



Acton Senior Bulletin



November 2017

The COA Office/Senior Center at 30 Sudbury Road Rear, 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, 30 Sudbury Rd. Rear, Acton, MA 01720

Registration for NEW programs begins in person or by phone on Monday, November 6th at 1:00.

When you see this “▶” in the newsletter it means you must register in advance.

Barbra Streisand—Hello Gorgeous! Multimedia Presentation

Tuesday, November 14th, 1:00-2:00

Open to out-of-town seniors for \$5 fee

Bruce Hambro’s lecture and musical presentation follows the career of the one-of-a-kind Barbra Streisand, the best-selling female recording artist of all time who has won every imaginable show business award. This program covers her unlikely and glorious rise to fame—from her stressful childhood living in an over-crowded Brooklyn apartment—to the giddy heights of an historic and legendary show business career. In this audio-visual lecture, the audience will hear many of Barbra’s signature songs and see hundreds of images as well as video clips from concerts, TV shows and movies. *Bruce Hambro is a student of the American entertainment business and a lifelong fan and devotee of popular music and motion pictures. He combines his varied experiences in acting and public speaking with his stint as a public school history teacher as well as a manager and booking agent in the music business. His previous programs on Frank Sinatra, Dean Martin and Bing Crosby were very well received.*

▶ Women Growing Older: Our Bodies Ourselves

Open to out-of-town seniors for \$5 fee

Thursday, November 30th, 1:00-2:00

With increased longevity women over 60 have new needs, norms, challenges and opportunities. Explore some of the aspects that affect women's health, social, emotional and sexual well-being. Together we can embrace aging and change the aging paradigm. *Joan Ditzion, LICSW, is an original founder of the Boston Women’s Health Book Collective and co-author of all nine editions of “Our Bodies, Ourselves.” She is a geriatric social worker who was awarded the Knee Wittman Lifetime Achievement Award from the National Assoc. of Social Workers Foundation.*

The Gym is Open! - Thanks to a great group of volunteers the Senior Center Gym will be open beginning Monday, November 13th. The gym hours and other information are on page 10. In order to use the gym Acton seniors must be trained on the proper and safe use of the equipment. Please call or stop by the Reception Desk to inquire about upcoming equipment training sessions.

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

Director’s Corner – *The past few months have been a whirlwind! We love our new Center and are seeing lots of new faces come through the doors. Thank you to everyone who helped make the Open House such a success. We could not have done it without the Council on Aging Board, the Friends group and our volunteers. I am thankful to the amazing COA staff who have gone above and beyond in so many ways to make this Center special. You don’t want to miss our Friends’ Holiday fair! Shop and support the seniors Saturday, Nov. 18 from 9-2. Their fundraising efforts provide many of the free programs available at the Center. Welcome Mary Morgan! Mary has joined the Human Services staff as our new Receptionist. She has several years of experience as an Office Manager and is an active volunteer in her community. She is at the front desk Monday through Friday afternoons. Stop by and say hello. Have a wonderful Thanksgiving.* **Sharon, COA Director**

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.

UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS.....MONDAY, NOVEMBER 6th at 1:00



The Sputnik Years with Kelly Beatty

Open to out-of-town seniors for \$5 fee

Wednesday, November 1st, 2:00-3:00

When a Russian rocket lofted Sputnik 1 into orbit on October 4, 1957, the worldwide reaction was a mixture of awe and apprehension. The Space Age — and the Space Race — had begun! To an American public that had grown accustomed to our country's growing global primacy, the orbiting of Sputnik 1 was a traumatic wake-up call. The launch came during the depths of the Cold War, before NASA existed, and when the notion of traveling into orbit, let alone journeying to the Moon and beyond, seemed little more than science fiction. This retrospective by a veteran, award-winning science journalist will explore the events leading up to Sputnik's launch 60 years ago, the political fallout that led to America's response (Explorer 1), the formation of NASA, and the crucial but largely forgotten role that everyday citizens played in tracking the first satellites. *Kelly is an award-winning writer and communicator who specializes in planetary science and space exploration. During the 1980s he was among the first Western journalists to gain firsthand access to the Soviet space program. He has a Bachelor's degree from the CA Institute of Technology and a Master's degree in science journalism from BU.*

Public Forum on Proposed Twin Elementary School

Monday, November 6th, 12:30-1:30

The School Committee's Building Subcommittee will be presenting on the proposed new twin elementary school building and the Special Town Meetings to be held on 12/4 to vote on funding for the feasibility study. The proposed plan would replace the Douglas and Gates Schools. For more information visit www.abschools.org

► Stress Management through Self Care with Health and Wellness Professional Lauren McHugh

