



Acton Senior Bulletin



December 2013

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.

Registration for winter exercise begins by phone ONLY on Tuesday, December 3rd at 1:00.

Registration for all other programs begins in person or by phone Wednesday, December 4th at 1:00.

► Dementia Care Communication

Tuesday, December 10th, 6:30-7:30 p.m.

Communication with a person with Alzheimer's or other dementias requires patience, understanding and good listening skills. Join Erica Labb, Certified Dementia Practitioner and Program Director of the Memory Support Unit at Life Care Center of Nashoba Valley, as she shares some strategies for communication. You will learn practical approaches to decrease agitation and increase cooperation when communicating with a loved one with dementia.

Holiday Sing-Along

Thursday, December 19th, 12:30-1:15

Get in the holiday spirit with a fun sing-along! Acton's Judy Melillo will perform on the piano; song lyrics will be available for those hard-to-remember second or third verses.

Don't like to sing? Join us to listen or hum along!

Winter Weather Exercise/Class/Program Policy

If the 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 the Acton Schools are delayed:

- ALL classes, exercise and programs 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 there is a storm during school vacations or holidays, call the COA before heading out. **If in doubt, please call the COA at 978-929-6652 with questions about classes.**

Director's Corner

I cannot believe it is the holiday season again. How quickly time goes by! The Friends' Holiday Fair was wonderful. Their hard work is greatly appreciated. We are fortunate to have such a supportive Friends group.

I would also like to thank the COA staff for their dedication to the seniors in our community. They are hard working, compassionate people who try to make the Acton Senior Center the best place it can be. I hope the seniors of Acton appreciate all we have to offer.

Wishing you all a happy and healthy holiday season. **Sharon, COA Director**

The COA/Senior Center will be closed on December 25th and January 1st.

For information on the change to Exercise Registration see page 4.

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UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS..... WEDNESDAY, DECEMBER 4th at 1:00.

► **Benefits of Massage Therapy and Reiki**

Tuesday, December 10th, 1:00-2:00



Massage therapy is one of the oldest healing modalities and used in major hospitals worldwide. Reiki, a therapy involving “life force energy,” is often used to help relieve pain. When we are in pain everything is affected. Join Jacqueline Sullivan Wyco of JSW Therapies for a look at how these two therapies can help the body heal. Ms. Wyco is a frequent guest speaker on this topic and recently presented at the Healing Garden in Harvard and the Marlborough Cancer Support Group at UMass Hospital.

► **Drop-In Guided Meditation with Health and Wellness Coordinator Liz Jewell**

Thursdays, December 12th and 19th, 2:30-3:15

Meditation is the practice of mindfulness. Mindfulness means paying attention in a particular way; on purpose, in the present moment and non-judgmentally. Practicing mindfulness has been linked to improved physical and mental health. Join Liz for some gentle stretching exercises and guided meditation practice.

► **Working through Holiday Loneliness**

Tuesday, December 17th, 1:00-2:00

Sometimes the prospect of facing the holidays without your loved ones may cause anxiety or sadness. Try to recognize the need to be kind to yourself. Join us for a support group sponsored by Care Alternatives Hospice. Dani Palit, MSW, LICSW, will share strategies for dealing with your feelings of loss. Refreshments will be served.

► **Ginger - Secrets of the Gnarled, Bumpy Root**

Wednesday, December 18th 12:30-1:00



While ginger is extremely popular in both sweet and savory recipes, it also has a host of health benefits. It can provide gastrointestinal relief, boost your immune system and provide anti-inflammatory benefits helpful in reducing arthritis pain. Come learn a bit more about ginger with Health and Wellness Coordinator Liz Jewell, and because it's the holiday season we will sample some gingerbread snacks!

► **Railways of the USA**

Thursday, January 2nd, 1:00-2:00



Benjamin Stone will discuss his interest in 21st century American railroads. Freight train traffic has increased across the country, giving railroad passengers a needed subsidy, but has added traffic and raise safety concerns. Ben gave an interesting presentation here last June on experiencing WWII as a child in England. He regularly comes from England to visit family in Acton.

► **Re-gifting Party**

Tuesday, January 7th, 12:30-1:15

If you receive a gift over the holidays you know you'll never use, wrap it up and bring it to the re-gifting party for some fun and socializing! It's run like a Yankee Swap so there are always some laughs, and you'll go home with a new gift. Light refreshments will be served.



