



Acton Senior Bulletin

July/August 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, July 2nd at 1:00

Save this Newsletter! This two-month publication covers activities in July and August.

► Music Therapy for Those with Dementia

Wednesday, July 25th, 1:00-2:00

Open to out-of-town seniors/free

Research has confirmed that music can improve the mood of people with neurological diseases and boost cognitive skills, as well. Music therapists who work with Alzheimer's patients describe seeing people "wake up" when the sounds of loved and familiar music fills their heads. Caregivers are invited to join Alicia Seaver, VP and Director of Memory Care of Bridges by EPOCH to learn how music therapy can play a role in the quality of life for those with memory challenges. *With more than twenty years of experience working with senior citizens, Alicia is certified by the National Institute on Aging as a Memory Impairment Specialist and is state certified as an Alzheimer's and Related Dementia Trainer.*

Justice Denied: A Personal Perspective on Japanese Internment

Wednesday, August 15th, 1:00-2:00

Open to all/free

This richly illustrated talk by Margaret Yamamoto tells the story of the Japanese internment during World War II as seen through the eyes of a Japanese-American family. It follows their passage from immigration in the 1890s through imprisonment during the war years and documents how they rebuilt their lives. Beyond describing the internment experiences of a single family, the presentation focuses on the plight of the 120,000 Japanese—two-thirds of them American citizens—who were imprisoned by a Presidential order deemed by many to be in violation of the US Constitution. See "Senior Cinema" on page 6 for information on viewing the documentary "Unfinished Business: The Japanese-American Internment Cases." *Margaret Yamamoto, a Concord resident, is a member of the family featured and was incarcerated at two months of age. She is co-president of the New England Chapter of the Japanese American Citizens League and is retired after 40+ years in communications and public relations, mostly recently at WGBH.*

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

- Music Therapy
- Trivia Contest
- Consumer Rights
- Ask the Lawyer
- Gym Training
- Line Dancing
- Story Telling
- Jewelry Making
- All Meals
- SHINE Appts.
- Garden Therapy
- Golf
- Chess Lessons
- Trips

Index	Page
Around Town	12
Calendar	14-15
Classes	5
Clinics	7
Dining	7
Exercise	8-9
Gym News	4
Health News	5
Ongoing Activities	9-10
Program Highlights	2-4
Senior Cinema	6
Support Services	13
Transportation	12
Trips	11

Volunteers Wanted to Make Lunch at the COA - The COA is looking for community groups (4-5 people) to cook and serve a lunchtime meal to the seniors. Your group can volunteer to cook once a year or more frequently if you like. We will provide the ingredients. Please call Sharon if you are interested.

Director's Corner – *Steve Ledoux has been the Town Manager in Acton for ten years. He was instrumental in making the new Human Service and Senior Center a reality. We want to thank him and wish him well. Enjoy your retirement!*

We would like to welcome John Mangiaratti, Acton's new Town Manager. John was the Deputy Town Manager for the town of Andover and comes to Acton with a wealth of knowledge. John visited the Senior Center prior to his start date. Congratulations and welcome John! Sharon, COA Director

UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS.....MONDAY, JULY 2nd at 1:00

Age Discrimination – Sharing Thoughts with *Employment Law Daily*

Monday, July 2nd, 11:00-12:00

Open to all/free

Have you had personal experiences with discrimination? Atty. Lorene D. Park, a senior editor with *Employment Law Daily*, is writing a series of articles on the evolution of employment discrimination laws and invites you to participate in a discussion on the topic. She will start with an overview of federal employment discrimination laws, then hold an informal discussion to share personal experiences of discrimination, focusing on age, but also race and gender. With your permission, your comments may be included in an upcoming issue of *Employment Law Daily*. Light refreshments will be served. *Attorney Lorene D. Park is an analyst at Wolters Kluwer and has served for ten years as a writer and senior editor on many publications, including Corporate Counsel News, and several editions of the U.S. Employer's Guide, Medical Employer's Guide, and Guide to Workplace Privacy.*

Relaxation for a Good Night's Sleep

Open to out-of-town seniors/free

Thursday, July 5th, 1:00-2:00 (Part 2, Rescheduled)

You will learn tips to help you sleep deeply and leave you feeling refreshed in the morning. Jean Popovich will help you rejuvenate by teaching you some simple guided meditations and yoga postures done in a chair. Jean teaches yoga in Maynard and has been practicing the art of yoga for the past fifteen years. She is also an Ayurveda Wellness Counselor and helps clients bring their bodies into balance through diet, yoga, and meditation.

► Dementia Friend Information Session

Monday, July 9th, 10:00-11:00

Open to all/free

You can become a Dementia Friend by attending this one-hour informational session. Learn about this worldwide movement, about living with dementia, and the simple things you can do to support someone with the disease.

► Dementia Friends Champion Training

Monday, July 9th, 10:00-12:00

Open to all/free

This training will equip you with the knowledge and materials needed to facilitate a Dementia Friends Information Session with community members. It is intended for those who wish to become a volunteer Dementia Friends Champion. You must also attend the Dementia Friends information session as part of this program.

Laugh for the Health of It!

Tuesdays, July 10th and August 21st, 10:00-11:00

Open to out-of-town seniors/free

Laughter can really be one of the best medicines. In this interactive program, you will learn how to generate your own hearty laughter without the need for jokes. We use seated and standing laughter exercises, combined with deep, relaxing belly, or "yoga breaths." This practice is called Laughter Yoga, but there are no mats or yoga poses. It is easy and accessible for all! Many health benefits are derived from this practice including: increased energy and alertness, mood elevation, stress relief, positive connections with others, and boosting the immune system. Come see how you can laugh your way to joy and well-being! Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher. She delivers workshops to community and senior centers, as well as workplaces, to promote laughter as a tool to build joy, resilience, connection, and collaboration.



► Trivia Contest with Acton resident Peter Duran

Tuesday, July 10th, 1:00-2:15

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. 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 May: Ron and Jeannette Zollner and Sue and Harry Hyman. Lucky prize winners were Tom Crowdis, Kathy Kristoff and Martin Segal.

