



# Acton Council on Aging

At the Human Services Building & Senior Center

## JANUARY 2026

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Opening Hours: CLOSED Jan 1<sup>st</sup> & 19<sup>th</sup>  
Monday: 8:00am-4:00pm  
Tuesday: 8:00am-6:00pm  
Wednesday & Thursday: 8:00am-4:00pm  
Friday: 8:00am-12noon

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newsletter  
direct

**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.**

### ▣► Melodies for Medicine Student Performance



**Tuesday, January 6<sup>th</sup>, 4:00-5:00pm**

**Open to all/free**

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



### **Folk/Blue Grass Performance by You, Me, Her, & That Guy**

**Tuesday, January 13<sup>th</sup>, 1:00-2:00pm**

**Open to all age 60+ /free**

This group is comprised of four friends who met at music classes and had such a good time that they banded together to keep learning. Much of the acoustic string band, Americana, and bluegrass music they love is old, or inspired by the good old stuff. "We just want folks to hear it the way it may have sounded on front porches played by aunts and neighbors: live and (usually) unplugged." Nearly everyone will recognize some of the band's repertoire and there are some newer songs they want to introduce you to. You, Me, Her, & That Guy is Jim Clark (banjo), John Roberts (guitar, vocals), Laurelyn Roberts (vocals), Pat Sorenson (guitar, vocals). Stay after the performance for hot chocolate and cookies!

### **Acton Songsters Concert of Songs by The Beatles**



**Tuesday, January 20<sup>th</sup>, 1:00-1:30pm**

**Open to all/free**

The Acton Songsters, the Senior Center's singing group of folks age 60+, led by Dr. Ed Knights, will perform some of The Beatles most beloved songs. You are welcome to sing along! New members are always welcome to join the Songsters group! If you're attending the luncheon beforehand, make sure to sign up for that with the Council on Aging.

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

registration, 978-929-6652

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- ▣► Dinner, 1/27

For **Robbins Brook & Indian Lunch** call 781-221-7098

For **Nursing programs** call 978-929-6650, see p.19

THE  
**BEATLES**

## Directors Corner

Happy New Year! January offers a wonderful opportunity to reflect on the past year and look ahead with renewed energy and purpose. The Acton Council on Aging remains committed to supporting our 60+ residents through engaging programs, helpful services, and meaningful connections that promote independence, wellness, and community. Whether you are trying something new at the Senior Center, joining us for an educational program, or reaching out for support, we are here for you. Wishing you a happy and healthy year ahead—and we look forward to seeing you in 2026. **Sharon**

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## ☐► Health & Wellness Coaching Appointments

**Tuesday afternoons through January 20<sup>th</sup>**

**Acton age 60+ only**

Appointments are full; call about waitlist.

## ☐► Acton Songsters with Ed Knights

**Wednesdays, January 7<sup>th</sup> and 28<sup>th</sup>, 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. *After his career as an internal medicine physician at Acton Medical Associates, Ed became an avid volunteer in the community and enjoys sharing his love of music and singing. He has studied voice at the Boston Conservatory and performs in musicals and operas.*

## Visit with Sophia Darsch from Acton's Sustainability Office

**Wednesdays, January 7<sup>th</sup> and 21<sup>st</sup>, 11:00am to 12:30pm**

**Open to all**

Do you have questions about: home energy updates; Mass Save incentives & rebates; heat pumps, weatherization, and energy-saving devices; cost-savings and energy bills? 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](mailto:sdarsch@acton-ma.gov).



## The Decline of the Celestial Empire:

### China and the West, 1830-1911 with Paolo Di Gregorio

**Wednesday, January 7<sup>th</sup>, 2:00-3:00pm**

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

During the mid-19th century, the Chinese Empire that existed for more than 3000 years, began to crumble under the pressures of Western incursions. By the early 20th century, the Empire had collapsed, and a Chinese Republic had emerged.

This illustrated talk will look at the events that led to the end of the Qing Dynasty and the birth of modern China. *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!*

## ☐► Technology Help Appointments with Acton Memorial Library Staff

**Thursday, January 8<sup>th</sup>, 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.





## **The 20<sup>th</sup> Century: A 1960-1969 Review with Dawn Gomez**

**Thursday, January 8<sup>th</sup>, 1:00-2:00pm**

**Open to all age 60+/free**

The “Swinging Sixties” in the United States were a decade of profound transformation. Most Americans were enjoying higher living standards built on the prosperity of the 1950’s. The stock market hit new highs and consumer spending surged. Kennedy’s “New Frontier” vision and Johnson’s “Great Society” programs inspired hope and improved quality of life for millions. The continued Civil Rights Movement challenged racism and laid the foundation for greater equality. The rise of the counterculture showcased a new way of life and set of attitudes. However, the country was deeply fractured by political assassinations and the Vietnam War. By the end of the decade, our nation was both energized by progress and shaken by violence and social unrest, leaving a legacy of change that reshaped modern America. 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.*

