



Acton Senior Bulletin



July/August 2009

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm. Telephone number is 978-264-9643.

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.



Help with Our Fall Talent Show!

Singing, music, comedy, short skits, storytelling, poetry reading, and dance! Sound like fun? We are planning an evening talent show at the Acton

Senior Center showcasing the talents of Acton seniors in late October. You don't have to be blessed with a high level of skill to participate--humor and enthusiasm go a long way!

Whether you are interested in performing or your talent is working behind the scenes, please call Chris at 978-264-9643.

Some specific needs are for someone who will organize/choreograph a small skit/musical number or two, and help with refreshments, set up, and clean up.

Newsletter Mailing List Names and Addresses

The names and addresses we use for mailing the newsletter come from the annual town census information. Each year the mailing list gets updated in July by removing people not on the current census and adding new seniors from the census. If you do not receive a *September* newsletter and still live in town please contact Judy at 978-264-9643 or jpeters@acton-ma.gov and you will be put back on the mailing list. This will not affect those on the email list.

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Help Save Elderberries!

The Elderberries cable television show is in need of a new production staff to keep it on the air. The monthly magazine style show is produced by Acton seniors at the Comcast Community Access Television studio at the high school. If you are interested in helping out as a producer, filming segments, as an on-air host, or have ideas for the show please contact Chris at the COA, 978-264-9643. Many thanks to outgoing producer Mary-Lou Chapski for her countless hours of work and incredible vision in producing a must-see local show! You will be missed!



Stay Cool at the Senior Center

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

Our annual **Volunteer Reception** was attended by over 70 people this year! We had a wonderful time enjoying dazzling cupcakes and fresh fruit, each other's company and some wonderful entertainment from Berit Strong, classical guitarist and the Tin Pan Alley Cats, Jack Parmley, Gene Waxman and Cy Perkin. Thanks to the Merriam School Kindergarteners for the extra big marigolds in the marvelous painted pots. Thanks also to the Friends for all of their support for the reception and gifts. Did you know that our volunteers donated over 4,800 service hours in 2008-09? Our numbers aren't in yet for this fiscal year but we believe they will be even bigger numbers! Thank you one and all! If you couldn't attend: stop by the office if you would like to pick up your gift.

Sign ups Begin - Monday, July 6th at 1:00
Senior Center will be closed on Friday, July 3rd for Independence Day

UPCOMING PROGRAM HIGHLIGHTS

FOR JULY/AUGUST..... SIGN UPS BEGIN JULY 6th at 1:00!

► **Fall Prevention Tips with Visiting Angels**

Tuesday, July 14th, 12:15-12:45

Did you know that dizziness affects balance and can occur with hearing loss or being on multiple medications? Come learn more about the causes of falls among older adults and tips on fall prevention from Visiting Angels Assistance Services staff. This program will be followed by a question and answer period and some delicious desserts. Please call the COA office if you plan on attending. If you would like to come for lunch before the program, remember to make a reservation by calling the dining room.

Red Sox Games in High Definition!

Wednesday, July 1st, 1:30 at Baltimore

Thursday, July 30th, 1:30 vs. Oakland

Thursday, August 13th, 1:30 vs. Detroit

Come watch the Red Sox on the Senior Center's high definition, big screen TV! Please note 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 COA office.



African Wildlife Slideshow and Discussion with Don Southall

Thursday, July 23rd, 1:00-2:30

Experience an African safari by viewing a slideshow of wildlife and terrain photographs in high definition, interspersed with stories of Don Southall's extensive safari experiences. Don, an Acton resident, has been a naturalist, birder and outdoorsman for 60 years and has been focusing on wildlife photography for several decades. He is interested in all large mammals, from the lions and elephants of Africa, to Alaska's Kodiak bears, to Maine moose. If you attended Don's April show, this will go more in-depth about African wildlife. The presentation will last about one hour, followed by an informal question and answer period. If you would like to give Don advance notice about something you would like covered, please call Chris at the COA, 264-9643.

► **Sunny Skates at Nashoba Valley Rink**

Friday, Aug. 7th, 2:00-4:00

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.



► **Ask the Lawyer**

Wednesday, August 12th, 1:00-3:00

Attorney Leslie Madge, a certified Elder Law Attorney, offers free 20-minute private legal consultations.

Old Fashioned Summer Sing-along!

Wednesday, August 12th, 12:30-1:00



Come to the special summer lunch and stay for an old-fashioned sing-along led by Mary Lou Repucci. Traditional folk songs are easy to sing and bring back nice memories. There will be familiar tunes and rounds-the type of songs you might have enjoyed around the camp fire with your scout troop. No vocal expertise is required-this is just for fun! No need to sign-up, but call the dining room if you plan to come for lunch.

Managing Your Diabetes

Friday, August 28th, 12:30-1:15, following the Life Care luncheon

Staff from the Life Care Center of Acton will present a program on Managing Your Diabetes following lunch. No need to sign up for the program, but make sure to make a reservation by calling the COA if you would like lunch!

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

CLASSES/WORKSHOPS

FOR JULY/AUGUST..... SIGN UPS BEGIN JULY 6th at 1:00!

► Using Your Digital Camera

Wednesday, July 8th, 12:30-2:00

Summer is here. It's time to get out there and get those photos of the family, your garden or whatever catches your eye. We will focus on some of the important features of your camera and learn some helpful tips 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. Limited to 6.

