



Acton Senior Bulletin



May/June 2009

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

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

Visit the COA website at www.acton-ma.gov. Click on Departments, then on Council on Aging.

Jazz Performance by Pam Hines Jazz Trio

Thursday, May 7th, 12:30-2:00

Come for the Mother's Day Luncheon and stay for an upbeat and entertaining jazz performance featuring pianist Pam Hines, David Hurst on percussion and Justin Meyer on acoustic bass. Hines, an Indian Hill Music faculty member, has performed on many CDs since her debut CD in 1998 and has been a live guest on several radio shows. Hurst performs throughout New England with musicians from Berklee College and New England Conservatory and is on faculty at the Middlesex School. Meyer, who performed at the Acton COA last year, is on faculty at Indian Hill and Lawrence Academy and has performed around the country with numerous ensembles. If you're coming for lunch, make sure to call the dining room at 978-263-5053 to sign up. This program is supported in part by a grant from the Acton-Boxborough Cultural Council, which is supported by the Mass. Cultural Council.

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► Retirement Health Plan Options

Wednesday, May 20th, 6:30-8:00 p.m.

What happens to my insurance if I retire younger than 65? What if I work past 65? What about coverage for my spouse? These are common questions that retirees have about their health insurance coverage. This presentation is for those considering retirement and is offered by Blue Cross Blue Shield of MA. It includes an explanation of COBRA as well as the Direct-Pay health plan options available before Medicare. It also includes an explanation of the health plan options available once a person has Medicare. A question and answer session will follow. All are welcome regardless of your insurance coverage! Light refreshments will be served.

► *New* Art Program--Post Impressionism, Northern Renaissance, Rembrandt & Vermeer

Thursdays, May 21st, 28th, and June 4th, 1:00-2:15

The ArtMatters staff is returning by popular demand to the COA to present an art awareness program on Post Impressionism, the Northern Renaissance, and Rembrandt/Vermeer. This unique and engaging program teaches using large, museum quality artwork prints that will cover an entire wall by the end of the presentation.

May 21st: Post Impressionism: Like a stone dropped into a pond, the ripples from the revolutionary Impressionist style of painting spread out, influencing a whole new generation of artists. Join us for a look at how other artists interpreted this new, personally expressive way of painting, and in turn influenced 20th century art.

May 28th: Northern Renaissance: Includes some of the greatest artists and boldest innovations, including the invention of oil painting. View Old Masters artwork from Flanders, Holland, Germany, England, and France.

June 4th: Rembrandt & Vermeer: Rembrandt Harmenszoon van Rijn and Johannes Vermeer, two of the greatest painters the world has known. Their fame comes from their beloved masterpieces but their lives are documented by tragic bankruptcies. Come, relax and admire the sumptuous images. Enjoy the drama of Rembrandt and the special quiet of Vermeer. Take an ArtMatters hour and connect to the masters!

Sign ups Begin - Monday, May 4th at 1:00

Senior Center will be closed on Monday, May 25th for Memorial Day

UPCOMING PROGRAM HIGHLIGHTS

FOR MAY/JUNE..... SIGN UPS BEGIN MAY 4th at 1:00!

► Pamper Yourself at the Nashoba Valley Technical High School Salon

Tuesday, May 5th, 10:30-12:00ish

Just a reminder if you have made an appointment at Nashoba Valley Tech. HS salon, Cosmo Cuts, on Rt. 110, Westford. Cash or checks. Call the COA to see if the van *may* be able to transport you to and from the salon.

► Elder Law Presentation with Attorney Margaret Hoag of Eckel & Morgan

Thursday May 14th, 1:00-2:00

Attorneys who work with seniors appreciate complex financial and social realities and are able to address their clients' legal issues in a comprehensive way. They often work with accountants, financial planners and geriatric care managers to ensure a coordinated plan. Attorney Hoag will inform us of recent changes in guardianship and probate laws, and discuss reverse mortgages pros and cons, benefits of tax exemptions and pre-paid funerals. Please bring your questions and concerns. Co-sponsored by the MA Chap. of the Nat. Acad. of Elder Law Attys. Call the COA by May 11th to register. Invite friends and family to make this a dynamic program.