► Indicates that you must register in advance!

UPCOMING PROGRAM HIGHLIGHTS - continued

REGISTRATION BEGINS.....MONDAY, JULY 2nd at 1:00



Mysterious Mars...in 3D! with Kelly Beatty

Wednesday, July 11th, 1:00-2:00

Open to out-of-town seniors/\$5

This summer Earth and Mars will pass closer than they have since 2003. After this presentation you will be ready to impress your friends with your knowledge of the Red Planet! No planet in our solar system is more similar to Earth than the Red Planet. Thanks to spacecraft that have been circling Mars and crawling across its surface for decades, we've learned that this world is now a deeply frozen wasteland. But long ago it was much warmer, had a dense atmosphere, and had rivers of liquid water flowing across its surface. What happened to Mars? Did life ever exist on its surface? What's it like today? And why is it red? Get the latest scientific details — and enjoy you-are-there 3D views of its surface— in this informative and entertaining update. *Kelly Beatty has been explaining the science and wonder of astronomy since 1974. An award-winning writer and communicator, he specializes in planetary science and space exploration as Senior Contributing Editor for Sky & Telescope magazine, and you'll occasionally hear him on The Weather Channel and NPR. He holds a Bachelor's degree from the California Institute of Technology and a Master's degree in science journalism from Boston University.*

Don't Forget... Nutrition for Brain Health

Wednesday, July 18th, 11:00-12:00

Open to out-of-town seniors/free

Come learn about the importance of consuming a well-balanced diet related to brain health. Mansi Patel, the Dietetic Intern for Minuteman Senior Services, will provide tips on healthy eating, how to improve brain health and memory boosting food groups.

Author Talk: *They Were My Friends-Jack, Bob and Ted: My Life In and Out of Politics*

Wednesday, July 18th, 1:00-2:00

Open to out-of-town seniors/free

Come hear Gerard Doherty discuss his recently released autobiography *They Were My Friends-Jack, Bob and Ted: My Life in and Out of Politics*, a rare first-hand account of the behind-the-scenes work that lead to some of the most influential moments of the Kennedy brothers political lives and how the son of a Boston firefighter got to be in the middle of it all. He will also share stories of his work in helping Presidents Jimmy Carter and Lyndon Johnson win the White House. *Gerard Doherty grew up in modest circumstances and went on graduate from Harvard, overcome a devastating illness, rise to be friends with the most famous brothers in American history, work with three U.S. Presidents, establish a successful law practice, and serve as State Representative.*

MBTA CharlieCard Event

Thursday, July 19th, 10:00-12:00

Open to all/free

Stop by the Senior Center to apply for an MBTA CharlieCard. Seniors 65 or older are eligible. The process is simple: Bring a photo ID with you, fill out a short form and let us take a photo of you. The MBTA will send your card to your home within six weeks. This service is free. If you need to renew an expired CharlieCard, call the MBTA CharlieCard Store 617-222-3200 to request a new card.



Bicycling for Seniors Seminar with Doug Hobkirk

Thursday, July 19th, 12:30-2:00

Open to out-of-town seniors/free

If you missed last month's Bicycling Seminar, or you want to learn more, Doug Hobkirk is repeating the program with some likely adjustments. Considering recreational bike riding? Start by thinking about how long you would like to spend riding on an ideal day (15 minutes? 2 hours?), how isolated you'd like to be, what's your speed comfort level, and who you would like to ride with (friend, solo, club, grand kids?). Cycling is easier to start and continue if you pick the type of riding best for you—rail trail, mountain biking, road riding, exercise bike in gym or your home, casual just with the kids, recumbent (rider is lying on back while riding), tandems (2-rider bikes), etc. You will learn what to look for when buying a new or used bicycle, what to wear, rules of the road/trail, making friends, getting help, as well as concerns with safety, comfort, pain, costs, and embarrassment. Doug will also bring a sample bike, clothing and accessories. *Acton resident Doug Hobkirk started cycling at age 65, averages about 3,500 miles per year, is a member of the Charles River Wheelers, and leads local rides.*

► Indicates that you must register in advance!

UPCOMING PROGRAM HIGHLIGHTS - continued

REGISTRATION BEGINS.....MONDAY, JULY 2nd at 1:00

► **Know Your Consumer Rights Presentation**

Thursday, July 19th, 1:00-2:00

Open to out-of-town seniors/free

The Community Engagement Division staff from the office of the Attorney General Maura Healey will conduct a training session on Consumer Rights. This training gives consumers an outline of and tips regarding retail rights, and how to avoid various mail, phone, and online scams. At the end of the consumer rights training, guides and resource materials will be provided.

Aging in Place – Making your Home Safe and Convenient

Thursday, August 9th, 1:00-2:00

Open to out-of-town seniors/free

When most people consider the possibility of aging in their home they think of wheel chair ramps, stair lifts and single level living. However, modifying your house for aging is much more than just adding ramps, it is also about enhancing your house for convenience and safety. We will discuss kitchens, bathrooms, bedrooms, interior and exterior circulation and material choices. Bill Dickinson, principal of Dickinson Architects, LLC in Concord, will be your guide. Bill is a registered architect and has over 30 years of experience in design and construction.

Introduction to Social Media—What Are Your Grandkids Doing Anyway?

Friday, August 10th, 10:00-11:00

Open to out-of-town seniors/free



It's hard to keep up with the options in social media like Twitter, Snapchat, Instagram, and Facebook. What is their purpose and what are your grandkids doing on those ever-present smart phones? Mike Gilronan will introduce you to some of the most popular social media apps. *Mike Gilronan is an Acton resident who has been consulting and training businesses on Microsoft technologies for nearly 20 years. From Microsoft Office productivity tools to web platforms to social media, he brings a "power user" point of view and has presented to user groups and other events throughout New England.*

► **Ask the Lawyer**

Tuesday August 21st, 1:00-3:00

Open only to Acton seniors

Elder Law Attorney Cathleen Summers offers free 20-minute private legal consultations. Call the COA beginning Monday, July 2nd at 1:00 for an appointment.

