



Acton Council on Aging

At the Human Services Building & Senior Center

DECEMBER 2025

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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 Thursdays, Dec 25th, & Jan 1st

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 has introduced 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.

▶ Holiday Tea Party Acton age 60+ only



Tuesday, December 9th, 2:00-3:30pm

**Registration for this event is required and opens on
Tuesday, December 2nd, at 8:30am;
no voicemails please**

Come celebrate the season in style! Our annual Holiday Tea Party is again being catered by Vintage Tea and Cake Company. There will be tea as well as sweet and savory treats. The party is free of charge thanks to a grant from the Executive Office of Aging & Independence.



Holiday Line Dancing with Paul

Wednesday, December 17th, 2:30-3:30pm

Open to all age 60+/free

Our line dancing instructor Paul Hughes is offering a special holiday line dancing class! No experience or partner necessary. Wear something festive to celebrate the season! Paul will teach the steps to dance to Silver Bells, Christmas Wishes, Mr. Santa, Rudolph the Red Nosed Reindeer, Stretchy Pants, Christmas Cookies, Let It Snow, Winter Wonderland, Jingle Bells, and Bringing in a Brand New Year.

Holiday Music of the 50s & 60s with John Clark

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

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

Get into the spirit of the season with this presentation featuring classic holiday songs from the 50s and 60s! You'll hear the stories behind *It's Beginning to Look a Lot Like Christmas* by Broadway composer Meredith Willson (of *Music Man* fame) and country star Willie Nelson's *Pretty Paper*. Did you know that songwriter Johnny Marks had written three big hits during these years? *Rockin' Around the Christmas Tree* (Brenda Lee), *A Holly Jolly Christmas* (Burl Ives) and *Run Rudolph Run* (Chuck Berry)? And in the 1950s there were novelty songs galore like *The Chipmunk Song*, *I'm Getting' Nuttin' for Christmas* and *I Saw Mommy Kissing Santa Claus* (which was used for a Saks Fifth Avenue advertising campaign).

You'll also see performance clips for *This Time of the Year* (Brook Benton), *There's No Place Like Home for the Holidays* (Perry Como), *The Most Wonderful Time of the Year* (Andy Williams) and *Feliz Navidad* (Jose Feliciano).

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

- ▶ Acton Songsters, p.3
- ▶ Age is Just a Number, p.7
- ▶ Ask the Lawyer, p.3
- ▶ Brain Health, p.4
- ▶ Caregiver Support, p.12
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Coaching, p.2
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Meals, page 9

- ▶ Breakfast, 12/12
- ▶ Robbins Brook Lunch, 12/16
- ▶ Dinner, 12/30

For Nursing programs
call 978-929-6650, see p.18



Directors Corner

I'd like to thank all of you who make the Senior Center the warm and vibrant place it is. The Center is a home away from home for so many. I appreciate the friendships and connections that have formed here. Wishing you and your loved ones a holiday filled with joy, peace and wonderful memories.

Merry Christmas and Happy Holidays! Sharon



Holiday Decoration Clean Out

beginning December 1st

If you have decorations you aren't using, we know of many people who would enjoy having them. Please bring clean decorations that are still in good condition to the Senior Center **Monday, December 1st from 8:00am- 3:30pm & Tuesday, December 2nd, 8:00-12noon**.

the 3rd from 8:00am- 3:30pm. We will not be accepting any large items (i.e. trees, outdoor decorations) or older lights.

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□►Health & Wellness Coaching Appointments

Tuesday, December 2nd, afternoon appointments for up to 8 Weeks

Open to all age 60+/free

Gauri Tandon, a certified Health and Wellness Coach, is offering free 45-minute coaching sessions for up to 8 weeks, from December 2 through January 20. At the initial meeting you will discuss what meaningful lifestyle changes you are ready to make—perhaps managing stress, nutrition, sleep & energy, physical activity, or habit formation & behavior change. You can continue meeting at the same time/date, drop from the program if it's not for you, or discuss with Gauri going to a virtual appointment. Call the Council on Aging 978-929-6652 to make an appointment with Gauri; slots are 1:00pm, 2:00pm, 3:00pm, and 4:00pm. Gauri is offering these sessions free of charge as she continues on the path to National Board Certification.