Day of Remembrance

Wednesday, May 27th, 1:00-2:00

Days pass by so quickly. We hardly ever take enough time to consciously sit and think about our family, friends and other loved ones who have passed away. On May 27th we will offer a Day of Remembrance for all to share. Please bring or send a memory, photo, poem, etc. of your choosing which we will incorporate into a wreath to display your remembrances. Pets can be included. If you would prefer just to read your remembrance at the gathering and not have it displayed, that is fine as well. We will start gathering in the living room at 1:00. At 1:15 we will begin to read aloud (or you can read if you choose). Light refreshments will be served.

Coffee Hour with Representative Jen Benson

Friday, May 29th, 9:30-10:30

Please join us for an informal and informative gathering with State Representative Jen Benson. She looks forward to meeting many of Acton's seniors and talking with you about your concerns. If you have any particular topics you would like her to address, please e-mail seniorcenter@acton-ma.gov, call us, or drop off a written question in our office. We will forward any questions to her. We hope you are able to come. Light refreshments will be served.

► Ask the Lawyer

Wednesday, June 3rd, 1:00-3:00

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

Safe Assistance Training

Thursday, June 4th, 1:00-3:00

Are you a volunteer or thinking about volunteering helping seniors? Join trainer/therapist Michelle Hughes for training on how to help someone with their walker or wheelchair. Call 781-221-7023 to sign up. Limited to 18.

Father's Day Show--"Four Get Me Notes" Barbershop Quartet

Tuesday, June 9th, 12:30-1:30

In honor of Father's Day, this quartet will entertain us with a special show! The group performs songs, shares some anecdotal humor and leads a sing-a-long. Enjoy songs from the 40s and 50s, including old chestnuts such as "Let Me Call You Sweetheart" and "Heart of My Heart." No need to sign up for the show, but call the dining room at 978-263-5053 to make a lunch reservation.

Possibilities in Sight with Amy Halloran, Low Vision Specialist

Wednesday, June 10th, 12:30-1:30

Amy Halloran will discuss common eye conditions such as macular degeneration, glaucoma and diabetes. She will demonstrate low-tech and high-tech solutions to the everyday challenges of living with low vision. These solutions include various types of magnifiers, talking clocks, large print materials and video magnifiers to name a few.

► Indicates that you must sign up in advance!

UPCOMING PROGRAM HIGHLIGHTS

FOR MAY/JUNE (continued)..... SIGN UPS BEGIN MAY 4th at 1:00!

Is Your Bladder Controlling Your Life?

Wednesday, June 24th, 1:00-2:00

Judy Curless, a pelvic health specialist and Chief Physical Therapist of the Emerson Hospital Physical Therapy Dept., will talk about the causes of incontinence, treatments available and exercises that can help. Loss of bladder control, or incontinence, can happen to anyone and is very common among seniors, especially women. Seniors should know that incontinence is not just a problem they have to learn to live with! Approximately 80 percent of incontinence sufferers can be cured or greatly improved with physical therapy.

Watch the Red Sox Game at the Senior Center

Wednesday, July 1st, 1:30

Watch the Red Sox take on the Baltimore Orioles at Camden Yards on our big screen, high definition TV. Snacks will be served. Get in the spirit and wear your Red Sox shirt or hat!

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

DINING OPPORTUNITIES

► **Men's and Ladies' Breakfast with Police Officer Dan Silva**

Friday, May 15th, 9:00-10:00



Join us for a generous, warm breakfast with some socializing on the side. Our volunteer chefs Mike and Cy always have something delicious cooking! At 9:30 Dan Silva, police liaison to the Senior Center, will talk about some personal safety tips for seniors. Call the COA by Wednesday, May 13th for a reservation. Cost is \$2.00.

► **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.

