



Acton Senior Bulletin



July/August 2010

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.

New Phone Numbers for All Town Hall Departments

The phone numbers for all town departments are in the process of being changed. Some departments have not yet been transferred and, although all the old phone numbers will be active until next summer, you should begin using the new numbers today. Here are a few new numbers you might need. All the new phone numbers will be in the next version of the telephone books. If the department is not listed here please just ask them what their new number is when you call their old one.

COA	978-929-6652
Town Manager	978-929-6611
Memorial Library	978-929-6655
Citizen's Library	978-929-6654
Nursing Dept.	978-929-6650
Town Clerk	978-929-6620
Health Dept.	978-929-6632
Recreation Dept.	978-929-6640
Transfer Station	978-929-7742

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Newsletter Mailing List Names and Addresses

The names and addresses used for mailing the newsletter come from the annual town census information. Each July our mailing list gets updated from the census information. We remove people not reported on the current census and add new seniors from the census. *If you do not receive a September newsletter and still live in town please contact Judy at 978-929-6652 or jpeters@acton-ma.gov to be put back on the mailing list. This will not affect those on the email list.*

► Lowell Spinners Baseball Game

Monday, July 19th, leaving from the Senior Center at 5:30pm



It's not too late to join us for an evening of baseball at the Lowell Spinners, Single A affiliate of the Red Sox. The Spinners provide a fun, entertaining atmosphere for games at a good value. This is a great chance to experience a game and see some of the Red Sox stars of the future! Bring along friends, children or grandchildren (ages 5 and up). Our group will be sitting together in box seats

(with backs and arms) in an area that does not require a lot of walking up and down steps. There is an elevator into the stadium. The mini-coach bus we will be taking does not have a restroom. **Payment is due when signing up.**

Depart: 5:30 pm from the Senior Center, 50 Audubon Dr. Please note change from usual departure location.

Approximate Return: 10:00 pm, depending on game length.

Cost: \$24 includes mini-coach bus transportation, driver tip, game ticket.

► Senior Cardio-Flex with Terri Zaborowski

Mondays and Wednesdays, July 12th through September 1st, 8:30-9:30

(No class 7/26, 7/28, 8/16, 8/18)

Terri is here for one exercise class this summer! Space is limited for this 6 week session. See page 7 for details.

Registration for all classes/programs begins in person or by phone Tuesday, July 6th at 1:00.

The COA will be closed on Monday, July 5th for Independence Day.

UPCOMING PROGRAM HIGHLIGHTS

FOR JULY/AUGUST.....REGISTRATION BEGINS TUESDAY, JULY 6TH at 1:00

► **Arthritis Educational Seminar with Dr. Alan Marks**

Monday, July 12th, 10:00-11:00

Learn about rheumatoid arthritis and osteoarthritis with specialist Dr. Alan Marks, who has been in private practice in Concord since 1978. He will give an overview of both diseases, focusing on symptoms, care plans, treatment options, and other frequently asked questions. There will be ample time for questions. A continental breakfast will be served. This program is sponsored by Abbott Laboratories of Waltham.

How to Beat the Heat

Wednesday, July 14th, 12:15-1:00



Join a nurse from the Acton Public Health Nursing Service for an informative discussion about the importance of avoiding the summer's heat. Know the signs and symptoms of heat exhaustion and stroke. Learn about tips for staying cool when the temperature rises!

► **“Conversations - Life Stories” Seminar**

Thursdays, July 15th and August 19th, 12:30-2:00

This seminar provides an outlet for discussing personal experiences on a variety of subjects. Discussion subjects so far: what brought us to Acton, the roles of women in our lives, gardening/nature, and war experiences and military life. Bring along a photograph, poem or other object to share if you would like. Acton resident Sal Lopes is the group facilitator, but the expectation is that participants will help to lead discussions. If you are new to the group, please call to be added to the list of participants. Discussion topics:

July 15th: Pets and animals in our lives

August 19th: Memories from summer vacations/camp

► **Tour of the Acton Memorial Library**

Thursday, July 22nd, 10:00-11:15

Director Marcia Rich will lead a senior group tour of the Acton Memorial Library on Main Street. Learn about the incredible amount of resources available, such as audio books, museum passes, DVDs, college-level lectures on audio CDs and DVDs, and databases Meet in the library's first floor meeting room.

► **Elderberries/Acton Community Access Television (ACAT) Studio Open House**

Wednesday, July 28th, 10:00-11:30 at the ACAT Studio at the AB Regional High School

Want to be on television? Or is videotaping more your style? Maybe you have some great ideas for content? Your help is needed to bring Elderberries, the cable television show produced by seniors, back to local cable! To learn more come to the Open House with Rick Degon. To make the load lighter for the volunteers, Rick plans to do all the editing to put each show together, which is the most technical and time consuming task involved. Individuals can contribute with programming ideas, filming segments or conducting interviews. Coffee and pastry will be served. Ask for directions to the studio when you call the COA to sign-up.

► **Sunny Skates at Nashoba Valley Rink on Mass Ave. at the Acton/Boxborough line**

Thursday, August 12th, 2:30-4:50



You are cordially invited to enjoy this free ice skating show featuring figure skaters of all ages in a cool spot. Please call the COA office to sign up so that the rink knows how many to expect. Please wear warm clothes and consider bringing a lap blanket! Refreshments will be served.