## **☐► Relaxing Reiki Appointments with Monica**

**Monday, January 12<sup>th</sup>, 8:30-11:30am**

**Acton age 60+ only**

Reiki is an ancient Japanese holistic therapy used to nurture and heal the body, mind, heart, and spirit. It is a gentle, non-invasive treatment where the practitioner uses a light gentle touch to balance energy in the receiver. When the body is in balance, it is better able to heal and support itself. Reiki is a great form of self-care! Appointments are 30 minutes in length. Make sure to call 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](http://blackirisreiki.com).*



## **☐► Ping Pong Lessons**

**Mondays, January 12<sup>th</sup>, 26<sup>th</sup>, February 2<sup>nd</sup>, 9<sup>th</sup>, 2:00-3:00pm**

**Acton age 60+ only**

Learn the basics of playing ping pong with Polina Shapiro who wants to share her love of the game with others! Polina will teach two beginners in this 4-week session, so please only sign up if you plan to attend all of the classes.

## **Ping Pong Scheduled Open Play**

**Mondays beginning January 12<sup>th</sup>, 1:00-2:00pm No games on Jan. 19<sup>th</sup> Open to all age 60+/free**

If you would like to have a partner to play ping pong with, drop by on Monday afternoons! This once-a-week open play will be led by Polina Shapiro. Depending on how many players attend each week, players may have to alternate playing.

## **☐► Watercolor Painting Class with Fran Hewitt**

**Tuesdays, January 13<sup>th</sup> through March 17<sup>th</sup>, 9:30-11:30am**

**Acton 60+ only**

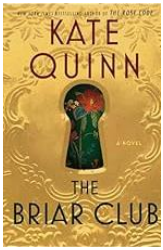
**Call to register for this session beginning Tuesday, January 6<sup>th</sup> after 8:30am:**

**978-929-6652 (no voicemails please)**

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







## Book Discussion Group

**Tuesday, January 13<sup>th</sup>, 10:00-11:00am**

**Open to all 60+/free**

The discussion for January's meeting will be around the book Briar Club by Kate Quinn. If you would like to read ahead, the discussion for February's meeting is around the book Blood, Bones and Butter by Gabrielle Hamilton. 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). Group will meet without Ann Kulsick this month.

## ▣► Mah Jongg Lessons

**Tuesdays, January 13<sup>th</sup> thru February 17<sup>th</sup>, 10:00am-12noon**

**Open to all 60+/free**

If you have been interested in learning to play Mah Jongg, now is your chance! Seasoned players Carol, Lucy and Paula will instruct you on how to play the American version of Mah Jongg which is a rummy-like tile game. It is required to purchase a card to play, which is issued annually and lists specific winning combinations and special tiles that can be used and provides useful information about the game. Each participant will need to purchase their own card for \$14-15 (small size or larger size) from the National Mah Jongg League at

[www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org). Purchasing through other sources such as Amazon is not recommended as they may not be accurate. The instructors will have a few cards and temporary copies for the first session in case everyone does not have their card yet. Registration is required as space is limited.



## Cookies & Cocoa

**Tuesday January 13<sup>th</sup>, 2:00pm**

**Open to all 60+/free**

Join us at the Acton Senior Center lounge for hot cocoa and cookies.  
No sign up required.

## Technology Assistance Clinic

**Wednesday, January 14<sup>th</sup> and 28<sup>th</sup>, 1:30-3:00pm**

**Open to all 60+/free**

All seniors are welcome to participate in this drop-in Technology Clinic whenever the need arises. Bring your technology questions, problems, and issues related to your computer, phone, or tablet. If possible, bring the problem hardware with you to the session. Several regular attendees are willing to share their experiences, and work with you, one-on-one, to address technology issues, from Windows system difficulties, email setups/usage, networking issues, upgrades, and assistance with "how do I" frustrations. MAC and Chrome/Android users are welcome. If you are unable to attend in person and would like to talk with a Clinic member via Zoom or phone, please contact the COA and we will forward your information to a Clinic member.



## Java with John

**Friday, January 16<sup>th</sup>, 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](mailto:manager@actonma.gov)

## ▣► Ukulele Play Along Monthly Series

**Friday, January 16<sup>th</sup>, 10:00-11:00am**

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

If you know the basics of playing the ukulele, join Julie Stepanek 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 will typically meet 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.



## ☐► Korean Sweet Potato Noodle Salad (Japchae) Cooking Class

**Tuesday, January 20<sup>th</sup>, 2:00-3:00pm**

**Acton age 60+ only**



In this class you will prepare Korean sweet potato noodles with zucchini, onion and carrots and a sesame dressing. Then toss everything together and enjoy a warm tasting at the end. These Korean noodles have a soft, bouncy texture that is really unique. 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, January 20<sup>th</sup>, 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.



