



Acton Senior Center Newsletter

January 2020



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, January 6th, at 1:00pm

Activities requiring sign-up

- Chess Lessons
- Drawing Class
- Gym & Strength Trainings
- Hearing Screening
- Memory Café
- Re-Gifting Party
- Reiki
- SHINE Appointments

Meals

- Chinese New Year Lunch
- Life Care Lunch
- Monthly Breakfast
- Robbins Brook Lunch
- Town Employee Lunch

Call Nursing 978-929-6650:

- Podiatry
- Balance Programs

Call Transport 978-844-6809:

- Shopping Trips

The Short Stories of Nathaniel Hawthorne with Stephen Collins

Tuesdays, January 14th, 21st, 28th, and February 4th, 1:00-2:15



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

Nathaniel Hawthorne is well-known for his novels, but he was also an early master of the short story. In this seminar, you will study some of his most compelling short stories: *Young Goodman Brown*, *The Minister's Black Veil*, *The Birthmark*, and *Wakefield*. 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 seminars and performances always meet with rave reviews at the Senior Center.

Chinese New Year Performance

Open to out-of-town seniors/free

Thursday, January 23rd, 1:30-2:15



Celebrate Chinese New Year (this is the year of the rat), also known as Spring Festival, with a performance that will include traditional Chinese dancing and singing. There will be an opportunity for audience participation as well! See page 11 for information on the lunch preceding the performance. Happy Chinese New Year!

Director's Corner

Happy New Year! If one of your resolutions is to be more “green,” consider receiving your newsletter by e-mail. Not only will you receive it earlier, it will also be in color! If you plan on going away for the winter or any length of time, please notify the COA office.

Now is the time of year that many of us try to make positive changes in our lives. The Senior Center can help you meet your goals. We offer many different educational, recreational and wellness programs, most of which are free of charge to Acton seniors. The Senior Center is a great way to get out and meet new people who have similar interests so please stop in and visit.

Best,

Sharon, COA Director

PROGRAM HIGHLIGHTS

Sages & Seekers Informational Presentation

Tuesday, January 7th, 1:00-1:30

Open to all age 65 plus/free

Learn about participating in this non-profit organization *Sages & Seekers* program, a 7-week intergenerational program with 10th grade high school students being held at The Rivers School in Weston. If you become a Sage, you will meet once a week for 1.5 hours in April and May. You will be paired with a student with whom you will share your life story & experiences. Past participants are welcome and rave about the program! If you can't make the presentation, contact Kena Thompson 239-293-0338 or Betsy Reale 617-272-5139 or email sages@rivers.org.

Classical Music Series with Sivan Etedgee

Open to out of towners for \$5/lecture or \$20/series

Thursdays, Jan. 9th, Feb. 13th, March 12th, April 16th, May 14th, June 11th, 1:00-2:00

Over the next six months, pianist and teacher Sivan Etedgee will lead a series that combines lecture, live performance and classical music sound recordings. The January topic is "Modern Classical Music for the Novice Listener." The February newsletter will list future topics. Attendees are sure to come away with a greater understanding and appreciation of classical music. *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!*

Real Estate Seminar: What to Consider When Buying or Selling

Wednesday, January 15th, 9:30-10:30

Open to out-of-town seniors/free

Heather Murphy, Realtor® with Keller Williams Realty and an Acton resident for over 30 years, will discuss what people need to consider when buying and selling real estate in the current market.

"And Don't Call Me A Racist!"