► **Diabetes Bingo with Concord Health Care**

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

Bingo! Following the special Summer Lunch, stay for Diabetes Bingo with Mary Bannon, Diabetic Coordinator at Concord Health Care Center. Improve your knowledge about diabetes self-management while enjoying a fun game with friends! Learn something new, have fun and win prizes! If you want to attend the Summer Lunch, make sure to also call the dining room, 978-263-5053.

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

UPCOMING PROGRAM HIGHLIGHTS (continued)

FOR JULY/AUGUST.....REGISTRATION BEGINS TUESDAY, JULY 6TH at 1:00

Red Sox Game in High Definition!

Wednesday, August 25th, 1:30

Watch the Red Sox take on the Seattle Mariners at Fenway on the Senior Center's high definition, big screen TV. Please remember that baseball games are at the mercy of the weather, so if you have questions about whether the game will be played that day, check www.redsox.com, local news channels, NESN, or call the office.



► **“Thoreau’s Cats” Lecture with Tom Blanding**

Thursday, August 26th, 1:00-2:00

Acton resident and well-known Thoreau scholar Tom Blanding will talk at the Senior Center on "Thoreau's Cats," the Concord naturalist and philosopher's favorite animal. Mr. Blanding is past-president of the Thoreau Society, founder of the campaign to save historic Walden Woods, and a frequent television and radio guest on the Concord Authors. He is now at work on a Thoreau biography emphasizing Thoreau's spiritual life.

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

CLASSES/WORKSHOPS

FOR JULY/AUGUST.....REGISTRATION BEGINS TUESDAY, JULY 6TH at 1:00

► **Easy Method to Mixed Media Block Printing**

Thursday, July 22nd, 1:00-3:00

No drawing experience necessary! Join local artist Dayna Talbot to create an abstract or representational print using water soluble inks, foam blocks and anything else that makes an interesting mark. You will leave this workshop with one completed print!

► **Useful Features of Your Digital Camera**

Monday, August 2nd, 12:30-2:00

Summer is passing quickly. It's time to get out there and get those photos of the family, your garden or whatever catches your eye! This class will focus on some important camera features as well as some helpful tips to get you started taking quality photos. Please bring your camera (with battery charged) and instruction book to class.

Board Game Lessons

Thursdays, August 5th and September 2nd, 12:30-2:00



Join Judy for lessons on how to play some great board games. We'll learn some new games to engage your mind, while having fun and making new friends. Some possible games we'll explore include: Boggle, Sequence, Scrabble, Checkers, Sorry and Rummikub.

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

COAZAH

...to our 166 volunteers for sharing their time and good will all year round.

...to Lauren Rosenzweig Morton, Board of Selectmen Chair, for her kind words at our Volunteer Reception.

...to the Friends and Board for their year round support and for helping at the volunteer reception.

...to the McCarthy Towne School kindergarteners, and teachers Lee Trench and Myrna Gutfreund for the marvelous marigolds in the pretty pots.

...to Gena and David Manalan for planting our outdoor planters with lovely spring and summer flowers.

VOLUNTEERING

Drivers Wanted

The COA is recruiting volunteer drivers to transport seniors to supplement what the COA van or the LRTA Road Runner van can offer. For more information call Carol Steiner at 978-929-6652 or email csteiner@acton-ma.gov.

COA Volunteer Opportunities

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

TRIPS

► Lowell Spinners Baseball Game

Monday, July 19th, leaving from the Senior Center at 5:30pm



Enjoy an evening of baseball at the Lowell Spinners. See the details of this trip on page 1 of the newsletter. **Payment is due when signing up.**

Depart: 5:30 pm, from the Senior Center, 50 Audubon Dr. Please note change from usual departure.

Approximate Return: 10:00 pm, depending on game length.

Cost: \$24 includes mini-coach bus transportation, driver tip, game ticket.

► Odyssey Boston Harbor Cruise and Gourmet Luncheon

Tuesday, August 24th, leave Acton 9:45



Take advantage of this specially-priced Odyssey Senior Cruise! Enjoy magnificent views of Boston's skyline, live music and a three-course elegant luncheon. You will indicate your meal selection on board, but the entrée options are Roasted Chicken Santa Cruz, Asian Grilled Salmon, Seafood Cannelloni Gratinee, Beef Short Ribs, Roasted Vegetable Napoleon, choice of appetizer and dessert, and unlimited coffee, hot and iced tea. Live entertainment is typically a Jazz duo. Lunch is served in a climate-controlled dining room and there are large outdoor decks to enjoy the sea air. Odyssey staff is available to assist individuals with boarding the ship, if needed.

Depart: 9:45 a.m., Nagog Office Park. Approximate return time: 3:30

Cost: \$50 due July 22nd

► Sherborn Inn Lunch and Live Music

Wednesday, September 22nd, 10:15



Great live music during a weekday? You bet! Travel to the lovely Sherborn Inn for a three-course lunch and live musical performance by members of the Claflin Hill Symphony. Music will include pieces from Cole Porter to Gershwin to Bach. Call the COA in late Aug. for the menu choices, which typically include seafood and meat options. The ride is under 1 hour and the bus doesn't have a restroom.

Depart: 10:15 a.m. from Nagog Office Park. Approximate return time: 3:15.

Cost: \$42, due Sept. 8th, includes luncheon/show, bus transportation, all gratuities.

► Green Mountain VT Foliage Train Ride/Lunch at Dartmouth College

Tuesday, October 5th, 9:15



Take in the colorful foliage of Vermont and New Hampshire by bus and train! Our first stop will be a gourmet lunch at the Hanover Inn run by Dartmouth College. Call the COA for menu options in late Aug./early Sept. Then it's on to White River Junction, VT, for a two hour ride on a Green Mountain Railroad antique train along the majestic Connecticut River with views of the White Mountain foothills and a causeway that serves as a wildlife sanctuary. The train will stop at Montshire and Thetford (location of Pompanoosuc Mills). There will be time to shop at the Depot Square gift shop.

