



Acton Senior Bulletin

January 2012



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.

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.

AARP Free Tax Preparation

- The American Association for Retired Persons and the IRS is sponsoring free tax preparation for low and moderate income taxpayers from February through mid-April at the Senior Center and the Memorial Library. Call the COA at 978-929-6652 to schedule Senior Center appointments. See page 2 for details on the times. Call 978-929-6543 for library appointments. This service covers most personal tax returns but does not cover business returns, rental property returns, or investment advice. Please bring a copy of last year's Federal and State tax returns as well as all tax forms mailed to you for 2011, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security, mutual fund statements, and brokerage statements. Don't forget to apply for the MA Senior Circuit Breaker tax credit. If you are age 65+, own your home and your real estate taxes plus water and sewer bills are more than 10% of your annual income, you can receive up to a \$980 tax refund even if you don't owe any taxes. Renters age 65+ (except those in subsidized housing) whose rent is more than 40% of their income are also eligible.

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Director's Corner

Here at the Council on Aging we are always trying to do our best to meet the needs of the ever-growing 60+ population. This month we have included a survey. Please take a few minutes to fill it out or complete it online at www.acton-ma.gov/seniorsurvey. The Friends of the Acton COA have generously donated gift cards that will be given away in a drawing to a few lucky winners who return their survey.



Just a reminder that the Senior Center has installed emergency buttons and pull stations throughout the building. Please use these alarms if there is an accident or if someone may be hurt and staff will respond. It is often best not to move someone who has fallen.

Wishing you all a Happy and Healthy New Year!

Sharon, COA Director

The COA will be closed on Monday, January 2nd and 16th.

Registration for classes/programs begins in person or by phone Tuesday, January 3rd at 1:00.

UPCOMING PROGRAM HIGHLIGHTS

FOR JANUARY.....REGISTRATION BEGINS TUESDAY, JANUARY 3rd at 1:00

► **Re-gifting Party** (Call now as registration has started.)

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.

► **Memory Preservation Nutrition® Program**

Friday, January 13th, 11:45-1:15

You will be treated to a light, brain-healthy lunch while you learn about this unique, scientifically supported diet developed by Dr. Nancy Emerson Lombardo, PhD, Professor of Neurology at BU School of Medicine. Dr. Emerson Lombardo co-founded the National Alzheimer's Assoc. and has spent much of her career researching the effects of nutrition on the onset and progression of the disease. She is recognized internationally as an expert on this topic. *This special program is sponsored by Nancy Crowley, Executive Director of Concord Park.*

 ► **Heart Rhythm Meditation: The Mind and Body Connection**

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

Science has proven that our heart is more than just a physical pump. The practice of Heart Rhythm Meditation is a major tool in reducing life stress and improving your well being. Join Carole Legro, MA, RNC, to learn about the simple and transformative practice of Heart Rhythm Meditation. Carole is a psychotherapist and mind body educator with over 35 years experience in Integrative Medicines' healing arts. She is an adjunct faculty member at UMass Medical Center and Harvard/Mass General Hospital.

► **"The Bookies" COA Book Club**

Monday, January 23rd, 1:00-2:00

This month the Bookies are reading *The Postmistress* by Sarah Blake, set in 1940 Massachusetts. It tells the story of how a letter brings the reality of the war in Europe home to the people of a small town. Copies of the book are on hold at the Memorial Library. You don't have to read the book to join the lively discussion!

► **Ecuador Travelogue Presentation - Quito, Amazonia and the Galapagos Islands**

Thursday, January 26th, 1:00-1:45

Join Mark Hopkins for a slide show tour of one of the world's most beautiful and diverse countries. It starts in the historic capital city of Quito, nestled in the Andes near the equator. It then moves to the lowland rain forests of the Napo River, one of the Amazon's tributaries, with a look at the wildlife and the lifestyles of the local people. The final leg involves time aboard a tiny cruise ship in the Galapagos, with visits to the area's diverse islands. See and hear about the creatures found nowhere else on earth, all of them innocently tolerant of humans, and explore the dramatic volcanic landscapes of the islands themselves. *Mark Hopkins, a Lincoln resident and frequent speaker in the area, is a writer and photographer retired from a career in the advertising business.*

 ► **When The Heart Aches: Coping with Loss Support Group**

Fridays, 1/27, 2/24, 3/23, 4/27, 5/25, 6/22, 3:00 – 4:30

When faced with a loss, crisis, or life-changing event, whether recent or from years ago, the grief can feel very lonely. Allene Riley Kussin, MA, LPC will lead a once-a-month support group to bring words of hope and healing to aid those in their experience of the "new normal" condition of loss. Ms. Kussin has multiple years experience in private practice working with grief and loss issues, and has lectured and taught in the Concord area.