Wednesday, January 15th, 1:00-1:45

Open to all/free

This presentation is about the personal journey of Sal Lopes on the path leading to racial awareness from farm work in tobacco fields, attending a college as a minority, serving in the Peace Corps, teaching high school classes on racism and social justice, and organizing the Martin Luther King Breakfast Programs for 18 years at Beth Elohim in Acton. *Sal Lopes was a high school teacher for 39 years and now enjoys storytelling and serving on local social justice groups. The title for this program is inspired by the work of Ella Mazel.*

Java with John

Wednesday, January 22nd, 10:00-11:00

Open to Acton Seniors

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

How Healthy are Our Local Rivers? The Assabet, Sudbury, and Concord

Wednesday, January 22nd, 1:00-2:30

Open to all/free

Is it safe to eat the fish from the Assabet River? Can I dip my toes in the Concord River? Our local rivers are natural and historic treasures. But how healthy are they? Alison Field-Juma, Executive Director of OARS, the watershed organization for the Assabet, Sudbury and Concord Rivers, will present the first-ever River Health Report Card for these three rivers. The Report Card and its grades were developed through extensive community engagement and aim to reflect local values and issues. Join us for a fascinating discussion of what the Assabet River's grades mean for Acton. Find out how we can raise the grades and build sustainable water resource management. Organized by the Green Acton Water Committee.

Optician Hours at the Senior Center

Thursday, January 30th, 9:30-10:30

Open to out-of-town seniors/free

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

► Indicates that you must register in advance

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 January 1st, 17th, 20th

Needle Arts Group

Wednesdays, 12:30-2:30

No meeting January 1st

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

Open to out-of-town seniors/free

□► Drawing For All with Sandy Wilensky

Tuesdays, January 14th through March 3rd, 9:00-11:00

Open to out of towners beginning Jan. 13th for \$20

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

Photography Exhibit

Through January we are delighted to present the work of local photographer Joe Schatz.

Joe's exhibit entitled "The Wild West" includes images of western US and Canada, including the Yellowstone and Glacier National Parks, Banff and Jasper Canadian Parks.



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 2 hour 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.

SAND AND SALT MIX 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 logically unable to collect your own sand, please call Bev Hutchings at the COA, 978-929-6652.

AARP Tax Return Appointment Information will be in the February Newsletter.

□► Indicates that you must register in advance

REGISTRATION BEGINS.....MONDAY, JANUARY 6th, at 1:00pm

**ADMIT
ONE**

MOVIES

(Shown with closed captioning/subtitles when available)

Open to out-of-town seniors/free

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 resource shelf after 1/3.

Friday, January 10th, 12:45-2:45-2:25 Red Joan (2018, R for brief nudity and sexual content)

Inspired by the true story of an English civil servant (played by Judi Dench), a Soviet- and communist-party sympathizer who gets recruited by the KGB in the mid-1930s. She successfully transfers nuclear bomb secrets to the Soviet Union and remains undetected as a spy for over a half a century.



Friday, January 17th, 12:45-2:05 Hound of the Baskervilles (1939, NR) Sherlock Holmes (Basil Rathbone) and Dr. Watson (Nigel Bruce) investigate the legend of a supernatural hound, a beast that may be stalking a young heir on the fog-shrouded moorland that makes up his estate.

Friday, January 24th, 12:45-2:25 The Farewell (2019, PG) A Chinese family discovers their grandmother has terminal cancer and decide to keep her in the dark, scheduling a wedding as an excuse to gather before she dies.



Dramatic comedy. Most of the film is in Mandarin with English subtitles.

Friday, January 31st, 12:45-2:45 Judy (2019, PG-13) Set in 1968, Renee Zellweger stars in this dramatized biopic that recounts singer Judy Garland's last concerts in London, where the fragile and weary star prepares for a run of sold-out shows while beginning a courtship with her soon-to-be-fifth husband.

SPECIAL INTEREST GROUPS

Computer Club

Wednesdays, January 8th and 22nd, 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.

►►It's Never Too Late to Begin Again:

Discovering Creativity and Meaning at Midlife and Beyond

Wednesdays, January 8th and 15th, 10:30-12:00

Group is closed to new participants

Class will conclude this month and is closed to new participants.

Book Discussion Group

Open to out-of-town seniors/free

Monday, January 13th, 1:00-2:00

The group is doing something different this month! Please bring your favorite poem to read with the group.

