



Acton Senior Center Newsletter October 2019



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

Telephone: 978-929-6652. Email: seniorcenter@acton-ma.gov Website at 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 Monday, September 30th, at 1:00

Events requiring sign-up

- ☐► Acton FD Hazard House
- ☐► Ask the Lawyer
- ☐► Bridge Class
- ☐► Chess Lessons
- ☐► Chronic Pain Workshop
- ☐► Drawing Class
- ☐► Golf
- ☐► Gym Training
- ☐► Hearing Screening
- ☐► Horticulture Therapy
- ☐► It's Never Too Late
- ☐► Memory Café
- ☐► Reiki
- ☐► SHINE Appointments
- ☐► Trivia Contest
- ☐► Watercolor Workshop
- Meals
- ☐► Monthly Breakfast
- ☐► Newbury Court Lunch
- ☐► Robbins Brook Lunch
- ☐► United Way Lunch

☐► It's Never Too Late to Begin Again:

Discovering Creativity and Meaning at Midlife and Beyond

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

Wednesdays, October 9th & 23rd, Nov. 6th & 20th, Dec. 4th & 18th, 10:30-12

This class facilitated by Joan Rubin-Deutsch is for those who are transitioning into their “next act.” This may mean retiring from work, dealing with the loss of a loved one, or a myriad of life issues that bring us into a new life phase. This can be a time to rejuvenate your creative spirit and remove blocks that are keeping you stuck. It can be a time to tackle projects and unlock dreams. Based on Julia Cameron’s book, *It's Never Too Late to Begin Again*; you will be doing the work in the book. We will meet every other week for six weeks to explore your progress. You can purchase the book through Amazon and other online booksellers for about \$13. For the first session, you will need to do at least the first chapter. *Joan Rubin-Deutsch is an MSW and the author of “Why Can't I Ever Be Good Enough?”*

New England Earthquakes:

The Surprising History of Seismic Activity in the Northeast

Wednesday, October 9th, 1:00-2:15 Open to out-of-town seniors /\$5

Professor John Ebel, Ph.D., Weston Observatory Senior Research Scientist at Boston College will discuss his recently published book *New England Earthquakes: The Surprising History of Seismic Activity in the Northeast*. Many people are surprised to learn that New England has earthquakes. In fact, New England has had many earthquakes in the past. This presentation

will describe the many different ways that those earthquakes were experienced throughout the region. There was even a tsunami associated with one of the strong earthquakes.

Director's Corner

As New Englanders we know that there can be intense storms anytime during the year. Be prepared. Make sure you have a plan should you lose power and have essential items on hand. Consider registering your home and cell phones with the Town's notification system to be notified of shelter openings and other information. You can register on the Town's website, clicking on “notify me” under “Services” at the top of the page and following the instructions. Make sure to follow the Town of Acton on Facebook.

Sharon, COA Director

PROGRAM HIGHLIGHTS

The Giants of American Literature:

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

Their Lives, Works and Impact on American and Global Culture with Lawrence Lowenthal

Tuesdays, October 1st, 15th, 22nd, 29th, November 12th, 1:00-2:00

Lawrence Lowenthal, continues this series about six American literary geniuses and why they have proven to be permanently beloved by readers of every language. The remaining authors are: Emily Dickinson, Walt Whitman, 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. (Ernest Hemingway was showcased on Sept. 24th)

October 1st: Emily Dickinson is certainly the greatest female poet in American literature and one of the greatest poets in world literature. Although she wrote over 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 15th: 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 22nd: 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 29th: 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 12th: 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.

HomeFit Workshop: Modifying Your Home for Safety and Comfort

Wednesday, October 2nd, 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 your daily activities while staying comfortable, independent, and injury-free in your home. Presenter is Ellie Meyer, an occupational therapist and AARP volunteer guest speaker.

☐▶ “Hazard House” with the Acton Fire Department

Acton seniors only

Monday, October 7th, 1:00-2:00

The Acton Fire Department will be here with their “Hazard House” for Fire Prevention Month. They will discuss common household hazards, what they look like and how to eliminate hazards and be safer in your home.



Real Estate Seminar: Preparing Your House for the Spring Market

Wednesday, October 16th, 9:30-10:30

Open to out-of-town seniors/free

Heather Murphy, Realtor® with Keller Williams Realty and an Acton resident for over 30 years, is offering a seminar to discuss how homeowners can utilize the fall and winter to get a home ready for the spring real estate market. Direction will be given on what to focus on now and what details should wait. With Heather's guidance, you can take this big task and bring it down to little tasks that seem manageable!

