



Acton Senior Center Newsletter

November 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. (See map on the back page)

Registration for NEW programs begins in person or by phone on Monday, November 4th, at 1:00pm

Events requiring sign-up

- Art Classes
- Ask the Realtor
- Beaded Jewelry Making
- Chess Lessons
- Gym Training
- Horticulture Therapy
- It's Never Too Late
- Memory Café
- Photography Class
- Prescription Labels
- Reiki
- SHINE Appointments

Meals

- Monthly Breakfast
- Town Employee Lunch
- Robbins Brook Lunch

Making a Difference in Rural Honduras

Wednesday, November 6th, 1:00-2:00

Open to out-of-town seniors/free



What is life like in a small Honduran village? What would motivate its subsistence farmers to pull up stakes and seek asylum in America? This illustrated talk centers on a remote town in the mountains of Honduras where American volunteers have helped its residents overcome the challenges of extreme poverty. The narrative describes the many challenges they face—lack of education, poor health, polluted water sources, and an uncaring government—and follows the villagers' progress as they work with teams of American doctors, teachers and engineers to resolve those problems. Along with documenting their many successes, it also introduces a dismaying new problem, climate change, and speculates on how it may affect the region's future and its flow of emigrants to the US. *Mark Hopkins, a frequent speaker in the area, is a writer and photographer now retired from a career in advertising.*



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

In these three classes, students will explore the following questions: **How** to listen, **What** to listen for, and **Why** we listen. Through listening to musical examples, you will learn about the basic building blocks of music, including Harmony, Melody, Rhythm, Form, and Texture. *Sivan Etedgee appears frequently as a recitalist, chamber musician, and lecturer, giving many performances and presentations each year and is a faculty member at the Newton Music Academy. His series at the Senior Center are always received with enthusiasm!*

Director's Corner

Acton is an incredible community that offers so much to its residents. Working at the Senior Center, I have had the opportunity to meet many wonderful people and have seen caring friendships develop. The Friends of the Acton COA is a hardworking, devoted group of volunteers whose fundraising efforts help fund many of our programs and trips. This allows the majority of our programs to be offered free of charge to Acton residents. Please show your support and stop by the Holiday Fair on November 16th. Transportation will be available. For more information see page 10. Wishing you all a Happy Thanksgiving,

Sharon, COA Director

PROGRAM HIGHLIGHTS**Census Recruitment****Friday, November 1st, 11:00****Open to All**

The U.S. Census Bureau is actively recruiting people to work on the 2020 Census. They are looking to recruit thousands of employees to work in the communities where they live. These are temporary, part-time or full-time positions. No experience or educational requirement is necessary. Find out more about these opportunities at this program or visit their website at: 2020census.gov/jobs

► Taking Better Pictures with Your Digital Camera**Thursdays, November 7th, 14th, 21st, December 5th, 19th, 3:00-4:00****Open to out-of-town seniors for \$20**

Are you still getting to know your digital camera and its features? Here's an opportunity to learn from photographer Steve McGrath in this seminar for beginners. Bring your camera and learn when and how to use its special features, such as program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography. Students are encouraged to bring one or two sample prints of your previous efforts to share with other students in our push pin show. *Steve McGrath is professional freelance photographer and teacher.*

The Music of World War II with John Clark**Wednesday, November 13th, 1:00-2:00****Open to out-of-town seniors for \$5**

In this patriotic presentation you will explore the stories behind the songs, their impact on the folks back home and the war effort itself, illustrated by lots of audio and video clips to enjoy. Some of the songs you will hear: Boogie Woogie Bugle Boy, GI Jive, Smoke on the Water, There's a Star-Spangled Banner Waving Somewhere, The White Cliffs of Dover, and When the Lights Go on Again. *Prior to a career as a high school and adult education teacher, John Clark worked in music publishing in Nashville. He enjoys sharing his passion for music with senior centers and senior residences.*

Masterpieces of New England Art Presentation**Tuesday, November 19th, 1:00-2:00****Open to out-of-town seniors for \$5**

New England is full of cultural treasures, from grand buildings and public sculpture to smaller paintings, prints ceramics and silver that capture vibrant local scenes and personalities. Join Allyson and Suzanne for a presentation of familiar masterpieces as well as undiscovered gems in our midst, on a virtual tour of New England's best art and architecture. We will pass around several examples of New England's best decorative arts for you to see for yourself!!! *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.*

**The Giants of American Literature:****Their Lives, Works and Impact on American and Global Culture****Tuesdays, November 12th and December 10th, 1:00-2:00****Open to out-of-town seniors for \$5/lecture**

November 12th: Jerome David Salinger is best known today for his novel *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. His brilliant short stories are still read and taught in colleges and universities.