LitLovers Study Group

Monday, January 27th, 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 *Conrad and the Scramble for Africa*. Suggested novel to read is *Heart of Darkness* by Joseph Conrad. Copies of the book are on reserve at the Acton Memorial Library (978-929-6655). New attendees welcome!

Genealogy Group

Open to out-of-town seniors/free

Friday, January 10th, 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.

►► Indicates that you must register in advance

GAMES

Morning Open Activity Time

Weekday mornings, 9:00-11:30 No activity time January 1st, 17th & 20th

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

Thursdays, 1:30-4:15

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

Open to out-of-town seniors/free

□► Beginner Chess Class

Thursdays, January 9th through March 12th, 12:30-2:00

Note: Class starts at 1:00 on Jan. 23

Acton resident Ken LeBow will teach a 10-week chess class for beginners. Learn how the pieces move, what are check and checkmate and some basic strategies, including the 10 golden rules of chess. Chess sets and boards supplied by the COA. Chess is a great way to exercise your brain—studies show playing can improve memory, boost concentration skills and increase creativity. *Ken LeBow has been playing chess for over 50 years. He started a chess club and lessons for seniors in Pennsylvania and has been teaching and leading chess club in Acton for five years.*

Open to out-of-town seniors/free

□► Intermediate Chess Class

Thursdays, January 9th through March 12th, 2:00-3:00

Ken LeBow is offering a 10-week course for players who already know how the pieces move and the concepts of check and checkmate. You will play games and get feedback. Chess sets and boards are supplied by the COA.

Open to out-of-town seniors/free

Drop-In Bridge

Wednesdays, 2:30-4:30 No Bridge January 1st

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

Open to out-of-town seniors/free

Mah Jongg Time

Mondays, 1:00-4:00 for experienced players only No game on Jan. 20th

Tuesday, January 21st, 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.

Open to out-of-town seniors/free

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 would like to invite you to complete a short survey which you can find on our website www.actoncoa.com and at Reception at the Senior Center, from January 2nd.



AARP Tax Return Appointment Information will be in the February Newsletter.

□► Indicates that you must register in advance

AROUND TOWN...AND BEYOND

Information on the use of Plastic Bags after Jan 1st, 2020 - Reusable bags must meet all of the following requirements as described in the bylaw passed at April 2019 Town Meeting:- sewn bag with stitched handles; made of cloth or natural fibers that are machine-washable and designed for multiple use or made of plastic other than polyethylene or polyvinyl chloride more than 4 mls thick (approximately the thickness of 4 sheets of paper). Ban the Bag Acton is providing free reusable bags to those who need them. What needs to be displayed on the outside of recyclable paper bags after Jan 1, 2020? "Recyclable paper bag" - means a paper bag that is 100 percent recyclable including the handles; contains at least 40% post-consumer recycled paper content; displays this information re recyclability and content on the bag surface.



Volunteers Sought - Do you want to get involved in making Acton a better place to live? There are many boards and committees in town run by volunteers, and many of them are in need of new members. This is your chance to make a difference! There are both Ad Hoc and Ongoing Committee slots available. Examples include the *Volunteer Coordinating Committee, the Cable Advisory Committee, the Historic District Commission, and the Recreation Commission*. There is sure to be a board that can use your knowledge and skills. To learn more, visit the Volunteer Coordinating Committee page on the Town website: <http://www.acton-ma.gov/111/Volunteer-Coordinating-Committee>. There is no better way to give back to your community than volunteering. Applications may be filed online from the town's website at <http://www.acton-ma.gov/formcenter/town-managers-office-5/volunteer-application-43>.

2020 Community Garden Plots 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 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 is by walk-in only. Forms available at the Kennedy Building, located at Woodlawn Cemetery, 104 Concord Road, Acton. Plots will be assigned on a first-come first-serve basis beginning at 9:00 a.m. on Jan 6th. Contact Kim at Natural Resources at 978-929-6642 or e-mail cemetery@acton-ma.gov.

