



Acton Senior Bulletin



February 2014

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 all programs begins in person or by phone Monday, February 3rd at 1:00.

Senior Center Study Committee - The Board of Selectmen has established a Senior Center Study Committee to evaluate options for the relocation or renovation of the Senior Center. The Committee will determine future programmatic needs of the Senior Center and the corresponding space needs and evaluate the feasibility of renovating the current center, leasing a facility, or building a new building on Town or privately owned land. If you are interested in serving on this committee, more information is listed on the Town's website under volunteer opportunities. It would be beneficial to have people who are familiar and currently utilize the Senior Center on the committee. Please consider whether you might be interested. Contact Sharon at the COA if you'd like more information.



► **Comedy Show with David Shikes**

Tuesday, February 18th, 1:00-1:45

Enjoy a rollicking good time with comedian David Shikes, who is returning to make us chuckle with the jokes and stories he has up his sleeve. Shikes, a bookseller by trade, enjoys bringing his comedy to seniors throughout New England.

► **Keeping Company with Yourself: Ideas on Living Alone**

Wednesdays, February 5th, 12th, 19th and 26th, 10:45-11:45 (Call now. Registration is open.)

Whether by choice or through some loss, living alone presents distinct differences from living a life shared with someone. Some feel fear, loneliness or anxiety, while others relish the independence and opportunities. Over the four sessions we will explore how this 'new' context may present challenges - and joys. The sessions will be facilitated by Allene Kussin, retired Psychotherapist and educator. Allene has experienced both sides of this topic, and her professional and personal life has informed how she considers it. Come ready to grow!

Director's Corner

Registration survey results - In November, we asked for your input regarding the COA's registration process. Thank you for your feedback. We initiated a change to the exercise registration in December to phone in only and had positive results. We will continue to utilize the phone in registration for exercise classes where it did work so well and many of our seniors were much happier with this process.

One of the top survey suggestions was to limit the number of classes a person takes to allow everyone who would like to take that type of class the chance to participate. This suggestion is something we are exploring ways to implement. We will keep you up to date should changes occur.

At this time, waiting lists for classes are short. Thank you to those who let the office know when they need to drop out of a class as it does allow someone from the waiting list to participate.

Sharon, COA Director

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The COA/Senior Center will be closed on Monday, February 17th.

UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS..... MONDAY, FEBRUARY 3rd at 1:00.

► **AARP Free Tax Prep. with Paul Motyka and Sharon Kelsey** (Call now. Registration is open.)

Tuesdays, February 4th through April 15th, 12:00-4:00

AARP and the IRS are sponsoring free tax preparation for low and moderate income taxpayers from February through mid-April. Call 978-929-6652 for an appointment. The library also has appointments and can be reached at 978-929-6543. Please see page 8 for more information on what you need to bring with you.

► **Ask the Lawyer with Elder Law Attorney Karen Johnson** (Call now. Registration is open.)

Tuesday, February 4th, 9:00-11:00

Free 20-minute private, legal consultations. Call the COA office, 978-929-6652, to schedule an appointment.

► **Good Graffiti: A Sampling of Spanish Street Art** (Call now. Registration is open.)

Tuesday, February 4th, 1:00-1:45 In this presentation Mark Hopkins turns his camera toward the shop windows, doorways and walls of Spain where graffiti flourishes to the annoyance of some and the delight of many. His talk explores the surprising breadth of subject matter that Spain's clever street artists address--some of it soulful, some political, some designerly, and some downright funny. What is surprising throughout his presentation is the abundance of remarkable artistic talent—much of it anonymous—that pervades the streets of Spain, pursuing an art form that is distinct, diverse and memorable. *Mark Hopkins is a writer and photographer now retired from a career in the advertising business. He has presented numerous times in Acton to rave reviews. He and his wife Margie Yamamoto live in Lincoln.*

► **Everything You Should Know About Real Estate Taxes, Abatements and Exemptions**

Monday, February 10th, 1:00-2:00



Representatives from the Town of Acton Assessor's and Finance Departments will discuss taxation as well as the exemptions and abatements that are available to the Town's senior tax payers. This annual presentation includes information homeowners will want to know about - it will be an hour well-spent!

