



Acton Senior Bulletin



March 2010

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.

► **Masters of Enterprise with Professor Gary Hylander**

Thursdays, March 18th, April 1st, 22nd, 29th, 1:00-2:00

This four-part series features lectures on Andrew Carnegie, John D. Rockefeller, Henry Ford, and Sears & Roebuck. It is taught by Dr. Gary Hylander, a Professor of History at Stonehill College, who has lectured at the COA on famous trials and 19th century elections. His programs are informative and entertaining!

March 18th - Andrew Carnegie's rise from a poor Scottish immigrant child to the richest man in the world authenticated for his contemporaries the Horatio Alger myth in American history. Carnegie transformed the iron and steel industry from a scattered assortment of small producers into the nation's first big manufacturing business.

April 1st - Known as the "Prince of Oil," **Rockefeller** emerges as one of the giants of American industry. A ruthless competitor, Rockefeller's Standard Oil Company came to control over 90% of the nation's petroleum production and dominated the markets of the world. With the invention of the automobile, Rockefeller's business grew in ways which even he had never imagined.

April 22nd - "I will build a motor car for the multitude," boasted **Henry Ford**. And he did. By means of mass production, the assembly line and enormous economies of scale, Ford produced, at his River Rouge complex, one Model T every minute of the workday. By 1920, one of every two motor vehicles in the world was a Ford.

April 29th - Issued in the late 19th century and weighing nearly four pounds, the Sears Roebuck catalog revolutionized the mail-order business. The catalog, called the "Wish Book," connected rural America with an emerging urban industrial nation. Learn how **Mr. Sears** and **Mr. Roebuck** transformed a small retail business into the world's largest merchandising corporation.

This series is offered in partnership with Sage Educational Services and funded by the Friends of the Acton COA.

► **Drivers Wanted – A New Volunteer Opportunity**

Thursday, March 4th, 11:00-12:00 or

Wednesday, March 24th, 12:30-1:30

We have observed the need for drivers to help seniors get to places that cannot be adequately served by our van or the Road Runner.

We are recruiting drivers to help fill this need. If you cannot attend this informational session and are interested in driving please call Carol Steiner at 978-264-9643 or email csteiner@acton-ma.gov.

► ***New* Beginner Line Dancing Class**

Fridays, April 2nd through May 21st, 10:00-12:00

Line dancing is a fun way to exercise, with the added bonus that no partner is needed. You'll learn the Elvira and Boot Scootin Boogie, among others. Now you won't have to sit on the sidelines and watch other people line dancing at weddings and other functions!

Instructors Mike and Elaine Eannuzzo have been teaching line dancing for 13 years and make their classes lots of fun. Each week they'll teach two new dances and review those taught previously.

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See the Friends Corner on the back page for information on upcoming "Honoring Diversity" Programs.

Exercise Class Registration begins in person or by phone Monday, March 1st at 1:00.

All Other Program Registration begins in person or by phone on Tuesday, March 2nd, 1:00.

CLASSES/WORKSHOPS

FOR MARCH.....REGISTRATION BEGINS TUESDAY, MARCH 2nd at 1:00

► **Craft Fair Beading with Joan McKenzie**

Monday, March 8th, 9:30-11:00

Put your talent to work on items to sell at a future Friends of the COA craft fair. All materials supplied. Joan will assist with your creations, if needed.

Caring for Loved Ones as They Age – Education and Support for Caregivers of Elders

Mondays, March 8th through 29th, 3:00-4:30

A four part series for caregivers presented in cooperation with Acton Council on Aging, Acton Medical Associates and Senior Care Advisors. Meetings will be held alternately at Acton Medical and the Senior Center. Please call Allison Galbraith at 978-263-1131 ext. 310 to register or for more information.

March 8th - “How to Effectively Communicate with Your Primary Care Physician” at Acton Medical Associates

March 15th - “What is the Difference between Medicare and Medicaid and the Impact of Insurance on Effective Caregiving?” at the Senior Center

March 22nd - “What is Veterans Aid and Attendance Pension Benefit? A Nuts and Bolts Approach to Understanding How it Can Help You.” at Acton Medical Associates

March 29th - Hospice Care – A Team Approach at the Senior Center

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

Thursday, March 11th, 1:00-2:00



This seminar will provide an outlet for discussing personal experiences with a variety of subjects.

Topics will be determined by the participants, but possibilities are war experiences and the value of military life, health issues, life in retirement, entertainment, sports, race/ethnic relations, living/traveling abroad and the lasting effects of professional careers. For this first meeting we

will talk about the group in general, seeking input from interested folks, and have a mini-discussion on “What Brings Us to Acton?” Acton resident Sal Lopes will facilitate, but the expectation is that participants will suggest topics and help to lead discussions. Sal has led a very interesting life - he was born in Italy, taught in Massachusetts and Brazil, served in the Peace Corps, and attended Lincoln University, the first US college for African-American males.