Winter Heating & Energy Efficiency Crash Course

Tuesday, December 2nd, 4:00-5:00pm

Open to all/free

Join the Acton Sustainability Office for a winter heating and savings crash course with representatives from Mass Save and Abode Energy Management! Learn how to sign up for a free Home Energy Assessment, explore weatherization incentives and heat pump options for efficient winter heating, and get tips to spot and avoid common scams from third-party energy suppliers. We'll also share information about fuel assistance programs and energy bill check-ups to help you stay comfortable and save money this winter and beyond! Please contact Sophia from the Town Sustainability Office at sdarsch@acton-ma.gov with any questions!



Visit with Sophia Darsch from Acton's Sustainability Office

Wednesdays, December 3rd and 17th, 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, December 3rd and 17th, 1:00-1:45pm

Open to all age 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.



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

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

Acton 60+ only

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.



Classical Music Program with Sivan Etedgee

Thursday, December 4th, 12:30-1:30pm

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

This program, which combines piano performance and lecture, traces a musical journey from Classical elegance to the rhythmic vitality of the early 20th century, highlighting the piano's expressive range through works by Mozart, Schumann, Liszt, and Bartók. *Sivan Etedgee appears frequently as a recitalist, chamber musician, and lecturer. He is also a dedicated and enthusiastic piano teacher. His programs at the Senior Center are always enthusiastically received!*

□► Hearing Screening Appointments with Audiologist Megan Ford

Tuesday, December 9th, 9:30-11:45am

Acton 60+ only

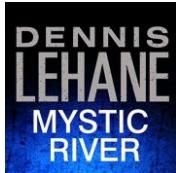
Megan Ford Au.D., a licensed audiologist in practice since 1998, will provide hearing screenings, ear wax checks, and basic hearing aid checks. Please allow 15 minutes for your appointment. Dr. Ford has worked at several major medical centers in Boston, Cleveland and Worcester. In 2013 she opened her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



Book Discussion Group

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

Open to all age 60+/free



The discussion for December's meeting will be around the book Mystic River by Dennis Lehane. If you would like to read ahead, the discussion for January's meeting is around the book Briar Club by Kate Quinn. 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.

► Truth About Seed Oils: Facts, Myths & Smart Use

Tuesday, December 9th, 11:00-11:45am

Open to all age 60+/free

Join Minuteman Senior Services nutrition intern Zahraa Pyriadi, a student at University of Massachusetts-Lowell, for a quick, evidence-based look at what seed oils are, what the science says, and how to use them smartly.



► Brain Health Presentation

Wednesday December 10th, 11:00am-12noon

Open to all 60+/free

Join Deaconess Abundant Life Services for a presentation at the Acton Senior Center. What is Brain Health? Brain health refers to how well a person's brain functions across several areas. We offer some simple guidelines and some recommendations to keep your brain healthy! Sign up is required.

Deep Ocean Life with Peter Girguis

Wednesday, December 10th, 2:00-3:15pm **Open to all age 60+/free**

Eighty percent of our planet's habitable living space is in the deep sea, the ocean realm that is beyond the reach of sunlight. In this presentation Dr. Peter Girguis will take you on a trip through the deep sea, learning about the extraordinary animals and microbes that thrive therein and about their adaptations to this environment. He will also touch upon humankind's relationship with the ocean, the birth of deep-sea biology and the technological innovations that first took humans into the deep, humankind's impact on the ocean, and how we still have time to turn the tide. This program is possible because of the generosity of Lynne Osborn. *Peter Girguis is a Professor at Harvard University. He received his B.Sc. from UCLA and his Ph.D. from the UC Santa Barbara. He has authored or co-authored over 150 publications. His honors include the 2007 and 2011 Lindbergh Foundation Award for Science & Sustainability, the 2018 Lowell Thomas Award for groundbreaking advances in Marine Technology, the 2020 Petra Shattuck Award for Distinguished Teaching, and the 2024 Captain Don Walsh Award for Ocean Science and Exploration.*



Technology Assistance Clinic

Wednesday, December 10th, 1:30-3:00pm **No clinic Dec. 24th**

Open to all age 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.