► **The Price is Right Game!**

Wednesday, February 12th, 12:30-1:30

Join us for this entertaining, small-team trivia on a variety of topics. Win door prizes and a chance to win a \$25 gift card! There will be trivia questions and a chance for the champion team to spin the prize wheel. You don't need to study, just come ready for some fun! This gathering is sponsored by Laura Blair of Concord Health Care Center.

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

Thursdays, February 6th and 20th, 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 nonjudgmentally. Practicing mindfulness has been linked to improved physical and mental health. Join Liz for some gentle stretching exercises and guided meditation practice.

► **Reliable Health Information on the Internet? It's Possible!** (Call now. Registration is open.)

Thursdays, February 13th and 27th, 12:30-2:30

In this second session the faculty and students from the MA College of Pharmacy and Health Sciences in Worcester will help you navigate Medline Plus: Drugs and Supplements. Session will be on: Evaluating Health Websites. Laptops will be available or bring your own. Computer literacy helpful but not necessary; feel free to join us if you would just like to listen and learn.

The Impact of Food Choices on the Environment

Wednesday, February 19th, 12:30-1:00

Students from R.J. Grey Junior High will give a presentation about how the food choices we make, particularly red meat, impact the environment. The multi-media presentation lasts 15 minutes, followed by time for questions. No need to sign up, but make sure to call the dining room at 978-263-5053 if you are coming for lunch that day.

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

UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS..... MONDAY, FEBRUARY 3rd at 1:00.

► **Music Recital by Acton-Boxborough Students**

Friday, February 21st, 10:15-11:15



Acton Boxborough students from elementary school to junior high age are taking time from their vacation week to give a recital at the Senior Center. There will be pianists, cellists and violinists playing a variety of music. The children study at Indian Hill, New England Conservatory and with local private instructors.

► **No-fat, Low-fat, Fat-free?**

Tuesday, February 11th, 12:30-1:30

‘No- fat, low-fat, fat-free’ went out with the 90’s. This millennium is all about fats, but the good ones of course! Stop & Shop Nutritionist Julie Menounos, MS, RD, LDN, joins us again to share the importance of fats, the difference between types of fat, and an understanding that non-fat foods are not necessarily non-fattening. This program is sponsored by Home Instead Senior Care.

► **Long Term Care Insurance 101**

Thursday, March 6th, 1:00-2:00

This workshop will examine how a Long Term Care Insurance Policy really works. You’ll leave understanding how benefits are paid, how your health affects eligibility, who the major Massachusetts insurers are, and whether or not it is something you should consider. Presenter Hans Hug, Jr. is the owner of LTC Insurance Group and is a regular speaker at Councils on Aging as well as a periodic columnist for newspapers and trade journals.

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

CLASSES

REGISTRATION BEGINS..... MONDAY, FEBRUARY 3rd at 1:00.

► **Drop-In Introduction to Microsoft Word**

Wednesday, February 26th, 1:30-3:00

Cal Winroth will teach a drop-in workshop covering the essentials of Microsoft Word including how to locate and start Word, overview of basic Word features and how to make it user-friendly. You will work at your own pace and at your own level. Optional homework will encourage you to discover many facets of this flexible program. Bring your laptop or use senior center computer lab terminals. Appropriate for Word 2003, 2007 or 2010.

► **Intermediate Chess Class with Ken LeBow**

Thursdays, through March 13th, 2:00-3:00


A 10-week course for players who have some chess playing experience. You should already know how the pieces move and the concepts of check and checkmate. You will play games and get feedback as part of the class.

► **Got iPad?**

Friday, February 14th, 10:00-11:00, in the dining room

Is your iPad lying around underused? Do you wish you knew what to do with it? Bring your charged iPad to class as we’ll share ideas on how to use this fun technology. If you don’t have an iPad but are thinking about getting one, you’re welcome to join us. If you have a password for the App Store be sure to know what it is prior to class.

 ► **Winter Watercolor Class with Sue Nordhausen** (No class on Feb. 18th)
Tuesdays, through March 25th, 1:30-3:00 (Class is full. Call for waitlist.)

