

Acton Senior Bulletin

February 2019

The Council on Aging (COA) Office/Senior Center at 30 Sudbury Road Rear, is open weekdays 8am-5pm.
 Telephone: 978-929-6652. Email: seniorcenter@actonma.gov. Visit the COA website at www.actoncoa.com.
 Please send mail to: Acton COA, 30 Sudbury Rd. Rear, Acton, MA 01720

Registration for NEW programs begins in person or by phone on Monday, February 4th at 1:00

Coffee and Conversation

Friday, February 15th, 10:00-11:00

Town Manager John Mangiaratti will be at the Senior Center to talk and answer any of your questions.

Performance: Great Songs From Great Movies

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

Tuesday, February 19th, 1:00-2:00

The title says it all but here are some of the songs that are sure to tickle your fancy as David Polansky performs them on trumpet, keyboard, and vocals. An Affair to Remember, Cheek to Cheek, Singin' in the Rain, Wind Beneath My Wings, It Had to Be You, and the Star Wars theme. Don't miss out on a fun, entertaining afternoon! *David Polansky has taught, lectured and performed throughout the country. He is the consummate entertainer whether his audience consists of preschoolers, seniors or those in between. He has worked with such legends as Arthur Fiedler, Ray Bolger, Sandler and Young, Phyllis Diller, and The Platters. He has composed and arranged music for musical theater, symphony orchestras, small ensembles, and has multiple CDs featuring his music.*

► AARP Free Tax Preparation

Monday, March 4th, 9:00-1:00

Friday, March 15th, 9:00-1:00

Monday, April 1st, 9:00-1:00

Monday, March 18th, 9:00-1:00

Friday, March 22nd, 9:00-1:00

(snow date)

Monday, March 25th 9:00-1:00

Friday, March 29th, 9:00-1:00

AARP and the IRS are sponsoring free tax preparation for low and moderate income taxpayers whose income is less than \$88,000 per household or \$58,000 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 13 for information on what to bring with you.

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Director's Corner – Winter is upon us. We are hearty New Englanders but we should be prepared for the next storm (we all know it's coming!).

Keep your phone charged, have flashlights ready with extra batteries, don't wait until the last minute to fill prescriptions, have some non-perishable food on hand and have a plan in place of where you will go if you need to leave your home. Register on the Town's website to be notified if there is an emergency. This will keep you informed if a shelter or warming station has been opened. I would also like to remind everyone to please stay at home if you are not feeling well. There have been several viruses going around this winter and they spread quickly. Stay warm and well.

Happy Valentine's Day, *Sharon, COA Director*

These events require pre-registration. See details in this newsletter.

- Tax Prep
- Real Estate Talk
- Ask the Lawyer
- Ask the Assessor
- Gym Training
- Performance Class
- Memory Café
- SHINE Appts.
- Chess Lessons
- Drawing for All
- Bridge Lessons
- All Meals
- Trips
- Reiki Appts.

Disclaimer: The programs and services offered by the COA are for education and information. We encourage you to be an informed consumer when you consider using a product or service. The Acton Council on Aging does not recommend any specific service, speaker or product.


UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS.....MONDAY, FEBRUARY 4th at 1:00

Chinese New Year Performance

Open to out-of-town seniors/free

Tuesday, February 5th, 1:30-2:30

 Celebrate Chinese New Year (the year of the pig) with a performance of traditional Chinese dancing and singing, including folk songs and folk dances from China, Tibet and Korea. There will be an opportunity for audience participation in the red ribbon dance! If the Center is closed due to weather on 2/5, the performance will take place at 1:30 on 2/6. See page 9 for information on the lunch before the performance. Happy Chinese New Year!

Acton Finance Committee Update

Wednesday, February 6th, 8:30-9:15

Open to all Acton residents

The Acton Finance Committee will present on its “Point-of-View” (POV) position paper. It covers past trends and current and future financial issues facing the Town. It also gives Finance Committee members’ thoughts and recommendations as the town and regional school district begin to assemble their budgets for the next fiscal year (7/1/19-6/30/20). Committee members will give a short presentation and there will be time for questions.

Crossroads: The Intersection of Time, Money and Joy with Professor Glenn Frank

Thursday, February 7th, 1:00-2:30

Open to out-of-town seniors/free

In this follow-up meeting for attendees of the January 23rd workshop, Glenn Frank will lead participants in a discussion of their “roadmaps” that aim to reconcile the ongoing trade-offs that we all face between time, money, and joy. *Professor Glenn Frank was the Founding Director of the Master of Personal Financial Planning program at Bentley University in 1996 where he taught investment courses until 2015. Worth Magazine recognized him as one of the country’s top Wealth Advisors for 10 years. Glenn is currently the Director of Investment Tax Strategy at fee-only Lexington Wealth Management. Professor Frank’s current focus is community education, providing an insider’s view of the financial services industry, and sharing his expertise with charities. Glenn works alongside his son Cameron, a recent college graduate working in financial planning, with these efforts.*

► Real Estate Seminar: What to Consider Before Deciding to Sell

Wednesday, February 13th, 9:30-10:30

Open to out-of-town seniors beginning 2/11

Heather Murphy, Realtor® with Keller Williams Realty and an Acton resident for over 30 years, is leading a seminar for people contemplating selling their house in the next few years. She will discuss the many things that should be considered prior to selling your home. Attendees will gain a better understanding the whole picture from possible taxes, fees, potential updating and so on. Time for discussion will be set aside. Heather will be having regular seminars to help inform on the many areas of real estate. Registration is required as space is limited.

