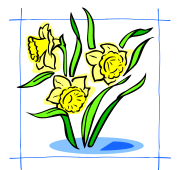


Acton Senior Bulletin



March 2014

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

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

Visit the COA website at www.acton-ma.gov. Go to Government, then down to Council on Aging.

Exercise registration begins by phone only on Monday, March 3rd at 1:00.

Registration for all other programs begins in person or by phone Tuesday, March 4th at 1:00.



► The Theater of the 1930s, 1940s and 1950s with Stephen Collins

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

By popular demand, Stephen Collins is returning to spend an afternoon entertaining us! The 30s through the 50s represents a period of great American theatrical history. The impact by the Great Depression, World War II and the fracturing of the American Dream will be shown through the works of such luminaries as William Saroyan, Tennessee Williams, Arthur Miller, Eugene O'Neill, and N. Richard Nash. Collins performs monologues from these and other playwrights and may even sing a Cole Porter and George Gershwin tune to round out the afternoon.

► CPR Training for Seniors

Saturday, March 22nd, 8:30 a.m. to approximately 12:30 p.m.


Be prepared for an emergency with knowledge of the latest CPR methods--you could save a life! The Acton Fire Department is running a CPR class at the Senior Center using the American Heart Association CPR method. You will also receive training in using an AED (Automatic External defibrillator). The fee for the program is \$20, a significant discount from the regular cost. Please bring cash or check made out to "Town of Acton" to class. This is open to Acton residents age 60 and up.

Daylight Savings Time/File of Life/Smoke Alarm Battery Change



Remember to set your clock ahead 1 hour before you go to bed on Saturday, March 8th! It's also a great time to update your File of Life information. Cards are available at the Senior Center Office. And don't forget to change the batteries in your smoke alarms. The Fire Department will be happy to visit your home to check your smoke detectors and either replace the battery or install new detectors if needed. Call the COA at 978-929-6652 to schedule a visit.

Director's Corner

The COA offers many programs available to residents age 60+. If the title has a ► in front of it, you are required to sign up prior to the program. A  by the title means that the program is partially or fully funded by the Friends of the Acton COA. People often ask why we list a program that is already full; we use waiting lists to fill spots that open up and it is also helpful for people who need a reminder on program/class/trip specifics.

Registration for exercise programs will be Monday, March 3. We will be accepting phone in registration only and will begin at 1:00. Please have the name and time of your class ready. You may sign up for one other person if they are not able to do so themselves.

Sharon, COA Director

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EXERCISE

REGISTRATION BEGINS by PHONE ONLY..... MONDAY, MARCH 3rd at 1:00.

****The current winter session of classes end the week of March 24th except Zumba which ends March 21st.****

Registration for the Spring Session of Exercise Classes Begins Monday, March 3rd at 1:00 by phone only.

Please call the COA office at 978-929-6652. Have the day, time and class title ready as well as your name and phone number. If you get a voice mail message, do not leave a registration request. It's a good idea to familiarize yourself with the "redial" feature on your phone in advance. You may register yourself and one other person, only if that person is not available to call. Do not call to register another person who is also calling in to register both of you. It makes the registration process much more cumbersome and confusing! Walk-in registrations start at 2:00.

Exercise programs are popular and often have waiting lists. In our effort to offer exercise opportunities to everyone who is interested, please consider the following:

- If you are going to miss more than three weeks of an exercise class, please call the office so we may offer your spot to someone on the waiting list for the remainder of the session. Call when you are ready to return to see if space is available.
- Please register for a class that is held twice a week only if you can regularly attend both days.
- Check with your doctor before starting any exercise program.
- All new participants must sign a waiver of liability.

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

Mondays, March 31st through June 16th, 8:30-9:30 (No class on 4/21 and 5/26)

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 COA).



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

Tuesdays and Thursdays, April 1st through June 19th, 8:30-9:30

or Wednesdays and Fridays, April 2nd through June 20th, 8:30-9:30

Start with a stretch and warm-up followed by a lively 20 minute aerobic routine, 5 minute cool down and 30 minutes of muscle toning and strengthening using hand weights. Floor work is optional. Weights are available at the Center or bring your own. The workout in the Tuesday/Thursday and Wednesday/Friday classes is the same. You may not register for both sessions as it is best to wait at least 48 hours before repeating the same workout.

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

Tuesdays and Thursdays, April 1st through June 19th, 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 seated.



▶ **Beginner Taoist Tai Chi with Alice Hogan and other Taoist Tai Chi Society Instructors**

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

This class has been meeting since September, so some knowledge of Taoist Tai Chi is required at this point to join.



▶ **Continuing Level Taoist Tai Chi with Ray Caisse and other Taoist Tai Chi Society Instructors**

Thursdays, April 3rd through June 19th, 11:00-12:00

For those who know all 108 movements of the Taoist Tai Chi set, whether learned at the Center or elsewhere.