 ► **Watercolor Studio Workshop with Joyce McJilton Dwyer** (Class is full. Call for waitlist.)
Mondays, through April 7th, 10:00-11:30 (No class on Feb. 17th)

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

DINING OPPORTUNITIES

REGISTRATION BEGINS..... MONDAY, FEBRUARY 3rd at 1:00.

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

▶ **Town Employee Prepared Lunch**

Friday, February 14th, 11:45

The Board of Health will be preparing meatloaf mashed potatoes, vegetables and cupcakes for dessert. A \$3 donation is requested. Sign up in the COA office.

▶ **Inn at Robbins Brook Lunch**

Tuesday, February 18th, 11:45

We will be having beef Stroganoff, noodles, vegetables and strawberry shortcake. A \$3 donation is requested. Sign up in the COA office.



▶ **Monthly Breakfast**



Friday, February 21st, 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, February 19th for a reservation. Cost is \$2.

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



▶ **** New**Soup Bar**

Friday, February 7th, 21st and 28th, 11:45

A new offering from Minuteman Senior Services. Enjoy warm soup with add-ons. \$2 donation.

▶ **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, February 12th

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

TRIPS

REGISTRATION BEGINS..... MONDAY, FEBRUARY 3rd at 1:00.



▶ **East Hill Farm Luncheon and Live Performance**

Tuesday, March 11th, leave NARA Park Lower Lot at 10:30

We're returning to one of our favorite destinations, East Hill Farm in Troy, New Hampshire, for a day full of good food and fun entertainment. Lunch is served family style and will include rum punch or cider upon arrival, soup, fresh baked bread, fritter with maple syrup, New England pot roast, baked stuffed chicken, vegetable, mashed potatoes, dessert, coffee, tea, milk. After lunch, we'll enjoy a live *Frost Heaves* performance by Ken Sheldon. As Fred Marple, official spokesperson from the imaginary town of Frost Heaves, Ken will entertain us with hilarious stories and songs about small town living. There will be time to stroll around the farm (weather permitting) or visit the gift shop which sells the farm's famous bread.

Depart: 10:30 a.m. from NARA Lower Lot; Approximate return time: 4:15

Cost: \$47, due by February 18th, includes lunch, live performance, coach bus (w/restroom), and all gratuities.

Possible Scam from the North Bromfield Police Department – A Police officer sitting at his desk received an automated voice phone call stating the FBI is warning of break-ins in his area and that he should speak with a security specialist with “Home Security Solutions.” He spoke with someone from client services who took his first name and zip code and then transferred him to another person. The Officer then asked for some information about the company to ensure they were legitimate and to let them know that they had called the police department. He was hung up on. You are recommended not to take calls from Home Security Solutions, as the number they called from was a telemarketing call center in Ohio and it has many complaints listed against it.

ONGOING ACTIVITIES

REGISTRATION BEGINS..... MONDAY, FEBRUARY 3rd at 1:00.

Drop-in Spotlight: Yarn and Thread Ladies

Wednesdays, 12:30-2:15



The Yarn and Thread Ladies are always productive and social! Members knit, crochet and sew items for charity, the Friends of the COA craft fair and work on individual projects. They meet year round, sharing the Senior Center living room space. Check the calendar for occasional changes. There is usually a variety of donated yarn and fabric for the group members to use.



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

► **Beginner Chess Class with Ken LeBow** (Class registration is closed.)

Thursdays, through March 13th, 1:00-2:00

Chess Club for Experienced Players

Thursdays, 2:00-4:15

Players with some chess experience get together for drop-in games at the Senior Center on Thursday afternoons. Folks pair up according to skill/experience. Out-of-town seniors are welcome. Ken LeBow oversees the group.

Free Stamp Collection Evaluation

Thursdays in February, 12:30-1:00

Do you have a stamp collection collecting dust in the attic? Or even just one stamp you think might be special? If so, bring your stamps to the Senior Center dining room on one of the days listed above and get a free evaluation from a knowledgeable Acton senior. He will let you know whether it is worth pursuing a professional appraisal.

“The Bookies” Book Club

Monday, February 24th, 1:00-2:00

This month’s book was not available at press time. Call the COA at 978-929-6652 for the title in early February.

