



Acton Senior Bulletin



December 2011

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm. Telephone number is 978-929-6652.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Visit the COA website at www.acton-ma.gov. Go to Government, then down to Council on Aging.

► **Holiday Tea Party** (Call now as reservations have started.)

 **Thursday, December 8th, 2:00-3:30**

We are bringing out the beautiful china teacups for the annual holiday tea party! Join us for a cup of tea or mulled cider, tea sandwiches and sweets. Entertainment will be provided by harpist Rebecca Swett. The party is free for all Acton seniors, and men are most welcome! Snow date is Friday, December 9th, at 2:00.

Winter Weather Programs and Classes Policy

(See page 4 for the exercise related cancellation policy.)

If the Acton Schools are closed:

- All Senior Center 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 the Acton Schools are delayed:

- ALL classes beginning before 10:00 will be canceled.
- Please call the office for classes beginning 10:00 or later to see if they will be held.

If in doubt please call the COA with questions about classes.

Van Snow Policy



If Acton schools are canceled or delayed due to weather, the COA van will not run until at least 10:00.

This will give staff, van drivers, passengers and family members time to assess road, driveway and walkway conditions and for riders to make other arrangements if needed. If we are able to transport passengers later in the day, we will, weather and road conditions permitting. If you are unsure about a scheduled ride on a wintery day please call the COA at 978-929-6652 after 8:00.

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Director's Corner

The weather certainly has been unpredictable. With each storm, we learn how better to meet the needs of our community. The Senior Center was opened and utilized as a shelter for five days this past storm. I appreciate everyone's cooperation and patience as all programs needed to be canceled during this time. I want to stress the importance of having an emergency plan in place. Make sure you have food, water, medications and batteries on hand. If you live alone, make arrangements to have someone to check in on you. The Town has established a phone number for the Emergency Shelter (978-929-6699). I hope we won't need to use it again this year, but its nice to have it in case you need it.

Wishing you all a Happy and Healthy Holiday, Sharon, COA Director

The COA will be closed on Monday, December 26th and Monday January 2nd.

Registration for exercise classes begins in person or by phone Monday, December 5th at 1:00.

Registration for all other programs/classes begins on Wednesday, December 7th at 1:00.

CLASSES

FOR DECEMBER.....REGISTRATION BEGINS WEDNESDAY, DECEMBER 7TH at 1:00

Is A Digital Camera on Your Holiday List?

Wednesday, December 7th, 10:30-11:45, Computer Lab

This drop-in activity will show you the basics of digital cameras and some of their accessories. Be ready for those Holiday photos with a new digital camera or practice using the one that you already own. Find out which features are most important for the beginner user. Learn to take photos with hands-on demonstrations.

► Holiday Gift Tag Workshop

Thursday, December 15th, 1:00 - 2:30



Join Lori Champine, owner of InkAbout It in Westford, to create several festive holiday tags using rubber stamps, paper, glitter, colored pencils, ribbons and more! Lori is donating her time to spread holiday cheer! These handmade tags will be a nice addition to your holiday gifts this season. All materials provided. Don't miss the fun - space is limited to 10.

► “All About Color” Art Workshop with Carol Bull

Mondays, January 9th through February 27th, 9:30-11:00

(No class on Jan. 16th & Feb. 20th)



How do you make brown? Gray? What are primary colors? How do you lighten, darken and dull color? Get an introduction to the aspects of color in six weeks! This information will improve your painting and color choice skills in daily life. Drop by the COA office for a materials list and syllabus. *Carol Bull is an Acton resident; she holds a Bachelor of Fine Arts and a Master's in Art Education.*

► Watercolor Class with Sue Nordhausen

Tuesdays, January 10th through February 14th, 1:30-3:00



Encouragement geared toward experienced students on both class and individual projects. Areas covered will include composition, color qualities, and light and dark values. Each class includes a demonstration by the instructor. Materials list for new students available in the COA office. *Sue has taught watercolor classes (her favorite medium) at the Senior Center for nine years, after a career of teaching a variety of art media in the public schools. She has an Art Ed degree from UNH, takes classes and workshops with nationally known artists, and served as president of the Lexington Arts and Crafts Association where she continues to exhibit.*

► Watercolor Studio Workshop with Cynthia Durost

Wednesdays, January 11th through March 14th, 9:00-10:30



Join this watercolor studio workshop and be inspired! Work on new or old projects and engage in the joy of painting in watercolor. Group and individual work and guided and shared critique are part of this art experience. Beginners welcome! *Cynthia is an impressionistic watercolor artist with a strong commitment to offering art in the community for students from age 3 to 100 and has been teaching at the Center for 13 years.*

► Indicates that you must register in advance!

