25th, 12noon. 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.

Shredding

Acton 60+ only

The COA has a large shredder available for you to use located in our library. Please limit the amount you bring in as this will be an ongoing service and we will still be having the annual shredding truck event in the spring.

Support Groups

▣► Caregiver Support Group via Zoom

Tuesdays, November 4th and 18th, 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.



▣► Navigating Grief Group via Zoom

Thursday, November 6th, 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.

New to the Senior Center? Meet with an Ambassador!

Are you new to Acton? New to the Senior Center? Recently retired? Or just want to know more about what goes on here? Learn about what the Center offers from one of your peers through the Council on Aging's Ambassador Program. One of our volunteer Ambassadors will get in touch with you directly to set up a convenient time to meet at the Center. To request a meeting, please contact Chris Chirokas at cchirokas@actonma.gov or 978-929-6652.

The **Council on Aging Board** hopes that you are enjoying the fall weather.

There are some interesting offerings from Acton Boxborough Community Education taking place in November. Many of the classes are online and cover a wide range of subjects: Crafts, Floral Arts/Design, Prints & Papers, Digital Life, Finance & Legal, Health & Well Being. You can sign up to receive information on the [ABCE website](#)

Have a wonderful Thanksgiving and keep enjoying the beautiful colors of autumn.

Holiday Decoration Clean Out – beginning December 1st. Trying to downsize the amount of decorations you have but aren't sure what to do with them? Bring them to the Senior Center! We know of many people who are starting out or starting over that would enjoy having decorations. Please bring clean decorations that are still in good condition to the Senior Center **Monday, December 1st from 8:00am- 3:30pm and Tuesday, December 2nd, 8:00-12noon.** We will open our doors for folks of all ages to take what they can use **Tuesday, December 2nd, 2:00-5:30pm and Wednesday the 3rd from 8:00am- 3:30pm.** We will not be accepting any large items (i.e. trees, outdoor decorations) or older lights.



Games

Morning Open Activity Time

Weekdays, 9:00-11:30am

Open to all age 60+/free

No activity time Nov. 11th, 21st, 27th, 28th

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



Mah Jongg Time

Mondays and Thursdays, 1:00-3:30pm

No Mah Jongg Nov. 27th

Open to all 60+/free

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.

Cribbage Game

Wednesdays and Fridays, 10:00-11:00am

No Cribbage Nov. 28th

Open to all 60+/free

Come by the Senior Center for a fun game of cribbage. New—cribbage games are now twice a week!

Drop-In Bridge

Wednesdays, 1:30-3:30pm

No Bridge November 26th

Open to all 60+/free

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



Chess Club

Thursdays, 1:00-3:30pm

No Chess November 27th

Open to all 60+/free

Players with some chess experience get together for games at the Senior Center. You only need to know the basics to play.

Groups

Art Time

Tuesdays, 9:00-11:00am

Not November 11th

Open to all 60+/free

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

Genealogy Group

Open to all 60+/free

Tuesday, November 25th, 1:00-2:00pm

No meeting November 11th

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.



Hot Topics Discussion Group

Wednesdays, 10:30-11:45am

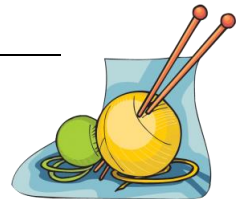
Due to room space constraints, this group is closed to new participants.

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.



Needle Arts Fair

Wednesday, November 19th & Thursday November 20th, 10:00am-2:00pm

All welcome

The Wednesday group will be offering hand-made items for sale. Proceeds benefit Friends of the COA.

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

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

Active Aging with Terri Zaborowski

Mondays through December 8th, 8:30-9:30am

Tuesdays through December 9th, 9:45-10:45am No class Nov. 11th

Thursdays through December 4th, 9:45-10:45am No class Nov. 27th

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 December 22nd, 11:00 am-12:00noon

No class Nov. 10th & 17th, Dec. 29th



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.

For [information](#) on our presenters

Senior Fitness with Terri Zaborowski

Tuesdays through December 9th, 8:30-9:30am

Wednesdays through December 10th, 8:30-9:30am

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

Fridays through December 5th, 8:30-9:30am

No class Nov. 11th

No class Nov. 27th

No class Nov. 28th

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

Weights are provided by the center.