▶ **Yoga Class with Patsy Brightman**

Wednesdays, April 2nd through June 4th, 10:45-12:00

This gentle form of exercise works the joints and muscles to increase flexibility, strength, balance, and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class has an emphasis on wellness and will include a period of deep relaxation. Bring water and a yoga mat to each class. A \$10 donation for the series is suggested, per grant guidelines from the Executive Office of Elder Affairs, which is funding this program. Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.

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

EXERCISE - continued

REGISTRATION BEGINS by **PHONE ONLY**..... MONDAY, MARCH 3rd at 1:00.

► Zumba Gold™/Stretch Class with Yvonne Benelli

Fridays, April 4th through June 13th, 10:00-10:45 (No class on 4/18)

Join the party! Latin-inspired international music and dance steps have created "exercise in disguise." This cardio-based fitness workout is designed to tone the entire body and includes a variety of international music. Floor work is optional and is at the end of class. This program is designed so that anyone can do it—YOU are in control of your movements and intensity, and you will be encouraged to modify your exercise (up or down) to accommodate your own needs. Participants should wear sneakers (smooth tread best), bring water, an exercise mat (if doing floor work), and a smile! This class is funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations--a \$10 donation for the series is suggested. Yvonne Benelli is a certified Zumba and Stott Pilates instructor. She holds an MS in Clinical Exercise Physiology, a BS in Physical Education and has been teaching fitness classes and American Red Cross CPR/First Aid for over 30 years.



► Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell

Wednesdays, April 2nd through June 18th, 10:00-10:30, living room

Thursdays, April 3rd through June 19th, 11:00 -11:30, dining room

A low-impact program is best suited for people getting little or no physical activity. The exercises are based on the Matter of Balance program and aim to increase strength, balance and coordination.

► Striders Walking Group



Mondays, March 3rd, 10th, 17th, 24th and 31st, 12:15-1:00 at the Senior Center

Wednesdays, March 5th, 12th and 26th, 8:30-9:15 at NARA Park

So join us for a 1 or 2 mile energetic walk. If the weather is questionable, call the COA office to see if we're walking. If you are new to walking, we suggest you try the Wednesday walk at NARA Park as the terrain is flatter and easier for beginners to conquer. Be sure to dress layers in the colder weather.

► Indicates that you must register in advance!

SENIOR CINEMA

You may call the office to confirm the selection in case a change needs to be made.

****Movies are shown using the closed-captioning feature, when available****



Friday, February 28th, 12:30-2:35 *Jobs* (2013, PG-13) Biopic tells the story of Steve Jobs' ascension from college dropout into one of the most revered creative entrepreneurs of the 20th century. Ashton Kutcher stars.

Friday, March 7th, 12:30-2:40 *The Butler* (2013, PG-13 for violence, language and sexual references) Cecil Gaines serves eight presidents during his tenure as a White House butler against a backdrop of unparalleled change in American history, including the civil rights movement and the Vietnam War. Large cast includes Forest Whitaker, Vanessa Redgrave and Oprah Winfrey.

Tuesday, March 18th, 12:30-1:35 *A Short History of Ireland* (2011) Go on a cultural adventure in one of the world's most magical places: Ireland! Delve into the origins of the Celts, follow the Williamite War, explore the clans and more. Plus, see Ireland's pastoral countryside, seaside cliffs and haunting castles and learn about the traditions that make it unique. *This DVD will be available to borrow from the COA office after the viewing date.*

Friday, March 21st, 12:30-2:45 *Captain Phillips* (2013, PG-13 for violence) The true story of Captain Richard Phillips (played by Tom Hanks) and the 2009 hijacking by Somali pirates of the Maersk Alabama, the first American cargo ship to be hijacked in 200 years. Based on the book by Phillips.

Thursday, March 27th, 12:30-2:15 *All is Lost* (2013, PG-13) After a collision with a shipping container, a man on a solo sailing voyage (Robert Redford) struggles to survive. Action movie with no dialogue.

Friday, April 4th, 12:30-2:15 *Last Vegas* (2013, PG-13 for sexual content and language) In this comedy, three lifelong friends (Robert De Niro, Morgan Freeman and Kevin Kline) head to Las Vegas for a wild weekend where their buddy (Michael Douglas) is marrying a woman half his age. Mary Steenburgen also stars.

CLASSES

REGISTRATION BEGINS..... TUESDAY, MARCH 4th at 1:00.

► One-Stroke Decorative Painting with Alev Bowen

 *Introductory Session: Fridays, March 28th, April 4th, April 11th, 9:30-11:00*
Continuing Session: Fridays, April 25th, May 2nd, and May 9th, 9:30-11:00



We are happy to announce the return of one-stroke painting lessons! Alev Bowen, a certified one-stroke painting instructor, will teach two three-week sessions. If you are new to one-stroke, sign up for the introductory and continuing sessions. If you have experience, sign up for the continuing session only. In the introductory session you will learn how to load your brush and why it is so important. Instruction will also be given on how to use different size brushes. After you become comfortable with these two foundation level techniques, you will work on some basic strokes, painting leaves and simple flowers. An 11 x 14 inch canvas will be supplied. During the continuing session, students should bring a flat surface to paint (slate, wood plaque). One-stroke painting follows a particular system--no drawing or painting experience required! A supply list is available in the COA office.