▣► Indicates that you must register in advance

REGISTRATION BEGINS.....MONDAY, SEPTEMBER 30th at 1:00p

☐► Horticultural Therapy: “Autumn Splendor” with Cathy Fochtman

Wednesday, October 23rd, 10:30-11:30

Acton seniors only

Autumn Splendor! Create a floral arrangement rich in harvest color and texture!

Sponsored by the Friends of the Acton Nursing Services. *Cathy Fochtman has a Horticultural Therapy certificate from the Horticultural Therapy Institute of Denver, CO.*

Is Your Medicare Plan Still Right for You?

Open to out-of-town seniors/free

Wednesday, October 23rd, 1:00-2:00

See Page 16 (the back page) for full details of this informative and relevant presentation.



☐► Ask the Lawyer

Acton seniors only

Tuesday, October 29th, 9:00-11:00

Elder Law Attorney Margaret Hoag offers free 20-minute private legal consultations. Elder law attorneys specialize in legal issues related to aging like retirement planning, Medicaid, guardianship, and estate planning.

Trick or Treat with John

Acton seniors only

Thursday October 31st, 10:00-11:00 – This month John Mangiaratti, the Town Manager will be here on

Halloween to give you information about what is going on in Town and answer your questions. Costumes are encouraged but not required.

The Vestibular System and Balance/Spatial Orientation

Tuesday, November 5th, 3:00-4:00

Open to out-of-town seniors/free

Feeling dizzy? Experiencing vertigo? Attend this presentation by Jenna Enrico PT, DPT, of Nashoba Nursing Service & Hospice, to learn more about the vestibular system. Information will include what and where the vestibular system is (anatomy and physiology), why it's important, possible problems that may occur/diagnoses, potential treatments, and who to seek out for care and/or treatment. You will also learn why the vestibular system isn't always to blame for dizziness.

Classical Music for the Novice Listener with Sivan Etedgee

Thursdays, November 7th, 14th, 21st, 1:00-2:00

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

Look out for details of this fascinating series of classes in the November Newsletter.

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 Memorial Library is offering a myriad of different presentations this October on topics such as releasing your inner artist, local history and archaeology, as well as technology classes. Call the Reference Department on 978-929-6543 or visit the online calendar at www.actonmemoriallibrary.org.

Oktoberfest, West Acton Gardner Field, Saturday, September 28th, 10:00-3:00pm

Coffee with A Cop Wednesday October 2, 2019 8:00-10:00am, at Donelans Supermarket

Acton Boxboro Regional High School presents “Twice Charmed” & “Freaky Friday” as their innovative double bill Fall musical, November 1st-3rd and 9th-10th. For tickets go to abdrama.org

Lunch with Live Music at St. John, Sudbury, Tuesday, October 12th, 12:00-2:00. Call 978-443-8350.

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

Continuing October 10th, 11:00 and 1:30 visit 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.

The Silver Unicorn Bookstore, Spruce St, West Acton Monday October 28th, 7:00 - 9:00pm

A memoir event with local authors Maureen Stanton, *Body Leaping Backward* and Sharon Lamb, *The Not Good Enough Mother*. Call 978-274-2757 or email info@silverunicornbooks.com for further information.

☐► Indicates that you must register in advance

ARTS & CRAFTS

ArtMatters Series: Gauguin, Monet & Renoir, Calder

Thursdays, October 10th, 17th, 24th, 1:00-2:00

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

The wonderful staff from ArtMatters is returning to present a new series this fall. During this lively, engaging program you will learn about various art forms and artists and view an array of large museum-quality prints. The art will cover an entire wall by the end of each presentation!

October 10th: Paul Gauguin. “An artist is either a plagiarist or a revolutionist.” A brilliant intellectual, Gauguin was a scoundrel, a self-described savage, and his innovative work inspired great devotion. He was a champion for human rights and a shameless opportunist. His life was an adventure, traveling around the globe and journeying through many levels of civilization. Join us for an adventure of our own looking at the art and life of Paul Gauguin.

October 17th: Monet & Renoir. They were fast friends at the very heart of the most radical revolution in art since the Renaissance. Join us for a tour through the life and works of Claude Monet and Auguste Renoir, two of the most beloved Impressionist artists.

