



Acton Senior Bulletin

July/August 2019

Save this Newsletter! This two-month publication covers activities in July and August.

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, July 1st at 1:00.

Riding the Post Road: Travel Adventures in Colonial New England

Tuesday, August 20th, 1:00-2:00

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

We have always been a restless people, wandering and traveling for business or pleasure. From the time of the earliest settlements, scattered throughout New England, Americans have been on the move. This talk by Paolo DiGregorio, the Artifactual Scholar, will include how people traveled in colonial New England, where they went, and the important role that taverns played. Along the way, we will meet intriguing characters, virtually partake in unusual food and drink, and witness colorful sights. *Paolo DiGregorio is an historian, archaeologist and educator with a passion for telling stories of our past. He is a Visiting Lecturer in the History Department at Bridgewater State University and an instructor in the Anthropology Department at Wheaton College.*

Welcome Tours for Newcomers

Open to all

Thursday, July 11th, 1:00-2:30

Whether you are new to town, recently retired or just haven't taken the plunge to check out your Senior Center, please come for a tour any time between 1:00 and 2:30. At 2:00 meet Director Sharon Mercurio and other Council on Aging staff. The Senior Center offers services, meals, and a variety of programs including exercise classes,



lifelong learning lectures, informational presentations, classes, drop-in activities and special interest groups. There is a gym, a library with computers, and a lounge. There is no membership fee and most programs are free of charge to Acton seniors age 60 and up. We are located in the town's Human Service Center at 30 Sudbury Road Rear (take the third parking lot entrance to the back of the complex).

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

- Dental Care
- Assisted Living Costs
- Beaded Jewelry
- Aging in Place
- Honey Talk
- AARP Safe Driver
- Flower Arranging
- Trivia
- Trips
- Chess Lessons
- Gym Training
- Memory Café
- Golf
- Ask the Lawyer
- SHINE Appts.
- All Meals

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Director's Corner

*I would like to welcome Brenna Keefe and Catherine Taylor who will be interning with us this summer. They may be offering some additional programs that are not listed in this newsletter, so please keep your eye on our website or watch the message board if you are at the Senior Center. For those of you who have haven't been to the Center lately, the Town's IT Department has installed a wonderful electronic message board in the front lobby. The daily schedule is posted as well as "fliers" for upcoming events, special announcements and photos. Enjoy your summer! **Sharon, COA Director***

UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS..... **MONDAY July 1st at 1:00**

Public Safety Comfort Bears

Open to All

Wednesday, July 10th 12:30-1:30

Join Marcia Charter and Det. Jon Stackhouse for a workshop discussing knitting small stuffed bears that will be given out by the Acton Police Department to traumatized children at accident scenes and other incidents. For more information email Marcia at macharter@verizon.net

Public Sculpture in Boston Art Enrichment

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

Tuesday, July 16th, 1:00-2:00

Join MetroArtLinks for a talk on Public Sculpture in Boston. As a city with world-class art schools and museums, Boston has long been committed to promoting public art and supporting local artists in a variety of neighborhoods and media. We will look at venerable monuments and brand new installations that represent diverse initiatives and populations in sites across the city. *Suzanne Scanlan and Allyson Sheckler are professors, art historians and the founding partners of MetroArtLinks, a collaborative venture designed to bring the art world to you.*

► Let's Talk Teeth: Senior Dental Care

Open to out-of-town seniors/free

Wednesday, July 17th, 10:00-11:00

As we grow older, certain health concerns earn our full attention, especially the importance of good oral health. Come meet Dr. Padma Jonnavithula of North Acton Dental and learn about denture care, dry mouth, implant decisions, as well as other dental concerns for seniors. *Dr. Padma, a Tufts graduate, has her own practice in Acton. She is a member of the American Dental Assoc., MA Dental Society and Middlesex District Dental Society.*

Balance and Fall Prevention

Wednesday, July 17th, 1:00-2:00

Open to out-of-town seniors/free

Join Dr. Mary Kate Camara, from Connections Physical Therapy, Acton, for a presentation which will consist of education on balance, what factors effect balance, and strategies for improving and maintaining balance.

► Paying for Assisted Living

Open to all/free

Thursday, July 18th, 1:00-2:00

Maryellen King from Concord Park, a Volunteers of America Senior Community, will help you gain a better understanding of the cost of assisted living. Learn how assisted living differs from other housing options, what services and amenities are typically included in the monthly fee, and common pricing structures.