Board Game Lessons

Thursday, July 9th, July 23rd and August 6th, 12:30-2:00



Join Judy for lessons on how to play some great board/card games. Each week we'll try out new games to engage your mind, while having fun and making new friends. Some of the games we will learn include: Rummikub, Set, Backgammon, Sequence, Clue, Scrabble, Checkers, Sorry, Rummy 500 and Boggle just to name a few.

► Create a Personalize a Journal or Appointment Book Cover

Wednesday, July 21st, 10:00-11:00

Journals covered with fancy paper are expensive to buy in specialty shops, but you can make your own very easily with the beautiful scrapbooking papers available-it is inexpensive, creative and fun! Please bring a journal, small sketchbook or appointment book you would like to transform and any special things you might want to include (such as a copy of a photograph). The rest of the supplies, including adhesives and embellishments, will be provided for a \$3 fee. Chris will lead this workshop.

► Storing and Working with Your Digital Photos

Tuesday, August 5th, 12:30-2:00

What are you going to do with your photos now that you've taken them? Learn to transfer photos to the computer and talk about a filing system. We'll also use some simple software, to edit our photos for printing. Class size is limited. Bring your charged camera, memory card, manual and cable to class.

► Make Beautiful "Doughnut" Beaded Earrings

Thursday, August 20th, 12:30-2:00

Make a pair of pretty circular "doughnut" pierced or clip-on earrings, using semi-precious stones and shell beads. They are so pretty, stylish and easy to make! You will learn to make a basic wire loop. \$1.00 fee for materials. Carol will lead this workshop. Examples are in the office.

► Indicates that you must sign up in advance!

TRANSPORTATION

COA Senior Van runs Monday through Friday. 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 978-264-9643 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.

The Road Runner Van is also available on Tuesdays, Wednesdays and Thursdays, 8:30-3:30. Call 1-800-589-5782, at least 24 hours in advance. Fares are the same as for the COA van.



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



TRIPS

► Lowell Spinners Baseball Game

Thursday, July 9th, leaving from the Senior Center at 5:30pm



Enjoy 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. Single game tickets always sell out early, so this is a great opportunity to experience a game and see some of the Red Sox stars of the future! Seniors can bring along their friends, children or grandchildren (ages 5 and up). Our group will be sitting together in box seats behind home plate so there will not be a

lot of walking up and down steps. There is an elevator into the stadium. We will be taking a mini-coach bus, without a restroom on board. This trip is currently full, but please call the COA to check on availability.

Depart: 5:30pm, from the Senior Center, 50 Audubon Dr. Approx. return of 10:00pm, depending on game length.

Cost: \$23 includes mini-coach bus transportation, driver tip, game ticket.

► Newburyport Harbor Cruise and Lunch at Saunders in Rye, NH

Thursday, August 13th, leaving Nagog Office Park at 10:00 a.m.



Start the trip with lunch at Saunders at Rye Harbor, with wonderful views, service and delicious food! Then we will travel down the coast to Newburyport, for a scenic narrated harbor cruise. Unlike other cruises, we will learn about the ecology and wildlife of the salt marshes, as well as some local history - keep your eye open for pirates! Our captain and crew will weave together the natural, economic and maritime history with the ecological significance of one of New England's most beautiful and scenic coastal jewels. After the cruise, there will be time to browse the shops of this quaint area. Please

indicate your lunch selection when calling to register: broiled scrod with butter and crumb topping or grilled teriyaki chicken. Dessert will be warm bread pudding a la mode. **Payment for this trip is due by July 20th.**

Depart: 10 a.m., Nagog Office Park; approximate return time 4:30

Cost: \$68 includes coach bus transportation (restroom on board), driver tip, lunch, harbor cruise.

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-264-9643 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 sign-up list. Refunds will 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 Office Park Road all the way to the end to the cul de sac (just under one mile) and park in the lot on the right.
5. Please call Jean Fleming at 978-264-9643 for trip 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!**

VOLUNTEERING

Minuteman Senior Services is looking for volunteers to deliver meals to homebound seniors in Acton. They are also looking for people who would be interested in visiting with, shopping for and driving homebound seniors to appointments. Call 888-222-6171 or email d.barr@minutemansenior.org to volunteer or for more information.

COA Volunteer Opportunities

Join the ranks of over 130 COA volunteers! Opportunities for volunteering include home visiting, office support, meal delivery, newsletter mailing and more. Please call Carol Steiner at 978-264-9643 to explore your interests.

Household Goods Recycling of Massachusetts (HGRM): If you are looking for a place to donate household items, HGRM could be a worthy choice. Visit their website: www.hrgm.org or drop off items at 530 Main St. Acton on Tuesdays, Thursdays or Saturdays, 9:00-12:00. To volunteer to help call 978-635-0134.

ONGOING ACTIVITIES

“The Bookies”



If you would like to get a jump start on the September “Bookies” selection, they will be reading Kate Remembered by A. Scott Berg. This biographical memoir is the result of a 20-year relationship between Katharine Hepburn and the Pulitzer-Prize winning biographer, which began as an interview process and evolved into friendship. The book is full of tales of old Hollywood and is an intimate look at Hepburn’s everyday life. Reserved copies of the book will be available at the Memorial Library in August.

Board Games Days at the COA

Thursdays, July and August, 12:30-2:00 No Games on 7/16

The summer is here! Spend the hot summer afternoons in our air conditioned living room playing a variety of games, from old favorites to new selections.