Genealogy Group

Friday, February 14th, 1:00-2:30

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

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

Wednesdays, February 12th and 19th, 1:30-3:00

Minuteman SHINE (Serving the Health Information Needs of Everyone)

Days and Times to be determined

For questions regarding Medicare or MassHealth, call MMSS at 781-221-7029 and leave a message.

See the Calendar on page 11 for info on these groups: Tile/Board Games, Yarn & Thread Ladies, Drop-in Bridge, Harmonica. These activities may be canceled due to space constraints. No board/tile games on February 4 and 11.

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

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 - Contact Bev Hutchings at the COA at 978-929-6652.

EXERCISE

REGISTRATION BEGINS..... MONDAY, FEBRUARY 3rd at 1:00.

- ▶ **"Stretch and Flex" with Terri Zaborowski** (Class is full. Call for waitlist.)
Mondays, through March 24th, 8:30-9:30 (No class on 2/17)
- ▶ **"Cardio-Flex" with Terri Zaborowski** (T/Th class is full. Call for waitlist.)
Tuesdays and Thursdays, through March 27th, 8:30-9:30 (**No class on 2/13. DVD will be shown.**)
or Wednesdays and Fridays, through March 28th, 8:30-9:30
- ▶ **"Stretch, Flex, Tone and Cardio" with Terri Z.** (Class is full. Call for waitlist.)
Tuesdays and Thursdays, through March 27th, 9:45-10:45 (**No class on 2/13. DVD will be shown.**)
- ▶ **Yoga Class with Patsy Brightman** (Class is full. Call for waitlist.)
Wednesdays, March 5th through 26th, 10:45-12:00 (No classes in February.)



- ▶ **Beginner Taoist Tai Chi with Alice Hogan and other Taoist Tai Chi Society instructors**
Tuesdays, 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, through March 27th, 11:00-12:00

For those who know all 108 movements of the Taoist Tai Chi set, whether learned at the Center or elsewhere.

- ▶ **Zumba Gold™ & Stretch Class with Yvonne Benelli** (Class full. Call for waitlist.)
Fridays, through March 21st, 10:00-10:45 (No class on Feb. 21st)



- ▶ **Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell**
Wednesdays, through March 26th, 10:00 -10:30, living room (Call now to register.)
Thursdays, through Mar. 27th, 11:00 -11:30 (Class full. Call for waitlist.)

A 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.



Striders Walking Group

Mondays, February 3rd, 10th and 24th, 12:15-1:00 at the Senior Center
Wednesdays, February 5th, 12th, 19th and 26th, 8:30-9:15 at NARA Park

Walking will continue during the winter as long as the sidewalks and roadways are clear of ice and snow.

So join us for a 1 or 2 mile energetic walk. If the weather is questionable, call the COA office 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!**

SENIOR CENTER CLINICS

Podiatry Clinic with Dr. Gregorian

Wednesday, February 5th, 1:30-4:00 and Tuesday, February 11th, 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, February 11th and 25th, 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, January 31st, 12:30-2:25 *Now You See Me* (2013, PG-13) An FBI agent and an Interpol detective track a team of illusionists who pull off bank heists during their performances and reward their audiences with the money. Mystery thriller stars Morgan Freeman, Mark Ruffalo, Jesse Eisenberg, Isla Fisher, and Woody Harrison.

Friday, February 7th, 12:30-2:10 *Shanghai Calling* (2012, PG-13) A Chinese-American lawyer reluctantly goes to Shanghai on assignment and immediately stumbles onto a legal mess that threatens to derail his career, but he finds romance and learns to appreciate the beauty and wonders of the city along the way. Comedy starring Daniel Henney, Bill Paxton and Eliza Coupe. Primarily English with some Mandarin which is subtitled.

Friday, February 21st, 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, February 28th, 12:30-2:35 *Jobs* (2013, PG-13) Biopic tells the story of Steve Jobs' ascension from college dropout into one of the most revered creative entrepreneurs of the 20th century. Ashton Kutcher stars.

Friday, March 7th, 12:30-2:40 *The Butler* (2013, PG-13 for violence, language and sexual references) Cecil Gaines serves eight presidents during his tenure as a White House butler against a backdrop of unparalleled change in American history, including the civil rights movement and the Vietnam War. Large cast includes Forest Whitaker, Vanessa Redgrave and Oprah Winfrey.