## ☐► Line Dancing with Paul Hughes

**Wednesdays, January 21<sup>st</sup> through March 4<sup>th</sup>, 2:30-3:30pm**

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



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

## History of Doo-Wop Music with John Clark

**Thursday, January 22<sup>nd</sup>, 1:00-2:00pm**

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



Join John Clark for a presentation on doo-wop music of the 1950s. The earliest stars of the genre were the "bird groups:" The Ravens, Orioles, Crows, Orioles, Penguins (*Earth Angel*), and the Flamingos (*I Only Have Eyes for You*) who all scored the early rhythm & blues hits. Later came the white doo-woppers like Danny & the Juniors singing *At the Hop* and Dion & the Belmonts with *Where or When*. And did you know that the familiar *Blue Moon* by the Marcells was a hit from the 1930s? And there were just so many more songs of innocent romance and snappy harmonies from this era like *Sh-Boom*, *Little Darlin'*, *Sincerely*, *Book of Love*, *In the Still of the Night* and that huge 1956 hit *Why Do Fools Fall in Love*? And don't forget those silly ones like *Speedo* and *Get a Job* and all the doo-wop craziness of the Coasters. It's all here!! *Prior to a career as a high school and adult education teacher, John Clark worked in music publishing in Nashville. He enjoys sharing his passion for music with senior centers and senior residences.*



## ☐► Ask the Lawyer

**Acton 60+ only**

**Tuesday, January 27<sup>th</sup>, 1:00-3:00pm**

Tiffany Kudravetz, Elder Law Attorney will be offering free 20-minute private legal consultations. Call the COA on 978-929-6652 to book an appointment.

## ▣► Hearing Screening Appointments with Audiologist Megan Ford

**Tuesday, January 27<sup>th</sup>, 9:30 to 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 offers screenings at the Center monthly!

## ▣► The Ins and Outs of Senior Living Options

**Tuesday, January 27<sup>th</sup>, 1:00-2:00pm**

**Open to all 60+/free**

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



## LitLovers Study Group/Masterpieces of Short Fiction: *A Hunger Artist*

**Tuesday, January 27<sup>th</sup>, 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 vibrant discussion on the lecture, the featured story and the author. This month's story is *A Hunger Artist* by Franz Kafka. 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, James Baldwin, John Updike, and Margaret Atwood. If you need a copy of the story, pick up at reception or contact facilitator Chris Chirokas at [cchirokas@actonma.gov](mailto:cchirokas@actonma.gov) to have a digital copy emailed.

## ▣► Life as an Adventure with Ed Alessi

**Wednesday, February 4<sup>th</sup> and Thursday, February 5<sup>th</sup>, 10:00-11:00am**

**Acton age 60+ only**

There are many ways to approach life regardless of your age. This workshop will focus on developing a positive approach to living by viewing life as an adventure. This is an exciting participatory workshop that will be presented in two sessions. The objective is to improve the quality of your life! The first session the topic will be discussed in full and participants will be given an assignment. In the second workshop, participants will talk about their assignment with the group. Space is limited so please sign up only if you can attend both classes! *Edward Alessi a retired social worker and gerontologist who currently teaches Sociology at Middlesex Community College.*



## Notary

**Acton 60+ only**

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

## Play Pool

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

**Open to all 60+/free**

## Play Ping Pong

Table available during Senior Center regular opening times, except Monday afternoons 1:00-3:00pm when it is reserved for lessons and group play. Paddles and balls provided or you may bring your own.

**Open to all 60+/free**





## Join the Massachusetts Center for the Book 2026 Reading Challenge!

Looking for guidance on selecting what to read, a new genre to try or just motivation to read more? The Acton Council on Aging is partnering with the non-profit Massachusetts Center for the Book to foster a love of reading throughout 2026! Each month offers a prompt for what to read--January starts off with reading a book about or set in winter. Other prompts include a short story or essay collection and an adult classic you have never read. Participants are welcome to submit title read each month to Massachusetts Center for the Book to qualify for prizes. You can participate as little or as much as you desire. For more information or to sign up to receive the reading challenge newsletter, go to <https://www.massbook.org/> and scroll down to Reading Challenge. The site also offers book recommendations for each month's prompt.



## 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 1<sup>st</sup> and 3<sup>rd</sup> 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](mailto:cchirokas@actonma.gov).



## Art Exhibit

Thru 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.

## AARP Tax Aide Program for 2025 Tax Returns

***Mondays, By Appointment only, commencing February 2<sup>nd</sup>, 9:00am***

No appointments February 16<sup>th</sup>. Call 978-929-6652 or email [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov).

AARP Foundation Tax-Aide provides tax assistance by IRS-certified volunteers to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. You don't need to be an AARP member to use the service. Appointments are required and an information form must be completed before the appointment. This form is available electronically or in paper versions from the Reception at the Senior Center. Taxpayers will need to leave their tax documents with the preparer and return later with a second appointment, for a review of the completed return. Priority will be given to Acton & Boxborough seniors. The volunteers can prepare and e-file most typical Federal and Massachusetts tax returns. **Taxpayers with complex returns or high levels of income are advised to seek professional tax preparers.** Due to recent changes in tax laws, it is especially important to bring a copy of last year's tax returns with you to your appointment.

Acton residents are also welcome to use the AARP Tax-Aide site in Maynard, which will be providing in-person appointments on Fridays. You can call 978-760-9146 for an appointment at the Maynard Public Library.