October 24th: Alexander Calder. Born in Pennsylvania, he was the third generation of successful sculptors. Since he was a small boy he was always making “stuff”: toys, utensils, and objects out of bits of string, wire, buttons, cloth, wood and tin. He always had a sense of whimsy about his objects and invented the “mobile,” a way to compose colorful shapes, and fine lines moving in a constantly changing arrangement. He is also known for creating and performing his own circus. Join us for a whimsical look into his world!



☐► Watercolor Workshop with Sue Chase

Fridays, October 11th through November 15th, 9:30-11:30

Open to out-of-town seniors beginning Oct. 7th for \$20 fee/series

This class is open to all levels of painting experience from beginner to expert. The instructor will provide assignments to explore a specific technique for each session, but students are encouraged to bring in their own projects to work on as well. A list of supplies is available at the Senior Center for those who are getting started. *Sue (Grant) Chase taught art in the public school systems at the secondary level after graduating from Massachusetts College of Art with a BS Ed in art education. She has also taught classes for community education in Melrose, Tewksbury and Acton for both children and adults.*

Needle Arts Group

Open to out-of-town seniors/free

Wednesdays, 12:30-2:30

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



Photography Exhibit In September and October, we are delighted to host the Quail Ridge Camera Club, exhibiting photographs representing the work of its members.

☐► Drawing For All with Sandy Wilensky

Tuesdays through November 12th, 9:00-11:00

Open to out of towners for \$20

This class started in September; please call the Council on Aging to see if space is still available. Participants will build skill upon skill while experimenting with various drawing techniques and materials. 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.

Morning Open Activity Time - see page 5 for details

☐► Indicates that you must register in advance

GAMES

☐► Trivia Contest

Acton seniors only

Wednesday, October 16th, 1:00-2:15

Acton resident Peter Duran leads contests. A great way to flex your brain muscles, trigger fond memories and have some fun. Teams are a maximum of four. Prizes are given by a drawing. When signing up, say if you'd like to be on a specific team, otherwise you'll be randomly assigned. Congratulations to the winning team from August: Anita Heath, Bill Maxwell, Al Van Mourik, and Lou Ventola and prize winners Bev Davis and Nancy Lenicheck.

Morning Open Activity Time

Open to out-of-town seniors/free

Weekday mornings, 9:00-11:30 No activity time Monday, October 14th and 18th

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



Chess Club with Ken LeBow

Open to out-of-town seniors/free

Thursdays, 1:30-4:15

Open for players with some experience to get together for games. You only need to know the basics.

☐► Beginner Chess Class

Open to out-of-town seniors/free

Thursdays through December 19th, 12:30-2:00 No class Nov. 28th & Dec. 12th

This class, taught by Ken LeBow, started in September but new participants are welcome. Learn how the pieces move, what are check and checkmate and some basic strategies, including the 10 golden rules of chess. Chess sets are provided by the COA. *Ken LeBow has been playing chess for 60 years. He started a chess club and lessons for seniors in Pennsylvania and has been teaching and leading chess club in Acton for nine years.*

☐► Intermediate Chess Class

Open to out-of-town seniors/free

Thursdays through December 19th, 2:00-3:00

No class Nov. 28th & Dec. 12th

The session started in September, but new students are welcome to join this class taught by Ken. You should know how the pieces move and the concepts of check and checkmate. You will play games and get feedback.

☐► Bridge for Beginners Part 3 with Alan Horvitz

Tuesdays through October 29th, 1:00-3:00

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

This class started last month but you can still join in; call the COA to see if space is available. If you know nothing about the game but would like to learn, this is the course for you. This also complements the previous introductory class. Alan Horvitz will teach you the rules and the fundamentals of bidding, play of hand and defense. Instruction will be balanced with an opportunity to play the game under experienced supervision. *Alan Horvitz is a retired clinical social worker, a Bronze Life Master, and an experienced bridge teacher.*

Drop-In Bridge

Open to out-of-town seniors/free

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

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

Tuesdays, (weather permitting), Tee time at 8:00am (Contact Quail Ridge on 978-264-0399 for more info) Cost is \$25 for 9 holes, payable that day, and includes a cart. Call the COA to reserve a spot.

