



# Acton Senior Bulletin



January/February 2011

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

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

Visit the COA website at [www.acton-ma.gov](http://www.acton-ma.gov). Go to Government, then down to Council on Aging.

## Director's Corner

I would like to thank everyone for being so warm and welcoming. Acton is a wonderful and active community. It is nice to see so many people getting involved in the programs offered here at the Senior Center. This time of year can be difficult financially. Cost of living expenses continue to rise, yet social security benefits did not. There are several programs to help you make ends meet. Carol, the Outreach Coordinator, has mentioned several of them in this newsletter. Please feel free to call if you have any questions or are interested in applying for these benefits.

Wishing you a happy and healthy New Year, Sharon Mercurio, Acton COA Director

## AARP Free Tax Preparation with Bob and Marian Evans

Bob and Marian will be available for appointments on Wednesday mornings and Friday afternoons beginning February 2<sup>nd</sup> through the end of March. Call 978-929-6652 for an appointment. The library also has appointments and can be reached at 978-929-6655. Please see page 11 for more information on what you need to bring with you.

## ► Sweet Dreams II

Friday, January 14<sup>th</sup>, 10:00-11:00



Back by popular demand, Cynthia Dorsey, PhD, Director of Behavioral Sleep Medicine at Sleep Health Centers returns for another presentation on insomnia. Quality of life, safety and health are all affected by insomnia. Come find out which behaviors worsen insomnia and gain some practical tools for getting a good night's sleep!

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## Winter Weather Programs and Classes 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.
- Listen for 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.
- 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.**

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

Thursday, February 10<sup>th</sup>, 1:00-2:00

Representatives from Acton's Assessors and Finance Depts. will discuss taxation, exemptions and abatements that are available to tax payers. This annual presentation includes information you will want to know about, so it will be an hour well-spent!

**Registration for classes/programs begins in person or by phone Monday, January 3<sup>rd</sup> at 1:00.**

**We will be closed on Monday, January 17<sup>th</sup> and Monday, February 21<sup>st</sup> for holidays.**

## UPCOMING PROGRAM HIGHLIGHTS

**FOR JANUARY/FEBRUARY.....REGISTRATION BEGINS MONDAY, JANUARY 3<sup>rd</sup> at 1:00**

### ► **Re-gifting Party**



*Thursday, January 6<sup>th</sup>, 12:30-1:30*

*Call now as registration is already underway.*

Everyone seems to have a stash of gifts they receive, but never use. Wrap one of those new, unused gifts and bring it to the re-gifting party for some fun and socializing! Light refreshments will be served.

### ► **“Topics of the Day” Discussion facilitated by Sal Lopes**

*Fridays, January 7<sup>th</sup> and February 4<sup>th</sup>, 10:00-11:30*

Each person will introduce a recently occurring topic or issue that might be of interest to the group for a short discussion. The goal of the group is to allow individuals to focus on an item and get others to respond to generate a discussion. Group discussions are a wonderful way to get something off your chest and expand your intellectual horizons! Refreshments will be served.

### ► **Total Hip/Total Knee**

*Tuesday, January 11<sup>th</sup>, 11:15-11:45*

Research, technology, design, and materials advance every day for hip and knee replacements. Join Linda Cullen, RN of the Acton Nursing Department for an informative talk on hip and knee replacements. Artificial joints have improved greatly since they were first introduced 40 years ago. Come see first-hand the materials now being used!

### ► **Long Term Care Insurance 101**

*Thursday, January 20<sup>th</sup>, 1:00-2:00*

Long Term Care Insurance can be confusing. It has been described as having “a lot of moving parts.” This workshop will examine how a modern 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.

### ► **Acupuncture Talk with Jason Henson**

*Friday, January 21<sup>st</sup>, 9:30-10:00*

After breakfast, Jason Henson of Revolution Community Acupuncture will speak about acupuncture therapy. Acupuncture has been used for thousands of years and can be beneficial for arthritis, poor breathing, fatigue, pain and depression. Come get the answers to some common questions: Does it hurt? How does it work? Is it safe?

### ► **Healthy Meals in a Hurry Cooking Demonstration**

*Thursday, January 27<sup>th</sup>, 12:30-1:30*

It’s 5 p.m. - do you find yourself wondering what to make for dinner? Are you tired of preparing the same meals night after night? Join Stephanie Shenton for a hands-on demonstration and get some ideas for healthy meals in a hurry. Stephanie is a certified wellness coach, nutritional counselor, and former baker at Nashoba Bakery with an M.S. in nutrition. She will need a few assistants - so come prepared to help chop and dice!

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

*Friday, January 28<sup>th</sup> and February 25<sup>th</sup>, 10:00-11:30*



Explore your life through writing - no experience necessary! Put your story down on paper, whether for publication, for yourself or for family. The thought of writing a book can be daunting, so starting a collection of anecdotes or essays may be the preference for some. This is not a class but a discussion group with a particular focus at each meeting. Only call to register if you are new to the group.

### ► **Hearing Loss and Solutions**

*Thursday, February 3<sup>rd</sup>, 1:00-2:00*



An estimated one-third of Americans between 65 and 75, and close to one-half of those 75+ have some hearing loss. Meet Joe Sarofeen of Apex Hearing for an overview on hearing loss and solutions. Learn about how we hear, the impact and causes of hearing loss, and what can be done to help.