The Nature of My Backyard Live Animal Show

Friday, July 19th, 1:00-2:00

Open to all/free



Join the Creature Teachers to explore the lives of the creatures living in our own backyards. Meet some of the common animals that we encounter every day! Open to all ages...bring the grandkids! *The Creature Teachers, based in Littleton, specializes in environmental and animal education. Each animal is captive born and raised to ensure friendly animals with less stress and health problems.*

► Beaded Jewelry Making

Acton seniors only

Tuesday, July 23rd, 1:00-2:30

If you haven't tried it, beading is fun and easy! You may make earrings (maximum of 4 pairs), a bracelet or a necklace, choosing from a variety of beads or you may bring your own. We use elastic for bracelets and necklaces, Donations to purchase new beads appreciated. Chris Chirokas and Joy Ivanov will be on hand to help, as needed.

► Aging in Place Safely

Open to all/free

Thursday, July 25th, 1:00-2:00

Doug Freeman from Stannah Stairlifts will discuss a variety of topics essential to aging in place safely: in-home safety issues and solutions, easy fixes and how to avoid falls. Refreshments will be provided.

► Indicates that you must register in advance!

UPCOMING PROGRAM HIGHLIGHTS - continued

REGISTRATION BEGINS.....MONDAY July 1st at 1:00

► Curious About Honey?

Thursday, August 1st, 1:00-2:00

Lucia Camara, Bereavement Coordinator at Nashoba Nursing Service & Hospice and Bee Keeper, will teach the medicinal history and value of honey. The ancient Egyptians offered honey to their gods, used it to dress wounds and as an embalming fluid. Today, many people use honey for its antibacterial and anti-inflammatory properties. Holistic practitioners consider it one of nature's best all-around remedies. Samples and handouts provided.

Open to out-of-town seniors/free

Learn About Acton Memorial Library Resources

Tuesday, August 6th, 1:00-2:00

Open to out-of-town seniors

Come meet staff from the Acton Memorial Library and learn more about the vast resources available to residents. In addition to traditional books, periodicals, and DVDs, the library offers online databases, e-books, audio books, tech classes, book clubs, museum passes and much more. Even meditation!

► AARP Smart Driver Program

Tuesday, August 13th, 10:00-3:00

Open to out-of-town seniors

Cars, traffic rules, driving conditions and the roads we drive on have changed. Be a smart, safe driver and brush up on your driving skills. There is no written exam or driving test—just an opportunity to better understand new technologies, the rules of the road, and strategies to compensate for age-related changes in vision, hearing and response time. A certificate will be awarded to all participants, which may qualify you for an insurance discount. You will receive a *Smart Driver* workbook. Pre-registration is required and cost is \$15 for AARP members or \$20 for non-members, payable in advance at the Senior Center by cash or check made out to AARP. There will be a lunch break, so bring a lunch (refrigerator available) or call 781-221-7085 to reserve lunch in the dining room.



Healing Conversations Bereavement Support Group

Wednesday, August 14th, 1:00-2:00

Open to out-of-town seniors/free

Please join us for Healing Conversations, a free adult bereavement support group offered by Nashoba Nursing Service & Hospice. If you have any questions or would like to know other locations where the group is offered, please contact Kathy Benson (or Lucia Camara) at 978-425-6675 or email kbenson@nashoba.org.



► Creative Flower Arranging

Thursday, August 15th, 1:00-2:15pm

Acton Seniors Only

Join Bernice Nicoll, our own Activity Assistant, to create a unique floral display using a choice of container. Bernice joined us in April 2019 and has an Associate Degree in Floriculture.

Identity Theft & Fraud Prevention

Tuesday, August 27th, 1:00-2:00

Open to out-of-town seniors/free

Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, will discuss identity theft. The presentation will include information about what the Office of Consumer Affairs does, how to spot and avoid scams, and how to prevent identity theft.

► Trivia Contest

Wednesday, August 28th, 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.

► Indicates that you must register in advance!

CLASSES

REGISTRATION BEGINS.....MONDAY July 1st at 1:00

► **Beginner Chess Class**

Thursdays through September 5th, 12:30-2:00 No Class on July 4th **Open to out-of-town seniors/free**
Acton resident Ken LeBow will teach a 10-week chess class for beginners. Learn how the pieces move, what are check and checkmate and some basic strategies, including the 10 golden rules of chess

► **Intermediate Chess Class**

Thursdays through September 5th, 2:00-3:00 No class on July 4th **Call now; registration is open**
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.