► Technology Help Appointments with Acton Memorial Library Staff

Thursday, December 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.



► Golden Rainbow & Friends Social Hour: Winter Wonderland Party



Wednesday, December 10th, 2:00-3:00pm

Open to all LGBTQ people age 60+ & allies/free

Join Rainbow Coordinator Rosie Latto for a Winter Wonderland Party! There will be a hot cocoa bar, cookie decorating, holiday bingo, and conversation. People in the LGBTQ+ community and allies are warmly welcome. Please RSVP to the Council on Aging at 978-929-6652 or to Chris Chirokas at the same number or cchirokas@actonma.gov.



Java with John

Friday, December 12th, 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. If you are unable to make it to program but have a question you want answered please email manager@actonma.gov Special guest will be Patricia Costa, Director of Economic Development.

► Relaxing Reiki Appointments with Monica

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

Acton 60+ only

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



► Reflexology Appointments with Rebecca Howard

Tuesday, December 16th, 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 in October and November.*



Songs and Stories: Holiday Music Performance by Matt York

Tuesday, December 16th, 1:00-2:00pm

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

Longtime New England musician Matt York will be performing a selection of music with a holiday theme. The songs will run the gamut from those that have been around for hundreds of years to more modern Christmas and holiday classics. Singing along is encouraged! Matt's program combines guitar/vocal performance and interesting stories about the origins of the songs. *Matt York was twice been nominated for the Boston Music Award for Best Country Artist and his album Gently Used was named one of the top albums by Worcester Magazine. His programs on the songs of Willie Nelson and Johnny Cash at the Senior Center were big hits!*



The Hapsburgs: Royal Family of Europe with Paolo Di Gregorio

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



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

The Hapsburgs were one of the most significant European royal families. At the height of their power, the Hapsburg dominions stretched across the globe from South America, through Europe, to the Philippines. Yet despite this extended realm, and the vast wealth and power that accompanied it, the family suffered tragedy, illness and, eventually, collapse. This illustrated lecture will examine the long, tangled story of this royal family. *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!*

□► Ukulele Play Along Monthly Series

Friday, December 19th, 10:00-11:00am

Open to out-of-towners 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! Group typically meets on the third Friday each month but watch the newsletter for dates. Sign up if you are new to this monthly series and indicate whether you will bring your own ukulele or use one provided by Julie. Please let the Council on Aging know if you are not continuing.



Holiday Sing-Along with Ed Knights

Tuesday December 23rd, 1:00-1:45pm

Open to all age 60+/free

Join in for a fun sing-along featuring popular holiday songs! The sing-along will be led by Ed Knights who facilitates the Acton Songsters group. Refreshments will be served.

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.

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. (Not available 12/24 and 12/31).

Art Exhibit



In December and through the end of January, we are delighted to showcase the artwork of seventeen art students from the *ActonArt Drawing School*. The incredible work ranges from drawings, to paintings, to digital art. **Please join us for a Reception on Monday, December 29th from 2:00-3:30pm**. Invite your friends and meet some of the talented artists while snacks and refreshments are served. All are welcome.



Weekly programs

Bodacious the Therapy Dog Visit

Wednesdays, 10:00am to 12noon No visit December 24th, 31st

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!



Laugh for Your Health with Susan Phillips

Thursdays, 11:00am-12noon No meeting Dec. 25th, Jan. 1st

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.*



► "Age is Just a Number" Book Study Group

Open to all 60+/free

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

No group Dec. 26th & Jan. 2nd

Join Tracy Woods for this 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. Group started last month but you can still join! *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.*

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.



