



# Acton Senior Center Newsletter

September 2019



The Council on Aging at the Senior Center is located at 30 Sudbury Road Rear, is open weekdays 8am-5pm.

Telephone: 978-929-6652. Email: [seniorcenter@acton-ma.gov](mailto:seniorcenter@acton-ma.gov) Website at [www.actoncoa.com](http://www.actoncoa.com)

Contact us for information or to receive this newsletter by email, or be taken off the mailing list

**Directions** Follow the blue Town of Acton signs all the way down High Street to Powder Mill Road, turn right and then left to 30 Sudbury Road and take the THIRD entrance into the Town of Acton Human Services & Senior Center parking lot – you will see a large blue sign.

**Registration for NEW programs begins in person or by phone on Tuesday, September 3<sup>rd</sup> at 1:00**

*These events require pre-registration. Please see details in this newsletter. Use the check boxes as a handy reminder for when you call*

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## Registration Reminder:

When a description in this newsletter is preceded by “►►” this means you should call or drop by to register beginning Tuesday, September 3<sup>rd</sup> at 1:00. Registration is required for a variety of reasons: limited space, instructor-to-student ratio, meeting minimum attendance requirement or for purchasing groceries and other supplies. If you have registered for a program, trip or meal and find you cannot attend (or cannot regularly attend a series of classes), please call the Council on Aging at 978-929-6652 as soon as possible to cancel. We often have waitlists and money can be saved on purchasing supplies and food if we have an accurate count. Thank you!

## Artists on the French Riviera Presentation

**Tuesday, September 17<sup>th</sup>, 1:00-2:00 Open to out-of-town seniors for \$5**



The French Riviera's magnificent land and seascapes served as inspiration for many artists. Dazzled by the quality of the light and the vibrant colors, artists as different as Claude Monet, Pablo Picasso and Edvard Munch were drawn to the scenic vistas. Join MetroArtLinks as we explore the French Riviera and the artists who painted it. *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.* This program is funded by the Acton Funeral Home.

## Director's Corner

If you are receiving our newsletter for the first time, welcome! Each September we add residents who completed the Town's census and will be turning 60 this year to our mailing list. If you would like to opt out of receiving our monthly newsletter by mail and would rather view it on our website or receive it by e-mail, please contact our office. As you will see, we have a wide variety of classes, programs and activities to offer. The Senior Center provides opportunities for recreation, socialization and education free of charge to Acton residents. We also provide social services, information and referrals. If you have not had the opportunity to visit the facility, please do so.

We will be having an Open House on Thursday, September 26 from 1-3 and we look forward to seeing you.

*Sharon, COA Director*



## UPCOMING HIGHLIGHTS

### **The Giants of American Literature: Their Lives, Works and Impact on American and Global Culture**

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

**Tuesdays, September 24<sup>th</sup>, October 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, November 12<sup>th</sup>, 1:00-2:00**

American literature has made an indelible impact on the world imagination. This series, presented by Lawrence Lowenthal, will examine the unique characteristics of six American literary geniuses and why they have proven to be permanently beloved by readers of every language. The series will include: Walt Whitman, Emily Dickinson, Ernest Hemingway, F. Scott Fitzgerald, William Faulkner, and J.D. Salinger. Portions of their works will be read and analyzed at each session and video presentations will be shown as well.

**September 24<sup>th</sup>:** Walt Whitman is one of the most influential poets in the American canon, often called the father of “free verse.” He had a huge impact on writers of future generations, especially the “beat” poets and novelists of the 50s. His work was very controversial in its time, particularly *The Leaves of Grass* which was described by many shocked readers as obscene.

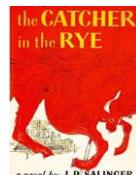


**October 1<sup>st</sup>:** Emily Dickinson is certainly the greatest female poet in American literature and one of the greatest poets in world literature. Although she wrote of 1,800 poems in her lifetime, she only saw a few published. An isolate for much of her life in Amherst, Dickinson’s poems deal with death and immortality and the exquisite interaction between nature and the human condition.

**October 15<sup>th</sup>:** One of the true stylistic groundbreakers of world literature, all of Ernest Hemingway’s works remain in print today and are read by millions across the globe. His novels and short stories focus on the themes of courage, stoic “grace under pressure,” and existential loneliness.

**October 22<sup>nd</sup>:** At the time of his death at age 44, F. Scott Fitzgerald’s works were out of print and his reputation in shadow. Today all his works are available in multiple languages and he is one of the most beloved American writers. His novels and short stories elucidated the flamboyance and excess of the “Jazz Age” or the “Roaring 20s.” His masterpiece, *The Great Gatsby*, has been hailed by many critics as the great American novel.

**October 29<sup>th</sup>:** Winner of the coveted Nobel prize, William Faulkner is one of the most celebrated writers in American literature generally and of Southern literature specifically.



**November 12<sup>th</sup>:** Jerome David Salinger is best known today for *The Catcher in the Rye*, a tremendous success when published in 1941 and a continuing best seller today, with over 250,000 copies sold every year. A recluse for most of his adult life, Salinger remains one of the most fascinating and obscure figures in American literature

*Dr. Lawrence Lowenthal received his Ph.D. in English from New York University. He has taught college-level English, American Literature, film, and Jewish history courses, served in the Israeli Army, lectures on a variety of topics in the Greater Boston area, writes about human rights issues for the local press, has appeared on TV and radio, and has hosted a local radio show.*

### **Coming Together with Sal Lopes**

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

**Wednesdays, September 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, 10:00-11:00**

*Coming Together* is an opportunity for seniors to gather in a social setting in which face-to-face conversations on hobbies, travel, movies, arts and entertainment, family life, work experiences and health issues might be a focus.

