



# Acton Senior Bulletin

June 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](mailto:seniorcenter@actonma.gov). Visit the COA website at [www.actoncoa.com](http://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, June 3<sup>rd</sup> at 1:00**

## Dancing Through the Decades Performance with Dance Caliente

**Monday, June 17<sup>th</sup>, 1:00-2:30**

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



This not-to-be-missed interactive ballroom dance performance is designed to engage, inspire and entertain! Eileen Herman-Haase and Raul Nieves, owners of Dance Caliente, transport their audiences through time with heart throbbing theatrical ballroom dancing, dazzling period costumes, amusing stories, nostalgic music and lots of audience participation. At least six uplifting dances (i.e. the Waltz, Peabody, Charleston, Castle Walk, Swing, Foxtrot, Polka, Argentine Tango, Rhumba, Cha and Salsa) are performed. More than a performance, it is a means to a feeling of well-being. Pleasant memories unfold through sight, sound and physical participation. *This program is supported in part by a grant from the Acton-Boxborough Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*

## Judy Garland Series

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

**Wednesday, June 26<sup>th</sup> and Tuesdays, July 2<sup>nd</sup> and 9<sup>th</sup>, 1:00-2:00**

Judy Garland is one of America's truly iconic performers. These three sessions will look at her career from early years as a child film star to the celebrated concert singer following her film career. Film clips and recordings will tell her story, along with some songs from Ben and Brad. *Ben Sears and Brad Conner, entertainers extraordinaire, have been called "Boston's favorite song duo" by the Boston Globe. Theatre historians Sears and Conner are recording artists and performers. Their programs and performances are always well received at the Senior Center.*

**Does the COA Have Your Most Current Information?** If you have changed your address, phone, or emergency contact please stop by the reception desk so we can update your information. This is valuable to have on hand in case of an emergency. Also, please remember to use your swipe key when visiting and check off all activities you plan on attending that day. The record of the daily activity is essential in our reporting to the State who provides funding based on senior participation. If you don't have a swipe key please see reception and they can help.



**Director's Corner** – Judy Peters is retiring! Judy has been employed at the COA for over 13 years and volunteered as a computer instructor for three years prior. Judy has been such an asset to the seniors and her co-workers. Judy is truly a Jack of all trades and has been a pleasure to work with. Please join us to wish her well with cake and ice cream on Wednesday, June 12 at 1:00. Judy's last day will be June 21<sup>st</sup>. We wish you all the best Judy! **Sharon, COA Director**



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

- Magic Show
- Memory & Aging
- Ask the Realtor
- MassEDP Talk
- Fiber Arts Talk
- Perkins Library
- Trivia
- Chess Lessons
- Gym Training
- Trips
- Memory Café
- Golf
- Garden Therapy
- SHINE Appts.
- All Meals
- Reiki Appts.

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## UPCOMING PROGRAM HIGHLIGHTS

**REGISTRATION BEGINS.....**.....**MONDAY, June 3<sup>rd</sup> at 1:00**

### ► Shazam! Magic by Paul

**Tuesday, June 4<sup>th</sup>, 1:00-2:00**

**Full; Call about the Waitlist**

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.

### Music History: Thirty Years of Jive Music

**Wednesday, June 5<sup>th</sup>, 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 jivesters like Louis Armstrong and Cab Calloway who contributed scat singing, the zoot suit and his own dictionary of jive lingo. Then come the thirties with a 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 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.*

### Pluto's Amazing Story with J. Kelly Beatty



**Thursday, June 6<sup>th</sup>, 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 NPR. He holds a BS from the CA Institute of Technology and a Master's degree in science journalism from BU.*

### ► The Dynamics of Memory and Aging

**Open to out-of-town seniors/free**

**Monday, June 10<sup>th</sup>, 1:00-2:00**

This lively and informative presentation by Sharon Johnson of Hearthstone Alzheimer Care, will touch on many areas related to cognitive health. Come learn about strategies for optimizing memory function, types of memory systems, ways to maintain brain vitality, and lifestyle choices that support brain health. Ms. Johnson lectures extensively on a wide variety of topics related to Alzheimer's disease and prevention.

