

# Acton Senior Bulletin

February 2018

The COA Office/Senior Center at 30 Sudbury Road Rear, is open weekdays 8am-5pm.

Telephone: 978-929-6652. Email: [seniorcenter@acton-ma.gov](mailto:seniorcenter@acton-ma.gov). Visit the COA website at [www.actoncoa.com](http://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, February 5<sup>th</sup> at 1:00**

► **ALICE Training** Open to out of towners/free

*Wednesday, February 21<sup>st</sup>, 10:00-11:00*

Two of Acton's Detectives are certified ALICE trainers. They will be here to teach you what ALICE is and how you can use it in your own life. ALICE stands for Alert, Lockdown, Inform, Counter, Evacuate and provides preparation and a plan for individuals and organizations on how to more proactively handle the threat of an aggressive intruder.

**Slow Down Please** – Just a reminder to use caution when entering and exiting the parking lot. Visibility can be limited for cars backing out of a space. Also, the circle in front of the building should be driven in a counter clockwise direction and it should be used just for dropping off or picking up people. No long term parking there please.

**Chinese New Year Performance** Open to out of towners/free

*Friday, February 16<sup>th</sup>, 1:30-2:10*

Celebrate Chinese New Year (this is the year of the dog) with a performance including traditional Chinese dancing and singing. There will be Chinese folk songs, folk dances and the fan dance. The audience will be invited to participate in the red ribbon dance (red symbolizes good fortune and joy). See page 6 for information on the lunch preceding the performance. Happy Chinese New Year!

*The following events require pre-registration. Please see details in this newsletter.*

- **ALICE Training**
- **Gym User Training**
- **Ask the Lawyer**
- **Ready to Move**
- **AARP Tax Preparation**
- **Yeats Poetry Class**
- **Drawing for All**
- **Chess Lessons**
- **SHINE Appointments**
- **Newbury Ct. Lunch**
- **Monthly Breakfast**
- **Valentine's Day Lunch**
- **Chinese Luncheon**
- **MMSS Daily Lunch**
- **Benchmark Lunch**
- **Reiki Appointments**

**Use of the Senior Center Kitchenette** - Coffee K cups are available in the kitchenette. Individual servings of a variety of coffees can be purchased for 50¢. Need assistance, ask at the reception desk. Seniors are also welcome to use the microwave and refrigerator.

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**Director's Corner** – Please welcome Rosie Atherton

*who has joined the Human Service staff as an additional part time receptionist. Rosie resides in Acton with her husband and three children. She has previous experience as a receptionist at a retirement village in the UK. I*

*would like to thank our dedicated volunteers and senior workers who have given so much of their time to help at the reception desk during our transition to the new Senior Center.*

*Just a reminder to sign in with MySenior Center for all of the activities and programs you are attending. The data is not only helpful to us for planning purposes, but all COAs are required to submit an annual report to the State in order to receive additional funding.*

*Thank you. Sharon, COA Director*



## UPCOMING PROGRAM HIGHLIGHTS

**REGISTRATION BEGINS.....MONDAY, FEBRUARY 5<sup>th</sup> at 1:00**

### ► **Gym User Training**

*Tuesday, February 6<sup>th</sup>, 9:30-10:15 or 10:15-11:00*  
*Thursday, February 15<sup>th</sup>, 11:30-12:15 or 12:15-1:00*  
*Monday, February 26<sup>th</sup>, 11:30-12:15 or 12:15-1:00*

**Open only to Acton seniors**  
**Call now; registration is open**

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. Training times are limited to 4 people per time slot.

### **Gym Monitor Training**

*Thursday, February 8<sup>th</sup>, 11:30-12:15*  
*Tuesday, February 13<sup>th</sup>, 9:30-10:15*

In order for the Gym to be open we are required by the Town to have a monitor in that space. We are hoping to expand our hours and are looking to train more to volunteers to work 1 hour per week as a gym monitor. If you have questions please talk with Judy at 978-929-6652 otherwise please meet in the gym.



### ► **Ask the Lawyer**

*Tuesday, February 13<sup>th</sup>, 9:00-11:00*

Elder Law Attorney Margaret Hoag offers free 20-minute consultations. Call the COA beginning Monday, February 5<sup>th</sup> at 1:00 for an appointment.

**Open only to Acton seniors**

### **Laugh for Your Health**

*Tuesday, February 13<sup>th</sup>, 1:00-2:00*

Laughter can really be the best medicine. More contagious than a cough or sneeze, laughter relaxes the whole body. It triggers the release of endorphins, promoting an overall sense of well-being. Join Susan Phillips, M. Ed., Certified Health Coach and Laughter Yoga leader, for an hour of fun and relaxation. Susan combines clapping, breathing, and laughter exercises so that you will leave feeling energized and refreshed! No experience necessary!