Lunch & Live Music at St. John, Sudbury, Tuesday, January 14th, 12:00-2:00. 978-443-8350 by Jan 6th.

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

Continuing Thursday, January 16th, 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.

Eating & Living Cooperatively: An Afternoon with the Assabet Village Co-op Market & Middlesex Senior Cohousing Saturday, January 18th, 2-3:30pm, Maynard Public Library

Come hear all about the [Assabet Village Co-op Market](#), a locally sourced, community-owned grocery store coming to the area, and [Middlesex Senior Cohousing](#), New England's first senior cohousing community! Admission is free and refreshments are provided.

Theatre III, Friday, February 14th and Saturday, February 15th, 7:30pm

You are cordially invited to the Valentine's Day fundraiser "Love Letters" by A.R. Gurney. Local celebrities will present a touching, funny evocation of lifelong love. Tickets \$25-30. Date night sorted!
250 Central St, West Acton.

SHOPPING TRIPS

Transportation is offering two shopping trips in January.

Round trip cost is \$5.00. Call now on 978-844-6809 to book.

Burlington Mall, Monday, January 6th

Leave the Senior Center at 10:00, return by 2:00. www.simon.com/mall/burlington-mall



The Point in Littleton, Tuesday, January 28th

Leave the Senior Center at 10:00, return by 2:00. (Movie Theater, several places to eat, Market Basket, the Paper Store... www.thepoint495.com)

REGISTRATION BEGINS.....MONDAY, JANUARY 6th, at 1:00pm

MIND, BODY & SPIRIT

(see also Health Clinics, Exercise and Gym News)

Line Dancing with Kari McHugh

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

Wednesdays, January 8th through April 1st, 3:00-4:00

See for yourself why so many love this fabulous activity! As each dance uses foot patterns only, beginner dances can be learned within minutes. Footwear that provides slide in the toe base is best for dancing. Dance shoes or flat-bottomed-leather-like soles will work, but the instructor suggests dance sneakers or simply your most supportive, cushioned, comfy sneakers with a pair of DanceSocks atop. DanceSocks are available to purchase at a savings through the instructor for \$6/pair. Please bring your shoes to change into to keep the floor clean and safe. Drop by for the fun and enormous health benefits! A \$1.00 donation per class for Acton seniors is requested, per Executive Office of Elder Affairs grant guidelines. The fee for out-of-town seniors is \$20 for the full session.

Laugh For Your Health

Open to out-of-town seniors/free

Thursday, January 9th, 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. See how you can laugh your way to joy and well-being! *Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher. Her workshops promote laughter as a tool to build joy, resilience, connection, and collaboration.*

► Reiki Appointments with Ann Marie Durlacher

Acton seniors only

Friday, January 10th, 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.*

Nutrition Facts Labels: What Do They Mean and What Changes Are Coming?

Tuesday, January 14th, 11:00-11:45

Open to out-of-town seniors/free

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. Denise Mercury, the Registered Dietitian Nutritionist from Minuteman Senior Services, will talk about these changes and help you to understand the information provided on the Nutrition Facts labels.

► Hearing Screenings with Megan Ford of HearSmart Audiology

Tuesday, January 21st, 10:00-12:00

Acton Seniors Only

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



A New Year's Resolution tip from our exercise instructor Terri Zaborowski.....

<https://www.ajc.com/lifestyles/health-med-fit/ways-stick-with-your-new-year-fitness-resolutions/staaQGIJqTDMygnqCcp3O/>

► Indicates that you must register in advance

EXERCISE

*All exercise classes are on holiday break December 23rd through January 3rd.

*Classes taught by Terri are also not meeting the week of January 6th through 10th.

*Nouvon Fitness will commence Friday, January 24th.