► Chair Massage at the Senior Center

Fridays, July 10th and 24th, August 7th and 21st, 2:30-3:45

Nancy Ames, a licensed massage therapist from Acton, offers wonderfully relaxing chair massages at the Senior Center. The discounted fee for a 20 minute massage is \$15. Although based on individual needs, this often includes massage of the back, neck, shoulders, arms, and hands (for those with arthritis). The fee should be paid directly to Nancy with cash or check. Wear a t-shirt or tank top under your clothing to make the massage most effective. It is absolutely necessary that you call the COA if you must cancel an appointment, as Nancy has a very busy practice. Be sure to jot an appointment down on your calendar as we don’t make reminder calls!

► SHINE (Serving the Health Information Needs of Elders)

Mondays, 1:00-3:00

For questions regarding health insurance or prescription coverage call the COA office 978-264-9643 for an appt.

Computer Club

Fridays, July 10th, 24th, August 7th, 21st, September 4th, 10:00-11:30

Due to popular demand the club will continue over the summer. All are welcome to participate.

Genealogy will not be meeting over the summer. Join them on Friday, September 11th for their first fall meeting.

Wii Games – *NEW* Wii Play

Demonstration and Lessons

Tuesdays, July 7th and 28th, 10:00-12:00

Join Judy in the living room for a lesson on how to play the new Wii Play games including ping pong, skeet shooting and fishing. It’s great fun, a good laugh and some easy exercise. Anyone can learn. See you there!

Free Time to Play with a Friend or by Yourself... any time the living room is available or...

Tuesdays, 10:00-12:00 No Wii time on Tuesday, 8/4

Thursdays, 2:00-4:00 No Wii time on Thursday, 7/23, 7/30 and 8/13

Wii games can give you a low-impact workout while having fun. Choose from a variety of games and activities. The COA staff will be glad to set it up for you. *If you can help with mentoring the games, please see Chris.*

Quilting News: The July “fun” project is underway. They will be sewing “green” grocery tote bags under the direction of Ruth Muir who always shares good ideas with us from her winter-time Florida quilting group.

Please see the Monthly Calendars on page 12 and 13 for days and times of the following groups and clubs:

Mah Jongg/Mexican Train	Knit/Crochet Group	Quilters
Drop-in Ping Pong/Pool	Cribbage	Poker
Drop-in One-Stroke	Genealogy	Drop-in Bridge
Drop-in Watercolor	Wii Gaming	

► Indicates that you must sign up in advance!

EXERCISE

Acton Striders Walking Group

The COA will not be offering a staff supervised walk in July and August, but please continue to walk on your own early in the morning or in the evening when the weather is cooler. If you are looking for a walking partner, consider posting a note on our “Senior to Senior” bulletin board located in the Senior Center dining room.

Intermediate Tai Chi Class with Ray Caisse of the Taoist Tai Chi Society

Thursdays, through September 10th, 11:00-12:00 (Note: No Tai Chi on July 16th)

The current class will be continuing through the summer and is open to people who have participated in the previous Beginners and/or Intermediate classes held at the Senior Center or have other Tai Chi experience. Current students will be carried forward on the class roster, so no need to sign up.

Exercise Opportunities - Beginning the Week of July 6th

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

***New* Older and Wiser Aerobic/Toning Workout DVD**

Tuesdays, 9:00-10:00, July 7th through September 8th (Note: No DVD on August 4th) and Thursdays, 9:00-10:00, July 9th through September 10th (Note: No DVD on July 16th)

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.

Stronger Seniors Stretch Chair Exercise DVD

Mondays, 9:00-9:45, July 6th through August 31st

This exercise routine is designed to improve flexibility and mobility, while strengthening abdominal and back muscles and reducing tension in the neck, back and shoulders. There is no aerobic/cardio element to this workout. No equipment needed.

***New* Easy Does It Strength and Tone DVD**

Mondays, 2:00-2:50, July 6th through August 31st

Craig Marcacci, a veteran instructor of senior fitness, leads this no-impact muscle toning exercise regimen that helps improve flexibility, balance, strength, posture, and cardiovascular health. The routine is done sitting in or standing behind a chair for safety. Bring a pair of 1-5 pound weights or use those available at the Senior Center. This workout is low-key and relaxing—very good for beginners!

***New* Yoga for the Rest of Us DVD**

Tuesdays, 3:00-4:00, July 7th through September 8th and Fridays, 10:30-11:30, July 10th through September 11th

This yoga video is for almost anyone, regardless of age or fitness level, led by instructor Peggy Cappy, familiar to many for her PBS shows. The DVD is separated into three 20 minute segments, so you can participate in one, two or the entire workout. The first includes a series of warm up stretches that can be done seated in a chair. The second focuses on poses that are done holding the back of a chair, if needed. The final segment is a more challenging flowing series of sun salutation poses that build stamina, while holding a chair if needed, and a small amount of floor work. Bring an exercise/yoga mat if you plan to participate in the floor portion of the workout.

Stronger Seniors Strength Chair Exercise DVD

Wednesdays, 9:00-9:50, July 8th through September 2nd and Fridays, 9:00-9:50, July 10th through September 11th

This exercise routine was developed to improve strength, stamina and balance, all while sitting in your chair. There is no aerobic/cardio element to this workout. Bring a 2-5 pound single hand weight or borrow one at the Center.