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

### **Game Day**

*Tuesday, February 20<sup>th</sup>, 1:00-4:00*

Enjoy a fun afternoon playing games with your peers. Mah Jongg, Scrabble, Cribbage, and cards are available at the Senior Center or feel free to bring your favorite game along.

**Open to out of towners/free**

### ► **Ready to Move? Learn some practical updates and home staging tips** **Open to out of towners/free**

*Tuesday, February 27<sup>th</sup>, 1:00-2:00*

Acton Real Estate and local home stager Barbara Meglis, Your Home & Color Coach, will present useful tips about how you can position your house in the most favorable light when selling. We all want to sell our house for the most money in the shortest amount of time – learn what repairs and updates are helpful and how home staging can make a difference. A Question and Answer period will follow and some sweet treats will be provided.

### ► **AARP Free Tax Preparation**

*Monday, March 5<sup>th</sup>, 9:00-1:00*

*Friday, March 16<sup>th</sup>, 9:00-1:00*

*Friday, March 23<sup>rd</sup>, 9:00-1:00*

*Friday, March 9<sup>th</sup>, 9:00-1:00*

*Monday, March 19<sup>th</sup>, 9:00-1:00*

*Monday, March 26<sup>th</sup>, 9:00-1:00*

*Friday, April 6<sup>th</sup>, 9:00-1:00*

*(snow date)*

AARP and the IRS are sponsoring free tax preparation for low and moderate income taxpayers *whose income is less than \$86,000 per household* or \$57,000 for individuals at the Senior Center. Call 978-929-6652 for an appointment. The service covers most Federal and Massachusetts tax returns, but those who rent out property, operate their own business, or have out-of-state returns are not eligible. Please note that only those who fit these guidelines will have their taxes done. Others will be turned away. The Memorial Library also has appointments and they can be scheduled by calling 978-760-9146. Please see page 7 for information on what to bring with you.

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

## **EXERCISE**

### **Exercise classes for Acton Seniors only**

- Yoga and Chair Yoga will not meet in the month of February and will return March 7.
- Exercise classes are on a drop-in basis. Because of demand, they are open only to Acton seniors (age 60 & up).
- Please do not attend more than 3 classes/week, so as many seniors as possible may participate.
- If you are new to a class, make sure to read the description to judge whether it looks like a good match for your fitness level. Instructors have final say on whether a class is suitable for an individual.
- Check with your doctor before starting any exercise program, wear comfortable clothing and bring water.

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

*Tuesdays, Wednesdays, Thursdays and Fridays, through the week of March 27<sup>th</sup>, 8:30-9:30*

Work on building your muscle strength and flexibility with upper and lower body exercises using hand held weights in both standing and seated positions. We finish with a full body stretch and relaxation segment.

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

*Mondays, January 8<sup>th</sup> through March 26<sup>th</sup>, 8:30-9:30 No class Feb. 19*

*Tuesdays and Thursdays through the week of March 27<sup>th</sup>, 9:45-10:45*

This class is designed to maintain strength, balance and independence. Modifications are demonstrated. Start with flexibility training followed by balance exercises and end with a stretch segment. The last 15 minutes is an optional cardio training. Entire class is done seated or standing.

#### **Stretch and Flex with Terri Zaborowski**

*Tuesdays and Thursdays, through the week of March 27<sup>th</sup>, 2:30-3:30*

This class is designed to help maintain strength, flexibility and independence with both standing and seated exercises using resistance bands. Resistance bands are provided. Entire class is done seated or standing.

#### **Tai Chi with Linda Sango**

*Tuesdays, through March 27<sup>th</sup>, 11:00-12:00*

This class is open to all levels. Students will be encouraged to learn single movements and explore postural, movement and conceptual principles.

#### **Gentle Chair Exercises with Liz Paley**

*Wednesdays, January 3<sup>rd</sup> through March 28<sup>th</sup>, 10:00-10:30 No class Feb. 21<sup>st</sup>*

*Thursdays, January 4<sup>th</sup> through March 29<sup>th</sup>, 10:00-10:30 No class Feb. 22<sup>nd</sup>*

This low-impact program is best suited for people getting little or no physical activity. The exercises are based on the Matter of Balance program and aim to increase strength, balance and coordination.

#### **Winter Walking at the Senior Center**

*Weekdays, 8:05-8:30 and 4:00-4:30*

**Please note the Senior Center does not open until 8:00AM**

Would you like to walk this winter without the cold and wind? Join your fellow seniors and walk the loop around the halls of the Senior Center. Each lap is .08 miles so 7 times around the building is over ½ mile.

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

*Thursdays, January 4<sup>th</sup> through March 29<sup>th</sup>, 11:00-12:00*

New students are welcome and will learn moves as they are covered and refined in each session until the set of 108 moves (many repeated) has been taught.

