



Acton Senior Bulletin



March 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. 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, March 5th at 1:00

The Gershwins in Hollywood with Ben and Brad

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

Wednesdays, March 7th, 14th, 21st, 28th, 1:00-2:00

Ben Sears and Brad Conner will combine lecture, video and audio clips and live performance in this four-part series. The Hollywood career of George and Ira Gershwin is a small part of their output yet it produced some of their greatest songs. Two film scores for Fred Astaire were written before George's untimely death, after which Ira continued writing songs for films. Fred Astaire and Ginger Rogers, Gene Kelly, and Judy Garland are some of the featured performers in this overview. *Ben Sears and Brad Conner are theatre historians, performers and noted recording artists. Their programs are always entertaining, informative and uplifting!*

► Line Dancing!

Open only to Acton seniors

Tuesday, March 27th, 6:30-7:30 p.m.

Come join us for an evening of line dancing and see for yourself why so many already love this fabulous activity! As each dance uses foot patterns only, beginner dances can be learned within minutes. So come give it a try. No experience necessary. With the fun it brings - and its widespread mental, physical, and social benefits - your mind, body, and spirit will be so glad you did! *Kari McHugh of Kari's Line Dancing will lead us. Kari has many years of experience teaching line dancing, including at local senior centers.* If you'd like to come for pizza dinner before dancing, see page 8 of this newsletter for more information.

Affordable Housing in Acton

Tuesday, March 20th, 1:00-2:00

Learn about affordable housing with Nancy Tavernier of Acton Community Housing Corporation and Kelley Cronin of the Acton Housing Authority. Attend whether you are wondering if applying for affordable housing is for you or what the current status of affordable housing is in town.

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

- Line Dancing
- Trivia Contest
- Cooking Demonstration
- Currier Museum Trip
- AARP Tax Prep
- Gym User Training
- Drawing for All
- Chess Lessons
- SHINE Appointments
- All Meals
- Nutrition Class
- Drawing for All
- Chess Lessons



Director's Corner – Linda

Dallimore, the COA Staff Assistant, has decided to resign from her position to spend more time with her family.

Linda always had a warm smile on her face and was a pleasure to work with.

We wish her all the best! Don't be surprised if you see her volunteering at the Center from time to time.

I would like to thank the Lions Club ahead of time for sponsoring our annual St. Patrick's Day luncheon. The Lions do so much for our community and we are grateful for all their hard work.

Annual Town meeting will begin Monday, April 2 at 7:00 pm. I encourage people to attend as this is your opportunity to decide what you feel is best for your Town. Thank you, Sharon, COA Director

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UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS.....MONDAY, MARCH 5th at 1:00

► Trivia Contest

Open only to Acton seniors

Thursday, March 15th, 1:00-2:15

Acton resident Peter Duran leads the trivia contests, which 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. When you call to sign up, mention if you'd like to be on a specific team, otherwise you'll be randomly assigned.

Congratulations to the winning team from January: Harriet DiLuzio, Alan Hart, Kathy Kristoff, Stacie Smith, and Marie Trescott. Prize winners: Bob Evans, Marian Evans, Stacie Smith.

Spring into Self-Care

Open to out-of-town seniors/free

Monday, March 19th, 1:00-2:00

Self-care is crucial for our physical, emotional and mental well-being. It's important to maintain a healthy relationship with yourself as it produces positive feelings and boosts your confidence and self-esteem. Join wellness counselor and yoga instructor, Jean Popovic, for an hour of self-care. Jean will lead some simple breath and gentle stretching exercises. She will also share tips about the benefits of drinking water, a regular sleep schedule and the importance of self-care. There will be some time for quiet contemplation, as well.

► Feasting on a Budget Cooking Demonstration

Register through the Memorial Library

Tuesday, April 3rd, 2:00-3:30

Open to out of towners/free

April is National Food Month—a great time to learn how to cook healthy and delicious meals on a budget! Instructor Liz Barbour shares how to plan healthy meals that are quick to prepare, inexpensive and delicious, followed by a cooking demonstration. Learn how to save money by creating shopping lists, understanding portion size, and ways to add inexpensive, healthy ingredients to meals. Liz will prepare two healthy recipes using low-cost ingredients which participants may sample. Offered in partnership with the Memorial Library. This program will be held at the Senior Center but make your reservation now through the Memorial Library by calling the reference dept. at 978-929-6543. *Liz Barbour is a cooking instructor, professional cook and has been featured on New Hampshire television shows and in various publications. She published her first cookbook in 2017.*

► Indicates that you must register in advance!

