



# Acton Senior Center Newsletter May 2020



The Council on Aging at the Senior Center, located at 30 Sudbury Road Rear.  
Telephone: 978-929-6652. Email: [seniorcenter@acton-ma.gov](mailto:seniorcenter@acton-ma.gov)  
Website at [www.actoncoa.com](http://www.actoncoa.com)

The Senior Center and Human Services Center will re-opening on a date to be announced. If you are in need of assistance in the meantime please call our office, the staff are working remotely but you can call on 978-929-6652 and leave a message or email us at [seniorcenter@acton-ma.gov](mailto:seniorcenter@acton-ma.gov) We will get back to you.

If you are receiving this newsletter through the mail you can go to [www.actoncoa.com](http://www.actoncoa.com) to access the electronic version which has several extra pages of on-line resources and links to activities, practical and cerebral. Newly added links are highlighted  
Check the website regularly for updated information.

**Up-to-date information on the Town of Acton's response to the current situation can be found at [www.actonma.gov/covid19](http://www.actonma.gov/covid19)**

**NEW HOTLINE NUMBER for COVID-19 related matters:  
978 -929 -6619**

The Town of Acton Radio is broadcasting on WAEM 94.9 FM.  
Acton TV is broadcasting on Channels Comcast 8,9,99 & Verizon 45,40, 41, Facebook live [www.facebook.com/ActonTV](https://www.facebook.com/ActonTV) , Youtube [www.youtube.com/actontv1](https://www.youtube.com/actontv1) and [www.actontv.org](http://www.actontv.org)  
You can access up to date information and watch our own exercise instructors lead a class for you to follow at home (look for the playlist "Acton Senior Center at Home" <https://tinyurl.com/u9nx2ge>)  
Content between the different platforms may differ.  
See page 4 for TV schedule. **NEW CLASSES ADDED**

Bev Hutchings, Senior Services Coordinator at the COA, is available to help you find resources in the community. Call 978-929-6652 to leave a message and she will call you back.



Several of our local businesses remain open and are offering delivery or curbside pickup. Please call ahead to ensure they are open and support our local businesses!  
For restaurants still open see [www.actonrestaurantweek.com](http://www.actonrestaurantweek.com) Look out for #takeoutselfies.



**Java with John – Fridays at 10:00 am** on Acton's radio WAEM 94.9 FM or live on [www.youtube.com/actontv1](https://www.youtube.com/actontv1). The show will be aired later on ActonTV. Join the Town Manager, the COA Director and guests, each week as they give updates and answer questions. Check the website under 'special announcements' for any changes to the schedule. Questions can be emailed ahead of time to [manager@actonma.gov](mailto:manager@actonma.gov) The number to call with questions during the broadcast is 978-929-6513.



## Director's Corner

During these times we have all needed to learn that some things are just out of our control. It is important to take control of those things that you can. We will continue to utilize our monthly newsletter as a resource guide to help keep you informed not only of things you may need, but ideas of how you may spend some of your newly found "down time". The COA staff wants you to know we are thinking of you and are here if you need us.

*Stay well, Sharon*

Funding for the printing of this newsletter is made possible from the Executive Office of Elder Affairs' State formula grant.



### **Thank you to**

Susan Mitchell-Hardt and Peter Berry for your donations to the COA Building Gift Account,  
Staples of Acton for the cases of bottled water,  
Rebecca MacNeill and Wanda Null for the donation of handmade masks,  
All our Meals on Wheels drivers who are so very much appreciated.

A very special Thank You to Marion Maxwell who has taken it upon herself to send out daily emails to residents with information, tips and humor to help us get through these challenging times.

State Representative Tami Gouveia, in her contribution to Java with John on April 10<sup>th</sup>, invited calls regarding any requests for assistance or information - her contact details are:

[tami.gouveia@mahouse.gov](mailto:tami.gouveia@mahouse.gov) or 617-722-2011.

State Senator Jamie Eldridge can be reached at [james.eldridge@masenate.gov](mailto:james.eldridge@masenate.gov) or 617-722-1120. Senator Eldridge's Senior Conference is cancelled.

Anyone who needs further assistance due to COVID-19, please go to his constituent services form at <https://www.senatoreldridge.com/covid-19support>



**SUPERMARKETS have been offering special SENIOR HOURS through the current time. Call your favorite store to find out what they are:-**

Stop & Shop, 100 Powder Mill Rd. Acton, (978-897-6449)

Market Basket, Littleton (978-486-0828)

Donellans, 248 Great Rd, Acton (978-635-9893)

Roche Bros. Mass Ave, Acton (978-263-0404.)

Trader Joes, Great Road, Acton (978-266-8908)

Idylwilde Farm, 366 Central St Acton, (978-263-5943)

Shaws 155 Great Rd, Stow, (978-897-5140)

Whole Foods, Westford (978-303-2900)

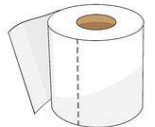
Walmart, Hudson (978-568-3383) and Target, Marlborough (508-251-6957) also have senior hours.