#### **NouVon Fitness with Yvonne Benelli**

*Fridays, January 5<sup>th</sup> through March 23<sup>rd</sup>, 10:00-10:50 No class Feb. 23*

Suitable for all fitness levels. Improve your balance and stability, strengthen your core; strengthen your heart and lungs; improve your flexibility and range of motion. This class is funded by an Executive Office of Elder Affairs grant, which requires the COA to ask for donations--a \$1.00 donation per class is suggested.

**Lost Your Senior Center Fob?** –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.

## ONGOING ACTIVITIES

### **Classical Music Series with Sivan Etedgee**

**Open to out of towners for \$5/lecture**

*Second Thursdays, 12:30-1:30 (see exact dates below)*

Over the next six months, pianist and teacher Sivan Etedgee will lead a once a month series that combines lecture, live performance and classical music sound recordings. Attendees are sure to come away with a greater understanding and appreciation of classical music.

**February 8<sup>th</sup>:** In the Wild (Composers Respond to the Natural World)

**April 12<sup>th</sup>:** The Jazz Influence

**March 8<sup>th</sup>:** Shall We Dance

**May 10<sup>th</sup>:** Music and Politics

**June 14<sup>th</sup>:** Women in Music



### **Hot Topic! with Professor Larry Lowenthal**

**Open to out-of-town seniors for \$5/talk**

*Wednesdays, February 21<sup>st</sup>, and Thursdays, March 22<sup>nd</sup> and 29<sup>th</sup> 1:00-2:00*

Professor Larry Lowenthal continues this series that presents an educated review of a different “Hot Topic” at each meeting. Audience participation will be an important part of each session.

**2/21:** The North Korea Crisis

**3/22:** The Climate Change Debate

**3/29:** GOP Tax Reform

*Dr. Lowenthal has taught college-level English, American Lit. film, and Jewish history, served in the Israeli Army, writes about human rights issues, and has hosted a local radio show. He has a Ph.D. in English from NYU.*

### **▶ William Butler Yeats Poetry Class with Stephen Collins**

**Call now, registration is open**

*Thursdays, February 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup>, 2:00-3:00*

**Open to out of town seniors/\$20 fee**

The continuation of the poetry class of William Butler Yeats. Yeats won the Nobel Prize for poetry in 1923. He helped spear-head the Irish literary revival. We will look his masterpieces as well as some of his earlier poetry and the influences on his writing. February 22<sup>nd</sup> has been added as a snow day make up.

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

**Class is full; call about waitlist**

*Tuesdays, through February 20<sup>th</sup>, 9:30-11:30*

Folks with all levels of experience are welcome! Classes will begin with a drawing warm-up to be followed by a skill/technique lesson. Learn about line, shape, value, texture and perspective. Subjects will include still life, landscape and the natural world. Group sharing of drawings will have a goal of positive affirmation of learning. Each student will receive a drawing set for \$12 which will be yours to keep or you may bring your own supplies.

### **▶ Beginner Chess Class with Acton resident Ken LeBow**

*Thursdays, through March 15<sup>th</sup>, 1:00-2:00*

**Call now, registration is open. Open to out of towners.**

Learn how the pieces move, what are check and checkmate and some basic chess strategies.

### **▶ Intermediate Chess Class with Acton resident Ken LeBow**

*Thursdays, through March 15<sup>th</sup>, 2:00-3:00*

**Call now, registration is open. Open to out of towners.**

This is 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.

### **Widows and Widowers 101**

*Wednesday, February 28<sup>th</sup>, 1:00-2:00*

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

It does not matter if you lost your spouse this year or 20 years ago, we have all encountered similar circumstances when a loved one dies. This monthly self-led group will allow us to discuss our experiences and share solutions to issues we have encountered. Let's have a cup of coffee together, share a few laughs and realize that we are not alone.

### **Shakespeare's An Age of Kings on DVD**

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

*Tuesday, Feb. 6, 1:00-2:00, Henry IV, The New Conspiracy*

*Tuesday, Feb. 20, 1-2:00, Henry V Signs of War*

*Mon., 2/12, 1:00-2:15, Henry IV, Uneasy Lies the Head*

*Mon., 2/ 26, 1:00-2:00, Henry V: The Band of Brothers*

This 1960s series chronicles the turmoil, power, mystery and frailty of Britain's monarchs as interpreted by William Shakespeare and was public television's first smash hit.

Judi Dench is in the Feb. 20 and 26 episodes. In the event of weather-related cancellations, episodes will be shown in order and would then vary from the above. Thank you to Pete Duran for loaning us the series.

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

## ONGOING ACTIVITIES - continued

### **The Bookies COA Book Club**

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

*Monday, February 26<sup>th</sup>, 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 for the title of this month's selection which wasn't available at press time. Typically the Memorial Library has copies of the book on reserve and the Citizen's Library sometimes has copies as well. You may want to call ahead to inquire about availability: Memorial Library at 978-929-6655 or Citizen's Library at 978-929-6654.

