Acton Senior Bulletin

March 2017

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm.
Telephone: 978-929-6652. Email: seniorcenter@acton-ma.gov. Visit the COA website at www.actoncoa.com.
Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Spring Exercise Forms are due by 4:00PM on Friday, March 17th.
Registration for all NEW programs begins in person or by phone on Monday, March 6th at 1:00.
Seniors from out-of-town may register for programs beginning on Monday, March 13th.

► Life/Death/Life: The Three Part Challenge for Those Grieving facilitated by Allie Kussin

Thursdays, March 23rd, 30th, April 6th, 13th, 20th and 27th, 1:00-2:30

This unique 6-week support group will address the major challenges and transitions needed to deal with the struggles surrounding the loss of a loved one. Topics will include healthy grieving and self-care; second thoughts and did I do enough; and opening up about the death experience in a way to prepare oneself for the future. While Allie is formally retired, she continues to work in the field of grief. Allie will share from her own experience and that of working with those in bereavement, to give a unique perspective on how grief affects all aspects of a person's life: physical, emotional, mental, relational and spiritual. *Allie is president of the Umbrella Community Arts Center in Concord and is an artist and speaker. She maintained a private practice for over 20 years and runs local support groups.* (Funded in part by a grant awarded to MCOA by Executive Office of Elder Affairs.)

► An Old-Fashioned Quilting Bee

Monday, March 27th, 12:30-3:30

In the mid-19th century the quilting bee provided a social space for women to gather and gossip while they simultaneously expressed their artistic capabilities. Our Quilting Bee will be an opportunity for our community to come together to finish hand sewing a quilt. This quilt top was made by Barbara Cowley who was a beloved member of the Acton Community and a well-known quilter. You do not need to know how to quilt or even how to sew! Come for the conversation and maybe add a few stitches. Stay for a few minutes or for the whole session. Light refreshments will be served.

► Tips for De-Cluttering with Marie LeBlanc

Tuesday, March 28th, 12:30-2:00

Are you tired of looking at piles of accumulated possessions you no longer use? Looking to reclaim space in your home and enjoy living in a de-cluttered space? Stressed at the prospect of a future down-sizing move? Learn some useful tips that have been proven to reduce the stress of the decision making as well as actions required to de-clutter your space and your life. *Marie LeBlanc, Owner and President of Transitions Liquidation Services, has been in the transitions and move management business for over 15 years. TLS is a member of the National Association of Senior Move Managers, the National Aging Life Care Association (formerly the Professional Geriatric Managers) and the Women's Council of Realtors.*

Index	Page
Around Town	10
Calendar	11
Classes	9
Clinics	9
Dining	5
Exercise Descriptions	3-4
Exercise Forms	7-8
Health News	9
Ongoing Activities	6
Program Highlights	2
Senior Cinema	5
Support Services	10

Director's Corner *– Each month the COA mails out over 2,000 newsletters to Acton seniors. If you would prefer to receive your newsletter electronically, pick it up at the COA or not receive it at all please notify us. I do not have much news to report in regards to the new Senior Center. We are awaiting construction to begin on the kitchen and hope to be moving sometime mid to late spring. I'll be sure to let you know as soon as I know!*
Sharon, COA Director

UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS…….…….…....….....…….. MONDAY, MARCH 6th at 1:00

► A Ferocious Tenacity: The Saga of Ireland Presentation

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

Celebrate St. Patrick's Day with this rousing look at the trials and triumphs of Irish history with historian Paolo DiGregorio. A story of warriors and priests, poets and politicians, Irish history is a colorful, tumultuous tapestry that has left a lasting legacy. This lecture will be accompanied by an array of historical images. *Paolo DiGregorio is a historian, archaeologist and educator with a passion for telling stories of our past. He is a Visiting Lecturer in the History Department at Bridgewater State University and an instructor in the Anthropology Department at Wheaton College.*

► Navigating the Circle of Life: Part 2

Tuesday, March 14th, 12:30-2:00

Paul Kampas returns as a follow-up to his popular January program. Life has inevitable losses and suffering. Paul will discuss how setbacks can be viewed as the natural cycle of endings and also beginnings. In this program, the focus will be on attitude, self-talk, attachment, and opportunities for renewal. You need not have attended the first program to join us! There will be a quick review of previous lecture. *Paul has written for Harvard Business Review and MIT Sloan management Review and is coauthor of a book on the rise and fall of Digital Equipment Corp. For more information visit www.kampasresarch.com.*

►Trivia Contest with Acton resident Peter Duran

Wednesday, March 15th, 12:30-2:00

This is a re-scheduled date from the February contest that was snowed out. Only call to sign up if you didn't do so for the original date. Trivia a great way to flex your brain muscles, trigger 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 rather than the top scoring team. When you call to sign up, please mention if you'd like to be on a specific team, otherwise you'll be randomly assigned. Call the COA office to cancel if you find you can no longer attend.