► **AARP Free Tax Preparation with Paul Motyka**

Tuesdays, 9:00-12:00 beginning February 7th through April 10th

Thursdays, 1:00-4:00 beginning February 2nd through April 12th

AARP and the IRS is 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 978-929-6655. Please see page 1 for more information on what you need to bring with you.

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

CLASSES

FOR JANUARY.....REGISTRATION BEGINS TUESDAY, JANUARY 3rd at 1:00

▶ **Everything you've wanted to know about Computer Club but were afraid to ask**

Friday, January 20th, 10:00-11:30, meets in the Computer lab

Attend this special session about this ongoing computer activity and bring your list of computer questions for group discussion in an informed and user-friendly setting. And then, think about joining this drop-in activity during its weekly meetings to increase your computer expertise and confidence. Class size limited to 4.

▶ **Through the Lens of Poetry: 6 Week Poetry Workshop**

Thursdays, February 9th, 16th, 23rd, March 1st, 8th and 15th, 2:30-4:00

The COA is very pleased to have received a grant from the Witter Bynner Foundation for Poetry so that we may offer a new poetry program! For more than 200 years poetry has been used to help us see ourselves fully. This program will explore a variety of themes relevant to our lives today. Patti Russo, MS, Certified Poetry Therapist, will facilitate. All poetry selections and writing exercises will be related to a weekly theme, including: mindfulness/gratitude, coming to terms with change and transitions, parenting, and reflections on our body. Participants will read and discuss poems by Mary Oliver, William Stafford, Stanley Kunitz, and Emily Dickinson, among others. The poems will also be used as a springboard into a reflective writing practice. Finding ourselves in the poems combined with giving voice to thoughts is a self-affirming process that often leads to greater self-awareness and new insights regarding what's important to us and how we relate to one another.

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

DINING OPPORTUNITIES

FOR JANUARY.....REGISTRATION BEGINS TUESDAY, JANUARY 3rd at 1:00

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



▶ **Monthly Breakfast with "Gaining Ground"**

Friday, January 20th, 9:00-10:00

Join us for pancakes topped with maple syrup, tapped right from sugar maple trees in Concord and Carlisle! Volunteers from Gaining Ground will prepare a delicious breakfast for you to enjoy. Gaining Ground is the non-profit farm in Concord that grows organic food for hunger relief with the help of community volunteers. You may have been the beneficiary of some of their fresh produce at the Senior Center! Following breakfast, we'll hear a brief overview of Gaining Ground and learn about their farmers' local maple sugaring program. Call the COA by Wednesday, January 18th for a reservation. Cost is \$2.00.

▶ **Inn at Robbins Brook Lunch**

Tuesday, January 17th, 11:45

Enjoy a delicious ham dinner. A \$3 donation is requested. You must sign up for this meal at least a week prior to the date in the COA office.

▶ **Town Employee "Home Cooked" Luncheon**

Monday, January 30th, 11:45

Our January luncheon of baked ziti, salad and garlic bread will be prepared by the Finance Department. A \$3 donation is requested.

****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, January 11th**

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

EXERCISE

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:

* 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.

* 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.

FOR THE FOLLOWING CLASS..... REGISTRATION BEGINS TUESDAY, JANUARY 3rd at 1:00

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

Wednesdays, January 11th through March 28th, 10:00-10:30 or (No class on 2/22)

Thursdays, January 12th through March 29th, 11:00-11:30 (No class on 2/23)

All the exercises aim to increase strength, balance, and coordination, and are helpful in preventing falls. This is a low-impact program and best suited for people getting little or no physical activity.

FOR THE FOLLOWING WINTER CLASSES....REGISTRATION HAS BEGUN...PLEASE CALL NOW

► **Acton Striders Walking**

Wednesdays, January 4th, 11th, 18th and 25th, 8:45-9:30 at NARA Park with Liz

and/or Mondays, January 9th, 23rd and 30th, 12:30-1:15 at the Senior Center with Judy

One and two mile walks will continue during the winter. We will not walk if the sidewalks are snow covered or icy but the cold weather in general will not deter us. If the weather is questionable call us to see if we're walking.