- **May Birthday Lunch: Wednesday, May 13th**
- **June Birthday Lunch: Wednesday, June 10th** - If you have a birthday in May or June please join us for a complimentary lunch by calling 978-263-5053 at least 5 days ahead of the date of the lunch.
- **Mother's Day Lunch: Thursday, May 7th** - See page 1 for more information on the Jazz performance.
- **Father's Day Lunch: Tuesday, June 9th** - See page 2 for information on the barbershop quartet performance.
- **July 4th Lunch: Thursday, July 2nd**

► **Luncheon at the Inn at Robbins Brook**

Wednesday, May 20th, 12:00 (seating begins at 11:45)

The Inn at Robbins Brook's staff is offering a free luncheon to Acton seniors at the Inn (10 Devon Dr., N. Acton). Buffet lunch will include salad, stuffed chicken breast, green beans, potatoes, pineapple upside-down cake, and beverages. For those interested, a tour of the facility will be offered after lunch. Reserve by calling the COA by May 12th. Parking is limited. Please consider carpooling or call the COA after May 7th to inquire about a van ride.

► **Luncheon provided by Life Care Center of Acton**

Friday, June 19th, 11:45

Life Care Center of Acton, a local rehabilitation and long-term care facility, is pleased to connect with seniors and deliver this delicious free lunch to the Senior Center. **Call the COA by Thursday, June 11th to make a reservation.** We can't guarantee a meal for people who don't sign up. Note: the deadline for signing up for the Friday, May 8th Life Care luncheon was April 30th.

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

Analog to Digital Television Conversion Delayed! - The US House has pushed back the date for discontinuing analog broadcasting to June 12, 2009. So, you have a little more time to purchase a convertor box if you need one. Coupons to help defray the cost are available at www.dtv2009.gov.

CLASSES/WORKSHOPS

FOR MAY/JUNE..... SIGN UPS BEGIN MAY 4th at 1:00!

► **Beading Workshop with Joan McKenzie**

Friday, May 8th, 9:00-10:30

Make your choice of beaded earrings, bracelet or a simple necklace. Joan usually has a fun, new project idea as well. Beading is fun and social! If you have enough jewelry, please come and help make items to be sold at the Friends of the COA craft fair. Small materials fee.

► ***New* Big Bands Music Appreciation**

Mondays, May 11th, 18th, June 1st, 12:30-1:30

John Clark, presenter of last spring's New Orleans Jazz program, is returning to the Center. John, an educator and talented jazz musician, uses a mix of sound and video clips to present material in an entertaining way.



Week 1: Soundies! The first music videos - originally filmed as three minute clips based around popular songs, these films were marketed to bars and taverns to be played in early video jukeboxes. We will listen to and watch films by a range of musical acts from Duke Ellington and Count Basie to Desi Arnaz and Lawrence Welk.

Week 2: Cartoons and Early Sound Films. Some great jazz and big band music can be heard on cartoons - we will watch some featuring Betty Boop, the Warner Brothers gang and Droopy Dog which includes music by Jack Teagarden, Louis Armstrong and Cab Calloway among others.

Week 3: Personalities. We'll see some great films of the 1930's and 40's (and even the 20's) featuring bands led by Ben Bernie, Louis Armstrong, Duke Ellington, Artie Shaw & Louis Jordan - a great tour through the swing era!

► **Chair Yoga Workshop**

Tuesday, June 9th, 1:30-2:30

Dr. Deborah Diamond of Network Chiropractic of Acton will lead a chair yoga workshop, with a focus on posture and strengthening the spinal muscles. Participants will receive a handout so the exercises can be done at home.

Board Games Days at the COA



Get ready for the summer heat and learn to play some great board/card games in our air conditioned living room. Join Judy each week for lessons on two new games that engage your mind, while having fun and making new friends. Then, continue to come each week to play these games, old favorites or even suggest some new games.

Thursday, June 11th, 12:30-2:00 Learn *Rummikub*, similar to the card game rummy 500 but using tiles instead of cards. We will also learn to play *Set*, a game of concentration and matching of similar shapes, numbers and colors.

Thursday, June 25th, 12:30-2:00 Learn to play *Sequence*, a game with cards and chips to get 5 in a row on the board while blocking your opponents from doing the same. We'll also learn *Clue*, a classic board game of who killed whom with what where. Part luck, part skill and lots of fun.

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

VOLUNTEERING

Beading Volunteers Needed for Friends' Craft Fair Projects

Join in on the fun of beading and help raise money for COA programs and services! Joan McKenzie will lead a group to prepare beaded items to sell at the Friends of the Council on Aging fall craft fair. If you would like to be on the "to be called" list to be notified of when the group meets, please call the office and let us know!