► Beginner Chess Class with Ken LeBow

Thursdays, March 20th through May 29th, 1:00-2:00 (No class on April 3rd)

Learn how the pieces move, what are check and checkmate and some basic strategies, including the 10 golden rules of chess. Chess sets and boards are supplied by the COA. Chess is a great way to exercise your brain - studies show playing can improve memory, boost concentration and increase creativity. If you already have experience but need a refresher, see the Intermediate Chess Class description. *Ken moved from the Philadelphia suburbs, where he started a chess club. He has played chess for over 50 years and has had several games published in the Boston Globe and New York Times, although he is quick to mention that all except one were losses!*

► Intermediate Chess Class with Ken LeBow

Thursdays, March 20th through May 29th, 2:00-3:00 (No class on April 3rd)

For players who have some chess experience. You should know how the pieces move and the concepts of check and checkmate. You will play games and get feedback as part of class.

► Indicates that you must register in advance!

UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS..... TUESDAY, MARCH 4th at 1:00.

► Long Term Care Insurance 101

Thursday, March 6th, 1:00-2:00 (Call now. Registration is open.)

Learn how Long Term Care Insurance really works. You'll learn how benefits are paid, how your health affects eligibility, who the major MA insurers are, and whether it is something you should consider. Presenter Hans Hug, Jr. is the owner of LTC Insurance Group.



► AARP Smart Driver Program

Friday, March 28th, 10:00-3:00

Cars have changed! So have traffic rules, driving conditions and the roads we drive on. Be a smart, safe driver and brush up on your driving skills. There is no written exam or driving test - just an opportunity to better understand the technologies in new vehicles, the rules of the road, and strategies to compensate for age-related changes in vision, hearing and response time. A certificate will be awarded to all participants, which may qualify you for an insurance discount. All participants receive a *Smart Driver* workbook. Cost is \$15 for AARP members; \$20 for non-members. Please pay in advance, by cash or with a check made out to AARP, at the COA. There will be a lunch break, so bring your own or call 978-263-5053 for a reservation at the Senior Center.

► Comedy Show with David Shikes

Tuesday, April 1st, 1:00-1:45

Enjoy a rollicking good time with comedian David Shikes, who is returning on April Fools' Day to make us chuckle with the jokes and stories he has up his sleeve. Shikes, a bookseller by trade, enjoys bringing his comedy to seniors throughout New England.

► Indicates that you must register in advance!

DINING OPPORTUNITIES

REGISTRATION BEGINS..... TUESDAY, MARCH 4th at 1:00.

****Please sign up with the COA office staff for the following meals:**

▶ **Birthday/Town Employee Prepared Lunch**

Wednesday, March 12th, 11:45

The Fire Department will be cooking meatballs, pasta, Italian bread, salad and dessert. After lunch the Fire Department will be talking about various programs they have available to the seniors in our community. A \$3 donation for this birthday/employee prepared lunch is requested. Please sign up in the COA office.

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

Sunday, March 16th, 1:00-2:30

Everyone's Irish on St. Patrick's Day! Don't miss the Lions Club's Annual St. Patrick's Day luncheon at the Senior Center. A traditional New England boiled dinner will be served free of charge to Acton and Boxborough seniors, followed by entertainment which is typically Irish step dancers. Parking is limited, so please carpool. For a reservation, call the COA at 978-929-6652 by Wednesday, March 12th. Thank you to the Lions Club members for providing great food, camaraderie and entertainment to our seniors again this year!

▶ **Inn at Robbins Brook Lunch**

Tuesday, March 18th, 11:45

Enjoy chicken pot pie, salad and dessert. A \$3 donation for lunch is requested. Please sign up in the COA office. After lunch, stay for a movie on the history of Ireland - see page 3 for more information.

▶ **Monthly Breakfast**

Friday, March 21st, 9:00



Join us for a warm, plentiful breakfast! Typically pancakes or French toast, as well as eggs, fruit, bacon and sausages are served, but our chef, Veteran Services Officer James MacRae, sometimes has a surprise in store. Cost is \$2.00.

Please sign up with Joy in the Dining Room for the following meals:



▶ **** New**Soup Bar**

Fridays, March 7th, 14th, 21st and 28th, 11:45

Enjoy warm soup with add-ons. The soup on 2/8 is Italian Tomato, 3/7 is Beef Stroganoff, 3/14 is Turkey Dinner, 3/21 is Pesto Italian and 3/28 is Beef Alfredo. For a list of the add-ons see Joy in the dining room. \$2 donation.

▶ **March for Meals Fundraiser**

Thursday, March 20th, 11:45 See Joy in the Dining room for details.