Line Dancing with Kari McHugh!

Open to out-of-town seniors/free

Wednesdays, July 10th through August 28th, 3:00-4:00 **Call now; registration is open**

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.

ONGOING ACTIVITIES

Judy Garland Series

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

Tuesdays, July 2nd and 9th, 1:00-2:00

Judy Garland is one of America's truly iconic performers. These 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. Their programs are always well received.*

► **Memory Café**

Open to all/free

Friday, July 12th, 11:30-1:00

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. There will not be a Memory Café in August.



Ice Cream with John

Acton Residents Only

Thursday, August 1st, 2:00-3:00 Enjoy a summer treat and conversation with Town Manager, John Mangiaratti. ABRSD Superintendent Peter Light will be joining John at this event which is the summer version of Java with John.

► **Ask the Lawyer Appointments**

Acton Seniors Only

Tuesday, August 13th, 1:00-3:00

Elder Law Attorney Cathleen Summers offers free 20-minute private legal consultations. Call the COA beginning Monday July 1st at 1:00 for an appointment.

► **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.

► **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.

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

ONGOING ACTIVITIES - continued

The Bookies COA Book Club

Open to out-of-town seniors/free

Mondays, July 15th and August 19th, 1:00-2:00

New this year....Bookies will be meeting over the summer! The July book is *Something Rich and Strange: Selected Stories*. Ron Rash tells the story of Appalachia—a rugged, brutal landscape of exquisite beauty, the tensions between the traditional and the modern, tenderness and violence, man and nature. The August book is to be determined; call the COA after July 15 for the title. Copies of the book are typically on reserve at the Acton Memorial Library (978-929-6655) and the Citizen's Library may have copies (978-929-6654).

LitLovers Study Group

Open to out-of-town seniors/free

Mondays, July 29th and August 26th, 1:00-2:15

This monthly group centers on *The English Novel*, the Great Courses series featuring 30-minute lectures on DVD by Professor Timothy Spurgin Ph.D. and includes discussion of the lecture as well as a pre-determined novel. New attendees welcome! Group is facilitated by Program Manager Chris Chirokas.

July 29th: Lecture is *After 1870—Review and Preview*. We're at the halfway point of this series! Read any novel by one of the authors discussed over the past year or another British author writing prior to 1870, and share some of your thoughts on the book with the group! Some possible authors: Charles Dickens, Samuel Richardson, Henry Fielding, Laurence Sterne, Frances Burney, Ann Radcliffe, Walter Scott, Jane Austen, the Brontës, William Makepeace Thackeray, Mary Shelley, Lewis Carroll, Anthony Trollope.

August 26th: Lecture topic is *Eliot and the Multiplot Novel*. Recommended novel (for August and September) is *Middlemarch* by George Eliot, which is set in the years leading up to the First Reform Bill of 1832. *Middlemarch* is considered Eliot's masterpiece and explores nearly every subject of concern to modern life: art, religion, science, politics, self, society, human relationships. See page 6 for information on viewing of *Middlemarch* miniseries.



Art Exhibit In July and August we are delighted to welcome the artwork of Harriet DiLuzio in an exhibit entitled "Memory Sketches".

All are welcome to attend a Reception with refreshments on July 11th, 2:00-4:00pm.



Morning Open Activity Time

Open to out-of-town seniors/free

Weekday mornings, 9:00-11:30

No activity time July 4th

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!

Needle Arts Group

Open to out-of-town seniors/free

Wednesdays, 12:30-2:30 Open to anyone interested in gathering to sew, knit or crochet.

Laugh For Your Health

Open to out-of-town seniors/free

Thursdays, July 11th and August 8th, 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." 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

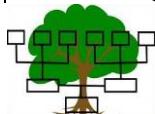
Wednesdays, July 10th, 24th, August 14th, 28th, 1:30-3:00

Open to out-of-town seniors/free

All seniors are welcome to come and participate. Bring your computer and hardware questions, problems and related issues. If possible bring the problem hardware to the meeting. This is a club with no formally planned instruction. Several regulars are there willing to share their experiences, and work one-on-one, to resolve any computer issues, from Windows system difficulties, email setups/usage, networking issues, upgrades and assistance with "how do I" frustrations. MAC and Chrome/Android users are welcome.