Depart: 9:15 a.m., from Nagog Office Park. Approximate return time: 7 p.m.

Cost: \$73, due Sept. 3rd, includes coach bus transportation, train ride, luncheon, all gratuities.

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check.
2. Payment is due as specified in each description. If payment is not received in time, we will attempt to contact you before your name is removed from the registration list. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you can find someone to go in your place.
3. Make checks out to: The Friends of the Acton COA. You may drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720. For multiple trips, please make separate checks for each.
4. Parking for trips is at Nagog Office Park. Enter from Rte. 2A/119 at Bickford's Restaurant and follow Nagog Park Drive all the way to the end to the cul de sac (just under one mile) and park in the last lot on the right.
5. Please call Jean Fleming at 978-929-6652 for financial assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips.

► **Indicates that you must sign up in advance!**

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 tea rather than for another ride to an appointment? The COA can offer 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. If you are interested in visiting someone to brighten their day, 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 to get the most recent list of local area suppers and pantries. Please see information on the summer Food Drives on page 14.

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.

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.

Healthy Smiles: Full service dentistry at reduced rates for low income clients not covered by any dental plan. Accepts Mass Health and other plans. Address is 169 Pleasant Street, Marlboro. Call 508-229-3131.

NSTAR Program for Low Income Customers

NSTAR is offering low income customers the opportunity to pay off their old arrearages for their gas and/or electric bills. They will forgive past due balances over a period of time if customers pay a budgeted bill each month on time. For details on who qualifies please call NSTAR at 1-866-315-2496.

Cleaning for a Reason - For women undergoing chemotherapy there is an organization that provides FREE housecleaning - 1 time per month for 4 months while you are in treatment. Just sign up and have your doctor fax a note confirming the treatment. Cleaning for a Reason will arrange for housecleaning through a participating maid service. This organization serves the entire country with 547 partners. For information: www.cleaningforareason.org.

Durable Medical Equipment Available to Loan: If you know what you need, (walkers, canes etc.) give us a call. We also have some less frequently needed items such as long-handled shoe horns, sock aids, etc., so if your treatment professional recommends that you need something, please ask us. It's best to call Mary Lou weekday afternoons (except Wednesdays) and give her a couple of days to gather the equipment.

Accessing your Computer Information

Please consider telling a family member or attorney how to access electronic information stored on your computer. Someone should know how to retrieve your email, financial records and family/medical contacts in an emergency, especially if this information is password protected.

Your State Representatives



Sen. Jamie Eldridge: James.Eldridge@state.ma.us 617-722-1120 - State House Rm.213A, Boston, 02133
Rep. Cory Atkins rep.coryatkins@hou.state.ma.us 978-369-5299 - 1540 Monument St., Concord, 01742
Rep. Jen Benson Jennifer.benson@state.ma.us 978-582-4146 ext. 450 - PO Box 202, Lunenburg, 01462

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.

Thursday, July 1st, 12:30-2:35, “Yankee Doodle Dandy,” (1942) – James Cagney won the Best Actor Oscar for his portrayal of George M. Cohan in this lavish musical. Cohan, a playwright, entertainer, composer, and patriot, made his mark on the vaudeville stage and wrote many tunes including “Over There,” “It’s a Grand Old Flag,” and “Give My Regards to Broadway.”

Monday, July 12th, 12:30-1:45, “Run Granny Run,” (2007) – True story of New Hampshire’s Doris “Granny D” Haddock, who at age 89 walked across the country in protest of big-money influence on elections and four years later ran for U.S. Senate. Documentary chronicles the charismatic activist in her colorful travels.

Friday, July 16th, 12:30-2:30, “Nine,” (2009, PG-13) – Musical tells the fictional story of Italian film director Guido Contini (Daniel Day Lewis), who struggles to find harmony in his professional and personal lives, which includes relationships with his wife, mistress, muse, and mother. Star-studded cast includes Judy Dench, Penelope Cruz, Sophia Loren, Nicole Kidman, Kate Hudson, and Marion Cotillard. Nominated for four Academy Awards.

Friday, July 23rd, 12:30-2:15, “Extraordinary Measures,” (2009, PG) – Brendan Fraser and Keri Russell star as a couple whose two young children have a rare genetic disease. They turn to an unconventional scientist (Harrison Ford) in hopes of finding a cure. Based on the true story chronicled in the book *The Cure*.

Monday, July 26th, 12:30-2:05, “The Endurance,” (2002, G) – Re-telling of the story of Sir Ernest Shackleton’s 1914 expedition to Antarctica. After the ship was crushed by heavy ice, the crew survives 635 days in some of the harshest conditions imaginable.

Friday, July 30th, 12:30-2:10, “Leap Year,” (2010, PG) – Romantic comedy starring Amy Adams who travels to Ireland to propose to her boyfriend on February 29th, sure he will accept because of an Irish custom, but an innkeeper she meets causes her to re-think her plan.

Friday, August 6th, 12:30-2:30, “It’s Complicated,” (2009, R for some drug content and sexuality) – Meryl Streep and Alec Baldwin star as a divorced couple who have a tryst, complicating their lives. Steve Martin also stars in this romantic comedy. Nominated for four Golden Globes, including Best Picture.

