



Acton Senior Center Newsletter

December 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, December 2nd, at 1:00pm

Events requiring sign-up

- ☐▶ Ask the Lawyer
- ☐▶ Christmas Cookies
- ☐▶ Gym Training
- ☐▶ Horticulture Therapy
- ☐▶ Memory Café
- ☐▶ Reiki
- ☐▶ SHINE Appointments
- ☐▶ Shopping Trips
- ☐▶ Trivia

Meals

- ☐▶ Holiday Tea
- ☐▶ Monthly Breakfast
- ☐▶ Noon Day's Lunch
- ☐▶ Robbins Brook Lunch
- ☐▶ Woman's Club Lunch

Holiday Concert with the Acton Community Chorus Chamber Group

Tuesday, December 17th, 1:30-2:00

Open to out-of-town seniors/free

Get into the holiday spirit with a concert performed by the Acton Community Chorus Chamber Group! The chorus will sing a variety of holiday music plus a selection of favorite songs from recent and upcoming concerts. *Acton Community Chorus is a non-profit organization dedicated to bringing the joy of music to area communities since 1984.*

Agatha Christie Christmas Story Dramatic Reading

Wednesday, December 4th, 1:00-2:00 **Open to out-of-town seniors/\$5**

Stephen Collins presents dramatic readings of two holiday short stories: Agatha Christie's *The Adventure of the Christmas Pudding* and William Dean Howell's *Christmas Every Day*. *After a long sales career, Stephen Collins is doing what he truly loves—performing and teaching. His teaching style has been described as a hybrid of lecture and performance. His performances always meet with rave reviews at the Senior Center.*



The Concord Players Traveling Troupe

Open to out-of-town seniors/free

Monday, December 16th, 1:00-2:00 (Rescheduled from 12/3)*

Join the Concord Players Traveling Troupe, a group of senior actors, for a program of staged readings and skits, featuring amusing views of seniors as we age “gracefully” and with a little pizzazzzzzz! Also featured are some musical interludes by the Traveling Troubadours, Tom and John, that are sure to set your toes a-tapping and your spirits soaring. Some of the readings and skits

will have a holiday theme. Troupe members: Sandy Armstrong, Kate Blair, Rik Pierce, Paul Gill, Joanne Hines, John Hutchins, Bill Maxwell and Tom Ruggles.

Director's Corner

It's the holiday season. Take some time to show a little extra kindness. A smile and kind word can go a long way. I would like to thank the Friends of the Acton COA for another wonderful Holiday Fair. They put so much hard work into this event. Their fundraising efforts make it possible for the COA to offer incredible programs free of charge to Acton seniors. We appreciate their support and your generosity.

Wishing you all a Merry Christmas and happy holiday season,

Sharon, COA Director

PROGRAM HIGHLIGHTS

West Acton Sewer Project

All Acton Residents are welcome

*Thursday, December 5th, 1:00 * (rescheduled from 12/2)*

Paul Campbell, the Town Engineer will be here to answer your questions about the proposed sewer project for West Acton.

The Giants of American Literature:

Their Lives, Works and Impact on American and Global Culture

Tuesday, December 10th, 1:00-2:00

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

Dr Lawrence Lowenthal concludes this series with a look at Emily Dickinson, who 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.*



☐► Christmas Cookies

Open to All/Free

Tuesday, December 10th, 1:00

Join us in the kitchen to make a variety of cookies for the Holiday Tea. We will provide the recipes and ingredients. Sampling will be permitted!

☐► Ask the Lawyer

Acton seniors only

Tuesday, December 17th, 1:00-3:00pm

Elder Law Attorney Cathleen Summers offers 20 minutes private legal consultations. Elder law attorneys specialize in legal issues related to aging, such as retirement planning, Medicaid, guardianship and estate planning.

Optician Hours at the Senior Center

Thursday, December 19th, 9:30-10:30

Open to out-of-town seniors/free

Trish Finlay, ABOC-certified optician with LOOK Optical of Maynard, will be having monthly hours at the Senior Center for minor repairs and adjustments. Missing a nose pad on your specs? Bring them in. Are your glasses sitting crooked on your face? Please let Trish adjust them for you! If your glasses just need a little tune-up or tender loving care, Trish will be happy to help you out at no charge.