TRANSPORTATION

Dispatch for COA Van – All COA van rides are scheduled through Transaction Associates/CrossTown Connect. To book a ride, call **978-844-6809** weekdays between 8:30 and 4:00. The COA van will continue to provide the rides for Acton seniors and disabled non-seniors into Acton, Concord and Maynard. Rides are \$1.00 for in-town trips and \$1.50 for out-of-town trips. Punch tickets are available from the driver or in 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 \$10 one way.

Senior Center Art Exhibit - February through March we welcome Bonnie McGrath in an exhibit of fine art photographs. Ms. McGrath is a professional artist working in multi-media and has shown her work at many venues including, most recently, Emerson Hospital. Please call the COA office for viewing times. Many thanks to Mary-Lou Chapski for sharing her work with us in December/January.



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.

Veterans Services Appointments: If you are a veteran or a surviving spouse and need help with benefits or resources please contact Veterans Service Officer James MacRae at 978-929-6614 or email yso@acton-ma.gov to schedule an appointment. You can also call Bev Hutchings at the COA at 978-929-6652 for information.

Support Groups

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

4th Wednesday of each month, 4:00-5:30, Benchmark Senior Living at Robbins Brook. Call 978-264-4666.

Parkinson's Disease Support Group with Mary Ann Wonn

3rd Monday of each month 2:00-3:00, Benchmark Senior Living at Robbins Brook. Call 978-264-4666.

Bereavement Group

Wednesdays, February 5th through March 26th, for 8 weeks, 6:00-7:30, Parmenter at 266 Cochituate Rd., Wayland. For information & registration call Andrea Heinlein @ 508-358-3000 Ext. 349

Chronic Disease Self-Management

Thursdays, through Feb. 13th, 9:30-12:00, Concord COA, 1276 Main St. Concord, Call 978-318-3020.

Thursdays, Feb. 13th-Mar. 20th, 2:00-4:30, Acton Medical Assoc., 321 Main St, Acton, Call Carrie Legget at 978- 635-8902 to register.

AARP Free Tax Preparation - The American Assoc. for Retired Persons and the IRS are sponsoring free tax preparation for low and moderate income taxpayers February through mid-April at the Senior Center and the Memorial Library. Returns will be prepared on Tuesdays afternoons at the COA. See page 2 of this newsletter for details. Returns will be prepared Thursday and Friday afternoons at the Library. For library appointments call 978-760-9146. This service covers most personal tax returns but does not cover business returns, returns for those who own rental property, or investment advice. Bring a copy of last year's 2012 Federal and State returns as well as all tax forms mailed to you for 2013, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security, mutual fund statements, and brokerage statements. Seniors may be eligible for the MA Circuit Breaker tax credit. Both homeowners and renters may receive a tax credit of up to \$1030 even if you don't owe any state income tax. You may also back file for the Circuit Breaker credit for the last 3 years if you are eligible for it but did not file.



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.

AROUND TOWN...AND BEYOND

Recreation Department - Winter Carnival is on Saturday, February 1st from 12:00 p.m. to 4:00 p.m. at NARA Park. Open to the public and admission is free. Call 978-929-6640 x0 or email Recreation at recreation@acton-ma.gov if you have questions.

Reminders from the Town Clerk's Office – Call 978-929-6620 for further information.

Dog Tags are available 8:00-5:00. Dogs must be licensed by March 1 to avoid a late fee. If the dog owner of record is aged 70+, the license fee is waived, but ID may be required.

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

February 1st and 2nd, Book Sale

Feb. 4th, 3:00-4:00, Learn to use the Minuteman Library Network's Digital Media Catalog to download eBooks.

February 4th, 7:00, Western Movie Masterpiece: *Butch Cassidy and the Sundance Kid*

February 11th, 7:00, Western Movie Masterpiece: *Unforgiven*

February 12th, 3:00-4:00, Microsoft Word 2010 Basics. Registration required.

February 18th, 7:30, Book Discussion *The Space Between Us* by Thrity Umrigar. Copies available late January.