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

GYM NEWS

Summer Gym Hours *Mondays, Wednesday and Thursdays, 9:00-12:00*

Reduced summer hours will begin on Monday, July 2nd and continue through Friday, September 7th.



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 below for gym user training dates. Advanced registration required for training.

► **Gym Training**

Friday, July 20th, 9:00-9:45

Monday, August 13th, 12:00-12:45

Tuesday, July 31st, 1:00-1:45

Wednesday, August 29th, 1:00-1:45

To use the Gym you must attend a training session focused on safe and proper use of the equipment. Trainings are limited to 4 people/timeslot. Training may be cancelled if not enough seniors sign up on a particular day.

► **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 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. For more information please speak with Mary or Judy. Sign up at the reception desk for one of the following dates:

Monday, July 30th, 12:00-12:45 or Thursday, August 23rd, 1:00-1:45

CLASSES

REGISTRATION BEGINS.....MONDAY, JULY 2nd at 1:00



► **Line Dancing!**

Wednesdays, July 11th through August 15th, 3:00-4:00

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

By popular request, dance instructor Kari McHugh returns! Come see for yourself why so many love this fabulous activity. As each dance uses foot patterns only, beginner dances can be learned within minutes. So come give it a try. Dancing is easiest and gentler on your joints with shoes that have flat, smooth bottoms. Sneakers with worn bottoms or dress shoes typically provide some slide, as do any type of dance shoes. Kari has many years of experience teaching line dancing, including at local senior centers. For a sneak peak, you can visit her YouTube channel at Kari - Kari's Line Dancing. Observers are also always welcome to watch!

► **Summer Vacation Story Telling Workshop with Sal Lopes** **Open to out-of-town seniors/free**

Tuesdays, July 17th through August 7th, 11:00-12:00

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. The focus will be on summer vacation story telling. *Sal Lopes is a retired educator who has taken courses on story telling and has presented at The Gallery in West Acton and the Senior Center.*



► **Beaded Jewelry Making**

Open only to Acton seniors

Thursday, July 26th, 12:30-2:00

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 supplies appreciated. Chris Chirokas and Joy Ivanov will be on hand to help, as needed. Advance registration required as space is limited.

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

HEALTH NEWS

Support Groups

Care Giver Support for Families & Friends of Loved Ones with Dementia

1st Wednesday of month 10:30-12 & 6:00-7:30pm RiverCourt Residences, 8 West Main St, Groton, 978-448-4122

Coping with Loss of a Loved One

Six Thursdays, through July 5, 6:30-8:00pm, Donaldson Conference Room, John Cumings Bld., 1st floor

Please register by calling Care Dimensions at 781-373-6530.

Grandparents Raising Grandchildren Support Group at the Acton Senior Center

Will not be meeting in the summer. See the September newsletter 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 at Donaldson Conference Room, 1st floor of John Cummings

Mondays, 6:00-7:30 p.m., For more information call 855-774-5100 or email grief@CareDimensions.org

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

- Home Health Agencies – www.medicare.gov/homehealthcompare
- Nursing Home – www.medicare.gov/nursinghomecompare/search.html
- Hospital – www.medicare.gov/hospitalcompare/search.html



SENIOR CINEMA

Open to out-of-town seniors/free

Shown with closed captioning when available

Friday, June 29th, 12:45-2:35 *Secondhand Lions* (2003, PG) In 1960s Texas, a timid boy (Haley Joel Osment) is forced to spend the summer with his rich and eccentric great-uncles (Robert Duvall and Michael Caine) on their farm, where he learns surprising tidbits about their mysterious and dangerous pasts.

Friday, July 6th, 12:45-2:45 *Dad* (1989, PG) When an older woman is suddenly hospitalized, her workaholic son returns home to care for his father, resulting in an unexpected change in their relationship. Drama stars Jack Lemmon, Olympia Dukakis and Ted Danson.

Friday, July 13th, 12:45-3:05 *Molly's Game* (2017, R for language and violence) Film is based on the true story of Molly Bloom (Jessica Chastain), an Olympic-class skier who ran the world's most exclusive high-stakes poker game for a decade before being arrested by the FBI.

Monday, July 16th, 12:45-2:55 *David Copperfield* (1935) Oscar nominated film with a laundry list of stars: Maureen O'Hara, WC Fields, Lionel Barrymore, Freddie Bartholomew and Edna Mae Oliver. Based on Charles Dickens' story about an orphaned boy who, with the help of a kindly aunt, escapes his stepfather's cruelty and grows up to become a successful author and marries his childhood sweetheart.

Friday, July 20th, 12:45-2:15 *Bombshell: The Hedy Lamarr Story* (2017, unrated, contains nudity and sexual content) Remembered as one of the most ravishing stars of her day, screen legend Hedy Lamarr had brains and beauty—which are on full display in this documentary that spotlights her World War II-era invention of wireless communication forms.

Friday, July 27th, 12:45-2:10 *Modern Times* (1936, G) Silent film conceived and produced as talking pictures were taking Hollywood by storm. Charlie Chaplin's brilliant comedic satire of the machine age was also his last "silent," although it also features his first words spoken on film. The Little Tramp shuffles bravely forward into a maze of technology and the rapidly changing shape of society.

Friday, August 3rd, 12:45-2:45 *Their Finest* (2016, R for violence, language, sexual content) A former secretary, newly appointed as a scriptwriter for propaganda films in WWII England, joins the cast and crew of a major production while the Blitz rages around them. Dramatic comedy stars Gemma Arterton and Bill Nighy.

Friday, August 10th, 12:45-1:45 *A Great Day in Harlem* (1998, unrated) Remarkable documentary inspired by a renowned 1958 photograph that was taken for *Esquire* magazine. The photo looked like a class picture featuring 57 jazz legends including Thelonious Monk, Dizzy Gillespie and Count Basie. Through interviews and archival footage, filmmaker Jean Bach recreates the day the photo was snapped and reveals many of the stories it tells.