► Ask the Assessor

Friday, March 17th, 10:00-12:00, appointments scheduled every 15 minutes

A representative from Assessor's office will be here to meet with you privately. They can answer questions you have about your tax bill and inform you about the various tax assistance programs that Acton has available to you.

► Suicide Prevention: Talk Saves Lives

Tuesday, March 21st 12:30-1:30

Talk Saves Lives is a community-based presentation from the *American Foundation for Suicide Prevention* that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. You will learn the risk and warning signs of suicide, and how together as a community, we can help prevent it. Shamera Simpson, Eastern Massachusetts Area Director at AFSP, presents. There will be time for questions and answers.

► Aging Backwards for the Spine, Brain, and Body! presented by Dr. Deborah Diamond, D.C.

Tuesday, April 4th, 12:30-1:30

Learn how the spine can be restored to a more youthful state of flexibility and upright posture, and the positive impact this can have on your brain and overall health. Dr. Deborah has been in chiropractic practice for over 20 years and specializes in a non-forceful, Light-Touch technique that is deeply relaxing, stress reducing and 100% safe for people of all ages, including seniors. She is also a TED Talks speaker and wellness educator and loves sharing her passion for natural healing with others!

► Disability/Handicapped Placards and Plates Presentation

Wednesday, April 5th, 11:00-12:00

Michele Ellicks of the MassDOT/Registry of Motor Vehicles will discuss how to obtain a disability/handicapped placard or plate and the laws governing them. The state changed the placard/plate application and some of the laws, so whether you already have a placard or are interested in obtaining one, get the latest info from Michele.

► Indicates that you must register in advance!

EXERCISE

REGISTRATION FORMS DUE BY……...……FRIDAY, MARCH 17th at 4:00PM

The winter session of exercise classes ends the week of March 27th, with the exception of Thursday Chair Exercise which ends March 23rd.

Registration for the spring exercise classes will be done by lottery; see enclosed form. Classes will continue until the dates listed in each description or until we move to the new Senior Center space, whichever comes first.

- Lottery forms are due by 4 p.m. on Friday, March 17th. You may drop your form off at the Senior Center at 50 Audubon Drive or mail to the Council on Aging, 472 Main Street.
- Class lists will be posted at 12 noon on Friday, March 24th in the Senior Center lobby and at www.actoncoa.com. If those options aren't convenient, call the COA office at 978-929-6652 after that time. **COA staff does not call individuals to confirm class placement.**
- You will automatically be placed on a waitlist if a class you select is full and will receive a phone call when there is an opening.
- If you are going to miss three weeks or more of an exercise class, call the office so we may offer your spot to someone on the waiting list. Call when you are ready to return regarding availability.
- Lottery forms are for Acton residents only. If you are from out-of-town, call the COA beginning Tuesday, March 28th to inquire about availability.
- Check with your doctor before starting any exercise program and remember to wear loose, comfortable clothing and bring water.

► Active Aging with Terri Zaborowski

****Sign up for each day separately****

Mondays, April 3rd through June 19th, 8:30-9:30 (No class April 17th and May 29th)

Tuesdays, April 4th through June 20th, 9:45-10:45

Thursdays, April 6th through June 22nd, 9:45-10:45

This class offers all the same muscle toning and strengthening benefits of the Senior Fitness class, with the option to participate for the last 10-15 minutes of class for an aerobic segment. Designed to help seniors maintain their cardiovascular health, strength and flexibility. All strength training can be done standing or seated. *Terri has been teaching fitness classes for the COA for 15 years. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*

► Tai Chi with Linda Sango

Tuesdays, April 4th through June 20th, 11:00-12:00

This Tai Chi class is open to all levels of participants. WuXing-style Tai Chi is a modern re-examination of classical Tai Chi. Linda Sango studies under Jeff Coté 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 14 years and has been teaching classes to seniors for 5 years. Linda also practices Asian Bodywork Therapy in the discipline of Tuina.*

► Total Body Workout with Nancy Webber

Fridays, April 7th through May 12th, 11:00-11:55

Join Nancy Webber, as she shares *On the Move* exercises that are based on the Duke University research for Healing Moves for Health and Fitness. The class includes fun, creative exercises to improve posture, balance, strength and flexibility. Nancy utilizes classical and contemporary music to inspire this full body workout. Open to all levels of fitness; all shapes and sizes are welcome. No floor work. A $10 donation for the series is suggested, per grant guidelines from the Executive Office of Elder Affairs, which is funding this program. *Nancy Webber is a veteran exercise instructor and American Council on Exercise personal trainer. She has taught Aging Backwards and On the Move fitness classes for the COA.*

► Indicates that you must register in advance!