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

COA Volunteer Opportunities

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

TRIPS

► **Moakley Federal Courthouse Tour and Lunch at Maggiano's**

Wednesday, May 13th, leaving Nagog Office Park at 9:15



Come tour the John Joseph Moakley Federal Courthouse. The tour will cover artistic and architectural elements of the building, the Wall of Honor, a look at a Federal District Courtroom and possibly observation of a live court session. After the tour you will have a little time to walk along the Boston Harborwalk, then we're off to Maggiano's Little Italy for a family style lunch. Call TODAY for a reservation. **Payment due when signing up.** Please

note that electronic devices such as cell phones, pagers and cameras are not allowed and two forms of ID are required (one containing a photograph) to enter the courthouse.

Depart: Nagog Office Park at 9:15 (approximate return time 3:00)

Cost: \$43, includes coach bus transportation, lunch and all gratuities

► **Tour of Pilgrim Hall Museum and the Town of Plymouth**

Thursday, June 11th, leaving Nagog Office Park at 8:15 a.m.

Spend the day in historic Plymouth! We will have a guided tour through the Pilgrim Hall Museum, which has been collecting the history and telling the story of the Pilgrims since 1824. The Museum just reopened in February after an extensive renovation and expansion. You will pay on your own for lunch at the Lobster Hut, a cafeteria style "clam shack" offering seafood and sandwiches with a large deck overlooking the harbor. Lunch will be followed by a two-hour tour through Plymouth, with a guide on board the bus. Even if you have been to Plymouth before, this is not an ordinary tour—you will see and hear plenty of new things! Planned stops are the beautiful Brewster Gardens and the Forefather's Monument. **Payment due by May 28th.**

Depart: 8:15 a.m., Nagog Office Park; approximate return time 5:00

Cost: \$32 includes coach bus transport., (w/restroom), driver tip, museum admission/tour and guided town tour.

► **Lowell Spinners Baseball Game**

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



Enjoy an evening of baseball at the Lowell Spinners, Single A affiliate of the Red Sox. The Spinners provide a fun, entertaining atmosphere for games at a good value. Single game tickets always sell out early, so this is a great opportunity to experience a game and see some of the Red Sox stars of the future! Seniors can bring along their friends, children or grandchildren (ages 5 and up). Our group will be sitting together in box seats behind home plate so there will not be a

lot of walking up and down steps. There is an elevator into the stadium. We will be taking a mini-coach bus, without a restroom on board. **Payment due by June 25th.**

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

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

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check.
2. Payment is due as specified in each description. If payment is not received in time, we will attempt to contact you before your name is removed from the sign-up list. Refunds will be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you can find someone to go in your place.
3. Make checks out to: The Friends of the Acton COA. You may drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720. For multiple trips, please make separate checks for each.
4. Parking for trips is at Nagog Office Park. Enter from Rte. 2A/119 at Bickford's Restaurant and follow Office Park Road all the way to the end to the cul de sac (just under one mile) and park in the lot on the right.
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips.

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

Senior Center Art Display

May Exhibit: “Students Make Their Mark.” Hope for the future lies in our students now, as art education develops innovative thinking needed for the 21st century. Please join us as we celebrate the creative work of our local students, K-12. Please call the COA office for viewing times.

ONGOING ACTIVITIES

► **One-Stroke Decorative Painting with Donna Lynch**

Mondays, May 4th through June 1st, 9:30-11:00 (No class May 25th)

Create beautiful, simple paintings using shading methods through one stroke of the paintbrush! All paints, glass conditioners, varnishes, and paper are provided by the instructor. Paint brushes are available if needed. Please bring paper plates, a water container and paper towels. No experience is necessary and beginners are welcome!

► **Watercolor Studio Workshop with Cynthia Durost**

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

Join our watercolor studio workshop and be inspired. Explore landscapes and still life, work on new or old projects, and engage in the joy of painting in watercolor. Beginners welcome!

► ***New* British Romantic Poetry**

Tuesdays, May 5th and 12th, 1:30-3:00

Dr. Eugene Narrett, a literature professor with a PhD from Columbia University, continues with the last 2 parts of the series teaching you how to read poetry and discussing what makes a quality poem.