ONGOING ACTIVITIES - continued

Genealogy Group



Friday, July 12th and August 9th, 1:00-2:30

Open to out-of-town seniors/free

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 in this facilitated group.

Chess Club with Ken LeBow

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

Open to out-of-town seniors/free

Drop-In Bridge

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

Open to out-of-town seniors/free

Mah Jongg Time

Mondays, 1:00-4:00 for experienced players only **Fridays, 1:00-4:00 open play for all skill levels**

Open to out-of-town seniors/free

The Friday Mah Jongg group is open to all skill levels, but people must at least know the basics of the American version of the game. The Monday group is for more advanced players who can play a game in 15 minutes. Games follow National Mah Jongg League rules. If you have a Mah Jongg set, please bring it along.

SENIOR CINEMA

Open to out-of-town seniors/free



Friday, July 5th, 12:45-2:20 *A Dog's Way Home* (2019, PG) In this heart-warming family drama, a dog travels hundreds of miles throughout the Colorado wilderness in her attempt to return home.

Jonah Hauer-King and Ashley Judd star.

Friday, July 12th, 12:45-2:35 *Summer Stock* (1950) Top off the Judy Garland series with this musical which turned out to be her last film with Gene Kelly. Jane Falbry thinks she's doing her sister a favor by allowing her troupe to use her barn as a theater. But when Jane falls for her sister's fiancé, she realizes she's made a big mistake.

Friday, July 26th, 12:45-3:05 *First Man* (2018, PG-13) A look at the life of astronaut Neil Armstrong and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969. Ryan Gosling and Claire Foy co-star. Oscar win for best visual effects.

Friday, August 2nd, 12:45-1:45 *Doris Day: A Sentimental Journey* (2018) Documentary details the late actress-singer's dramatic life story and career highlights, guided by Doris along with famous friends (Betty White, Clint Eastwood) and admirers. DVD is available to borrow from the Senior Center resource shelf after August 2nd.

Friday, August 9th, 12:45-3:00 *Black Panther* (2018, PG-13) In this sci-fi film, the heir to the hidden but advanced African kingdom of Wakanda leads his people into a new future and must confront a challenger from the past. Stars Chadwick Boseman, Michel B. Jordan and Lupita Nyong'o. Best Picture Oscar nominee and winner of three Oscars including best costumes.



Friday, August 16th, 12:45-3:00 *North by Northwest* (1959) In this Alfred Hitchcock thriller, an advertising executive goes on the run when foreign spies mistake him for a government agent.

Stars Cary Grant, Eva Marie Saint and James Mason.

Friday, August 23rd, 12:45-2:50 *The Upside* (2017, PG-13) A comedic look at the relationship between two men: one wealthy but with quadriplegia and the other unemployed with a criminal record. Stars Bryan Cranston, Kevin Hart and Nicole Kidman.

Friday, August 30th, 12:45-3:00 *Silverado* (1985, PG-13 for Western action violence) A misfit bunch of friends come together to right the injustices in a small town. Written and directed by Lawrence Kasdan. Stars Kevin Kline, Scott Glenn, John Cleese, Kevin Costner, Danny Glover, Rosanna Arquette and Brian Dennehy.

Middlemarch Miniseries

Open to out-of-town seniors/free

Monday July 8th, 22nd and Tuesday July 30th,

Monday August 5th, 12th and Wednesday August 21st, 1:00-2:00

This 1994 Masterpiece Theatre production, set at the cusp of the Industrial Revolution, chronicles the life, loves, foibles and politics of the fictional English town of Middlemarch. Adapted from the classic George Eliot novel, which the LitLovers group is reading. Shown with subtitles/closed captioning. DVD available to borrow from Senior Center resource shelf after August 21st.

DINING OPPORTUNITIES

REGISTRATION BEGINS..........**MONDAY, June 3rd at 1:00**

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

► Monthly Lunch by Benchmark Senior Living/Robbins Brook **Open to out-of-town seniors**
Tuesday, July 16th, 12:00 at the Senior Center

Enjoy pulled pork, coleslaw, baked beans and watermelon. This meal is subsidized in part by Minuteman Senior Services. A \$3 donation is requested.