Climate Change: Are You Ready For The Challenge?

Wednesday, February 13th, 1:00-2:30

Open to out-of-town seniors/free

Al Ehrenfried will discuss Earth and its relation to the universe and the damage being inflicted on the planet by greenhouse gas effects and global warming. Action is needed now to maintain a livable world. But what can we do about climate change? Presentation will be followed by a period of open discussion by attendees. *Al Ehrenfried, physicist and engineer, was educated at the University of Maine and MIT and is an Acton resident.*



► Ask the Lawyer

Acton seniors only

Tuesday, February 19th, 9:00-11:00

Elder Law Attorney Margaret Hoag offers free 20-minute consultations. Call the COA beginning Monday, February 4th at 1:00 for an appointment.

► Indicates that you must register in advance!

UPCOMING PROGRAM HIGHLIGHTS - continued

Long Term Care Insurance or a Life Insurance/Long Term Care Hybrid--What's Right For You?

Wednesday, February 20th, 1:00-2:00

Open to all/free

If you've been considering purchasing Long Term Care Insurance, this workshop will help clarify an often complicated subject. Presenter Hans Hug, Jr. of the LTC Insurance Group will explain the differences between traditional stand-alone Long Term Care Insurance and Life Insurance/Long Term Care Insurance hybrid/combo products. There will be ample time for questions as well. *Hans Hug is an independent broker with 30 years of experience in the business. He is licensed in five states and has been a frequent public speaker at more than 20 Councils on Aging throughout Massachusetts.*

Charlie Card Event

Thursday February 21st, 10:30-12:00 (snow date Feb. 22)

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. For information on renewing an expired CharlieCard, call the CharlieCard Store 617-222-3200.



Everything You Always Wanted to Know About Real Estate Taxes

Thursday, February 21st, 1:00-2:00

Open to all Acton residents

Staff from the Town's Assessor's Office will discuss the options for real estate tax abatements, deferrals and exemptions. MA General Law authorizes communities to exempt certain citizens from part or all of their property tax obligations. The filing deadline for most exemptions for FY19 is April 1, 2019. If you can't make the presentation, call the Assessor's Office at 978-929-6621 for information regarding all exemptions. Individual appointments with the Assessors are available following the presentation at the Senior Center (see below). Some of the most common exemptions are:

- Hardship
- Blindness
- Veterans
- Senior Work Program
- Community Preservation Act Surcharge Exemption
- Tax Deferral
- Committee Senior Tax Aid
- Circuit Breaker
- Surviving Spouse and Elderly Persons Exemption

► Ask the Assessor

Thursday, February 21st, 2:15-3:00

Acton Seniors only

Staff from Acton's Assessor's Office will be at the Senior Center to meet with you individually. They can answer your questions about your property tax bill and inform you about the various tax assistance programs available in Acton. Please call the COA office to schedule a 15-minute appointment. See the *Everything You Always Wanted to Know About Real Estate Taxes* description for information on a presentation preceding the appointments.

Intergenerational Program Presentation

Open to out-of-town seniors/free

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

Seniors! Share your life experiences with the younger generation. The non-profit organization, Sages & Seekers, will discuss the opportunity for seniors (62+) to participate in a seven-week intergenerational program with 10th graders at The Rivers School in Weston. Share your life experiences and invaluable knowledge--your maturity and experience allows for a larger perspective of life from which younger generations can learn. This free program runs Tues/Wed April 2nd-May 14th, and there are eight class times to choose from. Past participants rave about the program! If you cannot attend, call Susan Blumenfeld for information 508-277-0669, sages.seekers@gmail.com.

► Indicates that you must register in advance!

Durable Medical Equipment for Loan – Acton 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.

EXERCISE

Exercise classes are on a drop-in basis. Because of demand, classes are open only to Acton seniors (age 60 and up).

Gentle Chair Exercises with Mary Morgan

Note new instructor and new schedule!

Mondays, February 4th through March 25th, 10:30-11:00 No class Feb. 18

Wednesdays, February 6th through March 27th, 11:30-12:00



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. Hand weights and exercise balls are provided by the Center. Some of the exercises are done standing but can be modified for those wishing to stay seated. *Mary Morgan is a nutrition and exercise enthusiast with a degree in Exercise Science that included studying exercise and aging. She is also a Human Services/Senior Center receptionist.*

Senior Fitness with Terri Zaborowski

Tuesdays, through March 26th, 8:30-9:30

and

Thursdays, through March 28th, 8:30-9:30

Wednesdays, through March 27th, 8:30-9:30

and

Fridays, through March 29th, 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.

Active Aging with Terri Zaborowski

Mondays, through March 25th, 8:30-9:30

No class Feb. 18

Tuesdays, through March 26th, 9:45-10:45

and

Thursdays, through March 28th, 9:45-10:45

This class is designed to help 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.