### Senior Work Program

**Tuesday, June 11<sup>th</sup>, 10:00-11:00**

**Acton seniors only**

Did you know Acton has a Senior Work Program? The Human Resource Department will be here to explain what it is and how to apply. The program can provide up to earnings up to \$1,522.50 per year through employment with the Town which can be applied toward property taxes.



### The Concord Players Traveling Troupe Staged Readings

**Tuesday, June 11<sup>th</sup>, 1:00-2:00**

**Open to out-of-town seniors/free**

Join the Concord Players Traveling Troupe, a group of senior actors, for a program of staged readings and skits, featuring amusing views of seniors as we age “gracefully” and with a little pizzazzzz! Also featured are some musical interludes by the Traveling Troubadours, Tom and John, that are sure to set your toes a-tapping and your spirits soaring. Troupe members: Sandy Armstrong, Kate Blair, Norm Buerklin, Paul Gill, Joanne Hines, John Hutchins, Bill Maxwell, Rik Pierce, and Tom Ruggles.

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

## UPCOMING PROGRAM HIGHLIGHTS- continued

**REGISTRATION BEGINS.....MONDAY, June 3<sup>rd</sup> at 1:00**

### ► Ask the Realtor® Appointments

**Wednesday, June 12<sup>th</sup>, 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 will be hosting office hours at the Senior Center. Call for a 15-minute one-on-one meeting.

### Jumpstart Your Meditation with Liz Paley

**Acton seniors only**

**Thursday, June 13<sup>th</sup>, 2:30-3:30**

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, June 14<sup>th</sup>, 10:00-11:00** Enjoy a cup of coffee and conversation with Town Manager, John Mangiaratti.

### ► Massachusetts Equipment Distribution Program Presentation

**Tuesday, June 18<sup>th</sup>, 1:00-2:00**

**Open to all/free**

If you are a Massachusetts resident with a permanent disability, you may be eligible for the MassEDP program. This program provides specialized telephone equipment to people with vision and/or hearing impairment at little or no cost. A representative will talk about the program, display the telephones and accept applications. For more information, visit [www.mass.gov/massedp](http://www.mass.gov/massedp) or call 1-800-300-5658.

### ► Roadmap to Ravelry a Fiber Arts Social Networking Service



**Wednesday, June 19<sup>th</sup>, 1:00-2:00**

**Open to out-of-town seniors/free**

**Ravelry** Acton resident Arlene Weiss will introduce you to Ravelry, a free online social networking service that functions as an organizational tool for a variety of fiber arts including knitting, crocheting, spinning, and weaving. Members share projects and ideas. In addition, it can be used as an organizational tool for projects and a yarn and pattern database. Learn how to search for patterns, find help, review yarns, fill your library, perform advanced searches, post projects etc. If you want you can join a group, chat with a designer, and make friends with other knitters and crocheters anywhere in the world. Learn how to navigate your way through Ravelry!

### ► Presentation: Free Resources Available From the Perkins Library

**Thursday, June 20<sup>th</sup>, 1:00-2:00**

**Open to all/free**

Learn about the free resources available for eligible individuals who are unable to read print materials due to a visual, physical or reading disability. The library loans audio, large print, and braille books, magazines, playback equipment—all sent to you directly. Materials are available in over 60 languages. Through Newsline™, you can listen to the newspaper, magazines, TV listings, and job announcements over the telephone, online, downloaded to a portable device, or via email. Come learn more about the resources available and the criteria for eligibility.

### ► Trivia Contest

**Thursday, June 27<sup>th</sup>, 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 last month's winning team: Mary Ann Allard, Kathy Kristoff, Harriet DiLuzio and Stacie Smith. Lucky prize winners were: Tom Crowdus and Carolyn Tetschner.