EXERCISE - continued

REGISTRATION FORMS DUE BY……...……FRIDAY, MARCH 17th at 4:00PM

► Yoga Class with Patsy Brightman

Wednesdays, April 19th through June 21st, 10:45-12:00 (No class on April 5th and 12tht)

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 water and a yoga mat to each class. A $10 donation for the series is suggested, per grant guidelines from the Executive Office of Elder Affairs, which is funding this program. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*

► Senior Fitness with Terri Zaborowski

****Sign up for each day separately****

Tuesdays, April 4th through June 20th, 8:30-9:30
Tuesdays, April 4th through June 20th, 3:45-4:45
Wednesdays, April 5th through June 21st, 8:30-9:30
Thursdays, April 6th through June 22nd, 8:30-9:30
Fridays, April 7th through June 23rd, 8:30-9:30

Start with a stretch and warm-up followed by a lively 20 minute aerobic routine, 5 minute cool down and 30 minutes of muscle toning and strengthening using hand weights. No floor work. Weights are available at the Center or bring your own.

► Gentle Chair Exercises with Health and Wellness Coordinator Liz Paley

Wednesdays, April 5th through June 21st, 10:00-10:30, meets in living room
Thursdays, April 6th through June 22nd, 11:00-11:30, meets in dining room

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.

► Stretch and Flex with Terri Zaborowski

Tuesdays, April 4th through June 20th, 2:30-3:30

Designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both provided by the COA). No floor work.

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

Thursdays, April 6th through June 23rd, 11:00-12:00

Open to continuing Taoist Tai Chi students. Wear loose comfortable clothing and footwear with a smooth tread.

► NouVon Fitness with Yvonne Benelli

Fridays, April 7th through June 23rd, 10:00-10:50 (No class on April 14th and 21st)

This brand new (Nouveau) exercise class is designed by and taught by Yvonne (Von) Benelli, who is changing things up from the Zumba™ class she has been teaching. Designed for ALL fitness levels, this class is done sitting and standing, with no floor work. Strengthen your muscles, build your muscle endurance, improve your posture, strengthen and balance your core (primarily abs and back), improve your balance and stability, and improve your heart and lungs as you begin class with some movement and dance and end class with a nice stretch and relaxation. Yvonne will guide you to exercise at your own pace and modify as needed. All you need to bring is a positive attitude (and some water to stay hydrated)! Exercise equipment is provided. This class is funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations--a $10 donation for the entire series is suggested. *Yvonne holds an MS in Clinical Exercise Physiology, a BS in Physical Education and has been teaching various fitness classes and American Red Cross CPR/First Aid for over 35 years.*

► Indicates that you must register in advance!

Durable Medical Equipment for Loan: The COA has a variety of items such as canes, walkers and tub benches to loan. Call Linda weekday afternoons at 978-929-6652. Please allow her a couple of days to gather the equipment. If you have equipment in good condition that you would like to donate please call the COA.

DINING OPPORTUNITIES

REGISTRATION BEGINS…….…….…....….....…….. MONDAY, MARCH 6th at 1:00

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

► Monthly Breakfast

Friday, March 17th, 9:00

Join us for a warm, plentiful breakfast! Typically French toast, eggs, fruit, bacon and sausages are served, but chef Veteran Services Officer James MacRae sometimes has a surprise in store. Cost is $3.00. Acton residents only.

► Benchmark Senior Living/Robbins Brook Luncheon

Tuesday, March 21st, 11:45

Enjoy baked haddock, roasted potatoes, vegetables, salad and pie for lunch. Sign up at the COA office. A $3 donation is requested. This luncheon is sponsored by Minuteman Senior Services served at the Senior Center.

► Acton Lions Club Annual New England Boiled Dinner

Sunday, March 19th, 1:00-2:30

Everyone's Irish on St. Patrick's Day! Don't miss the Lions Club's Annual St. Patrick's Day luncheon at the

Senior Center. A traditional New England boiled dinner will be served free of charge to Acton and Boxborough seniors, followed by entertainment which is typically Irish step dancers. Parking is limited, so please carpool or request a ride from a Lions Club volunteer when you register. Thank you to the Lions Club for providing great food, camaraderie and entertainment again this year!