Exercise classes are on a drop-in basis. No registration required! Because of demand, classes are open only to Acton seniors (age 60+). If new to a class, read the description to judge whether it will be a good match for your fitness level. Instructors have final say on whether a class is suitable for an individual. Check with your doctor before starting any exercise program, wear comfortable clothing & bring water in a non-breakable container.

Active Aging with Terri Zaborowski

Mondays, January 13th through March 30th, 8:30-9:30 No class Jan. 20th and Feb. 17th

Tuesdays, January 14th through March 31st, 9:45-10:45

Thursdays, January 16th through April 2nd, 9:45-10:45

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



Gentle Chair Exercises with Mary Morgan

Mondays, January 6th through March 30th, 10:30-11:00 No class Jan. 20th & Feb. 17th

Thursdays, January 9th through April 2nd, 11:30-12:00 No class Feb. 13th

This low-impact program is best suited for people getting little or no physical activity. All of the exercises are based on the *Matter of Balance* program and aim to increase strength, balance and coordination. Small hand weights and exercise balls are used and are provided by the Center. Some of the balance exercises are done standing but can be modified for those wishing to stay seated. *Mary Morgan is a nutrition and exercise enthusiast with a degree in Exercise Science that included studying exercise and aging. She is also a Human Services/Senior Center receptionist.*

Senior Fitness with Terri Zaborowski

Tuesdays, January 14th through March 31st, 8:30-9:30

Wednesdays, January 15th through April 1st, 8:30-9:30

Thursdays, January 16th through April 2nd, 8:30-9:30

Fridays, January 17th through April 3rd, 8:30-9:30



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

Stretch and Flex with Terri Zaborowski

Tuesdays, January 14th through March 31st, 3:00-4:00

Thursdays, January 16th through April 2nd, 3:00-4:00

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



Tai Chi with Linda Sango

Tuesdays, January 7th through March 31st, 11:00-12:00

This Tai Chi class is open to all levels of participants. Formless Dragon style Tai Chi is a modern re-examination of classical Tai Chi. Linda Sango studies under Jeff Coté, Occidental Taoist, who after decades of practice in multiple styles of Tai Chi, began distilling the essence of Tai Chi into fundamental principles. Instead of focusing on learning as many form movements as possible, students will be encouraged to learn single movements and explore postural, movement and conceptual principles immediately. Tai Chi is known to improve the health of body, mind and spirit while improving balance. *Linda Sango, a retired health and physical education teacher, has been studying Tai Chi and Qi Gong under Jeff Cote' for 18 years and has been teaching classes to seniors for 10 years. Linda also practices Asian Bodywork Therapy in the discipline of Tuina.*

Yoga Class and Healthy Joint Class with Patsy Brightman

Wednesdays, January 8th, 15th, and Feb. 19th through April 1st, 10:45-12:00

No classes Jan. 1st, 22nd, 29th, Feb. 5th and 12th

The last Wednesday of each month is a healthy joint class



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

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

Thursdays, January 9th through April 2nd, 11:00-12:00



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

NouVon Fitness with Yvonne Benelli

Fridays, January 24th through April 3rd, 10:00-11:00 No class March 20th

This class is truly an enjoyable total workout designed by Yvonne Benelli to be suitable for all fitness levels, focusing on the specific needs of seniors, including balance, stability, core strengthening, posture, muscular strength, some cardio/dance, stretching and relaxation. Strengthen, stretch, balance and benefit your muscles, joints, heart and lungs, as well as your mood and general well-being. Done standing and sitting, modify to suit your own needs. Class begins with a gentle warm-up. Hand weights and balls (optional and supplied by Center) are used for resistance strength training. Class ends with a soothing cool down phase of stretch and relaxation.



