



# Acton Senior Center Newsletter

## February 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](mailto:seniorcenter@acton-ma.gov) Website at [www.actoncoa.com](http://www.actoncoa.com)

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

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

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

### *Activities requiring sign-up*

- Ask the Assessor
- Ask the Lawyer
- Ask the Realtor
- Card Making
- Chess Lessons
- Drawing Class
- Gym Orientation
- Memory Café
- Reiki
- SHINE Appointments
- Meals**
  - Newbury Court Lunch
  - Monthly Breakfast
  - Robbins Brook Lunch
  - Vegetarian Lunch
  - Heart to Home Lunch
- Call Nursing 978-929-6650:**
  - Podiatry
  - Balance Programs
- Call Transport 978-844-6809:**
  - Shopping Trips
- TAX PREPARATION**  
**Call 978-760-9146**

### **History of 1950s Music – Rock & Roll with John Clark**

**Thursday, February 27<sup>th</sup>, 1:00-2:00** Open to out-of-town seniors/\$5

In the words of a popular 80s song, “the heart of rock and roll is the beat!” Here we will consider the major rhythmic sources (boogie woogie, swing, rockabilly, etc.) of this raucous new musical trend. This multimedia presentation emphasizes the genre’s country music sources and the white breakout artists like Bill Haley and Elvis Presley and everybody that followed: Buddy Holly, Jerry Lee Lewis, Carl Perkins, Gene Vincent, Ricky Nelson, Everly Brothers, Pat Boone & Connie Francis. *Prior to a career as a high school and adult education teacher, John Clark worked in music publishing in Nashville. He enjoys sharing his passion for music with senior centers and senior residences.*



### **Welcome Tours for Newcomers**

**Wednesday, February 12<sup>th</sup>, 1:00-2:30**

Whether you are new to town, recently retired or just haven’t taken the plunge to check out your Senior Center, please come for a tour! The Senior Center offers services, meals, and a variety of programs including exercise classes, lifelong learning lectures, informational presentations, classes, drop-in activities and special interest groups. There is a gym, a library with computers, and a lounge. There is no membership fee and most programs are free of charge to Acton seniors age 60 and up. The Senior Center/Council on Aging is located in the town’s Human Services Center at 30 Sudbury Road Rear (take the third parking lot entrance to the back of the complex). If there is inclement weather, call before heading over, 978-929-6652.

### **Director’s Corner**

*There are lots of ways to get involved and give back to the community. Here at the Senior Center we have a variety of volunteer opportunities, think about sharing your knowledge and teaching a class, assisting in the kitchen, becoming a volunteer driver. The Friends of the Acton COA are always looking for new members to assist with their fundraising activities and bring new ideas to the table. We work closely with Minuteman Senior Services and they are in need of people to help with the Meals on Wheels program housed at our Center. If it sounds like something you may enjoy, give us a call or stop in.*

**Happy Valentine’s Day,**

**Sharon, COA Director**

**PROGRAM HIGHLIGHTS****The Short Stories of Nathaniel Hawthorne with Stephen Collins****Tuesday, February 4<sup>th</sup>, 1:00-2:15**

This series taught by Stephen Collins concludes this month.

**Open to out-of-town seniors/\$5****▢► Ask the Realtor® Appointments****Wednesday, February 5<sup>th</sup>, 9:30-11:00****Acton Seniors Only/Registration Open Now!**

Wondering about the current real estate market, rates or which renovations are worth doing prior to selling? Are you looking for good, reliable tradespeople? Heather Murphy, Realtor® with Keller Williams Realty and an Acton resident will be hosting office hours at the Senior Center. Sign up for a 15-minute one-on-one meeting.

**Everything You Always Wanted to Know About Real Estate Taxes****Open to all/free****Tuesday, February 11<sup>th</sup>, 1:00-2:00**

See page 16 (back page) for details. See below for information on individual appointments for Acton Seniors.

**▢► Ask the Assessor****Acton Seniors Only****Tuesday, February 11<sup>th</sup>, 2:15-3:00**

Staff from Acton's Assessor's Office will be at the Senior Center to meet with you individually. They can answer your questions about your property tax bill and inform you about the various tax assistance programs available in Acton. Please call the COA office to schedule a 15-minute appointment. See page 16 for information on a presentation preceding the appointments.

**Classical Music Series with Sivan Etedgee****Open to out of towners for \$5/lecture or \$20/series****Thursdays, February 13<sup>th</sup>, March 12<sup>th</sup>, April 16<sup>th</sup>, May 14<sup>th</sup>, June 11<sup>th</sup>, 1:00-2:00**

Pianist and teacher Sivan Etedgee leads this series combining lecture, live performance and sound recordings. Attendees are sure to come away with a greater understanding and appreciation of classical music.