Thursdays, November 9th and 16th, 1:00-2:15

Open to out-of-town seniors for \$5 fee

STRESS RELIEF

We know that proper nutrition, exercise, and sleep are important tools for living a healthy lifestyle. But your ability to manage stress is just as important for your overall health and well-being. Lauren McHugh will explore the effect that stress has on our health and shares some simple, but powerful, strategies for preventing and reducing it. This two-part interactive course will give you the opportunity to share ideas, meet new people, and create a plan to try every strategy discussed! Whether you are trying to prevent stress, reduce stress, or just take better care of yourself, this course will give you the tools you need! *Lauren McHugh is a Wellcoaches' Certified Health and Wellness Coach, National Academy of Sports Medicine (NASM) Certified Personal Trainer, NASM Fitness Nutrition Specialist, NASM Senior Fitness Specialist, and "A Matter of Balance" Coach.*

► Pathways to Prevention: Maximizing Brain Healthy Behavior Open to out-of-town seniors/free

Thursday, November 9th, 2:00-4:00

As life expectancy increases in the United States and globally, with a growing number of older individuals each year, the prevalence of Alzheimer disease and others dementias is on the rise. Fortunately, there is significant evidence that certain healthy behaviors can decrease the chance of developing new or worsening cognitive problems. Dr. Seth Gale and Hope Schwartz (from the Brigham and Women's Hospital Center for Brain/Mind Medicine) will provide an overview of cognitive aging and Alzheimer disease, focusing on modifiable risk factors for dementia. This program will review current research in diet, mindfulness, sleep, exercise, and social and cognitive activities, and will explore lifestyle changes you can make to maximize your brain health for the future. *Seth Gale, MD is a behavioral neurologist at Brigham and Women's Hospital, with interests in a broad spectrum of cognitive/behavioral disorders. His clinical focus is in the degenerative dementias, including Alzheimer's disease and frontotemporal lobar degeneration. Hope Schwartz is a program coordinator for the Brain Health Champions Study at the Center for Brain/Mind Medicine.*

► Indicates that you must register in advance!

UPCOMING PROGRAM HIGHLIGHTS - continued

REGISTRATION BEGINS.....MONDAY, NOVEMBER 6th at 1:00

► **Getting More from the Circle of Life: An Action Plan for Enhancing Your Life**

Mondays, November 13th, 20th and December 4th, 1:00-2:30

Open to out-of-town seniors for \$5 fee

Paul Kampas returns as a follow-up to his popular Circle of Life program. You need not have attended previous programs to participate! In this three part series, Paul will review the Circle of Life model which discusses how endings also catalyze beginnings. He'll introduce concepts of activity balance and the importance of engaging activities. Sometimes as we age, we have limitations to activities we once enjoyed. How can we replace these with new and fulfilling passions? Come learn, share, and commit to growth. Please plan to prepare all three sessions. *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 about Paul visit www.kampasresearch.com.*



► **The Opioid Crisis: Fundamental Information for Seniors and Others**

Tuesday, November 14th, Time – TBD

Open to out-of-town seniors; free

District Attorney Marian Ryan, a noted expert in the field of Opioid addiction, will educate us how to identify signs of a Substance Use Disorder, how to identify Opioids and how this has led to a national wide epidemic. DA Ryan will share how seniors and others are affected and what steps they can take to protect themselves. Pre-Registration is required as lunch will be provided after presentation. CHNA 15 funding is from Lahey Hospital and Medical Center and Winchester Hospital through the MA Dept. of Public Health.



Six Frigates: USS Constitution and Sister Ships Presentation

Wednesday, November 15th, 1:00-3:00

Open to out-of-town seniors; free

On March 10, 1794, the American Congress authorized then Secretary of War Henry Knox to build or buy six frigates for the colossal sum of \$688,888. The need for an American Navy was driven primarily by threats against its merchant shipping from the Barbary pirates. The focus of this presentation by Peter Sebelius will be on the six ships, their Captains, crews, the famous and infamous battles they fought and the impact they had on American History. One of the original six frigates, the *USS Constitution*, is still on the active duty roster of the U.S. Navy and of course is homeported right here in Boston. Peter will also give an introduction to the Learning in Retirement Association at UMass Lowell, where he first gave this presentation. *Peter Sebelius holds Bachelors and Master's degrees in Naval Architecture and Marine Engineering from MIT. He served on active duty in the US Navy as an Engineering Duty Officer for 6 years and spent more than 30 years at Charles Stark Draper Lab.*

Jeopardy

Open to out-of-town seniors; free

Monday, November 27th, 1:00-2:00

Join Brent Carter, Acton FF/EMT, to test your Fire Safety skills in a game of Jeopardy.