Reduce stress and clear your mind! You will leave class feeling re-energized, rejuvenated and relaxed...ready for your day! A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines. *Yvonne Benelli holds an MS in Clinical Exercise Physiology, a BS in Physical Education, and taught American Red Cross CPR/First Aid for 40 years as well as a multitude of fitness classes, including current classes in AquaCize, Water Aerobics, Pilates and Personal Training (on land and in water).*

REGISTRATION BEGINS.....MONDAY, JANUARY 6th, at 1:00pm

GYM TRAINING

GYM OPENING HOURS

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

Gym is closed January 20th

► NEW!! Beginner Strength Training program with Mary Morgan **Acton seniors only**

Tuesday January 7th, 9:45-10:45

Compliment your cardio workout in the COA gym by learning a basic strength training program. Weight bearing exercise builds muscle and strengthens bones, which is important for posture, balance & movement. We will incorporate dumbbells, weighted bars and resistance tubes in a full body workout routine. You will also learn how to log your workouts so you can track your progress as you get stronger. Bring a water bottle.

► Gym Cardio Equipment Training

Acton seniors only

Monday, January 13th, 1:15-2:00, Tuesday, January 21st, 12:00-12:45

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.

Monitor training Monday, January 27th, 1:15-2:00.

HEALTH CLINICS & CLASSES with Acton Nursing Services

► Balance Screening Appointments

Acton Seniors Only

Wednesday, January 15th, 9:00-3:00

Call 978-929-6650 for appointment

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

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

Acton Seniors Only

Mondays, January 27th – March 9th, 11:30-12:30 (no class Feb 17)

Call 978-929-6650 for an appointment

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

► Maintenance Balance Training Sponsored by the Friends of the ANS

Acton Seniors Only

Mondays, January 13th and 27th, 10:00 – 11:00

Call 978-929-6650 for an appointment

Join Karen Patterson PT as she provides maintenance balance classes as a continued follow-up to her 6 week Balance Matters! Sessions. Each class is independent of the other but you MUST have attended the Balance Matters! 6 week session to join.

► Podiatry Clinic

Tuesdays, January 7th, 14th, 21st, 28th, 9:30-1:00.

Call 978-929-6650 for an appointment

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, January 14th and 28th, 9:00-11:00

No appointment necessary

A registered nurse from Acton Nursing Services will check blood pressure, pulse, weight, and discuss medication, nutritional or health related questions.

Nursing Talk

Tuesday, January 28th, 11:00

Join Linda Cullen from Acton Nursing Services for “How is Pancreatitis diagnosed?”

► Indicates that you must register in advance

DINING OPPORTUNITIES

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

► Lunch by Life Care Center of Acton

Open to out-of-town seniors

Tuesday, January 7th, 12:00

Life Care Center of Acton will be serving chicken cutlets, cranberry sauce, roasted potatoes, broccoli and apple blossom for dessert. A \$3:00 donation is requested.

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

Tuesday, January 21st, 12:00

Enjoy chicken parmesan, pasta, garden salad and chocolate cake. This meal is subsidized in part by Minuteman Senior Services. Cost is \$3:00.

► Monthly Breakfast

Acton seniors only

Friday, January 17th, 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.

► Town Employee Lunch

Acton seniors only

Tuesday, January 14th, 12:00

Acton Nursing Services will be preparing shepherd's pie, salad and dessert. Cost is \$3:00.

► Chinese New Year Luncheon

Acton seniors only

Thursday, January 23rd, 12:00

A group of volunteers is returning to celebrate the Chinese New year with you this year! They will be preparing and serving: chicken with vegetables and peanuts, noodles with vegetables, and fried rice with meat and vegetables. \$3:00. See page 1 for information on a performance following the meal.

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, January 8th, 12:00. Free to those celebrating a birthday.

thank you.

To everyone who baked cookies for our Holiday tea.

To Acton Woman's Club for lunch.

To James MacRae for a delicious breakfast.