▶ **Minuteman Lunches** are served M-F at 11:45. Voluntary donation is \$2. Call 978-263-5053 by 10:30 the day before. Birthday Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA.

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

SENIOR CENTER CLINICS

Podiatry Clinic with Dr. Gregorian

Wednesday, March 5th, 1:30-4:00 and Tuesday, March 11th, 8:15-11:00

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments for the podiatry clinic will begin when the COA's monthly newsletter is out in the community. Call 978-929-6650. *Funded by Friends of Acton Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesdays, March 11th and 25th, 9:30-11:30 The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and discuss any medication, nutritional or health related questions. No appointment necessary.

Hearing Clinic: Friday, March 21st, 9:30-11:30 – Call the COA at 978-929-6652 for an appointment.

TRIPS

REGISTRATION BEGINS..... TUESDAY, MARCH 4th at 1:00.

► **East Hill Farm Luncheon and Live Performance**

Tuesday, March 11th, leave NARA Park Lower Lot at 10:30

(Call now. Registration is open.)

We're returning to one of our favorite destinations, East Hill Farm in Troy, New Hampshire, for a day full of good food and fun entertainment. Lunch is served family style and will include rum punch or cider upon arrival, soup, fresh baked bread, fritter with maple syrup, New England pot roast, baked stuffed chicken, vegetable, mashed potatoes, dessert, coffee, tea, milk. After lunch, we'll enjoy a live *Frost Heaves* performance by Ken Sheldon. As Fred Marple, official spokesperson from the imaginary town of Frost Heaves, Ken will entertain us with hilarious stories and songs about small town living. There will be time to stroll around the farm (weather permitting) or visit the gift shop which sells the farm's famous bread.

Depart: 10:30 a.m. from NARA Lower Lot; Approximate return time: 4:15

Cost: \$47, due now, includes lunch, live performance, coach bus (w/restroom), and all gratuities.



► **Day in Providence Rhode Island: Tour of the City, Lunch at Spirito's Restaurant and RI School of Design Museum Tour**

Wednesday, April 16th, leave NARA Park Lower Lot at 9:00 a.m.

We'll start the day with a tour of the city of Providence! From the comfort of the bus, our step-on guide Deena Liffmann will share many historical, architectural and cultural tidbits about the city. After the tour, we'll dine at Spirito's Italian restaurant, located in an historic Victorian mansion. Lunch will include salad, choice of chicken parmesan, stuffed scrod or Italian sampler (ravioli, meatball, sausage, fried peppers), tiramisu, and coffee/tea. Please indicate your entrée preference when registering. Our day will conclude with a docent-led highlights tour of the Rhode Island School of Design Museum, which includes 45 minutes of walking/standing. The museum's collection features over 86,000 works of art from ancient to contemporary times—paintings, drawings, decorative arts, costumes, textiles, and sculpture. There are pieces by John Singleton Copley, Winslow Homer, William Merritt Chase, Mary Cassatt, John Singer Sargent, Claude Monet, Edgar Degas, Paul Cézanne, Pablo Picasso, Henri Matisse, and Georgia O'Keeffe. There are two special exhibits: photographs by Andy Warhol and Arlene Schechet's contemporary Meissen sculptures.

Depart: 9:00 a.m. from NARA Lower Lot; Approximate return time: 5:15

Cost: \$65 due by March 26th includes city and museum tours, lunch, coach bus (w/restroom), and all gratuities.

COUNCIL ON AGING TRIP POLICIES

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check.
2. Payment is due as specified in each trip description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you find someone to go in your place.
3. Make checks out to: "Friends of the Acton COA." Drop your check off at the COA office at 50 Audubon Dr. or mail to: COA, Town Hall, 472 Main St., Acton, MA 01720. Make a separate check for each trip. Checks are cashed after the trip occurs.
4. Parking for trips is at NARA Park in the Lower Parking Lot, unless otherwise noted. Take Main Street/Route 27 North, left on Quarry Road, the Upper Fields lot is the second lot entrance on the right. Please check the trip description in the newsletter to confirm the parking location.
5. Call COA Director, Sharon Mercurio, at 978-929-6652 for financial assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips. These are available at the COA Office if needed. Please make sure that all sections of the card are filled out and up to date.
7. If you are not self sufficient or have special needs, you must travel with a companion who can provide assistance for you. Call the COA for details if you are uncertain of the demands of a trip.
8. If a medical emergency arises on a trip, COA staff will procure treatment if needed, but cannot accompany someone to the hospital.

Durable Medical Equipment: The COA has items such as canes, walkers and tub benches to borrow. Call Mary Lou weekdays after 1:30 at 978-929-6652, and please allow her a couple of days to gather the equipment.

ONGOING ACTIVITIES

REGISTRATION BEGINS..... TUESDAY, MARCH 4th at 1:00.

▶ **AARP Free Tax Preparation with Paul Motyka and Sharon Kelsey**

Tuesdays, through April 15th, 12:00-4:00

AARP and the IRS are sponsoring free tax preparation for low and moderate income taxpayers. Call 978-929-6652 for an appointment. The library also has appointments and can be reached at 978-929-6543. Please see page 8 for more information on what you need to bring with you.