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

## CLASSES

**REGISTRATION BEGINS.....MONDAY, June 3<sup>rd</sup> at 1:00**

**► Beginner Chess Class with Acton resident Ken LeBow**

**Thursdays, June 27<sup>th</sup> through September 5<sup>th</sup>, 12:30-2:00**

This 10-week chess class is for beginners. Learn how the pieces move, what are check and checkmate and some basic strategies, including the 10 golden rules of chess. Chess sets and boards supplied by the COA. Chess is a great way to exercise your brain—studies show playing can improve memory, boost concentration skills and increase creativity. *Ken LeBow has been playing chess for over 50 years. He started a chess club and lessons for seniors in Pennsylvania and has been teaching and leading chess club in Acton for five years.*

**Open to out-of-town seniors/free**

**No class on July 4<sup>th</sup>**

**► Intermediate Chess Class**

**Thursdays, June 27<sup>th</sup> through September 5<sup>th</sup>, 2:00-3:00**

Ken LeBow is offering a 10-week course for players who already know how the pieces move and the concepts of check and checkmate. You will play games and get feedback. Chess sets and boards are supplied by the COA.

**Open to out-of-town seniors/free**

**No class on July 4<sup>th</sup>**

**► 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.*

**Monday, June 3<sup>rd</sup>, 12:45-2:55 Great Expectations** (2013, PG-13) Helena Bonham Carter, Jeremy Irvine and Ralph Fiennes star in this retelling of the Charles Dickens Classic about an orphan who inherits a fortune from an anonymous benefactor. Available to borrow from Senior Center resource shelf after viewing.

**Friday, June 7<sup>th</sup>, 12:45-3:00 Bohemian Rhapsody** (2018, PG-13) The story of the legendary rock band Queen and lead singer Freddie Mercury (played by Rami Malek), leading up to their famous performance at Live Aid. Best Picture nominee; won four Oscars including best actor for Malek.

**Friday, June 14<sup>th</sup>, 12:45-2:35 Two For the Road** (1967) Albert Finney and Audrey Hepburn star as a couple in a marriage marred by infidelity, taking a journey through their past and present while embarking on a European road trip where they first met.

**Friday, June 21<sup>st</sup>, 12:45-2:15 If You're Not in the Obituary, Eat Breakfast** (2017) Carl Reiner hosts this inspiring documentary featuring insightful interviews with entertainers -- all over age 90 and still working -- whose films and TV shows have shaped the face of American comedy for many decades. Available to borrow from Senior Center resource shelf after viewing.

**Friday, June 28<sup>th</sup>, 12:45-2:20 The Lady Eve** (1941) A trio of con artists targets the socially awkward heir to a brewery fortune, which gets complicated when one of them falls for him. Barbara Stanwyck and Henry Fonda star in this classic comedy from renowned writer-director Preston Sturges.

## GYM NEWS

**Gym Hours**

**Mondays, 9:00-1:00**

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

**Thursdays, 9:00-3:00**

**Acton seniors only**

**► Gym Training**

**Wednesdays, June 5<sup>th</sup>, 12<sup>th</sup> and 26<sup>th</sup>, 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.

**Call Now: Registration Open**



**► Gym Monitor Training**

**Wednesday, June 19<sup>th</sup>, 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!**

## ONGOING ACTIVITIES

### ► Memory Café

**Friday, June 14<sup>th</sup>, 11:30-1:00**

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.

**Open to all/free**

**Call Now: Registration Open**

### ► 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. "Ladies 9 and Wine" ladies league meets Monday at 3:00.

Open to all ability levels. Contact Mark at Quail Ridge for more information 978-264-0399.