THE FRIENDS OF THE COA

www.friendsofactoncoa.com

Our Annual Appeal letter has been sent out to all Acton seniors aged 60 and over. The Senior Center offers opportunities for seniors to learn new things, to be creative, to exercise, to socialize and to be entertained.

These are valuable experiences; many of these opportunities are funded by the Friends. Please consider a donation.

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, January 8th, 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, January 10th, 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, January 21st, 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 – For details of January Shopping Trips see page 6.



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.

► 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

EMERGENCY NUMBERS

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

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

AARP Tax Return Appointment Information will be in the February Newsletter.

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 <input type="checkbox"/>	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
6 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:00 Shopping Trip : Burlington Mall <input type="checkbox"/> 10:30 Chair Exercise 1:00 Mah Jongg 1:00 Registration Opens	7 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Gym Training: Basic Strength <input type="checkbox"/> 11:00 Tai Chi 12:00 Life Care Lunch <input type="checkbox"/> 1:00 Sage & Seekers Presentation	8 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Widow & Widowers Group 10:30 It's Never Too Late <input type="checkbox"/> 10:45 Yoga 12:00 Birthday Lunch <input type="checkbox"/> 12:30 Needle Arts 1:00 Re-Gifting Party <input type="checkbox"/> 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	9 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 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 Series 1:30 Chess Club 3:00 LGBT Resources Talk	10 9:00 Reiki <input type="checkbox"/> 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 11:30 Memory Café <input type="checkbox"/> 12:45 Movie : "Red Joan"** 1:00 Genealogy 1:00 Mah Jongg
13 8:30 Active Aging 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:00 Maintenance Balance Training with ANS <input type="checkbox"/> 10:30 Chair Exercise 12:45 COA Friends Meeting 1:00 Book Discussion Group 1:00 Mah Jongg 1:15 Gym Training <input type="checkbox"/>	14 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-11:00 Drawing for All <input type="checkbox"/> 9:00-11:00 Wellness Clinic/BP 9:00-12:00 Gym Open 9:45 Active Aging 10:00 COA Board Meeting 11:00 Nutrition Facts Labels Talk 11:00 Tai Chi 12:00 Town Employee Lunch <input type="checkbox"/> 1:00 Nathaniel Hawthorne Stories 3:00 Stretch & Flex	15 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00-3:00 Balance screening Appointments <input type="checkbox"/> 9:30 Real Estate Seminar 10:30 It's Never Too Late <input type="checkbox"/> 10:45 Yoga 12:30 Needle Arts 1:00 "And Don't Call Me A Racist" 2:30 Drop-in Bridge 3:00 Line Dancing	16 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"/> 1:30 Chess Club 3:00 Stretch & Flex	17 8:30 Senior Fitness 9:15 Breakfast <input type="checkbox"/> 9:00-12:00 Gym Open 12:45 Movie: "Hound of the Baskervilles"** 1:00 Mah Jongg
20 Center is Closed Martin Luther King Jr. Day	21 8:30 Senior Fitness 9:00-11:00 Drawing for All <input type="checkbox"/> 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 10:00-12:00 Hearing Screenings <input type="checkbox"/> 11:00 Grandparents Group 11:00 Tai Chi 12:00 Gym Training <input type="checkbox"/> 12:00 Robbins Brook Lunch <input type="checkbox"/> 1:00 Nathaniel Hawthorne Stories 1:00 Mah Jongg 3:00 Stretch & Flex	22 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Java with John 12:30 Needle Arts 1:00 Local Rivers Talk 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	23 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 12:00 Chinese New Year Lunch <input type="checkbox"/> *1:00 / 2:00 Chess Classes <input type="checkbox"/> 1:30 Chinese performance 1:30 Chess Club 3:00 Stretch & Flex *Note beginners chess starts at 1pm	24 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 12:45 Movie : "The Farewell"** 1:00 Mah Jongg