### **□► Basic Town Government 101**

**Mondays, September 9<sup>th</sup> through 30<sup>th</sup>, 11:00-12:00**

**Acton Seniors Only**

Marion Maxwell is leading an informal conversation group for seniors who want to know more about how Town Meeting and local government work. Space is limited, so call or drop by the Senior Center to sign up. *Marion Maxwell has 50 years of experience as an active Town Meeting member, has served on many Town Boards/Committees and was a newspaper reporter covering Planning Board meetings.*

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

**► Ask the Realtor® Appointments**

**Wednesday, September 11<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 for over 30 years will be hosting office hours at the Senior Center. Please call the Council on Aging to sign up for a 15-minute one-on-one meeting.

**► Don't Fall This Fall! Presentation and Balance Screenings**

**Thursday, September 12<sup>th</sup>, 1:30-3:30**

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

Join physical therapists Dr. Kara Lammerding and Dr. Ana Sanchez Junkin from Emerson Hospital Clough Family Center for Rehabilitative and Sports Therapies for an interactive session to learn more about balance changes as we age and how to improve your own balance. There will be a thirty minute presentation followed by free one-on-one balance assessments and exercise recommendations to get you started on improving your balance.



**Java with John**

**Friday, September 20<sup>th</sup>, 10:00**

**Open to Acton Seniors**

Come have a cup of coffee with the Town Manager, John Mangiaratti. He'll keep you up to date on what is going on around Town, answer your questions and listen to your feedback. He may even bring a guest with him.

**Funeral Planning 101**

**Wednesday, September 25<sup>th</sup>, 1:00-2:00**

**Open to all/free**

Funeral preferences for yourself or a loved one can be difficult to talk about and without pre-planning there are many decisions that have to be made quickly with no time to comparison shop. What are the advantages of planning ahead? Of pre-paying? How much does a funeral cost? What options are available? Staff from the Acton Funeral Home will discuss funeral planning and answer your questions.

**Open House**

**Thursday, September 26<sup>th</sup>, 1:00-3:00**

**Open to all**

Come celebrate 30 Sudbury Road's second anniversary with an open house. Stop in for a tour, see what the Senior Center has to offer, meet the Human Services staff and the Town Manager. Several other Town departments will be represented. Light refreshments will be served. Free trips to the event are available by calling MinuteVan dispatch at 978-844-6809.

**HomeFit Workshop: Modifying Your Home for Safety and Comfort**

**Wednesday, October 2<sup>nd</sup>, 1:00-2:00**

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

The AARP HomeFit Workshop provides information on how to decide what type of home modifications are needed to stay in your home as you age. It also provides ideas and inspiration on making those modifications. The goal of the presentation is to educate on home updates that can make it easier for you to go about their daily activities while staying comfortable, independent, and injury-free in your home. Presenter is Ellie Meyer, an occupational therapist and AARP volunteer guest speaker.

**MOVIES**

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

**Friday, September 6<sup>th</sup>, 12:45-2:30 *Ladies in Lavender*** (2004, PG-13) Two sisters (Maggie Smith and

Judi Dench) befriend a mysterious foreigner who washes up on the beach at their 1930's Cornish seaside village. As they nurse him back to health, they learn he is a talented violinist. Available to borrow from the Senior Center resource shelf after September 6.

**Friday, September 13<sup>th</sup>, 12:45-2:15 *Poms*** (2019, PG-13) Diane Keaton stars in this comedy about a group of women who form a cheer leading squad at their retirement community.

**Friday, September 20<sup>th</sup>, 12:45-2:45 *Maria by Callas*** (2018, PG) Documentary takes an intimate look at the life and work of legendary opera singer Maria Callas, as told in her own words.

**\*\*No Movie on September 27<sup>th</sup>\*\***

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

## **ARTS & CRAFTS**

### **Needle Arts Group**

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

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

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

### **Artists on the French Riviera Presentation**

**Tuesday, September 17<sup>th</sup>, 1:00-2:00, see front page for details**

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



**Photography Exhibit** In September and October, we are delighted to welcome the Quail Ridge Camera Club. They will be exhibiting photographs representing the work of its members. All are welcome to attend their opening reception on *Wednesday, September 4 from 2-4pm*

### **□► Drawing For All with Sandy Wilensky**

**Tuesdays, September 24<sup>th</sup> through November 12<sup>th</sup>, 9:00-11:00**

**Open to out of towners beginning September 10<sup>th</sup> for \$20 fee**

Folks with all levels of experience are welcome! Participants will build skill upon skill while experimenting with various drawing techniques and materials. Classes will begin with a drawing warm-up to be followed by a skill/technique lesson that will then be incorporated into a finished drawing. Learning about line, shape, value, texture and perspective will be woven into the class instruction. Drawing subjects will include still life, landscape and the natural world. The initial approach to subjects will be realistic with a focus on personal expression and developing a style of one's own. Group sharing of drawings will have a goal of positive affirmation of learning. If you are new to this class, you can purchase a drawing set for \$14 (payable to Sandy at the first class) or bring your own supplies. Please note the program room can be chilly, so dress accordingly. *Sandy Wilensky has had a career in education with experience teaching people from age 3-83+. She is a certified art instructor and believes strongly in the ability of all people to learn in a supportive setting. She has recently been teaching art classes in area senior centers, Acton Community Education and in her studio at ArtSpace in Maynard. Sandy's art has been shown in many local locations.*

**Morning Open Activity Time - see page 5 for details**

## **HUMAN SERVICES NEWS**

### **Council on Aging**

Rosie Atherton was promoted to the COA Office Manager in July. Rosie was hired in January 2018 as one of our Human Services Receptionists. She is active in the community and has been a wonderful addition to the COA Staff. Our wonderful interns, Brenna and Catherine have returned to college – we wish them well.

### **New Veteran Services' District for Acton and Boxborough**

Acton Veterans' Service officer, James MacRae, has recently been appointed as the District Director for the newly formed Veterans' Service District of Acton and Boxborough. For any Veterans and surviving spouses who reside in Acton or Boxborough that are curious as to what benefits they may be eligible for, please contact James MacRae at 978-929-6614 or [jmacrae@actonma.gov](mailto:jmacrae@actonma.gov).