Wellness Yoga with Patsy Brightman

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

No class Nov. 26th, Dec. 24th & 31st

Patsy is returning to teach a fall session! This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. Includes seated postures, standing postures (using a chair for support if needed) and optional floor work. Each class has an emphasis on wellness and will include a period of deep relaxation. The last class of each month is a Healthy Joint Class offered to improve

range of motion. Joint movements help improve flexibility and balance and decrease a stiff or achy body and help prevent falls. Bring a yoga mat to each yoga class (optional, especially for joint class). Funded by an Executive Office of Aging & Independence grant; \$1 donation per class requested.

Thursday Tai Chi Practice

Thursdays, 11:00am-12:00noon

Open to out-of-town 60+/free

No practice Nov. 27th, Dec. 25th, and Jan. 1st

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 December 18th, 3:00-3:45pm **No class Nov. 27th, Dec. 25th and Jan. 1st**

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).



NouVonne Fitness with Yvonne Benelli

Fridays through December 19th, 10:00-11:00am **No class Nov. 28th, Dec. 26th, Jan 2nd**

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.

Support and Services

If you have questions or would like to know more about services offered, please call or send an email to: Beverly Hutchings, Assistant Director, 978-929-6652 or bhutchings@actonma.gov

Annual Medicare Open Enrollment and the Medicare Planfinder

Medicare beneficiaries who are interested in comparing health insurance and Part D coverage can meet with a SHINE counselor to receive cost and coverage comparisons. SHINE may also assist you with dropping from one plan and enrolling in a new plan. All plans available are approved by Medicare and open enrollment ends on **December 7th**.

If you are thinking about changing coverage, please check with doctors to see what plans they accept; obtain current medication list with dosage or view your My Medicare account to update medications.

To create a My Medicare account for the first-time visit: <https://www.medicare.gov/account/create-account> and write down your username and password.

To view all Medicare Advantage and Part D plans available in Massachusetts, visit the Medicare Planfinder: <https://www.medicare.gov/> Before making decisions be sure to review plan websites for summary materials and specific coverage. For more information, schedule a SHINE appointment today by calling 978 929 6652. SHINE is a program of Minuteman Senior Services www.minutemansenior.org

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.

Disability Indicator Form

The Massachusetts Disability Indicator Program offers a free, voluntary service that alerts 9-1-1 personnel that an individual with a disability may have unique safety, communications or other needs in case of an emergency. This service is available for landline, wireless and VoIP telephone service providers. It is necessary to request the service through completion of the Disability Indicator Form located on mass.gov website. Hard copies are available at the Senior Center.



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.

Winter Weather Policy

If the schools announce a delay we will not have any classes before 10am. If schools are closed we will not have classes/programs or meals that day. Do not travel if you are unsure. Check local news for updates. Call us with any questions.

If you do not wish to receive the newsletter through the mail please let us know. Call 978-929-6652 or email seniorcenter@actonma.gov
To [subscribe](#) for newsletter & notifications online

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.

See page 9 for information on this year's Veteran's Day Ceremony.



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.

November at Acton's Libraries

Check our **website** for the latest news.

Check our **calendar** for more information, & to register for programs.

Sign up for the AML newsletter:

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

So many exciting programs – be sure to confirm which Library location you are attending the program:

Murder at Acton Memorial Library! Wednesday, November 12, 6:00—8:00 PM, Acton Memorial Library. [Register](#)

Murder at West Acton Citizens' Library! Saturday, November 15, 2:00—4:00 PM, West Acton Citizens' Library. [Register](#)

English at large - Beginner English Class Mondays and Wednesdays, 10:00—11:30 AM AML Conference Room. **[Register](#)**

Meditation Series - Awakening the Inner Powers of the Soul November 3 & 10, 6:00—7:00 PM, AML Meeting Room, **[Register](#)**

English at Large - Conversation Class Mondays, 6:15—7:45 PM, AML Conference Room. **[Register](#)**

Cookbook Club @ West Tuesday, November 4, 2:00—3:00 PM, West Acton Citizens' Library. **[Register](#)**

Cookbook Club @ AML Tuesday, November 4, 6:00—7:00 PM, AML Meeting Room. **[Register](#)**

Pine Hawk - Path of Souls: Traces of the Native Death Journey in Nashobah Wednesday, November 5, 7:00—8:30 PM, AML Meeting Room. **[Register](#)**

Adult Writing Group Thursday, November 6, 6:00—7:00 PM, AML Conference Room. [Register](#)

Pine Hawk - Native Stewardship of Mother Earth Saturday, November 8, 2:00—3:30 PM, AML Meeting Room. [Register](#)

Tech Help at West Acton Citizens' Library Wednesday, November 12, 1:30—2:30 PM, West Acton Citizens' Library. [Register](#)