DINING OPPORTUNITIES

► **Special Spaghetti Lunch/Appreciation Party for Paul Turner**

Thursday, August 6th, 11:45

Joy's preparing pasta with her delicious homemade sauce, bread and salad in appreciation for Paul Turner's time at the Senior Center as a Commonwealth Corp Coalition Ambassador, which is coming to a close. There is a \$3 fee for this special lunch. Please call the dining room at 978-263-5053 to sign up.



► **Ice Cream Sundae Social Provided by the Inn at Robbins Brook**

Tuesday, August 11th, 12:30

The Inn at Robbins Brook is generously providing Acton seniors with an ice cream sundae with all the fixings! Come and cool off with a frosty treat and chat with friends or make some new acquaintances. Sign-up by Thursday, August 6th.

► **Luncheon with Life Care Center of Acton and Program on Managing Your Diabetes**

Friday, August 28th, 11:45

Join us for a delicious free lunch provided by Life Care Center of Acton. As a local rehabilitation and long-term care facility, Life Care Center of Acton is pleased to connect with Acton residents and deliver this meal to the Senior Center meal site. **Please call the COA by Thursday, August 20th to make a reservation.** We cannot guarantee a meal for people who do not sign up. After lunch, at about 12:30, staff from Life Care will present a program on managing your diabetes. You are welcome to come to lunch and the program or just one or the other!

► **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 978-264-9643 for transportation, if needed.

- **July 4th Lunch: Thursday, July 2nd**
- **July Birthday Lunch: Wednesday, July 8th**
- **August Birthday/Summer Special Lunch: Wednesday, August 12th** - If you have a July or August birthday please join us for a complimentary lunch by calling 978-263-5053 at least 5 days ahead of the date of the lunch.

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

AROUND TOWN...AND BEYOND

Acton Recreation Summer News: Spend July 4th at NARA Park with a free concert featuring a Rolling Stones tribute band followed by fireworks! See all the great free concerts this summer. Our "Tribute to the 60s" concert series at NARA Park will be held on various Thursday evenings. Call 978-264-9608 or stop by the Rec. Dept. or visit www.acton-ma.gov for more information.

Acton Memorial Library Check the event calendar on the library website, www.actonmemoriamlibrary.org.

Acton-Boxborough Farmers Market is Open for Business

Sundays, 10:00am-1:00pm, July 12th through November 1st, Pearl Street in West Acton

Local farmers and vendors will bring their produce and wares, including but not limited to fresh vegetables, fresh fruit and berries, Asian vegetable, meats, eggs, honey, fresh flowers, bagels, granola, sauces, and more to an eager public. For more information, contact Jennifer Taylor at 978-877-1657 or at actonfarmersmarket@hotmail.com.

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

Free Bach's Lunch Concert: Thursday, July 16th, 12:00 noon – 1:00

Wizard of Oz: Students of Indian Hill Music School's Summer Musical Theater program

Fri., July 24th at 7pm; Sat., July 25th at 2pm and 7 pm; Sun., July 26th at 2pm Tickets: \$12/adults, \$10/children

Carlisle COA California Rail Discovery Trip

October 28th: See San Francisco, Lake Tahoe & Napa Valley. \$2,049/person. Call Joanne Willens: 978-371-8023.

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 978-264-9643 for a confidential chat.

Emergency Fuel Assistance Fund managed by The Friends of the COA; contact Jean Fleming at the COA



Handyman Program: The Acton 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: Volunteer Friendly Visitors 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 Steiner.

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.

Food Pantries and Community Suppers: Please call Carol Steiner at 978-264-9643 to get a copy of the most recent list of local area suppers and pantries.

RUOK (Are You Okay) Check-in Service: You choose the time of day to receive an automated phone call. As long as you answer the phone, nothing further happens. BUT, if you are unable to answer the phone after RUOK calls you several times, the police will come and check on you. This program is reassuring to people in many situations particularly if you are living alone or are caring for someone who may not be able to get help if you are in trouble. You can also turn it on and off, for instance, when traveling and not available to check in. The Acton Police Department purchased and maintains this system and offers the service for FREE! Call Carol Steiner, Outreach Coordinator, at 978-264-9643 for more 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.

T H A N K Y O U For the summer Volunteer Spotlight we highlight our dedicated Office Volunteers! We are grateful for their gracious and pleasant demeanor on the phones and willingness to take on whatever office project we might ask of them. **Join us in thanking our terrific Office Volunteers!** In order of length of service we thank:

Angie Conn (2000)

Jacqueline Daitch (2004)

Rosemarie Coughlin (2007)

Carol Drury (2001)

Nola Sheffer (2005)

Barbara Panza (2008)

Alan Hart (2003)

Phyllis Sperandio (2005)

Lucy Amistadi (2009)

Frank Newcomb (2003)

Janet Manzelli (2007)

Yarn Donations Needed: The Knit and Crochet group is actively making many items for the craft fair this fall. They are greatly in need of baby and other acrylic yarns. If possible full labeled skeins are best. Please identify the yarn of partial skeins.

Senior Center Art Display

June/July Exhibit: From Ella Fitzgerald to The Factory, the jazz paintings of Ed Koehler display his extraordinary eye for bold color and unique composition. Mr. Koehler is a Lincoln resident with many ties to Acton, including major local architectural projects. Please call the COA office for viewing times.