### **New Faces in the Building**

Family Service Detective Mike Eracleo, Mackenzie Dezieck, the new Jail Diversion Counselor, and Jessica Apsler from DVSN all share an office here at the Human Services building and are here intermittently.

Austin Cyganiewicz has been hired as the Director of Intergovernmental Affairs. One of Austin's responsibilities includes managing the Town's van service. His office is located at Town Hall but he will also be available at the Senior Center - *look for contact details on page 13.*

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

**GAMES**

**Morning Open Activity Time**

**Weekday mornings, 9:00-11:30    No activity time Sept. 2<sup>nd</sup>, 20<sup>th</sup> and 27<sup>th</sup>**

The Senior Center dining room is open weekday mornings for drop-in activities. We provide the space, tables, chairs and a variety of games (Scrabble, chess, Mah Jongg, playing cards). You may also work on your own art or craft project or borrow an iPad. Ask your friends to meet here or make new ones!

**Chess Club with Ken LeBow**

**Thursdays, 1:30-4:15**

Ken LeBow oversees a Chess Club for players with some experience to get together for games at the Senior Center. You only need to know the basics to play.

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

**Thursdays, September 12<sup>th</sup> through December 19<sup>th</sup>, 12:30-2:00**

Acton resident Ken LeBow will teach this 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. Chess sets & 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 club and lessons for seniors in Pennsylvania and has been teaching and leading chess club in Acton for 5 years.*

**□► Intermediate Chess Class**

**Thursdays, September 12<sup>th</sup> through December 19<sup>th</sup>, 2:00-3:00**

Ken LeBow is offering chess lessons 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.

**□► Bridge for Beginners Part 3 with Alan Horvitz**

**Tuesdays, September 24<sup>th</sup> through October 29<sup>th</sup>, 1:00-3:00**

If you know nothing about the game of bridge but would like to learn, this is the course for you. If you took an introductory class and would like a follow up, this is also a good choice. Alan Horvitz will teach you the rules and introduce you to the fundamentals of bidding, play of hand and defense. Instruction will be balanced with an opportunity to play the game under experienced supervision. Students will acquire new skills and have fun. Registration is required as space is limited; please plan on attending all six classes. *Alan Horvitz is a retired clinical social worker, a Bronze Life Master, and an experienced bridge teacher.*



**Drop-In Bridge**

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

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

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

The COA has arranged a weekly tee time for seniors (60+) from Acton and area 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" league meets Monday at 3:00. Contact Mark at Quail Ridge on 978-264-0399 for more info.

**Mah Jongg Time**

**Mondays, 1:00-4:00 for experienced players only    No game on Sept. 2<sup>nd</sup>**

**Tuesday, September 3<sup>rd</sup>, 1:00-4:00 for experienced players**

**Fridays, 1:00-4:00 open play for all skill levels    No game on Sept. 27<sup>th</sup>**

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.

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

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

## SPECIAL INTEREST GROUPS

### **Genealogy Group**

**Friday, September 13<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.



### **Computer Club**

**Wednesdays, September 11<sup>th</sup> and 25<sup>th</sup>, 1:30-3:00**

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

All seniors are welcome. Bring your computer and hardware questions, problems and related issues. If possible bring the problem hardware with you. This club has no formal instruction. Several regulars are 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.

### **Book Discussion Group**

**Monday, September 16<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 title of this month's book was not known at press time, so please call the Council on Aging to inquire. Copies of the books 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 facilitated by Program Coordinator Chris Chirokas**

**Monday, September 23<sup>rd</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. Group is facilitated by Program Manager Chris Chirokas. The lecture topic this month is *Eliot and the Unfolding of Character*. The suggested novel to read is *Middlemarch* by George Eliot (continued from August). Copies of the book are on reserve at the Acton Memorial Library (978-929-6655). New attendees welcome!

## HEALTH CLINICS

### **Podiatry Clinic - Tuesdays, September 10<sup>th</sup> and 24<sup>th</sup>, Thursday 19th**

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 September 10<sup>th</sup> and 24<sup>th</sup>, 9:00-11:00**

Offered by the Acton Nursing Services. A registered nurse from Acton Nursing Services will check blood pressure, pulse, weight, and discuss medication, nutritional or health related questions. No appointment necessary.

### **Health Talk with Linda Cullen, RN of Acton Nursing Services**

**Tuesday, September 24<sup>th</sup> 11:00-12:00**

The health discussion topic for September will be on measles; what are measles; including who gets the measles, the treatment, prevention and who should receive the measles vaccine.

### **► Balance Screenings Appointments**

**Wednesday, October 16<sup>th</sup>, 9:00 – 3:00**

**Acton Seniors Only**

**Call 978-929-6650 for appointment**

Offered by Acton Nursing Services – Karen Patterson PT, Board Certified Clinical Specialist in Geriatric Physical Therapy is holding individualized balance assessments by appointment in the Acton Nursing Services office.

### **► Balance Matters! Sponsored by the Friends of the Acton Nursing Services**

**Acton Seniors Only**

**Mondays, October 21<sup>st</sup>-December 2<sup>nd</sup> 11:30 (no class Nov 11<sup>th</sup>)**

**Call 978-929-6650 to sign up**

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.

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

**MIND, BODY & SPIRIT**  
**(see also Health Clinics, Exercise and Gym News)**

**Line Dancing with Kari McHugh**

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

**Wednesdays, September 11<sup>th</sup> through December 18<sup>th</sup>, 3:00-4:00**

See for yourself why so many love this fabulous activity! As each dance uses foot patterns only, beginner dances can be learned within minutes. Dancing is easiest and gentler on your joints with shoes that have flat, smooth bottoms. Sneakers with worn bottoms or dress shoes typically provide some slide, as do any type of dance shoes. Drop by for the fun and exercise! A \$1.00 donation per class for Acton seniors is requested, per Executive Office of Elder Affairs grant guidelines. The fee for out-of-town seniors is \$20 for the full session.