Stretch and Flex with Terri Zaborowski

Tuesdays, through March 26th, 3:00-4:00

and

Thursdays, through March 28th, 3:00-4:00

This class is designed to help seniors maintain their 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 various upper and lower body exercises. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress, increase flexibility and leave you feeling great! Entire class is done seated or standing.

Tai Chi with Linda Sango

Tuesdays, through March 26th, 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. Instead of focusing on learning as many form movements, 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.

Yoga Class and Healthy Joint Class with Patsy Brightman

Wednesdays, through February 6th and again on March 6th through 27th, 10:45-12:00

The last Wednesday of each month is a healthy joint class **No class on Feb. 13th, 20th, 27th**

This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. The class includes seated postures, standing postures (using a chair for support if needed) and optional floor work. Each class includes a period of deep relaxation. Bring a yoga mat (optional for joint class). The last Wednesday of each month a Healthy Joint Class will be offered to improve range of motion. The low impact and gentle joint practice does not require yoga experience and is done seated and standing. Joint movements help improve flexibility and balance and 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-- \$1.00/class is suggested.

EXERCISE - continued

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

Thursdays, through March 28th, 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. This form of Tai Chi was first introduced to North America 49 years ago by Taoist monk Master Moy and has spread to 28 different countries. It is known to build strength, improve balance and flexibility. Wear loose comfortable clothing and footwear with a fairly smooth tread.

NouVon Fitness with Yvonne Benelli

Fridays, through March 29th, 10:00-11:00

This class is suitable for all fitness levels, focusing on balance, stability, core strengthening, posture, muscular strength, cardio/dance, stretching and relaxation. Improve your flexibility and range of motion. Class begins with a gentle warm-up. Hand weights and balls (optional and supplied by Center) are used for strength training. Class ends with a soothing cool down phase of stretch & relaxation. You will leave feeling re-energized, rejuvenated and relaxed. Yvonne will guide you to exercise at your own pace while challenging yourself. This class is funded by an Executive Office of Elder Affairs grant, which requires the COA to ask for donations-- \$1.00/class is suggested.

Winter Walking at the Senior Center

Weekdays, 8:05-8:30 and 3:30-4:30


No walking on February 18

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 is over ½ mile. A map of the loop is available at the reception desk.



GYM NEWS

Gym Hours - Mondays, Tuesdays, Wednesdays, Thursdays and Fridays, 9:00-12:00 Acton seniors only

 Be Heart Healthy and join the COA Gym! Our gym has become very active with 1,331 visits this past year! We are now open 5 days/week and are looking to expand hours into the afternoon. If you've been trained as a monitor and are interested in taking a 1 hour afternoon shift, please speak to someone in Reception. Gym and monitor training dates are below. Please take advantage of this healthy and fun COA benefit!

► Gym Training

Call Now: Registration Open

Wednesday, February 6th, Tuesday, February 19th and Thursday February 28th, all 1:15-2:30

The Gym is open to Acton Seniors to use when there is a volunteer monitor available. Users must adhere to all gym rules. To use the gym, you need to sign a waiver and complete a 45 minute gym training. Sign up now for a training and become part of a fun and active atmosphere.

► Gym Monitor Training

Call Now: Registration Open

Wednesday, February 13th, 1:15-2:00

Monitors are not only required by the Town, but we rely on them to keep the gym running smooth, ensure gym rules are being followed and to monitor the safety of users. The commitment is just 1 hour/week, and available times depend on how many monitors we have. As more seniors volunteer, gym hours will be expanded. If you would like more information on becoming a monitor, speak to Mary or Judy.

► Indicates that you must register in advance!



Art Exhibit - This month we are delighted to welcome our annual exhibit of artwork from local students. This popular show includes paintings, drawings, prints and mixed media from students grades K-8 from the Acton-Boxborough Schools. All are welcome to attend a reception at the Senior Center on *Thursday, February 14th, 4:00-5:00*. Light refreshments will be served.

ONGOING ACTIVITIES

► **Performance Workshop with Stephen Collins**

Mondays, Feb. 4th, 11th, 10:00-11:15 The workshop concludes this month and is closed to new participants.

► **Memory Café**

Open to all

Friday, February 8th, 11:30-1:00

A Memory Café is a welcoming place for people with memory impairment and their care partners /caregivers. Cafés are a place to talk with others who understand what you are going through, to leave behind limitations and instead focus on strengths. We do ask attendees to bring their care partners. Right At Home of Bedford sponsors the event. Space is limited, RSVP at 978-929-6652. Enjoy lunch and guitarist Steve Gintz.

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

Call the COA for days/times. A counselor is available for health insurance information.

► **Beginner and Intermediate Chess Classes with Acton resident Ken LeBow**

Beginners Class on Thursdays, through March 14th, 12:30-2:00

Open to out-of-town seniors/free

Intermediate Class on Thursdays, through March 14th, 2:00-3:00

Beginners will learn how the pieces move, what are check and checkmate and some basic strategies, including the 10 golden rules of chess. The Intermediate course is for players who already know how the pieces move and the concepts of check and checkmate.

► **Drawing For All with Sandy Wilensky**

Class is full. Call for waitlist.

Tuesdays, through March 5th, 9:00-11:00

► **Bridge for Beginners Class with Alan Horvitz**

Closed to new participants.