► **Beginners Tai Chi with Taoist Tai Chi Society instructors (Call now as registration has started.)**

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

This is a continuation of the Taoist Tai Chi for Beginners that began last fall and is open to those participants only.



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

Thursdays, January 5th through March 29th, 11:00-12:00 (Call now as registration has started.)

This class is only open to people with Taoist Tai Chi experience.

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

(Class is full. Call for waitlist.)

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

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

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

Tuesdays and Thursdays, January 3rd through March 29th, 8:30-9:30 (Class is full. Call for waitlist.)

or Wednesdays and Fridays, January 4th through March 30th, 8:30-9:30 (Class is full. Call for waitlist.)

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

Tuesdays and Thursdays, January 3rd through March 29th, 9:45-10:45 (Class is full. Call for waitlist.)

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

Fridays, January 20th through March 30th, 10:00-10:45, (No class 2/24) (Call now as registration has started.)

This cardio-based workout uses Latin-inspired music to tone and loosen the entire body. Floor work (extra stretching) is optional and done at the end of the class. The class has been adjusted with simpler movement options and a stretching 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.

► **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, 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.

Friday, January 20th, 12:30-2:10, “Larry Crowne,” (2011, PG-13 for language and sexual content) - After losing his job, a middle aged man (Tom Hanks) reinvents himself by going to college where he develops a crush on his beautiful professor (Julia Roberts).

Friday, January 27th, 12:30-2:30, “Water for Elephants,” (2011, PG-13 for violence and sexual content) - After losing his parents, a veterinary student (Robert Pattinson) joins the circus and falls in love with his explosive boss’s wife (Reese Witherspoon). Based on the novel by Sarah Gruen.

Friday, February 3rd, 12:30-2:45, “The Help,” (2011, PG-13 for thematic material) - An aspiring author (Emma Roberts) who is living in Mississippi during the civil rights movement of the 1960s decides to write a book from the points of view of African American maids. Based on the novel by Kathryn Stockett.

SENIOR CENTER CLINICS

in conjunction with the Acton Public Health Nursing Service

Podiatry Clinic: Tuesdays, January 24th and 31st, 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, January 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.

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: Help for 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 AB Regional High School volunteers. Call the COA at 978-929-6652 to request a pail or refill.

Senior Center Art Exhibit - In January Sue Whitcomb’s beautiful watercolor exhibit continues in the living room with several new works not previously displayed. The show includes a variety of florals, birds, animals, landscapes and architecture. Please call the COA office for viewing times.

ONGOING ACTIVITIES

FOR JANUARY.....REGISTRATION BEGINS TUESDAY, JANUARY 3rd at 1:00

Announcement: Change to Quilting/Sewing Meeting Time - Beginning Jan. 11th, the quilting/sewing group will change its meeting time to Wednesdays, 12:30-2:15, the same time as the knitting group. It will be a drop-in craft time, so please bring other craft projects you want to work on! This change is necessary to optimize the Center's program space to meet the needs of our seniors. Thank you to the crafters for your understanding!

► **Ask the Lawyer**

Wednesday, January 25th, 9:00-12:00

Karen Johnson will be here from Atty. Leslie Madge's office offering free 20-minute private legal consultations.



► **“All About Color” Art Workshop with Carol Bull** (Call now as registration has started.)

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! Drop by the COA office for a materials list and syllabus.



► **Watercolor Class with Sue Nordhausen** (Call now as registration has started.)

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. Materials list is available in the COA office.



► **Watercolor Studio Workshop with Cynthia Durost** (Call now as registration has started.)

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

Join this watercolor workshop and be inspired! Work on new or old projects and engage in the joy of watercolor. Group and individual work and guided and shared critique are part of this art experience. Beginners welcome!

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

Monday, January 9th, 1:00-2:00

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. Each meeting also has a particular focus, such as how to get started or finding your voice. Call to register if you are new to the group.

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

Friday, January 20th, 2:30-3:45

Massages may include the back, neck, shoulders, arms, and hands. A 20-minute chair massage is \$15 and should be paid to Nancy Ames with cash or check. Wear a long- or short-sleeved t-shirt. Make sure to note your appointment time as we aren't able to make reminder calls and **call the COA if you must cancel** an appointment.

Genealogy Group

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

Share your research, seek advice or just share your passion with like-minded people. Beginners welcome!