Friday, August 17th, 12:45-2:35 *On Golden Pond* (1981, PG) In his final role, Henry Fonda plays peevish retired professor Norman Thayer, who's making his yearly excursion with his wife (Katharine Hepburn) to their idyllic summer house. But a hostile teen left in their care short-circuits the couple's tranquility. Nominated for a whopping 10 Academy Awards, with three wins including Best Actor and Best Actress. View this film in advance of the August 24th COA trip to Squam Lake where it was filmed!

Thursday, August 23rd, 12:45-1:45 *Unfinished Business: The Japanese-American Internment Cases* (1983, NR) Academy Award nominated documentary on the WWII internment of more than 100,000 American citizens of Japanese ancestry into camps. DVD will be available to borrow from the Senior Center Resource Shelf after August 23rd. This film does not have closed captioning feature.

Friday, August 24th, 12:45- 2:35 *The Leisure Seeker* (2018, R for sexual content and language) An older couple, faced with cancer and Alzheimer's disease, go on an unforgettable journey in the faithful old RV they call The Leisure Seeker, traveling from Massachusetts to The Ernest Hemingway Home in Key West. Helen Mirren and Donald Sutherland star in this dramatic comedy.

Friday, August 31st, 12:45-2:30 *Chappaquiddick* (2018, PG-13) In this historical drama, the car accident that doomed Ted Kennedy's presidential ambitions and resulted in the drowning death of Mary Jo Kopechne gets a fresh look, focusing on the cover-up that followed the crash. Jason Clarke, Kate Mara and Ed Helms star.



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

Founding Brothers: The Revolutionary Generation DVD Series

Tuesdays, July 17th through August 7th, 12:45-1:30

Open to out-of-town seniors/free

Based on the Pulitzer Prize winning book by Mount Holyoke professor Joseph Ellis, this 2002 History Channel documentary series examines six moments when the collisions and collusions of our nation's founding brothers left an indelible imprint on the nation. The moments explored are: the secret dinner that determined the site of the capital and America's financial future; Benjamin Franklin's call for an end to slavery; George Washington's farewell address to the nation; John Adams's term as president; Hamilton and Burr's famous and fatal duel, and the final reconciliation between Adams and Jefferson. This series does not have closed captioning/subtitles.

CLINICS

Podiatry Clinic – July 5th and 24th and August 2nd and 23rd

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, July 10 and 24th and August 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. Offered by the Acton Nursing Services.

DINING OPPORTUNITIES

REGISTRATION BEGINS.....MONDAY, JULY 2nd at 1:00

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

► Newbury Court Luncheon

Wednesday, July 11th, 12:00 noon, at the Senior Center

Acton residents only

The menu is always a delicious surprise. \$3.00.

► Town Employee Prepared Dinner

Friday, July 13th, 5:00 PM, at the Senior Center

Acton residents only

The Fire Dept. will be barbecuing burgers on the grill with summer sides and an ice cream treat for dessert. \$3.00.

► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Open to out-of-town seniors

Tuesday July, 17th, 12:00 noon, at the Senior Center

Enjoy baked ham, roasted potatoes, garden salad and blueberry cobbler. \$3.00.

Tuesday, August 21st, 12:00 noon, at the Senior Center

We will be having fish and chips, garden salad and lemon meringue pie. \$3.00.

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.*



Old Fashioned Hot Dog Lunch

Thursday, August 16th, 12:00

Joy will be preparing hot dogs, potato salad, watermelon and dessert. \$2

Community Salad - Fridays, all summer - Joy will provide the lettuce and all participants should bring in a garden veggie that is appropriate for a salad. For those who do not drive, salad dressing, croutons, olives, chick peas, etc are all acceptable. If everyone contributes we have a lovely salad to serve each Friday!

Birthday Lunch: Thursday, July 12th and Wednesday, August 8th, 12:00 Free to those celebrating a birthday.

► Indicates that you must register in advance!

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.



Handyman Program helps Acton seniors with small repairs and simple household jobs. Volunteers glue chair legs, replace light bulbs, flip mattresses, help with computer/DVD issues and more. Summer is coming! It's not too early to request your air conditioner to be installed. This is not an emergency service so please plan ahead. Call the COA at 978-929-6652 to make a request.

EXERCISE

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

- The summer schedule is slightly scaled back from the rest of the year. It's a great time to try something new!
- Please don't attend more than 3 classes/week, so as many seniors as possible have the opportunity to 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 in a non-breakable container.

Senior Fitness with Terri Zaborowski

Tuesdays, July 17th through August 28th, 8:30-9:30

Thursdays, July 19th through August 30th, 8:30-9:30

Wednesdays, July 18th through August 29th, 8:30-9:30

Fridays, July 20th through August 31st, 8:30-9:30

Have fun as you move to the music with this safe and heart-healthy class which uses low-impact movements to energize your active lifestyle. Then 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 5-10 minute full body stretch and relaxation segment. Weights are provided by the center. Entire class is done seated or standing.

Active Aging with Terri Zaborowski

Mondays, July 16th through August 27th, 8:30-9:30

Tuesdays, July 17th through August 28th, 9:45-10:45

Thursdays, July 19th through August 30th, 9:45-10:45

This class focuses on functional fitness with exercises designed to maintain strength, balance and independence. It is designed for every fitness level and modifications and adaptations are demonstrated. Start with flexibility training in a warm-up to increase the range of motion of your joints, followed by balance exercises to improve your gait and confidence in your daily routines, proceed to resistance training to build lean muscle and increase bone density all to the beat of the music! There is a 5 minute stretch segment at the end. The last 15 minutes is an optional cardio training segment to maintain heart and lung function using low-impact dance movements. Entire class is done seated or standing. *Terri Zaborowski has been teaching fitness classes for the COA for 15 years. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*

Stretch and Flex with Terri Zaborowski

Tuesdays, July 17th through August 28th, 2:30-3:30

This class is designed to help maintain strength, flexibility and independence with both standing and seated exercises using resistance bands. Start with a warm-up moving the body and joints through their full range of motion without resistance to the music. Proceed to strengthen the muscles using resistance bands with upper and lower body exercises. Finish with a relaxation and stretch segment to lower the heart rate, relieve stress, increase flexibility and leave you feeling great! Resistance bands are provided. Entire class is done seated or standing.