Java and Christmas Cookies with John

Acton Seniors Only

Friday, December 20th, 10:00-11:00

Our Town Manager, John Mangiaratti will be here to give you updates on things going on around town and to answer any questions you may have.



HUMAN SERVICES NEWS

The Senior Center and Human Services building is exploring the possibility of changing the hours of operation to mirror the hours implemented at Town Hall. We are considering remaining open until 7:30pm on Tuesday nights and closing at noon on Fridays. This would provide an opportunity for those unable to utilize services due to work commitments as well as offering later activities to all who already participate. The VSO, Community Resources, Nursing and COA will all be available. Some of the things we envision offering are a dinner, some sort of class, open gym hours and SHINE appointments. Activities scheduled for Friday afternoons will be re-scheduled. If we move ahead it would be in the spring and on a trial basis. We are open to your feedback and ideas. Feel free to contact Sharon Mercurio 978-929-6652 smercurio@actonma.gov

☐► Indicates that you must register in advance

MOVIES

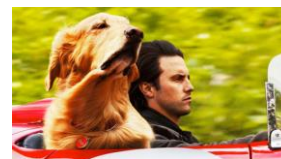
ADMIT
ONE

(Shown with closed captioning/subtitles when available)

Open to out-of-town seniors/free

Friday, December 6th, 12:45-2:35 *The Art of Racing in the Rain* (2019, PG)

Based on the best-selling novel by Garth Stein, this heartwarming tale is narrated by a witty and philosophical dog named Enzo (voice of Kevin Costner). Through his unique insight into the human condition, Enzo helps his owners navigate life with a refreshing perspective on friendship, family and unconditional love. Stars Milo Ventimiglia and Amanda Seyfried.



Monday, December 9th, 1:00-3:25 *Portrait of a Lady* (1996, PG-13) Film adaptation of Henry James's novel stars Nicole Kidman as an American heiress visiting relatives in 1872 England. She falls prey to the manipulations of a scheming friend (Barbara Hershey in an Oscar-nominated performance), who arranges her betrothal to an utter scoundrel (John Malkovich). Does not have closed captioning/subtitles option. DVD available to borrow from lounge area resource shelf after December 9.

Friday, December 13th, 12:45-2:15 *How About You* (2007, NR) A young woman struggling with the direction her life is taking spends Christmas watching over the demanding residents of a retirement home in Ireland. Vanessa Redgrave and Hayley Atwell star. Dramatic comedy based on a Maeve Binchy short story.

Thursday, December 19th, 12:45-1:40 *Perry Como's Olde English Christmas* (1977)



Enjoy a colorful, old-fashioned Christmas with Perry Como! Como filmed his annual holiday TV special in English, with some scenes in an historic British castle. British singing stars Leo Sayer and Petula Clark are guests. After the show, you can stay for 25 minutes of bonus footage of Como singing Christmas songs through the decades.

DVD available to borrow from the lounge area resource shelf after Dec. 19th.

Friday, December 20th, 12:45-2:45 *Toni Morrison: The Pieces I Am* (2019, PG-13) Legendary storyteller Toni Morrison examines her life, her work and the powerful themes she has confronted throughout her literary career. Morrison, who passed away this year, leads an assembly of her peers, critics and colleagues on an exploration of race, history, America and the human condition.

Friday, December 27th, 12:45-3:05 *Zorba the Greek* (1964, NR) An uptight English writer (Alan Bates) in Greece on business finds his life altered when he meets the gregarious Alexis Zorba (Anthony Quinn). Dramatic comedy won three Academy Awards including best supporting actress for Lila Kedrova.

Friday, January 3rd, 12:45-2:05 *Reinventing Rosalee* (2018, NR) Uplifting documentary about how Rosalee Glass, a Holocaust survivor who was a prisoner at a Siberian gulag, transforms her life. In her 80s she begins an acting career, in her 90s enters a senior beauty pageant and dares to ride Alaskan Sled dogs at 100. Does not have closed captioning/subtitles option. DVD available to borrow from the lounge area resource shelf after Jan. 3rd.

Shopping Trips

Transportation is offering two shopping trips in December. Round trip cost is \$5.00. Call 978-844-6809 to book.

Solomon Pond Mall, Friday, December 6th

Leave the Senior Center at 10:30, return at 2:30.