Collette Trips sponsored by the Acton Friends of the COA

Our fall trip will be The Canadian Rockies & Glacier National Park departing September 2026. For more information reach out to: Bill Noeth, wnoeth@verizon.net 978-844-1831 or Leo Fochtman, Ljfochtman@gmail.com 978-621-0485.

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!)

Movie Matinees

Shown with closed captioning, when available.

Open to all 60+/free

This month we're honoring the late Diane Keaton with three of her films. DVDs of the Dec. 8th, 22nd, 29th films available to borrow from Senior Center resource shelf after they are shown.



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.

ANNIE HALL

Monday, December 8th, 1:00-2:35pm [Annie Hall](#) (1977, PG) Woody Allen plays a divorced Jewish comedian reflecting on his past relationship with Anne Hall (Diane Keaton), an aspiring nightclub singer. Oscars for Best Picture, Best Writing, and Best Actress for Keaton.



Monday, December 15th, 1:00-2:45pm [The First Wives Club](#) (1996, PG)

Reunited by the death of a college friend, three divorced women seek revenge on the husbands who left them for younger women. Comedy starring Diane Keaton, Goldie Hawn and Bette Midler. Oscar nomination for Best Music. *This film is shown in collaboration with the Acton Memorial Library.*



Monday, December 22nd, 1:00-2:30pm [A Holiday Affair](#) (1949) At Christmas time, a single mother is torn between a dependable attorney and a more exciting, but unemployed, man. Janet Leigh, Robert Mitchum and Wendell Corey co-star in this romantic comedy.



Something's Gotta Give

Monday, December 29th, 1:00-3:10pm [Something's Gotta Give](#) (2003, PG-13) An aging lifelong bachelor finds himself staying at the home of his young girlfriend's mother and reevaluates his life. Diane Keaton, who received an Oscar nomination for her performance, and Jack Nicholas co-star in this romantic comedy.

Shredding

Acton 60+ only

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

A Message from the Friends of Acton COA

The FCOA wishes everyone a safe and happy holiday season.

Watch for the **Annual Appeal** mailing, our major fund raiser of the year.

Your generous contributions underwrite the majority of the COA programming.

Contributions may be made in Honor of or in Memory of friends and family.

The Friends of the Acton COA will next meet Monday, January 12th at 10am.

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 go to <https://actoncoa.com/list.aspx>

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

Meals at the Senior Center

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



□► Monthly Breakfast

Friday, December 12th, 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.

□► Monthly Lunch by Robbins Brook/Benchmark Senior Living

Tuesday, December 16th, 12noon

Open to all 60+

Join us for Beef brisket, mashed potatoes, peas, and dessert for \$3.00. Sign up is required. Sponsored by Minuteman Senior Services and the Friends of Acton COA.

□► New Year's Dinner

Tuesday, December 30th, 4:30pm

Acton 60+ only

Put your party hat on and join us for lasagna, salad and dessert as we celebrate the New Year. Please sign up prior to the event. \$5.00 is requested. Sponsored by the Friends of Acton COA.

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

NO BISTRO DECEMBER 24th and 31st.



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 \$3.00.

 **Birthday Lunch, Tuesday, December 23rd, 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.

THANK YOU TO: - The Needle Arts Group for their fundraising.

The SHINE counsellors for their sterling effort to assist as many people as possible with their health plans.

Northeast Corrections Facility Culinary Program for the delicious pies

Everyone who brought us their leftover Halloween candy (Donations are always gratefully received of individually wrapped candy and k-pods for the Keurig.)

The **Council on Aging Board** wishes everyone a happy and healthy holiday season.

We'd like to share ideas from the World Health Organization to help you enjoy life:

"Doing things you enjoy, being social, and being physically active are all good for your mental and physical health. Having an active lifestyle doesn't mean just getting in your daily steps. It can include doing activities that are meaningful to you, and that benefit your mind, body and spirit."