► Town Employee Dinner **Acton residents only**

Friday, July 26th, 5:00 at the Senior Center

The Fire Dept. will be barbequing burgers on the grill with summer sides and an ice cream treat. Cost is \$3.00.

► Monthly Lunch by Newbury Court **Acton seniors only**

Wednesday, July 31st, 12:00 at the Senior Center

We never know ahead of time the lunch menu but it's always delicious. Cost is \$3.00.

► Monthly Lunch by Benchmark Senior Living/Robbins Brook **Open to out-of-town seniors**

Tuesday, August 20th, 12:00 at the Senior Center

Enjoy chicken, peppers and onions, rice, vegetables, salad and pound cake. 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. *Minutemen Senior Services meals are open to all residents who live in Minuteman communities.*

Birthday Lunch: Wednesday, July 10th and August 14th, 12:00 Free to those celebrating a birthday.

► Old Fashioned Hot Dog Lunch

Thursday, August 8th, 12:00

Joy will be preparing hot dogs, homemade potato salad, watermelon and dessert. \$3:00

GYM NEWS

Please note change in hours for July and August

Acton seniors only

Summer Gym Hours, Monday – Friday, 9:00-12:00



► Gym Training

Call Now: Registration Open

Mondays, July 15th, 22nd, August 5th, 19th, 1:15-2:00

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

► Gym Monitor Training

Call Now: Registration Open

Monday, August 26th, 1:15-2:00

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 in Reception.

► Indicates that you must register in advance!



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.

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, contact the COA at 978-929-6652 or seniorcenter@actonma.gov

EXERCISE Open to Acton seniors only

Exercise classes are on a drop-in basis. No registration required! Because of demand, classes are open only to Acton seniors (age 60 and up). Classes do have size limits (for safety reasons) so you must ALWAYS 'check in' BEFORE going into class.

- If you are new to a class, read the description to judge whether it will be a good match for your fitness level. Instructors have final say on whether a class is suitable for an individual.
- Check with your doctor before starting any exercise program, wear comfortable clothing and bring water in a non-breakable container.

• Yoga, NouVon Fitness and Thursday Stretch & Flex classes will not meet in July and August.

Active Aging with Terri Zaborowski

Mondays, July 1st through August 26th, 8:30-9:30 No class Aug. 12th & 19th

Tuesdays, July 2nd through August 27th, 9:45-10:45 No class Aug. 13th & 20th

Thursdays, July 11th through August 29th, 9:45-10:45 No class July 4th, Aug. 15th & 22nd

This class focuses on functional fitness with exercises designed to help seniors maintain strength, balance and independence. It is designed for every fitness level and modifications and adaptations are demonstrated. Start with flexibility training in a warm-up to increase the range of motion of your joints, followed by balance exercises to improve your gait and confidence in your daily routines, proceed to resistance training to build lean muscle and increase bone density all to the beat of the music! There is a 5 minute stretch segment at the end. The last 15 minutes is an optional cardio training segment to maintain heart and lung function using low-impact dance movements. Entire class is done seated or standing. *Terri Zaborowski has been teaching fitness classes for the Council on Aging for 16 years. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*

Gentle Chair Exercises with Mary Morgan

Mondays, July 1st through August 26th, 10:30-11:00 No class July 8th & 29th

*Thursdays, July 11th through August 29th, 11:30-12:00 No class July 4th **Note change in day!***

This low-impact program is best suited for people getting little or no physical activity. All of the exercises are based on the *Matter of Balance* program and aim 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. *Mary Morgan is a nutrition and exercise enthusiast with a degree in Exercise Science that included studying exercise and aging. She is also a Senior Center receptionist.*

Senior Fitness with Terri Zaborowski

Tuesdays, July 2nd through August 27th, 8:30-9:30 No class Aug. 13th & 20th

Wednesdays, July 3rd through August 28th, 8:30-9:30 No class Aug. 14th & 21st

Thursdays, July 11th through August 29th, 8:30-9:30 No class July 4th, Aug. 15th & 22nd

Fridays, July 12th through August 30th, 8:30-9:30 No class July 5th, Aug. 16th & 23rd

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

Stretch and Flex with Terri Zaborowski

Tuesdays, July 2nd through August 27th, 3:00-4:00 No class Aug. 13th & 20th

Note: Thursday Stretch and Flex class will not be held this summer

This class is designed to help seniors maintain their strength, flexibility and independence with both standing and seated exercises using resistance bands. Start with a warm-up moving the body and joints through their full range of motion without resistance to the music. Proceed to strengthen the muscles using resistance bands with various upper and lower body exercises. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress, increase flexibility and leave you feeling great! Resistance bands are provided by the center. Entire class is done seated or standing.