Walmart in Hudson, MA, Monday, December 16th

Leave the Senior Center at 10:30, return at 2:30.



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, or email seniorcenter@actonma.gov

A returned newsletter costs the COA 70cents on top of initial printing and mailing costs. Emails are free!



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 December 20th & 25th

Needle Arts Group

Wednesdays, 12:30-2:30

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

Open to out-of-town seniors/free

No meeting December 25th

▣► Taking Better Pictures with Your Digital Camera

Thursdays, December 5th, 19th, 3:00-4:00

Class is full; call about waitlist

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

Class taught by photographer Steve McGrath wraps up this month.

Photography Exhibit

Thru mid-December, we are delighted to continue to display the photographs of Acton resident Ginny Harris. She is an outdoor photographer and a member of the Assabet Valley Camera Club in Hudson.

From mid-December to January we welcome the art of local photographer Joe Schatz. Joe's exhibit will be entitled "The Wild West" and will include images of western US and Canada, including the Yellowstone and Glacier National Parks, Banff and Jasper Canadian Parks.



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.)

SPECIAL INTEREST GROUPS

Computer Club

Wednesday December 11th, 1:30-3:00

Open to out-of-town seniors/free

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

Book Discussion Group

Monday, December 16th, 1:00-2:00

Open to out-of-town seniors/free

There's nothing like having a lively group discussion to enrich the experience of reading a good book! Call the COA for the title of this month's selection, which wasn't known at press time. 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

Please note the group will not meet in December. See page 3 about showing of the film *Portrait of a Lady* based on the Henry James novel.

▣► Indicates that you must register in advance

GAMES

☐► Trivia Contest

Acton seniors only

Wednesday, December 18th, 1:00-2:15

Acton resident Peter Duran leads the trivia contests, which are a great way to flex your brain muscles, trigger fond memories and have some fun. Teams of a maximum of four people answer questions on a variety of subjects and keep score. Prizes are given by a drawing. When you call to sign up, mention if you'd like to be on a specific team, otherwise you'll be randomly assigned.

Morning Open Activity Time

Open to out-of-town seniors/free

Weekday mornings, 9:00-11:30 No activity time December 20th & 25th

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

Open to out-of-town seniors/free

Thursdays, 1:30-4:15 No club on December 12th

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

☐► Beginner Chess Class taught by Ken LeBow

Open to out-of-town seniors/free

Thursdays December 5th and 19th, 12:30-2:00

This class concludes this month. Watch the January newsletter for information on the next session.

☐► Intermediate Chess Class

Open to out-of-town seniors/free

Thursdays December 5th and 19th, 2:00-3:00

This class concludes this month. Watch the January newsletter for information on the next session.

Drop-In Bridge

Open to out-of-town seniors/free

Wednesdays, 2:30-4:30 No Bridge December 25th and January 1st

Games have people with a variety of skill levels but playing experience is needed.

Mah Jongg Time

Open to out-of-town seniors/free

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

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.



****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! Occasionally circumstances are beyond our control and we cannot guarantee that we will get any last minute information forwarded in a timely manner.

☐► Indicates that you must register in advance

AROUND TOWN...AND BEYOND

Special Town Meeting Commences December 10th, 7pm, Acton –Boxborough High School Auditorium, transportation is available, call Dispatch on 978-844-6809.

Acton Meet and Greet Acton Town Hall, Room 204, Thursday Dec 5th, 11:00 – 1:00.

Meet town representatives and learn about the services they offer, from departments offering help with housing, health, social work, senior services, veterans services, emergency medical care and more. Brought to you by the Acton Commission on Disabilities and the Acton Health Department. Lunch provided by the Health Department. To RSVP or more info: health@actonma.gov or 978-929-6632.



The Town Meeting Improvements Committee is seeking input from the public on ideas to improve participation. There are several ways to communicate with the committee.

1. We will host the second of two public forums on Wednesday December 4, 2019 at 7:30 PM. The meeting will be held in Room 204 of the Town Hall. 2. We will be conducting a survey in December, both online and in hardcopy form. 3. Send an email with your ideas to

TMIC@actonma.gov 4. Come to a meeting!