**February 13:** Romeo and Juliet in classical music. Students will learn about the many settings of Shakespeare's classic in classical music, including those by Gonoud, Prokofiev, and Bernstein.**March 12:** French Classical Composers. An overview of classical music by French composers from the Baroque to the Twentieth Century.**April 16, May 14, and June 11:** Happy Birthday Beethoven. 2020 is the 250th anniversary of Beethoven's birth, and in this series of three classes students will learn about Beethoven's life and will listen to and study a selection of Beethoven's masterpieces.*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!***Java with John****Friday, February 14<sup>th</sup>, 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.

**▢► Ask the Lawyer****Acton Seniors Only****Tuesday, February 18<sup>th</sup>, 9:00-11:00**

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

**Optician Hours at the Senior Center****Open to out-of-town seniors/free****Thursday, February 20<sup>th</sup>, 9:30-10:30**

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.

**IT Support with AB High Schoolers***Call the Senior Center for dates and times.*

## Long Term Care Insurance-101 with Hans Hug, Jr.

**Tuesday, February 25<sup>th</sup>, 1:00-2:00**

**Open to all/free**

Long Term Care Insurance can be a confusing product—it is often described as having “a lot of moving parts.” In this workshop, we’ll examine how a modern Long Term Care Insurance Policy really works. You will come away with an understanding of how benefits are paid, how your health affects eligibility, how to design a plan, and whether or not it is even something you should seriously consider. We’ll touch briefly on Long Term Care/Life Insurance Hybrids as well. *Hans Hug, Jr. is the owner of the LTC Insurance Group, an Exeter NH insurance brokerage opened in 1999 that specializes in Long Term Care Insurance and Life Insurance. If you miss his presentation, you can reach him at 603-778-8939 or [hhug@apache1.net](mailto:hhug@apache1.net).*

## TAX PREPARATION

**The AARP TaxAide program offers free income tax preparation for low and moderate income taxpayers by IRS-certified volunteers.**

**Appointments are available Tuesdays and Thursdays at the Acton Memorial Library.**

**Call 978-760-9146 for an appointment or if you have questions about the TaxAide program eligibility requirements. No AARP membership is required. The service covers most Federal and Massachusetts tax returns, but those who rent out property, operate their own business, or have out-of-state returns are not eligible.**

Please note, Massachusetts provides a Senior Circuit Breaker Tax Credit for those 65 or older whose real estate taxes for their principal home are more than 10% of their household income. Eligible persons can receive up to \$1,130 even if they don't otherwise need to file a tax return. The Senior Circuit Breaker Tax Credit is limited to those with total household income of less than \$60,000 if single and \$90,000 if married, and for properties valued at less than \$808,000.

## ARTS & CRAFTS

### **Morning Open Activity Time**

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

**Weekday mornings, 9:00-11:30    No activity time February 17<sup>th</sup> and 21<sup>st</sup>.**

*See page 5 for details*

### **Needle Arts Group**

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

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

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

### **► Greeting Card Crafting**

**Open to out-of-town seniors beginning Feb. 10<sup>th</sup>**

**Thursday, February 20<sup>th</sup>, 10:00-11:00**

Join high school student Anya Mittal in creating greeting cards to send to family and friends. Anya enjoys making cards and is volunteering to assist seniors in creating their own cards. All materials will be supplied. Space is limited, so remember to sign up!

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

**Class is full/call for waitlist**

**Tuesdays, through March 3<sup>rd</sup>, 9:00-11:00**

Class is underway and is currently full, but please call about the waitlist.

### **Art Exhibit**



In February we are delighted to welcome the art of Rongrong Wu, Ying Wang, and Mei Yong. They were born in China, came to the USA as graduate students, completed their advanced technical degrees, raised their families and are now retired in Acton and Littleton. Together they have cultivated new interests and in this exhibit they are sharing their passion for the arts and lifelong learning.



## MOVIES

(Shown with closed captioning or subtitles when available)

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

**Friday, January 31<sup>st</sup>, 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 fifth husband.

*All About Eve*



**Friday, February 7<sup>th</sup>, 12:45- 3:05** *All About Eve* (1950, NR) During awards season we're showing this film that was nominated for a whopping 14 Academy Awards and won six, including Best Picture. Drama about New York City theater life, with Bette Davis playing an aging Broadway diva who employs a star-struck fan (Anne Baxter) as her assistant, only to learn the woman isn't as she appears.