► **Spring Wreath Workshop**

Monday, March 22nd, 9:30-11:00

Perk up your place with a new spring wreath! Joan McKenzie will lead this workshop, and she always makes crafting a lot of fun. All supplies will be provided for a fee of approximately \$6, including a grapevine wreath base, faux flowers and ribbon. If you have a grapevine wreath you can bring, please let us know in advance.

► **Watercolor with Sue Nordhausen**

Current session ends Tuesday, March 9th, 1:30-3:00

Spring session begins Tuesdays, March 23rd through April 13th, 1:30-3:00

The participants from the winter session ending March 9th will continue in the shortened spring session. If you would like to join the class, please call the COA office to inquire about space availability.

► **Early Music Recorder Ensemble with Jennifer Barron Southcott**

Thursdays, March 25th through May 13th, 3:00-4:00

Learn to play Renaissance and Baroque music, in duets, trios and quartets on the recorder. Large-print music will be provided. If you do not own a recorder, please call Chris at the COA office before you purchase one as we may have a donated recorder for you to use. Jennifer Barron Southcott has taught recorder ensembles for over 25 years and led a session of this ensemble at the Senior Center last fall. New members are most welcome - no experience necessary! *This program is funded by the Anne Norsworthy Music Initiative.*



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

CLASSES/WORKSHOPS (continued)

FOR MARCH.....REGISTRATION BEGINS TUESDAY, MARCH 2nd at 1:00

► **Illusion Necklace Workshop**

Friday, March 26th, 9:00-11:00

Joan McKenzie will teach those with some beading experience to make an illusion necklace using beads and wire, giving the illusion of beads floating around your neck. You will learn to crimp and put on a clasp using jewelry-making tools. Class size is limited to four. A sample is available in the COA office. Supplies fee: \$5.00.

► **Advanced Beginners Bridge Class with Electra Coumou**

Wednesdays, April 7th through May 12th, 2:30-4:30

This class is for players with some bridge experience, but who are still fine-tuning their knowledge. Emphasis is on playing the hand. Each week a lesson will be presented, followed by playing time. This program is open to out-of-towners for a fee of \$25. Drop-in bridge will continue to meet on Mondays for more advanced players!

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

DINING OPPORTUNITIES

► **Acton Lions Club Annual New England Boiled Dinner**

Sunday, March 14th, 1:00-2:30 at the Acton Senior Center

You do not have to be Irish to enjoy the Lions Club's Annual St. Patrick's Day dinner! A traditional New England boiled dinner will be served to Acton and Boxborough seniors, followed by entertainment. Parking is limited, so please carpool or request a ride from a Lions Club volunteer. For a reservation call the COA by Thursday, March 11th and please indicate if you need transportation. Thank you to the Lions Club for providing great food, company and entertainment to our seniors again this year!



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

- **Snow-delayed February and March Birthday Lunch: Wednesday, March 10th**

- **Soup-Tasting Fundraiser: Thursday, March 11th** Joy, the Mealsite coordinator, will prepare a variety of soups, which along with bread and dessert will make a hearty lunch. This is a fundraiser for the Minuteman Senior Services nutrition program. The cost is \$5 per person and includes a raffle ticket for door prizes.

- **St. Patrick's Day Lunch: Wednesday, March 17th**

- **Indian Lunch: Thursday, March 25th** Featuring restaurant prepared Indian food (low on spice). When

calling the dining room (978-263-5053) for a reservation, specify if you would prefer the regular Minuteman meal selection or the Indian Meal. This meal is free and is funded by a grant secured by the Friends of the Acton COA, as part of the "Honoring Diversity" initiative. At 11:30 Acton artist Sunanda Sahay will speak about and show examples of her Madhubani folk painting. Many of you will remember Sunanda's art, which was displayed at the Senior Center last year.



► **Men's and Ladies' Breakfast with Senator Jamie Eldridge**

Friday, March 19th, 9:00-10:00

Join us for a generous, warm breakfast with some good friendship on the side! Call the COA by March 17th for a reservation. Cost is \$2.00. Senator Jamie Eldridge will join us to answer questions and listen to your concerns.

► **Free Luncheon with Life Care Center of Acton**

Friday, March 26th, 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, March 18th, to make a reservation.** We cannot guarantee a meal for people who do not sign up!

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

UPCOMING PROGRAM HIGHLIGHTS

FOR MARCH.....REGISTRATION BEGINS TUESDAY, MARCH 2nd at 1:00

Meet the Board of Selectmen Candidates at the St. Patrick's Day Luncheon

Wednesday, March 17th, 12:15-1:00



There are two open seats for Board of Selectmen this year. The candidates have been invited to join us for lunch and conversation. Each candidate will speak briefly and answer questions. It is not necessary to sign-up to hear the candidates speak, but if you are coming for the St. Patrick's Day luncheon, make sure to call the dining room 978-263-5053 for a reservation.