### ► Garden Therapy: Summer Container Workshop

**Wednesday, June 19<sup>th</sup>, 10:30-11:30**

**Acton seniors only**

Enjoy sharing the experience of working with plants and flowers! This month Cathy Fochtman will guide you in planting a container of beautiful plants for your yard or deck. Sponsored by the Friends of the Acton Nursing Service. *Cathy has a Horticultural Therapy certificate from the Horticultural Therapy Institute of Denver, CO. This training enhances her special interest in improving the lives of people through plants, nature and horticultural activities.*

### ► Beginner Chess Class with Acton resident Ken LeBow

**Thursdays, through June 13<sup>th</sup>, 12:30-2:00**

**Open to out-of-town seniors/free**

### ► Intermediate Chess Class with Acton resident Ken LeBow

**Thursdays, through June 13<sup>th</sup>, 2:00-3:00**

**Open to out-of-town seniors/free**

### ► 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.

### Line Dancing with Kari McHugh!

**Wednesdays, through June 26<sup>th</sup>, 3:00-4:00**

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

Beginner dances can be learned within minutes. Sneakers with worn bottoms or dress shoes provide some slide, as do any type of dance shoes. Funded by an Executive Office of Elder Affairs grant, which requires the COA to ask Acton seniors for donations--\$1/class suggested. The fee for out-of-town seniors is \$20 for the full session.

### Classical Music Series with Sivan Etedgee

**Thursday, June 13<sup>th</sup>, 1:00-2:00**

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

Pianist and teacher Sivan Etedgee concludes the classical music series this month. Learn about and listen to recordings from the so-called "Golden Age" of the piano. *Sivan Etedgee appears frequently as a recitalist, chamber musician, and lecturer, giving many performances and presentations each year and is a faculty member at the Newton Music Academy. His series at the Senior Center are always received with enthusiasm!*

### The Bookies COA Book Club

**Monday, June 17<sup>th</sup>, 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 *Nine Perfect Strangers* by Liane Moriarty, a murder mystery about a group of Australians staying at a boutique health and wellness resort, all looking to change their lives in some way. Copies of the book are on reserve at the Memorial Library (978-929-6655) and the Citizen's Library may have copies (978-929-6654).

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

## ONGOING ACTIVITIES – continued

### **Mah Jongg Time**

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

**Fridays, 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.

### **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 14<sup>th</sup>**

### **LitLovers Study Group facilitated by Program Manager Chris Chirokas**

**Monday, June 24<sup>th</sup>, 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. The lecture topic this month is: *Dickens—Later Works*, followed by discussion. Recommended reading: *Great Expectations*, which tells the story of Pip, a village blacksmith apprentice, who comes into a large fortune from a mysterious benefactor and moves to London to enter society. New attendees welcome! See page 4 for information on viewing of the film *Great Expectations*.

### **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, June 13<sup>th</sup>, 11:00-12:00**

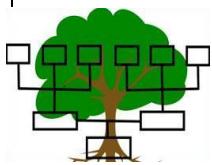
Laughter can really be one of the best medicines! You will learn how to generate your own hearty laughter without the need for jokes. We use seated and standing laughter exercises, combined with deep, relaxing belly, or “yoga breaths.” This practice is called Laughter Yoga, but there are no mats or yoga 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, June 12<sup>th</sup> and 26<sup>th</sup>, 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, June 14<sup>th</sup>, 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.

### **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, June 25<sup>th</sup>, 11:00-11:30**

**Open to out-of-town seniors/free**

The topic for June's Health Discussion will be measles. What is the difference between measles and rubella? Should adults receive the measles vaccine? Should people who travel aboard receive the measles vaccine?

## EXERCISE

**Open to Acton seniors only**

Watch the July/August newsletter for the **summer exercise class schedule** which is slightly reduced from the rest of the year. Remember the Senior Center gym is a great option for exercise!

### **Active Aging with Terri Zaborowski**

***Mondays, through June 24<sup>th</sup>, 8:30-9:30 AND Tuesdays and Thursdays through June 25<sup>th</sup>, 9:45-10:45***

Start with flexibility training followed by balance exercises, proceed to resistance training and end with a stretch.