**Friday, February 14<sup>th</sup>, 12:45-2:45** *Downton Abbey* (2019, PG) The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen unleashes scandal, romance and intrigue that leave the future of Downton hanging in the balance. There may be some special British treats to enjoy and please wear your favorite Downton inspired accessory!



**Friday, February 21<sup>st</sup>, 12:45-3:05,** *Howard's End* (1992, PG) In this Merchant-Ivory film, an English businessman thwarts his wife's considerable bequest to a woman outside of the family. Stars Emma Thompson, Anthony Hopkins, Vanessa Redgrave and Helena Bonham Carter. Received nine Academy Award nominations, with three wins including Best Actress for Thompson.



**Friday, February 28<sup>th</sup>, 12:45-2:35** *After the Wedding* (2019, PG-13) In this drama, a manager of an orphanage in India travels to New York to meet a benefactor, not realizing she'll be forced to confront her past. Julianne Moore, Michelle Williams and Billy Crudup co-star.

## SPECIAL INTEREST GROUPS

### **Computer Club**

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

**Wednesdays, February 12<sup>th</sup> and 26<sup>th</sup>, 1:30-3:00**

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**

**Not meeting in February**

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

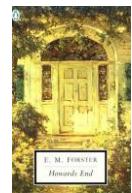
There's nothing like having a lively group discussion to enrich the experience of reading a good book! Call the COA for the title of this month's book, which wasn't available at press time. Copies of the books are typically on reserve at the Acton Memorial Library (978-929-6655) and the Citizen's Library may have copies (978-929-6654).

### **LitLovers Study Group**

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

**Monday, February 24<sup>th</sup>, 1:00-2:15**

This monthly group centers on *The English Novel*, the Great Courses series featuring 30-minute lectures on DVD by Prof. Timothy Spurgin, Ph.D. Group is facilitated by Program Manager Chris Chirokas. The topic this month is *Ford and Forster—Transition to Modernism*. Suggested novel to read: *Howard's End* by E.M. Forster. See page 3 for information on viewing of the film *Howard's End*. 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, February 14<sup>th</sup>, 1:00-2:30**

Whether you are new to genealogy or have been researching for years, come discuss your research, seek some advice or simply share your passion for family history with like-minded people in this facilitated group.

**GAMES**

**□► Trivia Contest**

**Wednesday, February 19<sup>th</sup>, 1:00-2:15**

We are saddened by the passing of our long-time trivia leader, Pete Duran, and will miss him greatly.

Mary Westcott has graciously offered to run a contest this month. If anyone else would like to volunteer to run a contest, please contact Chris or Bernice at the COA. Trivia is 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**

**Weekday mornings, 9:00-11:30      No activity time Feb. 17<sup>th</sup> and 21<sup>st</sup>**

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



**Chess Club**

**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, through March 12<sup>th</sup>, 12:00-2:00**

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, through March 12<sup>th</sup>, 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**

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 February 17<sup>th</sup>**

**Tuesday, February 18<sup>th</sup>, 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.

**Our bad weather policy....**If the schools are closed due to the weather we WILL NOT be offering any programs that day. If the schools are 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](http://www.abschools.org). If in doubt please call us at the Senior Center, 978-929-6652.



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

## AROUND TOWN...AND BEYOND



**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>.

### **Acton Boxborough Community Band Free Winter Concert, Thursday, February 13<sup>th</sup>, 7:30pm**

Acton Boxborough High School Auditorium, 36 Charter Road, Acton. Broadway classics, John Cacavas' arrangement of *Great Themes from Great Italian Movies*, Chattaway's exciting *Northwest Overture* and Buelhman's arrangement of Mozart's motet *Ave Verum Corpus*. More details: [fb.com/ActonCommunityBand](https://fb.com/ActonCommunityBand).

### **Lunch & Live Music at St. John, Sudbury, Tuesday, Feb 11<sup>th</sup>, 12:00-2:00. 978-443-8350 by Feb 3<sup>rd</sup>.**

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

Continuing Thursday, February 13<sup>th</sup>, 11:00 and 1:30 visit [www.indianhillmusic.org](http://www.indianhillmusic.org) or call 978-486-9524.

### **The Silver Unicorn Bookstore, Spruce St, West Acton**

Call 978-274-2757 or [www.silverunicornbooks.com](http://www.silverunicornbooks.com) for information on upcoming events.