► Town Employee Prepared Lunch

Tuesday, March 28th, 11:45

The Fire department will be serving pizza, salad and dessert. Please sign up with the COA office. A $3 donation is requested. Acton residents only.

Please sign up with Joy in the Dining Room (978-263-5053) for the following meals:

► **Minuteman Lunches** are served M-F at 11:45. Voluntary donation is $2. Call 978-263-5053 by 10:30 the day before. *Minutemen Senior Services meals are open to all residents who live in Minuteman communities.*

Birthday Lunch: ***Wednesday, March 8th, 11:45*** Free to those celebrating a birthday. Others $2.

► March For Meals Soup Fundraiser

Thursday, March 9th, 11:45

Enjoy a sampling of three varieties of Joy's homemade soups, as well as salad, bread and dessert. Your $5 donation will help support Minuteman Senior Service's effort to stamp out senior hunger. Sign up by March 7th. March is also the annual Coin Drive, so bring your loose change to lunch or anytime to help MMSS prevent senior hunger.

► Indicates that you must register in advance!

SENIOR CINEMA

March 3rd, 12:30-2:30 ***Florence Foster Jenkins*** (2016, PG-13) The true story of Florence Foster Jenkins, a New York heiress who dreamed of becoming an opera singer and performed at Carnegie Hall, despite having a terrible singing voice. Stars Meryl Streep and Hugh Grant.

March 17th, 12:30-2:15 ***The Secret of Roan Inish*** (1994, PG) When a young girl learns how her ancestors came to leave Roan Inish, the island of the seals, she discovers there may be magic afoot in her family tree. This Celtic fairy tale includes breathtaking images of Ireland's coastline.

March 31st, 12:30-2:15 ***Big Eyes*** (2014, PG-13) Biopic tells the story of Margaret Keane, the American painter who came to prominence in the 1950s and was known for her pop art paintings that featured children with large doe eyes. Amy Adams and Christoph Waltz co-star.

ONGOING ACTIVITIES

The programs listed below began in a prior month but may still have openings. Please call the Office to inquire about them if this symbol ► is to the left of the title. Otherwise you may just join the program.

► AARP Free Tax Preparation (Call now, registration is open although limited spots available.)
Thursday, March 2nd, 12:30-4:30 ***Monday, March 20th, 12:30-4:30***
Thursday, March 16th, 12:30-4:30 ***Friday, March 24th, 12:30-4:30***
AARP and the IRS are sponsoring free tax preparation for low and moderate income taxpayers *whose income is less than $86,000 per household*. Call 978-929-6652 for an appointment. The Memorial Library also has appointments and they can be scheduled by calling 978-760-9146.

Genealogy Group ***Friday, March 10th, 1:00-2:30***
Whether you are new to genealogy or have been researching for years, come discuss your research, seek advice or simply share your passion for family history with like-minded people in this facilitated group.

"The Bookies" COA Book Club ***Monday, March 20th, 1:00-2:00***
There's nothing like having a lively group discussion to enrich the experience of reading a good book! Call the COA at 978-929-6652 for this month's book title, which wasn't available at press time. Copies of the book are typically available at the Acton Memorial Library (978-929-6655) and the Citizen's Library (978-929-6654).

Chess Club led by Ken LeBow ***Thursdays, 2:00-4:15***
For players with some experience to get together for games. You only need to know the basics to play.

► Watercolor Workshop (Class is full. Call about waitlist.) ***Mondays, through March 27th, 10:00-11:30***

Drop-in Mah Jongg ***Fridays, 1:00-3:00***
For people who at least know the basics of the American version of Mah Jongg. Experienced players are usually on hand if you need a rules refresher, but this is not Mah Jongg lessons If you have a Mah Jongg set, bring it along.

Needle Arts - ***Wednesdays, 12:30-2:15*** **-** This group is open to anyone interested in sewing, knitting, crocheting. (No Needle Arts on Wednesday, March 8th)

Drop-In Guided Meditation with Health and Wellness Coordinator Liz Paley
Thursdays, March 9th and 23rd, 2:30-3:15
Meditation is the practice of mindfulness. Mindfulness means paying attention in a particular way; on purpose, in the present moment and nonjudgmentally. It has been linked to improved physical and mental health. Join Liz for some gentle stretching exercises and guided meditation practice. No experience necessary!

Computer Club - ***Wed., March 8th and 22nd, 1:30-3:00*** **-** Meetings may be self-directed or may have a leader.

Health Talk with Linda Cullen of Acton Nursing Services
Tuesday, March 28th, 11:00-11:30, dining room
The topic for the March health discussion will be abdominal discomfort and some of the medical/surgical conditions that may cause discomfort.