ADMIT
ONE

SENIOR CINEMA

Open to out-of-town seniors/free

Shown with closed captioning when available

Friday, March 2nd, 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 50th year on the throne. In the process, he unexpectedly forms a deep friendship with the monarch. Stars Ali Fazal and Judi Dench.

Friday, March 9th, 12:45-2:45 *Breathe* (2017, PG-13) The inspiring true love story of Robin and Diana Cavendish, an adventurous couple who refuse to give up in the face of a devastating polio diagnosis. Drama stars Andrew Garfield, Claire Foy and Hugh Bonneville.

Friday, March 16th, 12:45-2:25 *A Shine of Rainbows* (2010, PG) Inspirational Irish tale about a lonely orphan whose life is transformed by a woman who teaches him to conquer grief & discover the magic in nature & himself.

Friday, March 23rd, 12:45-2:45 *Marshall* (2017, PG-13 for mature themes, violence, language) Biopic about a young Thurgood Marshall, who would later become the first African-American Supreme Court Justice, as he battles through one of his career-defining cases. Chadwick Boseman and Kate Hudson star.

Friday, March 30th, 12:45-2:40 *Tootsie* (1982, PG) An unsuccessful, difficult to work with actor disguises himself as a woman in order to get a role on a trashy hospital soap. Dustin Hoffman, Jessica Lange and Terry Garr star in this comedy. Nominated for 10 Academy Awards; Lange won for best supporting actress.

Volunteers Save the Date: Our annual Volunteer Reception will be on Friday, April 13th at 2:00. Invitations are in the mail.



Daylight Savings Time / File of Life / Smoke Alarm Check and Replacement -

Remember to set your clock ahead 1 hour before you go to bed on Saturday, March 10th! It's also a great time to update your File of Life information. Cards are available at the COA Office. And don't forget to change the batteries in your smoke alarms.

TRIPS

REGISTRATION BEGINS.....MONDAY, MARCH 5th at 1:00

► **Currier Museum of Art Tour: Saint-Gaudens' Sculpture** **Open to out of towners on 3/12**
Wednesday, April 25th, leaving from Senior Center lower parking lot, 9:45 ****Note new departure location****

Experience a special exhibit of works by famed sculptor Augustus Saint-Gaudens at the Currier Museum in Manchester, New Hampshire. This is the first major exhibition of his work to be held in New England in more than 30 years! Saint-Gaudens was the most important American sculptor of the late 19th and early 20th century, and his monuments have become an integral part of our country's historic narrative. The exhibit will feature large-scale masterpieces including *Abraham Lincoln: The Man*, the *Adams Memorial*, and *Diana*. Our group will have a one-hour guided tour with a focus on the special exhibit followed by lunch in the museum's Winter Garden. Lunch will include a sandwich (chicken salad, grilled vegetable wrap or ham and cheese), Caesar salad, chips, cookies, and beverages. No advance sandwich choice needed. After lunch you will have time to explore the museum on your own. The museum is accessible with ramps and elevators and has places to sit throughout but there is a good amount of walking/standing involved during the tour.

Depart: 9:45 a.m. from Senior Center overflow parking lot; approximate return time is 3:45 p.m.

Cost: \$63, due April 3rd, includes coach bus transportation/restroom, museum admission/tour, lunch, & gratuities.