Tuesdays, through February 19th, 1:00-3:00

Classical Music Series with Sivan Etedgee

Open to out of town seniors for \$5/lecture

Second Thursdays of the month, 1:00-2:00 (see exact dates below)

Pianist and teacher Sivan Etedgee continues this monthly series that combines lecture, live performance and classical music sound recordings. Attendees are sure to come away with a greater understanding and appreciation of classical music. *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.*

February 14th: Forbidden Love in Classical Music. In this Valentine's Day special, we'll hear music inspired by love! Includes music by Beethoven, Prokofiev, Schumann, and Wagner.

March 14th: Art of the Lieder. Songs of Schubert and Schumann.

April 11th: Music for Children. Music inspired by childhood, featuring Schumann and Debussy.

May 9th: Erwin Schulhoff. Explore the life and music of this fascinating yet underappreciated composer.

June 13th: Golden Age of Piano. Learn about & listen to recordings from the so-called "Golden Age" of the piano.

Widows and Widowers 101

Wednesday, February 13th, 10:00-11:00

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 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.

Line Dancing with Kari McHugh!

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

Wednesdays, through March 27th, 3:00-4:00

See for yourself why so many love this fabulous activity. As each dance uses foot patterns only, beginner dances can be learned within minutes. 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. Drop by for the fun and exercise! This class is now being funded by an Executive Office of Elder Affairs grant, which requires the COA to ask for donations--a \$1.00 donation per class or \$10 for the full session is suggested.

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

ONGOING ACTIVITIES - continued

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.

Laugh for Your Health

Open to out-of-town seniors/free



Thursday, February 14th, 11:00-12:00

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.” 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. See how you can laugh your way to joy and well-being!

50+ Job Seekers Regional Networking Group

Open to all age 50 plus/free

Monday, February 11th, 2:00-4:00 at the Acton Senior Center

Monday, February 25th, 2:00-4:00 at Concord’s Harvey Wheeler Center

If you are age 50 plus and looking for a new job, a totally new career direction or an encore career, this is the group for you! The February 11th meeting topic is Developing a Resume: What Are Recruiters Looking For? On February 25th the focus is Creating an Elevator Speech. Guided group networking and the issue of ageism are integrated into each session. Develop new skills, tools and strategies to help in your career transition. Meetings are led by Tom Patria, a career services professional. Check-in/informal networking begins at 1:30. Newcomers please pre-register at www.mcoonline/50plus. *This program is funded by the MA Executive Office of Elder Affairs and managed by the MA Councils on Aging.*

Morning Open Activity Time

Open to out-of-town seniors/free

Weekday mornings, 9:00-11:30

No activity time on Feb. 15 or 18

The Senior Center dining room is open weekday mornings for drop-in activities. We provide the space, tables, chairs and a variety of games (Scrabble, chess, Mah Jongg, playing cards). You may also work on your own art or craft project or borrow an iPad. Ask your friends to meet here or make new ones!

Computer Club

Open to out-of-town seniors/free

Wednesdays, February 13th and 27th, 1:30-3:00



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.

Genealogy Group

Open to out-of-town seniors/free

Friday, February 8th, 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.



Needle Arts Group

Open to out-of-town seniors/free

Wednesdays, 12:30-2:30

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

The Bookies COA Book Club

Open to out-of-town seniors/free

Monday, February 11th, 1:00-2:00

There’s nothing like having a lively group discussion to enrich the experience of reading a good book (or two)! This month you have the option of reading one or two books. *For Whom the Bell Tolls* by Ernest Hemingway and *The Restless Wave* by John McCain. Copies of the books are on reserve at the Memorial Library (978-929-6655) and the Citizen’s Library may have copies. (978-929-6654).

ONGOING ACTIVITIES - continued



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

LitLovers Study Group facilitated by Program Manager Chris Chirokas

Monday, February 25th, 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. Lecture topic is *Dickens—Early Works*, followed by a discussion period. Novel to be discussed: *Oliver Twist* by Charles Dickens. Copies of the book are on reserve at the Memorial Library (978-929-6655). New attendees welcome!

Drop-in Cribbage

Fridays in February, 10:00-11:00

Stop by the game area in the dining room for a game or two of cribbage. Judy will be on hand to answer questions.

Mah Jongg Time

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

Open to out-of-town seniors/free

Tuesday, February 19th, 1:00-4:00 for experienced players only

No game on Feb. 18th

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 game. The Monday group is for more advanced players who can play a game in 15 minutes. Games follow Nat'l. Mah Jongg League rules. Try to be on time for 1:00 start; leaving early is fine. If you have a Mah Jongg set, please bring it.

Health Talk with Linda Cullen, RN of Acton Nursing Services

Open to out-of-town seniors/free

Tuesday, February 26th, 11:00-11:30

The topic for the February Health Discussion will be Shingles. What is Shingles? Is it contagious? Who is at risk for Shingles? What are the symptoms and treatment for Shingles?

ADMIT
ONE

SENIOR CINEMA

Open to out-of-town seniors/free

Movies are shown with closed captioning/subtitles when available.