► The New New Orleans Jazz Band Performance

Wednesday, March 17th, 1:00-2:00

Make sure to stay after the St. Patrick's Day luncheon for a live performance by the *New New Orleans Jazz Band*, a Dixieland band that will play toe-tapping music from Old New Orleans and the Roaring 20's. The band includes seniors from the area whose enthusiasm and love for what they are doing are contagious! See page 3 for information on the St. Patrick's Day luncheon.

► Vertigo and Imbalance Presentation

Friday, March 19th, 10:30-11:30



Do you or a family member ever lose your balance, seem unsteady or experience motion sickness? Did you ever wonder what systems in the body could be causing these situations or if something could be done to minimize them? Kristen Schimley, Physical Therapist with NovaCare Rehabilitation, will discuss how the eyes, ears, legs, and brain work together to provide us balance, how to determine which systems may be involved and which conditions may be treated with vestibular therapy and balance

exercises. Vestibular rehabilitation is a small specialization that treats vertigo and imbalance caused by dysfunction of the inner ear.

► Middle East Archaeology Presentation

Monday, March 22nd, 1:00-2:00



Acton resident Kimberley Connors-Hughes is a veteran archaeologist and former staff member at the Semitic Museum of Harvard University. She has visited the Middle East many times for scholarship and pleasure. Her digs have included Bronze Age, Biblical and Roman sites. In addition to digging, she has spent time working with the nomads of the South Jordanian desert. Come to see and hear about her travels, archaeology and the unique hospitality of the Middle East!

► Who are Elders at Risk? Presented by Minuteman Senior Services

Tuesday, March 23rd, 12:30-1:30

Protective Services Manager E.B. Larson, LICSW, will provide information about the "red flags" of elder neglect or abuse and who is at risk. She will also describe how to make a report, what happens after it is filed, and myths and obstacles to reporting abuse. Resources available to prevent abuse and assist caregivers will also be available. *This program is supported in part by a grant from Lahey Clinic, CHNA 15 and the Community Benefits Initiative.*

► Indicates that you must register in advance!

File of Life - Help rescue workers quickly find important medical information when every second counts! Medical and insurance information, medication details and emergency contacts should be written on a "File of Life" card and stored in the magnetized holder on your refrigerator. It should include information about people you are caring for at home, your pets and your oil company to ensure care for your loved ones and your home in an emergency. Another card with identical information should be kept in your wallet for emergencies away from home. If you need a File of Life card with holder please stop by the COA office to pick one up.

In-Home Caregiving Problems?

Are you at least 60 and have a problem with your in-home caregiving services? Do you know someone who does? If so, please call 1-800-243-4636. Sponsored by the MA Executive Office of Elder Affairs.

TRIPS

► **Roger Williams Park Botanical Center Tour and Lunch in Providence, RI**

Wednesday, March 31st, leave Nagog Office Park at 10:15 a.m.

Our first stop will be lunch at Geppetto's in the Federal Hill section of Providence. We will be treated to a five-course meal and a tableside grilled pizza cooking demonstration. Lunch will include salad, Rhode Island style calamari, pasta, assortment of grilled pizzas with fresh toppings, tiramisu, and soda/coffee/tea. Each guest also receives Geppetto's gourmet pizza shells to take home. After lunch, it is a brief drive to the Roger Williams Park Botanical Center, a 12,000 square foot greenhouse which opened in 2007, New England's largest public indoor display garden. We will have a guided tour of the center's vast array of plants by docents who are specially trained University of Rhode Island master gardeners. There are benches throughout the greenhouse for those needing a rest. Transportation provided by coach bus, with restroom on board.

Depart: 10:15 a.m., Nagog Office Park (directions below in "Trip Policies"); approximate return time is 4:30.

Cost: \$49 (Due March 17th). Includes lunch, admission/tour, coach bus transportation, all gratuities.

► **Parker's Maple Barn Breakfast and Sugar House Tour**

Wednesday, April 7th, leave Nagog Office Park at 10:15 a.m.



Enjoy a large homemade breakfast for lunch at the famous Parker's Maple Barn in Mason, New Hampshire, and a tour of the 19th century Sugar House to view how maple syrup is made. Our meal will include scrambled eggs, bacon, sausages, ham, pancakes (with real maple syrup), and coffee, tea, milk or hot chocolate. There will also be time to shop in the Corn Cob Gift Shop to buy some maple syrup, gift items or specialty foods. We will be taking a mini-coach bus, which does not have a restroom on board.

Depart: 10:15 a.m., Nagog Office Park (directions below in "Trip Policies"); approx. return time is 2:15.

Cost: \$35 (Due March 24th). Includes meal, tour, mini-coach bus transportation, all gratuities.

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 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 978-264-9643 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!**

Carbon Monoxide – The Silent Killer

A gas oven or range top should never be used for heating. A fire could start and poisonous carbon monoxide (CO) fumes could fill the home. Often called the silent killer, CO is an invisible, odorless, colorless gas created when fuels, such as gasoline, wood, natural gas, propane and oil burn incompletely. Symptoms of CO poisoning include shortness of breath, nausea, dizziness or headaches and can be confused with flu symptoms or food poisoning. High levels of CO can be fatal for anyone, causing death within minutes. The Acton Fire Department recommends everyone install CO alarms in their home for an early warning of accumulating CO and to test the alarm monthly.