TRIPS

FOR DECEMBER.....REGISTRATION BEGINS WEDNESDAY, DECEMBER 7TH at 1:00

► Massachusetts Horticultural Society's Festival of Trees

Tuesday, December 6th, leave NARA Park at 10:00

(Trip is full. Call about the waitlist.)



The Massachusetts Horticultural Society's 2nd Annual Festival of Trees in Wellesley will have over 50 spectacularly decorated trees. Lunch will be at Grassfield's in Waltham, which you will pay for on your own. Entrees include steak tips, chicken teriyaki and crabmeat pie, averaging \$10 each, as well as salads, burgers and sandwiches. The van does not have a rest room.

Depart: 10:00 a.m., NARA Park Upper Fields Lot. Approximate return time: 2:30

Cost: \$13 due now, includes festival admission and van transportation. Lunch is an additional cost.

► Indicates that you must register in advance!

UPCOMING PROGRAM HIGHLIGHTS

FOR DECEMBER.....REGISTRATION BEGINS WEDNESDAY, DECEMBER 7TH at 1:00

► **When the Heart Aches: Coping with Loss**

Thursday, December 1st 12:30-2:00 (Call now as registration has started)



Those grieving during the holiday season can simultaneously be anticipating or dreading the events that surround this time of family gatherings and the memories associated with the past. The loss of a loved one, whether recent or from years ago, is often more keenly felt at this time of year. Join Allene Riley Kussin, MA, LPC, as she explores the “new normal” condition of loss, and brings words of hope and healing. Allene has over 20 years experience as an educator and psychotherapist, and frequently lectures on grief and loss issues.

► **Sing-Along with Ben Sears and Brad Conner**

Tuesday, December 13th, 1:00-2:00

After the holiday lunch, join cabaret performers Ben Sears and Brad Conner in a sing-along of holiday music, as well as classic Broadway and Hollywood show tunes by Irving Berlin, George and Ira Gershwin, Cole Porter, and Jerome Kern. Ben and Brad are noted theatre historians, recording artists and performers. Their programs are always popular, entertaining and fun. *This program is offered in partnership with Sage Educational Services.*

► **Cookie Swap**

Wednesday, December 14th, 1:00-2:00



Mealsite Coordinator Joy Agule is organizing a fun holiday cookie swap! Please bring a total of 3 ½ dozen home-made cookies: use seven separate containers (plastic containers or storage bags) containing six cookies each for swapping and another six cookies for sharing (the latter can be on a paper plate). The cookies must be homemade!

Drop-in Scrabble



Thursday, December 22nd, 12:30-2:30

Take a break from holiday preparations and play a game (or two) of Scrabble at the Senior Center. If you have another game you'd prefer to play, bring it along!

Bring Your Grandchildren to See the Movie “Rio”



Friday, December 30th, 12:30-2:05

See page 5 under Senior Cinema for full description. Refreshments will be served.

► **Re-gifting Party**

Thursday, January 5th, 12:30-1:30



Everyone seems to have a stash of gifts they receive but never use. Wrap a new, unused gift and bring it to the re-gifting party for some fun and socializing! You'll go home with a new gift. Refreshments will be served.

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

SENIOR CENTER CLINICS

in conjunction with the Acton Public Health Nursing Service

Podiatry Clinic: Tuesday, December 6th and 27th, 8:00-11:30 with Dr. Ayleen Gregorian

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments call 978-929-6650. *Funded by Friends of the Acton Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesdays, December 13th and 27th, 9:30-11:30

The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and discuss any medication, nutritional, or health related questions. No appointment necessary.

Flu Shots will be available during the December Wellness Clinics. Be sure to bring your insurance card with you.

COA Resource Shelves

The COA has a new resource area that we encourage you to take a look at. Along with a selection of entertainment videos we have reading materials on a variety of health issues. Stop by the office and check it out!

EXERCISE

FOR THE WINTER SESSION.....REGISTRATION BEGINS MONDAY, DECEMBER 5th at 1:00

Exercise DVDS - During the holiday break from exercise classes, keep moving and burn off those holiday party treats with exercise DVDs. Wear loose, comfortable clothing and bring water.

Stronger Seniors Stretch Chair Exercise DVD

Monday, December 19th, 9:00-9:45

This exercise routine is designed to improve flexibility and mobility, while strengthening abdominal and back muscles and reducing tension in the neck, back and shoulders. No equipment needed.

Easy Does It Strength and Tone DVD

Tuesdays December 20th and 27th and Thursdays, December 22nd and 29th, 9:45-10:35

Craig Marcacci, a veteran instructor of senior fitness, leads this no-impact muscle toning regimen that is done sitting in or standing behind a chair. Bring a pair of 1-5 pound weights or use those available at the Center.