Tai Chi with Linda Sango

Tuesdays, July 10th through August 28th, 11:00-12:00

This Tai Chi class is open to all levels of participants. Formless Dragon style Tai Chi is a modern re-examination of classical Tai Chi. Linda Sango studies under Jeff Coté, Occidental Taoist, who after decades of practice in multiple styles of Tai Chi, began distilling the essence of Tai Chi into fundamental principles. Instead of focusing on learning as many form movements as possible, students will be encouraged to learn single movements and explore postural, movement and conceptual principles immediately. Tai Chi is known to improve the health of body, mind and spirit while improving balance. *Linda Sango, a retired health and physical education teacher, has been studying Tai Chi and Qi Gong under Jeff Cote for 16 years and has been teaching classes to seniors for 8 years. Linda also practices Asian Bodywork Therapy in the discipline of Tuina.*

EXERCISE - continued



Gentle Chair Exercises with Liz Paley, COA's Health and Wellness Coordinator

Wednesdays, July 11th through August 29th, 10:00-10:30 No class Aug. 15th and 22nd

Thursdays, July 12th through August 30th, 10:00-10:30 No class Aug. 16th and 23rd

This low-impact program is best suited for people getting little or no physical activity. All of the exercises are based on the Matter of Balance program and aim to increase strength, balance and coordination. *Liz Paley is trained in the Matter of Balance Program and has taught classes for seven years.*

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

Thursdays, July 12th through August 30th, 11:00-12:00

New: Practice for experienced students, Wednesdays, 11:00-12:00 No practice on July 4th

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. This form of Tai Chi was first introduced 47 years ago by Taoist monk Master Moy and has spread to 28 different countries. It is known to build strength and improve balance. Wear loose comfortable clothing and footwear with a fairly smooth tread. *Sue Chase is a trained Taoist Tai Chi instructor. She has been practicing Taoist Tai Chi for eight years, studying in several different countries and attending workshops with instructors and practitioners from all over the world.*

ONGOING ACTIVITIES

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

Alternate Wednesdays, 9:30-12:30 and Fridays, 1:00-4:00 A counselor is available for health care information.

Chess Club with Ken LeBow

Open to out-of-town seniors/free

Thursdays, 1:30-4:15 For players with some experience to get together. You only need to know the basics.

► **Garden Therapy hosted by Cathy Fochtman**

Open only to Acton seniors

Tuesdays, July 10th, 10:30-11:30

Class is full; call about waitlist

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

Tuesdays, Tee time at 8:45AM, please arrive at 8:30

The COA has arranged a weekly tee time for seniors (60+) from Acton and area towns. Cost is \$25 for 9 holes, payable that day, and includes a cart. Call the COA to reserve a spot; deadline to sign up each week is Monday.

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

Open to out-of-town seniors/free

Thursdays, through September 6th, 12:30-2:00 No class on August 23rd

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

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

Open to out-of-town seniors/free

Thursdays, through September 6th, 2:00-3:00 No class on August 23rd

For players who already know how the pieces move and the concepts of check and checkmate. You will play games and get feedback.

Classical Music Series: Music and Politics with Sivan Etedgee

Open to out-of-town seniors/\$5

Thursday, July 12th, 12:30-1:30

Classical pianist and teacher Sivan Etedgee concludes this series that combines lecture, live performance and sound recordings with the topic of Music and Politics. Attendees are sure to come away with a greater understanding and appreciation of classical music. *Sivan Etedgee appears often as a recitalist, musician, and lecturer, giving many performances and presentations each year and is a faculty member at the Newton Music Academy.*

Drop-In Art

No art on July 4th

Open to out-of-town seniors/free

Mondays and Wednesdays, 9:30-11:00

Participants bring their own projects/supplies to work on.

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

ONGOING ACTIVITIES - continued

Mah Jongg Time

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

Open to out-of-town seniors/free

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

The Friday Mah Jongg players must at least know the basics of the American version of the game. The Monday group is for more advanced players who can play a game in 15 minutes. Games follow National Mah Jongg League rules. Try to be on time for 1:00 start; leaving early is fine. If you have a Mah Jongg set, bring it along.

Drop-In Bridge

No bridge on July 4th

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

No Needle Arts on July 4th

Open to out-of-town seniors/free

Wednesdays, 12:30-2:30

This friendly group is open to anyone interested in sewing, knitting or crocheting.



Genealogy Group

Fridays, July 13th and August 10th, 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.

LitLovers Study Group facilitated by Program Coordinator Chris Chirokas

Mondays, July 9th and August 13th, 1:00-2:15

Open to out-of-town seniors/free

This monthly group centers on *The English Novel*, the Great Courses series featuring 30-minute lectures on DVD by Professor Timothy Spurgin, Ph.D.

July 9th: Lecture is *The Englishness of the English Novel*, followed by a discussion period. Two novels will be discussed to compare English and French literature: Dickens's *David Copperfield* and Balzac's *Lost Illusions*. See "Senior Cinema" on page 6 for information on viewing of the film *David Copperfield*.

August 13th: Lecture is *Historical Context of Early English Fiction*. The novel to be discussed is *Pamela* by Samuel Richardson.



Game Day

Tuesdays, July 17th and August 21st, 1:00-4:00

Open to out-of-town seniors/free

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.

Computer Club

Wednesdays, July 11th and 25th, August 8th and 22nd, 1:30-3:00

Open to out-of-town seniors/free

All seniors are welcome. Bring your computer and hardware questions, problems and related issues. If possible bring the problem hardware with you. This club has no formal instruction. Several regulars are there willing to share their experiences, and work one-on-one, to resolve computer issues from Windows difficulties, email setups/usage, networking issues, upgrades and assistance. MAC and Chrome/Android users are welcome.

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

Thursday, July 12th and 26th, August 9th and 30th, 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.

Health Talk with Linda Cullen, RN of Acton Nursing Services

Tuesdays, July 24th and August 28th, 11:00-11:30

July's talk will be skin cancer. What is skin cancer including melanoma and how to minimize getting it?