### **Theatre III, Friday, February 14<sup>th</sup> and Saturday, February 15<sup>th</sup>, 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. 250 Central St, W. Acton.

### **Rabies Clinic, Saturday, February 29<sup>th</sup>, 2:00 – 3:30pm**

at the DogStar Activity Center, 310B School Street, Acton (Corner of School Street and Craig Road).

Cost: \$15.00/animal (cash only) - (cats & dogs only) - (cats must be in carriers and dogs on leashes). Animals will receive a one-year rabies vaccine certificate unless owners bring in a valid (Massachusetts) three-year rabies certificate or any rabies certificate demonstrating a rabies vaccine given within the last 9 to 12 months. Animals with current wounds of unknown origin cannot be rabies vaccinated. Special Thanks to: Dr. Jonathan Kelman, Great Road Veterinary Hospital and John & Julie Seeley, DogStar Activity Center.

Please contact the Acton Health Department for additional information, 978-929-6632.

**Salt and Sand 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 logistically unable to collect your own sand, please call Bev Hutchings at the COA, 978-929-6652.

**From the Assessors' Office**– The MA Circuit Breaker Income Tax Credit provides tax relief for seniors age 65+ with moderate and low to moderate-income. Qualifying seniors may claim a credit in their MA income tax returns. The Town of Acton may also reduce your tax bill by up to 50% including the MA Circuit Breaker Income Tax Credit. The Town requires that an applicant has filed and received the MA State Circuit Breaker Income Tax Credit to be eligible. Applications along with a complete copy of the applicants 2018 Circuit Breaker Income Tax Credit are due at the Assessor's Office by the close of business on April 1<sup>st</sup>, 2020. For more information on eligibility requirements contact the Assessor's Office at 978-929-6621 or email [Assessor@actonma.gov](mailto:Assessor@actonma.gov).

### **Tax Season Resources for Seniors from the COA Board**

Now that it's 2020, it's time to start planning for tax time. Acton has resources for seniors to possibly **SAVE ON TAXES!** One way is to meet with tax counselors from AARP who will help you prepare to file your taxes including the state Circuit Breaker. Don't wait until April. Schedule an appointment through the AARP provided service now and do not be rushed at the last minute. See page 3 for more information.

For appointments call 978-760-9146.

## MIND, BODY & SPIRIT

(see also **Health Clinics, Exercise and Gym News**)

## **Normal Aging vs. Memory Loss**

**Thursday, February 6<sup>th</sup>, 1:00-2:00**

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



Memory loss has symptoms that can be difficult to distinguish from normal aging. “Senior moments” are a completely normal part of getting older, and for many people, they’re nothing to be concerned about. Major memory loss, however, is *not* a normal part of the aging process. Join us to discover the differences – from warning signs and symptoms to how memory loss is diagnosed and what can possibly be done to prevent it. Presented by Erica Labb, Executive Director of Bridges by EPOCH of Westford, an assisted living community that cares for people with dementia. Light refreshments will be served.

## Line Dancing with Kari McHugh

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

**Eric Danberg with Karr McKagan**  
*Wednesdays through April 1<sup>st</sup> 3:00-4:00*

See for yourself why so many love this fabulous activity! As each dance uses foot patterns only, beginner dances can be learned within minutes. 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**

Thursdays 11:00-12:00

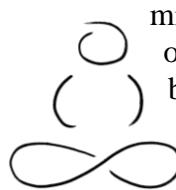
Laughter can really be one of the best medicines! In this interactive program, you will learn how to generate your own hearty laughter without the need for jokes. We use seated and standing laughter exercises, combined with deep, relaxing belly, or “yoga breaths.” This practice is called Laughter Yoga, 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.*

## Jumpstart Your Meditation

## Acton Seniors Only

*Thursday, February 13<sup>th</sup>, 2:30-3:15*

Whether this is your first time meditating or you have a regular practice, join Liz Paley for some helpful tips on mindfulness and for group practice. Mindfulness is the awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. No experience necessary...just bring your breath and curiosity! Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life. *Liz, our former Health and Wellness Coordinator, holds an MA in psychology, and completed the UMass Mindfulness Based Stress Reduction program.*



## ► Reiki Appointments with Ann Marie Durlacher

## Acton Seniors Only

Friday, February 14<sup>th</sup>, 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.*



□► Indicates that you must register in advance

## **EXERCISE**

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 and bring water in a non-breakable container.