Older and Wiser Aerobic/Toning Workout DVD

Wednesdays December 21st and 28th and Fridays, December 23rd and 30th, 8:30-9:30

Low-impact aerobics and non-floor toning exercises, led by Sue Grant. Bring a pair of 1-5 lb weights or use those at the Center. This DVD is only for participants in Terri's cardio-flex classes and is not for beginners.

Exercise Cancellation Policy: If either Acton or Littleton schools are canceled or have a delayed opening because of inclement weather, exercise classes starting before 10:00 are **canceled** for the day.

* Please watch for weather-related cancellations on the news as we will only call people in the event of a cancellation that is NOT publicized on TV and radio.

* Call the COA for information on exercise classes starting 10:00 or later.

* If there is a storm during school vacations or holidays, call the COA before heading out for your class.

* If exercise is canceled for a non-weather related issue we will show an exercise DVD.

Other Notes on Exercise Classes:

* You may sign yourself and one other person up for an exercise class.

* If you are going to miss more than three weeks of Terri's exercise class, we ask that you call the office so we may offer your spot to someone on the waiting list. Call when you are ready to return regarding space availability.

* If you cannot regularly attend both days of a twice-a-week class, please let us know as this is only allowed for classes without waiting lists.

* Check with your doctor before starting an exercise program. Wear loose, comfortable clothing and bring water.

* All new participants must sign a waiver of liability.

► Acton Striders Walking

Wednesdays, December 7th, 14th, 21st and 28th, 8:45-9:30 at NARA Park with Liz

and/or Mondays, December 5th, 12th and 19th, 12:30-1:15 at the Senior Center with Judy

Join Health and Wellness Coordinator Liz Jewell on Wednesdays for a one or two-mile walk around the loop at NARA Park. Meet in the lower parking lot. Judy Peters will lead a one or two-mile walk on Mondays in the Senior Center neighborhood. If weather conditions are questionable call the COA to see if we're walking.



► Beginners Tai Chi with Taoist Tai Chi Society instructors

Tuesdays, January 3rd through March 27th, 11:00-12:00



This is a continuation of the Taoist Tai Chi for Beginners that began in September 2011 and is open to those participants only. If you were in the fall session and wish to continue, please register for this winter session.

► Continuing Level Tai Chi with Ray Caisse of the Taoist Tai Chi Society

Thursdays, January 5th through March 29th, 11:00-12:00



This class is only open to people with Taoist Tai Chi experience. If you were in the fall session and wish to continue, please register for this winter session.

► Indicates that you must register in advance!

EXERCISE

FOR THE WINTER SESSION.....REGISTRATION BEGINS MONDAY, DECEMBER 5th at 1:00

▶ **"Stretch and Flex" with Terri Zaborowski**

Mondays, January 9th through March 26th, 8:30-9:30

(No class on 1/16 and 2/20)

This class is designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both available at the Senior Center).

▶ **"Senior Cardio-Flex" with Terri Zaborowski**

Tuesdays and Thursdays, January 3rd through March 29th, 8:30-9:30

or Wednesdays and Fridays, January 4th through March 30th, 8:30-9:30

Start with a stretch and warm-up segment followed by a lively 20 minute aerobic routine, 5 minute cool down and 30 minutes of muscle toning and strengthening using hand-held weights for resistance (bring your own weights or use those available at the Senior Center). Floor work is optional.

▶ **"Senior Stretch, Flex, Tone and Cardio" with Terri Zaborowski**

Tuesdays and Thursdays, January 3rd through March 29th, 9:45-10:45

This class offers all the same muscle toning and strengthening benefits of the 8:30 class, with the with the option to stay at the end for a 15 minute aerobic dance routine. All strength training can be done standing or in a chair.

▶ **Zumba™ and Stretch Class - Join the Party with Instructor Yvonne Benelli**

Fridays, January 20th through March 30th, 10:00-10:45, (No class on Feb. 24th)

Zumba™ uses Latin-inspired music, rhythms and dance steps to create "exercise in disguise." This cardio-based workout is designed to tone and loosen the entire body. Floor work (extra stretching) is optional and done at the end of the class. Yvonne has adjusted the class in response to student needs by offering simpler movement options and adding a stretch segment. Exercise at your own pace and intensity levels. Bring an exercise mat if doing floor work. This class is funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations--a \$10 donation for the winter session is suggested. *Yvonne is a certified Zumba instructor. She holds an MS in Clinical Exercise Physiology, a BS in Physical Education and has been teaching fitness classes and American Red Cross CPR/First Aid for over 30 years.*

Want to see a Zumba class before registering? Participate or watch the 12/2 class at 10:00 and stay for a wellness "celebration" of nutrition tips and healthy smoothies with Yvonne. Everyone Welcome!!