Volunteers Sought for the many boards and committees in town which are run by volunteers, and many of them are in need of new members. Examples include the *Volunteer Coordinating Committee*, the *Cable Advisory Committee*, the *Historic District Commission*, and the *Recreation Commission*. To learn more, visit the Volunteer Coordinating Committee page on the Town website: <http://www.acton-ma.gov/111/Volunteer-Coordinating-Committee>. Applications may be filed online from the town's website at <http://www.acton-ma.gov/formcenter/town-managers-office-5/volunteer-application-43>.

Acton Memorial Library is hosting a Holiday Fair Saturday, December 7th, 10:00-1:00. The ABRHS Madrigal Singers are performing Saturday, December 14th, 2:30. Holiday hours – closed Dec. 25th and Jan 1st.

Call with any inquiries 978-929-6532, or visit www.actonmemoriallibrary.org

2020 Community Gardens plots are available to rent at three locations: Morrison Farm at 116 Concord Road, North Acton Community Garden at 845 Main Street and the Hebert Farm Community Garden located at 88 Prospect Street. Residents and non-residents are eligible. There is a limit of one plot per household. The 2020 gardening season starts on Saturday, April 11. Registration for all new garden plots are by walk-in only. Forms will be provided at the Kennedy Building, located at Woodlawn Cemetery, 104 Concord Road, Acton, MA 01720.

All available plots will be assigned on a first-come first-serve basis beginning at 9:00 a.m. on Monday, January 6. For more information including rates and eligibility, please contact Kim at Natural Resources at 978-929-6642 or e-mail cemetery@acton-ma.gov.

West Acton Citizens' Library needs your input! Please help us to decide how we can best serve you in the future. Our Strategic Planning Community Survey will take less than 5 minutes and will help us decide what materials to collect, what hours to be open, what kind of programs to run and much more. Click on the link here <https://www.surveymonkey.com/r/B7TMTBD> to take the survey. Paper copies are also available at the COA, Citizens' Library and Memorial Library.

A Christmas Carol at Theatre III 250 Central St., West Acton.

Senior Dress Rehearsal Wednesday, December 4th, 7:30 pm; tickets \$5 at the door. Regular run December 6th, 7th, 13th, 14th at 7:30 pm and December 8th and 15th at 2:00 pm. Senior tickets \$22.

Lunch & Live Music at St. John, Sudbury, Tuesday, December 10th, 12:00-2:00. 978-443-8350 by 12/2.

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

Continuing Thursday December 12th, 11:00 and 1:30 visit www.indianhillmusic.org or call 978-486-9524.

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.

West Acton Village Holiday Stroll, Saturday, December 7th, 12:30-4:30

MIND, BODY & SPIRIT

(see also Health Clinics, Exercise and Gym News)

CaptionCall Informational Presentation

Wednesday, December 4th, 1:00-1:30

Open to all/free



Join Peter Johnson of CaptionCall to learn the health benefits of treating hearing loss and how to qualify for a complimentary captioning telephone. CaptionCall provides a no-cost captioning/amplified telephone for those who are hard-of-hearing. Peter will demonstrate the current products - the Captioning telephone for home and workplace use, the iPad app for captioning on-the-go, as well as new iPhone and Android cell phone apps set to debut in the next few months. Certification forms will be available to bring to your healthcare professional (General MD, Audiologist, Nurse Practitioner, etc.) to sign to certify you to receive CaptionCall products at no cost. *Peter Johnson is CaptionCall Account Manager for Massachusetts and Maine.*

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

Discovering Creativity and Meaning at Midlife and Beyond

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

Program concludes this month and is closed to new participants.

▣► Horticultural Therapy: A Winter Greens Centerpiece with Cathy Fochtman

Wednesday, December 11th, 10:30-11:30

Acton seniors only

This month Cathy will guide you in making a winter greens centerpiece. We will use red branches, assorted greens and white flowers in a birch container to welcome winter. Sponsored by the Friends of the Acton Nursing Service. *Cathy Fochtman has a Horticultural Therapy certificate from the Horticultural Therapy Institute of Denver, CO.*

Laugh For Your Health

Open to out-of-town seniors/free

Thursday, December 12th, 11:00-12:00

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

▣► Reiki Appointments with Ann Marie Durlacher

Acton seniors only

Friday, December 20th, 9:00-10:20 (sign up for a 15 minute appt.) *Rescheduled from 12/13