Home Oxygen Fire Safety

Do you use home oxygen or know someone who does? Home oxygen increases the risk of fire and smokers put themselves (and others) at great risk. Home oxygen users should keep at least ten feet from any flame (matches or candles too) or heat sources such as electric razors, gas stoves, heaters or hair dryers. Petroleum-based lip balms or lotions also can ignite. For more information please call the Department of Fire Services in Stow at 978-567-3380, or visit www.mass.gov/dfs, click on Fire Safety Topics and then Home Oxygen Safety.

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 week days 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.

LRTA Road Runner Van now offers rides Monday through Friday, 8:00-3:30. In addition to rides in Acton, Concord and Maynard the Road Runner is offering rides to the 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. Please call them for more details on the grocery shopping trip. 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 our van or by calling the LRTA at 1-800-589-5782.



LRTA Road Runner Van Service to Bedford/Burlington/Boston

On Wednesdays, the Road Runner Service makes trips to the VA hospital in Bedford, the 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.

Van Snow Policy

If Acton schools are canceled or delayed due to weather, the COA van will not run until at least 10:00. *This will give staff, van drivers, passengers and family members time to assess road, driveway and walkway conditions and for riders to make other arrangements if needed. If we are able to transport passengers later in the day, we will, weather and road conditions permitting.* If you are unsure about a scheduled ride on a wintery day please call the COA at 978-264-9643 after 8:00.

VOLUNTEERING

Friendly Visitor Meeting

Wednesday March 10th, 1:00-2:00, COA office conference room

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

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 note the new driving program opportunity on page 1.* Call Carol Steiner at 978-264-9643 to explore your interests.

SHINE (Serving the Health Information Needs of Elders) Counselors Needed

Volunteer to become a SHINE counselor and help your community including senior citizens unscramble the Medicare system. Use your communications and interpersonal skill to help negotiate Medicare, MassHealth and the Prescription Drug plans. For more information on becoming a counselor, call Peg Kennedy or Elizabeth Killeen at Minuteman Senior Services 1-888-222-6671. Training Starts March 8th in Burlington.

FOR MORE ... to almost 300 seniors who either pick up their newsletter each month at the Senior Center or have it sent to them by email. If you would like to join this group to save money, paper and time please contact Judy at jpeters@acton-ma.gov or call 978-264-9643. The newsletter can be put aside for you to pick up or you can be added to the email list.

... to Jean and Ray Warren for keeping our bookshelves neat and organized.

EXERCISE

All current exercise classes end the week of March 22nd

FOR MARCH EXERCISE.....REGISTRATION BEGINS MONDAY, MARCH 1ST at 1:00

Exercise Opportunities

- The spring session of exercise classes begins the week of March 29th.
- Registration starts on Monday, March 1st at 1:00. You may come into the COA office or call to register.

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

Mondays, March 29th through June 14th, 8:30-9:30 (No class on April 19th & May 31st)

This class is designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both provided by the Senior Center).

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

Tuesdays and Thursdays, March 30th through June 17th, 8:30-9:30

or Wednesdays and Fridays, March 31st through June 18th, 8:30-9:30



Start 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.

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

Tuesdays and Thursdays, March 30th through June 17th, 9:45-10:45

This class offers all the same muscle toning and strengthening benefits of the 8:30 class, with the option to stay at the end for a 10-15 minute aerobic segment. All strength training can be done standing or sitting in a chair. Bring your own hand weights or use those available at the Senior Center.

▶ **Tai Chi for Beginners with Ray Caisse of the Taoist Tai Chi Society**

Tuesdays, March 30th through June 1st, 11:00-12:00

The Taoist Tai Chi for Beginners participants will continue learning the 108 movements of the Tai Chi set. Taoist Tai Chi incorporates stretching and turning into a series of slow, rhythmic moves that improve the health of body, mind and spirit. If you participated in the winter session, please call the COA to let us know you are continuing.



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

Thursdays, April 1st through June 17th, 11:00-12:00

This class is available to participants from the ongoing Thursday Tai Chi class or to others with significant Tai Chi experience. Call the COA to register, whether you are new to the class or continuing.

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

Exercise Cancellation Policy - Please note the cancellation policy for exercise classes:

- * If either Acton **or** Littleton schools are canceled or the start of school is delayed because of inclement weather, exercise classes starting before 10:00 are **canceled** for the day.
- * Call the Senior Center for information on exercise classes starting 10:00 or later.
- * Please watch for weather related cancellations on the news as we will only call people in the event of a cancellation that is NOT publicized on TV and radio.
- * If exercise is canceled for a non-weather related issue we will, instead of calling, show an exercise DVD.