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

## UPCOMING PROGRAM HIGHLIGHTS (continued)

**FOR JANUARY/FEBRUARY.....REGISTRATION BEGINS MONDAY, JANUARY 3<sup>rd</sup> at 1:00**

### ► **What's Up Doc? A Minuteman Caring Conversation**

*Monday, February 7<sup>th</sup>, 1:00-2:30*

The medical system can be a maze of unfamiliar terms, hurried appointments and complicating referrals. Learn some useful tools for dealing with the medical community. Whether you are a patient or caring for a loved one, learn what to do before, during, and after a doctor's visit to become a partner in the health care system. Presented by Miranda Heibel, Program Manager for the Family Caregiver Support Program at Minuteman Senior Services.

### ► **Ask the Lawyer**

*Tuesday, February 15<sup>th</sup>, 1:00-3:00*

Attorney Margaret Hoag, a certified Elder Law Attorney, offers free 20 minute private legal consultations.

### ► **Stroke Survival Story with Frank Mastrangelo**

*Friday, February 18<sup>th</sup>, 9:45 - 10:30*

After breakfast we will move into the living room to hear special guest speaker, Frank Mastrangelo, share his stroke survival story. Three years ago, when Frank was only 42 years old, he suffered a stroke. Since then, he has run marathons and raised funds and awareness for stroke prevention. Frank travels around the Commonwealth sharing his survival story and spreading the word about stroke symptoms. See below for information on the breakfast.

### **School Vacation Week Movie with the Grandchildren - Despicable Me**

 *Friday, February 25<sup>th</sup>, 12:30-2:05*

See Senior Cinema on page 6 for a full description. Refreshments will be served.

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

## DINING OPPORTUNITIES

### ► **Men's and Ladies' Breakfast**

 *Friday, January 21<sup>st</sup> and February 18<sup>th</sup>, 9:00-10:00*

Join us for a hearty breakfast with some good friendship on the side! The menu is typically pancakes, sausages and fresh fruit, but sometimes our cooks have a surprise in store! Cost is \$2.00. After the January breakfast, learn about acupuncture with Jason Henson. In February, special guest speaker Frank Mastrangelo will share his stroke survival story. See above for more information on the speakers. Call the COA by the Wednesday before each breakfast for a reservation.

### ► **Minuteman Lunches**

Minuteman Lunch is served Monday through Friday at 11:45. Voluntary donation is \$2.00. To sign up for lunch call 978-263-5053 by 10:30 the day before. Call the COA at 978-929-6652 for transportation, if needed. Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA.

 **Birthday Lunches: Wednesday, January 12<sup>th</sup> and February 9<sup>th</sup>**

**Special Winter Lunch: Wednesday, January 12<sup>th</sup>**

**Valentine Lunch: Friday, February 11<sup>th</sup>**

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

## **SENIOR CENTER CLINICS in conjunction with the Acton Public Health Nursing Service**

**Podiatry Clinic: Tuesday, January 11<sup>th</sup> and February 8<sup>th</sup>, 8:20-11:00 with Dr. Sandra Weakland, DPM**

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: Tuesday, January 11<sup>th</sup> and 25<sup>th</sup> and February 8<sup>th</sup> and 22<sup>nd</sup>, 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.

## CLASSES

**FOR JANUARY/FEBRUARY.....REGISTRATION BEGINS MONDAY, JANUARY 3<sup>rd</sup> at 1:00**



### ▶ **Watercolor Studio Workshop with Cynthia Durost**

*Wednesdays, January 5<sup>th</sup> through March 9<sup>th</sup>, 9:00-10:30* Call now as registration is already underway.

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

### ▶ **Beginning Computer I**

*Wednesday, January 5<sup>th</sup>, 10:00-11:30*, Computer Lab, Class limit 4 people

Do you have those “new computer blues?” Are you afraid to push the ON button on that monster machine that arrived this holiday? Come to this class and learn some basics that will bring you to your computer with a smile.

### ▶ **Beginning Excel**

*Monday, January 10<sup>th</sup>, 10:00-11:30*, Computer Lab, Class limit 4 people

This class will help to de-mystify working with spreadsheets. Learn how to set up simple forms to understand and influence practical costs like utility and heating budgets.

### ▶ **How to Use Your New Digital Camera**

*Monday, January 10<sup>th</sup>, 12:30-2:00*, Living Room, Class limit 6 people



Did you just get a camera for the holidays or has one been in your drawer unused? This class will focus on some important features of your camera to get you started taking quality photos. Please bring your camera (with battery charged) and the instruction book to class. Couples may sign up together.



### ▶ **Learn to Quilt with Kay Landreth**

*Wednesdays, January 12<sup>th</sup> through February 16<sup>th</sup>, 9:45-11:45*

Learn to quilt in six weeks! Talented quilter Kay Landreth leads this class where you will make a wall hanging. Learn to read a pattern, select fabric, cut and piece and assemble a block by hand or machine, appliqué ribbon strips by hand, assemble batting, and backing and binding. An ongoing project will be a mystery block. Most supplies provided; just bring a shoebox and a good pair of scissors. Non-seniors are welcome to participate as well!

### ▶ **Beginning Word**

*Wednesday, January 19<sup>th</sup>, 10:00-11:30*, Computer Lab, Class limit 4 people

Get comfortable with writing your letters and documents using basic Microsoft Word features.

### ▶ **Beaded Jewelry Workshop with Joan McKenzie**

*Thursday, January 20<sup>th</sup>, 9:30-11:00*

Make a necklace, bracelet or earrings for yourself or to give as a gift. Beading is fun and relaxing! All materials are supplied; no experience is necessary. The materials fee is typically \$2-4 per item.

### ▶ **Watercolor with Sue Nordhausen**

*Tuesdays, January 25<sup>th</sup> through March 8<sup>th</sup>, 1:30-3:00*



Encouragement geared to experienced students on both class and individual projects. Areas covered will include composition, color qualities, and light and dark values. Each class includes a demonstration by the instructor. Materials list for new students available in the COA office.