**A polite reminder that if you feel unwell please stay home. Let us know if you are signed up for anything so we can reach out to folks on the waitlist. If you need friends to pick up a frozen meal for you give us a call.**

## Weekly Programs & 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

**Tuesdays, January 13<sup>th</sup> and 27<sup>th</sup>, 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 age 60+/free**

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

### Bodacious the Therapy Dog Visit

**Wednesdays, 10:00am to 12noon**

**Open to all 60+/free**

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



### Needle Arts Group

**Wednesdays, 12:30-2:30pm**

**Open to all 60+/free**

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

### Laugh for Your Health with Susan Phillips

**Thursdays, 11:00am-12noon**

**No meeting January 1<sup>st</sup>**

**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

**Fridays through January 16<sup>th</sup>, 10:00-11:00am No group Jan. 2<sup>nd</sup>**

**Open to all age 60+/free**

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 is underway 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.*



## Meals at the Senior Center



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

### ☐► Lunch with Chef McGuire

**Tuesday, January 13<sup>th</sup>, 12noon**

**Open to all 60+**

Enjoy shepherd's pie, garden salad and chocolate cake. Sign up a week prior. \$3.00 is requested.

### ☐► Monthly Breakfast

**Friday, January 16<sup>th</sup>, 9:00am**

**Acton 60+ only**

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

### ☐► Dinner with Doug

**Tuesday, January 27<sup>th</sup>, 4:30pm**

**Acton 60+ only**

We will be having roasted chicken, maple glazed carrots, 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 on Wednesday, December 31<sup>st</sup>.)**

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.



**New this month sign up for Robbins Brook lunch will be with John Day, Minuteman Dining room coordinator please call him directly at 781-221-7098 or stop by the dining room.**

### ☐► Monthly Lunch by Benchmark Senior Living/Robbins Brook

**Tuesday, January 20<sup>th</sup>, 12noon**

**Open to all 60+**

Meat Lasagna, Garden Salad, Garlic Bread, Banana Cream Pie for \$3. Sign up is required.

### ☐► MMSS Indian Lunch

**Thursday, January 29<sup>th</sup>, 12noon**

**Open to all 60+**

Enjoy delicious Indian food for lunch. Provided by Minuteman Senior Services. A \$3 donation is requested. Sign up by January 22 with John at 781-221-7098 or stop the dining room

**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, January 27<sup>th</sup>, 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:** - Brenda Kurtyka (Sarah's mom) for the beautiful flower arrangements; To everyone that brought in Holiday decorations and helped with the event; Our amazing SHINE counsellors Leslie Madge, Kathy Myers and Clyde Kessel.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> 1:00 Movie 1:00 Mah Jongg 2:00-3:30 Art Reception	<b>30</b> 9:00 Art Time 12-1:00 Notary available 1-4:00 Health & Wellness Coaching Appts <b>4:30 New Years Eve Dinner</b>	<b>31</b> 10:00 Cribbage Games 10:30 Hot Topics <b>NO BISTRO</b>	<b>1 January 2026</b>  <b>Building Closed</b> <b>Happy New Year</b>	<b>2</b> <b>Center closes at 12</b> 10:00 Cribbage Games
<b>5</b> 11:00 Tai Chi/Taijiquan Class 1:00 Movie 1:00 Mah Jongg	<b>6</b> 8:30 Senior Fitness Video 9:00 Art Time 9:45 Active Aging Video 11:00 Maintenance Balance – ANS 1-4:00 Health & Wellness Appts 4:00 Melodies for Music Performance 4:30 Caregiver Support via Zoom	<b>7</b> 8:30 Senior Fitness Video 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 11:00 Drop-in with Sustainability Staff <b>11:30-1:30 Bistro 30</b> 12-1:00 Notary available 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Bridge 2:00 Decline of the Celestial Empire	<b>8</b> 8:30 Senior Fitness Video 9:45 Active Aging Video 10:00 Tech Help Appointments 11:00 Laugh for Your Health 11:00 Tai Chi Practice 1:00 20 <sup>th</sup> Century Review -60s 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga 3:00 Navigating Grief via Zoom	<b>9</b> <b>Center closes at 12</b> 10:00 Cribbage Games 10:00 Nouvonne Fitness 10:00 “Age is Just a Number” Study Group
<b>12</b> 8:30-11:30 Reiki Appts 10:00 Friends of Acton COA Meeting 11:00 Tai Chi/Taijiquan Class 1:00 Movie 1:00 Mah Jongg 1-2:00 Ping Pong Scheduled Play 2:00 Ping Pong Lessons	<b>13</b> 9:00 Art Time 9:30 Watercolor Class with Fran 10:00 Book Discussion Group 10:00 Mah Jongg Lessons 11:00 Maintenance Balance – ANS <b>12:00 Chef McGuire Lunch</b> 1:00 Blue Grass Performance 1:00 Genealogy Group 1-4:00 Health & Wellness Appts 2:00 Cookies & Cocoa 4:30 Horticultural Therapy - ANS	<b>14</b> 8:30 Senior Fitness Video 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Horticultural Therapy - ANS <b>11:30-1:30 Bistro 30</b> 12-1:00 Notary available 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Bridge 1:30-3:00 Tech Assistance Clinic	<b>15</b> 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 3:00 Chair Flow Yoga	<b>16</b> <b>Center closes at 12</b> <b>9:00 Breakfast</b> 9:45 Java with John 10:00 Nouvonne Fitness 10:00 Ukulele Play Along 10:00 “Age is Just a Number” Study Group
<b>19</b>  <b>BUILDING CLOSED</b>	<b>20</b> 8:30 Senior Fitness Video 9:00 Art Time 9:30 Watercolor Class with Fran 9:45 Active Aging Video 10:00 Mah Jongg Lessons 10:00 COA Board Mtg via Zoom 11:00 Maintenance Balance – ANS <b>12:00 MMSS Robbins Brook Lunch</b> 1:00 Mah Jongg 1:00 Songsters Concert 1-4:00 Health & Wellness Appts 2:00 Cooking Class 3-4:30 Reflexology Appointments 4:30 Caregiver Support via Zoom	<b>21</b> 8:30 Senior Fitness Video 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Horticultural Therapy - ANS 11:00 Drop-in with Sustainability Staff <b>11:30-1:30 Bistro 30</b> 12-1:00 Notary available 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Bridge 2:30 Line Dancing	<b>22</b> 8:30 Senior Fitness Video 9:45 Active Aging Video 11:00 Laugh for Your Health 11:00 Tai Chi Practice 1:00 History of Doo-Wop Music 1:00 Chess Club 1:00 Mah Jongg 2:00 Sleep Talk - ANS 3:00 Chair Flow Yoga	<b>23</b> <b>Center closes at 12</b> 10:00 Cribbage Games 10:00 Nouvonne Fitness