West Acton Citizens' Library Book Discussion Group Wednesday, November 12, 3:30—4:30 PM, West Acton Citizens' Library. [Register](#)

Pine Hawk - Manitou Book Discussion Thursday, November 13, 7:00—8:30 PM, AML Meeting Room. [Register](#)

Felt Leaf Garland @ AML Monday, November 17, 6:00—7:00 PM, AML Meeting Room. [Register](#)

Acton Memorial Library Book Discussion Group Tuesday, November 18, 5:00—7:00 PM, AML Conference Room

Felt Leaf Garland @ West Wednesday, November 19, 1:00—2:00 PM, West Acton Citizens' Library. [Register](#)

Virtual - "Meet Me at Luke's" with The Gilmore Book Club Blogger, Kristine Eckart Wednesday, November 19, 7:00—8:00 PM, Zoom. [Register](#)

Sewing and Embroidery Club @ West Thursday, November 20, 2:00—3:00 PM, West Acton Citizens' Library. [Register](#)

Sewing and Embroidery Club @ AML Thursday, November 20, 5:30—6:30 PM, AML Meeting Room. [Register](#)

Great Decisions Group Discussion - U.S. Leadership Tuesday, November 25, 6:30—8:00 PM, AML Meeting Room.

November at Community Education

Check out the [catalog](#) or use the QR code.

[Pebble & Sea Glass Art](#), Nov 5, 6:00 pm, RJ Grey JHS

[Nature Printing on Paper](#), Nov 6, 6:30 pm, RJ Grey JSH

[How to Use Venmo Safely](#), Nov 6, 1:00 pm, Online via Zoom

[DNA Matches & Building Your Family Tree](#), Nov 18, 6:30 pm, ABRHS (online option)

[Soothe Those Achy Joints](#), Nov 11, 7:00 pm, Online via Zoom

[Fall Catalog](#)



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

Visit our website at www.actoncoa.com.

The Human Services Building and Senior Center will be closed:

For Veterans' Day, Tuesday, November 11th, and for Thanksgiving Thursday 27th & Friday 28th

Whatever your reason for visiting the Senior Center you can be sure of a warm welcome.

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

Don't forget- DAYLIGHT SAVING TIME ENDS SUNDAY NOVEMBER 2nd

Call 978-929-6650, Acton Nursing, for these programs starting Wednesday, October 29th

Prevention, Indications and Recovery Strategies in Joint Replacement

Wednesday, November 19th, 11:00am-12pm

Open to all 60+/free

Dr. Blute will review hip and knee replacements, discuss the indications for surgery and what to expect for the recovery period. Our Physical Therapist, Karen Patterson will present pre-operative and post-operative care and prevention strategies for staying strong.

☐► Therapeutic Horticulture

Acton 60+ Only

Tuesday, Nov. 25th, 4:30pm-5:30pm, Wednesdays, Nov. 12th & 19th, 10:30-11:30am

Design a vase brimming with chrysanthemums and fall trims. 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 Wednesday, November 5th by phone or email: 978-929-6650; nursing@actonma.gov.

We will notify everyone who gets into a class of their scheduled date.

☐► Podiatry Clinics

Acton 60+ Only

Appointments: Tuesdays, Nov. 4th & 18th, 12pm – 6pm, Friday, Nov. 14th, 9-11:30am.

Call 978-929-6650 to make an appointment.

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

******* Please be advised that after discussion with Sarah related to the popularity of her clinics and based on her recommendation, each client is eligible for a visit every 8 weeks (minimally). By doing this we hope to make visits available for all residents on a rolling basis and make call in day less stressful for residents. Visits will then be on a first case basis until clinics are booked and we will continue to have a waiting list. Thank you for your understanding as we make these clinics available for as many residents as possible!**

☐► Maintenance Balance Training *Sponsored by an Anonymous Donor* **Acton 60+ only**

Tuesdays, ongoing, 11:00am Call 978-929-6650 to register (NOT 11/11)

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

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

Wellness Clinics, 1st and 3rd Tuesday of the month, Nov. 4th & 18th, 10:30am-12:00pm

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

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

October may have been Fall but we had some positively summer weather. We had programs to interest everybody.



Cooking class involved learning Japanese writing!



Our de-cluttering program was recorded by Acton TV – look out for the broadcast



For fans of the Gilded Age Paolo filled the room with his talk on the Robber Barons



Rebecca Howard brought her knowledge of Reflexology to a talk & demonstration – look out for the opportunity to try a treatment.



The Friends of Acton COA held a very successful Jewelry Sale, after months of preparations and very generous donations.