### **Drop-In Bridge**

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

*Wednesdays, 2:30-4:30* People with a variety of skill levels are welcome but playing experience is needed.

### **Needle Arts Group**

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

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

### **Mah Jongg Time**

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

*Mondays, 1:00-4:00 for experienced players only* No game on 2/19

*Fridays, 1:00-4:00 open play for all skill levels*

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.

### **Computer Club**

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

*Wednesdays, February 14<sup>th</sup> and 28<sup>th</sup>, 1:30-3:00*

Meetings may be self-directed or may have a leader.

### **Drop-In Art**

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

*Mondays and Wednesdays, 9:30-11:00* No art on 2/19 Participants bring their own projects/supplies.

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

*Mondays, 1:00-4:00* A counselor is available for health care information. Call 978-929-6652 for an appointment.

*Wednesdays, 9:30-12:30*

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

*Thursdays, February 1<sup>st</sup> and 15<sup>th</sup>, 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**

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

*Thursdays, 2:00-4:15*

For players with some experience. You only need to know the basics to play.

### **Genealogy Group**

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

*Friday, February 9<sup>th</sup>, 1:00-2:30*

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



### **Health Talk with Linda Cullen, RN of Acton Nursing Services**

*Tuesday, February 27<sup>th</sup>, 11:00-11:30*

The topic for the health discussion will be Vital Signs. What they are, how to measure them and what does the measurement mean.

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

**THANK  
YOU!**

*Thank you to those who have donated to our Fundraising for Furnishings campaign since our last newsletter: Joseph Block, Acton Lion's Club, Earline Briggs, Steven Davidson & Erica Cahill Davidson, Jon Benson & Pamela Lynn, Susan & Robert Sekuler, Carl Siegel, Jeanne Dewire, Anne Anderson, Dr. John Blute, Judy Kronwasser and Philip & Anne Marie Decesar*



**Donations Wanted:** Individually wrapped candy for the candy bowl at the reception desk. Thanks!

## GYM NEWS

### Gym Hours

*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. See page 2 of this newsletter for gym user training dates. Advanced registration required for training.

**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. See page 2 of this newsletter for gym monitor training dates.

## DINING OPPORTUNITIES

**REGISTRATION BEGINS..... TUESDAY, JANUARY 2<sup>nd</sup> at 1:00**

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

▶ **Newbury Court Luncheon**

**Open only to Acton seniors**

*Wednesday, February 7<sup>th</sup>, 12:00*

The menu is always a delicious surprise. Cost is \$3.00. For Acton residents only.



▶ **Breakfast**

**Open only to Acton seniors**

*Thursday, February 8<sup>th</sup>, 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. \$3.00.

▶ **Joy's Valentine's Day/Birthday Chili Lunch**

*Wednesday, February 14<sup>th</sup>, 12:00*

Enjoy Joy's homemade chili with all the fixings. Voluntary donation is \$3. LifeCare of Acton will be providing cupcakes with an array of toppings for everyone to decorate their own dessert!

▶ **Chinese New Year Luncheon**

**Open only to Acton seniors**

*Friday, February 16<sup>th</sup>, 12:00*



A group of volunteers are celebrating the Chinese New Year, also known as Spring Festival, with Acton seniors! They are preparing Chinese food for lunch, followed by a performance. The menu will include Chinese dumplings (turkey with vegetables), Chinese salad (vegetables, beans, fruit), fried rice (turkey/ham and vegetables), and fried chicken. Cost is \$3. See page 1 for information on a performance following the meal.

▶ **Monthly Lunch by Benchmark Senior Living/Robbins Brook**

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

*Tuesday, February 20<sup>th</sup>, 12:00 noon, at the Senior Center*

Enjoy chicken parmesan, salad and cherry pie for dessert. \$3

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

▶ **Minuteman Lunches** are served M-F at 12:00. 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: Wed., 2/14, 12:00** Free to those celebrating a birthday. See Joy's Valentine's lunch for details.

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



## SENIOR CINEMA

Open to out-of-town seniors/free

*Shown with closed captioning when available*

**\*\*Starting Feb. 9<sup>th</sup>, movies will start at 12:45 to allow more time for lunch at the Senior Center\*\***

**Friday, February 2<sup>nd</sup>, 12:30-2:10 *The Bucket List*** (2007, PG-13) Two terminally ill men from very different socio-economic backgrounds escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die. Jack Nicholson and Morgan Freeman co-star in this dramatic comedy. Rescheduled from January.

**Friday, February 9<sup>th</sup>, 12:45-2:45 *Battle of the Sexes*** (2017, PG-13 for sexual content) The true story of the 1973 tennis match between women's world champion Billie Jean King and past men's champ and serial hustler Bobby Riggs. Emma Stone and Acton native Steve Carell co-star.