► Minuteman SHINE (Serving the Health Insurance Needs of Everyone) ***Mondays, 1:00-4:00***
A SHINE counselor is available for health care information. Call the office at 978-929-6652 for an appointment.

Drop-In Bridge ***Mondays, 9:30-11:30 and Wednesdays, 2:30-4:30*** (No Bridge on Wed., March 8th)
Both days have people with a variety of skill levels but playing experience is needed.

Drop-In Art - ***Mondays and Wednesdays, 9:30-11:00***

► Indicates that you must register in advance!

Daylight Savings Time / File of Life / Smoke Alarm Check and Replacement - Remember to set your clock ahead 1 hour before you go to bed on Saturday, March 11th! It's also a great time to update your File of Life information. Cards are available at the COA Office. And don't forget to change the batteries in your smoke alarms. The Fire Department will visit senior's homes to check your smoke detectors and install new ones if needed. Call the COA at 978-929-6652 to schedule a visit.

Acton COA Exercise Registration Lottery Form – Spring 2017

Name: _____

Phone: _____

- This form is for Acton seniors (60+) only. You may enroll in a maximum of 3 exercise classes.
- **Please only sign up for a class if you plan on attending it.** If there's a class you'd like as a back-up choice, indicate that in the comments section of the lottery form.
- **Number your choice(s) with 1, 2 & 3 in the order of preference.**
- One form per person. Spouses need to fill out separate forms.

	CLASS	DAY/TIME
	Active Aging	Mondays, 8:30
	Senior Fitness	Tuesdays, 8:30
	Active Aging	Tuesdays, 9:45
	Tai Chi	Tuesdays, 11:00
	Stretch & Flex	Tuesdays, 2:30
	Senior Fitness	Tuesdays, 3:45
	Senior Fitness	Wednesdays, 8:30
	Chair Exercise	Wednesdays, 10:00
	Yoga	Wednesdays, 10:45
	Senior Fitness	Thursdays, 8:30
	Active Aging	Thursdays, 9:45
	Chair Exercise	Thursdays, 11:00
	Tai Chi	Thursdays, 11:00
	Senior Fitness	Fridays, 8:30
	NouVon Fitness	Fridays, 10:00
	Total Body Workout	Fridays, 11:00

Registration forms must be received at the COA office (50 Audubon Dr.) by 4:00 on **Friday, March 17th**. The class lists will be posted on the COA website (actoncoa.com) and in the lobby of the Senior Center at 12:00 Noon on Friday, March 24th.

Please use this space, if needed, for class selection comments:

_____

_____

_____

See the other side for more information.

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	Chair Exercise	Wednesdays, 10:00
	Yoga	Wednesdays, 10:45
	Senior Fitness	Thursdays, 8:30
	Active Aging	Thursdays, 9:45
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See the other side for more information.

- Exercise class descriptions can be viewed on the COA website: www.actoncoa.com as well as in this newsletter. Please call the COA office for more information at 978-929-6652.

- Registration forms received by the deadline will be drawn first for the lottery. Any form received after the deadline will be drawn after the initial drawing is complete.

- If you wish to mail your form, mail it to: Acton COA, 472 Main St., Acton, MA 01720. It must arrive by March 17th at 4:00.

- Some classes never have waitlists or have very short ones. The majority of people get into their choice(s), or find an alternative, especially if you are flexible about those choices.

- Tip: The Tuesday through Friday classes that begin before 10 a.m. are historically the most difficult to get into, so trying something different will increase your chances of getting into classes.

- You will automatically be placed on the waitlist if a class is full.

- If you don't get into a class you wanted, please look at the list of open classes on the front lobby bulletin board to see if any of those might work for you, and stop by the office to sign up.

- Most spring exercise classes begin the week of April 3rd. Be sure to check your class description to confirm its start date.

- Out-of-town seniors may call about availability beginning 3/28.

- If you have questions or need help completing the registration form, please see Chris or Judy in the COA office before the deadline. Phone us at 978-929-6652. We want to make this process as easy as possible and are happy to help you if needed.

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CLASSES

REGISTRATION BEGINS…….…….…....….....…….. MONDAY, MARCH 6th at 1:00

► Computer Skills Class: Learn, Advance, and/or Brush up on Email and Facebook

Mondays, March 13th, 27th and April 3rd and 10th, 2:00-2:45 *Basic computer knowledge recommended.*

► Scarf Painting

Thursday, March 9th, 12:30-1:30

Let your creative side shine through! Join Karen Halloran, Community Liaison at CareOne at Concord, for a silk scarf painting class. You will leave with a lovely scarf for yourself or a gift for a friend. No experience necessary and all materials included.