Council on Aging Trip Policies

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check. Trips are open to seniors from outside Acton one week after registration begins.
2. Payment is due as specified in each trip description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you find someone to go in your place.
3. Make checks out to: "Friends of the Acton COA." Drop your check off at the Senior Center or mail to: Acton Council on Aging, 30 Sudbury Road Rear, Acton, MA 01720. Make a separate check for each trip. Checks are cashed after the trip.
4. ****New**** Parking for trips is at the Senior Center overflow parking lot (second entrance into the 30 Sudbury Road complex). If that lot is full, park in the main Senior Center lot close to Sudbury Road. If you need directions, call the COA at 978-929-6652.
5. The Friends of the Acton Council on Aging offer partial trip scholarships for those in need. Call COA Director Sharon Mercurio at 978-929-6652 for more information.
6. Always bring your FILE OF LIFE card with you on trips. Extra copies are available at the Senior Center. Please make sure all sections of the card are filled out and up-to-date.
7. Trip attendees must attend each segment of a day trip and may not stay behind on the bus.
8. If you are not self-sufficient or have special needs, you must travel with a companion who can provide assistance for you. Call the COA for details if you are uncertain of the demands of a trip.
9. If a senior has a medical emergency on a trip, trip leader will procure medical assistance as needed but cannot accompany someone to the hospital.

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

Did You Sign In Today? When you come into the Senior Center please give yourself a few extra minutes to sign in on My Senior Center. 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.

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 Thursday, 12:30-1:30 (see exact dates below)

Classical pianist and teacher Sivan Etedgee is presenting a once-a-month series throughout the winter and spring 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. *Sivan Etedgee appears frequently as a recitalist, chamber musician, and lecturer, giving many performances and presentations each year and is a faculty member at the Newton Music Academy. His series at the Senior Center last year was a big hit!*

March 8th: Shall We Dance

April 12th: The Jazz Influence

May 10th: Music and Politics

June 14th: Women in Music

Hot Topic! with Professor Larry Lowenthal

Open to out-of-towners for \$5/talk

Thursdays, March 22nd and 29th 1:00-2:00

Professor Larry Lowenthal's Hot Topic series concludes this month with The Climate Change Debate on March 22nd and GOP Tax Reform on March 29th (rescheduled due to January snow storm). Dr. Lowenthal will present an educated review of the topic with audience participation. Dr. Lawrence Lowenthal has taught college-level English, American Literature, film, and Jewish history courses, served in the Israeli Army, lectures on a variety of topics in the Greater Boston area, writes about human rights issues for the local press, has appeared on TV and radio, and hosted a local radio show. He received his Ph.D. in English from New York University. *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.*

► AARP Free Tax Preparation

Monday, March 5th, 9:00-1:00

Friday, March 9th, 9:00-1:00

Friday, April 6th, 9:00-1:00

Friday, March 16th, 9:00-1:00

Monday, March 19th, 9:00-1:00

(snow date)

Friday, March 23rd, 9:00-1:00

Monday, March 26th 9:00-1:00

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.

Shakespeare's *An Age of Kings* on DVD

Open to out-of-town seniors/free

Various dates, 1:00-2:00

This 1960s series chronicles the turmoil, power, mystery and frailty of Britain's monarchs as interpreted by William Shakespeare and was public tv's first smash hit. In the event of weather-related cancellations, episodes will be shown in order and would then vary from below schedule. Thanks to Pete Duran for loaning us the series.

Tuesday, March 6, Henry VI: The Red Rose and the White

Monday, March 12, Henry VI: The Fall of a Protector

Monday, March 26, Henry VI: The Rabble from Kent

Widows and Widowers 101

Wednesday, March 21st, 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.

Genealogy Group

Open to out-of-town seniors/free

Friday, March 9th, 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.

► Indicates that you must register in advance!

ONGOING ACTIVITIES - continued

► Gym User Training

Wednesday, March 7th, 11:30-12:15 or 12:15-1:00

Tuesday, March 13th, 9:30-10:15 or 10:15-11:00

Friday, March 23rd, 11:30-12:15 or 12:15-1:00

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. Training times are limited to 4 people per timeslot.

Open only to Acton seniors

Call now; registration is open

Mah Jongg Time

Mondays, 1:00-4:00 for experienced players only

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.

Open to out-of-town seniors/free

Drop-In Art

Mondays and Wednesdays, 9:30-11:00

Participants bring their own projects/supplies to work on.

Open to out-of-town seniors/free

The Bookies COA Book Club

Monday, March 19th, 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 often 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.