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

***Mondays, through March 30<sup>th</sup>, 8:30-9:30 No class Feb. 17<sup>th</sup>***

***Tuesdays, through March 31<sup>st</sup>, 9:45-10:45***

***Thursday through April 2<sup>nd</sup>, 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, through March 30<sup>th</sup>, 10:30-11:00 No class Feb. 17<sup>th</sup>***

***Thursdays, through April 2<sup>nd</sup>, 11:30-12:00 No class Feb. 13<sup>th</sup>***

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

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

***Tuesdays, through March 31<sup>st</sup>, 8:30-9:30***

***Wednesdays, through April 1<sup>st</sup>, 8:30-9:30***

***Thursdays, through April 2<sup>nd</sup>, 8:30-9:30***

***Fridays, through April 3<sup>rd</sup>, 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, through March 31<sup>st</sup>, 3:00-4:00***

***Thursdays, through April 2<sup>nd</sup>, 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.



*February tip from our exercise instructor Terri Zaborowski.....*

<https://www.helpguide.org/articles/healthy-living/exercise-and-fitness-as-you-age.htm>

## Tai Chi with Linda Sango



**Tuesdays, through March 31<sup>st</sup>, 11:00-12:00**

This Tai Chi class is open to all levels of participants. Formless Dragon style Tai Chi is a modern re-examination of classical Tai Chi. Linda 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, Feb. 19<sup>th</sup> through April 1<sup>st</sup>, 10:45-12:00 No classes Feb. 5<sup>th</sup> and 12<sup>th</sup>**

**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 achey 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, through April 2<sup>nd</sup>, 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, through April 3<sup>rd</sup>, 10:00-11:00 No class March 20<sup>th</sup>**

This class is truly an enjoyable total workout designed by Yvonne Benelli to be suitable for all fitness levels, focusing on the specific needs of seniors, including balance, stability, core strengthening, posture, muscular strength, some cardio/dance, stretching and relaxation. Strengthen, stretch, balance and benefit your muscles, joints, heart 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).*

## **GYM INFORMATION**

### **GYM OPENING HOURS**

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

**Gym is closed February 17th**

#### **□► Gym Equipment Orientation**

**Acton Seniors Only**

**Tuesday, February 4<sup>th</sup> & 18th, 12:00-12:45,**

**REGISTRATION OPEN NOW**

**Mondays February 10<sup>th</sup> & 24<sup>th</sup>, 1:15-2:00**

Sign up for a 45-minute training on safe and proper use of the equipment so you can take advantage of this outstanding COA benefit. Trainings are limited to 4 people per timeslot.

Cardio and weight training equipment available.

**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 & CLASSES with Acton Nursing Services**

**Registration for Acton Nursing services is also February 3<sup>rd</sup> at 1:00pm**

#### **□► Maintenance Balance Training Sponsored by the Friends of the ANS**

**Acton Seniors Only**

**Mondays, February 10<sup>th</sup> and 24th, 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**

**Thursdays, February 6<sup>th</sup> & 27<sup>th</sup> and Tuesdays, 11<sup>th</sup> & 18<sup>th</sup>, 9:30-1:00.**

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

The fee is \$40 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, February 11<sup>th</sup> & 25<sup>th</sup>, 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, February 25<sup>th</sup>, 11:00**

Join Linda Cullen from Acton Nursing Services for “Your Skin.” We will discuss the functions of the skin, the structures of the skin and factors regarding wound healing.

## **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 welcome your feedback – see Sharon.



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

**REGISTRATION BEGINS.....MONDAY, FEBRUARY 3<sup>rd</sup>, at 1:00pm**

**DINING OPPORTUNITIES at the Senior Center**

**□► Vegetarian Luncheon**

*Wednesday, February 5<sup>th</sup>, 12:00*

**Acton Seniors Only**

**CALL NOW, REGISTRATION OPEN**

Vegetarian Luncheon prepared by India to Spoon, a community group. Menu: Indian style salad, Pav bhaji , Corn vegetable Pulav, Kadi, and Vermicelli Kheer. For more details on this menu contact the COA. Cost is \$3:00.

**□► Heart to Home Meals Lunch**

*Tuesday, February 11<sup>th</sup>, 12:00*

**Acton Seniors Only**

**Heart to Home Meals** is a new company which provides a selection of frozen, healthy and nutritious meals, snacks and desserts, hand delivered. Their convenient service can be adapted to suit many dietary preferences, with free delivery and no contract or minimum commitment required. This is an opportunity to sample their food.

Please choose meal option at time of sign up:

1. Chicken and vegetables in an authentic Teriyaki sauce, served with a fluffy vegetable rice pilaf.

*This meal is suitable for anyone following a low fat or low calorie diet.*

2. Tomato and Herb Glazed Haddock

*This meal is suitable for anyone following a low fat, low calorie, low sodium or high fiber diet.* Cost is \$3:00.