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| 1 DECEMBER 8-3:30 Holiday Dec Drop Off 11:00 Tai Chi/Taijiquan Class 1:00 Movie 1:00 Mah Jongg | 2 8-12 Holiday Dec Drop Off 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 12-1:00 Notary available 1-4:00 Health & Wellness Coaching Appts 2-5:30 Holiday Dec Pick Up 3:00 Caregiver Group via Zoom 4:00 Energy Efficiency Crash Course | 3 8-3:30 Holiday Dec Pick Up 8:30 Senior Fitness 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 11-12:00 Sustainability Office Hours 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 2:00 Simple Skills for Challenging Days | 4 8:30 Senior Fitness 9:45 Active Aging 10-1:00 Ask the Lawyer Appts 11:00 Tai Chi Practice 11:00 Laugh for Your Health 12:30 Sivan Etedgee Piano Performance 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga 3:00 Navigating Grief via Zoom | 5 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 |
| 8 8:30 Active Aging 11:00 Tai Chi/Taijiquan Class 1:00 Movie 1:00 Mah Jongg | 9 8:30 Senior Fitness 9:00 Art Time 9:30-11:45 Hearing Screening Appts 9:45 Active Aging 10:00 Book Discussion Group 11:00 Maintenance Balance – ANS 11:00 Truth About Seed Oils 12-1:00 Notary available 1:00 Genealogy Group 1-4:00 Health & Wellness Coaching Appts 2:00-3:30 Holiday Tea Party 4:30 Therapeutic Horticulture - ANS | 10 8:30 Senior Fitness 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Therapeutic Horticulture – ANS 11:00 Brain Health Presentation 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 Deep Ocean Life Talk 2:00 Golden Rainbow Social Hour | 11 8:30 Senior Fitness Video 9:45 Active Aging Video 10-11 Tech Help Appts 11:00 Tai Chi Practice 11:00 Laugh for Your Health 1:00 Chess Club 1:00 Mah Jongg 1:00 John Clark Holiday Music 2:00 Winter Safety - ANS 3:00 Chair Flow Yoga | 12 Center closes at 12 9:00 Breakfast 9:45 Java with John 10:00 Nouvonne Fitness 10:00 "Age is Just a Number" Study Group |
| 15 8:30-11:30 Reiki Appts 11:00 Tai Chi/Taijiquan Class 1:00 Movie 1:00 Mah Jongg | 16 8:30 Senior Fitness Video 9:00 Art Time 9:45 Active Aging Video 10:00 COA Board Mtg via Zoom 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 12:00 Robbins Brook Lunch 12-1:00 Notary available 1:00 Holiday Music Performance 1-4:00 Health & Wellness Coaching Appts 3:00 Reflexology Appts 3:00 Caregiver Group via Zoom | 17 8:30 Senior Fitness Video 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11-12:00 Sustainability Office Hours 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 Holiday Line Dancing | 18 8:30 Senior Fitness Video 9:45 Active Aging Video 11:00 Laugh for Your Health 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg 1:00 The Hapsburgs Talk 3:00 Chair Flow Yoga | 19 Center closes at 12 10:00 Cribbage Games 10:00 Nouvonne Fitness 10:00 Ukulele Group 10:00 "Age is Just a Number" Study Group |

| | | | | |
|--|--|---|---|---|
| 22 11:00 Tai Chi/Taijiquan Class 1:00 Movie 1:00 Mah Jongg | 23 8:30 Senior Fitness Video 9:00 Art Time 9:45 Active Aging Video 12:00 MMSS Birthday Lunch 12-1:00 Notary available 1:00 Genealogy Group 1:00 Holiday Sing-Along 1-4:00 Health & Wellness Coaching Appts | 24 10:00 Cribbage Games 10:30 Hot Topics | 25 Building Closed Happy Holidays | 26 Center closes at 12 10:00 Cribbage Games |
| 29 1:00 Movie 1:00 Mah Jongg 2:00-3:30 Art Reception | 30 9:00 Art Time 12-1:00 Notary available 1-4:00 Health & Wellness Coaching Appts 4:30 New Years Eve Dinner | 31 10:00 Cribbage Games 10:30 Hot Topics | 1 January 2026 Building Closed Happy New Year | 2 Center closes at 12 10:00 Cribbage Games |