Open to out-of-town seniors/free

Game Day

Tuesday, March 13th, 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-town seniors/free

Drop-In Bridge

Wednesdays, 2:30-4:30

People with a variety of skill levels are welcome but playing experience is needed.

Open to out-of-town seniors/free

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

Computer Club

Wednesdays, March 14th and 28th, 1:30-3:00

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

Open to out-of-town seniors/free

► 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

Thursday, March 8th and 22nd, 2:30-3:15

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.

Open to out-of-town seniors/free

Chess Club with Ken LeBow

Thursdays, 1:30-4:15 ****New start time****

For players with some experience.

Open to out-of-town seniors/free



Health Talk with Linda Cullen, RN of Acton Nursing Services

Tuesday, March 27th, 11:00-11:30

The Health Talk in March will be Peripheral Vascular Disease. What is it, how it's diagnosed and what is the treatments for it.

► Indicates that you must register in advance!



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

CLINICS

Podiatry Clinic – March 8th, 13th, 22nd and April 5th, 10th and 19th

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, March 13th and 27th, 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.

EXERCISE

The winter session for most exercise classes ends the week of March 26. The spring session begins the week of April 2, with the exception of Nouvon Fitness which starts 4/13. The April newsletter will contain more details.

Chair Yoga on Wednesdays at 12:15 has been discontinued due to low interest.

- 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.
- Check with your doctor before starting any exercise program, wear comfortable clothing and bring water.

Yoga Class & Healthy Joint Class with Patsy Brightman

Wednesdays through March 28th, 10:45-12:00

New! The last Wednesday of each month (March 28th) will focus on healthy joints

This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation and includes seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class has an emphasis on wellness and will include a period of relaxation. Bring a yoga mat if you plan on floor work. On the last Wednesday of each month, a Healthy Joint Class will be offered to improve range of motion. You are invited to drop into this class without prior yoga experience. The low impact and gentle joint practice is done seated and standing with optional floor work. Joint movements benefit students to increase their flexibility and balance and to decrease a stiff or achy body and help prevent falls. This class is funded by an Executive Office of Elder Affairs grant, which requires the COA to ask for donations--a \$1.00/class is suggested. *Patsy Brightman is a certified yoga instructor with years of experience teaching seniors and is a retired Registered Nurse.*

Senior Fitness with Terri Zaborowski

Tuesdays, Wednesdays, Thursdays and Fridays, through the week of March 27th, 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 8th through March 26th, 8:30-9:30

Tuesdays and Thursdays through the week of March 27th, 9:45-10:45

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

Stretch and Flex with Terri Zaborowski

Tuesdays and Thursdays, through the week of March 27th, 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.

NouVon Fitness with Yvonne Benelli

Fridays, through March 23rd, 10:00-10:50

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.

EXERCISE - continued

Gentle Chair Exercises with Liz Paley

Wednesdays, through March 28th, 10:00-10:30

Thursdays, through March 29th, 10:00-10:30

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.

Tai Chi with Linda Sango

Tuesdays, through March 27th, 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.

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, through March 29th, 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.



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 4 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.

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.

GYM NEWS

Gym Hours

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

Tuesdays and Thursdays, 1:30-3:30

The Gym is getting busy. We hope to expand our Gym hours sometime in March. Please check with the reception desk or look on the Gym door for updates.

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 5 of this newsletter for gym user training dates. Advanced registration required for training.



THANK YOU!

Thank you to those who have donated to our Fundraising for Furnishings campaign since our last newsletter: Jane Saks

DINING OPPORTUNITIES

REGISTRATION BEGINS.....MONDAY, MARCH 5th at 1:00

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



► **Breakfast**

Friday, March 16th, 9:00

Open only to Acton seniors

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.



► **Acton Lions Club Annual St. Patrick's Day Luncheon**

Sunday, March 18th, 1:00-2:30

Open only to Acton & Boxborough Seniors

Everyone's Irish on St. Patrick's Day! A traditional New England boiled dinner will be served free of charge and is open to Acton and Boxborough seniors only. Lunch is followed by entertainment, usually Irish step dancers. If you would like a ride from a Lions Club volunteer, please mention that when you call.