### ▶ **Intermediate Excel**

*Monday, February 7<sup>th</sup>, 10:00-11:30*, Computer Lab, Class limit 4 people

In this follow-up session for the Beginning Excel class learn how the “care and feeding” of spreadsheets will help to make your New Year’s financial resolutions a reality.

### ▶ **Bow Making Workshop with Joan McKenzie**

*Thursday, February 10<sup>th</sup>, 9:30-10:30*



Learn to make beautiful bows with Joan’s help! Decorate packages, wreaths and other decorations using wired ribbon. Ribbon will be supplied for a small fee or you can bring your own.

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

**CLASSES** (continued)

**FOR JANUARY/FEBRUARY.....REGISTRATION BEGINS MONDAY, JANUARY 3<sup>rd</sup> at 1:00**

► **Beginning Computer II**

*Wednesday, February 16<sup>th</sup>, 10:00-11:30*, Computer Lab, Class limit 4 people

Build on the skills that you learned in the Beginning Computer I class to become an FCN (fearless computer nerd) when you learn to create, organize and store your computer files and learn easy ways to use the Internet.

► **Digital Photography Class**

*Thursday, February 17<sup>th</sup>, 12:30-2:00*

What are you going to do with your photos now that you've taken them? We will learn transferring of photos to the computer. We'll also use software to edit and ready our photos for printing. Class is limited to 4 students; Windows machine users only. Bring your camera, memory card, manual and cable to class.

► **Wire Earring Workshop with Joan McKenzie**



*Thursday, February 24<sup>th</sup>, 9:30-11:30* Class limit 6 people

Learn to make wire dangle earrings (pierced or clip-on). You'll use jewelry-making tools and with Joan's guidance, the end result will be beautiful! A sample of the earrings will be on display in February. Materials are supplied for \$4 per pair.

► **Internet Shopping**

*Thursday, February 24<sup>th</sup>, 1:00-2:30*, Computer Lab, Class limit 4 people

Need to buy that special birthday present wrapped and delivered across the country all without visiting the mall or Post Office? What about that your vacuum cleaner part that no local store carries, and have it delivered right to your door? See how easy it is to shop on your computer any time of the day or night while cozy in your pajamas.

► **Intermediate Word**

*Monday, February 28<sup>th</sup>, 10:00-11:30*, Computer Lab, Class limit 4 people

Practice how to build on the basics that you learned in the Beginning Word class and see how to enhance your newsletters, family correspondence and bulletins.

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

**FUEL ASSISTANCE**

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

Need help paying your heating bill? Applications for 2010/11 fuel assistance are being taken through April 30<sup>th</sup>. Look below to see if you may qualify for fuel assistance as well as discounts on utility and telephone bills. Call Carol Steiner at the COA 978-929-6652.

<i>Household size</i>	<i>Maximum gross income</i> (Call for income guidelines for larger families)
1	\$ 30,751
2	\$ 40,213

**Emergency Fuel Assistance Fund** managed by The Friends of the COA; contact the COA Director.

**DONATIONS WANTED**

**Mini Refrigerator for COA Dining Room** – Do you have a mini fridge in good working condition that's not being used? The COA is looking for a donation of a small refrigerator (3-5 cubic feet) to put in the dining room for seniors to use to store items during the day. Please contact the COA staff for more information and thanks!

**Giving Garland** - We are still collecting handmade or store-bought winter hats, mittens, scarves and especially socks on our "Giving Garland." Donations can be dropped off at the COA office. Thank you.

**Transfer Benches** - The COA is in need of transfer benches for its durable medical equipment loan program. This bath seat straddles the tub with two legs inside the tub and two outside on the floor. If you have a transfer bench in excellent, sanitary condition to donate, contact Mary Lou at 978-929-6652 or stop by the COA office.

## 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 7<sup>th</sup>, 12:30-2:30, "In the Shadow of the Moon," (2007, PG)** – Acclaimed documentary reveals the history of the Apollo space program through interviews with the astronauts.

**Thursday, January 13<sup>th</sup>, 12:30-2:35, "Pride and Prejudice," (2005, PG)** - Sparks fly in this Jane Austen adaptation when spirited Elizabeth Bennett meets single, rich and proud Mr. Darcy. Keira Knightley and Matthew Macfadyen co-star.

**Friday, January 21<sup>st</sup>, 12:30-2:00, "Cairo Time," (2009, PG)** – When her husband is delayed meeting her in Egypt, an American (Patricia Clarkson) finds herself unexpectedly attracted to a local man. Beautifully filmed on location in Egypt.

**Friday, January 28<sup>th</sup>, 12:30-2:45, "Eat Pray Love," (2010, PG-13 for language and sexual references)** - After her divorce, a woman (Julia Roberts) takes off on a round-the-world journey of self-discovery. Based on Liz Gilbert's best-selling memoir.

**Friday, February 4<sup>th</sup>, 12:30-2:20, "Knight and Day," (2010, PG-13 for language and action violence)** – June Havens (Cameron Diaz) finds her everyday life tangled with that of a secret agent (Tom Cruise) who has realized he isn't supposed to survive his latest mission. This action comedy was partially filmed in Massachusetts.

**Friday, February 18<sup>th</sup>, 12:30-2:00 "The Last Brickmaker," (2008, PG)** – Academy Award-winner Sidney Poitier stars in this touching drama as a hardworking man making a living laying bricks for his family business for 57 years until his wife dies, leaving him alone to fight for his job in an age when everything's becoming automated.