<b>26</b> 11:00 Tai Chi/Taijiquan Class 1:00 Movie 1:00 Mah Jongg 1-2:00 Ping Pong Scheduled Play 2:00 Ping Pong Lessons	<b>27</b> 8:30 Senior Fitness Video 9:00 Art Time 9:30 Watercolor Class with Fran 9:30-11:45 Hearing Screening Appts 9:45 Active Aging Video 10:00 Mah Jongg Lessons 11:00 Maintenance Balance – ANS <b>12:00 MMSS Birthday Lunch</b> 1:00 Ins & Outs of Senior Living Options 1:00 Ask the Lawyer Appts 1:00 Genealogy Group 2:30 LitLovers Group <b>4:30 Dinner with Doug</b>	<b>28</b> 8:30 Senior Fitness Video 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics <b>11:30-1:30 Bistro 30</b> 12-1:00 Notary available 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Bridge 1:30-3:00 Tech Assistance Clinic 2:30 Line Dancing	<b>29</b> 8:30 Senior Fitness Video 9:45 Active Aging Video 11:00 Laugh for Your Health 11:00 Tai Chi Practice <b>12:00 MMSS Indian Lunch</b> 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	<b>30</b> <b>Center closes at 12</b> 10:00 Cribbage Games 10:00 Nouvonne Fitness
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*The COA does not endorse or promote any service or company who makes a presentation. We encourage you to be an ‘educated consumer’ before entering into contract with any service provider. Movie titles are available on p. 14. 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](http://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](#):** Decline of the Celestial Empire, Japchae Korean Noodle Salad Cooking Class, Doo Wop Music Presentation, 20<sup>th</sup> Century a 1960s Review, Movies, Watercolor Class, Life as an Adventure Workshop, Ukulele Play Along, and Tai Chi Class.

<b>ACTON COA STAFF</b>	<b>COA BOARD</b>
<b>Sharon Mercurio, Director</b>	<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>	
<b>Board will next meet: Tuesday January 20<sup>th</sup> via Zoom. Contact the COA to receive the link</b>	
<b>COA Friends will next meet: Monday, January 12<sup>th</sup> at 10:00am</b>	



## Support Groups

### ▣► Caregiver Support Group via Zoom

**Tuesdays, January 6<sup>th</sup> and 20<sup>th</sup>, 4:30-6:00pm**

**\*\*Note change in time!\*\***

**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](mailto: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.*



### ▣► Navigating Grief Group via Zoom

**Thursday, January 8<sup>th</sup>, 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 for the grief support group that meets 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 who holds a MSW and PhD in social work and is founder of Help My Aging Parents. If you are new to the group, please sign up with the Council on Aging at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). Funded by an Executive Office of Aging & Independence grant.

*Welcome!*

### **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](mailto:cchirokas@actonma.gov) or 978-929-6652.



### **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.

### **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**

Let's all make a New Year's resolution to make good use of the Senior Center and all that it offers Acton seniors. The FACOA Annual Appeal mailed last month and always accessible online at [www.friendsofactoncoa.com](http://www.friendsofactoncoa.com) , funds many of these opportunities.