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

Tuesday, March 20th, 12:00 noon, at the Senior Center

Open to out-of-town seniors

Enjoy fish and chips, peas, salad and dessert. \$3.00.

► **Luncheon by Lifecare of Acton**

Thursday, March 22nd, 12:00

Open only to Acton seniors

Our Lifecare lunch menu is always a surprise but delicious. \$3.00.

► **Town Employee Dinner**

Tuesday, March 27th, 5:30-6:30

Open only to Acton seniors

Your very own COA staff will be serving pizza, salad and dessert at 5:30 followed by line dancing at 6:30. \$3.00.

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

► **March for Meals Lunch Fundraiser**

Wednesday, March 14th, 12:00-1:00

Lunch includes 3 mini sandwiches per person (tuna, meatball slider and roasted veggies with cheese), tomato soup, fruit and homemade dessert. \$5 donation. Door prizes! All proceeds benefit MMSS Meals on Wheels Program.

► **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: Tuesday, 3/13, 12:00 Free to those celebrating a birthday.

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

Acton Citizens Police Academy

Wednesdays, April 4th to May 23rd, 4:00-6:00PM

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



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.

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.

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.

HEALTH NEWS

Support Groups

Decluttering Group

Wednesday, April 11th, 1:30-3:00 at Minuteman Senior Services, 26 Crosby Dr., Bedford

The group will meet for 10 weeks using *Buried in Treasures* approach. Free. Open to all adults, the book is included. Call Susan at 781-221-7052 to register. Made possible through the Cummings Foundation Grant.

Care Giver Support for Families & Friends of loved ones with Dementia

First Wednesday of every month 10:30-12 & 6:00-7:30pm

RiverCourt Residences, 8 West Main St, West Groton, 978-448-4122

Grandparents Raising Grandchildren Support Group

3rd 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, 1st floor of John Cummings

For more information or to register call 855-774-5100 or email grief@CareDimensions.org

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 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, click on elders.

Minuteman Senior Services for free in-home consultations. Call 888-222-6171 or www.minutemansenior.org.

Thank You!

... to all the Gym Monitors and substitutes who volunteer in the gym which allows seniors the opportunity to exercise. Without your dedication the gym would not be possible!

... to the Acton Police for offering ALICE training to our seniors.

AROUND TOWN...AND BEYOND

Acton Fire Department is Offering Breakfast with the Easter Bunny

Saturday, March 10th, 9:00-11:30, South Acton Fire Station, \$20/family or \$6/person

Memorial Library

Intro to Meditation Wednesdays, March 7 and 14, 7 p.m.

Songs of Ireland Thursday, March 15, 7 p.m.

Introduction to Microsoft Word Thursday, March 15, 3:30-4:30 Registration required.

Book Discussion 3/20, at 7:30, *Loving: Interracial Intimacy in America and the Threat to White Supremacy.*

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.



CLASSES

REGISTRATION BEGINS.....MONDAY, MARCH 5th at 1:00

► **Nutrition/Cooking Demonstration Classes**

Tuesdays, March 6th and 20th, 2:00-3:30

Open only to Acton seniors

Acton Nursing Service is sponsoring two nutrition and cooking classes with Lucy Hutchings, RD, LDN. Lucy is a Licensed Dietitian/Nutritionist who will be demonstrating and discussing *Eating on a Budget* and *Eating for One*. Classes are limited to 20, so please call to register. You may register for one or both classes.

March 6th: Eating On A Budget - Think eating healthy can't be done on a limited budget? Think again! Find out how to make the best use of your food dollars and still enjoy delicious, healthy meals. Tips, recipes and samples.

March 20th: Eating For One - Cooking for one (or two) can be a challenge. Come join us for tips, recipes, samples, and instruction on how to make it work for you!