SENIOR CINEMA

Movies

Friday, July 10th, “Paul Blart, Mall Cop,” 12:30-2:00, (2009, PG) – Kevin James stars as a mall security guard who bravely contends with a band of robbers in this comedy filmed on location at the Burlington Mall.

Friday, July 17th, “Last Chance Harvey,” 12:30-2:20, (2008, PG-13) -- A struggling New York jingle writer (Dustin Hoffman) and a lonely British bureaucrat (Emma Thompson) meet by chance in London and transform one another's lives. Both Thompson and Hoffman received Golden Globe nominations for their performances.

Friday, July 24th, “Fifty First Dates,” 12:30-2:00, (2004, PG-13) – Adam Sandler stars in this romantic comedy as a marine life veterinarian in Hawaii who falls for Drew Barrymore, who due to a brain injury doesn't remember him each time they meet.

Friday, July 31st, “New in Town,” 12:30-2:05, (2009, PG) – A Miami businesswoman (Renee Zellweger) is transferred to rural Minnesota and re-evaluates her big-city values. Harry Connick Jr. co-stars.

Friday, August 7th, “Confessions of a Shopaholic,” 12:30-2:15, (2009, PG) – A compulsive shopper (Isla Fisher) accidentally lands a job as an advice columnist for a financial magazine and comedy ensues! Based on the novel by Sophie Kinsella.

Friday, August 14th, “Mr. Bean’s Holiday,” 12:30-2:00, (2007, G) – You are sure to laugh out loud as you follow the nearly wordless, entertaining misfit, Mr. Bean (Rowan Atkinson), as he travels from England to France.

Friday, August 21st, “Pink Panther 2,” 12:30-2:00, (2009, PG) – The bumbling Inspector Clouseau (Steve Martin) is on the trail of a jewel thief in this comedy.

Friday, September 4th, “Duplicity,” 12:30-2:35, (2009, PG-13) – Julia Roberts and Clive Owen star in this thriller as spies who were once romantically involved, each working to secure a formula for a product that will make millions for their respective companies.

Planet Earth BBC Series: We will continue to show this multi-award winning BBC documentary series, concluding in August. Each episode is about one hour in length.



Monday, July 6th, “Deserts,” 12:30 – Remarkable footage unravels the secrets behind desert survival and reveals the ephemeral nature of this dynamic environment.

Monday, July 13th, “Ice Worlds,” 12:30 – As the sea freezes in Antarctica all animals flee, except for the Emperor Penguin. In the Arctic, the polar bear is forced to swim vast distances and take on one of the deadliest adversaries on the planet.

Monday, July 20th, “Great Plains,” – 12:30 -- The greatest gatherings of wildlife are found on these immense wildernesses, from the baking savannahs of Africa to the frozen tundra of the Arctic.

Monday, July 27th, “Jungles,” 12:30 – Using state-of-the-art tracking shots and stunning aerials, the film moves along the dark forest floor, up through the layers of vegetation and across the canopy.

Monday, August 3rd, “Shallow Seas,” 12:30 – The film follows a humpback whale mother and calf on an epic journey through the shallow seas of our planet, from tropical coral paradises to the storm-ravaged icy polar seas.

Monday, August 10th, “Seasonal Forests,” 12:30 – From the evergreen forests of the frozen North to the deciduous dry forests of the tropics, these woodlands illustrate the intense seasonality of the Earth.

Monday, August 17th, “Ocean Deep,” 12:30 - From the giant sailfish to the exquisitely shelled Nautilus to the threatened blue whale, this journey into the most unexplored part of the planet reveals the extraordinary survivors of this immense and barren realm.

Check your Credit Report: The Office of Consumer Affairs and Business Regulation reminds consumers that they are entitled to one free credit report every 12 months. It is important to check your credit report annually for signs of fraudulent activity. There is only one official free credit report web site. Access it at the Federal Trade Commission's site: www.ftc.gov or directly at www.annualcreditreport.com.

Join the Trend to Save Printing and Postage Costs



We're thrilled to have *over 200* people signed up to receive their newsletter by email! If you are an email user please consider going electronic. Contact Judy at jpeters@acton-ma.gov to get on the email list or, if you can pick up your newsletter, let us know and we will put one aside for you.

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 \$10.00 for a maximum amount of \$750.00 per fiscal year. The type of work might include clerical, landscaping, research, building maintenance and driving. For more information stop by or call the Human Resources department at 978-264-9603.

America the Beautiful-National Parks/ Federal Recreational Lands Senior Pass - Cost \$10
This is a lifetime pass for U.S. citizens or permanent residents age 62 or over. It provides access to, and use of, Federal recreation sites that charge an entrance or standard amenity. The pass admits the pass holder and passengers in a non-commercial vehicle at per vehicle fee areas and/or pass holder plus 3 adults, at per person fee areas (under 16 are admitted free). The pass can only be obtained in person at the park. The Senior Pass provides a 50% discount on some Expanded Amenity Fees charged for facilities and services. The pass is non-transferable. Older paper passes can be exchanged for new cards.

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.

Information / Referral Service: for health and human services programs and agencies. Toll free 1-877-211-6277

Healthcare Websites

- **Alzheimer's Association** sponsored website. Enter info about your situation at www.alz.org/carefinder to get a report with recommendations and questions to ask care providers. Future care giving issues can be addressed.
- **Office of the Attorney General**, www.ago.state.ma.us, click on elders.
- **Long Term Care**, www.masslongtermcare.org.