EXERCISE - continued

Tai Chi with Linda Sango

Tuesdays, July 2nd through August 27th, 11:00-12:00

Just for this summer...there will be a donation of \$5 per class payable to the instructor each week. This Tai Chi class is open to all levels of participants. Formless Dragon style Tai Chi is a modern re-examination of classical Tai Chi. Linda Sango studies under Jeff Coté, Occidental Taoist, who after decades of practice in multiple styles of Tai Chi, began distilling the essence of Tai Chi into fundamental principles. 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. *Linda Sango, a retired health and physical education teacher, has been studying Tai Chi and Qi Gong under Jeff Cote' for 18 years and has been teaching classes to seniors for 10 years. Linda also practices Asian Bodywork Therapy in the discipline of Tuina.*

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

Thursdays, July 11th through August 29th, 11:00-12:00 No class on July 4th

New students are welcome and will learn moves as they are covered and refined in each session until the set of 108 moves (many repeated) has been taught. This form of Tai Chi was first introduced to North America 49 years ago by Taoist monk Master Moy and has spread to 28 different countries. It is known to build strength, improve balance and flexibility. Wear loose comfortable clothing and footwear with a fairly smooth tread. *Sue Chase is a trained Taoist Tai Chi instructor. She has been practicing Taoist Tai Chi for nine years, studying in several different countries and attending workshops with instructors and practitioners from all over the world.*

AROUND TOWN...AND BEYOND

Town of Acton Town Hall hours are changing over the summer - open Tuesdays until 7:30pm, and closing Fridays at 12 noon. Call 978-929-6620 for enquiries.



West Acton Farmer's Market is open for the season on *Sundays, 10:00-1:00*, Pearl St and Windsor Avenue. Windsor Ave will be temporarily closed at the junction with Rt 111, (Mass Ave.)

Assabet River National Wildlife Refuge is currently seeking volunteers to staff the front desk of our Visitor Center, located at 680 Hudson Road, Sudbury, MA. This is a great way for folks to interact and engage with visitors who enjoy the Refuge. Volunteer duties would include opening and closing the building, turning on and off exhibits (simple switches and keys), informing visitors about the exhibits in the center and trails on the Refuge, and answering visitor questions. The Visitor Center is open every Saturday and Sunday, 10am-4pm. If interested, volunteers would need to pass the MA CORI check and train with a staff member for 6 hours before volunteering on their own. Volunteers need to commit to volunteering for a minimum of 12 hours per month for a minimum of 3 months. Contact Kelsey Mackay email keley_mackey@fws.gov

NARA Park 4th July Celebrations, transportation is operating a van service, call 978-844-6809.

Volunteers needed The Acton Senior Center Meal site is looking for volunteers to help in the kitchen.

Between 9:30 and 1:00, Monday through Friday, there are three shifts ranging from one and a half to two hours to help with the following: *Packing the Meals on Wheels; Setting up; Serving, and Cleaning Up in the Dining Room for lunch; Kitchen Cleaner/Dishwashing*

If you want to come with a friend, teams of two are encouraged, especially for packing the Meals on Wheels. For questions/to apply, speak with Joy Agule in the kitchen, call 781-221-7085 or email j.agule@minutemansenior.org

Trips – Call now, registration open

► **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 will be a live performance of *Cabaret* at the 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*. On the way we will make a quick stop at Stonewall Kitchen in York for some shopping and sample tasting. Lunch will include salad, choice of Baked Haddock or Buttermilk Chicken. 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. Lunch will be at Isaac's on the Waterfront. 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.

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



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.

SUPPORT GROUPS

Widows and Widowers 101 at the Acton COA will not be meeting in the summer and will resume in September.

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.

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.

See page 3 for information on the Healing Conversations support group held at the Senior Center on August 14.

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



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.

CLINICS

Podiatry Clinic - Tuesdays July 9th, 23rd, Thursday August 8th and Tuesday 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 Tuesdays, July 9th and 23rd, August 13th and 27th, 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.