December 10th: 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.



Presenter 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, writes about human rights issues and has appeared on TV and radio.

► Indicates that you must register in advance

REGISTRATION BEGINS.....MONDAY, NOVEMBER 4th at 1:00pm

► Ask the Realtor® Appointments

Wednesday, November 13th, 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.

Welcome Tours for Newcomers

Thursday, November 14th, 10:00-12:00 see page 16 for more details



Java with John

Friday, November 15th, 10:00-11:00

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.

Classical Pianist Sivan Etedgee Performance at Acton Memorial Library

Sunday, November 17th, 3:00-4:00

Open to all/free

Enjoy an afternoon of compositions by Mozart, Schulhoff, Schumann, and Chopin performed by classical pianist Sivan Etedgee performed on the library's grand piano. This performance is offered jointly by the Acton Memorial Library and the Acton Council on Aging. *Sivan Etedgee appears frequently as a recitalist, chamber musician, and lecturer, giving many performances and presentations each year and is a faculty member at the Newton Music Academy. He is familiar to our Acton seniors because of his excellent classical music lecture/recitals at the COA.*

North Acton Fire Station Presentation

Open to all/free

Monday November 18th, 1:00-2:00

Chief Robert Hart will be here with a presentation on the proposed new North Acton Fire Station and to answer any questions you may have.



Acton-Boxborough School Building Project

Open to all/free

Tuesday, November 19th, 11:00-12:00

Superintendent Peter Light will be here to discuss the school building project and answer your questions.

MOVIES

(Shown with closed captioning/subtitles when available)

Open to out-of-town seniors/free

****No movie November 15th and 29th****



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.



Tuesday, November 5th, 12:45-2:20 They Shall Not Grow Old (2018, R for graphic images of war) Through ground-breaking computer restoration technology, filmmaker Peter Jackson's team creates a moving depiction of World War I, to honor those who fought and more accurately depict this historical moment in world history. DVD is available to borrow from the Senior Center after viewing.

Friday, November 8th, 12:45-2:35 Midnight Lace (1960, NR) Doris Day stars in this mystery/thriller as the elegant wife of a British financier (Rex Harrison) whose sanity is questioned when she is terrorized by anonymous phone calls.

Friday, November 22nd, 12:45-2:20 Under the Greenwood Tree (2005, NR) Adapted from Thomas Hardy's novel, this charming tale follows schoolteacher Fancy Day (Keeley Hawes), who returns to the bucolic English hamlet of Melstock to look after her ailing father. To no one's surprise, three disparate suitors are soon courting the young beauty.

► Indicates that you must register in advance

REGISTRATION BEGINS.....MONDAY, NOVEMBER 4th at 1:00pm

ARTS & CRAFTS

Morning Open Activity Time

Weekday mornings, 9:00-11:30

See page 5 for details

Open to out-of-town seniors/free

No activity time November 11th, 15th, 28th, 29th

Needle Arts Group

Wednesdays, 12:30-2:30

No meeting November 27th

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

Open to out-of-town seniors/free

□► Taking Better Pictures with Your Digital Camera

Thursdays, November 7th, 14th, 21st, December 5th, 19th, 3:00-4:00

Open to out-of-town seniors for \$20 *See page 2 for more details*



Seed Propagation with Cathy Fochtman & Jennifer Friedman

Thursday, November 7th, 10:30-11:30

Open to All/Free

This is a follow up to the West Acton Citizen's Library seed lending program in April, but you do not need to have attended the first program to learn how to propagate your own seeds from your personal garden.