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

SENIOR CINEMA

Note: Due to the closing of local video stores, it may occasionally be necessary to make movie substitutions. You may call the office to confirm the selection on movie days.

Friday, December 2nd, 12:30-2:20, "Trip to Bountiful," (1985, PG) – Geraldine Page’s Oscar-winning performance as an elderly woman yearning to see her hometown one last time, but she needs to outsmart her controlling daughter-in-law to do so.

Friday, December 16th, 12:30-2:30, "The Best of Andy Williams: Christmas Shows," (NR, 2001) – Beloved singer and TV presence Andy Williams showcases his favorite moments from his annual holiday show.

Friday, December 23rd, 12:30-2:00, "Serendipity," (2001, PG-13) – Romance starring John Cusack and Kate Beckinsale, who meet while holiday shopping and feel an instant connection. They are separated by fate but look for each other years later.

Friday, December 30th, 12:30-2:05, "Rio," (2011, G) – Bring the grandkids or come on your own to see this animated movie about a domesticated macaw on an adventure in Rio de Janeiro and meets the bird of his dreams.

Friday, January 6th, 12:30-2:30, "Sarah's Key," (2011, PG-13) - In modern-day Paris, a journalist (Kristen Scott Thomas) finds her life becoming entwined with a young girl whose family was torn apart during the notorious Vel' d'Hiv Roundup in 1942. Based on the historical novel by Tatiana de Rosnay. Please note that this movie contains images involving the Holocaust that may be disturbing to some individuals.

DINING OPPORTUNITIES

FOR DECEMBER.....REGISTRATION BEGINS WEDNESDAY, DECEMBER 7TH at 1:00

****Please sign up in the COA office for the following meals:**

▶ **Town Employee “Home Cooked” Holiday Luncheon**

Tuesday, December 13th, 11:45

Our Holiday luncheon will be prepared by members of the Council on Aging Board. Join us for Chicken Divan, rice and a garden salad. A \$3 donation is requested.

▶ **Inn at Robbins Brook Lunch**

Tuesday, December 20th, 11:45

Enjoy meatloaf, potatoes and salad. A \$3 donation is requested. You must sign up for this meal at least a week prior to the date in the COA office.

****Please sign up in the Dining Room with Joy for the following meals:**

▶ **Minuteman Lunches** are served weekdays at 11:45. Voluntary donation is \$2. To sign up call 978-263-5053 by 10:30 the day before. Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA. **Birthday Lunch: Wednesday, December 14th**

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

TRANSPORTATION

The COA encourages all seniors to register with the LRTA Roadrunner van service. As our COA van gets busier we want to be sure that you have other options for rides. Please call the LRTA at 1-800-589-5782 or visit www.lrta.com for an application or call the COA at 978-929-6652 and we can get one to you.



COA Senior Van runs Monday thru Friday, 8:00-4:00. The van runs until 3:45 pm in-town and 3:30 pm for out-of-town rides. The last ride in the morning is at 11:30 and the first ride after lunch is at 12:30. For a reservation call 978-929-6652 between **8:00-11:00** at least one day in advance. When you call please have the name, telephone number and address of your destination. One-way in town is \$1.00; one-way into Concord or Maynard is \$1.50.

MinuteVan Dial-a-Ride Shuttle Service runs Monday-Friday, 8:00-11:00am and 3:15-8:15pm. Rides must be scheduled at least 24 hours ahead by calling 978-844-6809 weekdays 8:30-10:30am. Rides are \$2 in town and \$4 out of town. Rides are anywhere in Acton and certain locations in Concord, Maynard and Boxboro.

LRTA Road Runner Van runs Monday through Friday, 8:00-3:30. In addition to rides in Acton, Concord and Maynard, on Fridays the Road Runner offers rides along Route 110 in Westford including Emerson Health Care Center and Market Basket. All rides must be scheduled at least 2 days ahead of time. You *must* be pre-registered with the LRTA. Forms are available at the COA or from the LRTA at 1-800-589-5782.

MinuteVan Commuter Rail Shuttle runs between the West Acton Fire Station lot on Central St. and the South Acton Commuter Rail Station. The service runs Monday – Friday, 6:45 AM to 9:24 AM and 5:10 PM to 7:24 PM. For information, contact Michele Brooks at: 978-844-6809 or visit www.minutevan.net to book online.

MART Van Service to Boston with daily stops at the Littleton Train Station to pick up riders who wish to go into the Boston/Alewife area. For more info on the shuttle times and cost call 1-800-922-5636 (press opt. 3).

Friendly Drivers Available to drive seniors to appointments, shopping, etc. Rides must be arranged ahead of time. You must register with the COA by calling the Outreach Coordinator at 978-929-6652. We encourage seniors needing a ride within Acton, Maynard or Concord, 8-4, Monday through Friday, to use the COA or Road Runner van. If however, you need a ride not covered by our existing transportation please call the COA.