Friday, February 1st, 12:45-2:05 *Tea with the Dames* (2018, NR) In this engaging documentary acclaimed actresses Maggie Smith, Judi Dench, Joan Plowright, and Eileen.

Friday, February 8th, 12:45-2:25 *Driving Miss Daisy* (1989, PG) After wealthy and strong-willed Atlanta widow Miss Daisy Werthan crashes her car, her son insists she hire a chauffeur. Miss Daisy's stubborn reluctance gives way as she slowly warms up to her new driver and the two strike up an enduring friendship. Jessica Tandy and Morgan Freeman star in this Best Picture winner.

Friday, Feb. 15th, 12:45-2:20 *Mr. and Mrs. Smith* (1941, NR) A couple is shocked to learn their marriage is not legally valid. Carole Lombard and Robert Montgomery star in this Alfred Hitchcock directed romantic comedy.

Friday, Feb. 22nd, 12:45- 2:15 *Johnny English Strikes Again* (2018, PG) With all of its agents unmasked in a cyberattack, the British secret service has no one to turn to except ex-spy Johnny English. Plucked from his teaching job, Johnny must use all of his (dubious) skills to nab the hacker. Rowan Atkinson stars. Comedic spoof.

Friday, March 1st, 12:45-2:40 *The Bookshop* (2018, PG) In a small, conservative 1950s town in England, a woman decides, against polite but ruthless local opposition, to open a bookshop. Stars Emily Mortimer, Bill Nighy and Patricia Clarkson.

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 James at 978-929-6614 or email him at vso@actonma.gov.

DINING OPPORTUNITIES

REGISTRATION BEGINS.....MONDAY, FEBRUARY 4th at 1:00

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

► **Chinese New Year Luncheon**

Tuesday, February 5th, 12:00

Enjoy chicken with peanuts and veggies, noodles with pork and veggies, fried rice and salad. \$3. If the Senior Center is closed due to weather on February 5, the lunch will take place at noon on February 6. See page 2 for information on a performance following the meal.

Acton seniors only

Lunch is Full. Call about waitlist.

► **Life Care Center of Acton**

Wednesday, February 13th, 12:00

The meal description was not available before publication. Call the COA for the menu. Cost is \$3.00.

Open to out-of-town seniors



► **Monthly Breakfast**

Friday, February 15th, 9:15

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 surprises us. Cost is \$3.00. Stay

Acton seniors only

after breakfast to hear from Town Manager John Mangiaratti.

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

Tuesday, February 19th, 12:00 at the Senior Center

Enjoy chicken parmesan, pasta, salad and cherry pie. This meal is subsidized in part by Minuteman Senior Services. A \$3 donation is requested.

Open to out-of-town seniors

► **Town Employee Lunch**

Friday, February 22nd, 12:00 at the Senior Center

The Accounting and Finance Departments will be preparing chicken, broccoli with ziti, garden salad, and apple crisp with vanilla ice-cream. Cost is \$3.00

Acton seniors only

► **Newbury Court Lunch**

Wednesday, February 27th, 12:00

We never know ahead of time the lunch menu but it's always delicious. Cost is \$3.00.

Acton seniors only

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.*

► **Chili Luncheon Made with Love by Joy Agule, Minuteman Mealsite Manager**

Thursday, February 14th, 12:00

Joy will be preparing a special lunch of beef chili (mildly spiced), sides and homemade dessert. \$3. This is also the Birthday lunch, so anyone celebrating a birthday this month eats free, thanks to the Friends of the Acton COA.

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



Sand/Salt Mix - A mixture of sand and salt is available *free* to Acton residents (no transfer sticker required) at the designated area at the Highway Department, 14 Forest Rd. Please use caution while entering/exiting. You will need to bring your own shovel and container. If you are physically or logistically unable to collect your own sand, please call Bev Hutchings at the COA at 978-929-6652.

Coffee with a Cop will be at Dunkin' Donuts, 182 Great Road *Tuesday, February 5th, 9:00am-11:00am.*

TRIPS

► **Boston Red Sox vs the Oakland A's at Fenway Park**

Wednesday, May 1st, leaving Acton Senior Center overflow parking lot at 10:15 Open to out-of-town seniors



Join the Acton and Concord COA for a trip to Fenway Park to see the 2018 World Champion Boston Red Sox play the Oakland A's! After picking up passengers in Acton and Concord, we will arrive at Fenway Park before noon, allowing time to watch pre-game warmups and grab some refreshments before the game starts at 1:05. We will have excellent seats located in the grandstand on the 3rd base

line. Upon arrival at Fenway Park, the bus will pull up directly to the entrance gate located near the 3rd base side. We will walk up a ramp and down some stairs to get to our seats, so participants must have good mobility. Food can't be brought into Fenway but if you'd like to avoid the cost of purchasing food, you may bring a bag lunch to eat on the bus. Lunch bags and backpacks will be left on the bus. Fenway allows each person to bring in one unopened, sealed bottle of water up to 16 ounces.

Depart: 10:15 a.m. from Senior Center overflow parking lot; approximate return time is 5:45 p.m.

Cost: \$101, due before March 15th, non-refundable check made out to "Fox Tours," includes game ticket, coach bus transportation (with restroom) and driver gratuity.