□► Beaded Jewelry Making

Acton seniors only

Wednesday, November 20th, 1:00-2:30

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

□► Horticultural Therapy with Cathy Fochtman

Acton seniors only

Wednesday, November 20th, 10:30-11:30

Come make a Fall arrangement with Cathy Fochtman, certified Horticultural Therapist.

Sponsored by the Friends of the Acton Nursing Service.

□► Watercolor Workshop with Sue Chase

Fridays through November 15th, 9:30-11:30 Class is full/call for waitlist

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.

□► Drawing For All with Sandy Wilensky

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

Drawing class concludes this month and is closed to new participants.



Photography Exhibit

In November and December, we are delighted to welcome the photographs of Acton resident Ginny Harris. She is an outdoor photographer and a member of the Assabet Valley Camera Club in Hudson.

Christmas Clean Out – beginning December 2nd

 Many folks are trying to downsize the amount of Christmas decorations they have but aren't sure what to do with them. We also know of many people who are just starting out or starting over that do not have many decorations and decided to try to do something about it. Please bring clean decorations that are still in good condition to the Senior Center anytime from December 2nd - 5th. On Friday, December 6th we will open our doors for folks to take what they can use. We will not be accepting any large items (i.e. trees, outdoor decorations.)

□► Indicates that you must register in advance

GAMES

Morning Open Activity Time

Weekday mornings, 9:00-11:30 No activity time November 11th, 15th, 28th, 29th

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

Open to out-of-town seniors/free



Thursdays, 1:30-4:15 No club on Nov. 28th

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.

Drop-In Bridge

Open to out-of-town seniors/free

Wednesdays, 2:30-4:30 No Bridge on Nov. 27th

People with a variety of skill levels are welcome but playing experience is needed.

Mah Jongg Time

Open to out-of-town seniors/free

Mondays, 1:00-4:00 for experienced players only No game Nov. 11th

Tuesday, November 12th, 1:00-4:00 for experienced players

Fridays, 1:00-4:00 open play for all skill levels No game Nov. 29th

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.



****New!** Sign Up for Email Notifications from the COA**

In order to improve how we notify seniors of important developments at the Senior Center, the COA staff is starting an email list for those who want to be informed about program cancellations, new happenings not included in the current newsletter, and event reminders. To sign up, please fill out a short form at the Senior Center reception area or send an email with your full name and preferred email address to us at seniorcenter@actonma.gov. If you receive the newsletter by email, you still need to request to be on the notification list as it is handled separately. Thank you!

If you are lucky enough to be “flying South” for the Winter, please let us know so that we can put your newsletter delivery on hold, or consider having us email it to you so you don’t miss any news. Contact the Senior Center on 978-929-6652.



□► Indicates that you must register in advance

REGISTRATION BEGINS.....MONDAY, NOVEMBER 4th at 1:00pm

SPECIAL INTEREST GROUPS

Genealogy Group

Friday, November 8th, 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.

Open to out-of-town seniors/free

Computer Club

Wednesday, November 13th 1:30-3:00 No club Nov. 27th

Open to out-of-town seniors/free

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

Book Discussion Group

Open to out-of-town seniors/free

Monday, November 18th, 1:00-2:00

There's nothing like having a lively group discussion to enrich the experience of reading a good book! This month members are reading two mysteries: *Acqua Alta* by Donna Leon and *The Mirror Crack'd From Side to Side* by Agatha Christie. 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

Monday, November 25th, 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 *James and the Art of Fiction*. The suggested novel to read: *The Portrait of a Lady* by Henry James. Copies of the book are on reserve at the Acton Memorial Library (978-929-6655). New attendees welcome! A film adaptation of *Portrait of a Lady* will be shown Monday, December 9 at 1:00.

Please note the group will not meet in December.

AROUND TOWN...AND BEYOND



Acton Boxboro Regional High School presents:

"Twice Charmed" & "Freaky Friday" as their exciting double bill Fall musical, November 1st-3rd and 9th-10th. For tickets go to abdrama.org

A-B Community Band Fall Concert of Broadway classics, the Beatles and more great music, November 21st, 7:30pm, RJ Grey Junior High Auditorium, 16 Charter Road, Acton. Free admission.