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

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.

in psychology and completes the UMass Mindfulness Center Mindfulness-Based Stress Reduction program. **Drop-In**

Guided Gratitude Meditation for the Holidays with Liz Paley

Thursday, December 19th, 2:30-3:30

Acton seniors only

The practice of gratitude sharpens our attention which then helps us appreciate things we tend to take for granted. We can use the holidays to actively appreciate that which we are grateful for. Join Liz for these guided meditations that invite giving, gratitude and grace. *Liz holds an MA*

▣► 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

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

Thursdays through December 19th, 9:45-10:45

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

Fridays through December 20th, 8:30-9:30

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 December 5th*

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 through December 18th, 10:45-12:00

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

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

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

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

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.



A seasonal tip from our exercise instructor Terri Zaborowski.....

Staying healthy this holiday season..... <https://www.usatoday.com/story/news/nation-now/2014/10/21/healthy-holidays-stay-fit/17632163/>

GYM NEWS

GYM OPENING HOURS

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

Gym is closed December 25th

▣► Gym Training in December

Acton seniors only

Tuesday, December 3rd, 12:00-12:45 & Mondays December 9th and 16th, 1:00-1:45

NEW DAYS AND TIMES! REGISTRATION OPEN NOW

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.



HEALTH CLINICS

Podiatry Clinic

Tuesdays, December 3rd, 10th and 17th, 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 December 2nd. 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, December 10th and 24th, 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.

thank you.

To Friends of the Acton COA for another fantastic Holiday Fair.

To The Board of Selectmen for serving lunch.

To James MacRae for a delicious breakfast.

REGISTRATION BEGINS.....MONDAY, DECEMBER 2nd at 1:00

DINING OPPORTUNITIES

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



☐► Holiday Tea Party

Acton seniors only/Free

Thursday, December 12th, 2:00-3:30

Come celebrate the season in style! Join us for tea, mulled cider, and a plentiful array of tea, sandwiches and sweets. The party is free for all Acton seniors, thanks to the support of the Friends of the Acton Council on Aging. Registration for this event is required!

☐► Special Lunch

Acton seniors only

Friday, December 13th, 12:00 at the Senior Center

The Woman's Club will be preparing meatballs, stuffed shells, salad and cake. Cost is \$3.00.

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

Tuesday, December 17th, 12:00

Enjoy Pot roast, mashed potato, garden salad and cheese cake. This meal is subsidized in part by Minuteman Senior Services. Cost is \$3:00

☐► Monthly Breakfast

Acton seniors only

Friday, December 20th, 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.

☐► Noon Year's Lunch

Tuesday, December 31st, 11:45 at the Senior Center

Acton seniors only

Join us in ringing in the New Year at with a sparkling toast and Chinese food served at noon. Please sign up at the COA. This special luncheon will be \$5.00.

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 9:00am 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, December 11th, 12:00. Free to those celebrating a birthday.

THE FRIENDS OF THE COA

Thanksgiving has come and gone, but the Friends would like to thank all who have supported them in their fundraising efforts this year—especially the Annual Appeal and the Holiday Fair. Your generosity has enabled the Friends to increase their funding of the classes and programs. New programs are being offered; more seniors are coming to the Center and taking advantage of the opportunities offered. The Acton Senior Center is a valuable resource for the town.

☐► Indicates that you must register in advance

SUPPORT GROUPS & SERVICES

Widows and Widowers 101 at the Acton Senior Center

Wednesday, December 4th, 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, December 13th, 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, December 17th, 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.



TRANSPORTATION IS BEING PROVIDED FOR TOWN MEETING.

CALL DISPATCH AT 978-844-6809 TO SCHEDULE.

Two Holiday Shopping trips are available in December, see page 3 for more details.

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, concludes December 7th, 2019

For questions regarding Open Enrollment please call the SHINE office at Minuteman Services on 781-221-7070.

► 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. For more information contact Bev on 978-929-6652.



Senior Real Estate Tax Relief

There are numerous ways you might qualify for tax relief if you are: over 65 with income and assets that are low-to-moderate, over 70, veteran with a disability or suffering financial hardship in general. To find out if you qualify, visit the Acton town website and click on the “Quick Link” for Property Tax Relief Programs or call the Assessor’s office at 978-929-6621.