Monday, August 9th, 12:30-2:00, “Winged Migration,” (2003, G) – Five film crews follow a rich variety of bird migrations through 40 countries and each of the seven continents, using planes, gliders, helicopters, and balloons to follow their subjects. Academy Award nominee for Best Documentary.

Friday, August 20th, 12:30-2:20, “Dear John,” (2010, PG-13) – Romance based on the novel by Nicholas Sparks tells the story of a US soldier on leave (Channing Tatum) who falls in love with a Southern college student (Amanda Seyfried) and the difficulties they endure.

Monday, August 23rd, 12:30-1:15, “The Tower of London,” (1991) – Travelogue focuses on the corridors of the Tower of London, the site of 900 years of England’s legendary political triumphs and world-shaking personal tragedies. See Wakefield Tower where Henry VI was murdered, Bloody Tower where Sir Walter Raleigh spent 13 years as a prisoner and the lofty royal quarters of White Tower.

Friday, August 27th, 12:30-2:45, “Invictus,” (2009, PG-13) -- The true story of how Nelson Mandela joined forces with the captain of South Africa's rugby team to help unite their country. Matt Damon and Morgan Freeman both received Academy Award nominations for their roles.

Friday, September 3rd, 12:30-2:20, “Crazy Heart,” (2009, R for language and sexuality) – Jeff Bridges, in his Academy Award winning performance, stars as a broken-down, hard-living, once successful country music singer who looks for salvation in a new relationship. Maggie Gyllenhaal (Oscar nomination) and Robert Duval co-star. The movie also won an Oscar for original music.

Senior Center Art Displays



Carol Bull’s colorful solo exhibit, “In Search of My Voice,” continues through July. Her unique show includes a variety of media and subject matter and features delightful visual surprises. We very much appreciate her sharing her creative work here at the Senior Center.

In August through September we welcome Joyce Dwyer who will display her current watercolor paintings. Specializing in landscape and architecture, Ms. Dwyer’s work is known for its uplifting qualities. Her show will include unusual miniature works suitable for doll houses. Please call the COA office for viewing times.

EXERCISE

Please check with your doctor before starting an exercise program, wear loose, comfortable clothing and bring water. All new participants in any COA exercise program including DVD exercise must sign a waiver of liability.

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

Mondays and Wednesdays, July 12th through Sept. 1st, 8:30-9:30 (No class 7/26, 7/28, 8/16, 8/18)

We are offering one of Terri's exercise classes this summer! This is a mini session of six weeks. Each class starts with a stretch and warm-up segment followed by a lively 20 minute aerobic routine, 5 minute cool down, and 30 minutes of muscle toning and strengthening using hand-held weights for resistance (bring your own or use those available at the Senior Center). Floor work is optional. Space is limited in this class and registration is required!

Tai Chi Classes with Ray Caisse of the Taoist Tai Chi Society

Beginners, Tuesdays, through September 7th, 11:00-12:00 (Note: No class on July 27th)

Intermediate, Thursdays, through September 9th, 11:00-12:00 (Note: No Tai Chi on July 8th, Aug. 12th)

Tai Chi will continue through the summer and is open **only** to students who participated in the Beginners and/or Intermediate classes held at the Senior Center. The current rosters will be carried forward for the summer session.

DVD Exercise—Beginning the Week of July 6th



Exercise this summer with a series of DVD programs offered at the air-conditioned Senior Center! Read the exercise video descriptions to see which ones are a good fit for you, and remember to check with your doctor before starting any exercise program. Wear loose, comfortable clothing and bring a water bottle.

Exercise DVD programs are on a drop-in basis, but participants are required to sign a waiver of liability.

“Older and Wiser” Aerobic/Toning Workout DVD

Tuesdays, July 6th through Sept. 7th, 9:00-10:00 (No DVD on July 27th) and

Fridays, July 9th through Sept. 10th, 9:00-10:00

Sue Grant leads this one-hour workout, which includes low-impact aerobics and non-floor toning exercises. Each exercise is shown at three different levels of intensity so participants can adjust the workout to their own needs. Bring a pair of 1-5 pound weights or use those available at the Senior Center. This DVD workout is only for healthy adults who have been regular participants in Terri's cardio-flex classes and is not for beginners.

“Easy Does It” Strength and Tone DVD

Fridays, July 9th through Sept. 10th, 10:30-11:20

Craig Marcacci's muscle-toning exercise regimen helps with flexibility, balance, strength, and cardiovascular health. The routine is done sitting in and standing behind a chair. Bring a pair of 1-5 lb weights or use those available at the Senior Center. This workout is good for beginners.

“Yoga for the Rest of Us” DVD

Mondays, July 12th through August 30th, 2:30-3:30

This yoga program (seen on PBS) is for almost anyone, regardless of age or fitness level and is led by Peggy Cappy. It consists of three 20-minute segments, so you can participate in one, two or all three. The first is a series of warm-up stretches that can be done seated in a chair. The second focuses on poses that are done standing, holding the back of a chair if needed. The final segment is a more challenging series of sun salutation poses that build stamina and involve some floor work. Bring an exercise/yoga mat if you plan to participate in the floor work.