**Wednesday, February 14<sup>th</sup>, 12:45-2:45 *Chocolat*** (2000, PG-13) A woman opens a chocolate shop in a small French village, shaking up the rigid morality of the community. Romance stars Juliette Binoche, Judi Dench, Alfred Molina and Johnny Depp. *Note that this week's movie is on a Wednesday!*

**Friday, February 23<sup>rd</sup>, 12:45-2:35 *Dunkirk*** (2017, PG-13) This historical drama chronicles the epic battle to evacuate more than 300,000 Allied soldiers who find themselves trapped on the beaches of Northern France during the 1940 invasion by German forces. Contains violent war scenes.

**Friday, March 2<sup>nd</sup>, 12:45-2:35 *Victoria & Abdul*** (2017, PG-13) In this historical drama, young Indian clerk Abdul Karim journeys to Britain to participate in the celebration of Queen Victoria's 50<sup>th</sup> year on the throne. In the process, he unexpectedly forms a deep friendship with the monarch. Stars Ali Fazal and Judi Dench.

### Winter Reminders from the Highway Department

**Winter Parking Ban through April 1<sup>st</sup>** - 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.

**Fire Hydrants** are under the control of the Acton Water District. They ask residents to please clear snow away from the hydrant area so that it is accessible in an emergency. Questions: call the Water District at 978-263-9107.

**Mailboxes** installed in the Town right of way are at the owner's risk. It is the owner's responsibility to clear the snow around the mailbox to assure mail delivery. If the snow banks are too high to shovel, place a temporary box beside the road. The Town does not replace mailboxes damaged by snow being discharged by the snowplow. The Town only assumes responsibility if a Town plow comes into contact with the mailbox or post.

**Sand and Salt mixture** is available at the Highway Dept. at 14 Forest Rd. Bring your own shovel & container.



**AARP Free Tax Preparation** - The American Assoc. for Retired Persons and the IRS are sponsoring free tax prep at the Center for eligible taxpayers (single-person households with less than \$57,000 in annual income and married couples with less than \$86,000 in annual income). See page 2 for the appointment dates and times.

This service covers many simple personal tax returns but does not cover returns for those who own rental property, those who operate their own businesses, investment advice, complex capital gains transactions, or state returns other than Massachusetts. You should bring with you all tax forms mailed to you for 2017, including any W2, 1099R, 1099DIV, 1099INT, Social Security, mutual fund or brokerage statements. It is also very important that you bring copies of last year's Federal and State tax returns.

Also, even if you do not usually owe any Massachusetts income tax, you may be eligible for the Massachusetts Circuit Breaker tax credit refund of up to \$1,070. It is available to most taxpayers whose real estate taxes equal more than 10% of their annual income.

**Durable Medical Equipment for Loan:** The Nursing Service has 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, call the Nursing Service.

**Did You Sign In Today?** When you come into the Senior Center please give yourself a few extra minutes to sign in on the My Senior Center computer. The COA needs to gather information on everyone who visits the Center whether it's for multiple activities, to volunteer or just a quick visit. This information is used to support the funding the COA receives from the State each year. Please talk with the receptionist if you do not have a My Senior Center fob. Thanks for your help!

## CLINICS

### ► **Relaxing Reiki Appointments with AnnMarie Durlacher**

**Acton seniors only**

*Friday, February 9<sup>th</sup>, 9:30-10:45 (sign up for a 15 minute appointment)*

Reiki is an ancient Japanese holistic therapy used to nurture and heal the body, mind, heart, and spirit. It is a gentle, non-invasive treatment where the practitioner uses a light gentle touch to balance energy in the receiver. When the body is in balance, it is better able to heal and support itself. Reiki is a great form of self-care. AnnMarie is a certified Usui Shiki practitioner and has been practicing Reiki in Carlisle and Boston for the past ten years.

**Podiatry Clinic** –*February 8<sup>th</sup>, 22<sup>nd</sup>, 27<sup>th</sup> and March 8<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>*

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, February 13<sup>th</sup> and 27<sup>th</sup>, 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.

## 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 4<sup>th</sup> Wednesday of every month. Registration (ID and bill with your name/address) is required on your first visit.

**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](http://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](mailto:vso@acton-ma.gov).

### **Winter Weather Exercise/Program Policy**

*If Acton Schools are closed:* All Senior Center exercise, classes and programs will be canceled and the Minuteman meal site will be closed. The Council on Aging office will remain open. Check school cancellation information on WBZ, WCVB and WHDH or radio stations WEEI and WBZ.