Health Talk with Linda Cullen, RN of Acton Nursing Services

Tuesday, July 23rd and August 27th, 11:00-11:30

Open to out-of-town seniors/free

The talks this summer consist of a two part series on Balance and Fall Prevention. Feeling unsteady from time to time or worried about falls? Do you know what factors contribute to your ability to balance and what can cause an imbalance? Join Karen Patterson PT with Acton Nursing and Linda Cullen RN to learn what can affect your balance and what you can do to remedy these issues!

Balance Screenings Appointments

Wednesday, August, 7th 9:00-3:00

Acton Seniors Only

Sponsored by The Friends of the Acton Nursing Services – Karen Patterson PT, Board Certified Clinical Specialist in Geriatric Physical Therapy will be holding individualized balance assessments by appointment in the Acton Nursing Services office. Call 978-929-6650 for appointment.

Balance Matters!

Acton Seniors Only

Mondays, August 26th-October 7th 11:30-12:30, (no class Labor Day, September 2nd)

Join Karen Patterson PT as she provides a 6 week series of classes focused on increasing strength, balance, flexibility and your confidence in performing activities of daily living.



...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!

Coffee with a Cop Tuesday, July 16th, 9:00-11:00 Dunkin' Donuts, 100 Powdermill Rd.

Volunteers Wanted to Make Lunch for the First Responders - The COA is looking for volunteers (4-5 people) to cook and serve lunch to our First Responders on September 11. We will provide the ingredients. We are also looking for volunteers to set up and clean up. If you are interested, please call Sharon. Thank you!



Thank You!

...to the Memorial Library staff for preparing lunch in June
... to the Fire Department for our summer BBQ
...to James MacRae, our VSO for the delicious monthly breakfasts
... to Mary Lou Bowry for the flower arrangements at the Reception desk

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.

TRANSPORTATION

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

Starting on July 1st availability of free curb to curb service for seniors on the Council on Aging Van and Road Runner will be extended to 5pm, Monday- Friday. Seniors needing a trip can book a ride by calling CrossTown Connect dispatch at 978-844-6809 8:30am-4:00pm, Monday - Friday. 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. 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 978-929-6458 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).

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

If You Don't Get a September Newsletter Here's Why... The names and addresses used for the newsletter mailing come from the annual Town census. Each August the COA mailing list is updated with the new census information. People not listed on the current census are removed and new seniors are added from the census. If you do not receive a September newsletter and still live in Town, please contact Rosie at 978-929-6652 or ratherton@actonma.gov to be put back on the list.



*Wishing our friend and colleague Judy a
very happy retirement*



1 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Chair Exercise 1:00 Mah Jongg 1:00 Registration Begins	2 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 Judy Garland 3:00 Stretch & Flex	3 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:30 Needle Arts 2:30 Drop-in Bridge	4 CLOSED FOR INDEPENDENCE DAY	5 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:45 Movie 1:00 Mah Jongg
8 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 1:00 COA Friends Meeting 1:00 Middlemarch DVD 1:00 Mah Jongg	9 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 11:00 Tai Chi 1:00 Judy Garland Series 3:00 Stretch & Flex	10 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:00 Birthday Lunch 12:30 Needle Arts 12:30 Comfort Bears 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	11 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 11:30 Chair Exercise 12:30/2:00 Chess Classes 1:00 Welcome Tours 1:30 Chess Club 2:00 Art Reception	12 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 11:30 Memory Café 12:45 Movie 1:00 Mah Jongg 1:00 Genealogy Group
15 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Chair Exercise 1:00 Mah Jongg 1:00 Book Club 1:15 Gym Training	16 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 12:00 Benchmark/RB Lunch 1:00 Sculpture Talk 3:00 Stretch & Flex	17 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Dentist Talk 12:30 Needle Arts 1:00 Fall Prevention Talk 2:30 Drop-in Bridge 3:00 Line Dancing	18 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 11:30 Chair Exercise 12:30/2:00 Chess Classes 1:00 Assisted Living Talk 1:30 Chess Club	19 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 1:00 Live Animal Show 1:00 Mah Jongg
22 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Chair Exercise 1:00 Mah Jongg 1:00 Middlemarch DVD 1:15 Gym Training	23 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 Tai Chi 11:00 Nursing Talk 1:00 Beaded Jewelry 3:00 Stretch & Flex	24 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:30 Needle Arts 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	25 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 11:30 Chair Exercise 12:30/2:00 Chess Classes 1:00 Aging in Place 1:30 Chess Club	26 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:45 Movie 1:00 Mah Jongg 5:00 Fire Dept BBQ