ONGOING ACTIVITIES

FOR DECEMBER.....REGISTRATION BEGINS WEDNESDAY, DECEMBER 7TH at 1:00



▶ **Watercolor with Sue Nordhausen** (Class is full.)

Tuesdays, through December 13th, 1:30-3:00



▶ **Holiday and Winter Scene Greeting Cards with Cynthia Durost**

Wednesday, December 7th, 9:00-11:00

▶ **Memoir/Non-Fiction Writing Group** facilitated by Chris Chirokas

Friday, December 2nd, 10:00-11:00, Meet in the dining room (Call now as registration has started)

Explore your life through writing - no experience necessary! Whether you are writing a memoir, your family history, a journal or essays, come read your work to the group to receive feedback.

If you are currently registered for the fall session of exercise, they continue through the dates listed below..

▶ **"Stretch and Flex"** with Terri Zaborowski

Mondays, through December 12th, 8:30-9:30

▶ **"Senior Cardio-Flex"** with Terri Zaborowski

Tuesdays and Thursdays, through December 15th, 8:30-9:30

or Wed. and Fridays, through December 16th, 8:30-9:30

▶ **"Senior Stretch, Flex, Tone and Cardio"** with Terri

Tuesdays and Thursdays, through December 15th, 9:45-10:45

▶ **Gentle Chair Exercises** *Thursdays, through January 5th 10:30-11:00 or 11:00-11:30*



▶ **Beginner Taoist Tai Chi** with Ray Caisse and other Taoist Tai Chi Society instructors

Tuesdays, through December 13th, 11:00-12:00



▶ **Continuing Level Taoist Tai Chi** with Ray Caisse of the Taoist Tai Chi Society

Thursdays, through December 15th, 11:00-12:00

▶ **Zumba™/Toning Class** with Yvonne Benelli *Friday, December 2nd, 10:00-11:00*

▶ **Yoga Class** with Patsy Brightman *Thursday, December 1st, 2:45-4:15*

▶ **Chair Massage at the Senior Center** with Nancy Ames, licensed massage therapist

Friday, December 16th, 2:30-3:45

Massages may include the back, neck, shoulders, arms, and hands (for those with arthritis). The \$15 fee for a 20-minute chair massage should be paid to Nancy with cash or check. Wear a long or short-sleeved t-shirt. Mark your appointment on a calendar as reminder calls are not always possible and **call the COA if you must cancel.**

▶ **SHINE (Serving the Health Information Needs of Elders)**

Mondays, 1:30-3:30

For questions regarding health insurance or prescription coverage call the COA office 978-929-6652 for an appt.

Computer Club

Fridays, December 9th and 23rd, 10:00-11:30

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

Wednesday meetings will be self-directed while Fridays will continue to have a leader.

Please see the Monthly Calendar on page 11 for days and times of the following groups*:

Knit/Crochet Group

Poker

Tile & Board Games

Drop-in Watercolor

Drop-in Pool

Quilting/Sewing Group

Drop-in Bridge

Drop-in One Stroke

*Regularly occurring groups and drop-in activities are sometimes canceled due to space constraints. Please check the COA Calendar in the newsletter and on the town website to make sure your group is scheduled to meet.

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

HEALTH NEWS

Alzheimer's Disease Services

- **Alzheimer's Association Helpline** 1-800-548-2111. Available for calls 7 days a week, 24 hours a day.
- **Cooperative Elder Services, Inc.** 978-318-0046. Provides adult day health and Alzheimer's day programs.

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

- Home Health Agencies – www.medicare.gov/HHCompare/Home.asp
- Hospital – www.hospitalcompare.hhs.gov
- Nursing Home – www.medicare.gov/NHCompare/Home.asp

Healthcare Websites

- **Alzheimer's Association**, www.alz.org/carefinder for recommendations and questions to ask care providers.
- **Office of the Attorney General**, www.ago.state.ma.us, click on elders.
- **Long Term Care**, www.masslongtermcare.org.

Assistive Technology Website to post or look for items in New England go to www.getatstuff.org.

Minuteman Senior Services provides free in-home consultations. Call 888-222-6171 for more information.

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

OUTREACH & SUPPORT SERVICES

We are available to **Help You Find Resources** in the community to address many concerns related to aging. Call Bev, Outreach Coordinator, at 978-929-6652 for a confidential chat.

Handyman Program: Helps seniors with small repairs and simple household jobs.

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 at the COA at 978-929-6652.

Food Pantries and Community Suppers: Call for a list of local area suppers and pantries. The **Acton Food Pantry** at 235 Summer Rd., Boxborough is open Wednesdays 10:00am-7:00pm except that it is closed on the 4th Wednesday of every month. Registration (ID and one bill with your name and address) required first visit.