*If Acton Schools are delayed:* ALL classes, exercise and programs beginning before 10:00 will be canceled. Please call the office for classes beginning at 10:00 or later to see if they will be held. If there is a storm during school vacations or holidays, call the COA before heading out. *If in doubt, call the COA at 978-929-6652 with questions.*

If the COA has to cancel classes beyond the scope of the cancellation policy, we often use an automated calling system. Be sure to check you phone for messages, especially in bad weather.



## AROUND TOWN...AND BEYOND



### **Memorial Library**

#### **Winter Film Series: Celebrating Today's Great Cinematographers**

Wednesday, February 7, 7:00, *Mad Max: Fury Road* brief discussion will follow

Wednesday, February 14, 7:00, *The Revenant* brief discussion will follow

**Technology Classes** Registration required: call the Reference Dept. at 978 929-6543

**Using Your iPad** Thursday, February 8, 3:30-4:30 p.m.

**Introduction to Excel** Tuesday, February 13, 9:30-10:30 a.m.

**Introduction to PowerPoint** Thursday, February 22, 3:30-4:30 p.m.

**Book Discussion - A God in Ruins: A Novel** by Kate Atkinson Tuesday, February 20, at 7:30

**AARP Tax Preparation Assistance** is available free to taxpayers with low and moderate income (households earning less than \$60,000), with special attention to those 60 and older. Complex issues such as net business loss, depreciation, rental income, and other extraordinary items may be out-of-scope, so please mention your issues when you call. An appointment is required by calling 978-760-9146. Appointments are at the Memorial Library.

**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.

**Indian Hill - Free Bach's Concert, Thursday, 2/15, 11:00 and 1:30** at 36 King St., Littleton

## HEALTH NEWS

### **Support Groups**

#### **Grandparents Raising Grandchildren Support Group**

*3<sup>rd</sup> Tuesday each month 11:00-12:00, at the Acton Senior Center*

Share the rewards and challenges of raising your grandchildren. Learn about legal strategies and practices as well as ways to relieve stress. Contact Joe O'Leary at 978-760-0360 for more information.

**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, 1<sup>st</sup> floor of John Cummings*

For more information or to register call 855-774-5100 or email [grief@CareDimensions.org](mailto:grief@CareDimensions.org)

**Healthcare Websites** help you find and compare options for home health, hospital and nursing.

- Home Health Agencies – [www.medicare.gov/homehealthcompare](http://www.medicare.gov/homehealthcompare)
- Nursing Home – [www.medicare.gov/nursinghomecompare/search.html](http://www.medicare.gov/nursinghomecompare/search.html)
- Hospital – [www.medicare.gov/hospitalcompare/search.html](http://www.medicare.gov/hospitalcompare/search.html)

### **Alzheimer's Services**

- Alzheimer's Association Helpline 1-800-272-3900. Available for calls 7 days a week, 24 hours a day.
- **Alzheimer's Association**, [www.alz.org/carefinder](http://www.alz.org/carefinder) for recommendations and questions to ask care providers.
- Cooperative Elder Services, Inc. 978-318-0046. Provides adult day health and Alzheimer's day programs.

**Office of the Attorney General**, [www.ago.state.ma.us](http://www.ago.state.ma.us), click on elders.

**Minuteman Senior Services** for free in-home consultations. Call 888-222-6171 or [www.minutemansenior.org](http://www.minutemansenior.org).



**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.

*Thank You!*

... to the Acton Police Department for a lovely January lunch

... to the Town Assessor's Office for their informative talk about real estate taxes

## TRANSPORTATION



**Transportation** - Doug Halley is Acton's Transportation Coordinator. He is available to answer your questions, hear suggestions or to listen to your concerns. You can call Doug at 978-929-6451 and leave a message or email him at [ctc@acton-ma.gov](mailto: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>.

**Friendly Drivers** may be available to drive seniors to appointments, shopping, etc. Rides must be arranged ahead of time. Call Bev Hutchings at 978-929-6652. We encourage using the van for rides in Acton, Maynard or Concord, 8-4, Monday through Friday. If you need a ride not covered by van transportation, please call the COA.

**MART Van Service to Boston** - Weekday stops at the Littleton Train Station for rides to Emerson Hospital/Bedford VA/Alewife T-Station/Metro-Boston Hospitals/West Roxbury VA. Call 1-800-922-5636 (press opt. 3).

**"Circuit Breaker" Tax Credit Program** - The Massachusetts "Circuit Breaker" tax credit program is a program for adults age 65 + whose property taxes and half of the water and sewer bills are more than 10% of their annual gross income (or for renters, if their rent is greater than 25% of their income) and who meet a few other rules. Adults can get this income tax credit even if they owe no income taxes. For more information on if you qualify stop by the COA office.

### **Acton Council on Aging Policy: Standards of Independence for Senior Center Participation**

The Acton Council on Aging/Senior Center programs are designed for and targeted to Acton residents age sixty (60) and older. Others may at times participate when the staff has been consulted.