**Thursday, February 24<sup>th</sup>, 12:30-2:45, "Sense and Sensibility," (1995, PG)** - Rich Mr. Dashwood dies, leaving his second wife and her daughters poor by the rules of British inheritance. Romantic comedy based on Jane Austen's novel stars Emma Thompson, Alan Rickman, Kate Winslet and Hugh Grant.

**Friday, February 25<sup>th</sup>, 12:30-2:00, "Despicable Me," (2010, PG)** - Bring the grandkids or come on your own to see this fun animated movie about a criminal mastermind (voice of Steve Carell) who uses a trio of orphans as pawns until he finds himself profoundly changed by the growing love between them. Refreshments will be served.

**Friday, March 4<sup>th</sup>, 12:30-2:45, "Wall Street 2: Money Never Sleeps," (2010, PG-13 for language)** – Michael Douglas returns as Gordon Gecko, who after serving a lengthy prison term finds himself on the outside looking in at the world he once commanded. Carey Mulligan and Shia LaBeouf co-star.

## EXERCISE

▶ **"Stretch and Flex" with Terri Zaborowski** (Class is full. Call for waitlist.)  
*Mondays, January 3<sup>rd</sup> through March 28<sup>th</sup>, 8:30-9:30 (No class on 1/17 and 2/21)*

▶ **"Senior Cardio-Flex" with Terri Zaborowski**  
*Tuesdays and Thursdays, January 4<sup>th</sup> through March 31<sup>st</sup>, 8:30-9:30* (Class is full. Call for waitlist.)  
*or Wednesdays and Fridays, January 5<sup>th</sup> through April 1<sup>st</sup>, 8:30-9:30* (Class is full. Call for waitlist.)

▶ **"Senior Stretch, Flex, Tone and Cardio" with Terri Zaborowski**  
*Tuesdays and Thursdays, January 4<sup>th</sup> through March 31<sup>st</sup>, 9:45-10:45* (Class is full. Call for waitlist.)

▶ **Beginners Tai Chi with Taoist Tai Chi Society Instructors**  
*Tuesdays, January 4<sup>th</sup> through March 29<sup>th</sup>, 11:00-12:00* (Call soon as registration is underway.)



This is a continuation of the Taoist Tai Chi for Beginners that began in September 2010 and is open to those participants only. If you were in the fall session and wish to continue, please register for this winter session.

▶ **Intermediate Tai Chi with Ray Caisse of the Taoist Tai Chi Society**  
*Thursdays, January 6<sup>th</sup> through March 31<sup>st</sup>, 11:00-12:00* (Call soon as registration is underway.)  
Open to those with Taoist Tai Chi experience. If you wish to continue please register for this winter session.



▶ **Improve Balance and Flexibility with Gentle Chair Exercises** (Class is full. Call for waitlist.)  
*Thursday, January 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> and February 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup>, 11:00-11:30* (No class on 2/24)

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

## **Exercise Cancellation Policy:**

- \* If either Acton or Littleton schools are canceled or the start of school is delayed because of inclement weather, exercise classes starting before 10:00 are **canceled** for the day.
  - \* Call the Senior Center for information on exercise classes starting at 10:00 or later.
  - \* 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.
  - \* If exercise is canceled for a non-weather related issue we will, instead of calling, show an exercise DVD.
- If you are going to miss more than 3 weeks of Terri's exercise class, we ask that that you call the office so we may offer your spot for the remainder of the session to someone on the waiting list. Please check with your doctor before starting an exercise program, wear loose, comfortable clothing and bring water. All new participants in Terri's classes, the exercise videos and Tai Chi must sign a waiver of liability.*

## **OUTREACH & SUPPORT SERVICES**

### **Outreach Coordinator Available to Help You Find Resources**

Are you finding that you need to ask your friends and neighbors for help more often or that your requests are getting to be too much? Are family members busy, too far away or just not available to ask for support? If you had some help at home would your day/week/month go better? Would you then be able to ask a friend over to visit rather than for another ride to an appointment? The COA can suggest resources in the community to address these and other concerns. Call Carol Steiner, our Outreach Coordinator, at 978-929-6652 for a confidential chat.



**Handyman Program:** The Handyman Program helps seniors with small repairs and simple household jobs. Volunteer handymen glue handrails and chair legs, replace light bulb/smoke detector batteries, flip mattresses, make computer/DVD connections and more. Call the COA to make a request.

**Friendly Visitors:** Volunteers visit seniors at home for about an hour each week. Our meetings for matched visitors will be January 11<sup>th</sup> and February 17<sup>th</sup> at 1:00 in the dining room. If you are interested in becoming a visitor or know someone who would enjoy visits, call Carol at 978-929-6652.

**Food Pantries and Community Suppers:** Please call Carol Steiner at 978-929-6652 for a list of local area suppers and pantries. The **Acton Food Pantry** located at 235 Summer Rd., Boxborough is open Wednesdays 10:00am-7:00pm except that it is closed on the 4<sup>th</sup> Wednesday of every month. Registration (ID and one bill with your name and address) required first visit.

**Home Care Services:** The Acton area has many good private agency and state supported services. Please call the COA and speak to Carol Steiner if you have questions on how to obtain home care services. **Minuteman Senior Services**, our area agency on aging, can be reached at 1-888-222-6171.

**RUOK (Are You Okay) Check-in Service:** The Acton Police Department maintains a free, automated phone call program for people living alone or who are caring for someone who may not be able to get help if you are in trouble. As long as you answer the phone, nothing further happens. BUT, if after several unsuccessful tries to reach you, the police will come and check on you. You can pick the time for the phone call and turn the service off when you are away. Call Carol Steiner, Outreach Coordinator, at 978-929-6652 for information and to enroll.