### **Gentle Chair Exercises with Mary Morgan**

***Mondays, through June 24<sup>th</sup>, 10:30-11:00 AND Wednesdays, through June 26<sup>th</sup>, 11:30-12:00***

Best suited for people getting little or no activity and is aimed to increase strength, balance and coordination.

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

***Tuesdays, Wednesdays, Thursdays and Fridays through June 28<sup>th</sup>, 8:30-9:30***

After 30 minutes of aerobics, you will work on your muscle strength and flexibility exercises using hand weights.

### **Yoga Class and Healthy Joint Class with Patsy Brightman**

***Wednesdays, through June 26<sup>th</sup>, 10:45-12:00***

**The last Wednesday of each month is a healthy joint class**

Yoga works the joints and muscles to increase flexibility, strength, balance and circulation. \$1/class is suggested.

### **Tai Chi with Linda Sango**

***Tuesdays, through June 25<sup>th</sup>, 11:00-12:00***

Open to all levels to learn single movements and explore postural, movement and conceptual principles.

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

***Thursdays, through June 27<sup>th</sup>, 11:00-12:00***

New students are welcome. Wear footwear with a fairly smooth tread.



### **Stretch and Flex with Terri Zaborowski**

***Tuesdays and Thursdays, through June 27<sup>th</sup>, 3:00-4:00***

This class helps to maintain strength and flexibility with standing and seated exercises.

### **NouVon Fitness with Yvonne Benelli**

***Fridays, through June 28<sup>th</sup>, 10:00-11:00***

**No class on June 7<sup>th</sup>**

This class focuses on balance, core strengthening, strength, some cardio/dance and stretching. \$1/class suggested.

### **Walk the Neighborhood**

**Open to out-of-town seniors/free**

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

Walk with fellow seniors around the neighborhood. All walking is on sidewalks and the terrain is flat.

## CLINICS

### **► Reiki Appointments with Ann Marie Durlacher**

**Acton seniors only**

***Friday, June 14<sup>th</sup>, 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 - June 4<sup>th</sup>, 11<sup>th</sup> and 13<sup>th</sup>**

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, June 11<sup>th</sup> and 25<sup>th</sup>, 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.

## AROUND TOWN...AND BEYOND

**West Acton Farmer's Market** opens for the season on *Sunday, June 16<sup>th</sup>, 10:00-1:00*, Pearl St.



### **TRIPS – Call now. Registration is Open!**

#### **► Charles River Boat Ride and Lunch at Venezia**

**Open to out-of-town seniors**

**Tuesday, June 25<sup>th</sup>, leaving from Senior Center overflow parking lot at 7:30 a.m.** **Full; call about waitlist**  
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 31<sup>st</sup>, 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 9<sup>th</sup>,** 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 16<sup>th</sup>, 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 25<sup>th</sup>,** 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.

## DINING OPPORTUNITIES

**REGISTRATION BEGINS.....MONDAY, June 3<sup>rd</sup> at 1:00**

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

**► Monthly Breakfast**



**Friday, June 14<sup>th</sup>, 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.

**Acton seniors only**

**► Monthly Lunch by Benchmark Senior Living/Robbins Brook**

**Tuesday, June 18<sup>th</sup>, 12:00 at the Senior Center**

Enjoy chicken with barbecue sauce, potato salad, garden salad and strawberry shortcake for dessert. This meal is subsidized in part by Minuteman Senior Services. A \$3 donation is requested.

**Open to out-of-town seniors**

**► Town Employee Lunch**

**Wednesday, June 26<sup>th</sup>, 12:00 at the Senior Center**

The Memorial Library staff will be preparing meatballs, pasta, salad, bread and dessert. Cost is \$3.00.