The Health Discussion for August will be what is osteoarthritis and rheumatoid arthritis. What is the difference between them and what is the treatment?

TRIPS

REGISTRATION IS OPEN.....CALL NOW

► **Gloucester and Rockport with Beauport Princess Cruise/Lobster Bake**

Tuesday, July 24th, leaving from Senior Center overflow parking lot at 9:45 **Open to out-of-town seniors**

Enjoy a summer day on the North Shore complete with a cruise and lobster! Start the day on board the 124-foot Beauport Princess, which has an open air top deck and two levels of indoor seating. The three-hour cruise includes spectacular views, a DJ offering music and light narration, sumptuous cuisine and impeccable service. You'll see views, only seen by water, of the city's historic skyline, working waterfront, iconic Man at the Wheel statue, Rock Neck Art Colony, the famous Greasy Pole and more. Feast on a lobster clambake served right on board! Lunch includes steamed lobsters or BBQ chicken, corn on the cob, coleslaw and more. Afterwards explore the quaint town of Rockport. The ship's first deck is fully accessible; the upper two decks are accessed by flights of stairs.

Depart: 9:45 a.m. from Senior Center overflow parking lot; approximate return time is 5:00 p.m.

Cost: \$90, due July 3rd, includes coach bus transportation (with restroom), cruise with lunch, and all gratuities.

► **A Golden Day Trip: Squam Lake Cruise**

Open to out-of-town seniors

Wednesday, August 22nd, leaving from Senior Center overflow parking lot at 7:30 a.m.

Take a delightful pontoon boat ride on beautiful Squam Lake in the Lakes Region of NH. During this narrated 90-minute tour, you will learn about the natural history of the lake and the wildlife that makes Squam so special. You will view locations where the movie *On Golden Pond* was filmed over 30 years ago. The boat is one level and is canopied; there are no restrooms on board. After the cruise, the boat will dock at Walter's Basin restaurant where we will enjoy lunch. Lunch options are Grilled Chicken Saltimbocca with mashed potatoes and vegetable or Broiled Lemon Pepper & Garlic Haddock with orzo and vegetable. Please indicate your entrée choice when you sign up. The last stop will be Kellerhaus, a gift shop with homemade candies and ice cream. If you'd like to see *On Golden Pond* before the trip, we are showing it at the Senior Center on Friday, August 17th, at 12:45.

Depart: 7:30 a.m. from Senior Center overflow parking lot; approximate return time is 5:00 p.m.

Cost: \$87, due August 1st, includes coach bus transportation (with restroom), boat cruise, lunch, and all gratuities.

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



Council on Aging Trip Policies

1. Call the COA office at 978-929-6652 to make trip reservations before sending in your check.
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 it off at the Senior Center or mail to: Acton COA, 30 Sudbury Rd., Rear, Acton, MA 01720. Make a separate check for each trip. Checks are cashed after the trip.
4. Parking is at the Senior Center overflow parking lot (second entrance into the 30 Sudbury Rd. complex). If that lot is full, park in the main Center lot close to Sudbury Rd. If you need directions, call the COA at 978-929-6652.
5. The Friends of the Acton COA 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.

Thank You!

... to the Fire Department for our summer BBQ

... to Mary Lou Bowry for the flower arrangements at the Reception desk

AROUND TOWN...AND BEYOND



Memorial Library – If registration is required call the Reference Dept. at 978 929-6543.

Introduction to PowerPoint, Thursday, July 12, 3:30-4:30 p.m. Registration required.

Introduction to Twitter, Wednesday, July 18, 7-8:30 p.m. Registration required.

Introduction to Microsoft Word, Thursday, July 26, 3:30-4:30 p.m. Registration required.

Getting Started with Microsoft Excel, Wednesday, August 1, 6:30-8:30 p.m. Registration required.

What to Read Next?, Thursday, August 16, 3:30-4:30 p.m. Looking for your next read? Come learn about some online resources that could give you reading ideas! No registration needed.

Spending time with your grandchildren this summer? The Children's Room is bursting with activities including craft sessions, yoga, origami and fan painting workshops, a henna artist, special events, monthly movie nights, a stuffed animal picnic, story times, and more! Check the library's online calendar for information.

Birding Kits - The library has two Birding Kits available. Each kit includes binoculars; Field Guides to local birds; *Town of Acton Guide to Conservation Lands*; and a quick reference card.

West Acton Farmer's Market is open for the season on Sundays, 10:00-1:00

Mt. Calvary Community Supper at 472 Mass Ave.

Wednesdays, 5:00-6:00 p.m. Free. Everyone welcome. Call 978-263-5156 for information.

TRANSPORTATION



Transportation - Van rides are available 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. There is also a Cross-Acton Transit van which is an hourly fixed-route bus service. The service runs from 8:00am-6:00pm Monday through Friday. To see the schedule visit: www.minutevan.net/Home. Questions?? Call Doug Halley, Acton's Transportation Coordinator, at 978-929-6451 or email ctc@acton-ma.gov.

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 Bev.

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).

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



Cell Phone Use at the Senior Center - Please remember to silence or turn off your cell phone during presentations, classes and movies at the Senior Center. Also refrain from playing games or texting on your phone during these programs as it is a distraction to presenters and attendees. The lounge is an option for cell phone use at the Center. Thank you for your cooperation.

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 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. Volunteers provide help with small jobs like changing light bulbs, installing curtain rods, repairing chair legs, fixing 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 Fiona Starr 978-929-6652.

Summer Help Needed in the Kitchen or as a Meals-on –Wheels Substitute Driver – Help needed between 9:30-1:00. Please call Joy at 978-263-5053 for more information

Information on Assistive Technology from MA Executive Office of Elder Affairs

State Resources for Assistive Technology (AT) - MassMATCH provides information on AT services for people with disabilities. Email info@massmatch.org or call 877-508-3974 or 617-204-3851 (V) or 617-204-3815 (TTY). *Easter Seals* helps the disabled make informed choices about assistive technology they can use at home, on the job, or in school. Call 800-244-1756 or visit info@eastersealsma.org

Massachusetts Financing for Assistive Technology provides low interest loans to qualified people with disabilities and their families to purchase assistive technology devices and services. Contact Easter Seals at 800-244-2756 x428 or x431 or 800-564-9700 (TTY) or massATLoan@eastersealsma.org.

