



Acton Senior Bulletin

May 2019

The Council on Aging (COA) Office/Senior Center at 30 Sudbury Road Rear, is open weekdays 8am-5pm. Telephone: 978-929-6652. Email: seniorcenter@actonma.gov. Visit the COA website at www.actoncoa.com. Please send mail to: Acton COA, 30 Sudbury Rd. Rear, Acton, MA 01720

Registration for NEW programs begins in person or by phone on Monday, May 6th at 1:00



Living History Performance

Hedy Lamarr: Tinseltown Inventor and the Most Beautiful Woman in the World

Friday, May 17th, 1:00-2:10

Open to out of town seniors for \$5

Upon hearing the name Hedy Lamarr, whom do you see? A smoldering, bejeweled temptress, perched on velour cushions in the 1949 film *Samson and Delilah*? Or, is she a demure and professionally clad inventor, embarking on scientific ideas that were generations ahead of her time? Hedy Lamarr was not only a great starlet, she was also devoted to helping the Allies beat the NAZI forces in WWII. Whether selling war bonds for a \$50,000 kiss or inventing a secret communication system with the help of American composer George Antheil, Hedy Lamarr knows she is more than just a glamorous girl! Watch as this young Viennese refugee transforms to become *The Most Beautiful Woman in the World*, all the while inventing technology that would become the forerunner to GPS, WIFI, and all wireless telecommunications. *Judith Kalaora is a professional educator, actress, and living historian. She is the founder of History At Play™ and previously introduced us to Deborah Samson and Lucy Stone at the Senior Center to rave reviews.* If you'd like to see Ms. Lamarr in a movie role, we will be showing the 1945 film *Come Live With Me* on Friday, May 24 at 12:45.

CarFit Event

Open to out-of-town seniors starting May 13th

Friday, May 24th, 10:00-12:40 by appointment

CarFit is designed to give a quick, yet comprehensive, check on how well an older driver (65+) and their vehicle work together with a focus on comfort, safety, and mobility. CarFit is a national program developed by AAA, AARP and the American Occupational Therapy Association. A "car fit" takes about 20 minutes and a technician will complete a 12-point checklist with each driver, including the correct position of the driver's seat, ability to reach pedals, and adjustment of mirrors. Occupational therapists will also be on hand to provide a consultation.

These events require pre-registration. See details in this newsletter.

Index	Page
Around Town	13
Calendar	14-15
Classes	5
Clinics	11
Dining	11
Exercise	6
Gym News	2
Ongoing Activities	8-10
Program Highlights	2-5
Senior Cinema	5
Support Groups	13
Support Services	12
Transportation	12
Trips	7

Director's Corner – Please welcome Bernice Nicoll to the COA staff. Bernice is our new Activity Assistant. Bernice grew up in Acton and worked at the Merriam School before joining us. She currently resides on a Christmas tree farm in Lunenburg with her husband. Please stop in and meet her.

May is Older American's month. Every day for the next 15 years, 10,000 baby boomers will reach age 65 in the United States. We will be celebrating all age 90+ Acton residents later this month. We have over 170 nonagenarians in Town! You won't want to miss the Friends Wine and Paint fundraising event on May 14. See page 3 for more information. **Sharon, COA Director**

- Gym Training
- Ask the Realtor
- Wine & Paint
- Garden Therapy
- Trivia
- Smart Phone
- 90s Birthday
- Shazam! Magic
- Storytelling Wkshp
- Trips
- Memory Café
- Watercolor Class
- Golf
- Chess Lessons
- Drawing Clss
- SHINE Appts.
- All Meals
- Reiki Appts.

GYM NEWS

Gym Hours

Mondays, 9:00-2:00

Tuesdays, Wednesdays and Fridays, 9:00-12:00

Thursdays, 9:00-3:00

► Gym Training

Wednesdays, May 1st, 8th, 15th and 29th, 12:15-1:00

To use the gym, you need to sign a waiver and complete a 45 minute gym training. Sign up now for training.

Acton seniors only



Call Now: Registration Open

► Gym Monitor Training

Wednesday, May 22nd, 12:15-1:00

Monitors are not only required by the Town, but we rely on them to keep our gym running smoothly, ensure gym rules are being followed and to monitor the safety of users. The commitment is just 1 hour/week. There is also an option of just being a sub as needed. For more information on becoming a monitor, speak to Mary or Judy.

Call Now: Registration Open

► Indicates that you must register in advance!

UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS.....MONDAY, MAY 6th at 1:00

The American Radical Tradition with Gary Hylander

Wednesdays, May 1st, 15th, 22nd, and 29th, 1:00-2:00

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

Dr. Hylander's series on the American Radical Tradition concludes this month. From the very beginning of the Republic, Americans have been inspired by the tradition of dissent and the question of what constitutes "a more perfect Union." Join us as we discuss how issues such as political freedom, slavery and civil rights, women's rights, equality before the law and much more have worked to shape the narrative of the American Radical Tradition. *Dr. Gary Hylander earned his Ph.D. at Boston College. He currently is an independent scholar who specializes as a Presidential Historian. He is a visiting professor at Framingham State, on the staff at Boston University School of Education, and a pedagogical specialist for the National Endowment for the Humanities.*

How Can We Make Acton a Healthier Community?

Open to Acton residents

Tuesday, May 7th, 10:00

Join the discussion. Your comments will help the Acton Health Department determine how the town's health can be improved. Refreshments will be served. Share your views on a wide range of topics including ~ walkability of Acton, access to mental health services, water quality, substance abuse, isolated residents, affordable housing, tick borne illness, transportation needs and accessibility for disabled residents. For more information, please contact the Acton Health Department at 978-929-6632 or email Health Director Sheryl Ball at sball@acton-ma.gov.

Hot Topics Conversation **New!**

Tuesdays, starting May 7th, 9:30-10:30

Open to out-of-town seniors/free

"Hot Topics" is a gathering of interested persons who would like to discuss issues of the day based on a common interest with a focus on one issue for each session. The topics will be determined by the group at our first session. Members who propose a specific topic/issue will be encouraged to lead that discussion. We will continue to meet on a weekly basis until the group determines that we have covered all of the topics. A morning snack will be provided and coffee is available. Facilitated by Sal Lopes, a retired educator.

Cut Your Costs on Internet/TV/Telephone

Tuesday, May 7th, 1:00-2:30

Open to out-of-town seniors/free

COST Join Acton resident Murray Bob as he shares his research on ways to cut the ever-increasing cost of telecommunications in your home--internet, television and telephone service. You will learn options if you want to cut the cable cord or simply reduce your bill, how to stream television, what is available in the area for telephone service (landlines and cell phones), and finding the right internet provider to meet your needs. Available options for lower-income folks and various discounts will be covered.

► Indicates that you must register in advance!