**Laugh For Your Health**

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

**Thursday, September 12<sup>th</sup>, 11:00-12:00**

Laughter can really be one of the best medicines! In this interactive program, you will learn how to generate your own hearty laughter without the need for jokes. We use seated and standing laughter exercises, combined with deep, relaxing belly, or “yoga breaths.” Many health benefits are derived from this practice including: increased energy and alertness, mood elevation, stress relief, positive connections with others, and boosting the immune system. *Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher. Her workshops promote laughter as a tool to build joy, resilience, connection, and collaboration.*

**► Reiki Appointments with Ann Marie Durlacher**

**Acton seniors only**

**Friday, September 13<sup>th</sup>, 9:00-10:20 (sign up for a 15 minute apt.)**

Reiki is an ancient Japanese holistic therapy used to nurture and heal the body, mind, heart, & spirit. It is a gentle, non-invasive treatment where the practitioner uses a light gentle touch to balance energy in the receiver. When the body is in balance, it is better able to heal and support itself. Reiki is a great form of self-care. 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 10 years.*



**► Chronic Pain Self-Management Workshop**

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

**Thursdays, September 19<sup>th</sup> through October 31<sup>st</sup>, 2:00-4:30 No meeting on Sept. 26<sup>th</sup>**

This evidence-based workshop provides tools and support for healthy living for individuals living with chronic pain such as arthritis or pain due to injury. Topics covered include techniques to deal with problems such as frustration, fatigue and isolation; appropriate exercise, appropriate use of medications; & effective communication. Registration is required as space is limited—please plan on attending all six sessions. Please note the program room can be chilly, dress accordingly. Supported by Minuteman Senior Services & Friends of Acton COA.

**GYM NEWS**

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

**► Gym Training**

**Open to Acton seniors only**

**Mondays, September 9<sup>th</sup>, 16<sup>th</sup> and Thursday, October 3<sup>rd</sup>, 1:15-2:00**

So many seniors are getting heart healthy by taking advantage of our COA Gym. We have had a 72% increase in use from this time last year! Sign up for the 45 minute training on safe and proper use of the equipment and then you can join your peers for some cardio and camaraderie. Trainings are limited to 4 people/timeslot.



**Gym Monitors Needed** – Monitors are a vital component to our gym. We are required by the Town to have a monitor in the gym during all hours of operation. We are looking for people to volunteer 1 hour per week as a gym monitor. The more monitors we have, the more gym hours there can be each week. For more information, please speak to Mary or Judy. The next monitor training is on **Monday, September 23<sup>rd</sup>, 1:15-2:00**

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

## **EXERCISE**

### **It's time to renew your exercise waiver for 2019/20 – ask at Reception**

Exercise classes are on a drop-in basis. No registration required! But you will need to have an up to date exercise waiver on file. Because of demand, classes are open only to Acton seniors (age 60 and up).

- If you are new to a class, make sure to read the description to judge whether it looks like 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.

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

**Mondays, September 9<sup>th</sup> through December 16<sup>th</sup>, 8:30-9:30    No class Oct. 14<sup>th</sup> & Nov. 11<sup>th</sup>**

**Tuesdays, September 3<sup>rd</sup> through December 17<sup>th</sup>, 9:45-10:45**

**Thursdays, September 5<sup>th</sup> through December 19<sup>th</sup>, 9:45-10:45    No class Nov. 28<sup>th</sup>**



This class focuses on functional fitness with exercises designed to help seniors maintain strength, balance and independence. Designed for every fitness level & 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 has been teaching fitness classes for 16 years. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*

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

**Tuesdays, September 3<sup>rd</sup> through December 17<sup>th</sup>, 8:30-9:30**

**Wednesdays, September 4<sup>th</sup> through December 18<sup>th</sup>, 8:30-9:30**

**Thursdays, September 5<sup>th</sup> through December 19<sup>th</sup>, 8:30-9:30    No class Nov. 28<sup>th</sup>**

**Fridays, September 7<sup>th</sup> through December 20<sup>th</sup>, 8:30-9:30    No class Sept. 27<sup>th</sup> & Nov. 29<sup>th</sup>**

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, September 3<sup>rd</sup> through December 17<sup>th</sup>, 3:00-4:00**

**Thursdays, September 5<sup>th</sup> through December 19<sup>th</sup>, 3:00-4:00    No class Sept. 26<sup>th</sup> & Nov. 28<sup>th</sup>**

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.

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

**Wednesdays, October 2<sup>nd</sup> through December 18<sup>th</sup>, 10:45-12:00    No class Nov. 27<sup>th</sup>**

This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class has an emphasis on wellness and will include a period of deep relaxation. Bring a yoga mat to each yoga class (optional for joint class). On the last Wednesday of each month a Healthy Joint Class will be offered to improve range of motion. The low impact and gentle joint practice does not require yoga experience and is done seated and standing. Joint movements help improve flexibility and balance and decrease a stiff or achy body and help prevent falls. A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*

## Tai Chi with Linda Sango

**Tuesdays, September 10<sup>th</sup> through December 17<sup>th</sup>, 11:00-12:00**

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 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, September 5<sup>th</sup> through December 19<sup>th</sup>, 11:00-12:00 No class Nov. 28<sup>th</sup>**

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.*

## NouVon Fitness with Yvonne Benelli

**Fridays, September 13<sup>th</sup> through December 20<sup>th</sup>, 10:00-11:00 No class Sept. 27<sup>th</sup>, Oct. 4<sup>th</sup> & Nov. 29<sup>th</sup>**