To assist with social distancing stores are also operating a limit to customers within the store. Lines form outside the store and folks are admitted as space inside allows. There tend to be less or no lines nearer the end of the day, if you miss senior hours.

A local Acton resident is offering a survey of what is available where – this can be found at <https://tinyurl.com/r9ctpox> This is updated daily but is only accurate at the time of compiling.

The plastic bag ban has been temporarily lifted until July 1, 2020. Reusable bags are being discouraged at this time. **NEW** Stop and Shop are working with Uber to offer discounted weekly trips to their store. <https://tinyurl.com/ya3plcca>



There are companies who will act as a 'private shopper' service, for a monthly or yearly subscription. Fees apply. [www.shipt.com](http://www.shipt.com) is available locally from various stores such as CVS, Target, Donellans and Roche Bros. On-line registration is required. [www.instacart.com](http://www.instacart.com) and [www.thrivemarket.com](http://www.thrivemarket.com) are other options.



**The Transfer Station** is operating on a revised schedule Monday-Saturday 7:00am-3:00pm.

The first hour of each day is for seniors only (7:00am-8:00am). Call 978-929-7742 with any questions.



Let your friends and neighbors know how they can subscribe to notifications from the Senior Center. Go to [www.actoncoa.com/subscribe](http://www.actoncoa.com/subscribe) follow the instructions and find the notifications under "news flash". You can also subscribe to the newsletter. The newsletter is also easily found on the website [www.actoncoa.com/](http://www.actoncoa.com/)

## Food Assistance



**Acton Food Pantry - 978-635-9295**, 235 Summer Road, Boxborough.

Call 978-635-9295 or check their website [www.actonfoodpantry.org](http://www.actonfoodpantry.org)

Distribution Schedule 10am-7pm Wednesday & 9:30am-11:30am Thursdays as a DRIVE THRU PANTRY ONLY. During this time you do not need to be a registered client of Acton Food Pantry, They will provide food to anyone in need.

**Mount Calvary Community Supper**, 472 Massachusetts Ave, Wednesdays, 5:00-6:00 pm.

Meals - available Wednesday 5:00 to 6:00pm (no exceptions) or until they run out

Pickup - Drive up to the back entrance in the parking lot. Your meal will be brought to you at your car.

Information regarding any changes check [www.mtcalvaryacton.org](http://www.mtcalvaryacton.org) or

facebook.com/CommunitySupperofActonMA

**Open Table, Maynard**, 33 Main Street Maynard, MA call 978-369-2275 or check website

[www.opentable.org](http://www.opentable.org) for "Drive-Thru" pantry information.

**SNAP – Supplemental Nutrition Assistance Program** call Bev for information. 978-929-6652.

Active recipients not receiving household maximum benefit will receive supplement funds for April and May.

This is not a scam -Households are being notified by phone or text that receive SNAP. The text reads, "In response to COVID-19, you will be receiving extra SNAP.

Check balance and monthly SNAP benefit amount by:

Calling the DTA Assistance Line @ 877-382-2363. Enter you SSN/year of birth to hear an automated message with your monthly SNAP amount or visit [DTAConnect.com](http://DTAConnect.com)



**AB Regional School District** will offer bag lunches to individuals and families Monday-Friday for pick up outside the main entrance at the High School. Pick up times will be from 11:30am-1:00pm. If you need delivery due to illness or a transportation barrier contact [abqualifiedlunch@neighborbrigade.org](mailto:abqualifiedlunch@neighborbrigade.org) Individuals picking up bag lunches should not enter the school and practice appropriate social distancing measures. All residents are welcome to pick up a meal regardless if you have a child enrolled in the school system.

**Acton Boxborough United Way** is providing much needed assistance at this time after very generous donations have made it possible for them to help those in financial need, go to [www.abuw.org](http://www.abuw.org) for more information and eligibility criteria or call the COA on 978-929-6652.

## Transportation

All of Acton's fixed-route services, including the Rail Shuttle and Cross-Acton Transit (CAT), will be suspended until further notice.

- Door-to-door services remain in operation, for essential trips (urgent medical appointments, groceries, etc) however, riders are encouraged to utilize alternative modes of transportation if possible. To schedule rides, continue using CrossTown Connect dispatch by calling 978-844-6809 during normal business hours.
- Any additional questions can be forwarded to Austin Cyganiewicz by phone on 978-929-6513 or email [acyganiewicz@actonma.gov](mailto:acyganiewicz@actonma.gov).
- The MBTA and Keolis Commuter Services (Keolis), the agency's operating partner for Commuter Rail, announced today a Reduced Service Schedule effective Tuesday, March 17. The Commuter Rail Reduced Service Schedule is available at <http://www.MBTA.com/coronavirus>



## **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)

If you have issues or questions call 1-888-272-7177.