February 19th, 3:00-4 :00, Drop-in Computer Help

Learn more about library programs and join the email list to receive notices by signing up on the library's website, www.actonmemoriallibrary.org.

Acton-Boxborough Community Education -New York City Sight Seeing and Shopping

Saturday, April 5th, leaving Junior High tennis courts 6:00am and return approximately 11:00pm.

Seniors - \$55, for more information call 978-266-2525 or email bkeegan@abschools.org.

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, 12:15. Donations accepted.

Indian Hill Music – For more information call 978-486-9524 x116 or visit www.indianhillmusic.org.

Free Bach's Lunch Concert *Thursday, February 20th, 11:00 and 1:30* at 36 King St in Littleton

Indian Hill Orchestra *Sunday, February 23rd, 3:00*, Tickets \$20-50.

Concord Players Present the Senior Dress Rehearsal of "Night Watch"

Thursday, February 13th, 8:00pm at 51 Walden St., Concord. Tickets are \$5.

HEALTH NEWS

Alzheimer's Services

- Alzheimer's Association Helpline 1-800-272-3900. 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.

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.

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

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

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

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

Thank You

...to the Building Department and Citizens Library for a wonderful Chinese Lunch.

How You Know if Your Computer's Been Hacked from the Executive Office of Elder Affairs Signs that You Might Have Been Hacked

- friends and family are getting emails or messages you didn't send
- your Sent messages folder has messages you didn't send or it has been emptied
- your social media accounts have posts you didn't make
- you can't log into your email or social media account

What to Do When You've Been Hacked

1. *Update your system and delete any malware* - Make sure your security software is up-to-date –Install security software only from reputable companies. Run it to scan for viruses and spyware (aka malware). Delete any suspicious software and restart your computer. Set your security software, internet browser, and operating system to update automatically
2. *Change your passwords* - If you use similar passwords for your email or social networking and other accounts change them. Make sure you create strong passwords that will be hard to guess.
3. *Check the advice your email provider or social networking site has about restoring your account* - You can find helpful advice specific to the service. If your account has been taken over, you might need to fill out forms to prove it's really you trying to get back into your account.
4. *Check your account settings* - Once you're back in your account, make sure your signature and "away" message don't contain unfamiliar links, and that messages aren't being forwarded to someone else's address. On your social networking, look for changes to the account since you last logged in - say, a new "friend."
5. *Tell your friends* - Email your friends letting know they might have gotten a malicious link or a fake plea for help. Put your friends' email addresses in the Bcc line to keep them confidential.

What to Do Before You're Hacked

Use unique passwords for each important site, like your bank and email - Choose strong passwords. Some people find password managers - software that stores and remembers your passwords for you - helpful.

Safeguard your usernames and passwords – Use caution when asked to enter credentials like usernames and passwords. Never provide them in response to an email. If the email seems to be from your bank, for example, visit the bank website directly rather than clicking on any links or calling any numbers in the message.

Turn on two-factor authentication if your service provider offers it - where getting into your account requires a password plus something else — say, a code sent to your smartphone — to prove it's really you.

Don't click on links or open attachments in emails unless you know who sent them and what they are

Download free software only from sites you know and trust

Don't treat public computers like your personal computer - If it's not your computer, don't let a web browser remember your passwords, and make sure to log out of any accounts when you're done. Better yet don't access personal accounts on public computers at all.

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

Arthritis Self Management: Are you interested in joining us for a program helps make living with arthritis better? The COA hopes to offer the 6-week Arthritis Self Management program this spring, beginning Tuesday, April 15 and running through May 13 from 2:00-4:30. The classes are designed for people who want to better understand their arthritis, learn ways to cope with chronic pain and take a more active role in managing their condition. Participants will gain confidence, motivation and find practical solutions to help manage the challenges of living with a chronic condition. Sessions are facilitated by two trained volunteer leaders from Minuteman Senior Services. We need 10 participants to run the program so call now at 978-929-6652 to let us know of your interest.