***New* “Start! Walking” with Leslie Sansone, 1 & 2 Mile Walks DVDs**

One-mile walk: Thursdays, July 15th through September 9th, 10:15-10:35 (No DVD 8/12)

*Two-mile walk: Fridays, July 9th through September 10th, 11:30-12:00 and
Mondays, July 26th, August 16th and Wednesdays, July 7th, 28th, August 18th, September 8th, 9:00-9:30*



This indoor walking workout, similar to low-impact aerobics, is hosted by Leslie Sansone and produced by Exercise TV and the American Heart Association. If you're new to exercising, begin with the 1-mile (20 minute) Gentle Walk. You will increase your heart rate with low impact moves that are safe and easy for beginners. When you're ready, move onto the intermediate 2-mile Brisk Walk (30 minutes). No equipment needed.

More exercise on the next page...

EXERCISE (continued)

Please check with your doctor before starting an exercise program, wear loose, comfortable clothing and bring water. All new participants in any COA exercise program including DVD exercise must sign a waiver of liability.

***New* “Firming After 50” Exercise DVD**

Thursdays, July 15th through September 9th, 9:00-10:00 (No DVD on 8/12)



Professional trainer Joel Harper hosts this fitness program (seen on PBS) specifically designed to combat the challenges faced later in life. This DVD contains 3 workouts – upper body (23 minutes), lower body (18 minutes), and an abs workout (15 minutes). You can participate in one, two or all three as the DVD stops after each segment. The upper and lower body workouts are all done in a standing position. The abdominal workout requires floor work (bring an exercise mat if participating in this segment). No other equipment is needed.

***New* “Take Control with Exercise” Arthritis Foundation DVD**

Tuesdays, July 6th through September 7th, 10:15-10:45 (No DVD 7/27)

DVD will help you improve flexibility with a head-to-toe range of motion workout and postural exercises. The workout is done seated in a chair and standing with a chair for support. Lead by physical therapist Peggy Brill. No equipment needed.

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

HEALTH NEWS

Alzheimer’s Disease Services

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

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

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

Support Groups

- **Alzheimer’s Disease Caregivers support group** Life Care of Nashoba Valley, 1st Wednesday of each month 5:30-7 p.m. Contact Elizabeth Lenkauskas 978-486-3512.
- **Alzheimer’s Disease Caregivers support group**, 3rd Tuesday of the month at 10:30 a.m. Concord Park Assisted Living in West Concord. Call Mary Baum 978-369-4728.
- **Caregivers Support Network**, 1st Thursday of each month 3:30-5:30 at Littleton COA, for families, and loved ones of seniors. Contact Anne Marie Rowse, Senior Care Advisors, 978-456-3756, amrowse@sca-ma.com
- **Support Group for families and friends of the mentally ill:** NAMI, Meetings at First Parish Church of Stow, 3rd Thursday each month 7-9 p.m. Call 978-897-2962 for information, please leave a message.

Healthcare Websites

- **Alzheimer’s Association** sponsored website. www.alz.org/carefinder to get a report with recommendations and questions to ask care providers.
- **Office of the Attorney General**, www.ago.state.ma.us, click on elders.
- **Long Term Care**, www.masslongtermcare.org.

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

Help for Tough Times provides information for all ages: *2-1-1 Get Connected. Get Answers.* A Partnership of United Way and MAIRS; www.mass211.org

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

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

ONGOING ACTIVITIES

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

Fridays, July 16th and August 20th, 2:30-3:45

Enjoy a wonderfully relaxing chair massage at the Senior Center. Massages vary depending on individual needs, but often include the back, neck, shoulders, arms, and hands (for those with arthritis). The discounted fee for a 20 minute chair massage is \$15 and should be paid directly to Nancy with cash or check. Wear a long- or short-sleeved t-shirt to make the massage most effective. Make sure to jot an appointment down on your calendar as we aren't always able to make reminder calls! **Please call the COA if you must cancel an appointment.**

► **Ask the Lawyer**

Wednesday, August 11th, 1:00-3:00

Attorney Leslie Madge, a certified Elder Law Attorney, offers free short private legal consultations.

Genealogy Group

Fridays, July 9th and August 13th, 1:30-3:00

The Genealogy Group will meet once a month this summer. Share your research, get some advice or just enjoy sharing your passion for family history with like-minded people.

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

Mondays, 1:00-3:00 (No SHINE appointments on July 5th or September 6th)

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

Computer Club

Friday, July 9th, 23rd, August 6th, 20th and September 3rd, 10:00-11:30

Wednesdays, June 30th, July 14th, 28th and August 11th, 25th, 1:30-3:00

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

“The Bookies” - The COA Book Club doesn't meet over the summer but if you would like to get a jump start on the September selection, it is *The Help* by Kathryn Stockett. This page turner is set in 1960s Mississippi and is told from three points of view: an educated, prosperous young white woman with no real plans for the future and two black female servants who reveal their own stories. At press time there was a long wait to borrow the book, but contact the Memorial Library to put a hold on the book as it may be more readily available later in the summer.



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

Drop-in Pool

Drop-in Watercolor

Poker

Drop-in One-Stroke

Genealogy

Tile & Board Games

Drop-in Bridge (no bridge on 7/12)

Quilters

Drop-in Ping Pong – (check with the

Knit/Crochet Group

office about available times to play)

► **Indicates that you must sign up in advance!**

Minuteman Senior Services provides free in-home consultations for seniors age 60 years and older. Services range from Adult Day Health, Chore Service, Companions, Meals on Wheels, Housekeeping, Laundry Service, Personal Care and more. Please call 1-888-22-6171 for more information and eligibility guidelines.

SNAP - Supplemental Nutrition Assistance Program: Low-income seniors may qualify for food assistance through SNAP, formerly the food stamp program, even if you own a home or a car, or have savings. Benefits are primarily based on income and certain other expenses. 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 on-line at www.mass.gov/dta.