► **The Library Comes to Us: Come Learn About e-Books!**

Thursday, January 9th, 1:00-2:30

Did you know you can borrow e-books and e-audiobooks from the library for free? Learn how to use the Minuteman Digital Media Catalog with reference librarian Annie Glater. If you have a device please bring it with you, or you are welcome to just listen. Keep in mind: 1. You need a library card number and PIN to use the catalog. If you don't know your PIN, call the Reference Desk at 978-929-6543. 2. If you have a Kindle Reader or Fire, you need the email address and password for your Amazon account. 3. If you have an iPad, iPhone, or iPod Touch, you need your Apple ID and password. 4. If you are using an Android device, you need your Google Play ID and password. 5. If you have an Adobe ID and password, bring it with you. If you don't already have one, we will show you how to get one.

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

CLASSES

REGISTRATION BEGINS..... WEDNESDAY, DECEMBER 4th at 1:00.



► **Winter Watercolor Class with Sue Nordhausen**

Tuesdays, January 14th through March 25th, 1:30-3:00

Come and expand your skills on the techniques of handling watercolors, as well as the fundamentals of color mixing, design and the importance of values (lights and darks). Each class will incorporate a demonstration and then each student will be encouraged within their own style and painting level. Students should bring their own materials; a list is available in the COA office for new participants. This class is for people with some watercolor painting experience. *Sue has taught watercolor classes (her favorite medium) at the Senior Center for 11 years, after a career of teaching a variety of art media in the public schools. She has an Art Ed degree from UNH, continues to take classes and workshops with nationally known artists, and served as president of the Lexington Arts and Crafts Association where she continues to exhibit.*

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

SENIOR CENTER CLINICS

Podiatry Clinic with Dr. Gregorian

Wednesday, December 4th, 1:00-4:00 and Tuesday, December 10th, 8:15-11:00

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments for the podiatry clinic will begin when the COA's monthly newsletter is out in the community. Call 978-929-6650. *Funded by Friends of Acton Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesdays, December 10th and 24th, 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 offered during the Wellness Clinics depending on availability. Please bring your insurance card with you.



SENIOR CINEMA

You may call the office to confirm the selection in case a change needs to be made.

****Movies are shown using the closed-captioning feature, when available****



Friday, December 6th, 12:30-2:15 *Emperor* (2012, PG-13 for violence) At the close of World War II, General Bonner Fellers (Matthew Fox) is tasked with deciding if Japanese Emperor Hirohito should be tried and hanged for war crimes. Complicating matters is Fellers' search to find a Japanese woman he was in love with years earlier.

Tommy Lee Jones stars as General Douglas MacArthur. *Please note this day is also the snow date for the Dec. 6th Holiday Tea. If there has been significant snow or ice, call the office to inquire whether the movie will be shown.*

Thursday, December 12th, 12:30-1:30 *A Bing Crosby Christmas* (G) Celebrate the season with a selection of the best moments from Bing Crosby's annual Christmas specials. Narrated by Gene Kelly and hosted by Bing's widow, Kathryn, the segments are drawn from the broadcasts of 1962-1977. Fred Astaire, Frank Sinatra, Jackie Gleason, Carol Burnett & Bernadette Peters make guest appearances. Bing closes with his trademark song, *White Christmas*.

Monday, December 16th, 12:30-2:45, *The White Countess*, (2005, PG-13) Ralph Fiennes and the late Natasha Richardson star in this Merchant Ivory period drama. A blind American diplomat and a Russian aristocratic refugee forge a bond as war is breaking out in 1930s Shanghai.

Friday, December 20th, 12:30-2:15 *The Sapphires* (2012, PG-13) Drama tells the story of the real-life Australian Aboriginal female singing group that entertain U.S. troops in 1960s Vietnam.

Friday, December 27th, 12:30-2:10 *Strangers in Good Company* (1990, PG) When a bus filled with eight senior women breaks down in the Canadian wilderness, the group of strangers is stranded with only their wits, their memories and eventually some roasted frogs' legs to sustain them. Director Cynthia Scott directs a cast of nonprofessional actors delivering largely improvised dialogue.

Friday, January 3rd, 12:30-2:30 *Mozart's Sister* (2011, PG) Period drama set in the 18th century tells the story of the life of Maria Anna "Nannerl" Mozart. She is a gifted musician in her own right but finds her career cut short by her father's conventional view of gender roles and her brother Wolfgang's talent. French with English subtitles.