**Acton seniors only**

**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. *Minutemen Senior Services meals are open to all residents who live in Minuteman communities.*

**Birthday Lunch: Wednesday, June 12<sup>th</sup>, 12:00** Free to those celebrating a birthday.

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

## SUPPORT GROUPS

**Widows and Widowers 101** at the Acton Senior Center

**Open to out-of-town seniors/free**

**Wednesday, June 12<sup>th</sup>, 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**

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

**4<sup>th</sup> 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, June 18<sup>th</sup>, 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, through 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, through 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, 1<sup>st</sup> floor of John Cuming

For more information and/or to register call 855-774-5100 or email [grief@CareDimensions.org](mailto:grief@CareDimensions.org).

*Thank You!*

... to Kirsten Hviid and Mary Schatz for trivia gift card prizes

... to all the gym monitors who continually step up to fill open slots in order to keep the gym open

... to Acton Nursing for the fabulous April lunch

## 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](http://www.minutevan.net/Home). Questions?? Call Doug Halley, Acton's Transportation Coordinator, at 978-929-6451 or email [ctc@actonma.gov](mailto: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).

**Road to Recovery** – Free transportation by volunteers for cancer patients. Call 1-800-227-2345.



...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!

**Art Exhibit** - We are delighted to continue with "Explorations in Art" an eclectic collection of works covering five decades of experimentation by Suzanne Grant Chase, BS Ed Mass College of Art.



**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.

## **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 4<sup>th</sup> 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](http://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](http://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, ***2<sup>nd</sup> 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](http://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](http://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](http://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](http://www.medicare.gov/nursinghomecompare/search.html)
- **Hospital** – [www.medicare.gov/hospitalcompare/search.html](http://www.medicare.gov/hospitalcompare/search.html)



**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.

# Biking, Walking and Driving Information from the Acton Police Department



## Rail Trail Etiquette:

- Users should stay to the right side of trails.
- Users must stop at stop signs.
- Cyclists should slow down for pedestrians and only pass when there is excess space to do so.
- Cyclists should leave at least 6 feet of space between bikes (front to back) when riding together.

## Bicyclists:

- May use all roadways, except limited access highways. Even when bike lanes are present, a bicyclist may use any part of the roadway as needed.
- Must obey all of the same traffic laws as motorists, including stopping for red lights and stop signs, riding on the right side of the road, and yielding to pedestrians in crosswalks.
- May pass on the right side and use hand signals to indicate their intentions to turn or stop.
- May ride two abreast, when they can do so without obstructing faster traffic.
- May not carry a child under the age of 1 on a bicycle.
- May carry passengers between 1 and 4 years of age, or weighing forty pounds or less, in a baby seat.
- Must wear a helmet if aged 16 years old or younger.
- Must use a front white light, a rear red light or reflector, and either ankle or pedal reflectors at night.
- Must report crashes to the police if there is a personal injury and/or damage exceeds \$100.

## Pedestrians:

- Should never enter a roadway used by motorists or bicyclists without first checking for traffic.
- Must obey all traffic control signals and the instructions of police officers directing traffic.
- Traffic control signals:
  - “Walk” – pedestrians may proceed across the roadway.
  - Flashing “Don’t Walk” – no pedestrian shall start to cross the roadway, but any pedestrian who has partially completed crossing may continue.
  - Steady “Don’t Walk” – no pedestrian shall start to cross the roadway.
- Must use crosswalks to cross a roadway if they are within 300 feet.
- Must yield the right of way to funeral processions and emergency vehicles, regardless of traffic control signs.

## Motorists:

- Must yield to pedestrians in a crosswalk on the same half of the road or approaching from the opposite half of the road when within 10 feet of the motorist’s lane.
- May not block a crosswalk and must never pass a vehicle that is waiting for a pedestrian in a crosswalk.
- Must yield to bicycles and pedestrians when turning left or right.
- May not cut off a bicycle after passing, and must pass a safe distance (3 feet minimum is recommended.).



**Get Your Newsletter by Email** – Go Green!! Please consider having your newsletter e-mailed to you. Not only will you receive it earlier than if it was mailed, it will also be in color! For information or to switch to email, call Judy at 978-929-6652 or [jpeters@actonma.gov](mailto:jpeters@actonma.gov).