Please note the following Standards of Independence with respect to Senior Center attendance. If a participant cannot meet the required Standards, staff is available to share resources and discuss options. Personal companions are welcome to accompany participants who require help to participate in programs and activities. The staff is committed to providing a safe and welcoming atmosphere for as many community seniors as possible.

Participants at the Senior Center must:

- 1. An Emergency Contact Form** must be filled out before participating in any activities and participants must sign in at reception. If participant has a medical issue while on the premises, staff will seek medical attention as it deems necessary which can be refused by participant.
- 2. Take responsibility for their own care** and be responsible for meeting their individual needs including medical care, hygiene, and dietary restrictions. Senior Center staff is not responsible for providing assistance with health care, medication, getting to and from the restroom, and other individual needs.
- 3. Exhibit independent decision making** and should be capable of planning and attending to their own activities, such as transportation, signing in for activities, signing up for lunch and registering for programs, financial transactions, and completing waivers for exercise classes/gym.
- 4. Be able to communicate with staff** regarding activities at the Senior Center or for any health/safety issues that may arise. Participants must be able to navigate throughout the building and transition between programs without staff assistance.

If any of the Standards of Independence pose a challenge, we ask that a participant be accompanied by a companion, escort, or translator who can assist the participant in performing the necessary functions.



**Safety Sand for Seniors** - If you are interested in having sand delivered to your home this winter, please call Bev Hutchings at 978-929-6652 for more information on the program.

<b>February</b>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<b>2018</b>	
				<b>1</b> 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:45 Active Aging 10:00 Chair Exer. 11:00-12:00 Tai Chi 1:00/2:00 Beg./Inter. Chess Classes 1:30-3:30 Gym Open 2:00-3:00 Yeats Poetry 2:00 Chess Club 2:30 Stretch & Flex 2:30-3:15 Meditation	<b>2</b> 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 10:00-10:50 NouVon Fitness 12:30-2:10 Movie 1:00-4:00 Mah Jongg – All levels		
<b>5</b> 8:30-9:30 Active Aging 8:30-11:30 Gym Open 9:30 Drop-in Art 1:00 Registration Begins 1:00-4:00 Mah Jongg – Experienced 3:00 COA Board Mtg	<b>6</b> 8:30-9:30 Senior Fitness 9:30 & 10:15 Gym Use Training 9:30-11:30 Drawing for All 9:45-10:45 Active Aging 11:00-12:00 Tai Chi 1:00-2:00 Age of Kings DVD 1:30-3:30 Gym Open 2:30-3:30 Stretch & Flex	<b>7</b> 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 12:00-12:30 Newbury Ct. Lunch 12:30-2:30 Needle Arts 2:30-4:30 Drop-in Bridge	<b>8</b> 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:00 Breakfast 9:45 Active Aging 10:00 Chair Exer. 11:00 Tai Chi 11:30 & 12:15 Gym Monitor Training 12:30-1:30 Classical Music Series 1:00/2:00 Chess Classes 1:30-3:30 Gym Open 2:00-3:00 Yeats Poetry 2:00 Chess Club 2:30 Stretch & Flex	<b>9</b> 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:30-10:45 Reiki Appts. 10:00-10:50 NouVon Fitness 12:45-2:45 Movie 1:00-4:00 Mah Jongg – All levels 1:00-2:30 Genealogy Group			
<b>12</b> 8:30-9:30 Active Aging 8:30-11:30 Gym Open 9:30-11:00 Drop-in Art 1:00-4:00 Mah Jongg – Experienced 1:00-2:00 Age of Kings DVD	<b>13</b> 8:30-9:30 Senior Fitness 9:00-11:00 Ask the Lawyer 9:00-11:00 Wellness Clinic/BP 9:30 & 10:15 Gym Monitor Training 9:30-11:30 Drawing for All 9:45 Active Aging 11:00 Tai Chi 1:00-2:00 Laugh for Health 1:30-3:30 Gym Open 2:30-3:30 Stretch & Flex	<b>14</b> 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 12:00 Birthday/Valentine Chili Lunch 12:30-2:30 Needle Arts 12:45-2:45 Movie 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>15</b> 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:45 Active Aging 10:00 Chair Exer. 11:00-12:00 Tai Chi 11:30 & 12:15 Gym Use Training 1:00/2:00 Beg./Inter. Chess Classes 1:30-3:30 Gym Open 2:00 Chess Club 2:30 Stretch & Flex 2:30-3:15 Meditation	<b>16</b> 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 10:00-10:50 NouVon Fitness 12:00 Chinese Luncheon 1:00-4:00 Mah Jongg – All levels 1:30-2:10 Chinese Performance			
<b>19</b> <b>SENIOR CENTER CLOSED</b>	<b>20</b> 8:30-9:30 Senior Fitness 9:30-11:30 Drawing for All-last 9:45 Active Aging 11:00 Tai Chi 11:00-12:00 Grandparents Group 12:00 Benchmark/RB Lunch 1:00-2:00 Age of Kings DVD 1:00-4:00 Game Day 1:30-3:30 Gym 2:30 Stretch & Flex	<b>21</b> 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:30-11:00 Drop-in Art 10:00-11:00 ALICE Training 12:30-2:30 Needle Arts 1:00-2:00 Hot Topics 2:30-4:30 Bridge	<b>22</b> 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:45-10:45 Active Aging 11:00 Tai Chi 1:00/2:00 Beg./Inter. Chess Classes 1:30-3:30 Gym Open 2:00 Chess Club 2:30-3:30 Stretch & Flex 2:00-3:00 Yeats Poetry-last	<b>23</b> 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 12:45-2:35 Movie 1:00-4:00 Mah Jongg – All levels			
<b>26</b> 8:30-9:30 Active Aging 8:30-11:30 Gym Open 9:30-11:00 Drop-in Art 11:30 & 12:15 Gym Use Training 1:00-4:00 Mah Jongg – Experienced 1:00-2:00 Book Group 1:00-2:00 Age of Kings DVD	<b>27</b> 8:30-9:30 Senior Fitness 9:00-11:00 Wellness Clinic/BP 9:45 Active Aging 11:00 Tai Chi 11:00-11:30 Nursing Talk 1:00-2:00 Ready to Move? Talk 1:30-3:30 Gym Open 2:30-3:30 Stretch & Flex Newsletters Mailed	<b>28</b> 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 12:30-2:30 Needle Arts 1:00-2:00 Widow/Widowers Group 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>Mar 1</b> 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 9:45-10:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 1:00/2:00 Beg./Inter. Chess Classes 1:30-3:30 Gym Open 2:00 Chess Club 2:30-3:30 Stretch & Flex	<b>2</b> 8:30-9:30 Senior Fitness 8:30-11:30 Gym Open 10:00-10:50 NouVon Fitness 12:45-2:35 Movie 1:00-4:00 Mah Jongg – All levels			