Massachusetts Commission for the Deaf and Hard of Hearing Assistive Technology & Hearing Ear Dogs. Call 800-530-7570 (TTY) or 800-882-1155 (V).

Home Modification Loan Program provides loans to make modifications to the primary, permanent residence of elders, adults with disabilities, and families with children with disabilities. Visit: www.mass.gov/mrc/hmlp.

Tip from Kelly Beatty's recent talk on light pollution: Modern, artificial light at night throws off our circadian rhythm and causes a significant drop in melatonin levels, the hormone that regulates sleep. To increase the amount and quality of sleep, Kelly recommends using red bulbs in night lights—red doesn't have the same impact on melatonin levels. This decreases the need to turn on those bright white/blue lights during the night.

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.

Food Pantries and Community Suppers: Call 978-929-6652 for more information. The **Acton Food Pantry** – 235 Summer Rd., Boxboro, is open Wednesdays 10:00am-7:00pm and Thursdays 9:30-11:30am but is closed on the 4th Wednesday. 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.

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.

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.



Art Exhibit - In July & August we welcome the art of local artists Alice Brunton and Linda Gilberti. Alice is a retired art teacher who has been exhibiting her artwork in a variety of media for nearly 30 years. Linda is an avid photographer and traveler who will be displaying prints featuring sights of Burma & it's people. All are invited to drop in for a reception with refreshments on July 9th, 1:30-3:30.

July	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	2018
	2 9:00-12:00 Gym Open 9:30 Drop-in Art 11:00 Discrimination Program 1:00 New Program Registration 1:00 Mah Jongg	3 8:30 Golf @ Quail Ridge	4 COA CLOSED	5 9:00-12:00 Gym Open 12:30/2:00 Chess Classes 1:00 Sleep Program 1:30 Chess Club	6 12:45 Movie 1:00 Mah Jongg	
	9 9:00-12:00 Gym Open 9:30 Drop-in Art 10:00 Dementia Program(s) 1:00 LitLovers Group 1:00 Mah Jongg 1:30-3:30 Art Reception	10 8:30 Golf @ Quail Ridge 9:00-11:00 Wellness Clinic/BP 10:00 COA Board Mtg 10:00 Laughter Program 10:30 Garden Therapy 11:00 Tai Chi 1:00 Trivia Contest	11 9:00-12:00 Gym Open 9:30 Drop-in Art 10:00 Chair Exercise 11:00 Tai Chi Practice 12:00 Newbury Court Lunch 12:30 Needle Arts 1:00 Mars Program 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	12 9:00-12:00 Gym Open 10:00 Chair Exercise 11:00 Tai Chi 12:00 Birthday Lunch 12:30 Classical Music Series 12:30/2:00 Chess Classes 1:30 Chess Club 2:30 Meditation	13 12:45 Movie 1:00 Genealogy Group 1:00 Mah Jongg 5:00 Town Employee BBQ	
	16 8:30 Active Aging 9:00-12:00 Gym Open 9:30 Drop-in Art 12:45 Movie 1:00 Mah Jongg	17 8:30 Golf @ Quail Ridge 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi 11:00 Storytelling Workshop 12:00 Benchmark/RB Lunch 12:45 Founding Brothers DVD 1:00 Game Day 2:30 Stretch & Flex	18 8:30 Senior Fitness 9:00-12:00 Gym Open 9:30 Drop-in Art 10:00 Chair Exercise 11:00 Tai Chi Practice 11:00 Brain Health Talk 12:30 Needle Arts 1:00 Kennedy Brother's Talk 2:30 Drop-in Bridge 3:00 Line Dancing	19 8:30 Senior Fitness 9:00-12:00 Gym Open 9:45 Active Aging 10:00-12:00 Charlie Cards 10:00 Chair Exercise 11:00 Tai Chi 12:30 Biking Talk 12:30/2:00 Chess Classes 1:00 Consumer Rights Talk 1:30 Chess Club	20 8:30 Senior Fitness 9:00 Gym Use Training 12:45 Movie 1:00 Mah Jongg	
	23 8:30 Active Aging 9:00-12:00 Gym Open 9:30 Drop-in Art 1:00 Mah Jongg	24 8:30 Gym Training 8:30 Golf @ Quail Ridge 8:30 Senior Fitness 9:00-11:00 Wellness Clinic/BP 9:45 Gloucester Trip 9:45 Active Aging 11:00 Tai Chi 11:00 Storytelling Workshop 11:00 Nursing Talk 12:45 Founding Brothers DVD 2:30 Stretch/Flex	25 8:30 Senior Fitness 9:00-12:00 Gym Open 9:30 Drop-in Art 10:00 Chair Exercise 11:00 Tai Chi Practice 12:30 Needle Arts 1:00 Music Therapy for Dementia 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	26 8:30 Senior Fitness 9:00-12:00 Gym Open 9:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 12:30 Beaded Jewelry 12:30/2:00 Chess Classes 1:30 Chess Club 2:30 Meditation 5:00 Friends of COA Reception	27 8:30 Senior Fitness 12:45 Movie 1:00 Mah Jongg	
	30 8:30 Active Aging 9:00-12:00 Gym Open 9:30 Drop-in Art 12:00 Gym Monitor Training 1:00 Mah Jongg	31 8:30 Golf @ Quail Ridge 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi 11:00 Storytelling Workshop 12:45 Founding Brothers DVD 1:00 Gym Use Training 2:30 Stretch & Flex				