Holiday Fraud Prevention

Open to out-of-town seniors; free

Tuesday, November 28th, 1:00-2:00

The holidays are right around the corner, are you armed with vital information to keep yourself safe from scammers? Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation and Amy Schram, Senior Community Relations Specialist from the Better Business Bureau will lead a discussion on topics such as: return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices and how to spot them, and identity theft and fraud prevention.

Computer Presentation: Where is My Data?

Open to out-of-town seniors; free

Tuesday, December 5th, 1:00-2:00

Is the idea of where your computer/cell phone/tablet data lives a bit confusing? Or do you wonder how best to keep your data backed up and secure? Join Acton resident Andrew Rodwin as he helps demystify this topic. Topics will include the basics of digital data, storage media, remote storage, backing up your data, and keeping your remote data secure. *Andrew worked for most of his career as a software engineer as well as managing other engineers.*



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



SENIOR CINEMA

Open to out-of-town seniors; free

Friday, November 3rd, 12:30-2:20, *A United Kingdom* (2016, PG-13) In the 1940s, the king of Botswana (David Oyelowo) falls in love and marries a British woman (Rosamund Pike), putting his kingdom into turmoil.

Thursday, November 16th, 12:30-2:05 *The Ladies Man* (1961, PG) After a failed romance, luckless Herbert Heebert is floundering when he stumbles upon a job as a handyman in a hotel filled with lovely women. Comedy starring Jerry Lewis. *Note this is being shown on a Thursday!*

Friday, December 1st, 12:30-2:10 *This Beautiful Fantastic* (2017, PG) When a young British woman needs to clean up her garden to avoid eviction, she turns to her cantankerous elderly neighbor for help and an unlikely friendship develops. Stars Jessica Brown Findlay (of *Downton Abbey*) and Tom Wilkinson.

EXERCISE – Continuing into December

Classes are on a drop-in basis. No registration required! Classes are open only to Acton seniors (age 60 and up).

Senior Fitness with Terri Zaborowski

Tuesdays, Wednesday, Thursday and Fridays, through December 22nd, 8:30-9:30

Thursdays, through December 21st, 2:30-3:30

No class Nov. 23rd

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 COA.

Active Aging with Terri Zaborowski

Mondays, through December 18th, 8:30-9:30

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

No class November 23rd

Thirty minutes of muscle toning and strengthening using hand weights with the option to stay for the last 15 minutes for aerobics. Maintain your cardiovascular health, strength and flexibility.

Stretch and Flex with Terri Zaborowski

Tuesdays, through December 19th, 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.

Tai Chi with Linda Sango

Tuesdays, through December 19th, 11:00-12:00

This Tai Chi class is open to all levels. Students will learn single movements and explore postural, movement and conceptual principles immediately. Tai Chi improves the health of body, mind and spirit while improving balance.

Gentle Chair Exercises with Liz Paley

Wednesdays and Thursdays through December 21st, 10:00-10:30

No class Nov. 23rd

A low-impact program is suited for those 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.

Yoga Class with Patsy Brightman

Wednesdays, through December 19th, 10:45-12:00

No class November 22nd

Work your joints and muscles to increase flexibility, strength, balance and circulation with seated and standing postures. Donations of \$1/class is suggested.

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

Closed to new students

Thursdays, through December 20th, 11:00-12:00

No class Nov. 23rd

Taoist Tai Chi incorporates stretching and turning into a series of slow, rhythmic moves that improve the health of body, mind and spirit while improving balance. Wear loose comfortable clothing and smooth treaded footwear.

NouVon Fitness with Yvonne Benelli

Fridays, through December 22nd, 10:00-10:50

No class on Nov. 10th and 24th

Strengthen your muscles, build your endurance and improve your posture. No floor work. This class is funded by an Executive Office of Elder Affairs grant, which requires the COA to ask for donations--a \$1/class is suggested.

ONGOING ACTIVITIES

► **Trivia Contest with Acton resident Peter Duran**

Tuesday, November 21st, 12:30-2:00

Open only to Acton seniors

Trivia contests are a great way to flex your brain muscles, trigger fond memories and have some fun. Teams of a maximum of four people answer questions on a variety of subjects and keep score. Prizes are given by a drawing 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. Congratulations to September's winning team: Harriet DiLuzio, Kathy Kristoff and Stacie Smith. The lucky prize winners were: Eleanor Chenevert, Bill Maxwell and Marie Trescott.

► **Living Life Fully with Diabetes**

Fridays, November 3rd, 17th, December 1st and 8th, 9:00-11:30

Registration is closed

Medicare Open Enrollment

NOW through December 7th



During Medicare Open Enrollment, you will be able to change your plan for next year (2018). If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer free and confidential counseling on all Medicare and related health insurance programs. Call the COA at 978-929-6652 to schedule an appointment.