Mon	Tue	Wed	Thu	Fri
27 8:30 Active Aging 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:00 Maintenance Balance Training with ANS <input type="checkbox"/> 10:30 Chair Exercise 11:30 Balance Matters wk1 Acton Nursing Services <input type="checkbox"/> 1:00 Mah Jongg 1:00 Lit Lovers 1:15 Gym Training <input type="checkbox"/>	28 8:30 Senior Fitness 9:00-11:00 Drawing for All <input type="checkbox"/> 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 Shopping Trip : The Point, Littleton <input type="checkbox"/> 11:00 Tai Chi 1:00 Nathaniel Hawthorne Stories 3:00 Stretch & Flex	29 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:30 Needle Arts 2:30 Drop-in Bridge 3:00 Line Dancing	30 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:30-10:30 Optician Hours 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"/> 1:30 Chess Club 3:00 Stretch & Flex	31 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 12:45 Movie : "Judy" * 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.

Please note that the programs provided by the Acton Nursing Services such as the Balance Matters and podiatry require registration with the Nursing Service on 978-929-6650.

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

Classical music series, Hawthorne's short stories class, re-gifting party, drawing class, 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

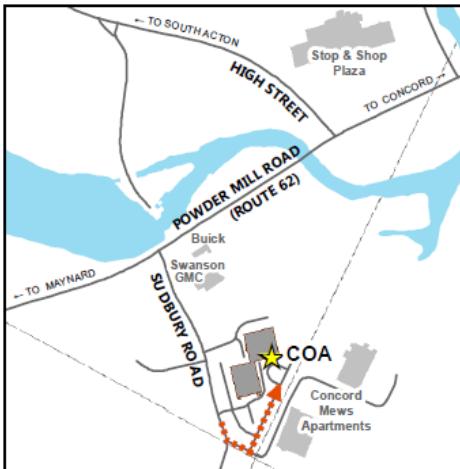
Sharon Mercurio, Director
Rosie Atherton , Office Manager
Chris Chirokas, Program Manager
Bev Hutchings, Senior Services Coordinator
Mary Morgan, Human Services Receptionist
Bernice Nicoll, Activities Assistant
Fiona Starr, Staff Assistant
Terri Zaborowski, Exercise Instructor

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 Jan 14th, 10:00, COA Friends Jan 13th, 12:45

Acton Senior Center January 2020



► Re-gifting Party

Open to out of town seniors/free
Wednesday, January 8th, 1:00-1:45

Join in on the annual gathering to exchange those unwanted gifts many of us receive over the holidays. It's always a lot of fun and with some luck you'll go home with a gift you actually want! Please bring a wrapped gift (of an approximate \$10-\$15 value) to exchange in a Yankee-swap. Refreshments will be served. Sign up required.

Resources for the LGBT Community and Allies

Thursday, January 9th, 3:00-4:00

Come join Council on Aging intern, Catherine Taylor, to learn more about inclusivity and all topics on LGBT (Lesbian, Gay, Bi-Sexual, Trans). This program highlights the questions our community may have on what's happening in our world today. We'll be discussing topics such as pronouns, what it means to be allies, and services for individuals in the LGBT community. The topics will be more conversation based and handouts will be available for anyone interested!

Index	Page
Around Town	6
Arts & Crafts	3
Calendar	14-15
Dining	11
Exercise Classes	8-9
Games	5
Gym News	10
Health Clinics	10
Human Services News	5
Mind, Body, Spirit	7
Movies	4
Program Highlights	1,2,16
Shopping Trips	6
Special Interest Groups	4
Support Groups & Services	12-13
Transportation	12

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

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

New Year, New You?
There's so much to do at the senior center we can't list it all....
Check out our new training classes for the gym (Acton Seniors only) Perhaps you want to make new friends or learn more about our local history? Take a literary journey through the classics, or enjoy a cooked lunch. Take some time to appreciate music, improve your mah jongg, or talk to a realtor about your future house plans. www.actoncoa.com 978-929-6650