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 out-of-town seniors unless otherwise noted in the description.
2. Payment is due as specified in each trip description. Refunds will only be issued if a trip is canceled by the COA or trip provider.
3. Drop your check off at the Senior Center or mail to: Acton COA, 30 Sudbury Rd., Rear, Acton, MA 01720.
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. 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.
6. Trip attendees must attend each segment of a day trip and may not stay behind on the bus.
7. 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.
8. 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.

TRANSPORTATION

Transportation - Van rides are available Monday, Tuesday, Thursday and Friday, 8:30-4:00. On Wednesdays the van is available until 5:00. 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@actonma.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.



...\$10 gift cards from local businesses to use for trivia prizes are always needed and appreciated!
...Individually wrapped candy for the candy bowl at the reception desk

CLINICS

► **Relaxing Reiki Appointments with AnnMarie Durlacher**

Acton seniors only

Friday, February 8th, 9:00-10:20 (sign up for a 15 minute appt.)

Reiki is an ancient Japanese holistic therapy used to nurture and heal the body, mind, heart, and spirit. It is a gentle, non-invasive treatment where the practitioner uses a light gentle touch to balance energy in the receiver. When the body is in balance, it is better able to heal and support itself. Reiki is a great form of self-care. Reiki is now funded through a grant from the Executive Office of Elder Affairs; a \$5 donation is recommended and should be paid before your appointment at the Reception Desk. *AnnMarie is a certified Usui Shiki practitioner and has been practicing Reiki in Carlisle and Boston for the past ten years.*

Podiatry Clinic - February 7th, 12th and 26th

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 Tuesday, February 12th and 26th, 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.

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

Grandparents Raising Grandchildren Support Group at the Acton Senior Center

Tuesday, February 19th, 11:00-12:00

For more information, contact group leader Joe O'Leary of the Commission on the Status of Grandparents Raising Grandchildren at 978-760-0360.

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

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

Emerson Hospital Adult Grief Support Group at Donaldson Conference Room, 1st floor of John Cummings

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

The **Alzheimer's Association 24/7 Helpline** provides reliable information and support to all those who need assistance including people with memory loss, caregivers, health care professionals and the public. The Helpline operates 24 hours a day, 7 days a week, in 140 languages. Call toll-free anytime day or night at 1-800-272-3900 or visit www.alz.org/manh.

AROUND TOWN...AND BEYOND

Acton Citizens Police Academy

Wednesdays, April 3rd-May 22nd, 4pm to 6pm (8 weeks)

This is a great opportunity to find out what your police department and dispatch center does on a daily basis. Topics will include a facility tour, the history and structure of the police department, patrol procedures, 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 Dept. and be able to ask questions and give feedback. For more information about, call 978-929-7512 or email Rich Burrows, Chief of Police at rburrows@actonma.gov.

Indian Hill - Free Bach's Concert, Thursday, 2/14, 11:00 and 1:30 at 36 King St., Littleton

Concord Players Present - The Country House located at 51 Walden St., Concord

Senior dress rehearsal, *Thursday, February 7th, 8:00PM, \$5 at door*



SUPPORT SERVICES

Bev Hutchings, Senior Services Coordinator at the COA, is available to help you find resources in the community. Please call 978-929-6652 to speak with her or to set up a time to meet with her.

South Middlesex Opportunity Council (SMOC) Low Income Home Energy Fuel Assistance

Need help paying your heating bill? The Low Income Home Energy Assistance Program helps eligible households, including households whose cost of heat is included in the rent, pay a portion of winter heating bills. Eligibility is based on gross annual income of household members 18 and older and family size. Look below to see if you may qualify for fuel assistance as well as discounts on other utility bills. If you are over the income guidelines you may be eligible for other fuel assistance programs. Call the COA at 978-929-6652 for more information.

Family Size	60% of estimated State income
1	\$35,510
2	\$46,437
3	\$57,363

Food Assistance

Acton Food Pantry - 978-635-9295 Boxborough Business Park, 235 Summer Road, Boxborough. Open Wednesdays 10:00AM-7:00PM and Thursdays 9:30-11:30AM. Closed on the 4th Wednesday of each month. Free clothing is available during pantry hours. On your first visit please bring a photo ID, utility bill or rental lease that contains your name and address as proof of residency. For more visit: www.actonfoodpantry.org.

Mt. Cavalry Community Supper - Mt. Cavalry Church, 472Mass Ave. Wednesdays, 5:00-6:00 p.m. Free. Everyone welcome. Call 978-263-5156 or visit www.mtcalvaryacton.org/communitysupper for information.

Guest Table at First Parish Church, 353 Great Rd., Stow, First Friday of the month, 5:30-6:30 p.m. Free/Donations accepted. Everyone welcome. Doors open at 5:00. Call 978-897-8149 for more information.

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, provides a variety of services including:

- **Care Management** - In home assessment, service coordination and decision support to help seniors and disabled adults accomplish activities of daily living and help caregivers manage their responsibilities.
- **Minuteman By Your Side** - Private pay care management option available to seniors and disabled adults to coordinate in home services, support transitions from hospital or rehab to home, assist with relocation and support individuals and caregivers in a wide variety of ways.
- **Other Services:** Caregiver Support, Home Care, Legal, Meals on Wheels and Nursing Home Ombudsman
- **Minuteman Senior Services** can be reached at 1-888-222-6171 or visit www.minutemansenior.org.
- **SHINE (Serving Healthcare Insurance Needs for Everyone)** help is available by phone at 781-221-7029 or by calling the Acton COA to schedule an appointment with a counselor.