▶ **Drop-In Guided Meditation with Health and Wellness Coordinator Liz Jewell**

Thursdays, March 13th and 27th, 2:30-3:15

Meditation is the practice of mindfulness. Mindfulness means paying attention in a particular way; on purpose, in the present moment and nonjudgmentally. Practicing mindfulness has been linked to improved physical and mental health. Join Liz for some gentle stretching exercises and guided meditation practice.

▶ **Beginner Chess Class with Ken LeBow (Class registration is closed.)**

Thursdays, through March 13th, 1:00-2:00

▶ **Intermediate Chess Class with Ken LeBow**


Thursdays, through March 13th, 2:00-3:00

For players who already know how the pieces move and the concepts of check and checkmate.

Chess Club for Experienced Players

Thursdays, 2:00-4:15

Players with some chess experience get together for drop-in games at the Senior Center on Thursday afternoons. Folks pair up according to skill/experience. Out-of-town seniors are welcome. Ken LeBow oversees the group.

 ▶ **Winter Watercolor Class with Sue Nordhausen**
Tuesdays, through March 25th, 1:30-3:00 (Class is full. Call for waitlist.)

 ▶ **Watercolor Studio Workshop with Joyce McJilton Dwyer (Class is full. Call for waitlist.)**
Mondays, through April 7th, 10:00-11:30

“The Bookies” COA Book Club

Monday, March 17th, 2:00-3:00

The book title for this month was not available at press time. Call the COA at 978-929-6652 in early March for the title. Copies of the book are available each month at the Acton Memorial Library.



Genealogy Group

Friday, March 14th, 1:00-2:30

Winter is a great time of year to delve into your family history! Come share your research, seek some advice or simply share your passion for family history with like-minded people in this facilitated group.

Computer Club - Meetings may be self-directed or they may have a leader depending on availability.

Wednesdays, March 12th and 19th, 1:30-3:00

Minuteman SHINE (Serving the Health Information Needs of Everyone)

Mondays, March 10th and 24th, 12:00-4:00

The COA has a SHINE counselor available twice a month. Call the office at 978-929-6652 for an appointment.

Beginner Microsoft Word with Cal Winroth

Wednesday, March 26th, 1:30-3:00

Through a creative approach for exploring a variety of topics and fun homework assignments you will discover many facets of this fascinating, flexible program. Bring your laptop or use the senior center's computers.

See the Calendar on page 11 for info on these groups: Tile/Board Games, Yarn & Thread Ladies, Drop-in Bridge, Harmonica. These activities may be canceled due to space constraints.

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

FUEL ASSISTANCE

South Middlesex Opportunity Council (SMOC) Low Income Heating Assistance Program (LIHEAP)

Need help paying your heating bill? Eligibility is based on household size and gross annual income of every household member 18+ years. Renters whose cost of heat is included in the rent can apply. Call Bev at the COA at 978-929-6652 for an appointment and for more information about eligibility. This program runs through April 30.

Emergency Fuel Assistance Fund - Contact Bev Hutchings at the COA at 978-929-6652.

OUTREACH & SUPPORT SERVICES

We are available to help you find resources in the community to address many concerns related to aging. Call Bev, Outreach Coordinator, at 978-929-6652 for a confidential chat.

Friendly Visitors: Volunteers visit seniors at home for about an hour each week. If you are interested in becoming a visitor or know someone who would enjoy visits, call Bev at the COA at 978-929-6652.

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

Home Care Services: Please call the COA if you have questions on how to obtain home care services.

Minuteman Senior Services, our State Home Care, can be reached at 1-888-222-6171.

NSTAR Program for Low Income Customers: Low income customers have the opportunity to pay off their old arrearages for their gas and/or electric bills. For details call NSTAR at 1-866-315-2496.

SNAP – Supplemental Nutrition Assistance Program offers low-income seniors food assistance. Call Project Bread at 1-800-645-8333, M-F, 8:00-5:00 or visit www.mass.gov/dta.

Veterans Services Appointments: If you are a veteran or a surviving spouse and need help with benefits or resources please contact Veterans Service Officer James MacRae at 978-929-6614 or email vso@acton-ma.gov to schedule an appointment. You can also call Bev Hutchings at the COA at 978-929-6652 for information.

Support Groups

Alzheimer's, Memory Loss and Dementia Care Givers Support Group with Eileen Lawson

4th Wednesday of each month, 4:00-5:30, Benchmark Senior Living at Robbins Brook. Call 978-264-4666.

Parkinson's Disease Support Group with Mary Ann Wonn

3rd Monday of each month 2:00-3:00, Benchmark Senior Living at Robbins Brook. Call 978-264-4666.