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.8. 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 the Acton COA](#): Holiday Music of the 50s & 60s Presentation, The Hapsburgs Lecture, Songs & Stories: Holiday Music Performance, Classical Music Program, Movies, Ukulele Play Along, Simple Skills for Challenging Days, and Tai Chi Class.

| ACTON COA STAFF | COA BOARD |
|---|---------------------------------|
| <i>Sharon Mercurio, Director</i> | <i>Kay Aoki</i> |
| <i>Rosie Atherton, Office Manager</i> | <i>Emi Azar</i> |
| <i>Chris Chirokas, Program Manager</i> | <i>Jeff Bergart</i> |
| <i>Wendy Curtis, COA Customer Service Coordinator</i> | <i>Michele Brady, Secretary</i> |
| <i>Beverly Hutchings, Assistant COA Director</i> | <i>Ellen Feinsand, Chair</i> |
| <i>Rosie Murphy, Health and Human Services Administrative Assistant</i> | <i>Ann Kulsick</i> |
| <i>Bernice Nicoll, Activities/Customer Service Assistant</i> | <i>Alma Sandman, Vice Chair</i> |
| <i>Fiona Starr, COA Customer Service Coordinator</i> | <i>Niru Velankar</i> |
| <i>Terri Zaborowski, Exercise Instructor</i> | |
| Board will next meet: Tuesday, Dec. 16th, 10am via Zoom. Contact the COA to receive the link. | |
| COA Friends will not be meeting in December | |

Support Groups

□► Caregiver Support Group via Zoom

Tuesdays, December 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.*



□► Navigating Grief Group via Zoom

Thursday, December 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.

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.

Welcome!



Handy Helpers Wanted to Join Our Program!

Are you handy around the house? Good with electronics or computer issues? Do you want to help older adults remain in their own homes? If yes, then we have a volunteer opportunity for you. For a few hours per month you can make a difference in the life of an Acton resident 60+. Our Handy Helper Program assists with small home repairs such as changing light bulbs, installing curtain rods, repairing chair legs, installing DVD players and printers, and turning mattresses. The client provides all of the necessary materials - you provide the knowledge! To find out more about joining our team, contact Wendy Curtis at the Acton Council on Aging, 978-929-6652.

Games

Morning Open Activity Time

Weekdays, 9:00-11:30am

Open to all age 60+/free

No activity time December 12th & 25th



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!

Drop-In Bridge

Wednesdays, 1:30-3:30pm

Open to all 60+/free

No Bridge December 24th, 31st



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

Mah Jongg Time

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

Open to all 60+/free

No Mah Jongg Dec. 25th, Jan. 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.

Chess Club

Thursdays, 1:00-3:30pm

Open to all 60+/free

No Class Dec. 25th, Jan. 1st

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

Cribbage Game

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

No Game 12/12

Open to all age 60+/free

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

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 December 9th and 23rd, 1:00-2:00pm

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.

Hot Topics Discussion Group

Wednesdays, 10:30-11:45am

Open to all 60+/free

This is an opportunity for people to talk about major issues of the day.

Needle Arts Group

Wednesdays, 12:30-2:30pm

No Group 12/24 and 12/31

Open to all 60+/free

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



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

- Terri's Active Aging and Senior Fitness classes will not meet Thursday, December 11th through Friday, February 6th; see below for information on exercise class videos
- There are no exercise classes being held or recordings being shown between December 24th and January 2nd
- 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

Exercise Video Schedule for December:

While Terri is off, you can try other classes, work out in the gym (introductory training required), or participate at the Senior Center via recordings of Terri's classes on the following days:

Senior Fitness at 8:30am on: Tuesdays, December 16th & 23rd; Wednesday, December 17th; Thursdays, December 11th & 18th.

Active Aging at 9:45am on: Tuesdays, December 16th & 23rd; Thursdays, December 11th & 18th.