**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. NSTAR will forgive past due balances over a period of time if customers pay a budgeted bill each month on time. For details call NSTAR at 1-866-315-2496.

**SNAP - Supplemental Nutrition Assistance Program:** Low-income seniors may qualify for food assistance through SNAP. The average monthly benefit is \$88. For more information call Project Bread at 1-800-645-8333, M-F, 8:00-5:00. See Carol Steiner for an application. You can also apply at [www.mass.gov/dta](http://www.mass.gov/dta).



**Safety Sand for Seniors** has restarted. Salted Highway Dept. sand is delivered in a 3 gallon plastic pail to your home by AB High School volunteers. Call the COA at 978-929-6652 to request a pail or refill.

## ONGOING ACTIVITIES

### **Friendly Visitor Meeting**

*Tuesday, January 11<sup>th</sup> and Thursday, February 17<sup>th</sup>, 1:00-2:00 in the Dining Room*

All current Visitors are invited to come and share experiences to better understand the fine art of friendly visiting. If you are interested in becoming a Friendly Visitor, please call Carol Steiner at the COA.

### **\*Change\* Quilting/Sewing Group**

*Wednesdays, 9:45-11:45*

Beginning January 12<sup>th</sup> the current quilting group will be changing. People who register to participate in Kay's Quilting Class will meet on one side of the living room, while folks interested in individual sewing projects will meet on the other side of the room. See page 4 for information on quilting lessons.

### **Genealogy Group**

*Friday, January 14<sup>th</sup> and February 11<sup>th</sup>, 1:30-3:00*

Share your research, get some advice or just enjoy sharing your passion for family history. Everyone is welcome.

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

*Mondays, 1:00-3:00* (No appointments on January 17 or February 21)

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

### **“The Bookies”**

*Monday, January 24<sup>th</sup> and February 28<sup>th</sup>, 1:00-2:00*

The book club members are celebrating Mark Twain's Centennial by reading one of his books and giving a brief synopsis to the group. The February book selection will be decided at the January meeting.

### **Computer Club**

*Wednesdays, January 12<sup>th</sup>, 26<sup>th</sup>, February 9<sup>th</sup>, 23<sup>rd</sup>, 1:30-3:00*

*Fridays, January 7<sup>th</sup>, 21<sup>st</sup>, February 4<sup>th</sup>, 18<sup>th</sup>, March 4<sup>th</sup>, 10:00-11:30*

Everyone welcome from the novice to experienced computer user. Bring your questions and suggestions.

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

*Friday, January 21<sup>st</sup>, 2:30-3:45* (No massages in February)

Massages vary depending on needs, but often include the back, neck, shoulders, arms, and hands. A 20 minute chair massage is \$15 and should be paid to Nancy with cash or check. Wear a long or short-sleeved t-shirt. Please note your appointment as we aren't always able to make reminder calls! **Call the COA if you must cancel.**

**Please see the Monthly Calendars on page 11 and 12 for days and times of the following groups:**

**Drop-in Pool**

**Drop-in One-Stroke**

**Drop-in Bridge**

**Tile & Board Games**

**Quilters/Sewing Group**

**Drop-in Ping Pong**

**Poker**

**Knit/Crochet Group**

**Drop-in Watercolor**

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

**Ask the Lawyer: Changes in 2011!** We have been very fortunate to have the services of Atty. Leslie Madge's office for several years in our Ask the Lawyer program. We are expanding to include two other Elder Law professionals from Acton, Atty. Margaret Hoag of Eckel Morgan and O'Connor and Cathleen Summers of Summers, Summers and Associates. For next year these three legal offices will rotate their visits with us.

**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 if your treatment professional recommends something, 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.

## TRANSPORTATION

### **Van Snow Policy**

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

**COA Senior Van** runs Monday through Friday, 8:00-4:00. The van is available until 3:45 pm in-town and approximately 3:30 pm for out-of-town rides. The last ride in the morning will be at 11:30 and the first ride after lunch will be at 12:30. For van reservations call weekdays 978-929-6652 between **8:00-11:00** at least one day in advance, more if possible. Please have the name, telephone number and address of your destination when you call. One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.

### **MinuteVan Dial-a-Ride Shuttle Service**

The town of Acton has contracted with Transaction Assoc. of Waltham to offer an on-demand shuttle service for all residents aged 12 and older. The shuttle will run 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 cost \$2 in town and \$4 out of town each way. Rides are available anywhere in Acton and certain locations in Concord, Maynard and Boxborough. For more information on ride destinations or to book a ride please call the number above.

**LRTA Road Runner Van** runs Monday through Friday, 8:00-3:30. In addition to rides in Acton, Concord and Maynard, the Road Runner offers rides to Market Basket in Westford on Fridays. There is a 3 bag limit on groceries. Rides must be scheduled at least 2 days ahead of time. You *must* be registered with the LRTA before a ride can be scheduled. Registration forms are available at the COA or from the LRTA at 1-800-589-5782.

**MinuteVan Commuter Rail Shuttle** runs between a lot located behind the West Acton Fire Station on Central St. and the South Acton Commuter Rail Station. The service will run Monday – Friday, 6:45 AM to 9:24 AM and 5:10 PM to 7:24 PM. For more information, contact Michele Brooks, Acton Transportation Coordinator, at: 978-844-6809 or [coordinator@minutevan.net](mailto:coordinator@minutevan.net) or visit [www.minutevan.net](http://www.minutevan.net).