► **Golf for Seniors at Quail Ridge Country Club at 254B Great Rd. Acton**

Tuesdays, weather permitting, Tee time at 8:45AM, Please arrive about 8:30

For seniors from Acton and surrounding towns. Cost is \$25 for 9 holes, payable that day, and includes a cart. Quail Ridge is located at 254B Great Rd. Call the COA to reserve a spot; deadline to sign up each week is Monday.

► **Beginning Watercolor Class with Sue Chase**

Fridays, through November 3rd, 9:30-11:30

Closed to new students

The Bookies COA Book Club

Monday, November 20th, 1:00-2:00

Open to out-of-town seniors/free

There's nothing like having a lively group discussion to enrich the experience of reading a good book! This month's the group is reading *The Handmaid's Tale*, a dystopian novel by Margaret Atwood. Set in a near-future New England, where there is a totalitarian government that uses Biblical law and subjugates women. This is a popular book so it may be difficult to obtain through libraries. You may want to call ahead to inquire about availability: Acton Memorial Library at 978-929-6655 or Citizen's Library at 978-929-6654.

Needle Arts Group

Wednesdays, 12:30-2:30 This group is open to anyone interested in sewing, knitting, crocheting.

Open to out of town seniors; free

Drop-In Bridge

Mondays, 9:30-11:30 and Wednesdays, 2:30-4:30

Both days 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

Fridays, 1:00-4:00 open play for all skill levels (No game on Nov. 10th and 24th)

The Friday 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, those who can play a game in 15 minutes. Games follow National Mah Jongg League rules. If you have a Mah Jongg set, please bring it along.

Open to out-of-town seniors; free

Computer Club

Wednesdays, November 8th and 22nd, 1:30-3:00 Meetings may be self-directed or may have a leader.

Open to out-of-town seniors; free

Drop-In Art

Mondays and Wednesdays, 9:30-11:00 You may bring your own projects/supplies to work on.

Open to out-of-town seniors; free

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

ONGOING ACTIVITIES - continued

Drop-In Guided Mindfulness Meditation with Health and Wellness Coordinator Liz Paley

Thursdays, November 2nd and 16th, 2:30-3:15

Open to out-of-town seniors; free

Mindfulness means paying attention in a particular way; on purpose, in the present moment and nonjudgmentally. Practicing mindfulness has been linked to improved physical and mental health. Join Liz for some guided practice.

Chess Club with Ken LeBow

Thursdays, 2:00-4:15

No chess on Nov. 23rd

Open to out-of-town seniors; free

For players with some experience to get together at the Senior Center. You only need to know the basics to play.

Genealogy Group

Friday, November 17th, 1:00-2:30

Open to out-of-town seniors; free

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.

Health Talk with Linda Cullen, RN of Acton Nursing Services

Tuesday, November 28th, 11:00-11:30

The Health Discussion this month will be on urinary tract infection (UTI). We will discuss causes, symptoms, treatment and prevention.

► Chess Class

Thursdays through December 21st No class on Nov. 23rd

Closed to new students

Beginner Class: 1:00-2:00

Intermediate Class: 2:00-3:00

The fall session has been extended into December. Watch the January newsletter for details on the next session.

► Minuteman SHINE (Serving the Health Insurance Needs of Everyone)

Mondays, 1:00-4:00

Wednesdays, 9:30-12:30

A SHINE counselor is available for health care information. Call the office at 978-929-6652 for an appointment.

► Indicates that you must register in advance!

CLASSES

REGISTRATION BEGINS.....MONDAY, NOVEMBER 6th at 1:00

► Story Telling Workshop with Sal Lopes

Open to out-of-town seniors; free

Tuesdays, November 14th, 28th, December 5th and 12th, 9:30-10:30

Want to tell a story? What is your story? Telling stories is as old as the beginning of humanity. Recently it has emerged as a popular form of social connection, a way to share personal experiences, and as a form of entertainment. This workshop will provide the opportunity to engage with others and possibly present your story to a Senior Center audience. *Sal Lopes is a retired educator who recently took a course on storytelling and presented his story this past spring at The Gallery in West Acton.*

► Beaded Jewelry Making

Open only to Acton seniors

Thursday, November 30th, 9:30-11:30

If you haven't tried it, beading is fun and easy! You may make earrings (maximum of 4 pairs), a bracelet or a necklace, choosing from a variety of beads or you may bring your own. We use elastic for bracelets and necklaces, as they are easy to make and effortless to wear. Donations to purchase new beads appreciated. Chris Chirokas and Joy Ivanov will be on hand to help, as needed.

► Indicates that you must register in advance!