If you are going to miss more than three weeks of Terri's exercise class, we ask that that you call the office so we may offer your spot for the remainder of the session to someone on the waiting list. Please only sign up for a class that is held twice a week if you can regularly attend both days.

Please check with your doctor before starting an exercise program, wear loose, comfortable clothing and bring water. All new participants in Terri's classes, the exercise videos and Tai Chi must sign a waiver of liability.

ONGOING ACTIVITIES

▶ **Drawing Class with John Goodnough of ActonArt Drawing School**

Thursday, March 4th, 1:00-2:30

This class is full. Please note the new date for the last class.

Wii Games - Lessons and Free Play

Fridays, March 12th and 26th, 10:00-12:00 or any time the living room is available

Wii games can give you a low-impact workout while having fun. Choose from a variety of games and activities. Ask in the office for a lesson if you need one on how to play Wii tennis, bowling, golf or the new Wii Play.

▶ **AARP Free Tax Preparation with Bob and Marian Evans**

Bob and Marian will be available for appointments on Tuesday afternoons and Wednesday mornings through the end of March. Call 978-264-9643 for an appointment. The library also has appointments and can be reached at 978-264-9642. Please see page 9 for more information on what you need to bring with you.

▶ **Watercolor with Cynthia Durost**

Wednesdays, through March 10th, 9:00-10:30

This class is full. Watch the April newsletter for information on a spring session.

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

Fridays, March 12th and 26th, 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.**

“The Bookies”

Monday, March 15th, 1:00-2:00



As part of the COA's "Honoring Diversity" initiative, the book club selection for March is The Marriage Bureau for Rich People, by Farahad Zama. The reader will be entertained with the story of a contemporary Indian matchmaking service started by a man who has grown bored in his retirement,

despite his passion for gardening. Reserve copies of the book are available at the Memorial Library, including a large-print edition. Books can be sent to the West Acton Citizen's Library upon request, if that location is more convenient. You can attend the lively discussion even if you don't read the book!

▶ **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

Friday, March 5th and 19th, April 2nd, 10:00-11:30

Wednesdays, March 10th and 24th, 1:30-3:00

The club is open to all computer users from the novice to the experienced.

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

Drop-in Pool

Drop-in One-Stroke

Drop-in Bridge- Beginner & Experienced

Knit/Crochet Group

- No Knitting on 3/17

Drop-in Ping Pong

Genealogy

Quilters

Drop-in Watercolor

Poker

Wii Gaming

Tile & Board Games

- No Board/Tile Games on 3/23

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

Durable Medical Equipment Available to Loan: If you know what you need, (walkers, canes etc.) 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 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.

AARP Free Tax Preparation for low and moderate income taxpayers, through March at the Senior Center and through mid-April at the Memorial Library. *Call the COA at 978-264-9643 to schedule Senior Center appointments.* Call 978-264-9642 for library appointments. Tax preparers will answer questions or provide assistance in preparing most tax returns. E-filing is available. Not included are business returns, returns for those who own rental property, giving investment advice, or complex Schedule D calculations. Please bring a copy of last year's Federal and State tax returns as well as all 2009 tax forms, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security and mutual fund and brokerage statements. If you are applying for the Circuit Breaker Tax Credit, bring a copy of your Real Estate tax bills or a copy of your rental contract, plus any sewer and water bills. There are new tax credits for energy efficiency improvements for new windows, doors, insulation, and heating systems installed during 2009, so bring that information if you had that work done.

New Guideline for Tax Year 2009 Circuit-Breaker Property Tax

Homeowners or renters may be eligible for up to \$960 tax credit. To be eligible: Income may not exceed \$51K (single) or \$77K (married) and the assessed value of principal residence may not exceed \$788K. The credit is triggered when the annual payments of your allowable residential property taxes plus 50% of your municipal water and sewer charges exceed 10% of your total income. For information/forms visit www.mass.gov/dor. This credit can be applied for even if you don't pay MA state income tax.

SENIOR CINEMA

Movies

Friday, March 19th, "Bright Star," 12:30-2:30 (2009, PG) – Period drama detailing the passionate romance between 19th-century poet John Keats (Ben Whishaw)- who died at age 25 - and his great love and muse, Fanny Brawne (Abbie Cornish). Much of the story is inspired by Keats's poetry and the love letters the pair exchanged.

Thursday, March 25th, "Monsoon Wedding," 12:45-2:40 (2001, R for language), subtitles – A stressed father, a bride-to-be with a secret, a smitten event planner, and relatives from around the world create much ado about the preparations for an arranged marriage in India. This critically acclaimed romantic drama directed by Mira Nair won awards at the Independent Spirit Awards and the Venice Film Festival and was a Golden Globe nominee. *Please note the unusual start time for this movie, which will begin after the Indian luncheon.*



Friday, April 2nd, "The Time Traveler's Wife," 12:30-2:20 (2009, PG-13) – Romantic fantasy based on the best-selling book by Audrey Niffenegger. A librarian (Eric Bana) suffers from a rare genetic anomaly that causes him to live his life on a shifting timeline, skipping back and forth through his lifespan. Despite the fact that they are apart often and without warning, Clare (Rachel McAdams) tries to build a life with the man she's loved since childhood.