► Beginner Chess Class

Thursdays, March 23rd through May 25th, 1:00-2:00

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. *Prior to living in Acton, Ken started a chess club and lessons for seniors in a Philadelphia suburb. He has played chess for over 50 years and has had several games published in the Boston Globe and New York Times, although he is quick to mention that all except one were losses!*

► Intermediate Chess Class

Thursdays, March 23rd through May 25th, 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.

► One-Stroke Decorative Painting with Alev Bowen

Fridays, March 3rd, 10th, 24th, 31st, and April 7th, 9:30-11:00

One-stroke decorative painting follows a particular system--no drawing or painting experience required! New students will learn how to load the brush, how to use different size brushes, and work on some basic strokes, painting leaves and simple flowers. People with experience will work on more advanced projects. A supply list of what you need to bring is available in the COA office. *Alev Bowen is a certified one-stroke painting instructor.*

► Indicates that you must register in advance!

HEALTH NEWS - Support Groups

Decluttering Support Group

14 weeks beginning Wednesday, March 15th, 1:30-3:30, 26 Crosby Dr., Bedford, Minuteman Senior Services
For more information and to register call Susan at 781-221-7052

Hearts, Hugs & Hope: An Alzheimer's Support Group

Second Wednesday of each month, 6:00PM, Concord Park, 68 Commonwealth Ave., Concord
For information and to RSVP call 978-369-4728.

Emerson Hospital Adult Grief Support

Mondays, 6:00-7:30 p.m., Donaldson Conference Room, 1st floor of John Cummings
For more information or to register call 855-774-5100 or email grief@CareDimensions.org

CLINICS

Podiatry Clinic – *March 9th and 23rd*

Offered by the Nursing Services in Town Hall. *The fee is now $35.* There is a $20 fee for not showing up for an appointment if it is not cancelled at least 24 hours ahead of time. Call 978-929-6650 to schedule an appointment.

Blood Pressure & Wellness Clinic *Tuesdays, March 14th and 28th, 9:00-11:00*

A registered nurse from the Acton Nursing Services will check blood pressure, pulse, weight, and discuss medication, nutritional or health related questions. No appointment necessary.

SUPPORT SERVICES

We are available to help you find resources in the community to address many concerns related to aging. Call Bev Hutchings, Senior Services Coordinator, at 978-929-6652 for a confidential chat.

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. Contact Bev Hutchings, Senior Services Coordinator at 978-929-6652 for more information or to set up an appointment.

Food Pantries and Community Suppers: Call for a list of local area suppers and pantries. The **Acton Food Pantry –** 235 Summer Rd., Boxborough, is open Wednesdays 10:00am-7:00pm but is closed on the 4th Wednesday of every month. Registration (ID and bill with your name/address) is required on your first visit.

Veterans' Services Appointments: Veterans or surviving spouses needing help with benefits or resources should contact Veterans' Service Officer James MacRae at 978-929-6614 or email vso@acton-ma.gov to schedule an appointment. You can also call Bev Hutchings at 978-929-6652 for information.

Friendly Visitors: Volunteers visit seniors at home for about an hour each week. If you are interested in becoming a visitor or know someone who would enjoy visits, call Bev at the COA at 978-929-6652.

SNAP – Supplemental Nutrition Assistance Program offers low-income seniors food assistance. Call Project Bread at 1-800-645-8333, M-F, 8:00-5:00 or visit www.mass.gov/dta.

AROUND TOWN…AND BEYOND

Memorial Library

Adult Programs: **Massacre on the Merrimack** Saturday, March 4, 1:30 p.m.
Wicked Pissed: New England's Most Famous Feuds Thursday, March 30, 7 p.m.
Intro to Facebook Wednesday, March 8, 3:30 p.m.
Free Websites for Computer Tips & Tricks Tuesday, March 14, 3:00 p.m.
Facebook on the Go Wednesday, March 22, 3:30 p.m
Buy and Sell on Craigslist Wednesday, March 29, 7 p.m. Registration required at 978 929-6543
Book Discussion - Tuesday, March 21, at 7:30 p.m. *Man's Search for Meaning* by Viktor Frankl.

Mt. Calvary Community Supper at 472 Mass Ave.
Every Wednesday, 5:00-6:00 p.m. Free. Everyone welcome. Call 978-263-5156 for info.

What Does the Senior Center Mean to You? The COA Staff is looking for a few choice words from you for a project we're working on. Please take a moment and let us know *in ONE word* what the Senior Center means to you. There are slips of paper in the living room along with a box to put them in or you can add your word to the paper on the dining room wall. You can also email your word to jpeters@acton-ma.gov. Thanks for the help!