Bereavement Group

Wednesdays, through March 26th, for 8 weeks, 6:00-7:30, Parmenter at 266 Cochituate Rd., Wayland. For information & registration call Andrea Heinlein @ 508-358-3000 Ext. 349

Chronic Disease Self-Management

Thursdays, through Mar. 20th, 2:00-4:30, Acton Medical Assoc., 321 Main St, Acton, Call Carrie Legget at 978- 635-8902 to register.

AARP Free Tax Preparation - The American Assoc. for Retired Persons and the IRS are sponsoring free tax preparation for low and moderate income taxpayers February through mid-April at the Senior Center and the Memorial Library. Returns will be prepared on Tuesdays afternoons at the COA. See page 2 of this newsletter for details. Returns will be prepared Thursday and Friday afternoons at the Library. For library appointments call 978-760-9146. This service covers most personal tax returns but does not cover business returns, returns for those who own rental property, or investment advice. Bring a copy of last year's 2012 Federal and State returns as well as all tax forms mailed to you for 2013, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security, mutual fund statements, and brokerage statements. Seniors may be eligible for the MA Circuit Breaker tax credit. Both homeowners and renters may receive a tax credit of up to \$1030 even if you don't owe any state income tax. You may also back file for the Circuit Breaker credit for the last 3 years if you are eligible for it but did not file.



Handyman Program helps seniors with small repairs and simple household jobs. Volunteer handymen glue handrails and chair legs, replace light bulbs, flip mattresses, make computer/DVD connections and more. Call Mary Lou weekday afternoons after 1:30 at 978-929-6652 to make a request.

AROUND TOWN...AND BEYOND

Recreation Department – The 2014 Spring-Summer Program will be mailed out in early March. If you have any questions, contact Recreation via email at recreation@acton-ma.gov or call 978-929-6640 x0.

Town Clerk's Office: Annual Town Election is Tuesday, April 1st. Annual Town Meeting begins Monday, April 7th in the AB Regional High School Auditorium at 7:00 PM. The last day to register to vote/participate in either of these events will be Wednesday, March 12th. The Town Clerk's Office will be open on this day from 8:00 AM to 8:00 PM to facilitate voter registration.

Absentee ballots may be obtained for the Annual Election by voters approximately three weeks before the election. Massachusetts allows voters to vote by absentee ballot if they:

- will be absent from your city or town on election day, and/or
- have a physical disability that prevents your voting at the polling place, and/or
- cannot vote at the polls due to religious beliefs

An absentee ballot can be mailed to you or you may vote Town hall by making arrangements with the Town Clerk. Completed ballots must be received by the time the polls close on Election Day. If you are unsure of your registration status or need more information, contact the Clerk's Office at clerk@acton-ma.gov or 978-929-6620.

Upcoming Events at Memorial Library To join the email list visit: www.actonmemoriallibrary.org.

Wednesday, March 5, 7 p.m. Succeeding on eBay Click by Click Learn about profile set-up, effective pages for selling, reputation development, mistakes, shipping, PayPal, etc. Sponsored by the Friends of the Acton Libraries.

Tuesday, March 18, 7:30 p.m. Book Discussion: *The Sisters Brothers* by Patrick deWitt. All are welcome; copies are available at the circulation desk.

Wednesday, March 19, 3 to 4 p.m. Drop-In Computer Help Need help downloading library books to an e-reader? Creating a document or attaching it to an email?

Thursday, March 20, 7 to 8 p.m. Minuteman Digital Media Catalog Use the Minuteman Library Network's Digital Media Catalog to download free eBooks and eAudiobooks.

Tuesday, March 25, 3 to 4 p.m. Microsoft Word: Layout and Format Come learn how to insert photos, add headers and footers, change margins, and more. Class is limited to 5. Registration required; call 978 929-6543.

Wednesday, March 26, 7 p.m. Succeeding on Craigslist Click by Click Learn about account setup/management, avoiding scams/pitfalls, pricing, delivery, payment, etc. Sponsored by the Friends of the Acton Libraries.

Gaining Ground Farm - Maple Sugaring Open House, Saturday, March 8th, 3:00 to 5 p.m., 341 Virginia Road, Concord. Enjoy maple refreshments and hot cider. Learn about maple sugaring as farmers boil sap for syrup.

Mt. Calvary Community Supper at 472 Massachusetts Ave.

Every Wednesday, 5:00-6:00 p.m. Free. Everyone welcome. Call 978-263-5156 for info.

Mt. Calvary Community Lunch at 472 Massachusetts Ave.

4th Thursday of the month, 12:15. Donations accepted.

Indian Hill Music – For more information call 978-486-9524 x116 or visit www.indianhillmusic.org.

Free Bach's Lunch Concert *Thursday, March 20th, 11:00 and 1:30* at 36 King St in Littleton

Indian Hill Orchestra *Sunday, March 16th, 3:00*, Tickets \$20-50.

Sounds of Stow Orchestra and Chorus – Present Brahms and Tchaikovsky on **Sunday, March 23rd, 3:00** Hale School, Stow. Seniors \$20.00. For more information, visit www.soundsofstow.com or call 978-505-7317.