**SMOC** - 2020 LIHEAP fuel assistance application deadline extended. The last day to apply for assistance changed from April 30, 2020 to May 29, 2020. If you want to apply for fuel assistance call 508-620-2342. Leave a message and someone will get back to you. You can also email SMOC at [fueldocs@smoc.org](mailto:fueldocs@smoc.org)

**Senior Citizen Water Bill Discount Policy** - The Water Supply District of Acton offers a Senior Citizen Water Bill Discount that entitles seniors (65+) having low-to-moderate incomes to a reduction in their water bills, if they own their residence and have an individual water meter. More information available from the Town Assessor's Office at 978-929-6621 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 and Meals on Wheels.

Minuteman Senior Services can be reached at 1-888-272-7177 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. They will not be accepting equipment at this time.

**Alzheimer's Association** Helpline 1-800-272-3900.

Available for calls 7 days a week, 24 hours a day.

**The RMV** is implementing extensions of 60 days for expiring inspection stickers, registrations, permits and licenses. For more information go to [www.mass.gov/RMV](http://www.mass.gov/RMV)



Acton TV schedule (correct at time of going to press.)

Comcast 8 and Verizon 45. Videos are available on demand at [www.actontv.org](http://www.actontv.org) and [www.youtube.com/actontv1](http://www.youtube.com/actontv1) look for Acton Senior Center at Home playlist.

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	Terri Z	Line Dancing	Terri Z	Line Dancing	Terri Z
10:00am	Nouvon Fitness	Chair Exercise	Nouvon Fitness	Chair Exercise	Nouvon Fitness
11:00am	Active Aging	Active Aging	Active Aging	Active Aging	Active Aging
2:00pm	Line Dancing	Yoga	Chair Exercise	Yoga	Line Dancing
3:00pm	Lecture	Lecture	Lecture	Lecture	Lecture

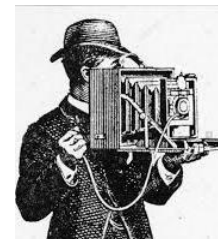
**NEW! "Terri's Tips Tuesdays at 10."** Starting this Tuesday, 4/28 and hopefully weekly, via Zoom. She will offer tips for seniors to stay healthy during this period of isolation. And seniors can share ideas with each other as well. <https://us04web.zoom.us/join/72987350665>

Meeting ID: 729-8735-0665

Password: 3VgZQd

Check the website under special announcements for updated zoom sign ins.

**VISIT OUR PHOTO GALLERY ON THE COA WEBSITE and bring back some good memories** <https://actoncoa.com/gallery.aspx>



**NEW** James MacRae, Veteran Services Officer for Acton and Boxborough would like to remind veterans and surviving spouses that there are benefits that you may be entitled to, including healthcare. Reach out to him at [vso@actonma.gov](mailto:vso@actonma.gov) or call 978-929-6614 for a confidential chat about your needs.



### **Acton Recreation Department**

The Recreation Department office is located at 50 Audubon Drive. We have many classes that are being offered this summer as well as a variety of events scheduled at NARA Park (subject to change if necessary). Did you know that you can get a single senior seasonal beach pass for NARA Beach if you are age 60+ for only \$25? Please visit [actonrec.com](http://actonrec.com) for registration information, class details, and more. You may e-mail us with any questions or comments to [recreation@actonma.gov](mailto:recreation@actonma.gov).

### **Acton Nursing Services**

The podiatry clinic will resume once Town buildings are open to the Public, as well as the Wellness/Blood Pressure clinics and the monthly health topic talk.



### **Tax Deadlines**

Federal tax deadline has been pushed back to July 15<sup>th</sup>. Town taxes due for the 4<sup>th</sup> Quarter on May 1<sup>st</sup> are extended to June 1<sup>st</sup>. Interest will be waived if paid by June 30<sup>th</sup>.

**Be aware that there is a heightened risk of scams at this time. Never give out personal or financial information over the phone, or at the door. If you are in any doubt call the police non-emergency number on 978-929-7711. Never click on a link in an email which you suspect is fraudulent.**



**There are no short cuts to accessing money from tax refunds or stimulus checks. If you qualify it will be sent directly to you. Beware any correspondence promising otherwise. The COA does not endorse any private company or their services. Be an informed consumer.**



**Need a 7<sup>th</sup> Inning Stretch?** 3pm daily on WBUR 90.0 FM Fenway Park organist Josh Kantor plays 30 minutes of songs on the organ live from his home in Cambridge.

### **A Message from the Friends of Acton COA**

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

In recent weeks, to keep active, we did chores that in normal times we found excuses not to do—organizing a closet, cleaning out drawers and the car. The button batteries we found are still being collected by the Friends for recycling. Hold on to them for now but when things get back to normal you can find collection boxes at the following locations: Acton Pharmacy, Acton Nursing Services, Acton Senior Center, Town Hall-Board of Health, Transfer Station, Public Safety Building and the Memorial and West Acton Citizens Libraries.