Handyman Program helps seniors with small repairs and simple household jobs. Volunteer handymen glue chair legs, replace light bulbs, flip mattresses, help with computer/DVD issues and more. This is not an emergency service. Please plan ahead for jobs to be done. Call the COA at 978-929-6652 to make a request.

Art Exhibit – During the month of March we are delighted to present the work of students from the COA Watercolor Workshop, run by popular local artist Joyce McJilton Dwyer. The group meets at the Senior Center and welcomes painters from the beginner to the more experienced. All are welcome to attend a reception on Friday the 31st from 3:00 to 4:30. Light refreshments will be served. For other viewing times check with the office.

to the Land Use Department for our delicious February lunch!
to the Third Graders at Conant School for the Valentine's day cards and cookies

March Mon	Tue	Wed	Thu	Fri **2017**
		1 8:30-9:30 Senior Fitness 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 12:30-2:15 Needle Arts 2:30-4:30 Drop-in Bridge	**2** 8:30-9:30 Senior Fitness 9:45-10:45 Active Aging 11:00-12:00 Senior Tai Chi 11:00-11:30 Chair Exercise 12:30-4:30 Tax Appointments 1:00/2:00 Chess Lessons 2:00-4:15 Chess Club	**3** 8:30-9:30 Senior Fitness 9:30-11:00 One Stroke Painting 10:00-10:50 NouVon Fitness 11:00-11:55 Total Body Workout 12:30-2:30 Movie 1:00-3:00 Mah Jongg
6 8:30-9:30 Active Aging 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 10:00-11:30 Watercolor 1:00 Program Registration Begins 3:00 COA Board Mtg	**7** 8:30-9:30 Senior Fitness 9:45-10:45 Active Aging 11:00-12:00 Tai Chi 2:30-3:30 Stretch & Flex 3:45-4:45 Senior Fitness	**8** 8:30-9:30 Senior Fitness 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 11:45 Birthday Lunch 1:30-3:00 Computer Club	**9** 8:30-9:30 Senior Fitness 9:45-10:45 Active Aging 11:00-11:30 Chair Exercise 11:00-12:00 Tai Chi 11:45 MMSS Soup Fundraiser 12:30-1:30 Scarf Painting 1:00/2:00 Chess Lessons 2:00-4:15 Chess Club 2:30-3:15 Drop-in Meditation	**10** 8:30-9:30 Senior Fitness 9:30-11:00 One Stroke Painting 10:00-10:50 NouVon Fitness 11:00-11:55 Total Body Workout 1:00-2:30 Genealogy 1:00-3:00 Mah Jongg
13 8:30-9:30 Active Aging 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 10:00-11:30 Watercolor 12:30 Friends of the COA Mtg 1:00-2:00 Ireland Presentation 1:00-4:00 SHINE 2:00-2:45 Computer Skills Class	**14** 8:30-9:30 Senior Fitness 9:00-11:00 Wellness Clinic/BP 9:45-10:45 Active Aging 11:00-12:00 Tai Chi 12:30-2:00 Circle of Life Pt. 2 2:30-3:30 Stretch & Flex 3:45-4:45 Senior Fitness	**15** 8:30-9:30 Senior Fitness 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:00 Trivia Contest 12:30-2:15 Needle Arts 2:30-4:30 Drop-in Bridge	**16** 8:30-9:30 Senior Fitness 9:45-10:45 Active Aging 11:00-11:30 Chair Exercise 11:00-12:00 Tai Chi 12:30-4:30 Tax Appointments 1:00/2:00 Chess Lessons - Last 2:00-4:15 Chess Club	**17** 8:30-9:30 Senior Fitness 9:00 Monthly Breakfast 10:00-10:50 NouVon Fitness 10:00-12:00 Ask the Assessor Appts. 11:00-11:55 Total Body Workout 12:30-2:15 Movie 1:00-3:00 Mah Jongg 4:00 Exercise Form Deadline
19 1:00-2:30 St. Patrick's Day Lunch **20** 8:30-9:30 Active Aging 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 10:00-11:30 Watercolor 12:30-4:30 Tax Appointments 1:00-2:00 Book Group 1:00-4:00 SHINE	**21** 8:30-9:30 Senior Fitness 9:45-10:45 Active Aging 11:00-12:00 Tai Chi 11:45 Benchmark/RB Lunch 12:30-1:30 Suicide Prevention 2:30-3:30 Stretch & Flex 3:45-4:45 Senior Fitness	**22** 8:30-9:30 Senior Fitness 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:15 Needle Arts 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	**23** 8:30-9:30 Senior Fitness 9:45-10:45 Active Aging 11:00-11:30 Chair Exercise - last 11:00-12:00 Senior Tai Chi 1:00-2:30 Grieving Support Group 1:00/2:00 Chess Lessons -begin 2:00-4:15 Chess Club 2:30-3:15 Drop-in Meditation	**24** 8:30-9:30 Senior Fitness 9:30-11:00 One Stroke Painting 10:00-10:50 NouVon Fitness 11:00-11:55 Total Body Workout 12:00 Exercise Class Lists Posted 12:30-4:30 Tax Appointments 1:00-3:00 Mah Jongg
27 8:30-9:30 Active Aging - last 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 10:00-11:30 Watercolor - last 12:30-3:30 Quilting Bee 1:00-4:00 SHINE 2:00-2:45 Computer Skills Class	**28** 8:30-9:30 Senior Fitness - last 9:00-11:00 Wellness Clinic/BP 9:45-10:45 Active Aging - last 11:00-11:30 Nursing Talk 11:00-12:00 Tai Chi - last 11;45 Town Employee Lunch 12:30-2:00 Decluttering Talk 2:30-3:30 Stretch & Flex - last 3:45-4:45 Senior Fitness - last Newsletters Mailed	**29** 8:30-9:30 Senior Fitness - last 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise - last 10:45-12:00 Yoga - last 12:30-2:15 Needle Arts 2:30-4:30 Drop-in Bridge	**30** 8:30-9:30 Senior Fitness - last 9:45-10:45 Active Aging - last 11:00-12:00 Senior Tai Chi - last 1:00-2:30 Grieving Support Group 1:00/2:00 Chess Lessons 2:00-4:15 Chess Club 3:30-4:30 Art Reception	**31** 8:30-9:30 Senior Fitness - last 9:30-11:00 One Stroke Painting 10:00-10:50 NouVon Fitness - last 11:00-11:55 Total Body Workout - last 12:30-2:15 Movie 1:00-3:00 Mah Jongg