You can also [view recordings](#) of Terri's classes from your device or smart TV at home and scroll down to "Acton Senior Center at Home."



Active Aging with Terri Zaborowski

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

No Class Dec. 1st

Tuesdays through December 9th, 9:45-10:45am

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

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

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

No class 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. *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 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

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 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. *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-12noon

Open to out-of-town seniors/free

No practice Dec. 25th, 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 Dec. 25th, 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). *Rebecca is a certified yoga instructor who has been working with seniors for almost a decade. To learn more about Rebecca, visit www.rebeccareberyoga.com/*



NouVonne Fitness with Yvonne Benelli

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

No class 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. *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).*

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

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

Medicare Open Enrollment ends on December 7th.

To create a My Medicare account for the first-time visit: <https://www.medicare.gov/account/create-account> To view all Medicare Advantage and Part D plans available in Massachusetts, visit the Medicare Planfinder: <https://www.medicare.gov/> For questions please call Medicare customer service at 800-633-4227 24/7 through December 7th.

SHINE

The [SHINE Program](#) provides free health insurance information, counseling, and assistance to people who are eligible for Medicare. Schedule a SHINE appointment by calling 978 929 6652. SHINE is a program of Minuteman Senior Services

Fuel Assistance

SMOC's Home Energy Assistance Program (HEAP), provides assistance with heating bills to eligible households. The program operates annually from November 1 2025– April 30 2026 and is designed to help low-income people afford the cost of heat in the winter months. Eligibility is based on gross annual income and family size.

| # people in household | Income |
|-----------------------|--------|
| 1 | 51,777 |
| 2 | 67,709 |

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.



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.

Guest Table Community Dinner, **First Parish Church of Stow & Acton**, 353 Stow Rd, Stow, MA. 978-897-8149. 2nd Friday of every month. Available options made with vegetarian, gluten-free, or dairy-free ingredients. Doors open at 5pm, dinner is served at 5:30pm. If you have questions or would like to volunteer with a meal, please email fpcguesttable@fpc-stow-acton.org.

Frozen Meals – The Senior Center has 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.

For more information: www.abuw.org/resources/food-security.

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

Go to www.actonma.gov and 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.

December 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:

[Teaching Tech @ West - Hoopla](#) Tuesday, December 2, 2:00—3:00 PM [Register](#)

[Teaching Tech @ AML - Hoopla](#) Tuesday, December 2, 6:00—7:00 PM [Register](#)

[Investment for Retirement with CFA Society Boston](#) Wednesday, December 3, 6:00—7:00 PM [Register](#)

[Paper bag Snowflakes @ AML](#) Thursday, December 4, 6:00—7:00 PM [Register](#)



Paper bag Snowflakes @ West Saturday, December 6, 11:00 AM—12:00 PM [Register](#)
Winter Concert Series - Madrigals Sunday, December 7, 2:00—2:45 PM [Register](#)
Cookie Swap! - Cookbook Club @ AML Monday, December 8, 6:00—7:00 PM [Register](#)
Cookie Swap - Cookbook Club @ West Tuesday, December 9, 2:00—3:00 PM [Register](#)
Yarn & Needle Club Tuesday, December 9 & 23, 3:00—4:00 PM
Tech Help at West Acton Citizens' Library Wednesday, December 10, 1:30—2:30 PM [Register](#)
West Acton Citizens' Library Book Discussion Group Wednesday, December 10, 3:30—4:30 PM
[Register](#)
Sewing and Embroidery Club @ West Thursday, December 11, 2:00—3:00 PM [Register](#)
Sewing and Embroidery Club @ AML Thursday, December 11, 6:00—7:00 PM [Register](#)
Fix It Clinic Saturday, December 13, 10:00 AM—1:00 PM
Virtual - Italy in a Wineglass: The Story of Italy Through Its Wines Monday, December 15, 2:00—3:00 PM [Register](#)
Great Decisions Group Discussion - Middle East Monday, December 29, 6:30—8:00 PM

Recreation Department is offering a range of activities this winter including a [candle making class](#) on December 4th, 6:00-7:30pm.