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. More information about this program is available from the Town Assessor’s Office at 978-929-6621 or from the Water District at 978-263-9107.

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

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

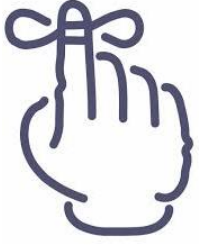
Minuteman Senior Services can be reached at 1-888-222-6171 or visit www.minutemansenior.org.

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



Handy Reminders from the COA and around Town

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. Clean shoes are required for the gym and exercise class.

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.



Sadly this time of year sees a marked increase in malevolent scams, do be aware of anything which seems suspicious and asking for bank details or threatens to affect your Medicare coverage. Unsolicited offers to do any winter work should be treated with caution. If in doubt call the Acton Police Department's non-emergency number 978-929-7711.

Advice from the Fire Department

- Wood stoves and fireplaces become very popular in the winter. Be sure to keep combustibles a safe distance from these heat sources.
- The use of candles is attractive and adds a nice scented ambiance to any room. Be sure to keep them out of reach of young children and never leave a burning candle unattended.
- Keep Christmas trees a safe distance from fireplaces and wood stoves. Give them plenty of water. A tree can turn into an inferno in seconds if it comes in contact with an open flame.
- Always a good time to test your smoke and carbon monoxide detectors to be sure they work.
- Stay Safe



Information from the Highway Department:

WINTER PARKING BAN

Residents are reminded that a winter parking ban is now in effect until April 1st, 2020.

On-street parking is not allowed between the hours of 1:00 a.m. and 6:00 a.m. The parking ban also includes Municipal Parking areas located behind the West Acton Fire Station (258 Central St.), South Acton Fire Station (54 School St.), Railroad Street, Bruce Freeman Rail Trail terminus at Maple Street, and at the end of Sylvia Street. Your cooperation is greatly appreciated.


SAND AND SALT


A mixture of sand and salt is available to residents (no contractors) at the designated area located at the Highway Department, 14 Forest Road. Please use caution while entering and exiting as vehicles and equipment are present. Please bring your own shovel and container. If you are physically or logistically unable to collect your own sand, please call Bev Hutchings at the COA, 978-929-6652.