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

Mondays, 1:30-3:30 (No appointments on 1/2 or 1/16)

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

Computer Club

Fridays, January 6th, 20th and February 3rd, 10:00-11:30

Wednesdays, January 11th and 25th, 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*: Poker, Tile & Board Games, Drop-in Pool, Crafting Group, Drop-in Bridge

*Regularly occurring groups and drop-in activities are sometimes canceled due to space constraints.

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

TRANSPORTATION

COA Van Snow Policy

If Acton schools are canceled or delayed due to weather, the van will not run until at least 10:00. This will give staff, van drivers and passengers time to assess road, driveway and walkway conditions and for riders to make other arrangements if needed. We will transport passengers later in the day, if weather and road conditions permit. If you are unsure about a scheduled ride on a wintery day please call the COA at 978-929-6652 after 8:00.

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.

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.

AROUND TOWN...AND BEYOND

Town Clerk's Office - nomination papers must be picked up at the Town Clerk's Office by Friday, Feb. 3rd and returned for filing by Monday, Feb. 6th. There are vacancies in the following positions: Moderator - 1 position - 1 year term, Board of Selectmen - 1 position - 3 year term, School Committee - 2 positions - 3 year term, Trustee, Acton Memorial Library - 1 position - 3 year term, Acton Housing Authority - 1 position - 5 year term

Recreation Department's annual free Winter Carnival is on Saturday, February 4th from 12-4 PM at NARA Park. Visit www.acton-ma.gov/events for information on this event and other 2012 events. If you would like to keep up with all the Recreation news electronically just send an e-mail request to recreation@acton-ma.gov.

Memorial Library - Save the Dates: For more info. or to sign up stop by the library or call 978-929-6543.

Tuesdays, January 10th-31st, 2:00-3:15, Memorial Library, Computer Skills for Beginners

Wednesday, January 25th, 7:30, Memorial Library, Facebook for Beginners

Saturday, January 28th, 9:00-4:00 and Sunday, January 29th, 2:00-3:30, Memorial Library, Friends Book Sale

Tuesday, January 31st, 7:30, Memorial Library, Clutter Control Program

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

Thursday, January 19th, 12:15 -1:30 Donation suggested. Call 978-263-5156.

Theatre III presents Barefoot in the Park Dress Rehearsal

Wednesday, January 25th, 7:30pm, 250 Central St., West Acton

Concord Conservatory of Music Free Concert

Thursday, January 12th, 1:00, West Concord Unitarian Church, 1317 Main Street, Concord

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

Bach's Lunch Concert - Thursday, January 19th, 11:00 and 1:30, Free admission.

Indian Hill Orchestra Concert - Sunday, January 22nd, 3:00, Littleton HS, 56 King St., Tickets \$20-\$45.

FUEL ASSISTANCE

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

Call the COA at 978-929-6652 for an appointment for the fuel program which runs through April 30th. All applicants must submit a copy of a current photo ID. Only award letters from Social Security can be submitted as proof of Social Security income. To qualify, a household of one must have an income no greater than \$31,218 or a household of two must have an income no greater than \$40,824. Call Beverly for an appointment and application.

Emergency Fuel Assistance Fund - Managed by the Friends of the COA. Contact Sharon at the COA.

Citizens Energy Heat Assistance Programs offers free heating oil to people in need. Each eligible household is allowed a one-time delivery per heating season of 100 gallons of home heating oil for free. Citizens Energy / Distrigas Heat Assistance Program gives a \$150 utility bill credit to eligible households who heat with gas. You are eligible for the Oil Heat or Distrigas Gas Heat Program if you meet the following requirements:

- You are facing a financial hardship.
- You are not eligible for Fuel Assistance (LIHEAP), or you have used up your LIHEAP benefits.
- You heat with oil, kerosene, or natural gas.
- You are a resident of Massachusetts.
- You have not received financial help from Citizens Energy during this heating season.

For more on the Oil Heat Program visit www.citizensenergy.com or call Citizens Energy at 617-338-6300. For the Distrigas program call 1-866-427-9918 and leave your name, address and phone. An application will be mailed.

Good Neighbor Energy Fund helps residents pay for heating fuel and other energy bills. The Fund is for those facing a short-term financial crisis and do not qualify for other fuel assistance programs. It is a joint effort between the gas and electric utility companies and the Salvation Army. Call the COA to apply. You must meet the following requirements to be eligible:

- You are facing a temporary financial crisis that makes you unable to pay your energy bills.
- You are not eligible for government energy assistance programs.
- You are a Massachusetts resident.
- You meet the Good Neighbor Energy Fund income limits.