Smoke Alarm and CO Detectors Replacement - The Fire Department has suspended this program as the grant has expired and supplies are running out. Over the past three years more than 2,000 smoke detectors have been installed in seniors' homes. The Fire Department is exploring other opportunities to acquire smoke detectors.

CLINICS

Podiatry Clinic – Thursdays, November 2nd and 30th

Offered by the Acton Nursing Services. The fee is \$35 with a \$20 fine for not showing up for an appointment if it is not cancelled at least 24 hours ahead of time. Call 978-929-6650 to schedule an appointment.

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

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

Senior Flu Clinic 65+

Tuesday, November 7th, 10:00-1:00, in the Nursing office. Bring your insurance card!

DINING OPPORTUNITIES

REGISTRATION BEGINS.....MONDAY, NOVEMBER 6th at 1:00

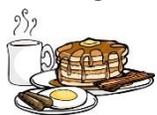
****Please sign up with the COA office (978-929-6652) for the following meals:**

► Opioid Program Lunch

Open only to All

Tuesday, November 14th, 12:00 NOON

Free lunch for those who attend the preceding Opioid Crisis presentation. Pre-registration is required. CHNA 15 funding from Lahey Hosp. and Medical Ctr. and Winchester Hosp. through the MA Dept. of Public Health.



► Breakfast

Open only to Acton seniors; free to Veterans

Friday, November 17th, 9:00

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

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

Tuesday, November 21st, 12:00 NOON, at the Senior Center

Enjoy Thanksgiving a little early. We will be having turkey and all the fixings, salad and dessert. This meal is subsidized in part by Minuteman Senior Services. Sign up by 11/14. A \$3 donation is requested.

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 9:00 the day before. *Minutemen Senior Services meals are open to all residents who live in Minuteman communities.*

Birthday Lunch: Wednesday, November 8th, 12:00 NOON Free to those celebrating a birthday. Others \$2.

► Indicates that you must register in advance!

TRANSPORTATION

Transportation - Doug Halley, Acton's Transportation Coordinator will be available for office hours on **Wednesday, November 8th, 8:00-3:00**. Feel free to ask him questions, make suggestions or voice your concerns. If you need to get in touch with Doug you can call him at 978-929-6451 and leave a message or email him at ctc@acton-ma.gov.



Van Rides: Monday-Friday, 8:30-4:00. Call Transaction's dispatcher weekdays 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.

Fixed Route Shuttle: Cross-Acton Transit (CAT) is an hourly fixed-route bus service that links residential areas, businesses and the South Acton Commuter Rail station together. The service runs from 8:00am-6:00pm Monday through Friday. To see the schedule visit: <http://www.minutevan.net/Home>.

Road to Recovery –Free transportation by volunteers for cancer patients. Call 1-800-227-2345.

Winter Parking Ban: Nov. 1st - April 1st - On street parking is not allowed between 1:00 am and 6:00 am. Illegally parked vehicles will be ticketed and towed at the owner's expense if they interfere with snow removal.

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 Hutchings 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.

Home Care Services: Please call the COA if you have questions on how to obtain home care services. **Minuteman Senior Services**, our State Home Care, can be reached at 1-888-222-6171.

Attention Acton Veterans and Surviving Spouses: Do you know what benefits you are entitled to? Please contact James MacRae, Acton Veterans' Service Officer, if you are curious and would like an overview of State and Federal Benefits. Potential financial, medical and additional benefits for those who meet the criteria. Please call 978-929-6614 or email at vso@acton-ma.gov.

AROUND TOWN...AND BEYOND

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.

Acton Commission on Disabilities Open House

Wednesday, November 1st, 5:00-8:00PM, at the Acton Memorial Library

A celebration of their 30th anniversary. Light Refreshments. RSVP tojsbsinger@comcast.net or 978-618-1812.

Indian Hill - Free Bach's Concert, Thursday, 11/16, 11:00 and 1:30 at 36 King St., Littleton

Save the Date! Blood Drive by Acton Nursing Services with the American Red Cross

January 8th, 2:00-7:00, in the Senior Center Multipurpose Room. Register at RedCrossBlood.org or 800-733-2767

United Woman's Club of Concord Annual Holiday Fair

December 2nd, Saturday: 9:30-2:00, Harvey Wheeler Community Center, 1276 Main St., Concord

Memorial Library

Using Your iPad Wednesday, Nov. 8, 3:30-4:30, Registration required; call the Reference Dept. at 978 929-6543

Intro to Facebook Wednesday, Nov. 15, 3:30-4:30 p.m.

Facebook on the Go Wednesday, Nov. 29, 3:30-4:30 p.m.