This is the final year of the Friends Button Battery Recycling Program.

The internet has exploded with ideas for keeping busy and entertained through this period of self-isolation, we can't forget about those who do not have access to these on-line resources. Please call a neighbor to check on how they're doing and if they need assistance. Most may just like to hear a friendly voice. You can call the COA if you would like a check-in call for yourself or someone you know.



Are you finding these uncertain times stressful? Isolation and uncertainty can be extremely detrimental to mental health but know there are resources to help you.

The CDC has published some guidelines to help you or someone you know.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others,

- Call 911
- Visit the SAMSA [Disaster Distress Helpline](#) call 1-800-985-5990, or text TalkWithUs to

66746

- Visit the [National Domestic Violence Hotline](#) or call 1-800-799-7233 and TTY 1-800-787-3224
- Samaritans 1-800-273-8255, [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) (TTY 1-800-799-4889) Interpreter service provided.
- William James College Interface Referral Service: 1-888-244-6843, non-emergency service for therapists who accept your insurance.

For more general questions regarding your wellbeing including financial and food services you can call the Senior Center on 978-929-6652.

**CareDimensions** counselling is available to anyone dealing with grief through bereavement, 978-774-5100, email [grief@caredimensions.org](mailto:grief@caredimensions.org), [www.caredimensions.org](http://www.caredimensions.org)



## **Elections & Voting**

### **Early Voting Application for Annual Town Election and Special State Election**

You may apply now for your mail-in Early Voting Ballot for the Annual Town Election as well as the Special State Election which will now be held on Tuesday, June 2, 2020.

- [2020 Mail in Early Ballot Application](#)

If you a problem accessing the website and printing out the form contact Bev Hutchings at the COA office on 978-929-6652.

Any absentee ballots already received or returned for either Election will still be valid. If you have already received your absentee ballot, you do not need a new one.

Send completed application to: Town Clerk, 472 Main Street, Acton, MA 01720.

Applications may also be submitted by e-mail to

[clerk@actonma.gov](mailto:clerk@actonma.gov) as long as your signature is visible.

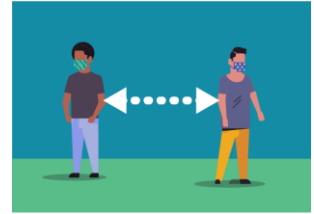


**Town election is postponed to June 2<sup>nd</sup>, 2020. Annual Town Meeting date to be decided.**

## **DPH Public Health Advisory: Stay-at-Home Advisory for Individuals over 70 and for those with underlying health conditions; and Safe Practices for the General Public**

Individuals in the Commonwealth should always practice social distancing, this means keeping a distance of 6 feet between you and the other person.

Staying home means:



- Only leave your home to address essential needs, get some fresh air and exercise, and if you do, avoid unnecessary contact with other individuals.
- You should still run essential errands such as going to the grocery store or pharmacy but should practice social distancing when shopping. If you are at high-risk, you should inquire about your local pharmacy/grocery store's alternative hours for high risk individuals.
- When going to the pharmacy you should fill your prescriptions for 90 days if possible; for some medications this is not allowed. If you are at high-risk, you should try to use a mail-order service.
- You can still go to the gas station, order and pick up take-out food and receive deliveries (e.g Amazon, UPS, Fedex).
- You can still go outside to get fresh air, however, you must practice social distancing while outside and avoid touching surfaces frequently touched by others.
- You are encouraged to use remote modes of communication such as telephone or video chat (e.g. Facetime, Skype, Facebook Messenger Video Chat) instead of visiting friends or family. This is especially true for a hospital, nursing home, skilled nursing facility, or other residential care setting.
- Non-essential medical care like eye exams, teeth cleaning, and elective procedures must be rescheduled.
- If possible, health care visits should be done remotely.
- Parents should not arrange play dates for children during this time.
- All individuals must eliminate close contact activities such as in pick-up sports games.

**You can call the Board of Health on 978-929-6632 if you wish to report any issues with contravention of the current guidelines.**

**There is new evidence of the virus presenting in different ways, including rashes on feet, loss of sense of smell and taste, repeated shaking and chills, headache and muscle pain. If you feel you are suffering these symptoms seek medical advice, visit [www.cdc.gov](http://www.cdc.gov) for more information.**

### **A message from the COA Board**

We hope this finds you and your family well during these challenging times. We know that everyone has had to change some of the routines of everyday life. We encourage you to stay up to date about Acton by visiting the website, [www.acton-ma.gov](http://www.acton-ma.gov) If you have any questions, please look there or call the COA at 978-929-6652. Stay well and stay safe.