### **LRTA Road Runner Van Service to Bedford/Burlington/Boston**

On Wednesdays, the Road Runner van makes a trip to the VA hospital in Bedford, Lahey Clinic in Burlington and to Boston area hospitals. Reservations must be made at least two days in advance. The round trip cost to Lahey/Bedford VA is \$12.50 and Boston is \$25. Pickups for these trips are between 8-9am with a return from Boston beginning at 1:30pm. All riders must be registered with Road Runner prior to transportation arrangements being made. To register call 978-459-0152 or visit [www.lrta.com](http://www.lrta.com) and click on the Paratransit tab.



**Friendly Drivers Available** to drive seniors to appointments, shopping, etc. Rides must be arranged ahead of time with Carol Steiner, Outreach Coordinator. This service is offered through the generosity of our volunteers. To use this service you must register with the COA. Please call Carol at 978-929-6652 for information or to register. 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 Carol.

**Identity Theft** is a fast-growing crime with more than 500,000 new victims each year. Personal information can be obtained from discarded receipts and bills, mail from your mailbox or over the phone on some pretext. To protect yourself, tear up or shred all bank statements, bills, credit card offers and any other paperwork containing personal information. Do not give out personal account numbers or SSN over the phone unless you have placed the call and know with whom you are speaking.

**Thank You to...** The COA Board and Friends for help with cooking, cleaning and welcoming seniors at the annual Holiday Tea. Their help is always much appreciated!

...The Friends for the successful Quilt and Afghan Raffle. Also, to the quilters and knit/crocheters who created such beautiful pieces to raffle. Lastly, to all the seniors who purchased tickets which help to finance programs and classes here at the Senior Center year round.

## HEALTH NEWS

### **Alzheimer's Disease Services**

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

### **Support Groups**

- **Bereavement Support Group** at Parmenter's Wayside Hospice, 266 Cochituate Rd., Wayland  
Eight week session provides a safe place to talk about your loss with others who are also grieving, and hopefully to provide you support in the process of healing. New group forming in January. Call 508-358-3000 press 0 for info.
- **Alzheimer's Disease Caregivers Support Group** Life Care of Nashoba Valley, 1<sup>st</sup> Wednesday of each month 5:30-7 p.m. Contact Elizabeth Lenkauskas 978-486-3512.
- **Alzheimer's Disease Caregivers Support Group**, 3<sup>rd</sup> Tuesday of the month at 10:30 a.m. Concord Park Assisted Living in West Concord. Call Mary Baum 978-369-4728.
- **Support Group for families and friends of the mentally ill:** NAMI, Meetings at First Parish Church of Stow, 3<sup>rd</sup> Thursday each month 7-9 p.m. Call 978-897-2962 for information, please leave a message.
- **Al-Anon:** Wednesdays, 10:00am at Acton Congregational Church, 12 Concord Rd, far rear entrance ground floor. Newcomers Welcome.

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

- Home Health Agencies – [www.medicare.gov/HHCompare/Home.asp](http://www.medicare.gov/HHCompare/Home.asp)
- Hospital – [www.hospitalcompare.hhs.gov](http://www.hospitalcompare.hhs.gov)
- Nursing Home – [www.medicare.gov](http://www.medicare.gov), go to Resource Locator, scroll down to Nursing Homes.

### **Healthcare Websites**

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

**Assistive Technology Website** to post or look for items in New England visit [www.getatstuff.org](http://www.getatstuff.org).

**Help for Tough Times** - Information for all ages: *2-1-1 Get Connected. Get Answers.* [www.mass211.org](http://www.mass211.org)

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

**Road to Recovery** - Volunteer transportation and helpful information for cancer patients. Call 1-800-227-2345.

**Cleaning for a Reason** provides free housecleaning for women undergoing chemo-therapy - 1 time per month for 4 months while you are in treatment. For information: [www.cleaningforareason.org](http://www.cleaningforareason.org).

## VOLUNTEERING

**Meals on Wheels Drivers Needed** – The Acton area has immediate need for drivers to deliver meals to homebound seniors in town. Please call Joy, the Acton Meal Site Manager, if you can help your neighbor by delivering meals once a week. Call 978-263-5053 and leave a message.



**Drivers Wanted** - The COA is recruiting volunteer drivers to transport seniors to supplement the COA and LRTA Road Runner van. For information call Carol Steiner at 978-929-6652 or email [csteiner@acton-ma.gov](mailto:csteiner@acton-ma.gov).

**COA Volunteer Opportunities** - Join the ranks of over 160 COA volunteers! Opportunities for volunteering include meal delivery, home visiting, office support, newsletter mailing and more. Call Carol Steiner at 978-929-6652 to explore your interests.



**Senior Center Art Exhibit** - Alice Brunton's multi-media retrospective, "Fabrics, Fibers and Found Objects," continues through January. She will discuss her work in a reception on Friday, January 7<sup>th</sup> at 1:30. All are invited. In February we welcome a series of new drawings by architect Edward Koehler.

## **AROUND TOWN...AND BEYOND**

**Town Clerk's Office** - Contact the Clerk's Office at [clerk@acton-ma.gov](mailto:clerk@acton-ma.gov) or 978-929-6620 with questions.

**Census** - Massachusetts General Law (51:04) mandates that an Annual Street Listing of all residents be taken each year as of January 1<sup>st</sup>. The Street list (Census Form) will be mailed to every household in Acton starting the end of December. Please check the information for accuracy and respond within 10 days of receipt of the census form.

**Dog Licensing** - All dogs age six months or older must be licensed by March 1<sup>st</sup> or are subject to an additional \$25 fine. Spayed/neutered dogs are \$15 and non-spayed/neutered dogs are \$20. A valid rabies certificate is required.

**Annual Town Election** will be held March 29, 2011.

**Annual Town Meeting** will begin April 4, 2011 at the ABRHS Auditorium.

Nomination papers for Town Office are available at the Town Clerk's Office. The last day to obtain nomination papers is Feb. 4<sup>th</sup> and to file papers with the Board of Registrars is Feb. 8<sup>th</sup>. The last day to withdraw is Feb. 24<sup>th</sup>.