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.

NSTAR Program for Low Income Customers: Low income customers have the opportunity to pay off their old arrearages for their gas and/or electric bills. For details call NSTAR at 1-866-315-2496.

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.



Safety Sand for Seniors has resumed for the winter. Salted Highway Dept. sand is delivered in a 3 gallon pail to your home by Acton Boxborough Regional High School volunteers. Call the COA at 978-929-6652 to request a pail or get a refill. There are a limited number of new pails so call soon.

Proof of Social Security Income

Social Security mails out the SSSA-1099 statement by January 31st of each year for tax purposes. It shows the total benefit amount received in the tax year. Please keep this document in a safe place as it is needed for many assistance program applications.

Massachusetts Senior Legal Helpline provides free legal information, advice and referrals for seniors in most areas of civil law, including: social security, veterans benefits, Mass Health, Medicare, consumer issues, public benefits, unemployment, foreclosures, guardianship, powers of attorney, bankruptcy, landlord/tenant, evictions, utilities, family law, nursing home. Call 1-866-778-0939 for help.

AROUND TOWN...AND BEYOND

Acton Recreation Department has online registration and is continually adding classes. You don't have to wait for the program booklet to sign-up for programs, trips and tickets. Visit www.acton-ma.gov/recreation.

Mt. Calvary Lutheran Church Senior Lunch at 472 Massachusetts Ave.

Thursday, December 15th, 12:15 -1:30 Donation suggested. Reservations required. Call 978-263-5156.

Acton Women's Club Free Piano Concert with Charles Bull performing seasonal music

Sunday, December 18th, 2:30-4:30, at the Acton Memorial Library

Town Clerk's Office - The Town Census will be sent at the end of December. Please return it as soon as possible in order to verify that all records are accurate.

Mini Holiday Fair at Acton Memorial Library

Saturday, December 3rd, 10:00-1:00 (Snow date is December 10th)

Non-profit organizations serving Acton will offer a variety of gift items. The Fair will be held in the meeting room and is a wonderful opportunity to do holiday shopping among friends and find unique local gifts while supporting organizations that are part of the greater Acton community.

Concord Band's Annual Holiday Pops Concert

Friday, December 9th and Saturday, December 10th, 8:00 PM at 51 Walden St., Concord

For reservations leave a message at 978-897-9969. Tickets are \$20.

Indian Hill Music, 36 King Street, Littleton. Visit www.indianhillmusic.org or 978-486-9524 for information.

Bach's Lunch Concert - Thursday, December 15th, 11:00 and 1:30, Free admission.

Highway Department - A winter parking ban is in effect thru April 1st. On street parking is prohibited 1:00am – 6:00am. Please shovel the snow from the end of your driveway to the "downstream" side of the driveway. Sand and salt mixture is available at the Highway Dept. on Forest Rd.



The Salvation Army is recruiting Bell Ringers for the annual holiday fund drive through December 24th. Volunteer shifts are one hour and are canceled in bad weather. Paid ringers' shifts are four hours and receive minimum wage. The red kettles are located at Donelans, KMart, Roche Bros. and Stop n' Shop. You may choose your location and hours. For more information call Dr. Mary Donald at 978-263-7855. Please consider helping this organization that helps so many.

Join the Trend! - Get Your Newsletter by Email If you are comfortable with email, please consider getting your newsletter using email rather than through the postal service. For every household using email to receive the newsletter, the COA saves about \$6.00 a year. For more information or to switch to the email list call Judy at 978-929-6652 or email jpeters@acton-ma.gov. Thank you!

FUEL ASSISTANCE

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

Need help paying your heating bill? New applicants can call the COA at 978-929-6652 to set up an appointment for the fuel program which runs through April 30th. All applicants must submit a copy of a current photo ID.

Beginning this year, only award letters from Social Security can be submitted as proof of Social Security income (bank statements are no longer accepted). See below for income qualification for fuel assistance. Call Beverly at 978-929-6652 for an appointment and application.

<i>Household size:</i>	<i>Income no greater than: (Call for income guidelines for larger families)</i>
1	\$31,218
2	\$40,824

Emergency Fuel Assistance Fund - Managed by the Friends of the COA. Contact Sharon Mercurio at the COA at 978-929-6652.

How State Chartered Banks Can Save You Money... From the MA Exec. Office of Elder Affairs



One way to stretch your dollars is to sign up for an “18-65” bank account, which does not charge monthly fees for those at least 65 years old, or 18 years and younger. These accounts are available at local, state-chartered community banks and each person can open one checking and one savings account. The accounts are not subject to a minimum balance, have no charge for deposit or withdrawal, or fees for basic checks. The fee for insufficient funds is capped at \$5. A list of all state-chartered banks is available from the Division of Banks at www.mass.gov/dob or by calling them at 617-956-1501.