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

*Tuesday, February 18<sup>th</sup>, 12:00*

Enjoy meatloaf, potatoes, vegetables, salad and cherry pie. This meal is subsidized in part by Minuteman Senior Services. Cost is \$3:00.

**□► Monthly Breakfast by Veterans Services Officer, James MacRae**

**Acton Seniors Only**

*Friday, February 21<sup>st</sup>, 9:15*

Join us for a fabulous breakfast! Typically french toast, eggs, fruit, bacon and sausages are served. Cost is \$3.00.

**□► Newbury Court Luncheon**

**Acton Seniors Only**

*Wednesday, February 26<sup>th</sup>, 12:00*

The menu is always a delicious surprise. Cost is \$3:00.

**Please sign up with Joy in the Dining Room (781-221-7085) for the following meals:**

**□► Minuteman Lunches** are served M-F at 12:00. Voluntary donation is \$2. Call 781-221-7085 by 9:00am 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.*

**□► Joy's Valentine's Day Chili Bar with all the fixings, Friday, February 14<sup>th</sup>, 12:00.** \$3:00

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

We are looking for Minuteman Senior Services Meals on Wheels volunteers to join in helping us deliver meals once a week, or as a substitute driver when needed! Also we are looking for volunteers to join the kitchen/dining team for 2-3 hours one day per week, please contact Joy in the dining room or call at 781-221-7085! Thank you!

**THANK YOU VERY MUCH.....**

To the Mittal Family for serving lunch on New Year's Eve.

To Ritvik & Raaga Pulya for the tech help offered to the seniors in January.

To Acton Nursing Service & Life Care of Acton for cooking and serving lunch.

To Fresh Carpets of Sudbury for the gift card donation.

To John & Ruth Richards, Anne Anderson, Ken Klein and Kathryn & Marjan Krajewski for their donations to the COA Gift Account.

To Cindy Soule & Rob Whittersley for the donation of hand weights for exercise class at the Senior Center.

**Thank  
you!**

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

**SUPPORT GROUPS & SERVICES**



**Widows and Widowers 101 at the Acton Senior Center**

**Wednesday, February 5<sup>th</sup>, 10:00 – 11:00**

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

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

**► Memory Café at the Acton Senior Center**

**Friday, February, 14<sup>th</sup>, 11:30-1:00**

**Open to all/free**

**RSVP now on 978-929-6652, as space is limited**

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, February 25<sup>th</sup>, 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**

**1<sup>st</sup> 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](http://www.alz.org/carefinder) for recommendations and questions to ask care providers.
- Cooperative Elder Services, Inc. 978-318-0046. Provides adult day health and Alzheimer's day programs.

**Handy Helper Program** helps Acton seniors with small repairs and simple household jobs. Volunteers glue chair legs, replace light bulbs, flip mattresses, help with computer/DVD issues and more. This is not an emergency service. 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 February Shopping Trips see page 15**

On-demand van rides are available Monday-Friday, 8:30am - 4:00pm. Rides are scheduled weekdays only by calling 978-844-6809.

Rides are \$1 in-town and \$1.50 out-of-town. Rides are available in Acton, Concord and Maynard as well as parts of Littleton, Westford and Boxborough. Rides are free to seniors going to the Senior Center. There is also a Cross-Acton Transit van which is an hourly fixed-route bus service which runs from 8:00am - 6:00pm Monday through Friday. To see the schedule and for more transportation information, visit: [www.minutevan.net](http://www.minutevan.net). If you have any questions, please contact Austin Cyganiewicz, Director of Intergovernmental Affairs at 978-929-6513 or email [ctc@actonma.gov](mailto:ctc@actonma.gov).



If you need a ride not covered by Minutevan transportation, please call Bev on 978-929-6652 for your available options. We encourage using the van for rides in Acton, Maynard or Concord, 8.00am - 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](http://www.medicare.gov)*

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

***On Jan. 1<sup>st</sup>, 2020 the income and asset limits for the Medicare Savings Program increased.*** If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one). In addition, you will automatically receive Extra Help, a program that will lower your Medicare Part D premium and co-pays. To learn more and to request an application call 1-800-841-2900 or TTY 1-800-497-4648. You can also have assistance in making the application from SHINE, call the COA to make an appointment with a SHINE counselor.

Income and asset limits, effective 1/1/2020      Prescription drug co-pays with Extra Help effective 1/1/2020.