"Jazz" Films by Ken Burns - The critically acclaimed 10-part series by Ken Burns continues this month.

Thursday, March 4th, 12:30-2:15, Swing: The Velocity of Celebration. In the late 1930s, swing is suffused with the blues. Count Basie, Ella Fitzgerald, Coleman Hawkins and Lester Young emerge.

Friday, March 5th, 12:30-2:30, Dedication to Chaos. Swing becomes a symbol of democracy at home during World War II and bandleaders like Glenn Miller and Artie Shaw enlist and take their music to the service men and women overseas. Dizzy Gillespie, Charlie Parker and others begin a new way of playing.

Monday, March 29th, 12:30-2:30, Risk. During the Cold War and the growing threat of nuclear annihilation, jazz thrives. Norman Granz is successful in the Philharmonic Tours, and Gillespie and Parker are creating some of the most inventive jazz ever. Miles Davis, Dave Brubeck, Gerry Mulligan, and John Lewis arrive on the scene.

Spring Cleaning

Our coat racks have collected items over the winter months. If you are missing something please check the racks. We will be taking unclaimed items to Goodwill at the end of the month.

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.

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

Need help paying your heating bill? Applications for 2009/10 fuel assistance are being taken through April 30, 2010. See below to check if you may qualify for fuel assistance as well as discounts on utility and telephone bills. Call Carol Steiner at the COA 978-264-9643 for more information. FYI: The Friends of the COA manage an Emergency Fuel Assistance Fund. Contact Jean Fleming at the COA.

Household size *Maximum gross income* (Call for income guidelines for larger families)

1	\$ 29, 126
2	\$ 38, 087
3	\$ 47, 049
4	\$ 56, 011

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 at the COA at 978-264-9643.

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.

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: The Acton Police Department maintains this 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. You choose the time of day to receive the call. 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 turn the service off when you are away and are not available. Call Carol Steiner, Outreach Coordinator, at 978-264-9643 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.

Safety Sand for Seniors - All pails have been distributed for this season. Call the COA at 978-264-9643 to request **REFILLS ONLY**. The Highway Department, at 14 Forest Road, is open 24/7 if you wish to pick up your own sand. Please use caution when entering and exiting the sand area as trucks are coming and going at all hours.

AROUND TOWN...AND BEYOND

From the Town Clerk's Office Questions: contact clerk@acton-ma.gov or call 978-264-9615

Annual Town Election: Tuesday, March 30th



Absentee Ballots are available at the Clerk's Office up to three weeks before the election. To request a ballot please send or bring a note with your name, signature and Acton address to the Town Clerk's Office, 472 Main St. Remember to give the "mail to" address if it is other than your Acton address. You may also get an application at www.acton-ma.gov. The last day to register to vote in the Annual Town Election is March 10th.

Annual Town Meeting: Begins Monday, April 5th at 7:00pm in the ABRHS Auditorium

Acton Memorial Library Presents: For details visit www.actonmemoriallibrary.org or call 978-264-9641
Wednesday March 3rd, 7:30 pm at the Acton Memorial Library

Christopher Sawyer-Lauçanno will discuss "The Work of Gary Snyder: A Life Spent Seeking"

Gary Snyder to Receive 10th Annual Creeley Poetry Award

Tuesday, March 16th, 7:30 pm at the Acton Boxborough Regional High School Auditorium

Gary Snyder will read from his poetry. A book signing session will conclude the evening.

Town of Acton Senior Work Program - Work at an hourly rate of \$10 for a maximum of \$750/fiscal year. For more information call the Human Resources department at 978-264-9603.

Acton Recreation Welcomes Spring with a variety of classes, bus trips, special events, free concerts, beach memberships, and more. The new program will be mailed March 1st. It will also available at www.acton-ma.gov.

The State of the Commonwealth's Current Financial Condition

Wednesday, March 24th, 7:30 pm, RJ Grey Junior High School Library

Michael Widmer, President of the MA Taxpayers Foundation will present. Tickets are \$10. Sponsored by the Acton Area League of Women Voters.

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

Free Bach's Lunch Concert: Thursday, March 18th, 12:00-1:00

Indian Hill Faculty and Student FREE Music Marathon: Friday evening March 19th & all day March 20th

Mt. Calvary Lutheran Church Senior Lunch at 472 Massachusetts Ave

Thursdays, March 25th, April 22nd, May 27th, June 24th, 12:00 -1:00

Donation suggested. Entertainment will follow the lunch. Reservations required. Call 978-263-5156.

Carlisle COA Trip to Washington, DC - April 7-10, Call Joanne Willens at 978-371-8023 for details.