EXERCISE

EXERCISE REGISTRATION BEGINS..... TUESDAY, DECEMBER 3rd at 1:00.



Registrations will be taken by phone only beginning at 1:00 at the COA office number 978-929-6652.

We have doubled our incoming phone lines which will speed up the registration process. When you call in please have the day, time and class title ready as well as your name and phone number. If when you call you get our voice message, please do not leave any registration requests. Hang up and try us again. You may register in person anytime after 3:00. At this time, we are instituting just this one change to exercise registration. Further changes could take place in the future after the results of the registration surveys are completely reviewed.

Exercise programs are popular and often have waiting lists. In our efforts to offer exercise opportunities to everyone interested, please consider the following:

- If you are going to miss more than three weeks of an exercise class, please call the office so we may offer your spot to someone on the waiting list for the remainder of the session. Call when you are ready to return to see if space is available.
 - Please register for a class that is held twice a week only if you can regularly attend both days.
- Check with your doctor before starting any exercise program and remember to wear loose, comfortable clothing and bring water.*

If you are registered for the current fall session of exercise classes:

Stretch and Flex ends Monday, Dec. 9th

Cardio Flex ends Thursday Dec. 12th and Friday, Dec. 13th

Stretch and Tone ends Thursday Dec. 12th.

Gentle Chair Exercise ends Wed. Dec. 11th and Thurs. Dec. 12th

Yoga ends Wed., Dec. 11th

Beg. Tai Chi ends Tues., Dec. 10th but will meet informally on December 17th

Cont. Tai Chi ends Thurs., Dec. 12th but will meet informally for the rest of the month

Exercise DVDs will be shown on a drop-in basis during the break in classes. Check with your doctor before beginning a new exercise program.

Stronger Seniors Stretch Chair Exercise DVD

Mondays, Dec. 16th, 23rd, 30th, 9:00-9:45

This DVD routine with Anne Pringle Burnell 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.

Yoga for the Rest of Us DVD

Wednesday, Dec. 18th 10:45-11:45

Led by Peggy Cappy, this DVD consists of three 20-minute segments, so you can participate in one, two or all three. The first is a series of warm-up stretches that can be done seated in a chair. The second focuses on poses that are done standing or holding the back of a chair. The final segment is a more challenging series of sun salutation poses that involve some floor work. Bring an exercise/yoga mat if you plan to participate in the floor work.

Easy Does It Strength and Tone DVD

Tues., Dec. 17th, 24th, 31st, and Thurs., Dec. 19th, 26th, Jan. 2nd, 9:45-10:35

Craig Marcacci will lead you in muscle-toning exercises to help with flexibility, balance, strength, and cardiovascular health. This routine is done sitting in and standing behind a chair. Bring a pair of 1-5 lb weights or use those available at the Senior Center.

Start Walking, 2 Mile "Walk" DVDs

Tues., Dec. 17th, 24th, 31st, and Thurs., Dec. 19th, 26th, Jan. 2nd, 9:00-9:30

This indoor "walking workout," similar to low-impact aerobics, is hosted by Leslie Sansone, and intended for folks who are active and up for a cardio workout. No equipment needed.

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

EXERCISE - Continued

EXERCISE REGISTRATION BEGINS..... TUESDAY, DECEMBER 3rd at 1:00.

► "Stretch and Flex" with Terri Zaborowski

Mondays, January 6th through March 24th, 8:30-9:30 (No class on 1/20, 2/17)

Designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both provided by the COA).

► "Cardio-Flex" with Terri Zaborowski

Tuesdays and Thursdays, January 7th through March 27th, 8:30-9:30

or Wednesdays and Fridays, January 8th through March 28th, 8:30-9:30



A stretch and warm-up is followed by a 20 minute aerobic routine, 5 minute cool down and 30 minutes of muscle toning and strengthening using hand weights. Weights are available at the Center or bring your own. The workout in the Tuesday/Thursday and Wednesday/Friday classes are the same. You may not register for both sessions as it is best to wait at least 48 hours before repeating the same workout.

► "Stretch, Flex, Tone and Cardio" with Terri Zaborowski

Tuesdays and Thursdays, January 7th through March 27th, 9:45-10:45

This class offers all the same muscle toning and strengthening benefits of the 8:30 class, with the option to stay at the end for a 10-15 minute aerobic segment. All strength training can be done standing or in a chair.