ACTON COA STAFF		ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director		Bonnie Lobel, Chair	Alma Sandman, Vice Chair
Rosie Atherton, Office Manager		Ellen Feinsand, Secretary	Lori Cooney
Chris Chirokas, Program Manager		Jeff Bergart	Ann Corcoran
Beverley Hutchings, Senior Services Coordinator		Michael Chautin	Jacquie Friedman
Bernice Nicoll, Activities Assistant		Chunsheng (Bill) Fu	Niru Velankar
Fiona Starr, Staff Assistant			
Terri Zaborowski, Exercise Instructor		Meetings: To be announced	

## Coping with Staying at Home During the Pandemic

- Set a personal schedule. Consider this if you are struggling with the seemingly endless amount of free time or if you feel you are spending way too much time in front of the television. Sticking to a routine and feeling productive can help you feel you are progressing and foster a sense of hope.
- Exercise every day to stay active but also to help with your emotional well-being. See page 4 for information on participating in COA fitness classes remotely.
- Focus on the uplifting. The more you see, think and do that promotes positivity, happiness and peace, the more it can elevate your mood. Call or video chat with a friend who always makes you feel good, take a break from the news coverage and read a book or poetry that you adore or write in a gratitude journal, look at or organize your family photographs to be reminded of better times and for the feeling of accomplishment, or watch some funny pet videos.
- If you are able, get outside every day! Walk around the neighborhood, work in the garden, chat with a neighbor (from at least six feet away), or meditate on your deck.
- Remind yourself daily that you are doing your part to protect yourself from illness and helping lessen the spread of Coronavirus.
- Focus on times in the past when you showed personal resilience. You have likely survived major events like 9/11, nasty blizzards and significant economic downturns. Remind yourself daily you are resilient!
- Eat healthy! It's tempting to eat lots of comfort food during this time, but be sure to balance that with some healthy alternatives. This is made more challenging when getting fresh produce may be difficult. If you do shop, purchase some "sturdy" fresh fruit and vegetables (apples, citrus, broccoli, onions, celery, potatoes).
- Practice Random Acts of Kindness. Use social media, texting or email to send positive messages to people who have had a significant role in your life. Or send a letter or handmade card through the mail to re-connect with someone! Order gift cards from local businesses that you can use in the future or gift them to someone special. If you do go out for essential shopping or to pick up a prescription, tell the workers how much you appreciate what they are doing.
- Take a daily personal inventory. Focus or write down what you accomplished, learned or are grateful for each night. This process helps dilute negative thoughts and remind you that not everything is bad or depressing.
- Make gifts for someone to give to them when it is safe to do so. Not crafty? Compile favorite family recipes to give to your grandchildren, put together a family history with photographs for your family, record yourself reading a favorite story out loud for young grandchildren.





## Virtual Engagement

**Scroll through for recently added links and resources including an online drawing class with our drawing class instructor.....**

If you need some help making video calls to keep in touch with friends and family, here is a very handy link from the BBC in the UK

<https://www.bbc.com/news/technology-51968122>

Remember to keep privacy in mind when using the Internet. An AARP article that addresses this topic:

<https://www.aarp.org/home-family/personal-technology/info-2019/privacy-for-seniors.html>.

Staying well.....

**Acton TV, Acton Community Access Television (ACAT )** has education, government and public channels for Verizon and Comcast subscribers. You can access ACAT content at <http://actontv.org/> and click On Demand tab.

The Council on Aging worked with Acton TV and Terri, Mary, Yvonne, Patsy and Kari our instructors so that seniors can keep moving at home with familiar routines and instructors they trust. Thank you to Lori Cooney for all her work making this happen. Look for the videos on the public access channel (8 on Comcast and 45 on Verizon) Monday, through Friday from 9-11am , and at 2pm and on Youtube

[www.youtube.com/actontv1](http://www.youtube.com/actontv1) Look for the playlist of all current COA exercise classes.



You can practice gentle yoga at home with COA instructor Patsy Brightman:

<https://www.youtube.com/watch?v=iOzgBmq6wUo>

**NEW!** A message from yoga instructor Patsy Brightman:

Happy Earth Day dear students!



Let's all be thankful for our planet and know in our hearts that this most challenging time will pass. Please stay vigilant, stay patient, stay hopeful, and stay well!  
I miss you and look forward to seeing you all as soon as that is deemed safe.  
Namaste, Patsy

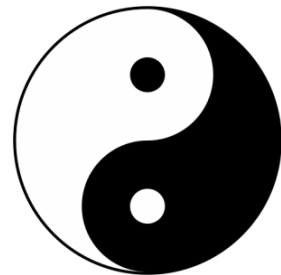
## **Tai Chi**

One of the Senior Center Tai Chi instructors, Linda Sango, has trained under Jeff Cote' who has Tai Chi qigong videos available on youtube:

<https://www.youtube.com/channel/UCuMD9N3IpElSAzR2uxzmyIQ>

The Senior Center's other Tai Chi Class is offered by Taoist Tai Chi Society instructors. You can search youtube for videos. One example of a class practicing all 108 moves:

[https://www.youtube.com/watch?v=Vg2JuOse1\\_I](https://www.youtube.com/watch?v=Vg2JuOse1_I)



Ray Caisse, former **Tai Chi** instructor at the Senior Center, shared information about his 10 minute video, Fight the Pandemic Virus with Qigong, that he says can help improve immune systems. Search YouTube for "Cultivating Qi."