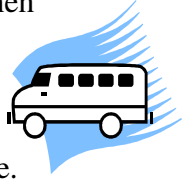
Senior Passes to Massachusetts State Parks

The Department of Conservation and Recreation provides seniors 62 and older with parking passes to all state parks and recreation facilities. Call 617-626-1250 or visit www.mass.gov/dcr/forparks.htm for more information.

TRANSPORTATION

COA Senior Van runs Monday through Friday, 8:00-4:00. The van is available until 3:45pm in-town and approximately 3:30pm 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.

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 and the ride must be scheduled at least 2 days ahead of time. For all Road Runner services you *must* be registered with the LRTA before a ride can be scheduled. Registration forms are available at the COA, on the COA Senior van or by calling the LRTA at 1-800-589-5782.



***NEW* Friendly Drivers Available**

We have several volunteer drivers willing to drive seniors to appointments, shopping, etc. Rides must be arranged ahead of time with Carol Steiner, Outreach Coordinator, and should be made well in advance of the needed ride. This service is offered through the generosity of our volunteers. To use this service you must first 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.

NEW* MinuteVan Rail Shuttle to South Acton Train Station

To help alleviate the parking congestion at the South Acton Train Station, the Town is starting a shuttle service from a satellite parking lot. The shuttle will run Monday through Friday. The exact hours are still to be determined but it will serve commuters from about 7:00-9:30am and 5:00-7:30pm. The parking lot is located behind the West Acton Fire Station on Central Street. The Town is in discussions to add additional satellite parking for commuters so watch for more details in future newsletters. For more information or to purchase a sticker, call 978-844-6809.

***NEW* MinuteVan Dial-a-Ride Service**

The Town has contracted with Transaction Associates of Waltham to provide on-demand shuttle service to Acton residents. This service will be available weekdays in the early mornings and late afternoon through early evening for qualified riders. Details about the exact hours of service, eligibility and the locations to be serviced are being finalized. Please watch for more information in our next newsletter or call 978-844-6809 for updates.

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. Pick ups 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 and click on the Paratransit tab.

Charitable Giving Tips from the Attorney General's Office

Before donating to a charity you should do a little homework. Here are a few tips to remember:

- Empower yourself – Never feel obligated to donate money to anyone who calls you. It is generally better to avoid donating money via telemarketing altogether.
- Never be afraid to say “no thank you”.
- It is entirely reasonable for you to ask for written materials.
- Do research to find charities that support causes that are important to you. Look for local chapters of charities and contact them directly to determine the best way to contribute.
- Contact the Attorney General's Office at 617-727-2200 ext. 2101 to find out if a charity is registered to operate in the Commonwealth.
- Financial reports for charities are available at: www.charities.ago.state.ma.us/charities.

AROUND TOWN...AND BEYOND

Town of Acton Senior Work Program allows qualified seniors the opportunity to earn money to put toward for their property tax bill. Seniors work at an hourly rate of \$13.35 for a maximum amount of \$1,000 per fiscal year. The type of work might include clerical, landscaping, research, building maintenance and driving. For more information call the Human Resources department at 978-929-6613.

Acton Recreation Department Special Events, Concerts & More!

Mark your calendars for upcoming special events and concerts all summer long at NARA Park! Details can be found on the Recreation Department webpage at www.acton-ma.gov or at the Recreation Dept in the Town Hall.

Acton-Boxborough Farmers Market



Sundays, July 11th through October 31st, 10:00-1:00 on Pearl Street in West Acton

Local farmers and vendors will be offering fresh vegetables and fruits, as well as honey, eggs, meat, seafood, and specialty goods such as breads, cheeses, baked treats, jams, bagels, handmade soaps, and more. For more information, contact Jennifer Taylor at 978-877-1657 or at

actonfarmersmarket@hotmail.com.

Indian Hill Music, 36 King Street, Littleton. Visit www.indianhillmusic.org or 978-486-9524 for information. "Annie": presented by students of the School's Summer Musical Theater program. Shows: July 23-25.

DINING OPPORTUNITIES

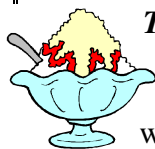
► **Lasagna Luncheon and Heat Stroke Discussion with Nashoba Homecare**

Monday, July 19th, 11:45-12:45

Carol Jaillet, Nashoba Homecare president, will provide a lasagna lunch, followed by a talk about the signs of heat stroke and how to avoid it. Nashoba Homecare is based in Groton and its services include in-home care, pet assistance and medical transportation. Call the COA office to make a lunch reservation by Monday, July 12th.

► **Ice Cream Social with Town Employees**

Thursday, July 29th, 12:30-1:30



Cool off at the Senior Center with a frosty treat, chat with friends or make some new acquaintances.

Town of Acton employees will be attending the social, so you will have a chance to get to know folks who work in various offices in town. Sign up by Monday, July 26th.

► **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. The free birthday lunches are paid for by the Friends of the COA.

- **July 4th Lunch: Thursday, July 1st**

- **July Birthday Lunch: Wednesday, July 14th**

- **August Birthday Lunch: Wednesday, August 11th**

- **Summer Lunch: Tuesday, August 17th**

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

Jazz Series on DVD Available to Borrow

The Ken Burns 10-part *Jazz* series on DVD is available to borrow from the COA to watch at home. Other DVDs available to borrow include: *John Adams* mini-series, *Planet Earth* series, *Gardens of the World*, and *How to Read and Understand Poetry* (VHS). Drop by the office to borrow or call first about availability.