UPCOMING PROGRAM HIGHLIGHTS- continued

REGISTRATION BEGINS.....MONDAY, MAY 6th at 1:00

► Ask the Realtor® Appointments

Wednesday, May 8th, 9:30-11:00

Acton seniors only

Wondering about the current real estate market, rates or which renovations are worth doing prior to selling? Are you simply looking for good, reliable tradespeople? Heather Murphy, Realtor® with Keller Williams Realty and an Acton resident for over 30 years will be hosting office hours at the Senior Center. Please call the Council on Aging to sign up for a 15-minute one-on-one meeting.

Eating Well and Preventing Malnutrition

Tuesday, May 14th, 12:30-1:15

Open to out-of-town seniors/free

Did you know May 13 is the First Annual Massachusetts Malnutrition Awareness Week? Just after lunch in the dining room, Minuteman Senior Services Registered Dietitian, Denise Mercury, will speak about eating well and preventing malnutrition, a common problem with older adults. She will provide malnutrition screenings and a healthy snack. If you are coming for lunch, please call 978-263-5053 for a reservation.

► Wine and Paint, a Friends of the Acton COA Fundraising Event



Tuesday, May 14th, 6:30-8:30PM

Open to out-of-town residents

Enjoy an evening sipping wine, snacking on hors d'oeuvres and painting. Instruction, supplies and refreshments are included in the \$45 fee. Cash or check (payable to Friends of the Acton COA) is due at time of sign up. Sign up at the Senior Center or at www.pinotspalette.com/lexingtoncenter/event/320781. Anyone over 21 is welcome!

► Garden Therapy: Summer Bulb Workshop

Wednesday, May 15th, 10:30-11:30

Acton seniors only

Enjoy sharing the experience of working with plants and flowers! Cathy Fochtman will guide you in planting summer bulbs. Sponsored by the Friends of the Acton Nursing Service. Cathy has a Horticultural Therapy certificate from the Horticultural Therapy Institute of Denver, CO, a college course from Univ. of Colorado. This training enhances her interest in improving the lives of people through plants, nature and horticultural activities.

► Trivia Contest

Thursday, May 16th, 1:00-2:15

Acton seniors only

Acton resident Peter Duran leads the trivia contests, which are a great way to flex your brain muscles, trigger fond memories and have some fun. Teams of a maximum of four people answer questions on a variety of subjects and keep score. Prizes are given by a drawing. When you call to sign up, mention if you'd like to be on a specific team, otherwise you'll be randomly assigned. Congratulations to the winning team from March: Anita Heath, Bill Maxwell, Al Van Mourik, and Lou Ventola. Lucky prize winners were Lou Ventola and Mary Westcott.

Jumpstart Your Meditation with Liz Paley

Thursday, May 16th, 2:30-3:30

Acton seniors only

Whether this is your first time meditating or you have a regular practice, join Liz Paley for some helpful tips on mindfulness. Mindfulness is the awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. No experience necessary...just bring your breath and curiosity! Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life. *Liz, our former Health and Wellness Coordinator, holds an MA in psychology, and completed the UMass Mindfulness Based Stress Reduction program.*



Java with John

Friday, May 17th, 10:00-11:00

Enjoy a cup of coffee and conversation with Town Manager, John Mangiaratti.

► Indicates that you must register in advance!

UPCOMING PROGRAM HIGHLIGHTS- continued

REGISTRATION BEGINS.....MONDAY, MAY 6th at 1:00

Losing Control? Prevention, Improvement & Management of Urinary Incontinence

Tuesday, May 21st, 1:00-2:00

Open to out-of-town seniors/free

Take BACK control of your bladder! Join staff from Eden Home Health Care for a presentation on urinary incontinence that will include physical therapy exercises/tips, types of urinary incontinence, dietary irritants for the bladder and bladder retraining programs. Eden Home Health Care, located in Woburn, offers free educational workshops to empower older adults in maintaining health and wellbeing.

Acton Healthy, Wealthy and Wise Fair

Thursday, May 23rd, 1:00-3:00

Open to everyone

Stop by and talk with Town Departments and Acton agencies and business. Various health screenings will be available as will Ask a Lawyer and Ask a Pharmacist.

Live Storytelling Event

Tuesday, May 28th, 11:00-12:00

Open to out-of-town seniors/free

Come hear the stories told by participants in this month's storytelling workshop. It's a great opportunity to support your peers while being entertained and inspired. Some of the stories told at previous events have been remarkable!

► Smart Phone Ringtone Class



Thursday, May 30th, 2:00-3:00

Open to out-of-town seniors/free

Bored by the ringtone options available on your smart phone? Girl Scouts from Troop 62502 will teach you how to use an app to create a custom ringtone on your smart phone. Make sure your phone is charged and you have your app store password handy. This class is for people with smart phones only (a phone that can access the internet and download apps, such as an iPhone or Samsung Galaxy).

► 90s Birthday Luncheon

Friday, May 31st, 12:00-1:30

Open only to Acton seniors age 90+

Call now to RSVP

We are hosting a luncheon in honor of our Acton seniors who are aged 90+. If you didn't receive an invitation by May 10th and are 90 or older, please call the COA at 978-929-6652 so we may include you at the luncheon.

► Shazam! Magic by Paul



Tuesday, June 4th, 1:00-2:00

Open to out-of-town seniors/free

Join Acton's own Paul Motyka for a magic show that is sure to entertain and amaze! Audience participation will be encouraged. Paul discovered his love for magic ten years ago when he retired from a career in engineering. Space is limited, so please sign-up in advance.

Music History: Thirty Years of Jive Music

Wednesday, June 5th, 1:00-2:00

Open to out-of-town seniors for \$5



John Clark presents a multimedia program that combines historical facts and anecdotes with lots of music and video clips. Jive music began in the rip-roaring 1920s with seminal jivesters like Louis Armstrong and especially Cab Calloway who contributed scat singing, the zoot suit and his own dictionary of jive lingo. Then come the thirties with an early, very hip Bing Crosby, the Andrews Sisters boogie woogie and the jazzy style of Ella Fitzgerald. The craziness continued in the forties with band leaders like Louis Jordan, scat man Leo Watson, the Cats and the Fiddle and the irrepressible Slim Gaillard. In the fifties it was beboppers like Charlie Parker and Dizzy Gillespie and don't forget the crazy antics of Louis Prima and Keely Smith. John will end with a look at the young swing and jive revival groups of the mid-1990s. *Prior to a career as a high school and adult education teacher, John Clark worked in music publishing in Nashville. Through his Great American Music Experience programs, he shares his passion for music with senior centers and senior residences.*

► Indicates that you must register in advance!