**NEW MAY 2020 YMCA Online Fitness Options.** Cambridge YMCA offers online fitness classes, both free and fee-based. For more information visit: <https://www.cambridgeymca.org/news/2020/04/01/home-news/virtual-workout-options/>

**NEW MAY 2020 Virtual Drawing Class.** Acton Council on Aging drawing instructor Sandy Wilensky is offering drawing classes remotely! Class is offered Tuesday mornings from 9:00 to roughly 11:00. If you are interested, please email Chris Chirokas at the Acton Council on Aging, [cchirokas@actonma.gov](mailto:cchirokas@actonma.gov), and she will forward your name and email address to Sandy who will then contact you with the particulars. Zoom is a free video/audio conferencing platform that can be used via computer or with an app on a smartphone or tablet. The hope is that the classes can eventually also be shown through Acton Community Access Television.

## Mindfulness Meditation

The Ten Percent Happier website/app has a Coronavirus Sanity Guide which includes free 3 p.m. EST daily meditation and Q&A with host Dan Harris and meditation teachers.

<https://www.tenpercent.com/coronavirussanityguide>

Additional **meditation** links (thank you Liz Paley!):

<https://www.tarabrach.com/guided-meditations/>

<https://www.youtube.com/watch?v=4OtJYDGiuEE>

<https://www.youtube.com/watch?v=sz7cpV7ERsM>



## Celebrate Spring!

Heritage Museums & Gardens in Sandwich. See videos and still photographs of gardens and how-to videos on pruning Rhododendrons and transplanting seedlings. <https://heritagemuseumsandgardens.org/virtual-gardens/>

Paint a pot of lavender in watercolor

<https://www.youtube.com/watch?v=P7SCFdc53k8>

Plymouth Philharmonic Orchestra's performance of Vivaldi's Spring from the Four

Seasons [https://www.youtube.com/watch?v=mFWQgxXM\\_b8&feature=youtu.be](https://www.youtube.com/watch?v=mFWQgxXM_b8&feature=youtu.be)



View Mass Audubon's Bird of the Day and Nature in Your Neighborhood videos:

<https://www.massaudubon.org/get-outdoors/explore-nature-at-home>

Botanica in Wichita offers videos to Bring the Blooms to You <https://botanica.org/virtual-tours/>

North and South Rivers Watershed Association has a short video of a spring wetlands walk

<https://www.nsrwa.org/spring-is-springing-to-life/>

Tower Hill Botanic Garden offers some online programming including a Signs of Spring Video and tips on Nature Journaling. <https://www.towerhillbg.org/online-educational-resources-adults-2/>

The Arnold Arboretum has "explore from home" opportunities:

<https://www.arboretum.harvard.edu/>

For videos from Kew Royal Botanic Gardens: <https://www.kew.org/about-us/virtual-kew-wakehurst>



## Keeping mind healthy.....

### Acton Memory Library,

<https://www.actonmemorallibrary.org>, has a vast amount of remote opportunities from free ebook downloads to databases for genealogy research. The staff have been continually adding new resources and information.



Travel and Leisure magazine has an article about 12 museums that offer virtual tours:

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

**BSO at Home:** Boston Symphony Orchestra has content available through its website and social media channels. This includes performances, behind the scenes videos as well as musicians as they stay at home. For more information: <https://www.bso.org/brands/bso/at-home.aspx>.



The Metropolitan Opera in NYC is streaming past performance daily and free of charge from its website: <https://www.metopera.org/>.

If you subscribe to Netflix streaming, HULU, and Amazon prime, you can view programming including documentaries and movies/mini-series based on classic novels and historic figures/events.

Missing the Great Outdoors? <https://www.nationalparks.org/>



**Visit All 50 States Virtually!** Experience the Kenai Fjords National Park in Alaska, visit the OZ museum in Kansas and in Massachusetts take an aerial tour of Plymouth or walk along the Freedom Trail.

<https://thetvtraveler.com/visit-all-50-states-with-these-virtual-tours/>



## HISTORY AT PLAY

For **Comcast/Xfinity** cable subscribers, the company is offering free content during the pandemic, including Acorn TV, The Great Courses, Grokker Yoga Fitness and Wellbeing (including meditation), History Vault, Showtime, and The

Reading Corner. Say "free" into your voice remote to view content.