Note: To figure your annual income, you can count your income from the previous 12 months; or you can count your income from the most recent month times 12. To qualify, a household of one must have an income range of \$31,218-\$41,624 or a household of two must have an income range of \$40,824-\$54,432.

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 with questions.

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.

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.

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!

Acton Council on Aging Senior Survey

Mailing Address: 472 Main Street

The Acton Council on Aging is always trying to find new ways to meet the needs and interests of those age 60+ in Town. Please assist us by providing us with some information. If you would like to be entered into a raffle for completing this survey, fill out your first name and phone number. Prizes include gift cards to local merchants. Please return the survey to the COA, Town Hall or the Memorial Library by **February 1st**. You may also complete this survey on line at www.acton-ma.gov/seniorsurvey.

General Information

Age _____ Gender _____

Senior Center Information

How often do you visit the Senior Center?

- Daily
- Weekly
- Monthly
- Other _____
- I only attend for certain programs
- Never... Why don't you attend?
 - Working
 - Caring for family members/grandchildren
 - Hours do not work for my schedule
 - Lack of transportation
 - Programs of interest are always oversubscribed
 - There is nothing that interests me
 - Lack of parking
 - Other (explain) _____

Do you utilize any other services provided by the Council on Aging? Check all that apply.

- Meals on Wheels
- Transportation
- Home Visits
- Fuel Assistance
- Food Assistance
- Information /Referrals
- Handyman Program
- Health Insurance Information/Counseling (SHINE)
- Medical Equipment Borrowing
- Other (explain)

What time of day would you be most likely to use the Senior Center? Check all that apply.

- Mornings
- Early Afternoon
- Late Afternoons
- Early Evening
- Weekends

Program Information: *Please check any programs that you would find interesting.*

Educational:

- Foreign Language
- Music Appreciation
- Current Events
- History Presentations
- World Religions
- Spirituality
- Art Appreciation
- Legal Presentations
- Cultural/Academic Discussions
- English as a Second Language
- Literary Programs
- Travel Slideshows
- Writing Workshop
- Financial Programs
- Health Insurance Presentations

Health:

- Yoga
- Balance Training
- Strength Training
- Informational
- Dance Classes
- Alternative Health Programs
- Health Screenings
- Chair Massage
- Weight Management/Nutrition
- Chronic Disease Management
- Health & Wellness Programs
- Tai Chi
- Aerobic Exercise
- Cardio Exercise Equipment

Recreational:

- Photography
- Handicrafts
- Cooking
- Bridge Classes
- Day Trips
- Instrumental Group
- Nature Programs
- Art Classes
- Movies
- Choral Group
- Theatrical or Musical Performances
- Pool (Billiards) Lessons
- Board Games

Other Daytime Programs:

- Dining Out Lunch Group
- Social Groups
- Support Groups
- Bereavement Group
- Intergenerational Programs/Activities

Occasional Evening Programs:

- Dancing
- Cards/Games
- Educational Programs
- Support Group
- Social Gatherings
- Dinner

Would you be willing to pay a nominal fee (\$1-5 per class) to attend classes at the Senior Center?

- Yes Yes, but it may present a hardship No

Comment: _____

The Town is considering building new a Senior Center/Community Center

- I would support a building used as a Senior Center and Community Center at the same time.
- I would support a building used as a Senior Center and Community Center but **not** at the same time.
- I would support a building that would be a Senior Center only.
- I do not support any new building.
- I don't have enough information to decide.

The contact information will only be utilized to contact the winners of the raffle.

First Name _____ Phone Number _____

Comments/Suggestions:

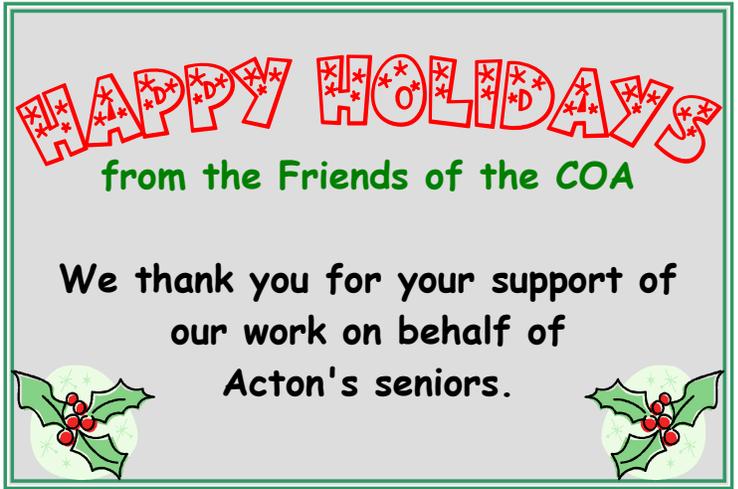
January	Mon	Tue	Wed	Thu	Fri	2012
COA CLOSED	2	3 8:30-9:30 Cardio Flex Begins 9:45-10:45 Stretch/Tone Begins 11:00-12:00 Beg. Tai Chi Begins 12:30-3:00 Board & Tile Games 1:00 Registration Begins	4 8:30-9:30 Cardio Flex Begins 8:45 Walking Group at NARA 9:00-10:30 Drop-in Watercolor 9:45-11:45 Quilt/Sew 12:30-2:15 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	5 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:30 Balance Classes - last 11:00 Balance Classes- last 11:00-12:00 Cont. Tai Chi Begins 12:30-1:30 Re-gifting Party	6 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 12:30-2:30 Movie 1:00 Poker	
9 8:30-9:30 Stretch/Flex Begins 9:30-11:00 All About Color Begins 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking Group at COA 1:00-2:00 Memoir Writing 1:30-3:30 SHINE 1:30 Friend of COA Meeting 3:45 COA Board Meeting	10 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 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor Class Begins	11 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class Begins 10:00-10:30 Balance Class Begins 11:45 Birthday Lunch 12:30-2:00 Crafting Groups 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	12 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class Begins	13 8:30-9:30 Cardio Flex 11:45 Lunch & Memory Talk 1:00 Poker 1:00-2:30 Genealogy		
COA CLOSED		17 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 11:45 Robbins Brook Lunch 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor Class	18 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class 10:00-10:30 Balance Class 12:30-2:00 Crafting Groups 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	19 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class 1:00-2:00 Meditation Program	20 8:30-9:30 Cardio Flex 9:00 Monthly Breakfast w/Gaining Ground Talk 10:00-11:30 Computer Club and Intro to Computer Club 10:00-10:45 Zumba Begins 12:30-2:10 Movie 1:00 Poker 2:30-3:45 Chair Massage	
23 8:30-9:30 Stretch/Flex 9:30-11:00 All About Color 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking Group at COA 1:30-3:30 SHINE 1:00-2:00 Book Group Meeting	24 8:00-11:30 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 Beg. Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor Class	25 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-12:00 Ask the Lawyer 9:00-10:30 Watercolor Class 10:00-10:30 Balance Class 12:30-2:00 Crafting Groups 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	26 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class 1:00-1:45 Ecuador Travelogue	27 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 12:30-2:30 Movie 1:00 Poker 3:00-4:30 Coping w/Loss		
30 8:30-9:30 Stretch/Flex 9:30-11:00 All About Color 10:00-12:00 Drop-in Bridge 11:45 Town Employee Lunch 12:30-1:15 Walking Group at COA 1:30-3:30 SHINE	31 8:00-11:30 Podiatry Clinic 8:30-9:30 Cardio Flex 8:30 Newsletter Mailing 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor Class	February 1 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class 10:00-10:30 Balance Class 12:30-2:00 Crafting Groups 2:30-4:30 Drop-in Bridge	2 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class 1:00-4:00 Tax Appointments	3 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 10:00-11:30 Computer Club 12:30-2:45 Movie 1:00 Poker		

SURVEY ENCLOSED – Please take a few minutes to fill out the survey about your use of the Senior Center and COA services. Thanks!

Senior Center Lost and Found

A variety of jackets, sweaters, water bottles, mugs, keys, and single earrings have been left at the Senior Center over the last few months. If you are missing something, check our Lost and Found bin by the coat rack in the living room or drop by the COA office where we keep small items. Unclaimed clothing will be donated to the Salvation Army at the end of January.

Please Consider Receiving Your Newsletter by 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!



Thank You

- ...to everyone who helped at the Holiday Tea as bakers, greeters, tea pourers, and with clean up. We couldn't have done it without you!
- ...to Ray and Jean Warren for their many years as our COA librarians keeping our lending library well organized and easy to use.
- ...to the COA Board for serving a wonderful, warm and welcoming Holiday lunch.
- ...to Santa (aka Mike Gowing) for adding so much to the festive atmosphere of our Holiday lunch.

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.

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

Acton COA Board will meet on January 9th @ 3:45
 Friends of the Acton COA will meet on January 9th @ 1:30