**The Friends of the Acton COA will next meet Monday, January 12<sup>th</sup> 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](mailto:seniorcenter@actonma.gov)

To subscribe for newsletter & notifications online go to <https://actoncoa.com/list.aspx>

### **Games**

#### **Morning Open Activity Time**

**Weekdays, 9:00-11:30am**

**Open to all age 60+/free**

**No activity time January 16<sup>th</sup> and 19<sup>th</sup>**

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**

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, Thursdays, and Tuesday, January 20<sup>th</sup>, 1:00-3:30pm**    **No Mah Jongg January 1<sup>st</sup> & 19<sup>th</sup>**

**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. See p. 4 if you are interested in lessons.

#### **Chess Club**

**Thursdays, 1:00-3:30pm**

**Open to all 60+/free**

**No meeting Jan. 1<sup>st</sup>**

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 Cribbage on Jan 16<sup>th</sup>**    **Open to all age 60+/free**

Come by the Senior Center for a fun game of cribbage.

### **The Council on Aging Board**

The Council on Aging Board looks forward to a healthy and enjoyable 2026 for all!

The National Institute on Aging suggests ways to stay connected with others during winter months such as setting time each day to connect with friends, neighbors, and family through phone calls or email; getting familiar with community resources. These can help with your mental health, and maintaining your overall well-being and independence.

For [information](#) on our presenters.

## 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



**Monday, January 5<sup>th</sup>, 1:00-2:40** [Indiscreet](#) (1958, PG) An actress who has given up on love falls for a suave banker despite his being married. Romantic comedy starring Ingrid Bergman and Cary Grant. *This film is shown in collaboration with the Acton Memorial Library.*

**Monday, January 12<sup>th</sup>, 1:00-3:20** [Wake Up Dead Man: A Knives Out Mystery](#) (2025, PG-13) The third film in this series has Daniel Craig returning as detective Benoit Blanc who is investigating a mysterious death amongst the devout congregation of a charismatic priest. Ensemble cast includes Glenn Close, Josh Brolin, Josh O'Connor, Kerry Washington, Andrew Scott, and Jeremy Renner.



Note this is darker with more violence/gore than the previous films.




**Monday, January 26<sup>th</sup>, 1:00-2:45** [Train Dreams](#) (2025, PG-13) Moving film about an early 20<sup>th</sup> century railroad worker (Joel Edgerton) who leads a solitary life in the West after a terrible loss. Based on the acclaimed novella by Denis Johnson.

### 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 are not meeting through Friday, February 6<sup>th</sup>; see below for information on videos of her fitness 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, February 9<sup>th</sup> through March 30<sup>th</sup>, 8:30-9:30am***

**No class Feb. 16<sup>th</sup>**

***Tuesdays, February 10<sup>th</sup> through March 31<sup>st</sup>, 9:45-10:45am***

***Thursdays, February 12<sup>th</sup> through April 2<sup>nd</sup>, 9:45-10:45am***

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

### **Tai Chi/Taijiquan Class with Linda Sango**

***Mondays, January 5<sup>th</sup> through March 30<sup>th</sup>, 11:00 am-12noon***

**No class Jan. 19<sup>th</sup> & Feb. 16<sup>th</sup>**

This Taijiquan class uses Formless Dragon style, a modern re-examination of classical Tai Chi and is open to all levels of participants. Linda Sango studies under Occidental Taoist Jeff Coté, who distills the essence of Tai Chi into fundamental principles. Students will be encouraged to learn single movements and explore postural, movement and conceptual principles, rather than learning as many form movements as possible. This practice is known to improve the health of body, mind and spirit while improving balance.

### **Senior Fitness with Terri Zaborowski**

***Tuesdays, February 10<sup>th</sup> through March 31<sup>st</sup>, 8:30-9:30am***

***Wednesdays, February 11<sup>th</sup> through April 1<sup>st</sup>, 8:30-9:30am***

***Thursdays, February 12<sup>th</sup> through April 2<sup>nd</sup>, 8:30-9:30am***

***Fridays, February 13<sup>th</sup> through April 3<sup>rd</sup>, 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, January 7<sup>th</sup> through February 25 & March 25<sup>th</sup>, 10:00-11:15am***

**No class on March 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup>**

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-12noon***

**Open to out-of-town 60+/free**

**No practice Jan. 1<sup>st</sup>**

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, January 8<sup>th</sup> through April 2<sup>nd</sup>, 3:00-3:45pm**

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, January 9<sup>th</sup> through April 3<sup>rd</sup>, 10:00-11:00am**

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.

### Exercise Video Schedule:

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

#### Senior Fitness at 8:30am:

Tuesdays, January 6<sup>th</sup> through February 3<sup>rd</sup>, except no video on January 13<sup>th</sup>

Wednesdays, January 7<sup>th</sup> through February 4<sup>th</sup>

Thursdays, January 8<sup>th</sup> through February 5<sup>th</sup>

#### Active Aging at 9:45am:

Tuesdays, January 6<sup>th</sup> through February 3<sup>rd</sup>, except no video on January 13<sup>th</sup>

Thursdays, January 8<sup>th</sup> through February 5<sup>th</sup>

You can also [view recordings](#) of Terri's classes from your device or smart TV at home through [ActonTV](#) and scroll down to "Acton Senior Center at Home." Thank you to ActonTV for filming two recent classes!