Acton Town Hall Business Hours

Monday, Wednesday & Thursday 8:00am-5:00pm, Tuesday 8:00am-7:30pm, and Friday 8:00am-Noon. Town buildings will be closed Thanksgiving, November 28th and Friday, 29th.

Concord Players present "Funny Girl" Senior Open Dress Rehearsal Thursday Nov 7th, at 8pm \$10 on the door. Performances Nov 8th-23rd www.concordplayers.org 978-369-2990, 31 Walden St, Concord.

Lunch & Live Music at St. John, Sudbury, Tuesday, November 12th, 12:00-2:00. 978-443-8350 by 11/4.

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

Continuing November 14th, 11:00 and 1:30 visit www.indianhillmusic.org or call 978-486-9524 (press 0)

Sounds of Stow Chorus & Orchestra presents **Bach's Christmas Oratorio** on November 24th, 2:00pm, at the Hale School in Stow, MA. For more info visit www.soundsofstow.org or call 978-707-9887.

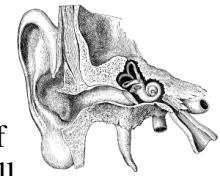
The Silver Unicorn Bookstore, Spruce St, West Acton

Call 978-274-2757 or www.silverunicornbooks.com for further information on upcoming events, including sports journalist Jackie MacMullen in conversation with NY Times journalist Matthew Goodman about their new books on baseball on Tuesday, December 3rd at 7:00pm.

REGISTRATION BEGINS.....MONDAY, NOVEMBER 4th at 1:00pm

MIND, BODY & SPIRIT

(see also Health Clinics, Exercise and Gym News)



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. *Nashoba Nursing Service & Hospice of Shirley is a not-for-profit agency providing skilled nursing, physical, speech and occupational therapy, home care aides, palliative care, medication management, wound care and hospice care.*

► It's Never Too Late to Begin Again:

Discovering Creativity and Meaning at Midlife and Beyond

Wednesdays, November 6th & 20th, December 4th & 18th, 10:30-12:00

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

Registration is open; call now

This class, facilitated by Joan Rubin-Deutsch, continues this month, and is for those who are transitioning into their "next act." 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. You can purchase the book through Amazon and other online booksellers for about \$13. *Joan Rubin-Deutsch is an MSW and author of "Why Can't I Ever Be Good Enough?"*

Laugh For Your Health

Open to out-of-town seniors/free

Thursday, November 14th, 11:00-12:00

Laughter can really be one of the best medicines! In this interactive program, you will learn how to generate your own hearty laughter without the need for jokes. We use seated and standing laughter exercises, combined with deep, relaxing belly, or "yoga breaths." This practice is called Laughter Yoga, but there are no mats or yoga poses. Many health benefits are derived from this practice including: increased energy and alertness, mood elevation, stress relief, 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, November 8th, 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 and has been practicing Reiki in Carlisle and Boston for the past ten years.*

Line Dancing with Kari McHugh

Wednesdays through December 18th, 3:00-4:00 No Class Nov 13th & 27th Open to out-of-town seniors/\$20

See for yourself why so many love this fabulous activity! 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 dance shoes. \$1.00 donation per class for Acton seniors is requested, per EOEA grant guidelines.

► Prescription Labels for People with Vision Loss

Tuesday, November 26th, 11:00-11:30

Open to all/free

John Usinas will explain types of accessible prescription labels for people who cannot read the standard labels. He will demonstrate the ScripTalk audible labels. *As a user, John Usinas is knowledgeable about assistive technology devices. He is a founding member of the Marlborough Commission on Disabilities and is blind.*

► Indicates that you must register in advance

EXERCISE

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 Nov. 11th

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

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



This class is designed to maintain strength, balance and independence. It is designed for every fitness level and modifications are demonstrated. Start with flexibility movements, followed by balance exercises, proceed to resistance training and end with a stretch segment. There is an optional 15 minute cardio segment at the end.

**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 Nov. 29th

This heart-healthy class uses low-impact movements to energize your active lifestyle. Work on building your muscle strength and flexibility with upper and lower body exercises using hand weights in both standing and seated positions. Finish with a 5-10 minute full body stretch and relaxation segment. Weights are provided.