August	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	2018
			1 8:30 Senior Fitness 9:00-12:00 Gym Open 9:30 Drop-in Art 10:00 Chair Exercise 11:00 Tai Chi Practice 12:30 Needle Arts 2:30 Drop-in Bridge 3:00 Line Dancing	2 8:30 Senior Fitness 9:00-12:00 Gym Open 9:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 12:30/2:00 Chess Classes 1:30 Chess Club	3 8:30 Senior Fitness 12:45 Movie 1:00 Mah Jongg	
6 8:30 Active Aging 9:00-12:00 Gym Open 9:30 Drop-in Art 1:00 Mah Jongg	7 8:30 Golf @ Quail Ridge 8:30 Senior Fitness 9:45 Active Aging 11:00 Storytelling Workshop 11:00 Tai Chi 12:45 Founding Brothers DVD 2:30 Stretch & Flex	8 8:30 Senior Fitness 9:00-12:00 Gym Open 9:30 Drop-in Art 10:00 Chair Exercise 11:00 Tai Chi Practice 12:00 Birthday Lunch 12:30 Needle Arts 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	9 8:30 Senior Fitness 9:00-12:00 Gym Open 9:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 12:30/2:00 Chess Classes 1:00 Aging in Place 1:30 Chess Club 2:30 Meditation	10 8:30 Senior Fitness 10:00 Social Media Talk 12:45 Movie 1:00 Genealogy Group 1:00 Mah Jongg		
13 8:30 Active Aging 9:00-12:00 Gym Open 9:30 Drop-in Art 12:00 Gym Use Training 12:45 Friends of the COA Mtg 1:00 Mah Jongg 1:00 LitLovers Group	14 8:30 Golf @ Quail Ridge 8:30 Senior Fitness 9:00-11:00 Wellness Clinic/BP 9:45 Active Aging 10:00 COA Board Mtg 11:00 Tai Chi 2:30 Stretch & Flex	15 8:30 Senior Fitness 9:00-12:00 Gym Open 9:30 Drop-in Art 11:00 Tai Chi Practice 12:30 Needle Arts 1:00 Japanese Internment Talk 2:30 Drop-in Bridge 3:00 Line Dancing	16 8:30 Senior Fitness 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 12:00 Hot Dog Lunch 12:30/2:00 Chess Classes 1:30 Chess Club	17 8:30 Senior Fitness 12:45 Movie 1:00 Mah Jongg		
20 8:30 Active Aging 9:00-12:00 Gym Open 9:30 Drop-in Art 1:00 Mah Jongg	21 8:30 Golf @ Quail Ridge 8:30 Senior Fitness 9:45 Active Aging 10:00 Laughter Program 11:00 Tai Chi 12:00 Benchmark/RB Lunch 1:00-3:00 Ask the Lawyer 1:00 Game Day 2:30 Stretch/Flex	22 7:30 Squam Lake Trip 8:30 Senior Fitness 9:00-12:00 Gym Open 9:30 Drop-in Art 11:00 Tai Chi Practice 12:30 Needle Arts 1:30 Computer Club 2:30 Drop-in Bridge	23 8:30 Senior Fitness 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 12:45 Movie 1:00 Gym Monitor Training 1:30 Chess Club	24 8:30 Senior Fitness 12:45 Movie 1:00 Mah Jongg		
27 8:30 Active Aging 9:00-12:00 Gym Open 9:30 Drop-in Art 1:00 Mah Jongg	28 8:30 Golf @ Quail Ridge 8:30 Senior Fitness 9:00-11:00 Wellness Clinic/BP 9:45 Active Aging 11:00 Nursing Talk 11:00 Tai Chi 2:30 Stretch & Flex	29 8:30 Senior Fitness 9:00-12:00 Gym Open 9:30 Drop-in Art 10:00 Chair Exercise 11:00 Tai Chi Practice 12:30 Needle Arts 1:00 Gym Use Training 2:30 Drop-in Bridge	30 8:30 Senior Fitness 9:00-12:00 Gym Open 9:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 12:30/2:00 Chess Classes 1:30 Chess Club 2:30 Meditation	31 8:30 Senior Fitness 12:45 Movie 1:00 Mah Jongg		

Friends Funded Activities - This summer the following activities are supported by the Friends of the Acton COA: *Aging in Place, Laughter For All, Tai Chi classes, Mars presentation, classical music series, day trips, cycling talk, Birthday lunches, and Senior Cinema.* The Friends appreciate your donations which help support programs at the Center. If you wish to donate, 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! For information or to switch to email, call Judy at 978-929-6652 or jpeters@acton-ma.gov.

If You Don't Get a September Newsletter Here's Why... The names and addresses used for the newsletter mailing come from the annual Town census. Each August the COA mailing list is updated with the new census information. People not listed on the current census are removed and new seniors are added from the census. If you do not receive a September newsletter and still live in Town, please contact Judy at 978-929-6652 or jpeters@acton-ma.gov to be put back on the list.

The Friends of the COA

Tuesdays in July - Encourage your friends and neighbors to patronize Not Your Average Joe's on any Tuesday in July. Remember to mention your support for the Friends and 15% percent of your non-alcoholic tab, including take-out, will be donated to the Friends. This is the 4th year NYAJ has supported us and we appreciate their involvement in our community.

Volunteer Reception - On Thursday, July 26, 5:00-7:00PM, an informal social will be hosted by the Friends at the Senior Center. Learn about our projects which raise funds to assistance for many of the programs offered. This enables most of the programs to be free for Acton seniors. Come, enjoy refreshments.

COA Board

The COA Board invites you to a brain-storming session they will be having at their August 14 meeting at 10:00. The Board will be discussing their goals for the upcoming year as well as how they can best advocate for Acton seniors.

Save this Newsletter! This two-month publication covers activities in July and August.

PRSRRT STD
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
Fiona Starr, Staff Assistant
Mary Morgan, Human Services Receptionist
Rosie Atherton, Human Services Receptionist

ACTON COA BOARD MEMBERS

Bonnie Lobel, Chair	Peter Duran
Michael Chautin	Ellen Feinsand, Secretary
Chunsheng (Bill) Fu	Jacque Friedman
Lori Cooney	Marion Maxwell
Ann Corcoran	Alma Sandman

Acton COA Board will meet July 10th and August 14th at 10:00.
Friends of the Acton COA will meet August 13th at 12:45