For [information](#) on our presenters.

### Help Us Help You!

**Have your contact details changed or do your emergency contacts need updating? Stop by the front desk and have us update your information.**



Check the Lost & Found if you mislay a glove or hat. Please be aware that some coats and boots look alike – be sure that you take your belongings with you.

**Acton Police Department** – the holidays might be over but scammers work 24/7 365 days a year. It is important to be a savvy consumer. Always be wary of deals that seem too good to be true. Be cautious of anyone seeking donations over the phone or at your door. You can always call the Acton PD non-emergency number 978-264-9638 or 978-929-7711 if you have concerns.

## 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](mailto:bhutchings@actonma.gov)

### **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.

**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](mailto: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. 2<sup>nd</sup> 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 [fpcquesttable@fpc-stow-acton.org](mailto:fpcquesttable@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.

**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.



**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.

**HandyHelper Program** Do you have a small, unfinished project or repair around your home? Could we help you with that? We are the Handy Helpers and we can provide technical help with digital cable boxes, computers, and printers; change light bulbs and batteries; re-caulk windowpanes; and even install various items such as curtain rods, blinds, shelving, and window-mount fans or air conditioning units. All tools, equipment, and supplies required for the job must be provided to the Handy Helper. This is not an emergency program. Give us a call at 978-929-6652 to make a request.

## **About Town**

### **Town of Acton Information Line: 978 929 6600**

Go to [www.actonma.gov](http://www.actonma.gov) and subscribe to receive the Municipal Monthly with all the Town updates.



### **Housing Legal Clinics**

2<sup>nd</sup> 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](mailto:tenantsupport@actonma.gov) to schedule an appointment.

### **January with AB Community Education**

So many great programs for those winter days. [AB Community Education Catalog](#)

[Posture: Get It Straight:](#) January 12

[Practical ChatGPT Training:](#) January 13

[Oil Painting Studio:](#) January 13 - March 31 (Senior price \$99)

[Pysanky & Krapanky Egg Decorating:](#) January 15

[Acupressure for Sinus Relief:](#) January 20

[Emergency Presidential Power: Historical Context & Current Issues:](#) January 29 - March 12

[Heartwarming Indian Dishes for Valentine's Day:](#) February 1

### **January 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](mailto:reference@acton-ma.gov) or call 978-929-6655

[Great Decisions Group Discussion](#) Monday, January 5, 6:30—7:45 PM, AML Conference Room

[Sewing and Embroidery Club @ West](#) Wednesday, January 7, 2:00—3:00 PM, West Acton Citizens' Library. [Register](#)

[Sewing and Embroidery Club @ AML](#) Wednesday, January 7, 6:00—7:00 PM, AML Meeting Room. [Register](#)

[2026 Vision Boards @ West](#) Saturday, January 10, 11:00 AM—12:00 PM, West Acton Citizens' Library. [Register](#)

Acton250 - From Common Sense to Civic Action: Acton's Enduring Fight for Democracy Saturday, January 10, 2:00—3:00 PM, AML Meeting Room.

Gentle Yoga with Revolution Yoga Monday, January 12 & 26, 6:00—7:00 PM, AML Meeting Room. [Register](#)

Yarn & Needle Club Tuesday, January 13 & 27, 3:00—4:00 PM, AML Meeting Room

Embodied Awareness for Balance and Ease: An Introduction to the Alexander Technique Tuesday, January 13, 6:00—7:00 PM, AML Meeting Room. [Register](#)

Tech Help at West Acton Citizens' Library Wednesday, January 14, 1:30—2:30 PM, West Acton Citizens' Library. [Register](#)

West Acton Citizens' Library Book Discussion Group Wednesday, January 14, 3:30—4:30 PM, West Acton Citizens' Library. [Register](#)

2026 Vision Boards @ AML Wednesday, January 14, 5:30—6:30 PM, AML Meeting Room. [Register](#)

ADHD Family Q&A: Real Questions, Real-Life Strategies Thursday, January 15, 6:00—7:30 PM, AML Meeting Room. [Register](#)

Virtual - Inclusive and Diverse Book Recs with Bookstagrammer @sometimesleelynnreads Thursday, January 15, 7:30—8:00 PM, Zoom. [Register](#)

Teaching Tech @ West - Google Docs Wednesday, January 21, 2:00—3:00 PM, West Acton Citizens' Library. [Register](#)

Teaching Tech @ AML - Google Docs Wednesday, January 21, 6:00—7:00 PM, AML Meeting Room. [Register](#)

Virtual - How Librarians Became The Unlikely Spies Of World War II Wednesday, January 21, 7:00—8:00 PM, Zoom. [Register](#)

Winter Concert Series - Violin and Piano Recital Sunday, January 25, 2:00—3:00 PM, AML Piano Space. [Register](#)

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

Virtual - Agents of Change -- The Women Who Transformed the CIA Wednesday, January 28, 7:00—8:00 PM, Zoom. [Register](#)

### **January with [Acton Rec Department](#)**

The ever-popular candle making class has new dates for January and February. For questions call 978 929 6640 or email [recreation@actonma.gov](mailto:recreation@actonma.gov) [flyer](#).