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 helps maintain strength, flexibility and independence with both standing and seated exercises using resistance bands. Start with a warm-up moving the body and joints. Proceed to strengthen muscles with upper and lower body exercises. Finish with a relaxing stretch. Resistance bands provided. 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 class works the joints and muscles to increase flexibility, strength, balance and circulation. It includes seated and standing postures (using a chair if needed) and optional floor work. Bring a yoga mat (optional for joint class). On the last Wednesday of each month a Healthy Joint Class will be offered to improve range of motion. It does not require yoga experience and is done seated and standing. This class is funded by an Executive Office of Elder Affairs grant, which requires the COA to ask for donations--a \$1 donation/class or \$10/session is suggested.

Tai Chi with Linda Sango

Tuesdays through December 17th, 11:00-12:00

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

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

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

New students are welcome. Focus will be on learning set of 108 moves. Tai Chi is known to build strength and improve balance. Wear loose comfortable clothing and footwear with a fairly smooth tread.

NouVon Fitness with Yvonne Benelli

Fridays through December 20th, 10:00-11:00 No class Nov. 29th

This class is suitable for all fitness levels, focusing on balance, stability, core strengthening, posture, strength, cardio, stretching and relaxation! Done while standing and sitting. Yvonne will guide you to exercise at your own pace while challenging yourself. This class is funded by an Executive Office of Elder Affairs grant, which requires the COA to ask for donations--a \$1.00 donation per class or \$10 for the full session is suggested.



Gentle Chair Exercises with Mary Morgan

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

No class 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 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.



Introducing a monthly tip from our exercise instructor Terri Zaborowski.....

Best Exercises to stop aging, keep muscles and brain healthy

.....<https://amp.businessinsider.com/best-exercises-slow-aging-2018-4>

GYM NEWS

GYM OPEN NEW HOURS!!

Monday – Friday, 9:00-12:00; Thursdays 9:00-3:00

Gym is closed Nov. 11th, 28th and 29th.

► Gym Training in November

Open to Acton seniors only

Tuesday, November 5th and 12th, 12:00-12:45

NEW DAYS AND TIMES! REGISTRATION OPEN NOW

Monday, November 18th and 25th, 1:15-2:00

So many seniors are getting heart healthy by taking advantage of our COA Gym. 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 per 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, November 26th, 12:00-12:45**

HEALTH CLINICS

Podiatry Clinic

Tuesdays, November 12th, 19th and 26th, 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 November 4th. 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, November 12th and 26th, 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, November 26th, 11:00-12:00

The Health Discussion topic for November is “Arthritis”.

REGISTRATION BEGINS.....MONDAY, NOVEMBER 4th at 1:00

DINING OPPORTUNITIES

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

► **Town Employee Lunch**

Monday, November 18th, 12:00 at the Senior Center

The Board of Selectmen will be serving pizza, salad and pineapple angel cake. Cost is \$3:00

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

Tuesday, November 19th, 12:00 at the Senior Center

Enjoy Thanksgiving a little early. We will be having turkey and all the fixings, salad and dessert. This meal is subsidized in part by Minuteman Senior Services. A \$3 donation is requested.

► **Monthly Breakfast**

Open only to Acton seniors

Friday, November 15th, 9:15am at the Senior Center

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.

Veterans' Day Breakfast, Monday, November 11th, 8:30-9:30 am

Acton Boxborough Regional High School, 36 Charter Road, Acton. Open to Acton & Boxborough Seniors

Hosted by the Rotary Club of Acton-Boxborough and the Acton-Boxborough Regional High School National Honors Society. RSVP to Charlie Summers at mrcls@comcast.net or Karen Rivero at 978-929-9888 and leave a message. Transportation is available by calling the Minutevan on 978-844-6809.



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 9:00am the day before. *Minutemen Senior Services meals are open to all residents who live in Minuteman communities. To register for Meals on Wheels call Information & Referrals at Minuteman Services on 781-221-7064.*

► **Birthday Lunch, Wednesday, November 13th, 12:00.** Free to those celebrating a birthday.