**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.

## **Health Aging, Healthy Living Survey**

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 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 online 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. Hard copies of the survey are available at the Senior Center. The first 100 residents who complete surveys here at the Senior Center will receive a \$5 gift card.

## **Need a Ride? Did You Know We Have Expanded Van Service to Senior Center?**

Starting on July 1<sup>st</sup> availability of curb to curb service for the Council on Aging Van and Road Runner will be extended to 5 PM, Monday through Friday. Seniors needing a trip can book a ride on either vehicle by calling CrossTown Connect dispatch at 978-844-6809 any time between 8:30 AM and 4:00 PM, Monday through Friday.

## **Standards of Independence for Senior Center Participation**

The Acton Council on Aging/Senior Center programs are designed for and targeted to Acton residents age sixty (60) and older. Others may at times participate when the staff has been consulted. Please note the following Standards of Independence with respect to Senior Center attendance. If a participant cannot meet the required Standards, staff is available to share resources and discuss options. Personal companions are welcome to accompany participants who require help to participate in programs and activities. The staff is committed to providing a safe and welcoming atmosphere for as many community seniors as possible.

Participants at the Senior Center are expected to

- 1. Complete an Emergency Contact Form** before participating in any activities. If participant has a medical issue while on the premises, staff will seek medical attention as it deems necessary which can be refused by participant. All participants must sign in prior to attending activity.
- 2. Take responsibility for their own care** and be responsible for meeting their individual needs including medical care, hygiene, toileting and dietary restrictions. Senior Center staff is not responsible for providing assistance with health care, medication, or other individual needs.
- 3. Function Independently** and should be capable of planning and attending to their own activities, such as transportation, signing in for activities, signing up for lunch and registering for programs, financial transactions, and completing waivers for exercise classes/gym.

If any of the Standards of Independence pose a challenge, we ask that a participant be accompanied by a companion, family member, or caregiver who can assist the participant in performing the necessary functions. The COA reserves the right to require that a personal caregiver accompany and attend to an individual at the Center.

## **Elder Abuse**

Did you know anyone can make a report of Elder Abuse or suspected abuse to Elder Protective Services? Elder abuse includes: physical, sexual, and emotional abuse, caretaker neglect, financial exploitation and self-neglect of a person is age 60 and over. Elder Abuse reports can be filed 24 hours a day by calling 800-922-2275. Reports can be made anonymously. Once a report is received, it will be reviewed by the local protective services agency. If a report is screened in for investigation, a Protective Services caseworker will be assigned to investigate. The caseworker determines whether abuse or neglect is likely to be present and the nature and extent of the abuse or neglect. If abuse or neglect is confirmed, the caseworker will offer the elder a choice of services designed to alleviate or end the abusive or neglectful situation, and will refer to law enforcement if warranted. If you have questions or would like any further information please call the COA. As always, if you feel someone needs is in imminent danger call 911.