► Yoga Class with Patsy Brightman

Wednesdays, Jan. 8th through 29th and March 5th through 26th, 10:45-12:00 (No classes in February)



This gentle form of exercise works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class has an emphasis on wellness and will include a period of deep relaxation. Bring water and a yoga mat to each class. A \$10 donation for the series is suggested, per grant guidelines from the Executive Office of Elder Affairs, which is funding this program.

Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.

► Beginner Taoist Tai Chi with Alice Hogan and other Taoist Tai Chi Society instructors

Tuesdays, January 7th through March 25th, 11:00-12:00

This session is a continuation toward learning the 108 movements in the Taoist Tai Chi set. This class is only open to people with some Taoist Tai Chi experience since it builds on what was learned in the fall session of the class.



► Continuing Level Taoist Tai Chi with Ray Caisse

Thursdays, January 9th through March 27th, 11:00-12:00

This class is for people who know all 108 movements of the Taoist Tai Chi set, whether learned at the Senior Center or elsewhere.

► Zumba Gold™ & Stretch Class with Yvonne Benelli

Fridays, January 10th through March 21st, 10:00-10:45 (No class on Feb. 21st)

Join the party! Latin-inspired music and dance steps have created "exercise in disguise." This cardio-based fitness workout is designed to tone the entire body and includes a variety of international music with fast and slow rhythms. Stretching floor work is optional and is at the end of the class. This program is designed so that anyone can do it - YOU are in control of your movements and intensity, and you will be encouraged to modify your exercise (up or down) to accommodate your needs. Participants should wear sneakers (old tread best), bring water, an exercise mat (if doing floor work), and a smile! 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 series is suggested. *Yvonne Benelli is a certified Zumba, Zumba Gold and Stott Pilates instructor. She holds an MS in Clinical Exercise Physiology, a BS in P.E. and has taught fitness classes and American Red Cross CPR/First Aid for over 30 years.*

► Indicates that you must register in advance!

EXERCISE - Continued

EXERCISE REGISTRATION BEGINS..... TUESDAY, DECEMBER 3rd at 1:00.

► **Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell**

Wednesdays, January 8th through March 26th, 10:00 -10:30, meets in living room

Thursdays, January 9th through March 27th, 11:00 -11:30, meets in dining room

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



Striders Walking Group

Mondays, December 2nd, 9th, 16th, 23rd and 30th, 12:15-1:00 at the Senior Center

Wednesdays, December 4th, 11th and 18th, 8:30-9:15 at NARA Park

Both a 1 and 2 mile loop are available. New walkers are always welcome. If the weather is questionable, call the COA to see if we're walking. If you are new to walking, we suggest you try the Wednesday walk at NARA Park as the terrain is flatter and easier for beginners to conquer. Be sure to dress layers in the colder weather.

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

DINING OPPORTUNITIES

REGISTRATION BEGINS..... WEDNESDAY, DECEMBER 4th at 1:00.

****Please sign up with the COA office staff for the following meals:**

► **Town Employee Prepared Lunch**

Monday, December 9th, 11:45

Acton Nursing Service will be here to cook and serve lunch. The menu will consist of pasta, meatballs, salad, bread and dessert. A \$3 donation is requested. Sign up in the COA office.

► **Inn at Robbins Brook Holiday Lunch**

Tuesday, December 17th, 11:45

Join us for our Holiday luncheon. We will be serving pot roast, potatoes, vegetables salad and dessert. A \$3 donation is requested. Sign up in the COA office.

► **Monthly Breakfast**

Friday, December 20th, 9:00

Join us for a warm, plentiful breakfast. Our chef, Veteran Services Officer James MacRae always puts out quite a spread, so don't miss out! Call the COA by Wednesday, Dec. 18th for a reservation. Cost is \$2.00.

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

► **Minuteman Lunches** are served M-F at 11:45. Voluntary donation is \$2. Call 978-263-5053 by 10:30 the day before. Birthday Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA.

Birthday Lunch: Wednesday, December 11th

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

Thank You... to the Friends of the COA for all their work this year planning the craft fair and to all their helpers who made craft items, baked goods and volunteered to help at the fair. It was a wonderful event!
... to the Acton-Boxborough Junior Class who raked leaves at a number of senior households. Their help each year is always greatly appreciated.
... to the Conservation and Recreation Departments for a warm and filling soup luncheon.

► **Safety Sand** has resumed for the winter. Call the COA at 978-929-6652 to request a refill and/or pail.