	Income/month	Assets		Per 30 Day Supply
Individual	\$1,738	\$15,720		
Married Couple	\$2,346	\$23,600		

**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 4<sup>th</sup> Wednesday of each month. On your first visit bring a photo ID, utility bill or rental lease that contains your name and address as proof of residency.

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

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

**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 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](http://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)

## 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
<b>3</b> 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Chair Exercise 11:30 Balance Matters with ANS wk 2 <input type="checkbox"/> 1:00 Mah Jongg 1:00 REGISTRATION OPENS	<b>4</b> 8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 9:00-11:00 Drawing for All <input type="checkbox"/> 9:45 Active Aging 11:00 Tai Chi 12:00 Gym Orientation <input type="checkbox"/> 1:00 Nathaniel Hawthorne Stories 3:00 Stretch & Flex	<b>5</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:30 Ask the Realtor <input type="checkbox"/> 10:00 Widow & Widowers Group 12:00 Vegetarian Lunch <input type="checkbox"/> 12:30 Needle Arts 2:30 Drop-in Bridge 3:00 Line Dancing <b>NO YOGA</b>	<b>6</b> 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 / 2:00 Chess Classes <input type="checkbox"/> 1:00 Memory Talk 1:30 Chess Club 3:00 Stretch & Flex	<b>7</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 12:45 Movie : "All About Eve" * 1:00 Mah Jongg
<b>10</b> 8:30 Active Aging 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:00-2:00 Shopping Trip Natick Mall <input type="checkbox"/> 10:00 Maintenance Balance Training with ANS <input type="checkbox"/> 10:30 Chair Exercise 11:30 Balance Matters with ANS wk 3 <input type="checkbox"/> 1:00 Mah Jongg 1:15 Gym Orientation <input type="checkbox"/>	<b>11</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00-11:00 Drawing for All <input type="checkbox"/> 9:00 Wellness Clinic/BP 9:45 Active Aging 10:00 COA Board Meeting 11:00 Tai Chi 12:00 Heart to Home Lunch <input type="checkbox"/> 1:00 Real Estate Taxes Talk 2:15 Ask the Assessor <input type="checkbox"/> 3:00 Stretch & Flex	<b>12</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00-11:00 Drawing for All <input type="checkbox"/> 12:00 Birthday Lunch <input type="checkbox"/> 12:30 Needle Arts 1:00-2:30 Welcome Tours 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing <b>NO YOGA</b>	<b>13</b> 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 12:00 / 2:00 Chess Classes <input type="checkbox"/> 1:00 Classical Music Series 1:30 Chess Club 2:30 Jumpstart Your Meditation 3:00 Stretch & Flex <b>NO CHAIR EXERCISE</b>	<b>14</b> 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 Java with John 10:00 NouVon Fitness 11:30 Memory Café <input type="checkbox"/> 12:00 Joy's Valentine's lunch <input type="checkbox"/> 12:45 Movie : "Downton Abbey" * 1:00 Genealogy 1:00 Mah Jongg
<b>17</b> <b>Center is Closed Presidents Day</b>	<b>18</b> 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 Ask the Lawyer <input type="checkbox"/> 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 12:00 Gym Orientation <input type="checkbox"/> 12:00 Robbins Brook Lunch <input type="checkbox"/> 1:00 Mah Jongg 3:00 Stretch & Flex	<b>19</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:45 Yoga 12:30 Needle Arts 1:00 Trivia 2:30 Drop-in Bridge 3:00 Line Dancing	<b>20</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 9:30 Optician Hours 9:45 Active Aging 11:00 Tai Chi 10:00 Card Making <input type="checkbox"/> 11:30 Chair Exercise 12:00 / 2:00 Chess Classes <input type="checkbox"/> 1:30 Chess Club 3:00 Stretch & Flex	<b>21</b> 8:30 Senior Fitness 9:15 Breakfast <input type="checkbox"/> 9:00-12:00 Gym Open 10:00 NouVon Fitness 12:45 Movie: "Howard's End" * 1:00 Mah Jongg
<b>24</b> 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 with ANS wk 4 <input type="checkbox"/> 1:00 Lit Lovers Group 1:00 Mah Jongg 1:15 Gym Orientation <input type="checkbox"/>	<b>25</b> 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 9:00-11:00 Wellness Clinic/BP 9:45 Active Aging 11:00 Tai Chi 11:00 Grandparents Group 11:00 Nursing Talk: "Your Skin" 1:00 Long Term Health Insurance 101 3:00 Stretch & Flex	<b>26</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:45 Yoga 12:00 Newbury Court Lunch <input type="checkbox"/> 12:30 Needle Arts 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	<b>27</b> 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 / 2:00 Chess Classes <input type="checkbox"/> 1:00 History of 50s Music: "Rock & Roll" 1:30 Chess Club 3:00 Stretch & Flex	<b>28</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00-2:00 Shopping Trip: Mall at Whitney Field <input type="checkbox"/> 10:00 NouVon Fitness 12:45 Movie : "After the Wedding" * 1:00 Mah Jongg

'' Denotes that you must sign up ahead for these activities, call 978-929-6652 to register from February 3<sup>rd</sup>, 1:00pm.