Friends Funded Activities

This month the following activities have been partially or fully funded by the Friends of the Acton COA: *Watercolor Studio, Tai Chi with Linda Sango, Senior Taoist Tai Chi, Birthday Lunch, The Saga of Ireland, One Stroke Decorative Painting, and Senior Cinema.* The Friends greatly appreciate your donations which help support programs at the Senior Center. If you wish to donate, pick up a form at the Center or print it from the Friends page at actoncoa.com.

COA Board

A Reminder from the Council On Aging Board: You may qualify for a Senior Tax Exemption! The Assessor's Office will help you fill out the forms, but the deadline is April 1st, so call them today at 978-929-6621 or schedule an appointment when they are at the Senior Center on March 17th. See page 2 for info.

Feedback Wanted about Drop-in Groups - Short surveys were recently given to drop-in groups to gather preferences for days and times to meet and the ideal space/furnishings to be used when we relocate to the new Senior Center. The groups surveyed were: Art, Mah Jongg, Chess Club, Computer Club, Book Club, Genealogy, Needle Arts, and Bridge. If you have not participated in these groups recently but would like to offer feedback, contact Chris Chirokas at cchirokas@acton-ma.gov or 978-929-6652.

Acton Citizens Police Academy

Thursdays, April 6th to May 25th, 3:00-5:00PM

It's a great opportunity to find out what your Police Department and dispatch center does on a daily basis. Topics will include a tour of the facility, history and structure of the police department, patrol procedures, drugs, traffic enforcement, use of force, domestic violence, mental health issues, criminal investigations, juveniles and restorative justice, prosecution and criminal law, dispatch operations and more. Classes will be taught by officers specializing in each of the subject areas giving participants the opportunity to meet many members of the Acton Police Department. For more information call Rich Burrows at 978-929-7512 or email rburrows@acton-ma.gov.

Get Your Newsletter by Email - Why wait for the mail to get your newsletter? Get it early and in color! For more information or to switch to the email list, call Judy at 978-929-6652 or email jpeters@acton-ma.gov.

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Judy Peters, Office Manager
Chris Chirokas, Program Coordinator
Bev Hutchings, Senior Services Coordinator
Liz Paley, Health and Wellness Coordinator
Linda Dallimore, Staff Assistant
Terri Zaborowski, Exercise Instructor

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Jacquie Friedman
Michelle Holmberg
Marion Maxwell, Vice Chair
Alma Sandman

Acton COA Board will meet on March 6th at 3:00.
Friends of the Acton COA will meet in March 13th at 12:30.