**NEW\*\* Walk the Senior Center 8:05-8:30 and/or 4:00-4:30 Monday through Fridays**



## Friends Funded Activities

This month the following activities are supported by the Friends of the Acton COA: *Hot Topics, Laugh for Your Health, Reiki, Drawing for All, Tai Chi classes, Yeats poetry class, classical music series, Birthday lunch, and Senior Cinema.* The Friends greatly appreciate your donations which help support programs at the Senior Center. If you wish to donate, forms are available at the Center or print it off the Friends page at [actoncoa.com](http://actoncoa.com).

### Get Your Newsletter by Email – Go Green!!

Please consider having your newsletter e-mailed to you. Not only will you receive it earlier, it will also be in color! If you frequent the Center consider picking up your newsletter rather than receiving it by mail. For more information or to switch to email, call Judy at 978-929-6652 or [jpeters@acton-ma.gov](mailto:jpeters@acton-ma.gov).

**Suggestion Box** – If you have a comment, critique, idea, or suggestion about any aspect of how the Senior Center works please drop us a note. The suggestion box is on the white hutch in the lounge. If you would like someone to follow up with you please remember to include contact information. Thanks for your thoughts!

**Breakfast Volunteers Needed** – We are looking for a few people to help either the Thursday afternoon before the Friday breakfast to set up tables, or on Friday morning after breakfast to help clean up the kitchen and dining room. The commitment would be about 1 hour each month. Please call Bev Hutchings at 978-929-6652.

## The Friends of the COA

### How are Your New Year's Resolutions Going?

*Resolve to eat healthier?* Enjoy lunch or the nutrition programs at the senior center.  
*Resolve to exercise more?* Visit the new gym.  
*Resolve to get creative?* Think about joining the Needle Arts group that meets on Wednesdays.  
*Resolve to keep your mind engaged?* Enjoy the life-long learning offerings at the senior center.  
Whatever your journey for 2018, join us for the wide range of classes and programs at Acton's new and welcoming senior center. Many of these activities are funded by the Friends through money raised in our annual appeal. If you have already responded, thank you. If you have been meaning to, please make one more resolution to send your tax-exempt gift made payable to The Friends of the Acton Council on Aging. Checks may be left at the Senior Center or sent to PO Box 2006, Acton, MA 01720.

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30 Sudbury Rd. Rear  
Acton, MA 01720  
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#### ACTON COA STAFF

Sharon Mercurio, Director  
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  
Rosie Atherton, Human Services Receptionist

#### ACTON COA BOARD MEMBERS

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

Acton COA Board will meet February 5<sup>th</sup> at 3:00  
Friends of the Acton COA will meet not meet in February