TRIPS

REGISTRATION IS OPEN.....CALL NOW



► **Wadsworth Atheneum Art Museum's Festival of Trees**

Wednesday, December 11th, leaving NARA Park at 8:45

Get into the holiday spirit with a day at the Wadsworth Atheneum Art Museum's Festival of Trees in Hartford CT. The oldest public museum in the U.S. is even more special when it is decorated with 100 holiday trees. There will also be live musical performances throughout the day. The Atheneum has a large collection of American art (including Hudson River School pieces and the Wallace Nutting collection of American Colonial furniture and decorative art) and European art (particular strengths are Italian Baroque and Surrealism). Current exhibits include Media Rewind 1963 and An Artificial Wilderness: The Landscape in Contemporary Photography. We will start with lunch in the museum café. Please indicate your choice of buffalo chicken wrap with blue cheese, turkey club with bacon, grilled vegetable wrap with provolone, or country chicken salad wrap with American cheese, carrots and peppers. Lunch includes chips, cookie, soda or water. The museum does not offer private tours during the Festival, but you are welcome to join a 1:00 highlights tour, which is open to everyone.

Depart: 8:45 a.m. from the NARA Park Lower Lot; Approximate return time 5:15

Cost: \$50 due now, includes coach bus transport w/restroom, museum admission, lunch, all gratuities.

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

TRANSPORTATION



NEW – Dispatch Changes for COA Van – Beginning Monday, December 2nd all COA

van rides will be scheduled through Transaction Associates/CrossTown Connect. To book a ride on the COA van, call **978-844-6809** weekdays between 8:30 and 4:00. The COA van and the COA drivers will continue to provide the transportation for Acton seniors and disabled non-seniors into Acton, Concord and Maynard. The phone number you use to schedule a ride has changed. All rides that have been booked by December 2nd will transfer over to the new system. Please call 978-844-6809 if you want to check on your reservation. The cost for van rides will remain the same, \$1.00 for in-town trips and \$1.50 for out-of-town trips. You may continue to use tickets purchased at the COA office. New ticket "cards" can be purchased from the van drivers or at the COA office.



COA Van Snow Policy - If Acton schools are canceled or delayed due to weather, the COA van will not run until at least 10:00. If you are unsure about a scheduled ride on a wintery day, call Transaction at 978-844-6809.

MinuteVan Dial-a-Ride and Road Runner Van Services run Monday-Friday. Call 978-844-6809 weekdays 8:30-4:00 at least a day ahead. Rides are \$1 in-town and \$1.50 out-of-town. Rides are available anywhere in Acton, Concord and Maynard as well as certain locations in Littleton, Westford and Boxborough.

RoadRunner Van Grocery Shopping Trips to the Acton Food Pantry, the Westford Market Basket and the Littleton New Oriental Market. For more call 978-844-6809, weekdays, 8:30-4:00. Call at least a day ahead.

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 Bev Hutchings 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.

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).

Yankee Bus Service to Boston – Weekday service leaving Colonial Spirits, Great Rd, at 7:00am, arriving Copley Square at 7:50am. Return ride leaves Copley at 5:05pm, arrives Colonial Spirits at 5:50pm. Call 1-800-942-8890 for more information. Rides are \$8 one way.

Durable Medical Equipment Available to Loan: The COA has a variety of items such as canes, walkers and tub benches to borrow. Call Mary Lou weekday afternoons after 1:30 at 978-929-6652, and please allow her a couple of days to gather the equipment.

ONGOING ACTIVITIES

REGISTRATION BEGINS..... WEDNESDAY, DECEMBER 4th at 1:00.

▶ **Beginner Chess Class** (Class is closed to new students.)
Thursdays, through December 19th, 1:00-2:00 (No class on Dec. 5th)

▶ **Intermediate Chess Class** (Registration is now open.)
Thursdays, through December 19th, 2:00-3:00 (No class on Dec. 5th)

Drop-In Board Games/Wii Video Games
Fridays, December 6th, 13th, 20th, 27th, Jan. 3rd, 10:00-11:30

Play Scrabble, Mexican Train, cards, cribbage or bring your own game. Playing Wii video games is also an option. We never know how many people will come to play, so you may want to touch base with some friends to ask them to come too!

Chess Club lead by Ken LeBow
Thursdays, 2:00-4:15

For players from beginner to advanced to get together with folks playing at a similar level. Chess sets supplied.