► **Drawing For All with Sandy Wilensky** **Open to out of towners beginning March 12th for \$20 fee**

Tuesdays, March 27th through May 15th, 9:30-11:30

For folks with all levels of experience! Participants will build skill upon skill while experimenting with various drawing techniques and materials. Classes will begin with a drawing warm-up to be followed by a skill/technique lesson that will then be incorporated into a finished drawing. Learning about line, shape, value, texture and perspective will be woven into the class. Drawing subjects will include still life, landscape and the natural world. The initial approach to subjects will be realistic with a focus on personal expression and developing a style of one's own. Group sharing of drawings will have a goal of positive affirmation of learning. If you are new to this class, you may purchase a drawing set for \$12 (payable to Sandy at the first class) or you may bring your own supplies. Please note the program room can be chilly, so dress accordingly. *Sandy has had a career in education with experience teaching people from age 3-83+. She is a certified art instructor and believes strongly in the ability of all people to learn in a supportive setting. She has recently been teaching in area senior centers, Acton Community Ed. and in her studio at ArtSpace in Maynard. Sandy's art has been shown in many local locations.*

► **Beginner Chess Class with Acton resident Ken LeBow**

Current session ends 3/15

Thursdays, March 22nd through May 24th, 1:00-2:00

Open to out-of-town seniors/free

Ken will teach a 10-week chess class for beginners. Learn how the pieces move, what are check and checkmate and some basic strategies, including the 10 golden rules of chess. Chess sets and boards supplied by the COA. Chess is a great way to exercise your brain—studies show playing can improve memory, boost concentration skills and increase creativity. *Ken LeBow has been playing chess for over 50 years. He started a chess club and lessons for seniors in Pennsylvania and has been teaching and leading chess club in Acton for four years.*

► **Intermediate Chess Class with Acton resident Ken LeBow**

Current session ends 3/15

Thursdays, March 22nd through May 24th, 2:00-3:00

Open to out-of-town seniors/free

This 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.