UPCOMING PROGRAM HIGHLIGHTS- continued

REGISTRATION BEGINS.....MONDAY, MAY 6th at 1:00

Pluto's Amazing Story with J. Kelly Beatty



Thursday, June 6th, 1:00-2:15

Open to out-of-town seniors for \$5

In July 2015, NASA's New Horizons spacecraft flew past Pluto after a 9½-year-flight. The historic encounter has been 85 years in the making, ever since 24-year-old Clyde Tombaugh discovered this enigmatic body at the edge of our planetary system. Join veteran space-science reporter Kelly Beatty as he traces the history of Pluto—from predictions of its existence to the discovery of its moons to its “demotion” to dwarf-planet status. Then take a tour of what New Horizons has revealed about Pluto and Charon—truly the “odd couple” of our solar system—and an even-more-distant object (nicknamed “Ultima Thule”) that the spacecraft visited this year. *Kelly Beatty has been explaining the science and wonder of astronomy since 1974. An award-winning writer and communicator, he specializes in planetary science and space exploration as Senior Contributing Editor for Sky & Telescope magazine, and you'll occasionally hear him on The Weather Channel and National Public Radio. He holds a BS from the California Institute of Technology and a Master's degree in science journalism from Boston University.*

CLASSES

REGISTRATION BEGINS.....MONDAY, MAY 6th at 1:00

► Storytelling Workshop with Sal Lopes Open to out-of-town seniors/free

Tuesdays, May 7th through 28th, 11:00-12:00

Want to tell a story? What is your story? Telling stories is as old as the beginning of humanity. Recently it has emerged as a popular form of social connection, a way to share personal experiences, and as a form of entertainment. On May 28th, participants will have the opportunity to present their stories to a Senior Center audience. *Sal Lopes is a retired educator who has taken courses on storytelling, facilitated workshops and has presented his stories locally.*

► Indicates that you must register in advance!

SENIOR CINEMA

Open to out-of-town seniors/free

Movies are shown with closed captioning/subtitles when available.

Friday, May 3rd, 12:45-2:25 *Stan and Ollie* (2018, PG) Biopic about Laurel and Hardy, the world's most famous comedy duo, as they attempt to reignite their film careers by embark on what becomes their swan song—a grueling theatre tour of post-war Britain. Steve Coogan and John C. Reilly star.

Monday, May 6th, 12:45-2:30 *Wuthering Heights* (1939) Laurence Olivier, Merle Oberon and David Niven star in this adaptation of Emily Brontë's classic story of passion, hatred and revenge on the Yorkshire moors.

Friday, May 10th, 12:45- 2:55 *Mary Poppins Returns* (2018, PG) Decades after her original visit, the magical nanny returns to help the Banks family rediscover the joy and wonder missing in their lives. Cast includes Emily Blunt, Lin-Manuel Miranda, Ben Whishaw, and Emily Mortimer with Dick Van Dyke, Meryl Streep, Angela Lansbury, and Colin Firth in small roles.

Friday, May 24th, 12:45-2:15 *Come Live With Me* (1941, NR) If you attended the Hedy Lamarr live performance this month, see her in one of her film roles. Seeking US citizenship, a Viennese showgirl (Lamarr) arranges a marriage of convenience with a struggling writer (Jimmy Stewart).

Tuesday, May 28th, 12:45-2:35 *Camille* (1936) If you enjoyed the opera class on La Traviata, see this film based on the novel by Alexandre Dumas which was the storyline used for Verdi's opera. A Parisian courtesan must choose between the young man who loves her and the callous baron who wants her, even as her own health begins to fail. Stars Greta Garbo, in an Oscar-nominated role, and Robert Taylor.

Friday, May 31st, 12:45-2:45 *On the Basis of Sex* (2019, PG-13) Biopic about the early career of Ruth Bader Ginsburg (Felicity Jones), her fight for equal rights, and the early cases of an historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice.

EXERCISE

Open to Acton seniors only



Active Aging with Terri Zaborowski

Mondays, through June 24th, 8:30-9:30

No class May 27th

Tuesdays and Thursdays through June 25th, 9:45-10:45

This class is designed for every fitness level. Start with flexibility training followed by balance exercises, proceed to resistance training to build muscle and increase bone density. End with a stretch. The last 15 minutes is an optional cardio training using low-impact dance movements. Entire class is done seated or standing.

Gentle Chair Exercises with Mary Morgan

Mondays, through June 24th, 10:30-11:00

No class on May 27th

Wednesdays, through June 26th, 11:30-12:00

This low-impact program is best suited for people getting little or no activity and is based on the *Matter of Balance* program aimed to increase strength, balance and coordination. Small hand weights and exercise balls are used and are provided. Some of the balance exercises are done standing but can be modified for those wishing to stay seated.

Senior Fitness with Terri Zaborowski

Tuesdays, Wednesdays, Thursdays and Fridays through June 28th, 8:30-9:30

After 30 minutes of aerobics, you will work on your muscle strength and flexibility exercises using hand weights in both standing and seated positions. We finish with a 5-10 minute full body stretch. Weights are provided.

Yoga Class and Healthy Joint Class with Patsy Brightman

Wednesdays, through June 26th, 10:45-12:00

The last Wednesday of each month is a healthy joint class

This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures and optional floor work. Bring a yoga mat. On the last Wednesday of each month a Healthy Joint Class will be offered to improve flexibility and balance. Funded by an Executive Office of Elder Affairs grant, which requires the COA to ask for donations—a \$1/class is suggested.

Tai Chi with Linda Sango

Tuesdays, through June 25th, 11:00-12:00

This Tai Chi class is open to all levels of participants. Instead of focusing on learning as many form movements as possible, students will be encouraged to learn single movements and explore postural, movement and conceptual principles immediately. Tai Chi is known to improve the health of body, mind and spirit while improving balance.

Senior Taoist Tai Chi with Sue Chase and other Taoist Tai Chi Society Instructors

Thursdays, through June 27th, 11:00-12:00

New students are welcome and will learn moves until the set of 108 moves (many repeated) has been taught. Tai Chi is known to build strength, improve balance and flexibility. Wear footwear with a fairly smooth tread.

Stretch and Flex with Terri Zaborowski

Tuesdays and Thursdays, through June 27th, 3:00-4:00

This class helps to maintain strength and flexibility with standing and seated exercises. Start with a warm-up. Proceed to strengthen the muscles using resistance bands (provided by the Center). Finish with a full body stretch designed to lower the heart rate, relieve stress and increase flexibility. Entire class is done seated or standing.

NouVon Fitness with Yvonne Benelli

Fridays, through June 28th, 10:00-11:00

No class on June 7th

This class is suitable for all fitness levels, focusing on balance, stability, core strengthening, posture, muscular strength, some cardio/dance and stretching. Done standing and sitting. Funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations—a \$1.00 per class is suggested.

Walk the Neighborhood

Open to out-of-town seniors/free

Wednesdays in May, 10:00-10:30, meet in the reception area

Pick up a map at reception and walk with fellow seniors around the Mews or over to the Thoreau Club. All walking is on sidewalks and the terrain is flat. Wear comfy shoes and bring water.