To James MacRae for the fantastic breakfast you prepare every month

To Acton Boxborough United Way for preparing lunch for the Day of Caring

To FF/EMT Brent Carter and Tom Mathews for bringing the Fire Hazard House to the Senior Center

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

**The Friends of the COA
Annual Holiday Fair
Saturday, November 16th, 9:00am - 2:00pm**

NEW! Ceramics Themed Basket Raffle Baked Goods NEW! Greeting Cards

Indian Treasures

Bird Houses & Kits

Painted Slates

Needlework.....Jewelry.....Boutique Items (donations accepted thru Nov 8th)

JOYS KITCHEN will be offering breakfast and lunch

NEED A RIDE? Call Austin Cyganiewicz at 978-929-6513 by November 8th.

Baked goods donations sign up at the Senior Center Reception
or call/email Pamela Lynn on 978-263-8281 Ohio6232@verizon.net

SUPPORT GROUPS & SERVICES

Widows and Widowers 101 at the Acton Senior Center

Wednesday, November 6th, 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 at the Acton Senior Center

Friday, November 8th, 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 River Court Residences.

Grandparents Raising Grandchildren Support Group at the Acton Senior Center

Tuesday, November 19th, 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 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.

Medicare Open Enrollment, Now until December 7th, 2019

If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should have received an information packet from your plan in 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) at the Senior Center

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

Open Table, Maynard - All seniors (age 55 and older) are welcome to join us for lunch on Tuesdays at our 33 Main Street location in Maynard! Lunch is available 12:30 to 2:00 pm. Seniors with pantry appointments can enjoy lunch before or after shopping. Our pantry is stocked with non-perishable groceries, fresh fruits and vegetables, dairy products and other staples. Contact 978-243-0984.



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 be sent out after November 1st. New applicants may apply after November 1st; contact 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.

Senior Citizen Water Bill Discount Policy - The Water Supply District of Acton offers a Senior Citizen Water Bill Discount that entitles seniors having low-to-moderate incomes to a reduction in their water bills. This discount is available to water users aged 65 and over who own their residence and have an individually metered water service. To apply for this discount customers must first receive approval for the Senior Citizen Property Tax Exemption offered by the Town of Acton. Applicants for this exemption must satisfy income and asset requirements specified by the Town, and requests for an exemption can be submitted to the Town's Assessor's Office. Information about this program is available at 978-929-6621 or through the following link: www.acton-ma.gov/134/Assessor. Following the approval of an exemption by the Town Assessor, customers can then submit a copy of their Certificate of Exemption from the Town of Acton and a copy of their tax bill to the Acton Water District. The District will then authorize a water bill abatement in the same percentage as the real estate tax exemption, utilizing the winter reading cycle for the calculation. The abatement will be applied to the next water bill. Abatements will expire after one year, but can be renewed annually. For more information, please contact the Water District at 978-263-9107, or you can email our Treasurer/Collector Mary Bates at: maryjo@actonwater.com.

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

Human Services News

We'd like to welcome Beth LaGoy as the new Human Services Receptionist. Beth recently moved back to Massachusetts after living in Hawaii for the past 30 years. Beth was employed as an Office Manager and was an active volunteer for various PGA and LPGA and Champion Tour events. Please stop by and say hello.

Veterans Day Parade



Veterans Day Ceremony in Acton will be observed on Monday, November 11th at 11:00am on the Town Common across from Town Hall. Acton's Department of Veterans' Services, as well as the Celebrations Committee, invite all Acton residents to join us in honoring our nation's heroes. Parking will be available behind town hall. The Ceremony will take place outdoors (weather permitting) by the Isaac Davis Monument on the Common. In the event of inclement weather we will move the ceremony inside Town Hall. Contact James MacRae, Acton's Veterans' Service Officer, at 978-929-6614 or vso@actonma.gov with any questions. For transportation call 978-844-6809.



Handy Reminders

When a description in this newsletter is preceded by "►" this means you should call or drop by to register beginning Monday, November 4th, 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!



**Daylight
Saving Time
Ends on
November 3rd**

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 and boots can get mixed up!



Our bad weather policy....

If the schools are closed due to the weather we WILL NOT be offering any programs that day, if the school is operating a delay, our programs will commence at 10am.