Week 3: William Blake (1757-1827), “The Chimney Sweeper” *Books of Innocence and Experience* (one version in each “Book”); time permitting “The Garden of Love” (1794)

Week 4: John Keats (1795-1821), “Ode to a Nightingale”; time permitting “Ode on Melancholy”

Friendly Visitors Annual Planting Party

Tuesday, May 12th, 1:00-2:00



We will plant pots of annuals to take to the people we visit and enjoy some refreshments. We will meet in the dining room. Visitors should RSVP to Carol. This will be our last meeting until the fall but visiting continues year round. Hope to see you all at our volunteer reception in June. If you have an hour a week to spare and are interested in Friendly Visiting, call Carol Steiner at the COA.

► ***New* Bridge Basics for Beginners with Electra Coumou**

Fridays, through May 29th, 10:00-12:00

This class has already started but call the COA for information on joining.

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

Fridays, May 8th and 22nd, June 5th and 19th, 2:30-3:45

Massages will 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 massage is \$15 and should be paid directly to Nancy with cash or check. Wear a t-shirt or tank top under your clothing to make the massage most effective. Please be sure to mark your appointment on your calendar and call us if you need to cancel; there is often a waiting list.

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

Mondays, 1:00-3:00 (No SHINE appointments on May 25th)

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

Computer Club

Wednesdays, May 13th, May 27th, June 10th and June 24th, 1:30-3:00

Fridays, May 8th, May 22nd, June 5th and June 19th, 10:00-11:30

These are the last dates for the computer club for the summer.

Quilting News: The quilting group has begun hand quilting the whimsy quilt for the fall COA Raffle. They are also completing several crib quilts for donation. New quilters, experienced or novice, are always welcome.

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

ONGOING ACTIVITIES CONTINUED...

Wii Games

Demonstration and Lessons

Tuesdays, May 19th and June 16th, 11:00-12:00

Join Judy in the living room for a lesson on how to play the Wii bowling and tennis games. It's great fun, a good laugh and some easy exercise. Anyone can learn. See you there!

Free Time to Play with a Friend or Solo

Tuesdays, 11:00-12:00 or any time the living room is available

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

“The Bookies”

Tuesday, May 19th, 1:00-2:00 (Note change in meeting day!)



The May Book Club selection is First Mothers: The Women Who Shaped the Presidents by Bonnie Angelo. An in-depth look at the mother-son relationships that nurtured and helped propel the last 12 American presidents to the pinnacle of power. The Memorial Library will have copies of the book, which may be sent to the Citizens Library if that is more convenient. It may also be able to obtain a large-print edition or a CD or cassette. Reading the book is not required to attend. The group will celebrate a wonderful year of reading with a pot-luck food celebration.

Drop-In Program Spotlight: Knit/Crochet Group

This group of extremely productive women is always welcoming to new folks! They knit their own items as well as those to give to various charities and for Friends of the Acton COA fundraisers. There is also a variety of donated yarn kept at the Senior Center for the knitters to use. There is always a lot of socializing and laughter when this group gets together every Wednesday 12:30-2:30. Check the monthly calendar for occasional conflicts.

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

Mah Jongg/Mexican Train

Knit/Crochet Group

Drop-in Bridge Ping

Quilters

Genealogy

Pong/Pool

Cribbage

Poker

Drop-in One-Stroke

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

TRANSPORTATION

COA Senior Van runs Monday through Friday. The van is available until 3:45pm in-town and approximately 3:30pm for out-of-town rides. The last ride in the morning will be at 11:30 and the first ride after lunch will be at 12:30. For van reservations call weekdays 978-264-9643 between **8:00-11:00** at least one day in advance, more if possible. Please have the name, telephone number and address of your destination when you call. One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.