EMERGENCY NUMBERS

National Grid Gas Emergency – 1-800-233-5325 or call 911

Eversource Power Outage Emergency Line – 1-800-592-2000

Mon	Tue	Wed	Thu	Fri
2 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 <input type="checkbox"/> 1:00 Registration Opens 1:00 Mah Jongg	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 12:00 Gym Training <input type="checkbox"/> 3:00 Stretch & Flex	4 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 Christmas Story Reading 1:00 CaptionCall Presentation 2:30 Drop-in Bridge 3:00 Line Dancing	5 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-3:00 Gym 9:45 Active Aging 11:00 Tai Chi 11:30 Chair Exercise 1:00 Sewer Project Talk 12:30/2:00 Chess Classes <input type="checkbox"/> 1:30 Chess Club 3:00 Photography Class wk 4 <input type="checkbox"/> NO STRETCH & FLEX	6 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00-4:00 Decorations Swap 10:00 NouVon Fitness 10:30 Mall Trip <input type="checkbox"/> 12:45 Movie : "The Art of Racing in the Rain" * 1:00 Mah Jongg
9 8:30 Active Aging 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:30 Chair Exercise 12:45 COA Friends Meeting 1:00 Mah Jongg 1:00 Movie: "Portrait of a Lady" 1:00 Gym Training <input type="checkbox"/>	10 8:30 Senior Fitness 9:00-11:00 Wellness Clinic/BP 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 10:00 COA Board Meeting 11:00 Tai Chi 1:00 Cookie Baking <input type="checkbox"/> 1:00 Giants of American Literature 'Emily Dickinson' 3:00 Stretch & Flex	11 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Horticultural Therapy <input type="checkbox"/> 10:45 Yoga 12:00 Birthday Lunch <input type="checkbox"/> 12:30 Needle Arts 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	12 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 2:00 Holiday Tea Party <input type="checkbox"/> 3:00 Stretch & Flex NO CHESS	13 8:30 Senior Fitness 9:00 Reiki <input type="checkbox"/> 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 11:30 Memory Café <input type="checkbox"/> 12:00 Woman's Club Lunch <input type="checkbox"/> 12:45 Movie : "How About You" * 1:00 Mah Jongg
16 8:30 Active Aging 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:30 Chair Exercise 10:30 Walmart Trip <input type="checkbox"/> 1:00 Concord Players 1:00 Book Discussion Group 1:00 Mah Jongg 1:00 Gym Training <input type="checkbox"/>	17 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 11:00 Grandparents Group 12:00 Robbins Brook Lunch <input type="checkbox"/> 1:00 Ask the Lawyer <input type="checkbox"/> 1:30 Community Chorus Concert 3:00 Stretch & Flex	18 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Never Too Late <input type="checkbox"/> 10:45 Yoga 12:30 Needle Arts 1:00 Trivia <input type="checkbox"/> 2:30 Drop-in Bridge 3:00 Line Dancing	19 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 9:45 Active Aging 9:30 Optician Drop In 11:00 Tai Chi 11:30 Chair Exercise 12:30/2:00 Chess Classes <input type="checkbox"/> 12:45 Movie: "Perry Como's Olde English Christmas" 1:30 Chess Club 2:30 Meditation with Liz Paley 3:00 Photography Class wk 5 <input type="checkbox"/> 3:00 Stretch & Flex	20 8:30 Senior Fitness 9:15 Breakfast <input type="checkbox"/> 9:00-12:00 Gym Open 10:00 Java and Cookies with John 10:00 NouVon Fitness 12:45 Movie: "Toni Morrison: The Pieces I Am"* 1:00 Mah Jongg
23 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 1:00 Mah Jongg	24 9:00-11:00 Wellness Clinic/BP 9:00 -11:30 Open Activity Time 9:00-12:00 Gym Open	25 <div style="text-align: center;"> CENTER IS CLOSED  </div>	26 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 1:30 Chess Club	27 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:45 Movie : "Zorba the Greek" * 1:00 Mah Jongg

Mon	Tue	Wed	Thu	Fri
30 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 1:00 Mah Jongg	31 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 12:00 Noon Year's Lunch ☐	1 JANUARY 2020 CENTER IS CLOSED 	2 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 1:30 Chess Club	3 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:45 Movie : "Reinventing Rosalee"* 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, you are welcome to check with us before heading over, 978-929-6652. You can also join our email notification list by emailing seniorcenter@actonma.gov We also aim to post any changes on our website www.actoncoa.com*

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 – This month the following activities are supported by the Friends of the Acton COA:

Holiday Tea, Digital Camera class, Giants of American Literature, It's Never too Late to Begin Again, 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.

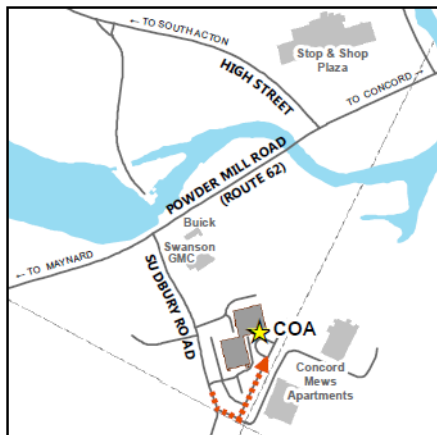
ACTON COA STAFF

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 Dec. 10th, 10:00, COA Friends Dec. 9th, 12:45



Acton Senior Center December 2019

Welcome to the new December newsletter. Our December program includes both drop-in and sign -up events. Registration for Acton Seniors, 60+ opens Monday December 2nd at 1pm. Photography exhibits, baking, trivia, Holiday concerts to get into the festive spirit, movies, special lunches, fitness classes – we have something for

everybody. Some programs and classes are also open to out of town seniors – please call to ask, 978-929-6652.

Holiday Tea Party, Thursday December 12th, 2:00-3:30

Acton Seniors are invited to register to join us in to celebrate the festive season in style! Join us for tea, mulled cider and a plentiful array of tea sandwiches and treats. Free, thanks to the support of the Friends of Acton COA. Registration begins Monday, December 2nd at 1:00.

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**We wish you all a peaceful
Holiday Season and all best wishes for
the New Year**