Medicare Websites

- **Masspro Website** at www.masspro.org – for information about Medicare beneficiaries and providers.
- **Shine Websites:** www.medicare.gov , www.massmedline.com , Medicare Advocacy Project: 1-800-323-3203
- **Medicare Prescription Drug Plan Finder** at www.medicare.gov/MPDPF

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

Support Groups

- **Alzheimer's Disease Caregivers Support Group at the Inn at Robbins Brook** meets on Friday afternoons twice a month. Contact Maura Capriccio at 978-264-4666 for more information.
- **Life Care of Nashoba Valley**, 1st Wednesday of each month 5:30-7 p.m. Contact Gail Mallardo 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. This is the support group leaders' phone number, please leave a message.

Acton Memorial Library Offers Museum Passes

The Memorial Library has passes for Drumlin Farm, Worcester Ecotarium, Isabella Stewart Gardner Museum, Peabody Essex Museum, Roger Williams Park Zoo, Museum of Fine Arts, Museum of Science, Concord Museum, Fruitlands Museum, Garden in the Woods, Acton Discovery Museums, The Boston Children's Museum, De Cordova Museum, Tower Hill Botanic Garden and the Massachusetts State Parks Pass. These passes may be reserved online at www.actonmemoriallibrary.org., by phone at 978-264-9641 or in person.

SHINE (Serving the Healthcare Information Needs of the Elderly) Counselors Needed

SHINE Counselors help with Medicare claims, offer help with the different types of health and prescription plans and assist clients in enrolling in or changing Medicare Plans. Training is provided by Minuteman Senior Services. The time commitment is 3-5 hours/week. To learn more contact the Regional SHINE Director at 1-781-221-7006.

Friends of the Acton Council on Aging Year-end Report

What we've done this year...

CLASSES (we fully fund each of the following classes)

ActonArt Drawing

Strauss Opera

Watercolor with Sue

Beginner Bridge

Intermediate Bridge

One-Stroke Painting

Tai Chi

Watercolor with Cynthia

Two Art Awareness Series:

-Ital. Renaissance/Impressionism

-Northern Renaissance/Post

Impressionism

Framingham State Lifelong

Learning Class (with funding by the Acton Lions Club):

19th Century Elections

PROGRAMS (we fully or partially fund the following)

New this year:

Robert Frost Poetry

Memory Workshop

Cooking with Joy

British Romantic Poetry

Big Band Music Appreciation

Continuing support of:

Men's and Ladies' Breakfasts

Holiday Tea

Movie rentals

Quilting, Knitting, Craft supplies

Entertainment at Mother's Day

and Father's Day celebrations

Elderberries Cable TV Show

TRIPS (we underwrite a portion of each trip)

Essex River Cruise and

Beauport Mansion Tour

WGBH Studio Tour

John Adams National Park

Museum of Russian Icons

Tower Hill Botanical Garden

Pawtucket Red Sox Game

MET Performance in HD

Quabbin Reservoir/Fall Foliage

Pilgrim Hall Museum

How we've done it...

The great variety of classes and programs is only possible through the ongoing support of our generous donors.

ANNUAL APPEAL to ACTON SENIORS (donors will be acknowledged individually in our Fall 2009 appeal)
\$9,655 from 189 donors

THE UNITED WAY OF ACTON AND BOXBOROUGH
\$2,000

CHURCHES and CIVIC GROUPS
\$1,500 (from the Acton Congregational Church and Acton Lions Club)

ACTON SENIOR QUILTERS and the KNIT, CROCHET and CRAFTS GROUPS
\$2,961 in raffle ticket and craft sales

We send our thanks to all who helped support our work, most especially to you who responded generously to our appeal to Acton's seniors. As you can see, this is the largest single source of our income. **If you have not yet made your gift, please know that the need is ongoing as we now plan for a wide variety of offerings for the fall.** Please make your tax-deductible gift to: Friends of the Acton COA and send it to: Friends of the Acton COA; PO Box 2006; Acton, MA 01720-6006. Thank you.

Friends of the Acton Council on Aging Board

Connie Ingram, President; Sue Chase, Vice President; Edie Dietrich, Secretary; Lynne Osborn, Treasurer

Members at Large: Liz Cash, Mary-Lou Chapski, Angie Conn, Joy Ivanov,

Carol Lake, Joan McKenzie, Rose Meslener, Barbara Panza, Ruth Regan, Jean Warren, Norma Wu