Handyhelper Program helps seniors with small repairs and simple household jobs. Volunteers glue chair legs, replace light bulbs, flip mattresses, help with computer/DVD issues and more. Summer is coming! It's not too early to request your air conditioner to be installed. This is not an emergency service. Call the COA at 978-929-6652 to make a request.



Art Exhibit - In May and June, we are delighted to display "Explorations in Art" an eclectic collection of works covering five decades of experimentation by Suzanne Grant Chase, BS Ed Mass College of Art.

TRIPS

► Charles River Boat Ride and Lunch at Venezia

Open to out-of-town seniors



Tuesday, June 25th, leaving from Senior Center overflow parking lot at 7:30 a.m.

Enjoy a day on the water! First up is a 70-minute narrated cruise along the Charles River with the Charles River-boat Company. Your captain and crew will both entertain and educate while pointing out the historic and cultural sights of Boston and Cambridge including Beacon Hill, Esplanade Park, Back Bay, BU, MIT, and Harvard. After the cruise, it's off for lunch at waterfront Venezia Restaurant which offers incredible food, views and service. Lunch includes salad, rolls, choice of Baked Haddock or Chicken Piccata, coffee/tea, and ice cream with berries. Indicate your entrée choice when you register. The boat has restrooms and is covered. The restaurant is fully accessible. *Safety is always first. There may be times due to unforeseen circumstances or weather that the boat ride is canceled (this is determined by the boat company). In that case, we will try to find a substitute activity.*

Depart: 7:30 a.m. from Senior Center overflow parking lot; approximate return time is 3:30 p.m.
Cost: \$85, due June 3, includes coach bus transportation (with restroom), cruise, lunch and all gratuities.

► A Day in Southern Maine: *Cabaret* at the Ogunquit Playhouse & Lunch at York River Landing

Wed., July 31st, leaving from the Senior Center overflow parking lot at 9:00AM **Open to out-of-town seniors**

The highlight of the day in Southern Maine will be a live performance of *Cabaret* at the famous Ogunquit Playhouse. During this musical, which is about following your heart while the world loses its way in pre-WWII Germany, you'll hear some of the most memorable songs in theatre history, including *Cabaret*, *Wilkommen* and *Maybe This Time*. First off, though, we will make a quick stop at Stonewall Kitchen in York for some shopping and sample tasting. Next will be lunch at York River Landing (formerly Bos'ns Landing). Lunch will include salad, choice of Baked Haddock with Parmesan Crumble or Buttermilk Chicken with Country Gravy, red bliss mashed potatoes, seasonal vegetable, assorted cookies, and coffee or iced tea. Please indicate your entrée choice when you sign up. The day will conclude with the *Cabaret* Performance at the playhouse, one of the last remaining summer theatres from the Straw Hat Circuit, also referred to as Summer Stock, still producing live musical theatre. The theatre is listed on the National Register of Historic Places. There are stairs at the playhouse.

Depart: 9:00 a.m. from Senior Center overflow parking lot; approximate return time is 6:30 p.m.
Cost: \$135, due July 9th, includes coach bus transportation (with restroom), performance, lunch and all gratuities.

► Pilgrim Belle Cruise in Historic Plymouth

Open to out-of-town seniors

Friday, August 16th, leaving the Senior Center overflow parking lot at 9:00 a.m.

We'll start with a 75-minute narrated cruise on the Pilgrim Belle, a true paddle wheeler, through the calm waters of Plymouth Harbor. Points of interest include a mariner's view of Plymouth Rock, Duxbury Pier Light-house, Gurnet Point Lighthouse, Miles Standish and Forefather's Monuments and Burial Hill. After the cruise, our group will have lunch at Isaac's on the Waterfront which is known for its food and scenic harbor views. Lunch includes cheese and crackers, salad, rolls, choice of chicken Cordon Bleu or Broiled Scrod, seasonal vegetable, beverage and dessert. After lunch you are free to visit area shops and enjoy the scenery right on the waterfront. The boat is a bit of a walk along the pier from the drop-off area, and there is a ramp onto the boat. The boat is two-stories with covered and open areas, restrooms and a cash-only snack bar. Isaac's is on the 2nd floor but there is an elevator.

Depart: 9:00 a.m. from Senior Center overflow parking lot; approximate return time is 5:00 p.m.
Cost: \$86, due July 25th, includes coach bus transportation (with restroom), cruise, lunch and all gratuities.

Council on Aging Trip Policies

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check. Trips are open to seniors from outside Acton.
2. Payment is due as specified in each trip description. Unless the trip description states otherwise, refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you find someone to go in your place.
3. Unless otherwise specified in the trip description, make checks out to: "Friends of the Acton COA." Drop payment off at the Senior Center or mail to: Acton COA, 30 Sudbury Road, Rear, Acton, MA 01720. Make a separate check for each trip. Checks are typically cashed after the trip.
4. The bus leaves from the Senior Center overflow parking lot (second entrance into the 30 Sudbury Rd. complex). You may park there or in the main lot close to Sudbury Rd.
5. The Friends of the Acton Council on Aging offer partial trip scholarships for those in need. Call COA Director Sharon Mercurio at 978-929-6652 for more information.
6. Always bring your FILE OF LIFE card with you on trips. Extra copies are available at the Senior Center. Please make sure all sections of the card are complete and up-to-date.
7. Trip attendees must attend each segment of a day trip and may not stay behind on the bus.
8. If you are not self-sufficient or have special needs, you must travel with a companion who can provide assistance for you. Call the COA for details if you are uncertain of the demands of a trip.
9. If a senior has a medical emergency on a trip, the trip leader will procure medical assistance as needed but cannot accompany someone to the hospital.
10. Sometimes due to weather or other unforeseen circumstances, a portion of the day trip itinerary may be canceled. In that case we will try to provide a substitute activity. Whether a boat ride is a "go" in inclement weather is decided by the boat company.

ONGOING ACTIVITIES

► Memory Café

Friday, May 10th, 11:30-1:00

Open to all/free

Call Now: Registration Open

A Memory Café is a welcoming place for people with memory impairment and their care partners /caregivers. Cafés are a place to talk with others who understand what you are going through, to leave behind limitations and instead focus on strengths. We do ask attendees to bring their care partners. Sponsored by Right at Home, Concord Park, and Care One of Concord. Maria Ramsey, local board certified musical therapist will be entertaining.

► Watercolor Workshop with Sue Chase

Fridays, through May 17th, 9:30-11:30

Class is full; call about the waitlist

► Golf for Seniors at Quail Ridge Country Club at 254B Great Rd. Acton



Tuesdays, (weather permitting), Tee time at 8:00AM

The COA has arranged a weekly tee time for seniors (age 60+) from Acton and surrounding towns. Cost is \$25 for 9 holes, payable that day, and includes a cart. Call the COA to reserve a spot; deadline to sign up each week is Monday. A new Ladies League called "Ladies 9 and Wine" will meet Monday afternoons at 3:00. This group will be open to all ability levels. Start date has yet to be determined. Please contact Mark at Quail Ridge for more information 978-264-0399.