Mah Jongg Time

Open to out-of-town seniors/free

Mondays, 1:00-4:00 for experienced players only No game Oct 14th

Tuesday, October 15th, 1:00-4:00 for experienced players

Fridays, 1:00-4:00 open play for all skill levels

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.



☐► Indicates that you must register in advance

SPECIAL INTEREST GROUPS

Genealogy Group

Open to out-of-town seniors/free

Friday, October 11th, 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, October 9th and 23rd, 1:30-3:00

Open to out-of-town seniors/free

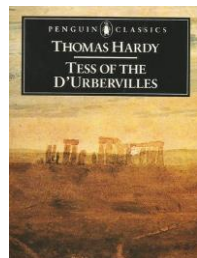
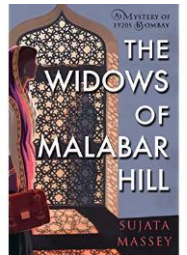
All seniors are welcome. Bring your computer, questions, problems and related issues. If possible bring the problem hardware with you. This club has no formal instruction. Several regulars are willing to work one-on-one, to resolve common computer issues. MAC and Chrome/Android users are welcome.

Book Discussion Group

Open to out-of-town seniors/free

Monday, October 21st, 1:00-2:00

There's nothing like a lively group discussion to enrich the experience of reading a good book! This month's book is *The Widows of Malabar Hill* by Sujata Massey, a mystery of 1920s Bombay. Copies are on reserve at the Acton Memorial Library, 978-929-6655 and the Citizen's Library may have copies, 978-929-6654.



LitLovers Study Group

Monday, October 28th, 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 Prof. Timothy Spurgin, Ph.D. The group is facilitated by Program Manager Chris Chirokas. The lecture topic this month is *Hardy and the Natural World*. The suggested novel to read is *Tess of the D'Urbervilles* by Thomas Hardy. Copies of the book are on reserve at the Acton Memorial Library (978-929-6655). New attendees welcome!

MOVIES

(Shown with closed captioning/subtitles when available)

Open to out-of-town seniors/free



Friday, October 4th, 12:45-2:15 *The Biggest Little Farm* (2018, PG)

Beautifully filmed documentary chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren California farmland and a dream to harvest in harmony with nature.

Friday, October 11th, 12:45-2:35 *Tolkien* (2019, PG-13 for wartime violence) In this

absorbing biopic focusing on the early life of fantasy author J.R.R. Tolkien who is orphaned, attends university, serves on the front lines of World War I, and meets his future wife and muse, Edith Bratt.

Friday, October 18th, 12:45-2:45 *The Namesake* (2006, PG-13) American-born Gogol, the son of Indian immigrants, wants to fit in among his fellow New Yorkers, conflicting with his family's traditional ways. Stars Kal Penn, Tabu, and Irrfan Khan. Based on the novel by Jhumpa Lahiri.

Friday, October 25th, 12:45-2:25 *All is True* (2018, PG-13) A look at the final days in the life of William Shakespeare. Stars Kenneth Branagh (who also directs), Judi Dench, and Ian McKellan.

Friday, November 1st, 12:45-2:40 *Yesterday* (2019, PG-13) After waking up in an alternate timeline where The Beatles never existed, struggling musician (Himesh Patel) realizes he's the only person on Earth who can remember the band.



HEALTH CLINICS

☐► Hearing Screenings with Megan Ford of HearSmart Audiology

Tuesday, October 22nd, 10:00-12:00

Open to out-of-town seniors beginning Oct. 7th/free

Audiologist Megan Ford of HearSmart Audiology in Littleton will provide hearing screenings, ear wax checks, and basic hearing aid checks. Please allow 15 minutes for your appointment. *Dr. Ford holds a Doctor of Audiology degree. Previously she worked at several major medical centers in Boston, Worcester and Cleveland.*

Podiatry Clinic -Tuesdays, Oct 15th, Oct 22nd, & Oct 29th, 9:30-1:00. Offered by the Acton Nursing Services.

Call 978-929-6650 to schedule an appointment, to add consistency to all scheduling within the Human Services Building, requests for appointments will be taken from 1:00pm Monday September 30th. 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.

Blood Pressure & Wellness Clinic *Tuesdays October 8th and 22nd, 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, October 22nd, 11:00-12:00

The Health Discussion topic for October is Cholesterol. What is cholesterol? How to prepare for your test? What is HDL, LDL and Triglycerides and how do these numbers effect your overall cholesterol? How prevention and treatment of Cholesterol benefits your overall health.