[Acton Nursing Services](#)

Call 978-929-6650, Acton Nursing, for these programs starting Wednesday November 26th
Please do not leave messages over the Thanksgiving holiday



□► Winter Safety for Seniors: Staying Safe, Warm and Well Open to all

Thursday, December 11th, 2:00pm

Winter is coming! Susan Sama and Karen Patterson will share tips for simple, practical ways to stay safe, warm and healthy this coming winter.

□► Therapeutic Horticulture Acton 60+ only

Tuesday, December 9th, 4:30pm-5:30pm, Wednesdays, December 10th & 17th, 10:30-11:30am

Envision a miniature evergreen tree decorated with crepe poinsettias. 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 Friday, December 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, December 2nd, 9:00am-5:00pm, & December 16th, 12noon-4:00pm.

Wednesdays, December 3rd, 10:00am-4:00pm, & December 17th, 9:00am-3:00pm

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

Tuesdays, ongoing, 11:00am

Call 978-929-6650 to register No Class 12/23 & 12/30

Wednesday, ongoing, 12:30pm

Call 978-929-6650 to register No Class 12/30 & 12/31

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, December 2nd & 16th, 10:30am-2:00pm

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!

Acton 60+ only

Take action to stop respiratory viruses from spoiling holiday cheer

Everyday preventive actions can help slow the spread of germs that can cause many different Respiratory illnesses.

Stay at home.

If you are sick, stay home to avoid putting others at risk.

You should also avoid others in the household to lessen their risk. If you have severe or worsening symptoms, call your healthcare provider.



Clean your hands.

Handwashing often with soap removes most germs, including respiratory viruses, from your hands.



Cover your mouth and nose.

Cover your mouth and nose when coughing or sneezing.

Avoid touching your eyes, nose, and mouth. Germs spread easily this way.



Wear a mask.

Masks can help reduce the spread of respiratory viruses. Wearing a high-quality mask while you travel, for example, can help protect you and others.



Get Vaccinated.

Vaccination is the most important step you can take to protect yourself and your loved ones.



Improve Air Quality

Viral particles in the air spread between people more easily indoors than outdoors.



Avoid close contact.

Avoid close contact with people who are sick.

Usually, there are more droplets and particles that can make you sick closer to the person who is infected.



Any way you can **improve air quality**, such as opening windows or using air purifiers, can help reduce the amount of virus you are exposed to.

SCAN ME



For more information on how to protect yourself from respiratory viruses Scan the QR code

SCAN ME



Find out where you can get a flu vaccine by scanning the QR code or visiting [vaccines.gov](https://www.vaccines.gov)



Winter Weather Policy

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

You can follow the school updates at www.abschools.org and in local media: Channel 4 WBZ, Channel 5 WCVB, Channel 7 WHDH, Channel 10 NBC Boston, and Fox 25.

Sand and Salt Available. A mixture of sand and salt is available to Acton residents (no contractors) at the designated area located behind the Highway Division at 14 Forest Road. Follow the signs to the area designated for residents. Please use caution while entering and exiting as vehicles and equipment are prevalent. Please bring your own shovel and container.

Winter Safety

Prepare for possible power outages. Charge your cellphone, laptop, and other electronic devices. Have flashlights accessible. If your medical equipment uses electricity, talk to health care providers, utility company and your personal support network for options during a power outage. If you'll need assistance during an outage, talk to family, friends and your support network. Consider purchasing a generator to provide power during an outage. Follow the manufacturer's instructions and learn how to use it safely before an outage.

November was a month of cold winds but warm welcomes here at the Senior Center:

Everyone enjoyed the Hootenanny



The Tonjiru Soup Cooking was perfect for the cold afternoon.



The Needle Arts Group raised funds for the Friends of the Acton COA with some beautiful items.

Dawn Gomez got into the swing with her 20th Century Review of the 1950s.



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The Human Services Building and Senior Center will be closed:
Thursday, December 25th, and Thursday, January 1st, 2026