July

Mon

Tue

Wed

Thu

Fri

2009

		1	2	3
		9:00-10:30 Drop-in Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30 Red Sox Game	9:00-9:50 Strength Exercise DVD 11:00-12:00 Tai Chi 11:45 4 th of July Lunch 12:30-2:00 Board Game Lessons 2:00-4:00 Wii	COA CLOSED
6 9:00-9:45 Stretch Exercise DVD 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-1:30 Planet Earth 1:00 Sign Ups Begin 1:00-3:00 SHINE 1:00-4:30 Poker 2:00-2:50 Strength & Tone DVD	7 9:00-10:00 Aerobic/Toning DVD 10:00-12:00 Wii Lesson 12:30-3:00 Mah Jongg/Train 3:00-4:00 Yoga DVD	8 9:00-9:50 Strength Exercise DVD 9:00-10:30 Drop-in Watercolor 10:00-12:00 Quilting 11:45 Birthday Lunch 12:30-2:00 Digital Camera 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool	9 9:00-10:00 Aerobic/Toning DVD 11:00-12:00 Tai Chi 12:30-2:00 Board Games 2:00-4:00 Wii 5:30pm Lowell Spinners Trip leaves from Senior Center	10 9:00-9:50 Strength Exercise DVD 10:00-11:30 Computer Club 10:30-11:30 Yoga DVD 12:30-2:00 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages
13 9:00-9:45 Stretch Exercise DVD 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-1:30 Planet Earth 1:00-3:00 SHINE 1:00-4:30 Poker 2:00-2:50 Strength & Tone DVD	14 8:20-11:00 Podiatry 9:00-10:00 Aerobic/Toning DVD 9:30-11:30 Wellness Clinic/BP 10:00-12:00 Wii 12:15-12:45 Fall Prevention 12:30-3:00 Mah Jongg/Train 3:00-4:00 Yoga DVD	15 9:00-9:50 Strength Exercise DVD 9:00-10:30 Drop-in Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool	16 9:30-1:30 Staff Development 2:00-4:00 Wii	17 9:00-9:50 Strength Exercise DVD 10:30-11:30 Yoga DVD 12:30-2:20 Movie 1:00-4:30 Poker
20 9:00-9:45 Stretch Exercise DVD 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-1:30 Planet Earth 1:00-3:00 SHINE 1:00-4:30 Poker 2:00-2:50 Strength & Tone DVD	21 9:00-10:00 Aerobic/Toning DVD 10:00-11:00 Journal Workshop 10:00-12:00 Wii 12:30-3:00 Mah Jongg/Train 3:00-4:00 Yoga DVD	22 9:00-9:50 Strength Exercise DVD 9:00-10:30 Drop-in Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool	23 9:00-10:00 Aerobic/Toning DVD 11:00-12:00 Tai Chi 12:30-2:00 Board Game Lessons 1:00-2:30 Wildlife Photo Presentation	24 9:00-9:50 Strength Exercise DVD 10:00-11:30 Computer Club 10:30-11:30 Yoga DVD 12:30-2:00 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages
27 9:00-9:45 Stretch Exercise DVD 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-1:30 Planet Earth 1:00-3:00 SHINE 1:00-4:30 Poker 2:00-2:50 Strength & Tone DVD	28 9:00-10:00 Aerobic/Toning DVD 9:30-11:30 Wellness Clinic/BP 10:00-12:00 Wii Lesson 12:30-3:00 Mah Jongg/Train 3:00-4:00 Yoga DVD	29 9:00-9:50 Strength Exercise DVD 9:00-10:30 Drop-in Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool	30 9:00-10:00 Aerobic/Toning DVD 11:00-12:00 Tai Chi 12:30-2:00 Board Games 1:30 Red Sox Game	31 9:00-9:50 Strength Exercise DVD 10:30-11:30 Yoga DVD 12:30-2:05 Movie 1:00-4:30 Poker

August

Mon

Tue

Wed

Thu

Fri

2009**3**

9:00-9:45 Stretch Exercise DVD
 9:30-11:00 Drop-in One Stroke
 10:00-12:00 Drop-in Bridge
 12:30-1:30 Planet Earth
 1:00-3:00 SHINE
 1:00-4:30 Poker
 2:00-2:50 Strength & Tone DVD

4

9:30-1:30 Staff Development
 3:00-4:00 Yoga DVD

5

9:00-9:50 Strength Exercise DVD
 9:00-10:30 Drop-in Watercolor
 10:00-12:00 Quilting
 12:30-2:00 Digital Photography
 12:30-2:30 Knit/Crochet
 1:00-3:00 Drop-in Pool

6

9:00-10:00 Aerobic/Toning DVD
 11:00-12:00 Tai Chi
 11:45 Turner Appreciation Lunch
 12:30-2:00 Board Games
 2:00-4:00 Wii

7

9:00-9:50 Strength Exercise DVD
 10:00-11:30 Computer Club
 10:30-11:30 Yoga DVD
 12:30-2:15 Movie
 1:00-4:30 Poker
 2:00-4:00 Sunny Skates
 2:30-3:45 Chair Massages

10

9:00-9:45 Stretch Exercise DVD
 9:30-11:00 Drop-in One Stroke
 10:00-12:00 Drop-in Bridge
 12:30-1:30 Planet Earth
 1:00-3:00 SHINE
 1:00-4:30 Poker
 2:00-2:50 Strength & Tone DVD

11

8:20-11:00 Podiatry
 9:00-10:00 Aerobic/Toning DVD
 9:30-11:30 Wellness Clinic/BP
 10:00-12:00 Wii
 12:30 Ice Cream Social
 12:30-3:00 Mah Jongg/Train
 3:00-4:00 Yoga DVD

12

9:00-9:50 Strength Exercise DVD
 9:00-10:30 Drop-in Watercolor
 10:00-12:00 Quilting
 11:45 Summer/Birthday Lunch
 12:30-1:00 Sing-A-Long
 12:30-2:30 Knit/Crochet
 1:00-3:00 Drop-in Pool
 1:00-3:00 Ask the Lawyer

13

9:00-10:00 Aerobic/Toning DVD
 10:00 Newburyport Trip
 11:00-12:00 Tai Chi
 12:30-2:00 Board Games
 1:30 Red Sox Games

14

9:00-9:50 Strength Exercise DVD
 10:30-11:30 Yoga DVD
 12:30-2:00 Movie
 1:00-4:30 Poker