Acton Resident Flu Clinics

Acton Residents Only

The Annual Flu Clinics for Acton Residents are provided by Acton Nursing Services. Flu Vaccine is provided on a first come, first serve basis. Please bring your insurance card. No one will be turned away for inability to pay.

Town Wide Clinics are recommended for 6 months of age and above. Call Nursing with questions 978-929-6650

At ABRHS, 36 Charter Road, 3:00-6:30pm, Tuesday, Oct. 15th, Wednesday, Oct.16th & Thursday, Oct 17th.

Senior Flu Clinic (for 60 years and above), Acton Nursing Services, Acton Human Service and Senior Center, 30 Sudbury Road Rear, *Friday, October 18th, 10:00am– 1:00pm.*

Acton Health Department have issued information on the current situation

regarding Eastern Equine Encephalitis (EEE) The most effective way to protect you and your family is to prevent mosquito bites. It takes only one bite from an infected mosquito to get EEE. For more information, please contact the Acton Health Department at 978-929-6632 or check out <https://www.mass.gov/service-details/eee-eastern-equine-encephalitis>



GYM NEWS

GYM OPEN NEW HOURS!!

Monday – Friday, 9:00-12:00; Thursdays 9:00-3:00 from Oct. 10th

☐► **Gym Training in October**

Open to Acton seniors only

Thursday, October 3rd, Mondays, 7th, 21st & 28th and Tuesday 15th, 1:15-2:00 **REGISTRATION OPEN NOW**

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. The next monitor training is on **Tuesday, October 22nd, 1:15-2:00**

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

MIND, BODY & SPIRIT

(see also Health Clinics, Exercise and Gym News)

Spirituality and Aging

Tuesday, October 8th, 1:00-2:00

Open to out-of-town seniors/free

Spirituality is the dynamic dimension of human life which gives us connection and meaning. It is the way we express or seek meaning and purpose. Join Anne Marie Rowse as she presents on spirituality from a religious and non-religious perspective using data and real life experiences. Learn more about spirituality as we age, which can mean significant change due to loss, triumphs, moves from our primary residence, children growing up/moving away, illness, and financial difficulty. How do we accept and adjust to these changes with meaning and live our lives? *Anne Marie Rowse, LNHA, MBA, CMC, is a Chaplain as well as Principal of Senior Care Advisors LLC, which provides professional guidance, care management, live-in care referrals and caregiver support to seniors, chronically ill adults and their families.*

Laugh For Your Health

Open to out-of-town seniors/free

Thursday, October 10th, 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.*

☐► Reiki Appointments with Ann Marie Durlacher

Acton seniors only



Friday, October 11th, 9:00-10:20 (sign up for a 15 minute appt.)

Reiki is an ancient Japanese holistic therapy used to nurture and heal the body, mind, heart, and spirit. It is a gentle, non-invasive treatment where the practitioner uses a light gentle touch to balance energy in the receiver. 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 & has been practicing Reiki in Carlisle & Boston for the past ten years.*

Be Your Own Health Advocate with Always There Homecare

Monday, October 21st, 1:00-2:00

Open to out-of-town seniors/free

Join the Jeremy Vendetta, RN, of Always There Homecare for some helpful tips and information to help consumers in the complicated health care continuum. Being your own advocate will help you get the best care possible. *Always There HomeCare is owned and operated by Jeremy and Deirdra Vendetta. They both have Bachelor of Science degrees in Nursing and have extensive nursing and health care management experience. Always There HomeCare has been in business for over 15 years and recently relocated to Acton. They provide private live-in or hourly health care services, specialize in services focusing on assistance with activities of daily living, and provide care management services assisting the client navigate the complicated health care system.*

Line Dancing with Kari McHugh

Wednesdays through December 18th, 3:00-4:00 No Class Nov 27th

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

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.

☐► Chronic Pain Self-Management Workshop

Thursdays through October 31st, 2:00-4:30

Class is full; call about waitlist

This workshop started last month. It provides tools and support for healthy living for individuals living with chronic pain. Supported by Minuteman Senior Services and the Friends of the Acton Council on Aging.