Judith Kalaora of **History at Play**, who has performed at the Senior Center, is offering livestreamed renditions of her shows that are based on women in history. **For her full schedule see her facebook page**, <https://www.facebook.com/HistoryAtPlay/> There is free segment called HAP n' CHAT of a 15 minute excerpt from one of Judith's shows that airs Wednesdays at 6:30 pm. If you want to see a full hour-long performance, there is a Pay-Per-HAP pay per view performance, with a fee of \$5 to \$25 based on what you feel you can afford.

You can use YouTube free of charge from your computer, laptop, smartphone, tablet or with a smart television. You can find exercise classes, lifelong learning opportunities, classic movie clips, cooking shows, DIY home project or crafting/art tutorials and so much more.



There is myriad of free podcasts available for download to a computer or mobile device. A podcast is similar to old-time radio shows but is on the Internet. There are apps such as Apple Podcast, Stitcher, and Google Play Music that make downloading simple. Some you may want to check out: *Serial*, *Stuff You Should Know*, *Ask Me Another* (trivia, puzzles, music), *Dan Carlin's Hardcore History*, *This American Life*, *Better Health While Aging*, *History of Rome*, *Retirement Talk for Boomers*, *The Relic Radio*, *The Handyguys*, *On Being with Krista Tippett*, *Car Talk*, *Aging in Full Bloom*, *Planet Money*, *Last Seen* (about the Gardner Museum art heist), *History Unplugged*, *Science Fridays*, *Aria Code* (opera), *Sleep with Me* (to help with insomnia), *10% Happier with Dan Harris*.

Visit [www.Ted.com](http://www.Ted.com) for interesting talks, which are brief and free of charge, on a variety of subjects. You can search by subject or see a list of the most popular talks. Some talks of note are *What Makes a Good Life*, *How to Make Stress Your Friend*, *Underwater Astonishments*, *The Transformative Power of Classical Music*, *Life's Third Act*, *Try Something New for 30 Days*, *Older People are Happier*, *How to Live Passionately—No Matter Your Age*, *Let's End Ageism*.



**Google Arts and Culture app** on your smart phone or tablet and you can virtually visit museums, historic sites and more including the Taj Mahal and the Royal Botanic Gardens in the UK. Download at the App Store.

A delightful way to spend the afternoon is watching acclaimed British actors performing at the UK's National Theatre –

[www.youtube.com/NationalTheatre](http://www.youtube.com/NationalTheatre) . Each performance runs for one week, beginning on a Thursday at 2pm EST.



'Tea with the Dames' with Dame Judi Dench, Dame Maggie Smith, Dame Joan Plowright and Dame Eileen Atkins, reminisce on their careers on the stage and as stars of the large and small screen, available on Hulu.

If you love Masterpiece Theater and all things British visit [www.bbc.co.uk](http://www.bbc.co.uk) .This is such a rich resource, especially [www.bbc.co.uk/archive](http://www.bbc.co.uk/archive) Enjoy!



**PLAYBILL®**

Playbill article has information on watching recordings of **live Broadway shows** to view at home. <https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR37V2lgPJl4WT28qpM6SuizlS6TtoZujdU3JkreLUxA3fnLy4pkhLbn3R8>.

## Virtual Tours/Streaming

See [www.INSIDER.com](http://www.INSIDER.com) article for information on virtual tours/live streaming from a variety of locations including Blarney Castle, Monterey Bay Aquarium, national parks, The Guggenheim Museum. <https://www.insider.com/museums-theme-parks-offer-virtual-tours-ideal-for-social-distancing-2020-3#the-acropolis-museum-lets-users-take-in-stunning-views-of-athens-greece-from-their-couch-21>



## Want to hone your tech skills while home?

Goodwill has a Learn Free program <https://edu.gcfglobal.org/en/>. You can learn to use PowerPoint, Gmail, Social Media (Facebook, LinkedIn, Pinterest, Skype, Snapchat, WhatsApp, Blog Basics), Internet Basics...

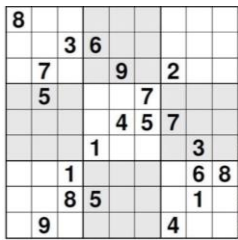
[www.techboomers.com](http://www.techboomers.com) has over 100 free courses on subjects such as online shopping, Excel basics, smart phones/tablets, online entertainment, using YouTube, introduction to social websites/apps. There are articles such as how to cancel yourgroupon account or how to buy items on Ebay.

[www.lynda.com](http://www.lynda.com), owned by LinkedIn, has free courses with topics including using Photoshop, WordPress Essentials and Introduction to Graphic Design. This is a subscription website that offers a 10 day free trial.

Need to improve your typing speed and accuracy? There are online opportunities for that as well! See <https://techboomers.com/improve-your-typing-online-tools> for a list of the 12 best online typing tools.