Information on school closings can be found on local media including Channel 4 WBZ; Channel 5 WCVB; Channel 7 WHDH; Channel 10 NBC Boston and Fox 25. The school district website is www.abschools.org. If in doubt please call us at the Senior Center, 978-929-6652.

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|---|---|
| 28 October 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 <input type="checkbox"/> NO CHAIR EXERCISE | 29 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 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 11:00 Census Recruitment 12:45 Movie "Yesterday" * 1:00 Mah Jongg |
| 4 8:30 Active Aging 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 11:30 Balance Program with Acton Nursing Services wk 3 <input type="checkbox"/> 12:45 COA Friends Meeting 1:00 Mah Jongg 1:00 Registration Opens NO CHAIR EXERCISE | 5 8:30 Senior Fitness 9:00 Drawing For All <input type="checkbox"/> 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 12:00 Gym Training <input type="checkbox"/> 12:45 Movie : They Shall Grow Not Old 3:00 Stretch & Flex 3:00 Vestibular Talk | 6 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Widows and Widowers Group 10:30 Never Too Late <input type="checkbox"/> 10:45 Yoga 12:30 Needle Arts 1:00 Honduras Talk 2:30 Drop-in Bridge 3:00 Line Dancing | 7 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 10:30 Seed Propagation 11:30 Chair Exercise 12:30/2:00 Chess Classes <input type="checkbox"/> 1:00 Classical Music for the Novice 1:30 Chess Club 3:00 Stretch & Flex 3:00 Photography Class wk1 <input type="checkbox"/> | 8 8:30 Senior Fitness 9:00 Reiki <input type="checkbox"/> 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:30 Watercolor Class <input type="checkbox"/> 10:00 NouVon Fitness 11:30 Memory Café <input type="checkbox"/> 12:45 Movie "Midnight Lace" 1:00 Genealogy Group 1:00 Mah Jongg |
| 11 CENTER CLOSED FOR VETERANS' DAY 8:30am Veterans' Day Breakfast at the Acton Boxborough Regional High School see page 10 for sign up details 11:00am Veterans' Day Ceremony, Town Common, Town Hall, Acton | 12 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 <input type="checkbox"/> 9:45 Active Aging 10:00 COA Board Meeting 11:00 Tai Chi 12:00 Gym Training <input type="checkbox"/> 1:00 Giants of American Literature 1:00 Mah Jongg 3:00 Stretch & Flex | 13 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:30 Ask the Realtor <input type="checkbox"/> 10:45 Yoga 12:00 Birthday Lunch <input type="checkbox"/> 12:30 Needle Arts 1:00 WWII Music 1:30 Computer Club 2:30 Drop-in Bridge NO LINE DANCING | 14 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 9:45 Active Aging 10:00-12 Newcomer Tours 11:00 Tai Chi 11:00 Laugh for Your Health 11:30 Chair Exercise 12:30/2:00 Chess Classes <input type="checkbox"/> 1:00 Classical Music for the Novice 1:30 Chess Club 3:00 Photography Class wk 2 <input type="checkbox"/> 3:00 Stretch & Flex | 15 8:30 Senior Fitness 9:15 Breakfast <input type="checkbox"/> 9:00-12:00 Gym Open 9:30 Watercolor Class <input type="checkbox"/> 10:00 Java with John 1:00 Mah Jongg NO NOUVON FITNESS NO MOVIE Sat 16 9-2 Friends' Fair Sun 17 3:00 Sivan's Concert at AML |
| 18 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 wk 4 <input type="checkbox"/> 12:00 Town Employee Lunch <input type="checkbox"/> 1:00 Fire Station Presentation 1:00 Book Discussion Group 1:00 Mah Jongg 1:15 Gym Training <input type="checkbox"/> | 19 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym 9:45 Active Aging 11:00 Grandparents Group 11:00 Tai Chi 11:00 School Presentation 12:00 Robbins Brook Lunch <input type="checkbox"/> 1:00 Masterpieces of New England 3:00 Stretch & Flex | 20 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Horticultural Therapy <input type="checkbox"/> 10:30 Never Too Late <input type="checkbox"/> 10:45 Yoga 12:30 Needle Arts 1:00 Beaded Jewelry <input type="checkbox"/> 2:30 Drop-in Bridge 3:00 Line Dancing | 21 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 <input type="checkbox"/> 1:00 Classical Music for the Novice 1:30 Chess Club 3:00 Photography Class wk 3 <input type="checkbox"/> 3:00 Stretch & Flex | 22 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 12:45 Movie "Under the Greenwood Tree" 1:00 Mah Jongg |