► Beginner Chess Class with Acton resident Ken LeBow

Thursdays, through June 13th, 12:30-2:00

Open to out-of-town seniors/free

Learn how the pieces move, what are check and checkmate and some basic strategies.

► Intermediate Chess Class with Acton resident Ken LeBow

Thursdays, through June 13th, 2:00-3:00

Open to out-of-town seniors/free

► Drawing For All with Sandy Wilensky

Tuesdays, through May 14th, 9:00-11:00

Class is full; call about the waitlist

► Indicates that you must register in advance!

ONGOING ACTIVITIES – continued

► **Minuteman SHINE (Serving the Health Insurance Needs of Everyone) *Call for an appointment***

Are you retiring soon or turning 65 in the next few months? Our SHINE counselors can help you navigate the sometimes complicated world of medicare coverage.

ArtMatters: The American West

Thursday, May 2nd, 1:00-2:00

Open to out-of-town seniors for \$5

The ArtMatters series concludes with a look at The American West. American artists have been like America itself—pioneering, bold and independent. Especially in the western frontiers where artists were confronted with a totally new and unbelievably beautiful landscape, an alien culture and a dramatically different life style. It fascinated everyone, especially the jaded and complacent Europeans who were enthralled and seduced by the Western American experience. But, it was all over in just 90 years! It took only one life span to end this chapter of our history; from the virgin exploration through pristine lands to the massacre of millions of bison; the pioneers, trappers, cowboys, settlers, miners, and the total redistribution of Native Americans in the Indian Wars. Please join ArtMatters for a look at a very brief but special time in our nation's history through the eyes of artists who tried to capture the flavor of a lost era and preserve it for us. During this lively, engaging program you will view an array of large museum-quality prints and learn about the art of the American West.

Line Dancing with Kari McHugh!

Open to out-of-town seniors/\$20

Wednesdays, through June 26th, 3:00-4:00

See for yourself why so many love this fabulous activity. Beginner dances can be learned within minutes. Sneakers with worn bottoms or dress shoes typically provide some slide, as do any type of dance shoes. This class is funded by an Executive Office of Elder Affairs grant, which requires the COA to ask Acton seniors for donations--a \$1 donation/class or \$10 for the full session is suggested. The fee for out-of-town seniors is \$20 for the full session.

AB Regional High School Senior Class Community Service Raking Day

Friday, May 3rd, 9:45-12:45 (Limited to 10 yards.) Registration is closed.

If you'd like to make a donation for the raking send it to ABRHS (Community Service Fund); c/o Melissa Dempsey, 36 Charter Rd, Acton, MA.

Classical Music Series with Sivan Etedgee

Open to out of town seniors for \$5/lecture

Thursdays, May 9th and June 13th, 1:00-2:00

Pianist and teacher Sivan Etedgee continues this monthly series that combines lecture, live performance and classical music recordings. Attendees come away with a greater understanding and appreciation of classical music.

May 9th: Erwin Schulhoff. Explore the life and music of this fascinating yet underappreciated composer.

June 13th: Golden Age of Piano. Learn about & listen to recordings from the so-called “Golden Age” of the piano.

50+ Job Seekers Regional Networking Group

Open to all age 50 plus/free

Monday, May 13th, 2:00-4:00 at the Acton Senior Center

If you are age 50 plus and looking for a new job, a new career direction or an encore career, this is the group for you! The meeting topic is *Developing a Marketing Plan for Your Job Search*. Guided networking and the issue of ageism are integrated into the session. Develop new skills, tools and strategies to help in your career transition. Meetings are led by Tom Patria, a career services professional. Check-in/informal networking begins at 1:30. This is the last meeting of the fiscal year; future meetings are subject to grant renewal. Newcomers pre-register at www.mcoaonline/50plus. This program is funded by the MA Executive Office of Elder Affairs and managed by the MA Councils on Aging.

Mah Jongg Time

Open to out-of-town seniors/free

Mondays, 1:00-4:00 for experienced players only

No game on May 27th

Fridays, 1:00-4:00 and Tuesday, May 28th, 1:00-4:00 open play for all skill levels

The Friday group must know the basics of the American game. The Monday group is for those who can play a game in 15 minutes. Games follow Nat'l. Mah Jongg League rules. Bring your Mah Jongg set if you have one.



ONGOING ACTIVITIES – continued

Morning Open Activity Time

Weekday mornings, 9:00-11:30

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, cribbage, Mah Jongg, playing cards). You may also work on your own art or craft project or borrow an iPad. Ask your friends to meet here or make new ones!

**Open to out-of-town seniors/free
No activity time on May 17th and 27th**

LitLovers Study Group facilitated by Program Manager Chris Chirokas

Monday, May 20, 1:00-2:15

Open to out-of-town seniors/free

This monthly group centers on *The English Novel*, the Great Courses series featuring 30-minute lectures on DVD by Professor Timothy Spurgin, Ph.D. Group is facilitated by Program Manager Chris Chirokas. The lecture topic this month is: *Novelists of the 1840s—The Brontes*, followed by a discussion period. Recommended reading: *Wuthering Heights* by Emily Bronte, her only book written before her untimely death, it tells the tale of the intense love between the gypsy foundling Heathcliff and well-bred Catherine Earnshaw. New attendees welcome!

Needle Arts Group

Open to out-of-town seniors/free

Wednesdays, 12:30-2:30 This friendly, social group is open to anyone interested in sewing, knitting or crocheting.

Laugh For Your Health

Open to out-of-town seniors/free

Thursday, May 9th, 11:00-12:00

Laughter can really be one of the best medicines! In this interactive program, you will learn how to generate your own hearty laughter without the need for jokes. We use seated and standing laughter exercises, combined with deep, relaxing belly, or “yoga breaths.” This practice is called Laughter Yoga, but there are no mats or yoga poses. Many health benefits are derived from this practice including: increased energy and alertness, mood elevation, stress relief, and boosting the immune system. See how you can laugh your way to joy and well-being! *Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher.*

Computer Club

Wednesdays, May 8th and 22nd, 1:30-3:00

Open to out-of-town seniors/free

Bring your questions, problems and related issues. This club has no formal instruction. Several regulars are there willing to share their experiences, and work one-on-one to resolve computer issues from Windows difficulties, email setups/usage, networking issues, upgrades and assistance. MAC and Chrome/Android users are welcome.

Genealogy Group

Open to out-of-town seniors/free

Friday, May 10th, 1:00-2:30

Whether you are new to genealogy or have been researching for years, come discuss your research, seek some advice or simply share your passion for family history with like-minded people in this facilitated group.

Chess Club with Ken LeBow

Open to out-of-town seniors/free

Thursdays, 1:30-4:15 For players with some experience to get together. You only need to know the basics.