ArcheoBook Discussion Tuesday, November 21, at 7:30, *The Merchants of Doubt: How a Handful of Scientists Obscured the Truth on Issues from Tobacco Smoke to Global Warming* by Naomi Oreskes and Eric M. Conway.

United Sounds of Stow Chorus performs Britten War Requiem

Sunday, November 12, 4:00 at Mechanics Hall in Worcester

For information/tickets visit www.musicworchester.org or www.soundsofstow.org.



HEALTH NEWS

Support Groups

Grandparents Raising Grandchildren Support Group

3rd Tuesday each month 11:00-12:00, at the Acton Senior Center

Come share the rewards and challenges of raising your grandchildren. Learn from other grandparents and experts about legal strategies and practices. Discover ways to relieve the stress. Benefit from the resources available to the Commission on the Status of Grandparents Raising Grandchildren and hear about State agencies which can provide assistance. If you are interested in joining, contact Joe O'Leary at 978-760-0360.

Hearts, Hugs & Hope: An Alzheimer's Support Group For information and to RSVP call 978-369-4728.

Second Wednesday of each month, 6:00PM, Concord Park, 68 Commonwealth Ave., Concord

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



Thank you to those who have donated to our Fundraising for Furnishings campaign since our last newsletter: Dennis and Ann Kulsick, Eileen and John Lucey, Cynthia Lemere and Gerry Cox, James and Adra Rand, The Lemere Family, Colleen Meller, Digital Federal Credit Union, Frances Osman, Allan and Louise Pooler, Wanda Null, Woodman and Eaton, P.C., Mable and Donald LaPierre, Robbins Brook Condominium Trust, Acton Woman's Club, Linda Chance and Gabriel Gouveia, Mark Bramhall, John and Renate Winter, Julie and Eileen Fisher, Ironwood Pharmaceuticals and Frank and Marjorie Flowers.

4th Annual Veterans Day Breakfast at the Boxborough Regency

Friday, November 10th, 8:30-9:30

Veterans and their spouses in Acton and Boxborough are invited to attend the annual Veterans Day Breakfast. This event is sponsored by the National Honor Society of the Acton Boxborough High School and the Rotary Club of A-B. Please RSVP to Betsypurcell@gmail.com or 978-758-7414.



Veterans Day will be observed on *Saturday, November 11th at 11:00* on the Town Common. All are encouraged to attend. Please park behind Town Hall or behind the Fire Station. The Ceremony will take place outdoors (weather permitting) by the Isaac Davis Monument on the Common. In the event of inclement weather we will move the ceremony inside Town Hall. Contact James MacRae, Acton's Veterans' Service Officer, at 978-929-6614 or vso@acton-ma.gov with questions.

Notary Public The Acton Memorial Library has two staff members who are Notary Publics available by appointment free to the public. Please call Rita Gavelis at 978 929-6534 to set up a time.

The Salvation Army is Recruiting Bell Ringers for the annual holiday fund drive mid-November through December 24th. Volunteer shifts are one to two hours and are canceled in bad weather. Paid ringers shifts are two to four hours and receive ~\$10 an hour. Volunteers are also needed to contact bell ringers who have volunteered in the past. The red kettles are located at Donelans, KMart, Roche Bros., and Stop n' Shop and Shaw's in Stow. You may choose your location and hours. For more information call Cheryl Newey at 978-505-9202.

Lost Your Senior Center Fob? – Beginning November 1st the COA will be charging a nominal fee of \$1 to anyone needing to replace their My Senior Center fob. This will help to defray the cost of the replacement fob.

Yarn Donations Wanted – The Needle Arts group is looking for donations of cotton or acrylic yarns, full or almost full skeins are preferred. Donations can be dropped off at the reception desk. Thank you!

Special Town Meeting Dec. 4 begins at 7:00 pm at Acton Boxborough High School

GYM NEWS

Gym Hours beginning Monday, November 13th

Mondays, Wednesday, Thursdays and Fridays, 8:30-11:30

Tuesdays and Thursdays, 1:30-3:30

The Gym will be open when volunteer monitors are available to work in the gym. These hours may flex some as we work out the kinks in the schedule. Please be patient. If you wish to have more hours to use the Gym, more monitors are needed. See below for information on becoming a monitor.



Want to Use the Gym? – The Gym is open to Acton seniors to use when there is a volunteer monitor available. Acton seniors wanting to use the Gym must sign a waiver and attend a training session focused on safe and proper use of the equipment Gym users must adhere to all of the gym rules. Check with the Reception Desk about dates for upcoming training sessions.

Gym Monitors Needed – In order for the Gym to be open we are required by the Town to have a monitor in that space. We are looking for people to step up and volunteer perhaps 1 hour per week as a gym monitor. The more people who volunteer to be a monitor the more hours the Gym can be open each week. Please contact Sharon or Judy for more information.