Senior Center Art Exhibit - February through March we welcome Bonnie McGrath in an exhibit of fine art photographs. Ms. McGrath is a professional artist working in multi-media and has shown her work at many venues including, most recently, Emerson Hospital. Please call the COA office for viewing times. Many thanks to Mary-Lou Chapski for sharing her work with us in December/January.

HEALTH NEWS

Alzheimer's Services

- **Alzheimer's Association Helpline** 1-800-272-3900. Available for calls 7 days a week, 24 hours a day.
- **Cooperative Elder Services, Inc.** 978-318-0046. Provides adult day health and Alzheimer's day programs.

Healthcare Websites

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

Minuteman Senior Services provides free in-home consultations. Call 888-222-6171 or visit www.minutemansenior.org for more information.

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

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

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

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

TRANSPORTATION

The COA Van, MinuteVan Dial-a-Ride and Road Runner Van Services run Monday-Friday. Call 978-844-6809 weekdays 8:30-4:00 at least a day ahead. Rides are \$1 in-town and \$1.50 out-of-town. Rides are available anywhere in Acton, Concord and Maynard as well as certain locations in Littleton, Westford and Boxborough. Punch tickets are available from the driver or in the COA office.

RoadRunner Van Grocery Shopping Trips to the Acton Food Pantry, the Westford Market Basket and the Littleton New Oriental Market. For more call 978-844-6809, weekdays, 8:30-4:00. Call at least a day ahead.

Friendly Drivers Available to drive seniors to appointments, shopping, etc. Rides must be arranged ahead of time. You must register with the COA by calling Bev Hutchings at 978-929-6652. We encourage seniors needing a ride within Acton, Maynard or Concord, 8-4, Monday through Friday, to use the COA or Road Runner van. If, however, you need a ride not covered by our existing transportation, please call the COA.

MART Van Service to Boston - Weekday stops at the Littleton Train Station for rides to Emerson Hospital/Bedford VA/Alewife T-Station/Metro-Boston Hospitals/West Roxbury VA. Call 1-800-922-5636 (press opt. 3).

Yankee Bus Service to Boston – Weekday service leaving Colonial Spirits, Great Rd, at 7:00am, arriving Copley Square at 7:50am. Return ride leaves Copley at 5:05pm, arrives Colonial Spirits at 5:50pm. Call 1-800-942-8890 for more information. Rides are \$10 one way.

Thank You

... to the Board of Health for our Valentine lunch!
...to the Assessor's Office for their helpful presentation on taxes.

Arthritis Self Management: Are you interested in joining us for a program that helps make living with arthritis better? The COA hopes to offer the 6-week Arthritis Self Management program this spring, beginning Tuesday, April 15 and running through May 13 from 2:00-4:30. The classes are designed for people who want to better understand their arthritis, learn ways to cope with chronic pain and take a more active role in managing their condition. Participants will gain confidence, motivation and find practical solutions to help manage the challenges of living with a chronic condition. Sessions are facilitated by two trained volunteer leaders from Minuteman Senior Services. We need 10 participants to run the program, so call now at 978-929-6652 to let us know of your interest.