Durable Medical Equipment Available to Loan: The COA has a variety of items such as canes, walkers and tub benches to borrow. We also have some less frequently needed items such as shoe horns and sock aids, so please give us a call. It’s best to call Mary Lou weekday afternoons (except Wednesdays) at 978-929-6652 and please allow a couple of days to gather the equipment.

Thank You

... to Municipal Properties, West Acton Library and R.J. Gray Junior High staff for providing us with the delicious fall-inspired home cooked lunch!

... to Lifecare of Acton for their free lunch in November.

... to the Acton Democratic Town Committee for the thorough cleaning of our Senior Center kitchen. Their community outreach is greatly appreciated.

... to Gena Manalan, Mike Svoda and Janet Richards for reworking our outside planters for the fall/winter season. The planters are so welcoming and festive!

... to Town employees Eva Szkaradek, Kim Gorman and James MacRae for cooking at the Veterans' Breakfast.

Giving Garland – The COA is collecting knitted/crocheted hats, scarves and mittens to be donated to those in need. Donated items will be hung on our Giving Garland in the Senior Center. If hand made goods are not your specialty, please feel free to donate store bought items, particularly **socks**, which are in high demand during winter months. If you are dropping off a donation, please be sure to leave your name and address so we may thank you for your generosity. You are welcome to join the Knit and Crochet group which meets most Wednesdays at 12:30. Call Beverly at 978-929-6652 or email [bhutchings@acton\)ma.gov](mailto:bhutchings@acton)ma.gov) with questions.

VOLUNTEER OPPORTUNITIES

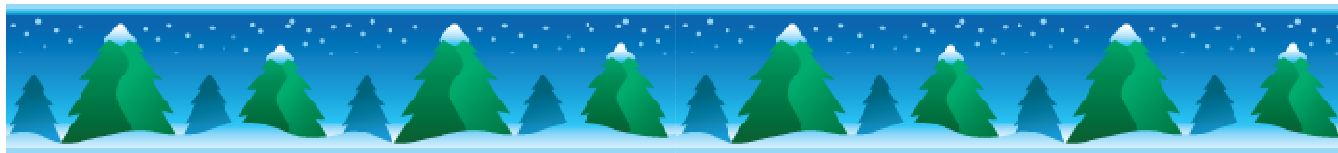
Wheels on Meals Drivers: Make a world of difference to homebound seniors! Do you have one hour/week or even one hour/month to deliver a lunchtime meal to an older adult at home? Meals on Wheels drivers are urgently needed by seniors in town. Minuteman Senior Services helps older adults age gracefully and independently at home. To find out more visit www.minutemansenior.org or call 781-221-7023.

Office Receptionists: We are seeking people interested in being office reception volunteers. The position requires attention to the day-to-day details of the COA, the ability to work with the public, maintain privacy and have good record-keeping skills. Please contact Bev at 978-929-6652 if you are interested.

Computer Teachers: We are looking for instructors to teach a variety of computer classes. If you have the teaching bug and are comfortable with computers, call Judy at COA to talk about the kinds of classes we offer.

Volunteer Drivers: We have seniors who occasionally need rides outside the area of our van transports or outside the time frame the van runs. If you can offer your services to drive a fellow senior to an appointment please call Bev at 978-929-6652 for more information on the volunteer driver program.

Lost and Found – Please check the living room and dining room coat racks if you are missing outer garments. We have quite a collection of lost items. If they are not claimed we will be donating them to the Salvation Army.