Handymen and Women Wanted to Join Our Program! Are you handy around the house? Good with electronics or computer issues? Do you want to help seniors remain in their own homes? If yes, then we have a volunteer opportunity for you. For a few hours per month you can make a difference to the life of an Acton senior. Our Handyman Program assists Acton seniors who can no longer do small home repairs. Volunteer handymen and women provide help with small jobs like changing light bulbs, installing curtain rods, repairing chair legs, installing DVD players and printers, and turning mattresses. The client provides all of the necessary materials - you provide the knowledge! To find out more about joining our team, contact Linda Dallimore 978-929-6652.



Handyman Program helps 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.

Medicare Scam Alert - New Medicare cards, with randomly assigned Medicare Beneficiary Identifier numbers (instead of SSN), will be automatically mailed starting in April to all 58 million current beneficiaries. You don't need to do anything special to receive one. Your benefits won't change under the new number. Scams relating to the new card are already surfacing. Three of the most common pitches are:

- You're asked for your Social Security number and bank information so you can get the new card: Hang up! Medicare will never call you and never ask for such information.
- You're asked to pay for your new card. Hang up! The new card is free.
- You're told you'll lose your Medicare benefits if you don't give them money and personal information right now. Hang up! The free card will be sent to you automatically. Your benefits will remain the same.

Thank you!

...to the Acton Fire Department for installing more than 2,000 fire and CO detectors in seniors' homes over the last 4 years.

...to our great group of reception desk senior workers and volunteers for all the extra hours they have put in to help ease the transition to our new building.

...to Stop n' Shop for the beautiful flower arrangement

... to Linda O'Neil and Gena Manalan for the outdoor planters

Durable Medical Equipment for Loan: The Nursing Service has taken over this program. They have a variety of items such as canes, walkers and tub benches to loan. Call Denise weekdays 8:00-5:00 at 978-929-6650. Please allow her a couple of days to gather the equipment. If you have equipment to donate that is in good condition, please call the Nursing Service.

| November | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | 2017 |
|---|--|---|--|--|---|-------------|
| | | | Nov 1 8:30-9:30 Senior Fit 9:30-12:30 SHINE 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:30 Needle Arts 2:00-3:00 Sputnik Talk 2:30-4:30 Drop-in Bridge | 2 8:30-9:30 Senior Fitness 9:45-10:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 1:00/2:00 Chess Classes 2:00-4:15 Chess Club 2:30-3:15 Drop-in Meditation 2:30-3:30 Senior Fitness | 3 8:30-9:30 Senior Fitness 9:00-11:30 Living with Diabetes 9:30-11:30 Watercolor Class - last 10:00-10:50 NouVon Fitness 12:30-2:30 Movie 1:00-4:00 Mah Jongg – All levels | |
| 6 8:30-9:30 Active Aging 9:30 Drop-in Art and Bridge 12:30-1:30 New School Forum 12:30 Friends of the COA Meeting 1:00-4:00 SHINE 1:00-4:00 Mah Jongg – Experienced 1:00 Registration Begins 3:00 COA Board Mtg | 7 8:30-9:30 Senior Fitness 8:45 Golf @ Quail Ridge 9:45-10:45 Active Aging 11:00-12:00 Tai Chi 2:30-3:30 Stretch & Flex | 8 8:30-9:30 Senior Fitness 9:30-11:00 Drop-in Art 10:00 Chair Exercise 10:45 Yoga 12:00 Birthday Lunch 12:30-2:30 Needle Arts 1:00-4:00 Shine 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge | 9 8:30-9:30 Senior Fitness 9:45-10:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 1:00/2:00 Chess Classes 1:00-2:15 Stress Management 2:00-4:00 Healthy Brain Program 2:00 Chess Club 2:30 Senior Fitness | SENIOR CENTER CLOSED | | |
| 13 8:30-9:30 Active Aging 8:30-11:30 Gym Open 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 1:00-4:00 SHINE 1:00-4:00 Mah Jongg – Experienced 1:00-2:30 Circle of Life Program | 14 8:30-9:30 Senior Fitness 8:45 Golf @ Quail Ridge 9:00-11:00 Wellness Clinic/BP 9:30-10:30 Storytelling 9:45-10:45 Active Aging TBD Opioid Crisis Program 11:00-12:00 Tai Chi 1:00-2:00 B. Streisand Program 1:30-3:30 Gym Open 2:30-3:30 Stretch & Flex | 15 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:30-12:30 SHINE 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:30 Needle Arts 1:00-3:00 Six Frigates Talk 2:30-4:30 Drop-in Bridge | 16 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:00 SHINE 9:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 12:30-2:05 Movie 1:00-2:15 Stress Management 1:00/2:00 Chess Classes 1:30-3:30 Gym Open 2:00 Chess Club 2:30 Meditation 2:30-3:30 Senior Fitness | 17 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:00-11:30 Living with Diabetes 9:00 Monthly Breakfast 10:00 NouVon 1:00 Mah Jongg 1:00-2:30 Genealogy Group | 18 9:00-2:00 Friends of COA Holiday Fair | |
| 20 8:30-9:30 Active Aging 8:30-11:30 Gym Open 9:30 Drop-in Bridge 9:30 Art 1:00-2:00 Book Group 1:00-4:00 SHINE 1:00-4:00 Mah Jongg – Experienced 1:00-2:30 Circle of Life Program | 21 8:30-9:30 Senior Fitness 8:45 Golf @ Quail Ridge 9:45 Active Aging 11:00 Tai Chi 11:00-12:00 Grandparents Group 12:00 Benchmark/RB Thanksgiving Lunch 12:30-2:00 Trivia Contest 1:30-3:30 Gym Open 2:30-3:30 Stretch & Flex | 22 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:30-12:30 SHINE 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 12:30-2:30 Needle Arts 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge | SENIOR CENTER CLOSED | | SENIOR CENTER CLOSED | |
| 27 8:30-9:30 Active Aging 8:30-11:30 Gym Open 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 1:00-4:00 SHINE 1:00-4:00 Mah Jongg – Experienced 1:00-2:00 Jeopardy | 28 8:30-9:30 Senior Fitness 8:45 Golf @ Quail Ridge 9:00-11:00 Wellness Clinic/BP 9:30-10:30 Storytelling 9:45-10:45 Active Aging 11:00 Nursing Talk 11:00 Tai Chi 1:00-2:00 Holiday Fraud Talk 1:30-3:30 Gym Open 2:30-3:30 Stretch & Flex Newsletters Mailed | 29 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:30-12:30 SHINE 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:30 Needle Arts 2:30-4:30 Drop-in Bridge | 30 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:30-11:30 Jewelry Making 9:45-10:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 1:00/2:00 Chess Classes 1:00-2:00 Women Growing Older 1:30-3:30 Gym Open 2:00-4:15 Chess Club 2:30-3:30 Senior Fitness | Dec 1 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:00-11:30 Living with Diabetes 10:00-10:50 NouVon Fitness 12:30-2:10 Movie 1:00-4:00 Mah Jongg – All levels | | |