Senior Center Seeks Multi-Cultural Art Works for Spring Show



Throughout March and April the Senior Center will present a multi-cultural art exhibit featuring works by artists of diverse nationalities working in many contrasting styles. We are still looking for artists to participate in this exciting show. Please call Mary Lou Repucci at the COA office if you are interested.

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.

Is it a Stroke? Check these signs F.A.S.T.

Face – Does it look uneven? Ask the person to smile

Arm – Does it drift down? Ask the person to raise both arms

Speech – Does it sound slurred? Ask the person to repeat a sentence

Time – If you observe these symptoms call 9-1-1

Senior to Senior Bulletin Board: If you haven't seen the bulletin board in the dining room, please stop by and check it out. Do you have furniture looking for new home? Do you want someone to walk with this spring? Would you like to share rides around town or beyond? Just post it!! This is your space to sell, swap, trade, barter, share, find most any and all things. See the board for guidelines on size, contact info, etc.



Cell Phone Numbers Going Public? – Rumor!

Emails have been circulating again about cell phone numbers being given out to telemarketers. This is not true. There is no directory of cell phones and the FCC bans telemarketers from using automated dialers to call cell phone numbers.

Dental Service - The Hygiene Clinic of Middlesex Community College is available September through April for teeth cleaning and other dental services. The cost for cleaning is \$15 for seniors 60 and older. Call 978-656-3250 for more information and to schedule an appointment.

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.

AAA Driving Materials



Want to complete a check-up on your driving skills? The Senior Center has a copy of the AAA *Roadwise Review* CD-ROM in the computer lab for your use. There is also a copy in the COA office that you can borrow to take home (call first about availability) or, if you have high-speed Internet, you can complete the test online: <http://www.seniordrivers.org/driving/driving.cfm?button=roadwiseonline>. There are two options for taking the test, doing it alone or with a partner, but because of

computer lab space limitations it is only possible to take the test on your own at the Senior Center. The *Roadwise Review* was developed to help seniors drive safely longer and is a scientifically validated screening tool developed by AAA and noted transportation safety researchers. It allows seniors to measure the functional abilities shown to be the strongest predictors of crash risk among older drivers.

If you missed the AAA program held at the Senior Center in January, there is a short (23 minutes), very abbreviated DVD on "The Older and Wiser Driver" available in the COA office to borrow. It also includes the half-hour long "Getting Around: Alternatives for Seniors Who No Longer Drive."

Adaptive Telephone Equipment

MassEDP provides adaptive telephone equipment to people who have difficulty using the telephone due to issues such as hearing or vision loss. The equipment enables them to enjoy clear, independent phone communication and the ability to contact 911 in an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. Call 1-800-300-5658 or visit www.massEDP.com for more information. The three eligibility requirements are listed below.

1. Residency in Massachusetts
2. Permanent disability that can be verified by a MA physician
3. Residential phone service

Still Parenting? - If you or someone you know is a senior caring for mentally ill children contact Minuteman Senior Services at 781-221-7071 about a six session educational and supportive series starting in April.

Free Shingles Vaccine for Acton Residents 60 and Over

The Acton Public Health Nursing Service is offering free Zoster (shingles) vaccines. Shingles is caused by a reactivation of the chicken pox virus. It can occur in anyone who has had either chicken pox or the chicken pox vaccine. The likelihood of developing shingles increases with age. The vaccine is also recommended for those who have already had shingles as it may help prevent a future case. For information call APHNS at 978-264-9653.