[www.Codecademy.com](http://www.Codecademy.com). For advanced users interested in learning to code, eg HTML, free.

## Games....



For smart phone and tablet users, there are seemingly endless apps to download, many at no cost. You can try a variety of game apps—Scrabble, Sudoku, Dots, Card Shark Solitaire, chess, cribbage, jigsaw puzzles, word searches, anagram/word scrambles, and crosswords. There are also apps like NPR One which offers stories, podcasts, news and more, Good Reads for avid readers, and Epicurious for recipes. You can even download a magnifying glass with flashlight to help read fine print.

**Brain Games** <https://www.onlinegamesforseniors.com/>

**Mah Jongg** [www.realmahjongg.com](http://www.realmahjongg.com)



**Watch the Cincinnati Zoo livestream** of its animals on its Facebook page daily at 3PM.

<http://cincinnatizoo.org/> follow on Facebook: Cincinnati Zoo & Botanical Garden.



**Monterey Bay Aquarium** is live streaming some of its exhibits and even offers a meditation with video of its jelly fish (keep in mind time difference):

<https://www.montereybayaquarium.org/animals/live-cams>

Many of you are familiar with the **Great Courses** series taught by college professors on a variety of subjects including history, literature, science, economics, music, travel, and art. Typically purchased on DVD, you can also download the Great Courses online for a fee. Currently the company is offering 30 day free trial. <https://www.thegreatcoursesplus.com>.



*House Beautiful* magazine has an article with links to **10 historic houses** you can tour virtually: <https://www.housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtually-tour/>

## Get Creative.....

### Virtual Cooking Lessons

PlateNextDoor usually offers classes in community settings but has gone virtual! Classes are offered via zoom and preregistration is required. Some are free with an optional gratuity and others are available for a fee payable via PayPal or Square. Visit <https://www.platenextdoor.com/> and click on the Virtual link.



**Calling Crafters!** Any crafters wanting to keep busy and help at the same time – Joann fabrics have put together a tutorial on making cotton facemasks – Emerson hospital are accepting these – <https://www.emersonhospital.org/coronavirus-covid-19-resources/covid-19-help>  
For the Joann Fabrics link:



<https://www.joann.com/make-to-give-response/?icn=hpzhero&ici=make-to-give-response>

It is currently advised that everyone out and about should wear a mask when in contact with other members of the public.

### Creative Pursuits from Home

There are many web-based crafting/art classes. [www.creativebug.com](http://www.creativebug.com) has fee-based and some free online classes.

There are free apps such as Ravelry where you can search to find different knitting/crochet patterns, keep track of your yarn and track your projects.

Pinterest is an app to use on your smartphone or tablet (or use the web version). It is a visual discovery engine for finding and organizing ideas like recipes, home and style inspiration and crafting.



Search YouTube for tutorials on any subject of interest. If you find a person /channel you like, you can subscribe so you will be updated about new videos. For paper crafting, check out Paper



Guru or Pootles Papercrafts. The Crafts Channel has tutorials ranging from Easy to Make Crochet Face Scrubbies, to Eco Friendly Kitchen Towels, to Pom Pom Hedgehog. For painting tutorials try Jay Lee Painting, Kelly Eddington Watercolor, or Maria Raczynska. If wood working is your hobby, check out Steve Ramsey Woodworking for Mere Mortals.



**NEW MAY 2020 Sages & Seekers Quarantine Connection Series.** Usually an in-person program that connects older members of the community with teens to share conversation and life experiences, Sages & Seekers is offering a new virtual program. Past Sages or any other elders interested in connecting with Seekers using FaceTime, Skype or by telephone, please send the following information to: [info@sagesandseekers.org](mailto:info@sagesandseekers.org)

1 - **your name**

2 - **your contact preference:** Skype, FaceTime, or standard phone call

3 - **your time zone**

S&S will then send you detailed information on the three Pop-Up Programs to choose from.

### **NEW MAY 2020**

Here are some “**phone only**” options. All need access to the internet to selected and register. Perhaps you could help a friend or neighbor...

**DOROT’s University Without Walls** program offers hundreds of classes, appealing to a wide range of interests – all available over the telephone. For more information or to enroll, call (877) 819-9147 or email at [uww@dorotusa.org](mailto:uww@dorotusa.org). <https://www.dorotusa.org/our-programs/at-home/university-without-walls>. Programs are available in English and Russian.

**Covia Well Connected** is a telephone and online community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value feeling connected. You do need access to the internet to download the catalog, but the programming is all delivered via telephone. <https://covia.org/services/well-connected/> (877) 797-7299.

**With Mather Lifeways Telephone Topics**, you simply call a toll-free number to listen to a wide range of interesting discussions and programs. You can choose from wellness programs, **education programs**, discussion topics, **music reviews**, live performances. You do need access to the internet to view the choices and register. <https://www.mather.com/neighborhood-programs/telephone-topics> (888) 600-2560.