☐► 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 through December 16th, 8:30-9:30 No class Oct. 14th & Nov. 11th

Tuesdays through December 17th, 9:45-10:45

Thursdays through December 19th, 9:45-10:45 No class Nov. 28th

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 through December 17th, 8:30-9:30

Wednesdays through December 18th, 8:30-9:30

Thursdays through December 19th, 8:30-9:30 No class Nov. 28th

Fridays through December 20th, 8:30-9:30 No class Sept 27th, Nov. 29th

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 through December 17th, 3:00-4:00

Thursdays through December 19th, 3:00-4:00 No class Nov. 28th

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 2nd through December 18th, 10:45-12:00 No class Nov. 27th

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 through December 17th, 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 through December 19th, 11:00-12:00 No class Nov. 28th

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 through December 20th, 10:00-11:00 No class Sept. 27th, Oct 11th & Nov. 29th

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 through December 16th, 10:30-11:00

No class Oct. 14th & Nov. 4th, 11th

Thursdays through December 19th, 11:30-12:00

No class Oct. 31st & Nov. 28th



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.*

...\$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.



It's that time of year to don jackets and scarves in the morning – please take care not to leave things at the Center, and check the Lost & Found if you do mislay a glove or hat. It might be advisable to make those items more identifiable – even jackets can get mixed up!

REGISTRATION BEGINS.....MONDAY, SEPTEMBER 30th at 1:00

DINING OPPORTUNITIES

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

☐► The United Way “Day of Caring” Lunch

Open only to Acton seniors

Thursday October 3rd, 12:00 at the Senior Center

This year we will have a group preparing a lunch of barbequed chicken sandwiches, green beans and red potato salad and dessert. Cost is \$3:00.

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

Tuesday, October 15th, 12:00 at the Senior Center

Enjoy fish and chips with salad and spice cake for dessert. This meal is subsidized in part by Minuteman Senior Services. Cost is \$3:00

☐► Monthly Breakfast

Open only to Acton seniors

Friday, October 18th, 9:15

Join us for a warm, plentiful breakfast! Typically French toast, eggs, fruit, bacon and sausages are served, but chef Veteran Services Officer James MacRae sometimes has a surprise in store. Cost is \$3:00.

☐► Lunch by Newbury Court

Open only to Acton seniors

Wednesday October 30th, 12:00 at the Senior Center

The menu is always a delicious surprise. 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. To register for Meals on Wheels call Minuteman Services on 1-888-222-617.*

☐► Birthday Lunch, Wednesday, October 9th, 12:00 Free to those celebrating a birthday.

☐► Joy’s Hallowe’en Spaghetti Lunch, Thursday, October 31st, 12:00

Come and enjoy Joy’s annual Hallowe’en spaghetti lunch. A \$3 donation is requested. Costume optional!

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

☐► Indicates that you must register in advance

thank you.

To all the volunteers who helped make the First Responders Luncheon a success

The Friends of the COA

Tuesdays in October, dine at Not Your Average Joe’s and mention your support of the Friends, and 15% of your tab will go to the Friends.

NYAJ’s is a frequent sponsor of this program and we thank them!

Next month is the Friends Holiday Fair;
mark your calendars for Saturday, November, 16th, 9:00 – 2:00pm

SUPPORT GROUPS & SERVICES

Widows and Widowers 101

Wednesday, October 2nd, 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, October 11th, 11:30-1:00

RSVP Now on 978-929-6652

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.

Grandparents Raising Grandchildren Support Group at the Acton Senior Center

Tuesday, October 15th, 11:00-12:00

Open to all/free

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



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

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

Emerson Hospital offers several support groups for a variety of needs.

Contact the hospital directly on 978-369-1400.

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 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. Call the COA at 978-929-6652 to make a request, or if you would like to volunteer as a 'handy helper'.

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. If you have any questions, please contact Austin Cyganiewicz, Director of Intergovernmental Affairs at 978-929-6513 or email 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, 8.00am - 4:00pm 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.

☐► 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.

Is Your Medicare Plan Still Right for You? Open to out-of-town seniors/free

Wednesday, October 23rd, 1:00-2:00 See Page 16 (the back page) for full details of this valuable presentation.

Medicare Open Enrollment, October 15th - December 7th 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

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 and Thursdays 9:30-11:30am. Closed the week of the 4th 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 1st, see Bev.

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, such as the Tax Breaker initiative.