This class is truly an enjoyable total workout designed by Yvonne Benelli to be suitable for all fitness levels, focusing on the specific needs of seniors, including balance, stability, core strengthening, posture, muscular strength, some cardio/dance, stretching and relaxation. Strengthen, stretch, balance and benefit your muscles, joints, heart & lungs, as well as your mood and general well-being. Done standing and sitting, modify to suit your own needs. Improve your flexibility, comfort and range of motion. Class begins with a gentle warm-up. Hand weights and balls (optional and supplied by Center) are used for resistance strength training. Class ends with a soothing cool down phase of stretch & relaxation. Reduce stress and clear your mind! You will leave class feeling re-energized, rejuvenated and relaxed...ready for your day! A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines. *Yvonne Benelli holds an MS in Clinical Exercise Physiology, a BS in Physical Education, and taught American Red Cross CPR/First Aid for 40 years as well as various fitness classes, including current classes in AquaCize, Water Aerobics, Pilates and Personal Training.*

## Gentle Chair Exercises with Mary Morgan

**Mondays, Sept. 9<sup>th</sup> through December 16<sup>th</sup>, 10:30-11:00 No class Oct. 14<sup>th</sup> & Nov. 4<sup>th</sup>, 11<sup>th</sup>**

**Thursdays, September 5<sup>th</sup> through December 19<sup>th</sup>, 11:30-12:00 No class Oct. 31<sup>st</sup> & Nov. 28<sup>th</sup>**



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 by the Center. 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 Human Services/Senior Center receptionist.*

...to the AARP for the shredding day

...to Eva Szkaradek for beading supplies

...to Mary Schatz for trivia gift card prizes

...to Sue Harrigan and Ed Ellis for the flowers in the front planters

**Thank You!**

**DINING OPPORTUNITIES****\*\*Please sign up with the COA office (978-929-6652) for the following meals:****► First Responder Appreciation Luncheon      Open only to Acton seniors****Wednesday, September 11<sup>th</sup>, 12:00**

We will be hosting a lunch to honor Acton's First Responders. Gary McGuire will be preparing baked ziti, meatballs, salad and cookies. Acton seniors are welcome to attend to show their appreciation to those who are there when we need them. Please sign up at the COA office. \$3 donation is requested.

**► Monthly Lunch by Benchmark Senior Living/Robbins Brook      Open to out-of-town seniors****Tuesday, September 17<sup>th</sup>, 12:00 at the Senior Center**

Enjoy pot roast, mashed potatoes, salad and apple crisp. This meal is subsidized in part by Minuteman Senior Services. A \$3 donation is requested.

**► Monthly Breakfast      Open only to Acton seniors****Friday, September 20<sup>th</sup>, 9:00**

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 has a surprise in store. A \$3 donation is requested.

Followed at 10:00 by *Java with John*, conversation with the Town Manager, John Mangiaratti.

**► Rotary Club Senior Luncheon at the Boxborough Regency****Sunday, September 22<sup>nd</sup>, 12:00****Acton and Boxborough seniors only**

Seniors are invited to an Acton Boxborough Rotary Club chicken luncheon at the Boxborough Regency. Lunch is sponsored and served by the Rotary Club and prepared by the culinary team at the hotel. Entertainment is provided. Free roundtrip transportation is available by calling Minutevan at 978-844-6809.

**► Special Indian Cuisine****Tuesday, September 24<sup>th</sup>, 12:00****Open only to Acton Seniors**

Join us for authentic Indian food prepared by some of our own Acton seniors. Menu includes Chicken masala, chickpeas, vegetable biryani, garlic naan, raita and pineapple suji halwa. Cost is \$3

**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.*

*To register for Meals on Wheels call Minuteman Services on 1-888-222-6171*

**► Birthday Lunch: Thursday, September 12<sup>th</sup>, 12:00** Free to those celebrating a birthday.

Contact Joy if you are interested in volunteering in the dining room, various roles are available including setting up and serving. Volunteers are essential to the successful running of this service.

**The Friends of the COA**

September marks the second anniversary of our Senior Center on Sudbury Rd. Because of the expanded facilities, many more Acton seniors have been able to take advantage of the increased numbers of programs and activities that are offered. Many of these are funded by the Friends as they kick-off their fund raising season with "Dining Mondays in September" at Atlantic Sea Grill. Mention your support of the Friends of the COA and 15% of your tab will go to the Friends. We thank Atlantic Sea Grill for their support.

All new Acton seniors are encouraged to get and fill out a File of Life card. In a medical emergency, responding personnel find the information provided extremely helpful in your care. Contact Lynne Osborn at 978-263-3149 for your card, or pick one up at the Senior Center Reception

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

**SUPPORT GROUPS & SERVICES**

**Widows and Widowers 101**

**Wednesday, September 4<sup>th</sup>, 10:00 – 11:00**

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

It does not matter when you lost your spouse, we all have encountered similar circumstances when a loved one dies. This self-led group allows us to discuss our experiences and share solutions. We share a few laughs and realize that we are not alone.

**□► Memory Café**

**Friday, September 13<sup>th</sup>, 11:30-1:00**

**Open to all/free**

A Memory Café is a special time set aside for individuals with memory impairment and their care partners/caregivers. Join us, enjoy lunch and meet new friends, in a supportive, social, stigma-free atmosphere. This event is sponsored by Right at Home, Concord Park, and Care One of Concord. Please let us know you will be coming 978-929-6652.

**Healing Conversations Bereavement Support Group**

**Monday, September 16<sup>th</sup>, 3:00-4:00**

**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. The program is facilitated by Kathy Benson, LICSW, and Lucia Camara. Registration is not required. If you have any questions or would like to know other locations where the group is offered, please contact Kathy Benson at 978-425-6675 or email [kbenson@nashoba.org](mailto:kbenson@nashoba.org).