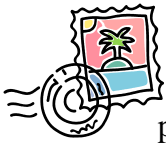
Genealogy Group

Friday, December 13th, 1:00-2:30

Come share your research, seek some advice or simply share your passion for family history with like-minded people in this dynamic group.

Free Stamp Collection Evaluation

Thursdays, December 12th, 19th, 12:30-1:00



Do you have a stamp collection collecting dust in the attic? Did a relative give you their stamps but you have no idea of its value? If so, bring the stamps to the Senior Center dining room on and get a free evaluation from a knowledgeable Acton senior. He will let you know whether it is worth pursuing a professional appraisal.

▶ **Watercolor Studio Workshop with Joyce McJilton Dwyer** (Class is full. Call about waitlist.)

Mondays, through December 16th, 10:00-11:30

Information on Joyce's winter session of watercolor class will be in the January newsletter.

Computer Club - Meetings may be self-directed or they may have a leader depending on availability.

Wednesdays, December 11th and 18th, 1:30-3:00

▶ **Veterans Services Appointments with Veterans Service Officer James MacRae**

Monday, December 23rd, 12:00-1:00

For help with veterans' benefits and resources call the COA at 978-929-6652 for an appointment. If you are a veteran or a surviving spouse, you can also contact James directly at 978-929-6614 or at vso@acton-ma.gov to meet with him Monday-Friday at Town Hall.

▶ **Minuteman SHINE (Serving the Health Information Needs of Everyone)**

Mondays, December 2nd, 9th, 16th, 23rd and 30th, 1:30-3:30

For questions regarding Medicare or MassHealth, call the COA office 978-929-6652 for an appt.

See the Calendar on page 11 for info on these groups: Tile/Board Games, Yarn & Thread Ladies, Drop-in Bridge, Drop-in Art, Harmonica. These activities may be canceled due to space constraints.

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

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.

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.

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**, 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 bill with your name/address) is required on your 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.

Support Groups

Alzheimer's, Memory Loss and Dementia Care Givers Support Group

4th Wednesday of each month, 4:00-5:30, Inn at Robbins Brook with Eileen Lawson. Call 978-264-4666.

Parkinson's Disease Support Group

3rd Monday of each month 2:00-3:00, Inn at Robbins Brook with Mary Ann Wonn. Call 978-264-4666.

Bereavement Support Group (begins 9/19)

3rd Thursday of each month 4:00-5:00, Inn at Robbins Brook with Nate Lamkin. Call 978-264-4666.

Bereavement Group

Tuesdays, through December 17th for 8 weeks, 6:00-7:30, Parmenter at 255 Cochituate Rd., Wayland. For information & registration call Andrea Heinlein @ 339-223-9482

Emergency Contacts for NSTAR and National Grid

To report an outage to NSTAR online go to www.nstar.com, click on *storm center*, then click on *report an outage*. You may also call NSTAR at 1-800-592-2000.

To report an electric power outage or emergency to National Grid call 1-800-465-1212. To report a gas leak or emergency to National Grid call 1-800-233-5325.

Reminder: If your CO detector goes off please leave your home and call 911.

Medicare is NOT Calling Anybody! Social Security and Medicare employees will never make an unsolicited call, for any reason, to ask for banking or credit card information, or for a Social Security or Medicare numbers. Medicare cards are free and are sent to individuals when you become eligible for Medicare. Do NOT give your Medicare or social security number to anyone unless YOU initiated the call! If something feels "not quite right" with a phone call, simply hang up! If you have any questions or concerns regarding Medicare, please call 1-800-MEDICARE (1-800-633-4223).

From the Assessor's Office: Goodwill for the Holidays and New Year!



Are you, or do you know of a senior who may be experiencing trying financial times? Please consider submitting an application for the Senior and Disabled Tax Relief Fund. The important word here is relief, for deserving individuals, which is why the fund was established. Contact the Assessors Office at 978-929-6621 or assessor@acton-ma.gov to obtain more information and an application.

AROUND TOWN...AND BEYOND

Recreation Department - Now with winter upon us, don't let it stop you from getting out, enjoying some fresh air while having some fun. Recreation offers a large variety of programs and bus trips. You can email recreation@acton-ma.gov or call 978.929.6640 for more information. The office is located at the Town Hall.

Reminders from the Town Clerk's Office

Annual Census Forms will be mailed to all residents at the end of December. Forms should be signed and sent back as soon as possible to ensure voting records are up to date.

Dog Licenses available starting Monday, Dec. 16th. Fees are \$15.00 for spayed/neutered and \$20.00 for unaltered.