Alzheimer's Services

- Alzheimer's Association: visit www.alz.org or call the helpline 1-800-272-3900. Available for calls 24/7.
- Cooperative Elder Services, Inc. 978-318-0046. Provides local adult day health and Alzheimer's day programs.

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

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



Handy Helper 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. This is not an emergency service so plan ahead. Please call the COA at 978-929-6652 and speak to Fiona to make a request or if you are interested in becoming a handy helper.



Cell Phones for Soldiers - Do you have an old cell phone sitting in your junk drawer? Donate it in support of our military serving overseas! Cell Phones for Soldiers Inc. is a 501(c)(3) non-profit organization providing cost-free communication services to active duty military members and veterans. There are drop boxes at the PSF, Transfer Station, and Citizens Library. For more information call Jim MacRae, VSO, at 978-929-6525.

From the Acton Police Department, Detective Unit

Recently several residents have fallen victim to the following on-line and phone scams:

- Outstanding monies owed to the IRS
- Overdue utility bill
- Software and hardware issues with their computers
- Asking for service to be provided and a check received for more than the cost of the service. A request is made to take their payment out and send the remaining funds back to the sender.
- A relative or friend in need of funds due to an arrest, illness or accident.

Businesses, State and Federal agencies do not operate this way. Prior to sending any money be sure to request the necessary information to verify the call. Do not hesitate to contact the Police Department at 978-929-7711 should you receive a similar scam call.

Tax Tips from the COA Board - The Circuit Breaker Income Tax Credit provides tax relief for seniors age 65+ with moderate and low to moderate-income. Qualifying seniors may claim a credit in their MA income tax returns. The Town of Acton matches the MA Circuit Breaker Income Tax Credit. The Town match requires that an applicant receive the MA State Circuit Breaker Income Tax Credit to be eligible. Applications along with a complete copy of the applicants 2017 MA Income Tax filing are due at the Assessor’s Office by the close of business on April 1st, 2019. For more information on eligibility requirements contact the Assessor’s Office at 978-929-6621 or email Assessor@actonma.gov.



The Town of Acton matches the MA Circuit Breaker Income Tax Credit. The Town match requires that an applicant receive the MA State Circuit Breaker Income Tax Credit to be eligible. Applications along with a complete copy of the applicants 2017 MA Income Tax filing are due at the Assessor’s Office by the close of business on April 1st, 2019. For more information on eligibility requirements contact the Assessor’s Office at 978-929-6621 or email Assessor@actonma.gov.

Get Your Newsletter by Email – Go Green!! Please consider having your newsletter e-mailed to you. Not only will you receive it earlier than if it was mailed, it will also be in color! For information or to switch to email, call Judy at 978-929-6652 or jpeters@actonma.gov.



- ... to Human Resource Department for preparing lunch
- ... to Aruna and Priya for the vegetarian lunch they prepared
- ... to Jim Mac Rae for the monthly breakfast
- ... to Elizabeth Atherton for volunteering over her break
- ... to Alice Fan, Michelle Cao, Gabrielle Gu and Isabelle Gu for the murals they painted in the bathrooms



AARP Free Tax Preparation - The American Assoc. for Retired Persons and the IRS are sponsoring free tax prep for eligible taxpayers (single-person households with less than \$58,000 in annual income and married couples with less than \$88,000 in annual income). See page 1 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 MA. You should bring all tax forms mailed to you for 2018, 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 MA income tax, or are a renter, you may be eligible for the MA Circuit Breaker tax credit refund of up to \$1,100. It is available to most taxpayers whose real estate taxes equal more than 10% of their annual income.