17

9:00-9:45 Stretch Exercise DVD
 9:30-11:00 Drop-in One Stroke
 10:00-12:00 Drop-in Bridge
 12:30-1:30 Planet Earth
 1:00-3:00 SHINE
 1:00-4:30 Poker
 2:00-2:50 Strength & Tone DVD

18

9:00-10:00 Aerobic/Toning DVD
 10:00-12:00 Wii
 12:30-3:00 Mah Jongg/Train
 3:00-4:00 Yoga DVD

19

9:00-9:50 Strength Exercise DVD
 9:00-10:30 Drop-in Watercolor
 10:00-12:00 Quilting
 12:30-2:30 Knit/Crochet
 1:00-3:00 Drop-in Pool

20

9:00-10:00 Aerobic/Toning DVD
 11:00-12:00 Tai Chi
 12:30-2:00 Board Games
 12:30 2:00 Beaded Earrings
 2:00-4:00 Wii

21

9:00-9:50 Strength Exercise DVD
 10:00-11:30 Computer Club
 10:30-11:30 Yoga DVD
 12:30-2:00 Movie
 1:00-4:30 Poker
 2:30-3:45 Chair Massages

24

9:00-9:45 Stretch Exercise 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
 2:00-2:50 Strength & Tone DVD

25

8:30 Newsletter Mailing
 9:00-10:00 Aerobic/Toning DVD
 9:30-11:30 Wellness Clinic/BP
 10:00-12:00 Wii
 12:30-3:00 Mah Jongg/Train
 3:00-4:00 Yoga DVD

26

9:00-9:50 Strength Exercise DVD
 9:00-10:30 Drop-in Watercolor
 10:00-12:00 Quilting
 12:30-2:30 Knit/Crochet
 1:00-3:00 Drop-in Pool

27

9:00-10:00 Aerobic/Toning DVD
 11:00-12:00 Tai Chi
 12:30-2:00 Board Games
 2:00-4:00 Wii

28

9:00-9:50 Strength Exercise DVD
 10:30-11:30 Yoga
 11:45 LifeCare Luncheon
 12:30-1:15 Diabetes Program
 1:00-4:30 Poker

31

9:00-9:45 Stretch Exercise DVD
 9:30-11:00 Drop-in One Stroke
 10:00-12:00 Drop-in Bridge
**1:00 Sign Ups Begin- Fall
 Exercise only**
 1:00-3:00 SHINE
 1:00-4:30 Poker
 2:00-2:50 Strength & Tone DVD

September 1

9:00-10:00 Aerobic/Toning DVD
 10:00-12:00 Wii
 12:30-3:00 Mah Jongg/Train
**1:00 Sign Ups Begin-
 All other programs**
 3:00-4:00 Yoga DVD

2

9:00-9:50 Strength Exercise DVD
 9:00-10:30 Drop-in Watercolor
 10:00-12:00 Quilting
 12:30-2:30 Knit/Crochet
 1:00-3:00 Drop-in Pool

3

9:00-10:00 Aerobic/Toning DVD
 11:00-12:00 Tai Chi
 12:30-2:00 Board Games
 2:00-4:00 Wii

4

9:00-9:50 Strength Exercise DVD
 10:00-11:30 Computer Club
 10:30-11:30 Yoga DVD
 12:30-2:35 Movie
 1:00-4:30 Poker

Acton Town Employee of the Year

Our own **Carol Steiner**, COA Outreach and Volunteer Coordinator, received a special award as **Acton Town Employee of the Year** at the April 2009 Town Meeting! Carol has been a most valued member of the Council On Aging staff team since starting here in September of 1996. Her responsibilities have grown over the years and she is always looking for new ways to be responsive to the needs of Acton seniors and their families. The number of COA volunteers, now 130 plus student groups, has also grown significantly since she took on responsibility in this area. We are very proud of Carol and hope you will congratulate her when you see her!

Massachusetts Driver's License Renewals: The MA Registry of Motor Vehicles is no longer sending out reminders to renew your driver's license or for vehicle inspections. You are now responsible for keeping track of when these expire and then renew them on time.



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

FROM THE FRIENDS OF THE COA

The Friends of the COA wish you a safe and happy summer. We have exciting plans for the fall with interesting and informative programs, "fun stuff" and fundraisers! Please call the COA if you would like to plan for or perform in the October Talent Show.

The Friends will hold a quilt raffle and silent auction at that event and are looking for unique gifts, gift certificates, artwork or skills to auction off. Can you give a sewing or music lesson, bake a pie or a batch of cookies?

If you'd like to join the Friends or be on a planning committee, please call Connie Ingram at 978-263-2674 or Sue Chase at 978-204-7253. Thank you!

SENIOR CENTER CLINICS

Podiatry Clinic: Tuesday, July 14th and August 11th, 8:20-11:00

Offered by the Acton Public Nursing Service it provides services not covered by insurance. Dr. Sandra Weakland, DPM, provides services such as evaluation and nail clipping. The \$25 fee may be waived for case of hardship. For an appointment call 978-264-9653. Funded by the Friends of the Acton Nursing Service.

Blood Pressure & Wellness Clinic: Tuesday, July 14th, 28th and August 11th, 25th, 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

ACTON COA BOARD MEMBERS

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

Acton COA Board will meet on Monday, September 14th at 3:45pm

ACTON COUNCIL ON AGING

**Town Hall, 472 Main Street
Acton MA 01720
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