### **Christmas Tree Disposal**

After the holidays you can dispose of your tree at the Transfer Station or...



“Troop 1 and Troop 284 are collecting Holiday Trees. Acton Scouts 2026 Holiday Tree Pick Up is back again. Troop 1 and Troop 284 are collecting Holiday Trees. We hope you have had an opportunity to see our lawn signs and flyers around town. Our partnership allows us once again to pick up trees from both Acton and Boxborough residents. We truly hope we can count on your support. Together, we will collect trees on Saturday, January 3, 2026, and Saturday, January 10, 2026. Your ongoing support of our Scout Troops means the world to us. Your donation helps us fund campouts, hiking activities, merit badge workshops, camp, the upkeep of camping gear, courts of honor, and high adventure trips for all our scouts. A recommended donation of \$20 can ensure a contactless pick up at your residence. Payment can be made by check (Check can be written out to Troop 284 Acton), and easily affixed to your tree in a plastic baggie. Or sign up and pay online at [ActonBSA.org](http://ActonBSA.org). No computer to sign up, no problem! Just give us a call at 978-795-4152 and leave a message and we will get back to you. We are here to support you. It's Simple, it's Easy, and it's Local. Thank you in advance for your support!



The **Acton Boxborough Community Compass Wellness Team** is sponsoring the second annual NOURISH WEEK from January 24-21, 2026. This year the theme is highlighting healthy, affordable options at mealtime. Watch your local Grocery stores, restaurants and other participating community agencies for ways in which you may be able to participate and benefit.

The **Acton Community Chorus** presents our winter concert, *I Hear The Stars Still Singing*, a constellation of contemporary choral music contemplating the stars and the ways they guide our lives, featuring a multi movement work by Kenneth Riggs called "Starlight Songs", plus written works by other living composers such as J. Michael Saunders, Jacob Narverud, Susan LaBarr, and Victor C. Johnson. The concert will be held on Saturday, January 10, 2026 at 4pm at the Acton Congregational Church with an inclement weather date of Sunday, January 11th at 4pm. Tickets are available through the link on our website or at the door. There will be a reception following the concert. Every year we seek out a community partner to support, and this season we are partnering with NAMI of Central Middlesex County. They will have volunteers in attendance to share the resources they have for individuals and families living with mental health conditions. The Acton Community Chorus is a nonprofit organization supported in part by grants from the Acton Boxborough, Concord, Littleton and Stow cultural councils which are supported by the Massachusetts Cultural Council, a State agency.



### 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.

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



## Acton Nursing Services

Call 978-929-6650 for these programs starting Wednesday, December 31<sup>st</sup>

Please do not leave messages over the Christmas holiday



### **Let's Talk about Sleep!**

**Thursday, January 22<sup>nd</sup>, 2:00-3:00pm**

**Open to all**

Please join us for a presentation by Mike Enos, Director of Cardiopulmonary Services at Emerson Hospital. Our presenter will discuss age-related changes in sleep patterns, and will offer information about sleep apnea, daytime fatigue, and nighttime urination that interrupts sleep (nocturia).

### **☐► Therapeutic Horticulture**

**Acton Seniors Only**

**Tuesday, January 13<sup>th</sup>, 4:30pm-5:30pm, Wednesdays, January 14<sup>th</sup> and 21<sup>st</sup>, 10:30-11:30am**

Under the sea, our project will be! All supplies provided. Limit 12 participants per class. **Sign up for class lottery will end at 12noon on Tuesday, January 7<sup>th</sup> by phone or email: 978-929-6650 or [nursing@actonma.gov](mailto:nursing@actonma.gov). We will notify everyone who gets into a class of their scheduled date!**

### **☐► Podiatry Clinics**

**Acton Seniors Only**

**Appointments: Tuesday, January 6<sup>th</sup> and 20<sup>th</sup>, 12pm-4pm, 12:30pm -3pm,**

**Thursday, January 8<sup>th</sup>, 15<sup>th</sup>, and 22<sup>nd</sup>, 1pm-4pm**

**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.*

### **☐► Maintenance Balance Training** *Sponsored by an Anonymous Donor* **Acton Seniors only**

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

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

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

### **Wellness Clinics –1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, January 6<sup>th</sup> & 20<sup>th</sup>, 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!

### **The Human Services Building and Senior Center will be closed:**

**Thursday, January 1<sup>st</sup> & Monday, January 19<sup>th</sup>**

Start the New Year right! Come and take an exercise class, learn a new skill, learn interesting history, listen to some music, make new friends. 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.



December was packed full of fun things.

The Needle Arts Group held a very successful sale, we learnt about life in the deep ocean, we were entertained with much festive music and the Holiday Tea was a great success as always.