29 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 1:00 Lit Lovers 1:00 Mah Jongg	30 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 Middlemarch DVD 3:00 Stretch & Flex	31 8:30 Senior Fitness 9:00 Maine Trip 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:00 Newbury Court Lunch 12:30 Needle Arts 2:30 Drop-in Bridge 3:00 Line Dancing	AUGUST	2 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:45 Movie 1:00 Mah Jongg
5 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Chair Exercise 1:00 Mah Jongg 1:00 Middlemarch DVD 1:15 Gym Training	6 8:00 Golf @ 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 AML Resources 3:00 Stretch & Flex	7 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00-3:00 Balance Screening 12:30 Needle Arts 2:30 Drop-in Bridge 3:00 Line Dancing	8 8:30 Senior Fitness 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 11:00 Laugh for your Health 11:30 Chair Exercise 12:00 Hot Dog Lunch 12:30/2:00 Chess Classes 1:30 Chess Club	9 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:45 Movie 1:00 Genealogy Group 1:00 Mah Jongg
12 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:30 Chair Exercise 1:00 Mah Jongg 1:00 Middlemarch DVD	13 8:00 Golf @ Quail Ridge 9:00-11:00 Wellness Clinic/BP 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 COA Board Meeting 10:00 AARP Smart Driver 11:00 Tai Chi 1:00 Ask the Lawyer Appts	14 9:00-11:30 Open Activity 9:00-12:00 Gym Open 12:00 Birthday Lunch 12:30 Needle Arts 1:00 Bereavement Support 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	15 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 11:00 Tai Chi 11:30 Chair Exercise 12:45 COA Friends Meeting 12:30/2:00 Chess Classes 1:00 Creative Floral Arranging 1:30 Chess Club	16 9:00 Plymouth Trip 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:45 Movie 1:00 Mah Jongg
19 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Chair Exercise 1:00 Mah Jongg 1:00 Book Club 1:15 Gym Training	20 8:00 Golf @ Quail Ridge 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 11:00 Tai Chi 12:00 Benchmark/RB Lunch 1:00 Boston Post Road Talk	21 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 12:30 Needle Arts 1:00 Middlemarch DVD 2:30 Drop-in Bridge 3:00 Line Dancing	22 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 11:00 Tai Chi 11:30 Chair Exercise 12:30/2:00 Chess Classes 1:30 Chess Club	23 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:45 Movie 1:00 Mah Jongg
26 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Chair Exercise 1:00 Mah Jongg 1:00 Lit Lovers Club 1:15 Gym Monitor Training	27 8:00 Golf @ Quail Ridge 8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:00 Wellness Clinic/BP 9:00-11:30 Open Activity Time 9:45 Active Aging 11:00 Nursing Talk 11:00 Tai Chi 11:30 Balance Program 1:00 Identity Theft Talk 3:00 Stretch & Flex	28 8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 12:30 Needle Arts 1:00 Trivia 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	29 8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 9:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 11:30 Chair Exercise 12:30/2:00 Chess Classes 1:30 Chess Club	30 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:45 Movie 1:00 Mah Jongg

Friends Funded Activities - This month the following activities are supported by the Friends of the Acton COA: *Riding the Post Road presentation, The Nature of My Backyard, Judy Garland series, Taoist Tai Chi class, Birthday lunch, Boston Public Sculpture, 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.

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 on 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

The Friends of the COA

Visit the air-conditioned Senior Center this summer; there's always a friendly face, conversation, and lots of activities. Check out the new electronic message board for daily happenings. The dining room is open every morning for open activity time, lunch at noon - but sign up by the morning before.

Don't let the hot summer days keep you from exercising, our well-equipped gym is open every morning 9-12. Complete a gym training session and come exercise in cool comfort!

For the month of July, Not Your Average Joe's is again sponsoring the Friends. Every Wednesday in July 15% of all purchases go to the Friends when you mention your support. The Friends will be having an informal meeting Monday, July 8th at 1:00 in the dining room.

Permit #67
Acton, MA 01720
U.S. Postage Paid
POST CARD

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

ACTON COA STAFF
Sharon Mercurio, Director
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 July 9th, August 13th at 10:00.
Friends of the Acton COA on July 8th at 1:00 and Aug 15th at 12:45