**Acton Recreation Department** is planning two events: Sat., Feb. 5<sup>th</sup>, 4:00-7:30 is the Winter Carnival at NARA Park and on Saturday, Feb. 19<sup>th</sup>, 2:00-10:00pm the Town co-sponsors Acton's 275<sup>th</sup> Anniversary at the Acton Chinese Language School's Chinese New Year Celebration. This event held at the High School includes a variety show, dinner and indoor activities, concluding with fireworks on the School Campus. For class registration and information on special events or bus trips visit [www.acton-ma.gov/register](http://www.acton-ma.gov/register) or [www.acton-ma.gov/events](http://www.acton-ma.gov/events).

**Acton Area League of Women Voters presents "Creating Change with Alan Khazei"**

*Tuesday, February 15<sup>th</sup>, 7:30pm at the Acton Town Hall*

Mr. Khazei, co-founder of City Year and founder of Be The Change, Inc., talks on his social entrepreneurial career.

**Town of Acton Senior Work Program** offers qualified seniors the opportunity to earn a maximum of \$1,000 per fiscal year to put toward their property tax bill. The type of work might include clerical, landscaping, research, building maintenance and driving. The Senior Center is looking for help with some regular light cleaning, organizational projects and furniture moving. For information call the Human Resources Dept. at 978-929-6613.

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

*Thursday, January 27<sup>th</sup> and February 24<sup>th</sup>, 12:15-1:00* Donation suggested. Reservations call 978-263-5156.

**Indian Hill Music**, 36 King Street, Littleton. Visit [www.indianhillmusic.org](http://www.indianhillmusic.org) or 978-486-9524 for information.

**Bach's Lunch Concert: Thursday, January 20<sup>th</sup>, 11:00 and 1:30**

**Amadeus! Concert: Sunday, January 23<sup>rd</sup>, 3:00** Pre-concert talk at 2:15 pm.

**Tax Year 2010 Circuit-Breaker Property Tax Credit** – Homeowners/renters may be eligible for up to \$970 tax credit for 2010. To be eligible: Taxpayer or spouse must be 65+ in 2010, total income (social security, pensions, etc.) may not exceed \$51K (single) or \$77K (married), and the principal residence assessed value may not exceed \$764K. The credit is triggered when the annual payments of your allowable property taxes plus 50% of your municipal water and sewer charges exceed 10% of your total income. It is also available to renters whose rents exceed 40% of their income (doesn't apply to subsidized or non-profit housing). Information/forms are available at [www.mass.gov/dor](http://www.mass.gov/dor). This credit can be received even if you don't owe any MA state income tax.

**AARP Free Tax Preparation** - The American Association for Retired Persons (AARP) and the IRS is sponsoring free tax preparation for low and moderate income taxpayers, February and March at the Senior Center and through mid-April at the Acton Memorial Library. *Call the COA at 978-929-6652 to schedule Senior Center appointments.* Call 978-929-6655 for library appointments. E-filing is available. This service will not include business returns, rental property returns, investment advice, or complex Schedule D calculations. Please bring a copy of last year's Federal and State tax returns as well as all tax forms mailed to you for 2009, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security, mutual fund statements, and brokerage statements. If you are applying for the Circuit Breaker Tax Credit (MA), bring a copy of your Real Estate tax bills or a copy of your rental contract, plus any sewer and water bills. There are tax credits for 2010 energy efficiency improvements including windows, doors, insulation, and heating systems, so bring that information if you had work done.

<b>January</b>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<b>2011</b>
<b>3</b> 8:30-9:30 Stretch & Flex Begins 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE <b>1:00 Registration Begins</b>		<b>4</b> 8:30-9:30 Cardio Flex Begins 9:45-10:45 Stretch/Tone Begins 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games	<b>5</b> 8:30-9:30 Cardio Flex Begins 9:00-10:30 Watercolor Begins 9:45-11:45 Quilting/Sewing 10:00-11:30 Beginner Computer I 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	<b>6</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Balance Class 11:00-12:00 Inter. Tai Chi 12:30-1:30 Re-gifting Party	<b>7</b> 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-11:30 Conversations 12:30-2:30 Movie 1:00-4:30 Poker 1:30-3:00 Art Reception/Talk	
<b>10</b> 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-11:30 Beginner Excel 10:00-12:00 Drop-in Bridge 12:30-2:00 Digital Camera Use 1:00-3:00 SHINE  3:45 COA Board Meeting	<b>11</b> 8:20-11:00 Podiatry 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 11:15-11:45 Hip/Knee Talk 12:30-3:00 Board & Tile Games 1:00-2:00 Friendly Visitor Mtg.	<b>12</b> 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 9:45-11:45 Learn to Quilt Begins 9:45-11:45 Sewing 11:45 Birthday/Winter Lunch 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>13</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Balance Class 11:00-12:00 Inter. Tai Chi 12:30-2:35 Movie	<b>14</b> 8:30-9:30 Cardio Flex 10:00-11:00 Sweet Dreams II 1:00-4:30 Poker 1:30-3:00 Genealogy		
<b>17</b>  <b>COA CLOSED</b> <b>Martin Luther King Day</b>	<b>18</b> 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	<b>19</b> 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 9:45-11:45 Learn to Quilt 9:45-11:45 Sewing 10:00-11:30 Beginner Word 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	<b>20</b> 8:30-9:30 Cardio Flex 9:30-11:00 Beaded Jewelry 9:45-10:45 Stretch/Tone 11:00-11:30 Balance Class 11:00-12:00 Inter. Tai Chi 1:00-2:00 Long Term Care Talk	<b>21</b> 8:30-9:30 Cardio Flex 9:00 Men's/Ladies Breakfast 9:30-10:00 Acupuncture Talk 10:00-11:30 Computer Club 12:30-2:00 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages		
<b>24</b> 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00-2:00 Book Group	<b>25</b> 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 Begins	<b>26</b> 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 9:45-11:45 Learn to Quilt 9:45-11:45 Sewing 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>27</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Balance Class 11:00-12:00 Inter. Tai Chi 12:30-1:30 Health Meals	<b>28</b> 8:30-9:30 Cardio Flex 10:00-11:30 Memoir Writing 12:30-2:45 Movie 1:00-4:30 Poker		
<b>31</b> 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE						