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



T Newsletter Volunteers

H Our newsletter volunteers are a hard working crowd. “Many hands make light work” (John Heywood, English Playwright and Poet, 1497-1580) really sums up the effort from our 30 ± volunteers. As you know, our newsletter goes out numerous times a year to over 2500 households throughout Acton. Folding, stapling and labeling is the order of the day. Fun, companionship and a job-well-done are the results! Currently on our list of mailers are: Balvant Boghani, Mary Burnell, Mike Cardillo, Angie Conn, Barbara Cowley, Phyllis DeMers, Carol Drury, Margaret Flynn, Nancy Hartwell, Ginny Hershberger, Mary Joyal, Cal Kallio, Gordon Lagrow, Pauline Magee, Doris Malson, Jan Manzelli, Trudy Miquel, Dorothy Nuzzo, Marjorie Parker, Barbara Panza, Cy Perkin, Shirley Rice, Florence Ross, Pat Schappert, Pete Schappert, Bernice Simpson, Charlie Smith, Dolores Smorzewski, Kay Thompson. Thank you all for your help!

EXERCISE

Check with your doctor before starting any exercise program, wear loose, comfortable clothing and bring water.

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

Thursdays, through June 18th, 11:00-12:00

This class is open only to people who have participated in the Beginners and/or Intermediate class. Wear shoes with smooth treads that will not get caught up on the carpet.

► **Stretch and Flex with Terri Zaborowski**

Mondays, through June 15th, 8:30-9:30 (No class on May 25th) (Class is full. Call for waitlist.)

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

Tuesdays and Thursdays, through June 18th, 8:30-9:30 (Class is full. Call for waitlist.)

or Wednesdays and Fridays, through June 19th, 8:30-9:30 (Class is full. Call for waitlist.)

► **Senior Stretch, Flex, Tone and Cardio with Terri Zaborowski**

Tuesdays and Thursdays, through June 18th, 9:45-10:45 (Class is full. Call for waitlist.)

Video Exercise Programs

Continue exercising this summer at the air-conditioned Senior Center with “Stronger Seniors” Stretch and Strength videos! Please check with your doctor if you have not been exercising regularly. Each participant must sign a waiver of liability to participate. We hope to add new video exercise programs for the summer, so stay tuned!

Stretch Chair Exercise Video

Mondays, June 22nd and 29th, 9:00-9:45

This exercise routine was developed by Anne Pringle to improve flexibility and mobility, abdominal strength and back muscles, and reduce tension in the neck, back and shoulders, all while sitting in a chair. Please note there is not an aerobic/cardio element to this workout. No equipment is needed for this video.

Strength Chair Exercise Video

Tuesdays, June 23rd and 30th, and Thursdays, June 25th and July 2nd, 9:00-9:50

Anne Pringle developed this exercise program to improve strength, stamina and balance, all while sitting in a chair. Please note there is not an aerobic/cardio element to this workout. A 2-5 pound single hand weight is needed for the program, which is available at the COA or you can bring your own.

► **Acton Striders Walking Group**

Tuesdays, 2:00

Join us each Tuesday (unless it's raining steadily) for a one-mile walk. If you want to walk longer, you are welcome to do so. This friendly group walks in some pretty spots around town, so come out and join the fun! Call the COA for more information. A handout with the walking routes and parking locations is available in the office.



May 5th – Minuteman Rd neighborhood

May 26th – NARA Park

June 16th – West Acton Cemetery

May 12th – West Acton Cemetery

June 2nd – Alcott Street

June 23rd – Concord Road Cemetery

May 19th – Concord Road Cemetery

June 9th – Minuteman Rd

June 30th – NARA Park

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Senior Citizens Law Project of Greater Boston Legal Services

Free civil legal services to persons age 60 and older in the Minuteman Senior Services area such as: nursing home issues, housing/tenant's rights, consumer problems, defense of guardianships, Mass health, Social Security, Medicare. For information call Betsy Crimmins at 617-603-1576 or the Elder Intake Line: 617-603-1776.

Your State Representatives



Sen. Jamie Eldridge: James.Eldridge@state.ma.us 617-722-1120 - State House Rm.213A, Boston, 02133

Rep. Cory Atkins rep.coryatkins@hou.state.ma.us 978-369-5299 - 1540 Monument St., Concord, 01742

Rep. Jen Benson Jennifer.benson@state.ma.us 978-582-7063 - PO Box 202, Lunenburg, 01462

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.



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

Friendly Visitors: Volunteer Friendly Visitors visit seniors at home for about an hour each week. If you are interested in visiting someone to brighten their day or know someone who would enjoy visits, call Carol Steiner.