February	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	2014
	3	4 8:30-9:30 Cardio Flex 9:00-11:00 Ask the Lawyer 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-4:30 Tax Appointments 1:00-1:45 Graffiti Talk 1:30-3:00 Watercolor w/Sue	5 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 10:45-11:45 Living Alone Support Grp. 12:30-2:15 Yarn & Thread Ladies 1:30-4:00 Podiatry Clinic 2:30-4:30 Drop-in Bridge	6 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 12:30-1:00 Stamp Evaluations 1:00-3:00 Harmonica Club 2:00-4:15 Chess Club 2:30-3:15 Meditation	7 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 11:45 Soup Bar 12:30-2:10 Movie	
	10 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 12:15-1:00 Walking at COA 1:00-2:00 Real Estate Tax Talk	11 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 12:00-4:00 Tax Appointments 12:30-1:30 Fat Free Talk 1:30-3:00 Watercolor w/Sue	12 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 10:45-11:45 Living Alone Support Grp. 11:45 Birthday Lunch 12:30-1:30 Price is Right! 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	13 8:30-9:30 Exercise DVD 9:45-10:45 Exercise DVD 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 12:30-1:00 Stamp Evaluations 12:30-2:30 Internet Health Info. 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons– Beg/Inter. 2:00-4:15 Chess Club	14 8:30-9:30 Cardio Flex 10:00-11:00 iPad Class 10:00-10:45 Zumba 11:45 Employee Cooked Lunch 1:00-2:30 Genealogy	
17 COA CLOSED		18 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:45 Robbins Brook Lunch 12:00-4:00 Tax Appointments 12:30-3:00 Board & Tile Games 1:00-1:45 Comedy Show	19 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 10:45-11:45 Living Alone Support Grp. 12:30-1:00 Food Choices 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	20 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 12:30 -1:00 Stamp Evaluations 1:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club 2:30-3:15 Meditation	21 8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 10:15-11:15 Music Recital 11:45 Soup Bar 2:30-2:10 Movie	
	24 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 12:15-1:00 Walking at COA 12:30-2:00 Newsletter Sealing 1:00-2:00 Book Group	25 8:30-9:30 Cardio Flex 8:30 Newsletter Mailing 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:00-4:00 Tax Appointments 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor w/Sue	26 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 10:45-11:45 Living Alone Support Grp. 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Beginner Word Class 2:30-4:30 Drop-in Bridge	27 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 12:30-1:00 Stamp Evaluations 12:30-2:30 Internet Health Info. 1:00/2:00 Chess Lessons – Beg/Inter. 1:00-3:00 Harmonica Club 2:00-4:15 Chess Club	28 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 11:45 Soup Bar 12:30-2:35 Movie	
March 3 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 12:15-1:00 Walking at COA 1:00 Exercise Registration Begins 3:00 COA Board Meeting		4 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:00-4:00 Tax Appointments 12:30-3:00 Board & Tile Games 1:00 Program Registration Begins 1:30-3:00 Watercolor w/Sue	5 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 1:30-4:00 Podiatry Clinic 2:30-4:30 Drop-in Bridge	6 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 12:30-1:00 Stamp Evaluations 1:00-2:00 Long Term Care 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club	7 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 11:45 Soup Bar 12:30-2:40 Movie	

Free CO and Smoke Detectors - The Fire Department has received grants to provide smoke detectors, CO detectors and batteries for seniors. The FD will check expiration dates and install new battery operated detectors if needed. Call the COA at 978-929-6652 to schedule a visit from the FD.



Reminder from Police and Fire – Please be sure you have easily visible street numbers on both your house and mailbox. Help Police and Fire find you quickly in an emergency!

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.**



Get Your Newsletter by Email - Why wait for the mail to get your newsletter? Get it early and in color! For more information or to switch to the email list, call Judy at 978-929-6652 or email jpeters@acton-ma.gov.

From the Friends of the Acton COA

Many thanks to Lynne Osborn for her steadfastness in writing this column each month over many years. Lynne wears many hats here at the COA and in the community and has passed the torch on writing this monthly column.

The Friends Appeal Letter has been mailed. With your contributions we can continue to fund programs, classes and trips. Please take a moment to consider donating. If you need a slip, it can be picked up at the COA. Thank you.

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Town Hall, 472 Main Street
Acton, MA 01720
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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
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, February 3rd at 3:00
Friends of the Acton COA will meet again in March.