The trustees of the Elizabeth White Fund will soon be considering applications for the very limited funds available to those in need in Acton under the George Robert White will. Applications are available at the Housing Authority, the Memorial Library, the West Acton Library, the Town Clerk's office, and the Town Web site, www.actonma.gov. Completed applications must be returned to the Town Clerk's office in Town Hall by NOON on Friday, November 1, 2019. No information regarding the awards will be available during the review process. Checks will be mailed to award recipients in mid-December.

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.

Durable Medical Equipment for Loan – Acton Nursing Service has a variety of items to loan.

Call Denise weekdays, 8:00am-5:00pm at 978-929-6650. (also if you have equipment you would like to donate)

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

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

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
September 30 8:30 Active Aging 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:30 Chair Exercise 11:30 Balance Program with Acton Nursing Services - wk 5☐ 1:00 Mah Jongg 1:00 Registration Opens	1 8:00 Golf @ Quail Ridge☐ 8:30 Senior Fitness 9:00 Drawing For All ☐ 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 1:00 Giants of American Literature 1:00 Bridge for Beginners☐ 3:00 Stretch & Flex	2 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 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	3 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 12:00 United Way Lunch☐ 12:30/2:00 Chess Classes ☐ 1:15 Gym Training ☐ 1:30 Chess Club 2:00 Chronic Pain Management ☐ 3:00 Stretch & Flex	4 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 12:45 Movie: "The Biggest Little Farm"* 1:00 Mah Jongg
7 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Chair Exercise 11:30 Balance Program with Acton Nursing Services - wk 6☐ 12:45 Friends of COA Mtg 1:00 Acton FD Hazard House ☐ 1:00 Mah Jongg 1:15 Gym Training ☐	8 8:00 Golf @ Quail Ridge ☐ 8:30 Senior Fitness 9:00-11:00 Wellness Clinic/BP 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00 Drawing For All ☐ 9:45 Active Aging 10:00 COA Board Mtg 11:00 Tai Chi 1:00 Spirituality and Aging 1:00 Bridge for Beginners 3:00 Stretch & Flex	9 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 It's Never Too Late ☐ 10:45 Yoga 12:00 Birthday Lunch☐ 12:30 Needle Arts 1:00 Earthquake Talk 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	10 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 11:00 Laugh for Your Health 11:30 Chair Exercise 12:30/2:00 Chess Classes ☐ 1:00 Art Matters 1:30 Chess Club 2:00 Chronic Pain Management ☐ 3:00 Stretch & Flex	11 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-10:20 Reiki ☐ 9:00-12:00 Gym Open 9:30 Watercolor Class ☐ 11:30 Memory Café ☐ 12:45 Movie: "Tolkien" * 1:00 Genealogy Group 1:00 Mah Jongg NO NOUVON FITNESS
14 CENTER CLOSED FOR COLUMBUS DAY	15 8:00 Golf @ Quail Ridge ☐ 8:30 Senior Fitness 9:00 Drawing For All ☐ 9:00 -11:30 Open Activity Time 9:00-12:00 Gym 9:45 Active Aging 11:00 Grandparents Group 11:00 Tai Chi 12:00 Benchmark/RB Lunch ☐ 1:00 Giants of American Literature 1:00 Mah Jongg 1:00 Bridge Lessons☐ 1:15 Gym Training 3:00 Stretch & Flex	16 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00 -3:00 Balance Screenings with Acton Nursing Services ☐ 9:30 Real Estate Seminar 10:45 Yoga 12:30 Needle Arts 1:00 Trivia Contest ☐ 2:30 Drop-in Bridge 3:00 Line Dancing	17 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 11:30 Chair Exercise 12:30/2:00 Chess Classes ☐ 1:00 Art Matters 1:30 Chess Club 2:00 Chronic Pain Management ☐ 3:00 Stretch & Flex	18 8:30 Senior Fitness 9:00-12:00 Gym Open 9:15 Breakfast ☐ 9:30 Watercolor Class ☐ 10:00 NouVon Fitness 10:00-1:00 Flu Clinic 12:45 Movie : "The Namesake" * 1:00 Mah Jongg
21 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Chair Exercise 11:30 Balance Program with Acton Nursing Services wk 1☐ 1:00 Book Discussion Group 1:00 Mah Jongg 1:00 Health Advocating Talk 1:15 Gym Training ☐	22 8:00 Golf @ Quail Ridge ☐ 8:30 Senior Fitness 9:00-12 Gym Open 9:00 Drawing For All ☐ 9:00-11:00 Wellness Clinic/BP 9:00-11:30 Open Activity Time 9:45 Active Aging 10:00-12:00 Hearing Screening ☐ 11:00 Tai Chi 11:00 Nursing Talk 1:00 Giants of American Literature 1:00 Bridge for Beginners ☐ 1:15 Gym Monitor Training 3:00 Stretch & Flex	23 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 It's Never Too Late ☐ 10:30 Horticultural Therapy ☐ 10:45 Yoga 12:30 Needle Arts 1:00 Medicare Talk 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	24 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 11:30 Chair Exercise 12:30/2:00 Chess Classes ☐ 1:00 Art Matters 1: 30 Chess Club 2:00 Chronic Pain Management ☐ 3:00 Stretch & Flex	25 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:30 Watercolor Class ☐ 10:00 NouVon Fitness 12:45 Movie : "All is True"* 1:00 Mah Jongg