Travel Mug Update: To the volunteers who took home a travel mug gift from our reception. You can take the mug apart to put in picture of your choice. After you screw the mug back together be sure it is screwed down tightly. Some people have experienced water leaking into the inside wall of the mug. Sorry for the inconvenience.

July	Mon	Tue	Wed	Thu	Fri	2010
	28 9:00-9:45 Chair Exercise DVD 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE	29 8:30 Newsletter Mailing 9:00-10:00 Older/Wiser DVD 12:30-3:00 Board & Tile Games 12:30-2:30 Balance Prog. - last	30 8:30-9:20 Easy Does It DVD 9:00-10:30 Drop-in Watercolor 10:00 Quilting 12:30 Knit 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	1 9:00-10:00 Older/Wiser DVD 11:00-12:00 Intermediate Tai Chi 11:45 July 4 th Lunch 12:30-2:35 Movie	2 9:45-10:45 Choral Group-last 1:00-4:30 Poker	
5 CLOSED for Independence Day		6 9:00-10:00 Older/Wiser DVD 10:15-10:45 Arthritis DVD 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:00 Registration Begins	7 9:00-9:30 2 Mile Walk DVD 9:00-10:30 Drop-in Watercolor 10:00 Quilting 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	8 COA Staff Development Day (Senior Center will be open for lunch and socializing.)	9 9:00-9:50 Older/Wiser DVD 10:00-11:30 Computer Club 10:30-11:20 Easy Does It DVD 11:30-12:00 2 Mile Walk DVD 1:00-4:30 Poker 1:30-3:00 Genealogy	
12 8:30-9:30 Cardio Flex 9:30-11:00 Drop-in One Stroke 10:00-11:00 Osteo Arthritis Talk with Breakfast 12:30-1:45 Movie 1:00-3:00 SHINE 1:00-4:30 Poker 2:30-3:30 Yoga DVD		13 9:00-10:00 Older/Wiser DVD 10:15-10:45 Arthritis DVD 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games	14 8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 10:00 Quilting 12:30 Knit 11:45 Birthday Lunch 12:15-1:00 Beat the Heat Talk 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	15 9:00-10:00 Firming DVD 10:15-10:35 1 Mile Walk DVD 11:00-12:00 Intermediate Tai Chi 12:30-2:00 Life Stories	16 9:00-9:50 Older/Wiser DVD 10:30-11:20 Easy Does It DVD 11:30-12:00 2 Mile Walk DVD 12:30-2:30 Poker 1:00-4:30 Chair Massages	
19 8:30-9:30 Cardio Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 11:45 Nashoba Homecare Lunch 1:00-3:00 SHINE 1:00-4:30 Poker 2:30-3:30 Yoga DVD 5:30 Lowell Spinner Trip		20 8:20-11:00 Podiatry 9:00-10:00 Older/Wiser DVD 9:30-11:30 Wellness Clinic/BP 10:15-10:45 Arthritis DVD 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games	21 8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 10:00 Quilting 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	22 9:00-10:00 Firming DVD 10:00-11:15 Library Tour 10:15-10:35 1 Mile Walk DVD 11:00-12:00 Intermediate Tai Chi 1:00-3:00 Print Making	23 9:00-9:50 Older/Wiser DVD 10:00-11:30 Computer Club 10:30-11:20 Easy Does It DVD 11:30-12:00 2 Mile Walk DVD 12:30-2:15 Movie 1:00-4:30 Poker	
26 9:00-9:30 2 Mile Walk DVD 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-2:05 Movie 1:00-3:00 SHINE 1:00-4:30 Poker 2:30-3:30 Yoga DVD		27 COA Staff Development Day (Senior Center will be open for lunch and socializing.) 12:30-3:00 Board & Tile Games	28 9:00-9:30 2 Mile Walk DVD 9:00-10:30 Drop-in Watercolor 10:00 Quilting 12:30 Knit 10:00-11:30 ABRHS Cable Studio Open House 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	29 9:00-10:00 Firming DVD 10:15-10:35 1 Mile Walk DVD 11:00-12:00 Intermediate Tai Chi 12:30-1:30 Ice Cream Social	30 9:00-9:50 Older/Wiser DVD 10:30-11:20 Easy Does It DVD 11:30-12:00 2 Mile Walk DVD 12:30-2:10 Movie 1:00-4:30 Poker	