Interested in running for Office? Nomination papers for the April 1st Annual Town Election will be available in the Clerk's Office starting on December 2nd. Office hours Monday – Friday 8:00 to 5:00.

Memorial Library Events – In questionable weather, call the library at 978-929-6655 before setting out.

Creating an Edible Still Life Buffet for Entertaining

Tuesday, December 3rd, 7 p.m. Registration required at 978-929-6543

Email Basics

Thursday, December 5th, 7-8 p.m. Registration required at 978-929-6543

Holiday Mini-Fair

Saturday, December 7th, 10 a.m.-1 p.m. (snow date December 14)

Overdrive Digital Media Catalog for downloading eBooks and eAudiobooks

Tuesday, December 10th, 3-4 p.m.

Piano Concert sponsored by the Acton Woman's Club

Sunday, December 15th, 2:30-4 p.m.

Drop-in Computer Help

Wednesday, December 18th, 3-4 p.m.

Mt. Calvary Community Supper at 472 Massachusetts Ave.

Every Wednesday, 5:00-6:00 p.m. Free. Everyone welcome. Call 978-263-5156 for info.

Mt. Calvary Community Lunch at 472 Massachusetts Ave.

4th Thursday of the month except December when it will be the 3rd Thursday, 12:15. Donations accepted.

Indian Hill Music – Free Bach's Lunch Concert

Thursday, December 19th, 11:00 and 1:30 at 36 King St in Littleton

Concord Band's Annual Holiday Pops Concert

Friday, December 13th and Saturday, December 14th, 8:00 PM at 51 Walden St., Concord. Tickets are \$25.

Senior Center Art Exhibit - Welcome, Mary-Lou Chapski, who will display her work in December



through January. Ms. Chapski is a well-known Acton artist whose flexible technique includes watercolor, pastel, acrylic and mixed media. She paints a wide variety of subject matter from lush still lifes to serene landscapes to energetic modernism. Please call the COA office for viewing times.

Many thanks to Carol Pope for sharing her beautiful work with us in October/November.

FUEL ASSISTANCE

South Middlesex Opportunity Council (SMOC) Low Income Heating Assistance Program (LIHEAP)

Need help paying your heating bill? Eligibility is based on household size and gross annual income of every household member 18+ years. Renters whose cost of heat is included in the rent can apply. Call Bev at the COA at 978-929-6652 for an appointment. The fuel program runs through April 30.

Household size	Maximum gross income (Call for income guidelines for larger families)
1	\$32,065
2	\$41,932
3	\$51,798