The Bookies COA Book Club

Monday, May 20th, 1:00-2:00

Open to out-of-town seniors/free

There's nothing like having a lively group discussion to enrich the experience of reading a good book! The book this month is *Yellow Raft in Blue Water* by Michael Dorris. Copies of the book are on reserve at the Acton Memorial Library (978-929-6655) and the Citizen's Library may have copies (978-929-6654).

Drop-In Bridge

Open to out-of-town seniors/free

Wednesdays, 2:30-4:30 People with a variety of skill levels are welcome but playing experience is needed.

Health Talk with Linda Cullen, RN of Acton Nursing Services

Tuesday, May 28th, 11:00-11:30

Open to out-of-town seniors/free



The topic for May's Health Discussion is all about ticks. Learn what diseases ticks carry, what they look like, how to remove ticks, what protective clothing to wear, repellents and how to do a body check for ticks.

DINING OPPORTUNITIES

REGISTRATION BEGINS..........**MONDAY, MAY 6th at 1:00**

****Please sign up with the COA office (978-929-6652) for the following meals:**

► **Town Employee Lunch** **Acton seniors only**
Wednesday, May 8th, 12:00 at the Senior Center
Acton Nursing will be preparing stir fry chicken with vegetables, rice and brownies sundaes.... Cost is \$3.00

► **Monthly Breakfast** **Acton seniors only**

Friday, May 17th, 9:15
Join us for a warm, plentiful breakfast! Typically French toast, eggs, fruit, bacon and sausages are served, but chef Veteran Services Officer James MacRae sometimes surprises us. Cost is \$3.00. Stay after breakfast to hear from Town Manager John Mangiaratti.

► **Monthly Lunch by Benchmark Senior Living/Robbins Brook** **Open to out-of-town seniors**
Tuesday, May 21st, 12:00 at the Senior Center
Enjoy meatloaf, mashed potatoes, green beans, salad and brownies. This meal is subsidized in part by Minuteman Senior Services. A \$3 donation is requested.

► **Life Care Center of Acton Lunch** **Open to out-of-town seniors**
Thursday, May 23rd, 12:00 at the Senior Center
Join us for an always delicious lunch. The menu is a surprise. Cost is \$3.00.

► **Newbury Court Lunch** **Acton seniors only**
Wednesday, May 29th, 12:00
We never know ahead of time the lunch menu but it's always delicious. Cost is \$3.00.

Please sign up with Joy in the Dining Room (781-221-7085) for the following meals:

► **Minuteman Lunches** are served M-F at 12:00. Voluntary donation is \$2. Call 781-221-7085 by 9:00 the day before. *Minuteman Senior Services meals are open to all residents who live in Minuteman communities.*

Birthday Lunch: Thursday, May 9th, 12:00 Free to those celebrating a birthday.

► **Indicates that you must register in advance!**

CLINICS

► **Reiki Appointments with Ann Marie Durlacher** **Acton seniors only**
Friday, May 10th, 9:00-10:20 (sign up for a 15 minute appt.)
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. Reiki is funded through a grant from the Executive Office of Elder Affairs; a \$5 donation is recommended. *Ann Marie is a certified Usui Shiki practitioner and has been practicing Reiki for the past ten years.*

Podiatry Clinic - May 21st and 28th and June 4th, 11th and 13th
Offered by the Acton Nursing Services. The fee is \$35 with a \$20 fine for not showing up for an appointment if it is not cancelled at least 24 hours ahead of time. Call 978-929-6650 to schedule an appointment.

Blood Pressure & Wellness Clinic Tuesday, May 14th and 28th, 9:00-11:00
A registered nurse from Acton Nursing Services will check blood pressure, pulse, weight, and discuss medication, nutritional or health related questions. No appointment necessary. Offered by the Acton Nursing Services.



Durable Medical Equipment for Loan – Acton Nursing Service has a variety of items such as canes, walkers and tub benches to loan. Call Denise weekdays 8:00-5:00 at 978-929-6650. Please allow her a couple of days to gather the equipment. If you have equipment to donate that is in good condition, call the Nursing Service.

SUPPORT SERVICES

Bev Hutchings, Senior Services Coordinator at the COA, is available to help you find resources in the community. Please call 978-929-6652 to speak with her or to set up a time to meet with her.

Food Assistance

Acton Food Pantry – 978-635-9295 Boxborough Business Park, 235 Summer Road, Boxborough. Open Wednesdays 10:00AM-7:00PM and Thursdays 9:30-11:30AM. Closed on the 4th Wednesday of each month. On your first visit please bring a photo ID, utility bill or rental lease that contains your name and address as proof of residency. For more visit: www.actonfoodpantry.org.

Mt. Calvary Community Supper – Mt. Cavalry Church, 472 Mass Ave. **Wednesdays, 5:00-6:00 p.m.** Free. Everyone welcome. Call 978-263-5156 or visit www.mtcalvaryacton.org/communitysupper for information.

Guest Table at First Parish Church, 353 Great Rd., Stow, **First Friday of the month, 5:30-6:30 p.m.**

Free/Donations accepted. Everyone welcome. Doors open at 5:00. Call 978-897-8149 for more information.

Lunch and Listen at St. John Lutheran Church, 16 Great Rd., Sudbury, **2nd Tuesday of the month, 12:00-2:00**, Suggested donation \$8. Enjoy lunch and music. Reservations at 978-443-8350.

SNAP – Supplemental Nutrition Assistance Program offers low-income seniors food assistance. Call Project Bread at 1-800-645-8333, M-F, 8:00-5:00 or visit www.mass.gov/dta.

Home Care Services: Please call the COA if you have questions on how to obtain home care services.

Minuteman Senior Services, our State Home Care, provides a variety of services including:

- **Care Management** – In home assessment, service coordination and decision support to help seniors and disabled adults accomplish activities of daily living and help caregivers manage their responsibilities.
- **Minuteman By Your Side** – Private pay care management option available to seniors and disabled adults to coordinate in home services, support transitions from hospital or rehab to home, assist with relocation and support individuals and caregivers in a wide variety of ways.
- **Other Services:** Caregiver Support, Home Care, Legal, Meals on Wheels and Nursing Home Ombudsman
- **Minuteman Senior Services** can be reached at 1-888-222-6171 or visit www.minutemansenior.org. **SHINE (Serving Healthcare Insurance Needs for Everyone)** help is available by phone at 781-221-7029 or by calling the Acton COA to schedule an appointment with a counselor.

Alzheimer's Services

- Alzheimer's Association: visit www.alz.org or call the helpline 1-800-272-3900. Available for calls 24/7.
- Cooperative Elder Services, Inc. 978-318-0046. Provides local adult day health and Alzheimer's day programs.

Healthcare Websites help you find and compare options for home health, hospital and nursing.