March	Mon	Tue	Wed	Thu	Fri	2014
	3	4 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-4:30 Tax Appointments 12:30-3:00 Board & Tile Games 1:00 Program Registration Begins 1:30-3:00 Watercolor w/Sue	5 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:15 Yoga 12:30-2:15 Yarn & Thread Ladies 1:30-4:00 Podiatry Clinic 2:30-4:30 Drop-in Bridge	6 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 1:00-2:00 Long Term Care 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons– Beg/Inter. 2:00-4:15 Chess Club	7 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 11:45 Soup Bar-Beef Stroganoff 12:30-2:40 Movie	
	10 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 12:15-1:00 Walking at COA 12:30-4:00 SHINE 1:00 Friends of the COA Meet	11 8:15-11:00 Podiatry Clinic 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 10:30 East Hill Farm Trip 11:00-12:00 Beginner Tai Chi 12:00-4:00 Tax Appointments 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor w/Sue	12 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:15 Yoga 11:45 Birthday/ Employee Cooked Lunch 11:45 Firefighters Talk 12:30-2:15 Yarn & Thread Ladies 1:30 Computer Club 2:30 Bridge	13 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons– Beg/Inter. 2:00-4:15 Chess Club 2:30-3:15 Meditation	14 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 11:45 Soup Bar-Turkey Dinner 1:00-2:30 Genealogy	
	16 1:00-2:30 St Patrick’s Day Lunch at the Senior Center 17 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 12:15-1:00 Walking at COA 1:00-2:00 Theater Program 2:00-3:00 Book Group	18 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:45 Robbins Brook Lunch 12:00-4:00 Tax Appointments 12:30-1:35 Movie 1:30-3:00 Watercolor w/Sue	19 8:30-9:30 Cardio Flex 9:30-11:00 Drop-in Art 10:45-12:15 Yoga 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	20 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:45 March for Meal Fundraiser 11:45 Meet the BOS Candidates 1:00 Harmonica Club 1:00/2:00 Chess Lessons – Begin 2:00-4:15 Chess Club	21 8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 9:30-11:30 Hearing Clinic 10:00-10:45 Zumba - last 11:45 Soup Bar-Pesto Tomato 12:30-2:45 Movie 22 8:30-12:30 CPR Class	
	24 8:30-9:30 Stretch/Flex - last 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 12:15-1:00 Walking at COA 12:00-4:00 SHINE 12:30-2:00 Newsletter Sealing	25 8:30-9:30 Cardio Flex 8:30 Newsletter Mailing 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi - last 12:00-4:00 Tax Appointments 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor w/Sue - last	26 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise - last 10:45-12:15 Yoga-last 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Beginner Word Class 2:30-4:30 Drop-in Bridge	27 8:30-9:30 Cardio Flex- last 9:45-10:45 Stretch/Tone - last 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise - last 12:30-2:15 Movie 1:00/2:00 Chess Lessons– Beg/Inter. 1:00-3:00 Harmonica Club 2:00-4:15 Chess Club 2:30-3:15 Meditation	28 8:30-9:30 Cardio Flex - last 9:30-11:00 One Stroke Painting Begins 10:00-3:00 AARP Smart Driver 11:45 Soup Bar-Beef Alfredo	
	31 8:30-9:30 Stretch/Flex Begins 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 12:15-1:00 Walking at COA 1:00 Registration Begins	April 1 8:30-9:30 Cardio Flex Begins 9:45-10:45 Stretch/Tone Begins 11:00-12:00 Beg. Tai Chi Begins 12:00-4:00 Tax Appointments 12:30-3:00 Board & Tile Games 1:00-1:45 Comedy Show	2 8:30-9:30 Cardio Flex Begins 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise Begins 10:45-12:15 Yoga Begins 12:30-2:15 Yarn & Thread Ladies 1:30-4:00 Podiatry Clinic 2:30-4:30 Drop-in Bridge	3 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise Begins 11:00-12:00 Continuing Tai Chi 1:30-3:00 Volunteer Reception	4 8:30-9:30 Cardio Flex 9:30-11:00 One Stroke Painting 10:00-10:45 Zumba Begins 11:45 Soup Bar-Corn Chowder 12:30-2:15 Movie	

Free CO and Smoke Detectors - The Fire Department has received grants to provide smoke detectors, CO detectors and batteries for seniors. The FD will check expiration dates and install new battery operated detectors if needed. Call the COA at 978-929-6652 to schedule a visit from the Fire Department.



Get Your Newsletter by Email -

Why wait for the mail to get your newsletter? Get it early and in color! For more information or to switch to the email list, call Judy at 978-929-6652 or email jpeters@acton-ma.gov.

Meet the Candidates for Selectmen

Thursday, March 20th, 11:45

The candidates for Selectmen, Peter Berry and Franny Osman, will be joining us for lunch and casual conversation. Please sign up with Joy in the dining room for lunch.

From the Friends of the Acton COA
Many thanks for all your generous donations. The Center could not flourish without your support.

FYI - A Little History:

- In 1981 Carol Lake became the first Director of the Council on Aging. The Friends of the Acton COA was established at that same time. Meetings were held at various venues across Town. At that time there were 2,000 seniors living in Acton. Since then our senior population has tripled.

- In 1994 the Acton Senior Center opened on Audubon Drive. Our little Center is bursting at the seams. Wouldn't it be nice to have a larger Center! Just a thought...

The Acton Council on Aging Honors Our Volunteers with a Dessert Reception

Thursday, April 3rd, 1:30-3:00

AARP Tax Preparers, ABRHS Students and Counselors, Chess Instructor, Computer Helpers, COA Board, Dining Room Assistants, Elder Law Attorneys, Friendly Drivers, Friendly Visitors, Friends of the COA, Gardeners, Group Leaders, Handymen, Knitters, Crafters and Quilters, Librarian, Meals on Wheels Drivers, Newsletter Crew, Office Receptionists, SHINE Counselor, Tai Chi Instructors

Please be looking for your invitation arriving at your home shortly.

(If you are a volunteer haven't received your invitation by March 24th, please call the office.)

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Acton, MA 01720
Permit #67

Acton Council on Aging
Town Hall, 472 Main Street
Acton, MA 01720
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Activities with this symbol are partially or fully funded by your donations to the Friends of the Acton COA.



ACTON COA STAFF

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

ACTON COA BOARD MEMBERS

Barbara Willson, Chair	Marion Maxwell
Charlie Aaronson, Vice Chair	Franny Osman
Stephen Baran	Sally Thompson, Treasurer
Ann Corcoran	Paul Turner
Connie Ingram	

Acton COA Board will meet on Monday, March 3rd at 3:00
Friends of the Acton COA will meet on March 10th at 1:00.