**□► Grandparents Raising Grandchildren Regional Workshop**

**Tuesday, September 17<sup>th</sup>, 9:30-12:30**

**Open to all/free**

The Massachusetts Commission on Grandparents Raising Grandchildren is offering this free workshop for grandparents raising their grandchildren. Guest speaker Ruth Bodian will speak on how trauma impacts children and families, followed by an information panel of state local service providers. The Commission works to provide information, resources, and support to the over 11,000 grandparents and relative caregivers throughout Massachusetts who are raising grandchildren as a result of the opioid crisis, mental health issues, domestic violence, poverty, and more. Light refreshments will be served. For more information, visit [www.massgrg.com](http://www.massgrg.com).



Space is limited so please register by contacting the Commission: [Colleen.pritoni@state.ma.us](mailto:Colleen.pritoni@state.ma.us) or 617-748-2454.

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

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

**Coping with Loss of a Loved One after an Illness**

**8 Consecutive Thursdays, September 12<sup>th</sup> – October 31<sup>st</sup>, 5:30-7:00pm.**

Cheney-B Conference Rm, Emerson Hospital. Call Laurel Mauroy on 781-373-6530 by Sept 6<sup>th</sup> to register. Free. Space is limited.

**Alzheimer's Services**

- Alzheimer's Association Helpline 1-800-272-3900. Available for calls 7 days a week, 24 hours a day.
- Alzheimer's Association, [www.alz.org/carefinder](http://www.alz.org/carefinder) for recommendations and questions to ask care providers.
- Cooperative Elder Services, Inc. 978-318-0046. Provides adult day health and Alzheimer's day programs.



**Handy Helper Program** helps Acton seniors with small repairs and simple household jobs.

Volunteers glue chair legs, replace light bulbs, flip mattresses, help with computer/DVD issues and more. This is not an emergency service so plan ahead. Call the COA at 978-929-6652 to make a request, or if you would like to volunteer as a 'handy helper'.

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

## **SUPPORT SERVICES**

**Bev Hutchings, Senior Services Coordinator at the COA is available to help you find resources in the community. Call 978-929-6652 to speak to her or set up an appointment.**

### **Medicare Open Enrollment, October 15<sup>th</sup> - December 7<sup>th</sup> 2019,**

If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to understand and save this information as it explains the changes in your plan for 2020. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly. During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors can help you understand your plan changes as well as other options you may have. The Acton COA will have SHINE counselors available for open enrollment. Call for an appointment beginning the end of September. If you prefer you may call SHINE directly on 1-800-243-4636, then press or say 3. If you get the SHINE answering machine, leave your name and number and a volunteer will call you back.

### **► SHINE (Serving the Health Insurance Needs of Everyone)**

*You can learn all about Medicare by visiting [www.medicare.gov](http://www.medicare.gov)*

A counselor is available for health care information throughout the year. Call 978-929-6652 for an appointment.

### **Food Assistance**

#### **Acton Food Pantry - 978-635-9295**, 235 Summer Road, Boxborough.

Wednesdays, 10:00am-7:00pm & Thursdays 9:30-11:30am. Closed the week of the 4<sup>th</sup> Wednesday of each month. On your first visit bring a photo ID, utility bill or rental lease that contains your name and address as proof of residency.

#### **Mount Calvary Community Supper**, 472 Massachusetts Ave, Wednesdays, 4:45-6:00pm – 978 263-5156

#### **SNAP – Supplemental Nutrition Assistance Program** call Bev for information

**Fuel Assistance** - The Low Income Home Energy Assistance Program (LIHEAP) helps eligible households pay a portion of winter heating bills. Homeowners and renters include households whose cost of heat is included in the rent. Eligibility is based on gross annual income of household members 18 and older and family size. People who received Fuel Assistance last year should be receiving their recertification applications in the mail and can submit their updated information. Clients may check their status on the automated line (508)620-1230. Approval letters will not be sent out until after November 1st. New applicants may apply after November 1<sup>st</sup>.

**Senior Tax Relief** – Call 978-929-6621 or visit the Assessor's Office located at Town Hall. They can answer your questions about your property taxes and inform you about the tax assistance programs available in Acton.

#### **News from the COA Board about the Town Circuit Breaker**

If you filed for and received a state Circuit Breaker check on your Massachusetts tax form for 2018, you may be eligible to receive Circuit Breaker funds from the town. About 300 Acton residents received up to \$1,080 from the state, but only about 10% of them went down to the Assessor's Office to apply. Don't make the same mistake with this year's Circuit Breaker! Apply at the Assessor's Office, or call (978) 929-6621.

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

**Care Management** - In home assessment and support activities of daily living.

Minuteman Senior Services can be reached at 1-888-222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org).

**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, 8:00am-5:00pm at 978-929-6650.

If you have equipment which you would like to donate that is in good condition, call the Nursing Service.

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

- Home Health Agencies – [www.medicare.gov/homehealthcompare](http://www.medicare.gov/homehealthcompare)
- 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)

## TRANSPORTATION

**Transportation** – On-demand van rides are available Monday-Friday, 8:30am - 4:00pm. Rides are scheduled weekdays only by calling 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 which runs from 8:00am - 6:00pm Monday through Friday. To see the schedule and for more transportation information, visit: [www.minutevan.net](http://www.minutevan.net). If you have any questions, please contact Austin Cyganiewicz, Director of Intergovernmental Affairs at 978-929-6513 or email [ctc@actonma.gov](mailto:ctc@actonma.gov).



If you need a ride not covered by Minutevan transportation, please call Bev on 978-929-6652 for your available options. We encourage using the van for rides in Acton, Maynard or Concord, 8-4, Monday through Friday. It is recommended that you make arrangements ahead of time.