\*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](mailto:seniorcenter@actonma.gov) We also aim to post any changes on our website [www.actoncoa.com](http://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 pre-registration with the Nursing Service on 978-929-6650.



Thank you to everyone who contributed to our Christmas Past photo presentation, we hope you enjoyed the memories as much as we did. We would like to put together a similar display for Valentine's Day – bring us your wedding picture or any one of you and your sweetheart and we will make a copy and return the original to you. Hopefully we shall have a lovely display in time for Valentine's Day.

## SHOPPING TRIPS

**All trips leave the Senior Center at 10am and return at 2pm.**

**Call Transaction to make your reservation 978-844-6809.**

**We must have a minimum of 5 people to go.**

**Let us know your suggestions for future trips.**

**Monday, February 10<sup>th</sup> – Natick Mall [www.natickmall.com](http://www.natickmall.com)**

**Friday, February 28<sup>th</sup> – The Mall at Whitney Field [www.themallatwhitneyfield.com](http://www.themallatwhitneyfield.com)**



## **Friends Funded Activities**

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

*Classical music series, History of Rock 'n Roll, Hawthorne's short stories class, 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](http://www.actoncoa.com).

### **ACTON COA STAFF**

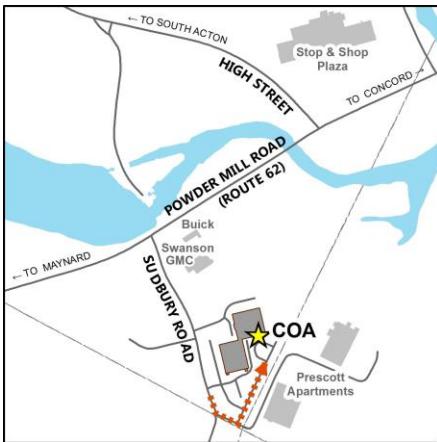
Sharon Mercurio, Director  
Rosie Atherton, Office Manager  
Chris Chirokas, Program Manager  
Beverley Hutchings, Senior Services Coordinator  
Mary Morgan, Human Services Receptionist  
Bernice Nichol, Activities Assistant  
Fiona Starr, Staff Assistant  
Terri Zaborowski, Exercise Instructor

### **ACTON COA BOARD MEMBERS**

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

#### **Meetings:**

**COA Board Feb. 11<sup>th</sup>, 10:00am, COA Friends No meeting in Feb.**



## Acton Senior Center

### February 2020

#### Everything You Always Wanted to Know About Real Estate Taxes

**Tuesday, February 11<sup>th</sup>, 1:00-2:00  
Open to all/free**

Staff from the town's Assessor's Office will discuss the options for real estate tax abatements, deferrals and exemptions. Massachusetts

General Law authorizes communities to exempt certain citizens from part or all of their property tax obligations. The filing deadline for most exemptions for FY20 is April 1, 2020. If you can't make the presentation, please call the Assessor's Office at 978-929-6621 for detailed information regarding all exemptions. Individual appointments with the Assessors are available following the presentation at the Senior Center (see page 2.) Some of the most common exemptions are: Hardship; Blindness; Veterans; Senior Work Program; Tax Deferral; Committee Senior Tax Aid; Community Preservation Act Surcharge Exemption; Circuit Breaker; Surviving Spouse and Elderly Persons Exemption.

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### THE FRIENDS OF THE COA

[www.friendsofactoncoa.com](http://www.friendsofactoncoa.com)

This space is usually used to ask for your support of the Friends' fund raising activities. But a second mission of the Friends is to 'advocate for issues of concern to Acton's seniors.'

Several months ago a need was expressed for transportation to a shopping mall. In each of December & January two van trips were provided. Let us know your ideas for making seniors more independent by talking to our members at the Senior Center; bring your ideas to the staff. Sharon, the Director attends our meetings.

Finally, check out our website for further contact information.