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

December	Mon	Tue	Wed	Thu	Fri	2013
	2	3 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 1:00 Exercise Registration Begins by Phone	4 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:15 Yoga 12:30-2:15 Yarn & Thread Ladies 1:00 Program Registration Begins 1:00-4:00 Podiatry Clinic 2:30-4:30 Drop-in Bridge	5 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 1:00-3:00 Harmonica Club 2:00-3:30 Holiday Tea	6 8:30-9:30 Cardio Flex 10:00-11:30 Wii/Board Games 12:30-2:15 Movie	
	9 8:30-9:30 Stretch/Flex-last 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 11:45 Employee Cooked Lunch 12:15-1:00 Walking at COA 1:00-3:00 Friends Meeting 1:30-3:30 SHINE	10 8:15-11:00 Podiatry Clinic 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi-last 12:30-3:00 Board & Tile Games 1:00-2:00 Reiki/Massage Talk 6:30-7:30pm Dementia Talk	11 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 8:45 Wadsworth Museum Trip 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise-last 10:45-12:15 Yoga-last 11:45 Birthday Lunch 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	12 8:30-9:30 Cardio Flex-last 9:45-10:45 Stretch/Tone-last 11:00-12:00 Continuing Tai Chi-last 11:00-11:30 Chair Exercise-last 12:30-1:30 Movie 12:30-1:00 Stamp Evaluations 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club 2:30-3:15 Meditation	13 8:30-9:30 Cardio Flex-last 10:00-11:30 Wii/Board Games 1:00-2:30 Genealogy	
	16 9:00-9:45 Stronger Seniors DVD 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor - last 12:15-1:00 Walking at COA 12:30-2:45 Movie 1:30-3:30 SHINE	17 9:00-9:30 Walking DVD 9:45-10:35 Easy Does It DVD 11:00-12:00 Beginner Tai Chi 11:45 Robbins Brook Lunch 12:30-3:00 Board & Tile Games 1:00-2:00 Holiday Loneliness	18 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:45-11:45 Yoga DVD 12:30-1:00 Ginger Root Talk 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	19 9:00-9:30 Walking DVD 9:45-10:35 Easy Does It DVD 11:00-12:00 Continuing Tai Chi 12:30 -1:00 Stamp Evaluations 12:30-1:15 Holiday Sing Along 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – last 2:00-4:15 Chess Club 2:30-3:15 Meditation	20 9:00 Monthly Breakfast 10:00-11:30 Wii/Board Games 12:30-2:15 Movie	
	23 9:00-9:45 Stronger Seniors DVD 9:30-11:30 Drop-in Bridge 10:00-11:30 Drop in Art 12:00-1:00 Veteran Appointments 12:15-1:00 Walking at COA 1:30-3:30 SHINE	24 9:00-9:30 Walking DVD 9:30-11:30 Wellness Clinic/BP 9:45-10:35 Easy Does It DVD 12:30-3:00 Board & Tile Games	25 COA CLOSED Christmas	26 9:00-9:30 Walking DVD 9:45-10:35 Easy Does It DVD 11:00-12:00 Continuing Tai Chi 1:00-3:00 Harmonica Club 2:00-4:15 Chess Club	27 10:00-11:30 Wii/Board Games 12:30-2:10 Movie	
	30 9:00-9:45 Stronger Seniors DVD 9:30-11:30 Drop-in Bridge 10:00-11:30 Drop in Art 12:15-1:00 Walking at COA 12:30-2:00 Newsletter Sealing 1:30-3:30 SHINE	31 8:30 Newsletter Mailing 9:00-9:30 Walking DVD 9:45-10:35 Easy Does It DVD 12:30-3:00 Board & Tile Games	January 1 COA CLOSED New Years Day	2 9:00-9:30 Walking DVD 9:45-10:35 Easy Does It DVD 11:00-12:00 Continuing Tai Chi 1:00-2:00 Railways Presentation 1:00-3:00 Harmonica Club 2:00-4:15 Chess Club	3 10:00-11:30 Wii/Board Games 12:30-2:30 Movie	

Program Registration - Thank you to everyone who handed in their surveys. We appreciate your feedback. At this time we are making one change to how you register for exercise. Please see page 4 for more information. There will not be any changes in other program registration this month. Further changes could take place in the future after the results of the registration surveys are completely reviewed.

 ► **Holiday Tea Party** (Call now as registration has started.)



Thursday, December 5th, 2:00-3:30

Join us for tea, mulled cider and a plentiful array of tea sandwiches and sweets. Entertainment will be provided by harpist Rebecca Swett. The party is free for all Acton seniors, thanks to the Friends of the COA, and men are most welcome! Snow date is Friday, Dec. 6th, at 2:00.

Handyman Program helps seniors with small repairs and simple household jobs. Volunteer handymen glue handrails and chair legs, replace light bulbs, flip mattresses, make computer/DVD connections and more. Call Mary Lou weekday afternoons after 1:30 at 978-929-6652 to make a request.

Medicare Open Enrollment through December 7th

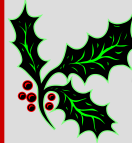
SHINE counseling provides Medicare help. Call the COA at 978-929-6652 to schedule an appointment with our volunteer SHINE counselor. You may also call 1-800-243-4636 (press or say 3) and leave a callback number. A Medicare Customer Service Representative can also be reached for help by calling 1-800-medicare.

Thank you from the Friends:

To all who supported our Annual Holiday Fair by knitting, crocheting, painting, contributing items, baking, helping with the creation of Dining with Friends cookbook, working at the Fair and, most of all, by supporting our work with your presence.

We will also have a table at the wonderful Mini-Fair at the Acton Memorial Library, Saturday, December 7th, 10am to 1pm.

Come see us there.



Our warmest wishes for your holiday season.

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

Acton Council on Aging
Town Hall, 472 Main Street
Acton, MA 01720
Return Service Requested

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.

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 Willson, Chair	Marion Maxwell
Charlie Aaronson, Vice Chair	Franny Osman
Stephen Baran	Sally Thompson, Treasurer
Ann Corcoran	Paul Turner
Connie Ingram	

Acton COA Board will meet on Monday, December 2nd at 3:00
Friends of the Acton COA will meet on Monday, Dec. 9th at 1:00