- Nursing Home – www.medicare.gov/nursinghomecompare/search.html
- Hospital – www.medicare.gov/hospitalcompare/search.html

TRANSPORTATION

Transportation – Van rides are available Monday, Tuesday, Thursday and Friday, 8:30-4:00. On Wednesdays the van is available until 5:00. Call Transaction's dispatcher weekdays 978-844-6809. Rides are \$1 in-town and \$1.50 out-of-town. Rides are available in Acton, Concord and Maynard as well as parts of Littleton, Westford and Boxborough. Rides are free to seniors going to the Senior Center. There is also a Cross-Acton Transit van which is an hourly fixed-route bus service. The service runs from 8:00am-6:00pm Monday through Friday. To see the schedule visit: www.minutevan.net/Home. Questions?? Call Doug Halley, Acton's Transportation Coordinator, at 978-929-6451 or email ctc@actonma.gov.



Friendly Drivers may be available to drive seniors to appointments, shopping, etc. Rides must be arranged ahead of time. Call Bev Hutchings at 978-929-6652. We encourage using the van for rides in Acton, Maynard or Concord, 8-4, Monday through Friday. If you need a ride not covered by van transportation, please call Bev.

MART Van Service to Boston – Weekday stops at the Littleton Train Station for rides to Emerson Hospital/Bedford VA/Alewife T-Station/Metro-Boston Hospitals/West Roxbury VA. Call 1-800-922-5636 (press opt. 3).

SUPPORT GROUPS

Widows and Widowers 101 at the Acton Senior Center

Open to out-of-town seniors/free

Wednesday, May 8th, 10:00-11:00 This self-led group discusses experiences and shares solutions to issues.

Care Giver Support for Families & Friends of Loved Ones with Dementia

1st Wednesday of month 10:30-12:00 at RiverCourt Residences, 8 West Main St, Groton, 978-448-4122

4th Tuesday of month, 10:30- 12:00 at Concord COA, 1276 Main St. Concord, 781-863-1166 x104

Grandparents Raising Grandchildren Support Group at the Acton Senior Center

Tuesday, May 21st, 11:00-12:00

Open to all/free

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

Coping with Grief and Loss offered by Care Dimensions

Mondays, May 6 - June 17, 9:30-11:00, Sudbury Senior Center, 40 Fairbank Road, Suite B, Sudbury

For people whose loss was at least 3 months prior to the start of the group. Group will not meet on Memorial Day.

Coping with Loss of a Loved One after an Illness offered by Care Dimensions

Thursdays, May 16 - June 20, 3:00-4:30, Emerson Hospital, Concord

For people whose loss was at least 3 months prior to the start of the group.

Hearts, Hugs & Hope: An Alzheimer's Support Group For information and to RSVP call 978-369-4728.

Second Thursday of each month, 6:00PM at Concord Park, 68 Commonwealth Ave., Concord

Emerson Hospital Adult Grief Support Group at Donaldson Conference Room, 1st floor of John Cuming

For more information and/or to register call 855-774-5100 or email grief@CareDimensions.org.

AROUND TOWN...AND BEYOND



Spring Household Hazardous Waste Day

Saturday, June 1st, 9:00-11:30 at the DPW Garage at 14 Forest Road

This collection is for Acton residents only and proof of residency is required. For a list of what to bring visit: www.acton-ma.gov/141/Hazardous-Waste or call the Health Department at 978-929-6632.

Accessible Bike Demo Day

Sunday, May 5th, 1:00-5:00 p.m. at Pedal Power Bike and Ski on Great Rd., Acton

Try out a recumbent trike, an adult handcycle, a pediatric handcycle, and a tandem bike. Staff will fit the bikes and teach them how to ride them. For information, call Leslie Johnson at 978-618-1812 or lesliej961@yahoo.com.

Acton-Boxborough Cultural Council 11th Annual Our World Film Series

Friday, May 3rd, 7:00PM at Town Hall Room 204

A Man Called Ove – A lonely, grumpy ex-railroad employee obsessed with his home association rules.

Indian Hill Bach Lunch Concert at Indian Hill Music School, 36 King Street, Littleton

Thursday, May 16th, 11:00 and 1:30

Thank You!

- ... to the Police Department for our April Lunch
- ... to the Town Departments and organizations who helped make our "Clean Out" day a success
- ... to Susan Harrigan for the planters at the entrance
- ... to Mary Schatz for trivia prizes

Drive with Caution! The Senior Center parking lot is busy with cars, buses and pedestrians. Please use extreme caution when pulling into or out of a parking space. There have been a number of minor dings. Please be a responsible driver! If your car is dinged and the driver does not notify you please let COA staff know.



...Individually wrapped candy for the candy bowl at the reception desk, especially chocolates. Thanks!
...\$10 gift cards from local businesses to use for trivia prizes are always needed and appreciated!

Disclaimer: The programs and services offered by the COA are for education and information. We encourage you to be an informed consumer when you consider using a product or service. The Acton Council on Aging does not recommend any specific service, speaker or product.

Mon	Tue	Wed	Thu	Fri
	May 2019	<p>1 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Walking Group 10:15 Red Sox Trip 10:45 Yoga 11:30 Chair Exercise 12:15 Gym Training 12:30 Needle Arts 1:00 Amer. Radical Tradition 2:30 Drop-in Bridge 3:00 Line Dancing</p>	<p>2 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 12:30/2:00 Chess Classes 1:00 Art Matters 1:30 Chess Club 3:00 Stretch & Flex</p>	<p>3 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:30 Watercolor with Sue 9:45-12:45 HS Raking 10:00 NouVon Fitness 12:45 Movie 1:00 Mah Jongg</p>
6 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-2:00 Gym Open 10:30 Chair Exercise 11:00 Healthy Aging Survey 12:45 Movie 1:00 Mah Jongg 1:00 Registration Begins	7 8:00 Golf at Quail Ridge 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00 Drawing for All 9:30 Hot Topics 9:45 Active Aging 10:00 Healthy Acton 11:00 Storytelling Workshop 11:00 Tai Chi 1:00 Cut your Internet Costs 3:00 Stretch & Flex	<p>8 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:30 Ask the Realtor 10:00 Walking Group 10:00 Widow/Widowers Group 10:45 Yoga 11:30 Chair Exercise 12:00 Town Employee Lunch 12:15 Gym Training 12:30 Needle Arts 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing</p>	<p>9 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Laugh for Your Health 11:00 Tai Chi 12:00 Birthday Lunch 12:30/2:00 Chess Classes 1:00 Classical Music 1:30 Chess Club 3:00 Stretch & Flex 3:15 Tech Presentation</p>	<p>10 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00-10:20 Reiki Appts. 9:30 Watercolor with Sue 10:00 NouVon Fitness 11:30 Memory Café 12:45 Movie 1:00 Mah Jongg 1:00 Genealogy Group 3:15 Technology Help</p>
13 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-2:00 Gym Open 10:30 Chair Exercise 12:45 Friends Mtg. 1:00 Mah Jongg 2:00 Job Networking Group	14 8:00 Golf at Quail Ridge 8:30 Senior Fitness 9:00-11:00 Wellness Clinic/BP 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00 Drawing for All 9:30 Hot Topics 9:45 Active Aging 10:00 COA Board Meeting 11:00 Storytelling Workshop 11:00 Tai Chi 12:30 Nutrition Talk 3:00 Stretch & Flex 6:30-8:30 Wine and Paint	<p>15 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Walking Group 10:30 Garden Therapy 10:45 Yoga 11:30 Chair Exercise 12:15 Gym Training 12:30 Needle Arts 1:00 Amer. Radical Tradition 2:30 Drop-in Bridge 3:00 Line Dancing</p>	<p>16 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 12:30/2:00 Chess Classes 1:00 Trivia Contest 1:30 Chess Club 2:30 Meditation Tips 3:00 Stretch & Flex</p>	<p>17 8:30 Senior Fitness 9:00-12:00 Gym Open 9:15 Monthly Breakfast 9:30 Watercolor with Sue 10:00 Java with John 10:00 NouVon Fitness 1:00 Hedy Lamarr 1:00 Mah Jongg</p>