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

March	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	2018
Walk the Senior Center 8:05-8:30 and/or 4:00-4:30 Monday through Friday				1 8:30 Senior Fitness 8:30 Gym Open 9:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 12:30/2:00 Beg./Inter. Chess 1:30 Gym Open 1:30 Chess Club 2:30 Stretch & Flex	2 8:30 Senior Fitness 8:30 Gym Open 10:00 NouVon Fitness 12:45 Movie 1:00 Mah Jongg	
5 8:30 Active Aging 8:30 Gym Open 9:00 Tax Appointments 9:30 Drop-in Art 1:00 Registration Begins 1:00 Mah Jongg 3:00 COA Board Mtg	6 8:30 Senior Fitness 9:30 Drawing for All 9:45 Active Aging 11:00 Tai Chi 1:00 Age of Kings DVD 1:30 Gym Open 2:00 Nutrition Talk 2:30 Stretch & Flex	7 8:30 Senior Fitness 8:30 Gym Open 9:30 Drop-in Art 10:00 Chair Exercise 10:45 Yoga Class 11:30 & 12:15 Gym User Training 12:30 Needle Arts 1:00 Gershwin Program 2:30 Drop-in Bridge	8 8:30 Senior Fitness 8:30 Gym Open 9:45 Active Aging 10:00 Chair Exer. 11:00 Tai Chi 12:30 Classical Music Series 12:30/2:00 Beg./Inter. Chess 1:30 Gym Open 1:30 Chess Club 2:30 Stretch & Flex 2:30 Meditation	9 8:30 Senior Fitness 8:30 Gym Open 9:00 Tax Appointments 10:00 NouVon Fitness 12:45 Movie 1:00 Mah Jongg 1:00 Genealogy Group		
12 8:30 Active Aging 8:30 Gym Open 9:30 Drop-in Art 12:45 Friends of COA Mtg 1:00 Mah Jongg 1:00 Age of Kings DVD	13 8:30 Senior Fitness 9:00 Wellness Clinic/BP 9:30 & 10:15 Gym User Training 9:45 Active Aging 11:00 Tai Chi 12:00 Birthday Lunch 1:00 Game day 1:30 Gym Open 2:30 Stretch & Flex	14 8:30 Senior Fitness 8:30 Gym Open 9:30 Drop-in Art 10:00 Chair Exercise 10:45 Yoga Class 12:00 MM Fundraiser Lunch 12:30 Needle Arts 1:00 Gershwin Program 1:30 Computer Club 2:30 Drop-in Bridge	15 8:30 Senior Fitness 8:30 Gym Open 9:45 Active Aging 10:00 Chair Exer. 11:00 Tai Chi 12:30/2:00 Beg./Inter. Chess 1:00 Trivia Contest 1:30 Gym Open 1:30 Chess Club 2:30 Stretch & Flex	16 8:30 Senior Fitness 8:30 Gym Open 9:00 Tax Appointments 9:00 Breakfast 10:00 NouVon Fitness 12:45 Movie 1:00 Mah Jongg		
18 1:00 St Patty's Day Lunch 19 8:30 Active Aging 8:30 Gym Open 9:00 Tax Appointments 9:30 Drop-in Art 1:00 Mah Jongg 1:00 Self Care Program 1:00 Book Group	20 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi 11:00 Grandparents Group 12:00 Benchmark/RB Lunch 1:00 Affordable Housing Talk 1:30 Gym Open 2:00 Nutrition Talk 2:30 Stretch & Flex	21 8:30 Senior Fitness 8:30 Gym Open 9:30 Drop-in Art 10:00 Chair Exercise 10:45 Yoga Class 12:30 Needle Arts 1:00 Widow/Widowers Group 1:00 Gershwin Program 2:30 Drop-in Bridge	22 8:30 Senior Fitness 8:30 Gym Open 9:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 12:00 Lifecare Luncheon 12:30/2:00 Beg./Inter. Chess 1:00 Hot Topics 1:30 Gym Open 1:30 Chess Club 2:30 Stretch & Flex 2:30 Meditation	23 8:30 Senior Fitness 8:30 Gym Open 9:00 Tax Appointments 10:00 NouVon Fitness 11:30 & 12:15 Gym User Training 12:45 Movie 1:00 Mah Jongg		
26 8:30 Active Aging 8:30 Gym Open 9:00 Tax Appointments 9:30 Drop-in Art 1:00 Mah Jongg 1:00 Age of Kings DVD	27 8:30 Senior Fitness 9:00 Wellness/BP 9:30 Drawing 9:45 Active Aging 11:00 Tai Chi 11:00 Nursing Talk 1:30 Gym Open 2:30 Stretch & Flex 5:30 Town Prepared Dinner 6:30 Line Dancing Newsletters Mailed	28 8:30 Senior Fitness 8:30 Gym Open 9:30 Drop-in Art 10:00 Chair Exercise 10:45 Yoga Class 12:30 Needle Arts 1:00 Gershwin Program 1:30 Computer Club 2:30 Drop-in Bridge	29 8:30 Senior Fitness 8:30 Gym Open 9:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 12:30/2:00 Beg./Inter. Chess 1:00 Hot Topics 1:30 Gym Open 1:30 Chess Club 2:30 Stretch & Flex	30 8:30 Senior Fitness 8:30 Gym Open 12:45 Movie 1:00 Mah Jongg		



Friends Funded Activities

This month the following activities are supported by the Friends of the Acton COA: *Gershwins in Hollywood, Hot Topics, Feasting on a Budget, Drawing for All, Tai Chi classes, classical music series, Birthday lunch, day trip, 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.

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.

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.

“Circuit Breaker” Tax Credit Program - This 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.

Using the My Senior Center Kiosk - When you arrive at the Center you can sign in for all the activities you are planning on attending that day. It will save you from having to visit the kiosk again later in the day.

The Friends of the COA

Here are some ways you can support the Friends

Our annual appeal; if you've already responded, THANK YOU.

Our holiday fair; Save the date for November 17.

Our button battery recycling program; Collection boxes are at the Senior Center, Public Safety Building, Town Hall, Transfer Station, the Libraries, Acton Pharmacy, Ace Hardware, CVS at Acton Woods Plaza, Robbins Brook & Life Care Ctr.

Our monthly meetings; JOIN US on March 12 at 12:45 at the Senior Center.

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U.S. Postage Paid
Acton, MA 01720
Permit #67

Acton Council on Aging
30 Sudbury Rd. Rear
Acton, MA 01720
Return Service Requested

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
Terri Zaborowski, Exercise Instructor
Mary Morgan, Human Services Receptionist
Rosie Atherton, Human Services Receptionist

ACTON COA BOARD MEMBERS

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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 March 5th at 3:00
Friends of the Acton COA will meet March 12th at 12:45