Mon	Tue	Wed	Thu	Fri
28 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Chair Exercise 11:30 Balance Program with Acton Nursing Services wk 2 <input type="checkbox"/> 1:00 Mah Jongg 1:00 LitLovers Group 1:15 Gym Training	29 8:00 Golf @ Quail Ridge <input type="checkbox"/> 8:30 Senior Fitness 9:00-11:00 Drawing For All <input type="checkbox"/> 9:00 Ask the Lawyer <input type="checkbox"/> 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 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	30 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:45 Yoga 12:00 Newbury Court Lunch <input type="checkbox"/> 12:30 Needle Arts 2:30 Drop-in Bridge 3:00 Line Dancing	31 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 9:45 Active Aging 10:00 Trick or Treat with John 11:00 Tai Chi 12:00 Joy's Halloween Lunch <input type="checkbox"/> 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 NO CHAIR EXERCISE	1 November 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:30 Watercolor Class <input type="checkbox"/> 10:00 NouVon Fitness 12:45 Movie : "Yesterday"* 1:00 Mah Jongg

**Movies listed correct at time of going to press but may be subject to change, you can call 978-929-6652 to check.*

*** 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, It's Never Too Late to Begin Again, New England Earthquakes, ArtMatters, Classical Music for the Novice, Chronic Pain Management Workshop, Watercolor Class, 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.

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

Meetings: COA Board Oct 8th 10:00, COA Friends Oct 7th, 12:45

Acton Senior Center Newsletter

October 2019



Welcome to the new October newsletter. Open up to discover a treasure trove of activities, which you, as a senior resident of Acton, can enjoy for free! On offer this month you can attend Art Matters , learn about Earthquakes, improve your watercolor skills, bring your loved one to the Memory Café, join in Exercise

Classes, exercise your brain with various literature groups and presentations, catch a Friday afternoon movie...and much more. Information on accessing our services is also included, such as SHINE and transportation.

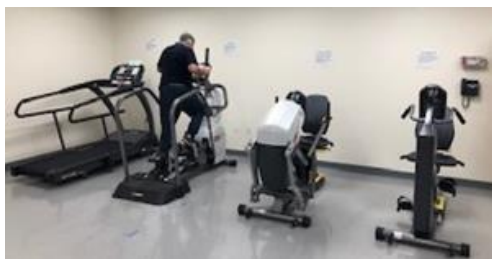
Is Your Medicare Plan Still Right for You?

Wednesday, October 23rd, 1:00-2:00 Open to out-of-town seniors/free

Medicare plans can change every year and your health can too. In this presentation by MaryJane Costello of Minuteman Senior Services SHINE program, you will learn how to review your options regarding affordability, prescription coverage and other benefits. Make sure you read the Annual Notice of Change you received from your current plan. This is a summary of your benefits and provides the opportunity to insure that the premium is still affordable, that your medical providers still accept the plan, that your medications are still covered and more. *See page 13 for information on SHINE counselor appointments available at the Senior Center. SHINE is a free health benefits counseling service for residents with Medicare and is administered by the Massachusetts Executive Office of Elder Affairs in partnership with Minuteman Senior Services.*

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



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

Tired of paying gym membership? Want to take your exercise in a supportive group? Acton Senior Center offers 15 exercise classes a week to suit all abilities and a gym with a variety of equipment. Acton Seniors can use these facilities free of charge. Check out pages 9-10 for details. For more information contact the Center, 978-929-6652.