# June 2019

Mon	Tue	Wed	Thu	Fri
<b>3</b> 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-1:00 Gym Open 10:30 Chair Exercise 12:45 Movie 1:00 Mah Jongg 1:00 Registration Begins	<b>4</b> 8:00 Golf at Quail Ridge 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 1:00 Magic Show 3:00 Stretch & Flex	<b>5</b> 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 Training 12:30 Needle Arts 1:00 Jive Music 2:30 Drop-in Bridge 3:00 Line Dancing	<b>6</b> 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 1:00 Pluto Talk 1:30 Chess Club 3:00 Stretch & Flex	<b>7</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:45 Movie 1:00 Mah Jongg
<b>10</b> 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-1:00 Gym Open 10:30 Chair Exercise 12:45 Friends Mtg. 1:00 Dynamics of Memory 1:00 Mah Jongg	<b>11</b> 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 9:45 Active Aging 10:00 COA Board Meeting 10:00 Senior Work Program Talk 11:00 Tai Chi 1:00 Concord Players 3:00 Stretch & Flex	<b>12</b> 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 Birthday Lunch 12:15 Gym Training 12:30 Needle Arts 1:00 Farewell Party for Judy 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	<b>13</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 9:45 Active Aging 11:00 Laugh for Your Health 11:00 Tai Chi 12:30/2:00 Chess Classes 1:00 Classical Music 1:30 Chess Club 2:30 Meditation 3:00 Stretch & Flex	<b>14</b> 8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-10:20 Reiki Appts. 9:15 Monthly Breakfast 10:00 Java with John 10:00 NouVon Fitness 11:30 Memory Café 12:45 Movie 1:00 Mah Jongg 1:00 Genealogy Group
<b>17</b> 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-1:00 Gym Open 10:30 Chair Exercise 1:00 Mah Jongg 1:00-2:30 Dance Performance 1:00 Book Club	<b>18</b> 8:00 Golf at Quail Ridge 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 11:00 Grandparent Group 12:00 Benchmark/RB Lunch 1:00 MA Disability Equip. Talk 3:00 Stretch & Flex	<b>19</b> 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 Monitor Training 12:30 Needle Arts 1:00 Fiber Arts Networking 2:30 Drop-in Bridge 3:00 Line Dancing	<b>20</b> 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 1:00 Perkins Library Resources 1:30 Chess Club 3:00 Stretch & Flex	<b>21</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 12:45 Movie 1:00 Mah Jongg

<b>24</b> 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-1:00 Gym Open 10:30 Chair Exercise 1:00 Mah Jongg 1:00 LitLovers Group	<b>25</b> 7:30 Charles River Trip 8:00 Golf at Quail Ridge 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00-11:00 Wellness Clinic/BP 9:45 Active Aging 11:00 Nursing Talk 11:00 Tai Chi 3:00 Stretch & Flex Newsletters Mailed/Emailed	<b>26</b> 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 Town Employee Lunch 12:15 Gym Training 12:30 Needle Arts 1:00 Judy Garland Series 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	<b>27</b> 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 Beginner Chess Lessons 1:00 Trivia Contest 1:30 Chess Club 2:00 Intermediate Chess Lessons 3:00 Stretch & Flex	<b>28</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 12:45 Movie 1:00 Mah Jongg
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## Red Sox Game – We won!



**Volunteer Reception**  
**Thank you for all you do!**

**Friends Funded Activities** - This month the following activities are supported by the Friends of the Acton COA: *History of Jive Music, Pluto talk, Dancing through the Decades, Judy Garland series, Tai Chi classes, Birthday lunch, classical music series, 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](http://actoncoa.com).

**Help Needed** - Volunteers are needed to assist with transportation to medical appointments in and around Acton. If you are interested or would like more information, contact Beverly Hutchings @ 978-929-6652.

**Please be Considerate** - If you are not able to attend a program, meal or appointment which you have signed up for, please notify the Senior Center as soon as possible. When you do sign up for something please leave a phone number that you are most apt to check your phone messages. Thank you

**Farewell** – It has been a pleasure working here for the last 13 years. I will truly miss my colleagues from whom I have learned so much. I will also greatly miss the wonderful group of seniors I've come to know. You have enriched my life more than I can say. While I look forward to retirement the end of the month, the Senior Center will always be part of my life and I'm sure to be back to join in events and activities. All my best to everyone, *Judy*

## The Friends of the COA

The Friends are looking for a Holiday Fair chairperson to coordinate activities. This November fundraising event has a dedicated crew of volunteers which needs a leader. Also needed is a "tech-savvy" individual to update the Friends' Facebook page and keep it current. Interested? Contact Norma Wu at [normawu@aol.com](mailto:normawu@aol.com) or 978-263-8118.

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

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

**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 June 11<sup>th</sup> at 10:00.  
Friends of the Acton COA on June 10<sup>th</sup> at 12:45.