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|---|--|
| 25 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 5 1:00 Lit Lovers 1:00 Mah Jongg 1:15 Gym Training <input type="checkbox"/> | 26 8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:00 Wellness Clinic/BP 9:00-11:30 Open Activity Time 9:45 Active Aging 11:00 Prescriptions for Visually Impaired <input type="checkbox"/> 11:00 Tai Chi 11:00 Nursing Talk - Arthritis 12:00-12:45 Gym Monitor Training <input type="checkbox"/> 3:00 Stretch & Flex | 27 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open NO YOGA NO AFTERNOON ACTIVITIES | 28 HAPPY THANKSGIVING CENTER IS CLOSED | 29 CENTER IS CLOSED |

*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, you are welcome to check with us before heading over, 978-929-6652.

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:

Digital camera class, bridge lessons, Masterpieces of New England, Music of WWII, Giants of American Literature, It's Never Too Late to Begin Again, Sivan Etedgee piano performance, Classical Music for the Novice, Watercolor Class, Drawing for All, 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.

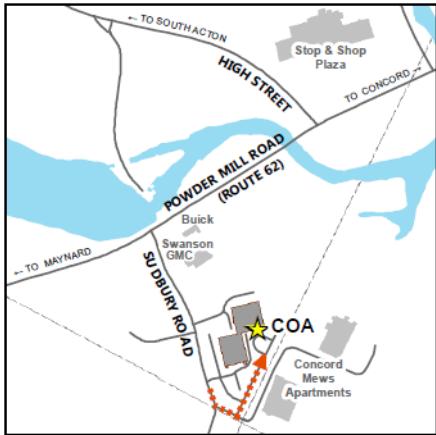
ACTON COA STAFF

Sharon Mercurio, Director
Rosie Atherton, Office Manager
Chris Chirokas, Program Manager
Bev Hutchings, Senior Services Coordinator
Beth La Goy, Human Services Receptionist
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 Nov 12th, 10:00, COA Friends Nov 4th, 12:45



Acton Senior Center November 2019

Welcome to the new November newsletter. We have a host of innovative programs and classes running this month for Acton Seniors, 60 and older. Many are 'drop in' but a few are 'sign up'. Registration Opens Monday November 4th at 1pm. Photography, art, music with Sivan, movies, special lunches - we have

something for everybody. Some programs and classes are open to out of town seniors - please call to ask.

Welcome Tours for Newcomers



Thursday, November 14th, 10:00-12:00

Whether you are new to town, recently retired or just haven't taken the plunge to check out your Senior Center, please come for a tour! The Senior Center offers services, meals, and a variety of programs including exercise classes, lifelong learning lectures, informational presentations, classes, drop-in activities and special interest groups. There is a gym, a library with computers, and a lounge. There is no membership fee and most programs are free of charge to Acton seniors age 60 and up. We are located in the town's

Human Service Center at 30 Sudbury Road Rear (see the map above).

Index

| | Page |
|---------------------------|-----------|
| Around Town | 6 |
| Arts & Crafts | 4 |
| Calendar | 14 - 15 |
| Dining | 10 |
| Exercise Classes | 8 - 9 |
| Games | 5 |
| Gym News | 9 |
| Health Clinics | 9 |
| Mind, Body, Spirit | 7 |
| Movies | 3 |
| Program Highlights | 1 - 3, 16 |
| Special Interest Groups | 6 |
| Support Groups & Services | 11 - 13 |
| Transportation | 11 |

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

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

**The Friends of Acton COA are hosting their annual
Holiday Fair on Saturday, November 16th, 9:00-2:00,
at the Acton Senior Center, 30 Sudbury Road.**

See page 10 for details