**MART Van Service to Boston** - Weekday pick-ups 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.



## AROUND TOWN...AND BEYOND

### **Acton Town Hall Business Hours**

Monday, Wednesday & Thursday 8:00am-5:00pm, Tuesday 8:00am-7:30pm, and Friday 8:00am-Noon

**Acton Citizens Police Academy, September 4<sup>th</sup> - October 23<sup>rd</sup>**, Public Safety Facility, 371 Main Street. Call 978-929-7512 with questions or to register, 18+

### **Household Hazardous Waste Collection Day**

**Saturday, September 7<sup>th</sup>, 9:00-11:30.**

The Acton Board of Health is pleased to announce that they will hold their Fall Household Hazardous Waste Collection day. This collection will be held at the DPW Garage, located at 14 Forest Road. A list of items that are acceptable at the collection day can be obtained on the Town of Acton website [www.acton-ma.gov/health](http://www.acton-ma.gov/health). Please note that this collection is for Acton residents only, and proof of residency is required. Please contact the Acton Health Department at 978-929-6632 with any questions regarding Household Hazardous Waste Collection day.

### **Lunch with Live Music at St. John Lutheran Church, Sudbury**

**Tuesday, September 10<sup>th</sup>, 12:00-2:00**

Come for a hot lunch, of pot roast, roast potatoes, green beans and tossed salad, with live music provided by the New Magnolia Jazz Band, a Massachusetts band playing traditional New Orleans jazz. A suggested donation of \$8 is asked. To sign up, call 978-443-8350 before Tuesday, September 3. St. John is located at 16 Great Rd, Sudbury.

### **Silver Unicorn Bookstore, 12 Spruce St, West Acton. 978-274-2757**

**Thursday September 12<sup>th</sup>, 7:00-9:00pm** Come and meet the author of *Bunny* , Mona Awad.

**Saturday September 14<sup>th</sup>, 7:00-9:00pm** . Local poet Jason Tandon poetry launch event, *The Actual World*.

### **Acton Restaurant Week, September 16<sup>th</sup>-22<sup>nd</sup>**

The Acton Economic Development Committee and the Middlesex West Chamber of Commerce invite you to visit Acton's eateries during the first-ever Acton Restaurant Week. Check out the participating restaurants and their Restaurant deals by visiting [www.ActonRestaurantWeek.com](http://www.ActonRestaurantWeek.com) If you don't see your favorite eatery listed encourage them to sign up by contacting [mselby@actonma.gov](mailto:mselby@actonma.gov) or [jkerr@mwoc.org](mailto:jkerr@mwoc.org).

### **Indian Hill Music Free Bach Lunchtime Concerts, 2019-20 Season**

**Beginning September 19<sup>th</sup>, 11:00 and 1:30** visit [www.indianhillmusic.org](http://www.indianhillmusic.org) or call 978-486-9524 (press 0)

Supported in part by AB United Way, Frederick L. Reynolds Jr. Community Ed Fund and Mass Cultural Council.

...\$10 gift cards from local businesses to use for trivia prizes are always needed and appreciated!

...Individually wrapped candy for the candy bowl at the reception desk.



Mon	Tue	Wed	Thu	Fri
<b>2</b>  <b>Senior Center Closed</b> <b>Labor Day Holiday</b>  USE <input type="checkbox"/> AS A REMINDER TO REGISTER	<b>3</b>  8:00 Golf @ Quail Ridge <input type="checkbox"/> 8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 9:45 Active Aging 1:00 Registration Opens 1:00 Mah Jongg 3:00 Stretch & Flex	<b>4</b>  8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:00 Widows and Widowers Group 10:00 Come Together with Sal 12:30 Needle Arts 2:00 Art Reception 2:30 Drop-in Bridge	<b>5</b>  8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 9:45 Active Aging 11:00 Tai Chi 11:30 Chair Exercise 12:30/2:00 Chess Classes <input type="checkbox"/> 1:30 Chess Club 3:00 Stretch & Flex	<b>6</b>  8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:45 Movie : "Ladies in Lavender" * 1:00 Mah Jongg
<b>9</b>  8:30 Active Aging 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:30 Chair Exercise 11:00 Town Government 101 <input type="checkbox"/> 11:30 Balance Program 12:45 Friends of the COA Mtg 1:00 Mah Jongg 1:15 Gym Training <input type="checkbox"/>	<b>10</b>  8:00 Golf @ Quail Ridge <input type="checkbox"/> 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 10:00 COA Board Meeting 11:00 Tai Chi 3:00 Stretch & Flex	<b>11</b>  8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 9:30 Ask the Realtor <input type="checkbox"/> 10:00 Come Together with Sal 12:00 First Responders Lunch <input type="checkbox"/> 12:30 Needle Arts 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	<b>12</b>  8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 9:45 Active Aging 11:00 Laugh for Your Health 11:00 Tai Chi 11:30 Chair Exercise 12:00 Birthday Lunch 12:30/2:00 Chess Classes <input type="checkbox"/> 1:30 Don't Fall This Fall <input type="checkbox"/> 1:30 Chess Club 3:00 Stretch & Flex	<b>13</b>  8:30 Senior Fitness 9:00-12:00 Gym Open 9:00 Reiki <input type="checkbox"/> 9:00-11:30 Open Activity Time 10:00 NouVon Fitness 11:30 Memory Café <input type="checkbox"/> 12:45 Movie: "Poms" * 1:00 Genealogy Group 1:00 Mah Jongg
<b>16</b>  8:30 Active Aging 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:30 Chair Exercise 11:00 Town Government 101 <input type="checkbox"/> 11:30 Balance Program <input type="checkbox"/> 1:00 Book Discussion Group 1:00 Mah Jongg 1:15 Gym Training <input type="checkbox"/> 3:00 Healing Conversations	<b>17</b>  8:00 Golf @ Quail Ridge <input type="checkbox"/> 8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 9:30 Grandparents Workshop <input type="checkbox"/> 9:45 Active Aging 11:00 Tai Chi 12:00 Benchmark/RB Lunch <input type="checkbox"/> 1:00 French Riviera Artists 3:00 Stretch & Flex	<b>18</b>  8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:00 Come Together with Sal 12:30 Needle Arts 2:30 Drop-in Bridge 3:00 Line Dancing	<b>19</b>  8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 9:45 Active Aging 11:00 Tai Chi 11:30 Chair Exercise 12:30/2:00 Chess Classes <input type="checkbox"/> 1:30 Chess Club 2:00 Chronic Pain Management <input type="checkbox"/> 3:00 Stretch & Flex	<b>20</b>  8:30 Senior Fitness 9:00-12:00 Gym Open 9:15 Monthly Breakfast <input type="checkbox"/> 10:00 Java with John 10:00 NouVon Fitness 12:45 Movie : "Maria by Callas" * 1:00 Mah Jongg
<b>22</b>  12:00 Rotary Lunch in Boxboro <input type="checkbox"/>	<b>24</b>  8:00 Golf @ Quail Ridge <input type="checkbox"/> 8:30 Senior Fitness 9:00 Gym Open 9:00 Drawing for All <input type="checkbox"/> 9:00-11:00 Wellness Clinic/BP 9:00-11:30 Open Activity Time 9:45 Active Aging 11:00 Tai Chi 11:00 Nursing Talk 12:00 Indian Lunch <input type="checkbox"/> 1:00 Giants of American Literature 1:00 Bridge for Beginners <input type="checkbox"/> 3:00 Stretch & Flex	<b>25</b>  8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:00 Come Together with Sal 12:30 Needle Arts 1:00 Funeral Planning 101 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	<b>26</b>  8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 9:45 Active Aging 11:00 Tai Chi 11:30 Chair Exercise 12:30/2:00 Chess Classes <input type="checkbox"/> 1:00 – 3:00 OPEN HOUSE 1:30 Chess Club	<b>27</b>  <b>Senior Center Closed</b> <b>Town Professional</b> <b>Development Day</b>
				NO CHRONIC PAIN WORKSHOP