Friends Funded Activities

This month the following activities are supported by the Friends of the Acton COA: *Barbra Streisand presentation, Sputnik talk, Holiday tea party, Our Bodies Ourselves, Watercolor class, Birthday lunch, Tai Chi classes, Circle of Life, and Senior Cinema.* The Friends appreciate your donations which help support 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 actoncoa.com.

Daylight Savings Ends Nov. 5th at 2:00am



Don't forget to set your clocks *back* 1 hour before going to bed Saturday, Nov. 4th. It's also a great time to change your smoke alarm batteries and update your file of life.

► Holiday Tea Party Acton seniors only Thursday, December 7th, 2:00-3:30

Come celebrate the season in style! Join us for tea, mulled cider, and a plentiful array of tea sandwiches and sweets. The party is free for all Acton seniors, thanks to the support of the Friends of the Acton COA. Men are most welcome!

The Friends of the COA

COME TO THE FRIENDS OF THE COA FAIR

Saturday, November 18th, 9:00AM-2:00PM, is the day we have been preparing for throughout the year. It is one of our biggest fundraisers and helps finance many of the Senior Center programs, classes and trips. Items include art, baked goods, needle arts, a Boutique, a raffle of beautiful, goodie-filled baskets and tables of items honoring a variety of cultures. Breakfast and lunch will be available in our new spacious dining room.

CALLING ALL BAKERS

The Baked Goods Table group is seeking contributions. We welcome cakes, pies, cookies, squares, jams or whatever. (Mark if nuts are included.) Food can be dropped off at the Senior Center on Friday, 11/17 12:30 to 3:30 and Saturday, 11/18 in the a.m. or bring it with you when you come to the Fair. Questions: call Carol Lake at 978-263-7635.

ALSO NEEDED...

Items for our Needle Arts Table (knit, crochet, quilted) and new or gently-used things for the always popular Boutique. Articles may be placed in the Friends of the COA room at Acton's new Senior Center.

SEE YOU AT THE FAIR!!!

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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
Mary Morgan, Human Services Receptionist

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Michael Chautin
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Ann Corcoran
Peter Duran
Ellen Feinsand, Secretary
Jacquie Friedman
Michelle Holmberg
Marion Maxwell, Vice Chair
Alma Sandman

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