March	Mon	Tue	Wed	Thu	Fri	2010
1 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00 Registration Begins – Exercise Only		2 8:30-9:30 Cardio Flex 9:00-10:30 Computer Files Class 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 1:00 Registration Begins – All Other Programs 1:00-4:00 Tax Appts. 1:30-3:00 Watercolor	3 8:30-9:30 Cardio Flex 8:30-11:30 Tax Appts. 9:00-10:30 Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Beg. Bridge	4 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Inter Tai Chi 11:00-12:00 Volunteer Drivers 12:30-2:15 Jazz DVD Pt. 6 1:00-2:30 Drawing Class - Last	5 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 12:30-2:30 Jazz DVD Pt. 7 1:00-4:30 Poker	
8 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One Stroke 9:30-11:00 Craft Fair Beading 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 3:00-4:30 Caregiving Program @ Acton Medical Assoc. 3:45 COA Board Meeting	9 8:20-11:00 Podiatry 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi - last 12:30-3:00 Board & Tile Games 1:00-4:00 Tax Appts. 1:30-3:00 Watercolor - last	10 8:30-9:30 Cardio Flex 8:30-11:30 Tax Appts. 9:00-10:30 Watercolor - last 10:00 Quilting 12:30 Knit 11:45 Birthday Lunch 1:00-2:00 Friendly Visitor Mtg. 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Beg. Bridge	11 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Inter Tai Chi 11:45 Soup Luncheon 1:00-2:00 Life Stories Group	12 8:30-9:30 Cardio Flex 10:00-11:30 Wii Games 1:00-4:30 Poker 1:30-3:00 Genealogy 2:30-3:45 Chair Massages	March 13 Daylight Savings Begins	
15 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00-2:00 Bookies Book Club 3:00-4:30 Caregiving Program March 14 1-2:30 St. Patty's Day Lunch	16 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 12:30-3:00 Board & Tile Games 1:00-4:00 Tax Appts.	17 8:30-9:30 Cardio Flex 8:30-11:30 Tax Appts. 9:00-10:30 Drop-in Watercolor 10:00 Quilting 1:00 Pool 11:45 St. Patrick's Day Lunch 12:15-1:00 BOS Candidates 1:00-2:00 Jazz Performance 2:30-4:30 Drop-in Beg. Bridge	18 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Inter. Tai Chi 1:00-2:00 Masters of Enterprise - Part 1	19 8:30-9:30 Cardio Flex 9:00 Men's and Ladies Breakfast with Senator Eldridge 10:00-11:30 Computer Club 10:30-11:30 Balance/Vertigo Prog. 12:30-2:30 Movie 1:00-4:30 Poker		
22 8:30-9:30 Stretch/Flex - last 9:30-11:00 Drop-in One Stroke 9:30-11:00 Spring Wreaths 10:00-12:00 Drop-in Bridge 1:00-2:00 Archaeology Program 1:00-3:00 SHINE 3:00-4:30 Caregiving Program @ Acton Medical Assoc.	23 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 12:30-1:30 Elders at Risk 1:00-4:00 Tax Appts. 1:30-3:00 Watercolor Begins	24 8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 10:00 Quilting 12:30 Knit 12:30-1:30 Volunteer Drivers 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Beg. Bridge	25 8:30-9:30 Cardio Flex - last 9:45-10:45 Stretch/Tone - last 11:00-12:00 Inter. Tai Chi - last 11:30 Indian Art Talk & Lunch 12:45-2:40 Indian Movie 3:00-4:00 Music Ensemble Begins	26 8:30-9:30 Cardio Flex - last 9:00-11:00 Illusion Necklaces 10:00-11:30 Wii Games 11:45 Lifecare Lunch 1:00-4:30 Poker 1:30-3:00 Genealogy 2:30-3:45 Chair Massages		
29 8:30-9:30 Stretch/Flex Begins 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-2:30 Jazz DVD Pt. 8 1:00-3:00 SHINE 3:00-4:30 Caregiving Program	30 Town Election 8:30 Newsletter Mailing 8:30-9:30 Cardio Flex Begins 9:45-10:45 Stretch/Tone Begins 11:00-12:00 Beg. Tai Chi Begins 12:30-3:00 Board & Tile Games 1:00-4:00 Tax Appts. 1:30-3:00 Watercolor	31 8:30-11:30 Tax Appts. 8:30-9:30 Cardio Flex Begins 9:00-10:30 Drop-in Watercolor 10:00 Quilting 12:30 Knit 10:15 Botanical Gardens Trip 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Beg. Bridge	April 1 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi Begins 1:00-2:00 Masters of Enterprise - Part 2 3:00-4:00 Music Ensemble	2 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-12:00 Line Dancing Begins 12:30-2:20 Movie 1:00-4:30 Poker		

The United States Census is Here!

The 2010 U.S. Census counts everyone living in the United States and is mandated by the Constitution. The data collected is used to distribute Congressional seats and how legislative districts are drawn, make decisions about what community services to provide and to distribute \$400 billion in funds to local and state governments. Your participation is required by law and will take only 10 minutes to complete. For information contact: U.S. Census Bureau at 617-223-3610 or www.census.gov, or the Secretary of the Commonwealth at 1-800-462-8683 or www.ma2010census.org.

Key Dates of the 2010 Census:

March 2010 – Forms are mailed or delivered to households

April - July 2010 – Census takers visit homes that did not return a form by mail

December 2010 – Census Bureau delivers population information to the President for apportionment

Daylight Savings Time/ File of Life



Remember to set your clock ahead 1 hour before you go to bed on Saturday, March 13th! It's also a great time to update your

File of Life information. Cards are available at the Senior Center Office.

FROM THE FRIENDS OF THE COA

Greetings from the Friends. We are in the home stretch of the winter season and are looking forward to spring and all its glory! March and April are going to be very exciting months at the COA as we introduce "Honoring Diversity", a cultural exploration that includes an art show, breakfast, films, Chinese and Indian luncheons, and culminating with an evening reception on April 28th. Watch for this symbol  in the newsletter which indicates an "Honoring Diversity" program. These events are made possible through a grant from the United Way of Acton and Boxborough. We look forward to seeing you!

SENIOR CENTER CLINICS

Podiatry Clinic: Tuesday, March 9th, 8:20-11:00

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 978-264-9653. *Funded by the Friends of the Acton Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesday, March 9th and 23rd, 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, March 8th at 3:45pm

ACTON COUNCIL ON AGING

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