August	Mon	Tue	Wed	Thu	Fri	2010
	2	3	4	5	6	
	8:30-9:30 Cardio Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-2:00 Digital Camera Use 1:00-3:00 SHINE 1:00-4:30 Poker 2:30-3:30 Yoga DVD	9:00-10:00 Older/Wiser DVD 10:15-10:45 Arthritis DVD 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games	8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 10:00 Quilting 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	9:00-10:00 Firming DVD 10:15-10:35 1 Mile Walk DVD 11:00-12:00 Intermediate Tai Chi 12:30-2:00 Board Game Lessons	9:00-9:50 Older/Wiser DVD 10:00-11:30 Computer Club 10:30-11:20 Easy Does It DVD 11:30-12:00 2 Mile Walk DVD 12:30-2:30 Movie 1:00-4:30 Poker	
	9	10	11	12	13	
	8:30-9:30 Cardio Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-2:00 Movie 1:00-3:00 SHINE 1:00-4:30 Poker 2:30-3:30 Yoga DVD	8:20-11:00 Podiatry 9:00-10:00 Older/Wiser DVD 9:30-11:30 Wellness Clinic/BP 10:15-10:45 Arthritis DVD 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games	8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 10:00 Quilting 11:45 Birthday Lunch 12:30 Knit/Crochet 1:00-3:00 Ask the Lawyer 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	Town of Acton Employee Outing Senior Center Closed 2:30-4:50 Sunny Skates at Nashoba Ice Rink	9:00-9:50 Older/Wiser DVD 10:30-11:20 Easy Does It DVD 11:30-12:00 2 Mile Walk DVD 1:00-4:30 Poker 1:30-3:00 Genealogy	
	16	17	18	19	20	
	9:00-9:30 2 Mile Walk DVD 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00-4:30 Poker 2:30-3:30 Yoga DVD	9:00-10:00 Older/Wiser DVD 10:15-10:45 Arthritis DVD 11:00-12:00 Beginner Tai Chi 11:45 Summer Lunch 12:30-3:00 Board & Tile Games 1:00-2:00 Diabetes Bingo	9:00-9:30 2 Mile Walk DVD 9:00-10:30 Drop-in Watercolor 10:00 Quilting 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	9:00-10:00 Firming DVD 10:15-10:35 1 Mile Walk DVD 11:00-12:00 Intermediate Tai Chi 12:30-2:00 Life Stories	9:00-9:50 Older/Wiser DVD 10:00-11:30 Computer Club 10:30-11:20 Easy Does It DVD 11:30-12:00 2 Mile Walk DVD 12:30-2:20 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages	
	23	24	25	26	27	
	8:30-9:30 Cardio Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-1:15 Movie 1:00-3:00 SHINE 1:00-4:30 Poker 2:30-3:30 Yoga DVD	9:00-10:00 Older/Wiser DVD 9:30-11:30 Wellness Clinic/BP 9:45 Boston Harbor Trip 10:15-10:45 Arthritis DVD 11:00-12:00 Beginner Tai Chi 9:30-11:30 Wellness Clinic/BP 12:30-3:00 Board & Tile Games	8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 10:00 Quilting 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 1:30 Red Sox on TV 2:30-4:30 Drop-in Bridge	9:00-10:00 Firming DVD 10:15-10:35 1 Mile Walk DVD 11:00-12:00 Intermediate Tai Chi 1:00-2:00 "Thoreau & Cats"	9:00-9:50 Older/Wiser DVD 10:30-11:20 Easy Does It DVD 11:30-12:00 2 Mile Walk DVD 12:30-2:45 Movie 1:00-4:30 Poker	
	30	31	September 1	2	3	
	8:30-9:30 Cardio Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00-4:30 Poker 2:30-3:30 Yoga DVD	8:30 Newsletter Mailing 9:00-10:00 Older/Wiser DVD 10:15-10:45 Arthritis DVD 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games	8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 10:00 Quilting 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	9:00-10:00 Firming DVD 10:15-10:35 1 Mile Walk DVD 11:00-12:00 Intermediate Tai Chi 12:30-2:00 Board Game Lessons	9:00-9:50 Older/Wiser DVD 10:00-11:30 Computer Club 10:30-11:20 Easy Does It DVD 11:30-12:00 2 Mile Walk DVD 12:30-2:20 Movie 1:00-4:30 Poker	

Stay Cool at the Senior Center

Please join us this summer in the air conditioned rooms of the senior center. Enjoy movies and Red Sox games on our large screen TV. Meet old friends and new for exercise, lunch, ice cream sundaes and games of all types. Look over the newsletter to see what's happening over the next two months.

Acton Food Pantry Drive Continues



Our **July** collection will be baking ingredients, i.e. flour, sugar, mixes, etc. Whole grain, low sodium, sugar free foods always welcome. In **August** we will supplement families with the youngest children:

Diapers! All sizes! Food stamps can only be used for food, no other household products. If not diapers then please consider donating canned fruit, fruit juices or tuna. The collection box is in our dining room. If your family or neighborhood wants to run food drives, contact the Food Pantry at 978-635-9295.



Save this Newsletter! This is a two-month publication covering activities in both July and August.

FROM THE FRIENDS OF THE COA

At long last, summer is here and so far we've enjoyed spectacular weather as well as some exciting programs this past year. The goal of the Friends of the ACOA is to raise money so you can continue to enjoy these activities at no cost. The Friends continue to collect cell phones and used print cartridges as part of an on-going fund-raiser so please don't throw them away. There is a collection box in the dining room. We are always looking for new members with fresh ideas for fund-raising and activities. If you are interested in becoming a member, contact Connie Ingram at 978-263-2674. If you need to cool off, the senior center is the place to be! Come in, relax and take advantage of the friendly atmosphere and the air conditioning!

SENIOR CENTER CLINICS

Podiatry Clinic: *Tuesday, July 20th, August 10th, 8:20-11:00 (Note 3rd Tuesday of month for July)*

Offered by the Acton Public Health Nursing Service, this provides services not covered by insurance. Dr. Sandra Weakland, DPM, provides evaluations and nail clipping. The \$25 fee may be waived in case of hardship. For an appointment call 978-929-9653. *Funded by the Friends of the Acton Nursing Service.*

Blood Pressure & Wellness Clinic: *Tuesday, 20th, August 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 answer any medication, nutritional, or health related questions. No appointment necessary.

ACTON COA STAFF

Jean Fleming, Director
 Carol Steiner, Outreach/Volunteer Coordinator
 Chris Chirokas, Program Coordinator
 Judy Peters, Van Dispatcher/Admin Assistant
 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
Pat Ellis	Barbara Willson

Acton COA Board will meet again in September.

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 Acton, MA 01720
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