December	Mon	Tue	Wed	Thu	Fri	2011
	28	29	30	1	2	
	8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One-Stoke 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking Group at COA 1:30-3:30 SHINE	8:30 Newsletter Mailing 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor Class	8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-11:00 Holiday Cards 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:30-11:00 Balance Class 11:00-11:30 Balance Class 11:00-12:00 Continuing Tai Chi 12:30-2:00 Grieving Program 2:45-4:15 Yoga - last	8:30-9:30 Cardio Flex 10:00-11:00 Zumba - last 10:00-11:00 Memoir Writing 11:00-11:30 Zumba Party 12:30-2:20 Movie 1:00 Poker	
	5	6	7	8	9	
	8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One-Stoke 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking Group at COA 1:00 Exercise Registration Begins 1:30-3:30 SHINE	8:00-11:30 Podiatry Clinic 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:00 Festival of Trees Trip 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor	8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Holiday Cards 9:45-11:45 Quilt /Sewing 10:30-11:45 Digital Camera 12:30 Knit/Crochet 1:00 Program Registration Begins 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:30-11:00 Balance Class 11:00-11:30 Balance Class 11:00-12:00 Continuing Tai Chi 2:00-3:00 Holiday Tea	8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 2:00-3:00 Holiday Tea (snow date)	
	12	13	14	15	16	
	8:30-9:30 Stretch/Flex - last 9:30-11:00 Drop-in One-Stoke 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking Group at COA 1:30-3:30 SHINE 1:30 Friend of COA Meeting 3:45 COA Board Meeting	8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi - last 11:45 Town Employee Holiday Lunch 1:00-2:00 Holiday Sing-along 1:30-3:00 Watercolor - last	8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Drop-in Watercolor 9:45-11:45 Quilt /Sewing 11:45 Birthday Lunch 12:30 Knit/Crochet 1:00-2:00 Cookie Swap 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	8:30-9:30 Cardio Flex - last 9:45-10:45 Stretch/Tone - last 10:30-11:00 Balance Class 11:00-11:30 Balance Class 11:00-12:00 Cont. Tai Chi - last 1:00-2:30 Holiday Gift Tags	8:30-9:30 Cardio Flex -last 12:30-2:30 Movie 2:30-3:45 Chair Massage	
	19	20	21	22	23	
	9:00-9:45 Stretch DVD 9:30-11:00 Drop-in One-Stoke 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking Group at COA 1:30-3:30 SHINE	9:45-10:35 Easy Does It DVD 11:45 Robbins Brook Lunch 12:30-3:00 Board & Tile Games	8:30-9:30 Older/Wiser DVD 8:45 Walking Group at NARA 9:00-10:30 Drop-in Watercolor 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	9:45-10:35 Easy Does It DVD 10:30-11:00 Balance Class 11:00-11:30 Balance Class 12:30-2:30 Scrabble	8:30-9:30 Older/Wiser DVD 10:00-11:30 Computer Club 12:30-2:00 Movie	
	26	27	28	29	30	
COA CLOSED		8:00-11:30 Podiatry Clinic 9:30-11:30 Wellness Clinic/BP 9:45-10:35 Easy Does It DVD 12:30-3:00 Board & Tile Games	8:30 Newsletter Mailing 8:30-9:30 Older/Wiser DVD 8:45 Walking Group at NARA 9:00-10:30 Drop-in Watercolor 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	9:45-10:35 Easy Does It DVD 10:30-11:00 Balance Class 11:00-11:30 Balance Class	8:30-9:30 Older/Wiser DVD 12:30-2:05 Bring your Grandkids to the Movies	

Register Your Phones for Town Information

Did you know that you can register your phones (cell and house) as well as your email address with the Town so you can receive important updates when needed? The freak October snowstorm and subsequent long power outage reinforces the importance of being able to get Town information. You can register online at www.acton-ma.gov/cty or email it@acton-ma.gov. You may also call the Information Technology Department at 978-929-6612 or stop by Town Hall.

Going Away for the Winter? Please Stop your Newsletter Mailing



Please help us save printing and postage costs by going off the newsletter mailing list while you are away. Just let us know when you return and we'll put you back on. While you're away visit us at www.acton-ma.gov.

Select COA Programs on Community Cable

Thanks to the staff at Acton Community Access Television (ACAT) and volunteer video camera operators (primarily Charlie Aaronson), some of the Acton Council on Aging programs will air on Acton TV (for Comcast and Verizon subscribers). Some programs will also be available online (www.actontv.org) or on DVD to borrow from the Senior Center. Programs on Otis the therapy dog and Medicare Open Enrollment are currently airing, to be followed soon by a six-part series on Eastern Religions. Program listings are available on the website noted above or in *The Beacon*. More volunteers are needed to record programs, so please click on the appropriate link on ACAT's website or see Chris at the Senior Center for more information.

The Acton Council on Aging thanks the Massachusetts Office of Elder Affairs. Funding from the state's formula allocation is utilized in part for staffing and programs.



Activities with this symbol are partially or fully funded by your donations to the Friends of the Acton COA.



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ACTON COA STAFF

Sharon Mercurio, Director
Judy Peters, Assistant to the Director/Van Dispatcher
Chris Chirokas, Program Coordinator
Bev Hutchings, Outreach/Volunteer Coordinator
Mary Lou Repucci, Staff Assistant
Priscilla Cotter, Van Driver
Ron Paskavitz, Van Driver
Liz Jewell, Health and Wellness Coordinator

ACTON COA BOARD MEMBERS

Barbara Tallone, Chair
Charlie Aaronson, Vice Chair
Stephen Baran
Ann Corcoran
Pat Ellis
Jim Papachristos
Sally Thompson
Paul Turner
Barbara Willson

Acton COA Board will meet on December 12th @ 3:45
Friends of the Acton COA will meet on December 12th @ 1:30