Mon	Tue	Wed	Thu	Fri
<p>February</p> <p>2019</p> <p>Walk the Senior Center Weekdays 8:00-8:30 and 3:30-4:30</p>				<p>1</p> <p>8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Cribbage 10:00 NouVon Fitness 12:45 Movie 1:00 Mah Jongg</p>
<p>4</p> <p>8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Performance Workshop 10:30 Chair Exercise 1:00 Mah Jongg 1:00 Registration Begins</p>	<p>5</p> <p>8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00 Drawing for All 9:45 Active Aging 10:00 COA Board Meeting 11:00 Tai Chi 12:00 Chinese Luncheon 1:00 Beginner Bridge Class 1:30 Chinese New Year Performance 3:00 Stretch & Flex</p>	<p>6</p> <p>8:30 Senior Fitness 8:30 Finance Committee Talk 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:45 Yoga 11:30 Chair Exercise 12:30 Needle Arts 1:15 Gym Training 2:30 Drop-in Bridge 3:00 Line Dancing</p>	<p>7</p> <p>8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 12:30/2:00 Chess Classes 1:00 Time, Money, Joy Pt. 2 1:30 Chess Club 3:00 Stretch & Flex</p>	<p>8</p> <p>8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00-10:30 Reiki Appts. 10:00 Cribbage 10:00 NouVon Fitness 11:30 Memory Café 12:45 Movie 1:00 Mah Jongg 1:00 Genealogy Group</p>
<p>11</p> <p>8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Performance Workshop 10:30 Chair Exercise 1:00 Mah Jongg 1:00 Book Club 2:00 Job Networking Group</p>	<p>12</p> <p>8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00 Drawing for All 9:00-11:00 Wellness Clinic/BP 9:45 Active Aging 11:00 Tai Chi 1:00 Beginner Bridge Class 3:00 Stretch & Flex</p>	<p>13</p> <p>8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:30 Real Estate Seminar 10:00 Widow/Widowers Group 11:30 Chair Exercise 12:00 Life Care of Acton Lunch 12:30 Needle Arts 1:00 Climate Change Talk 1:15 Gym Monitor Training 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing</p>	<p>14</p> <p>8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Laugh for Your Health 11:00 Tai Chi 12:00 Joy's Chili/Bday Lunch 12:30/2:00 Chess Classes 1:00 Classical Music 1:30 Chess Club 3:00 Stretch & Flex 4:00-5:00 Art Reception</p>	<p>15</p> <p>8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:15 Monthly Breakfast 10:00 Cribbage 10:00 NouVon Fitness 10:00 Coffee with TM 12:45 Movie 1:00 Mah Jongg</p>

18 Senior Center Closed	19 8:30 Senior Fitness 9:00-11:00 Ask the Lawyer 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00 Drawing for All 9:45 Active Aging 11:00 Grandparent Group 11:00 Tai Chi 12:00 Benchmark/RB Lunch 1:00 Mah Jongg 1:00 Great Songs Performance 1:00 Beginner Bridge Class 1:15 Gym Training 3:00 Stretch & Flex	20 8:30 Senior Fitness 9:00-11:30 Open Activity 9:00-12:00 Gym Open 11:30 Chair Exercise 12:30 Needle Arts 1:00 Long Term Care Talk 2:30 Drop-in Bridge 3:00 Line Dancing	21 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 10:30-12:00 Charlie Cards 11:00 Tai Chi 12:30/2:00 Chess Classes 1:00 Real Estate Tax Talk 1:30 Chess Club 2:15 Ask the Assessor 3:00 Stretch & Flex	22 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Cribbage 10:00 NouVon Fitness 12:00 Town Employee Lunch 12:45 Movie 1:00 Mah Jongg
25 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Chair Exercise 1:00 Mah Jongg 1:00 LitLovers Group	26 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00 Drawing for All 9:00-11:00 Wellness Clinic/BP 9:45 Active Aging 11:00 Nursing Talk 11:00 Tai Chi 3:00 Stretch & Flex Newsletters Mailed/Emailed	27 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 11:30 Chair Exercise 12:00 Newbury Ct. Lunch 12:30 Needle Arts 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	28 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 12:30/2:00 Chess Classes 1:15 Gym Training 1:30 Chess Club 3:00 Stretch & Flex	March 1 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 12:45 Movie 1:00 Mah Jongg

Winter Weather Exercise/Program Policy

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

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

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



Going Away for the Winter? If you plan on going away for the winter or any length of time, please notify the COA. Each winter we get numerous newsletters returned to us. This incurs costs for the printing and postage but the returned mail fee as well. Email Judy at jpeters@actonma.gov or call 978-929-6652 to let us know you'll be away and then again when you return.

Friends Funded Activities - This month the following activities are supported by the Friends of the Acton COA: *Great Songs From Great Movies, Drawing for All, Tai Chi classes, Birthday lunch, bridge lessons, classical music series, performance workshop, and Senior Cinema.* The Friends greatly appreciate your donations which help support programs at the Senior Center. If you wish to donate, please get a donation form at the Center or print it out from the Friends page at actoncoa.com.

Signing In: Just a reminder to sign in for every activity you participate in at the Senior Center. You can do it just once when you first come in for the day, but if you decide to add an activity be sure to stop back at the sign-in kiosk to update the computer. Also, almost everyone should be checking “visit/chat/tour” each time you visit.

Senior Tax Relief – Call 978-929-6621 or visit the Assessor’s Office located at Town Hall. They can answer your questions about your property taxes and inform you about the tax assistance programs available in Acton.

The Friends of the COA

Thank you to all who have contributed to our Annual Appeal, which was sent out in early December. Donation forms are available at the Senior Center or can be accessed online at actoncoa.com. Activities at the Center are also funded by the on-going collection of button batteries which are found in watches, hearing aids, cameras, calculators, digital organizers, small medical devices and some small toys. Collection boxes are located at Acton Pharmacy, Nursing Services, Town Hall - Board of Health, Transfer Station, Public Safety Building, Memorial and West Acton Libraries, the Senior Center, Benchmark at Robbins Brook and Life Care Center of Acton.

ACTON COA STAFF

Sharon Mercurio, Director
Judy Peters, Office Manager
Chris Chirokas, Program Manager
Bev Hutchings, Senior Services 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, Vice Chair
Lori Cooney	Marion Maxwell
Ann Corcoran	Alma Sandman
	Nirupama Velankar

COA Board will meet February 5th at 10:00.
Friends of the Acton COA will not meet in February.