20 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-2:00 Gym Open 10:30 Chair Exercise 1:00 Book Club 1:00 Mah Jongg 1:00 LitLovers Group	21 8:00 Golf at Quail Ridge 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:30 Hot Topics 9:45 Active Aging 11:00 Storytelling Workshop 11:00 Grandparent Group 11:00 Tai Chi 12:00 Benchmark/RB Lunch 1:00 Incontinence Talk 3:00 Stretch & Flex	22 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Walking Group 10:45 Yoga 11:30 Chair Exercise 12:15 Gym Monitor Training 12:30 Needle Arts 1:00 Amer. Radical Tradition 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	23 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 12:00 Life Care of Acton Lunch 12:30/2:00 Chess Classes 1:00-3:00 Health Fair 1:30 Chess Club 3:00 Stretch & Flex	24 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 10:00-12:40 CarFit Event 12:45 Movie 1:00 Mah Jongg
27 Memorial Day COA/Senior Center Closed 10:00 Memorial Day Parade/Ceremony	28 8:00 Golf at Quail Ridge 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-11:00 Wellness Clinic/BP 9:00-12:00 Gym Open 9:30 Hot Topics 9:45 Active Aging 11:00 Storytelling Live Event 11:00 Nursing Talk 11:00 Tai Chi 12:45 Movie 1:00 Mah Jongg 3:00 Stretch & Flex Newsletters Mailed/Emailed	29 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Walking Group 10:45 Yoga 11:30 Chair Exercise 12:00 Newbury Ct. Lunch 12:15 Gym Training 12:30 Needle Arts 1:00 Amer. Radical Tradition 2:30 Drop-in Bridge 3:00 Line Dancing	30 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 12:30/2:00 Chess Classes 1:30 Chess Club 2:00 Smart Phone Class 3:00 Stretch & Flex	31 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 12:00-1:30 90s Luncheon 12:45 Movie 1:00 Mah Jongg

Memorial Day Parade and Ceremony

Monday, May 27th, 10:00 A-B High school by way of Hayward Road, 11:00 at Woodlawn Cemetery

Acton Veterans' Services and the Celebrations/Ceremonies Committee invite you to observe this year's Memorial Day Parade and Ceremonies to honor our nation's heroes. The parade leaves ABRHS at 10AM onto Hayward Rd. It will go up Main St. and stop at the Town common where an abbreviated ceremony will be held. The parade will continue down Concord Rd. to Woodlawn Cemetery, where the main ceremony will take place. Call Veterans' Service Officer, James MacRae, at 978-929-6614 for information. Organizations who wish to participate should contact Gail Sawyer at 978-929-7730.

Benefits of Technology

Thursday, May 9th, 3:15-4:15, Presentation

Friday, May 10th, 3:15-4:30, Tech Help Time

Liam Brandwein and Jamieson Dube, ABRHS Seniors, are talking about the benefits of technology. They will be providing free technology services so seniors can better understand how to use their technology, and to teach them how fix any problems they may have. They can help with cell phones, laptops, tablets, and anything in between.

Coffee with a Cop will be at Blackbird Café, 342 Great Rd., **Tuesday, May 21st, 9:00am-11:00am**

Friends Funded Activities - This month the following activities are supported by the Friends of the Acton COA: *Hedy Lamarr performance, ArtMatters, Pluto presentation, Jive music presentation, The American Radical Tradition, Drawing for All, watercolor class, Tai Chi classes, Birthday lunch, classical music series, day trips, and Senior Cinema.* The Friends appreciate your donations which help support programs at the Senior Center. If you wish to donate, forms are available at the Center or print one out from the Friends page at actoncoa.com.

Health Aging, Healthy Living Survey Session

Monday May 6th, 11:00-12:00

This survey is sponsored by AARP, and being administered by the Town of Acton in conjunction with the Metropolitan Area Planning Council. Acton residents, age 45+ are invited to stop by the Senior Center to complete this survey which will help the Town better understand the specific needs of adults in the Acton community. The survey is available to take on line at <https://mapc.ma/ActonAARP>. The survey takes approximately 15" to complete. The data collected will help in addressing the unique needs regarding housing, transportation, and health care, among other services. The first 100 residents who complete surveys here at the Senior Center will receive a \$5 gift card.

Are You Missing Any Winter Items? Now that spring is here you may not be missing those gloves and jackets you left at the Senior Center – but please check in the lost property boxes before we have our spring clean out! All items will be moved along on May 17th.

The Friends of the COA

Come to a fun "Wine & Paint" event at the Senior Center Tuesday evening, May 14th, 6:30 -8:30. Sip wine and enjoy step-by-step instruction from an enthusiastic artist to create your own colorful canvas. Cost is \$45; sign up with the receptionist at the Senior Center with cash or check (payable to Friends of the Acton COA) or online at www.pinotspalette.com/lexingtoncenter/event/320781

Everyone over 21 is welcome.



PRST STD
U.S. Postage Paid
Acton, MA 01720
Permit #67

Acton Council on Aging
30 Sudbury Rd. Rear
Acton, MA 01720
Return Service Requested

ACTON COA STAFF
Sharon Mercurio, Director
Judy Peters, Office Manager
Chris Chirokas, Program Manager
Bev Hutchings, Senior Services Coordinator
Terri Zaborowski, Exercise Instructor
Fiona Starr, Staff Assistant
Bernice Nicoll, Activity Assistant
Mary Morgan, Human Services Receptionist
Rosie Atherton, Human Services Receptionist

ACTON COA BOARD MEMBERS
Bonnie Lobel, Chair
Michael Chautin
Chunsheng (Bill) Fu
Lori Cooney
Ann Corcoran
Peter Duran
Ellen Feinsand, Secretary
Jacquie Friedman, Vice Chair
Marion Maxwell
Alma Sandman
Nirupama Velankar

COA Board will meet May 14th at 10:00.
Friends of the Acton COA on May 13th at 12:45.