Mon	Tue	Wed	Thu	Fri
<b>30</b> 8:30 Active Aging 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:30 Chair Exercise 11:00 Town Government 101 <input type="checkbox"/> 11:30 Balance Program <input type="checkbox"/> 1:00 Mah Jongg 1:00 Registration Opens	<b>1 OCTOBER</b> 8:00 Golf @ Quail Ridge <input type="checkbox"/> 8:30 Senior Fitness 9:00-11:00 Drawing for All <input type="checkbox"/> 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 9:45 Active Aging 11:00 Tai Chi 1:00 Giants of American Literature 1:00 Bridge for Beginners <input type="checkbox"/> 3:00 Stretch & Flex	<b>2</b> 8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:00 Widows and Widowers Group 10:45 Yoga 12:30 Needle Arts 1:00 HomeFit Workshop 2:30 Drop-in Bridge 3:00 Line Dancing	<b>3</b> 8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 9:45 Active Aging 11:00 Tai Chi 11:30 Chair Exercise 12:30/2:00 Chess Classes <input type="checkbox"/> 1:15 Gym Training <input type="checkbox"/> 1:30 Chess Club 2:00 Chronic Pain Management <input type="checkbox"/> 3:00 Stretch & Flex	<b>4</b> 8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 12:45 Movie 1:00 Mah Jongg

\*Movies listed correct at time of going to press but may be subject to change.

\*\* Programs and Classes are correct at time of going to press; circumstances beyond our control may result in cancellation or postponement.

The COA does not endorse or promote any service or company who makes a presentation. We encourage you to be an 'educated consumer' before entering into contract with any service provider.

**Friends Funded Activities** - The following activities are supported by the Friends of the Acton COA:

*Giants of American Literature, Chronic Pain Management, Drawing for All, Bridge lessons, Tai Chi classes, Birthday lunch, and Movies.*

The Friends greatly appreciate your donations which help support the programs at the Senior Center.

If you wish to donate, please pick up a donation form at the Center or print it out from the Friends page at [www.actoncoa.com](http://www.actoncoa.com).

#### ACTON COA STAFF

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

#### ACTON COA BOARD MEMBERS

Bonnie Lobel, Chair  
Michael Chautin  
Chunsheng (Bill) Fu  
Lori Cooney  
Ann Corcoran  
Peter Duran  
Ellen Feinsand, Secretary  
Jacquie Friedman  
Alma Sandman (Vice Chair)  
Niru Velankar  
Jeff Bergart

# Acton Senior Center Newsletter

## September 2019



Welcome to the new monthly newsletter. Open up to discover a treasure trove of activities, which you, as a senior resident of Acton, can enjoy for free! Such as Artists on the French Riviera, Drawing For All, HomeFit Workshop, Bridge, Memory Café, Exercise Classes, Mind, Body & Spirit themed programs ..... We have also made it easier to record your registered classes. Information on accessing our services is also included, such as SHINE and transportation.

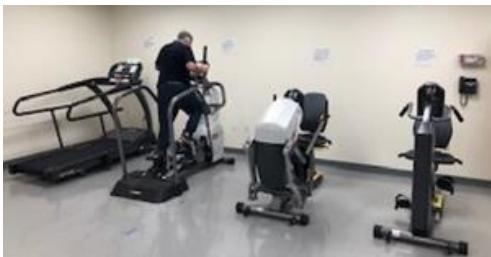
### JOIN US FOR OUR OPEN HOUSE ON THURSDAY, SEPTEMBER 26<sup>th</sup>, 1:00-3:00,

Come celebrate 30 Sudbury Road's Second Anniversary. Open to all who are interested in the opportunities and facilities available here at the Human Services Building. Stop in for a tour, see what the Senior Center has to offer, meet the Human Services staff and the Town Manager. Several other Town Departments will be represented. Light refreshments will be served.

Free van trips to the event are available by calling Minutevan Dispatch at 978-844-6809.

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Acton, MA 01720  
Permit #67



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

Tired of paying gym membership?  
Acton Seniors are invited to use our gym, and take exercise classes with our experienced instructors, for free. Check for class details on pages 8-9. Before using the gym, sign up to take a Gym Training Introduction.  
For more information contact the Center, 978-929-6652.