<b>February</b>	Mon	Tue	Wed	Thu	Fri	<b>2011</b>
		<b>1</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor	<b>2</b> 8:30-11:30 Taxes 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 9:45-11:45 Learn to Quilt 9:45-11:45 Sewing 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	<b>3</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Balance Class 11:00-12:00 Inter. Tai Chi 1:00-2:00 Hearing Loss	<b>4</b> 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-11:30 Conversations 12:30-2:20 Movie 1:00-4:30 Poker 1:00-4:00 Taxes	
<b>7</b> 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-11:30 Intermediate Excel 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00-2:30 Caring Conversations	<b>8</b> 8:20-11:00 Podiatry 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	<b>9</b> 8:30-11:30 Taxes 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 9:45-11:45 Learn to Quilt /Sewing 11:45 Birthday Lunch 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>10</b> 8:30-9:30 Cardio Flex 9:30-10:30 Bow Making 9:45-10:45 Stretch/Tone 11:00-11:30 Balance Class 11:00-12:00 Inter. Tai Chi 1:00-2:00 Tax Abatement Talk	<b>11</b> 8:30-9:30 Cardio Flex 11:45 Valentine Lunch 1:00-4:30 Poker 1:00-4:00 Taxes 1:30-3:00 Genealogy		
<b>14</b> 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE  3:45 COA Board Meeting	<b>15</b> 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 1:00-3:00 Ask the Lawyer 1:30-3:00 Watercolor	<b>16</b> 8:30-11:30 Taxes 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 9:45-11:45 Learn to Quilt - last 9:45-11:45 Sewing 10:00-11:30 Beginner Computer II 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	<b>17</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Balance Class 11:00-12:00 Inter. Tai Chi 12:30-2:00 Digital Photos 1:00-2:00 Friendly Visitor Mtg	<b>18</b> 8:30-9:30 Cardio Flex 9:00 Men's/Ladies Breakfast 9:45-10:30 Stroke Survival Talk 10:00-11:30 Computer Club 12:30-2:00 Movie 1:00-4:00 Taxes 1:00-4:30 Poker		
<b>21</b>  <b>COA CLOSED Presidents' Day</b>	<b>22</b> 8:30 Newsletter Mailing 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	<b>23</b> 8:30-11:30 Taxes 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 9:45-11:45 Quilting/Sewing 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>24</b> 8:30-9:30 Cardio Flex 9:30-11:30 Earring Workshop 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 12:30-2:45 Movie 1:00-2:30 Internet Shopping	<b>25</b> 8:30-9:30 Cardio Flex 10:00-11:30 Memoir Writing 12:30-2:00 Movie w/Grandkids 1:00-4:30 Poker 1:00-4:00 Taxes		
<b>28</b> 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-11:30 Intermediate Word 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00-2:00 Book Group <b>1:00 Registration Begins</b>	<b>March 1</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor	<b>2</b> 8:30-11:30 Taxes 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 9:45-11:45 Quilting/Sewing 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	<b>3</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi	<b>4</b> 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 12:30-2:45 Movie 1:00-4:30 Poker 1:00-4:00 Taxes		



## Going Away for the Winter? 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](http://www.acton-ma.gov).

**Acton Food Pantry Drive** continues with collecting **cereal, pasta, macaroni and cheese, rice pilaf, and toilet paper.** We hope you will help out with a donation. The collection box is in the dining room. If you prefer to donate other foods, toiletries or diapers please know they are also much needed. If your family or neighborhood would like to run a food drive, contact the Food Pantry at 978-635-9295. Thank you, every donation helps.

### FROM THE FRIENDS OF THE COA

In this busy and festive season you will also find the annual appeal from the Friends of the Acton Council on Aging. This appeal is the single most important source of our funds and is the foundation of our ability to fund classes and programs at the Senior Center. Please respond as generously as possible and know that every gift counts. Thank you and our best wishes for a safe and peaceful holiday for all.

## New COA Police Liaison

Detective Sergeant Raymond Grey has been employed by the Town of Acton for the past 30 years as a police officer. He says the most enjoyable part of his work has been supervising the Family Services Unit. He finds it particularly rewarding when working with the elderly and assisting the victims of domestic violence. Sergeant Grey will be working closely with the COA to best meet the needs of the seniors in Acton.



Please note that activities associated with this symbol are partially or fully funded by your donations to the Friends of the Acton COA.



PRSRPT STD  
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Permit #67

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

**Join the Trend! - Get Your Newsletter by Email** - If you are comfortable with email the COA asks that you consider receiving your newsletter using email rather than through the postal service. For every household that uses 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](mailto:jpeters@acton-ma.gov). Thank you!

#### ACTON COA STAFF

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

#### ACTON COA BOARD MEMBERS

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

Acton COA Board meets on Monday, Jan 10<sup>th</sup> and Feb 14<sup>th</sup> at 3:45.