SNAP - Supplemental Nutrition Assistance Program: Low-income seniors may qualify for food assistance through SNAP, formerly the food stamp program, even if you own a home or a car, or have savings. Benefits are primarily based on income and certain other expenses. The average monthly benefit is \$88. For more information call Project Bread at 1-800-645-8333, M-F, 8:00-5:00. See Carol Steiner for an application.

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

Are You OK Program: Would you be reassured if you received a call every day at the same time? Maybe the “Are You Okay?” program is for you. This telephone reassurance program is offered free to any Acton resident who would benefit from a daily scheduled “well-being” check. To enroll call Carol Steiner at the COA.

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.

South Middlesex Opportunity Council (SMOC) Low Income Home Energy Assistance Fuel Assistance - Need help paying your heating bill? Applications for 2008/09 fuel assistance are being taken through **May 15th**. See below to know 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.

<i>Household size</i>	<i>200% of Federal Poverty</i>	<i>60% of State Median Income (smaller benefit level)</i>
1	\$ 20,800	\$27,876
2	\$ 28,000	\$36,450

Durable Medical Equipment Available to Loan: If you know what you need give us a call, have your



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

Economic Recovery One-time Payments

Social Security and Supplemental Security Income beneficiaries may be receiving a one-time payment of \$250. If you are eligible you will automatically receive payment by late May. Beneficiaries should not contact Social Security unless they haven't received payment by June 4th. To learn more visit: www.socialsecurity.gov/payment.

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

AROUND TOWN...AND BEYOND

Town of Acton Household Hazardous Waste Collection Day

Saturday, May 2nd at the DPW Garage, 14 Forest Rd., 9:00-11:30

A list of acceptable items is available at the Health Department Office, Transfer Station and Acton Library. For Acton residents only, proof of residency is required. \$25 charge per unit to dispose of TVs and CRT's. Cash or checks will be accepted. Please contact the Acton Health Department at 978-264-9634 with questions.

Acton Recreation offers a variety of bus trips, classes, special events as well as A 'Tribute to the 60s' free summer concert series at NARA. Enjoy the July 4th fireworks sponsored by Donelan's and Gould's Plaza. (Raindate: July 5). Call 978-264-9608 or stop by the Rec. Dept. or visit www.acton-ma.gov for more information.

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

Wednesday, May 6th, 7:30 pm - 'The Titanic Sinks as Acton Sleeps' by the Delvena Theater Company

Saturday, May 16th, 2:30 - Volunteer Recognition Day

Saturday, May 30th, 9:00-4:00 - Friends of the Acton Libraries Book Sale

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

Free Piano Honors Recital: Sunday, May 10th, 6:00 pm Piano students perform in the annual Honors Recital

Free Bach's Lunch Concert: Thursday, May 21, June 18th & Friday, June 19th, 12:00 noon – 1:00

Acton Garden Club Annual Plant Sale and Raffle

Saturday, May 16th, Acton Center For raffle tickets call 978-263-2602. Drawing on 5/16. Numerous prizes.

AARP Driver Safety Program offered by Emerson Hospital

Wednesday, May 6th, 10:00-3:30 in the North Assembly Room at Emerson Hospital in Concord

Dr. Harold D. Homefield discusses many facets of driving such as vehicle safety, adverse driving conditions and rules of the road as well as physiological changes that can affect the perceptual skills of drivers over 55. \$12.00 for AARP members and \$14 for non-members. Lunch provided. Registration required. Call Jan Quinty:978-287-3085.

Acton Garden Club Garden Tour - 75th anniversary

Friday and Saturday, June 12th and 13th

"Garden Sights and Floral Delights". For more information contact GardenTour@actongardenclub.org.

3rd Annual Wellness University by the Acton Board of Health and Public Health Nursing Service

Saturday, June 20th, 10:00-2:00 at the Parker-Damon Building

Wellness University will address the health and wellness needs of Acton residents. Unlike past years, this day will be open to all residents 30+ years of age. Programming consists of classes that will focus on different aspects of wellness ranging from nutrition and healthy living to fitness and more. The day will be complemented by an exhibit area for information on local health and wellness services as well as on health care, a variety of fitness, nutrition and other age appropriate topics. This is a free day to attendees; donations from local businesses are essential to make this day possible. If you are interested in attending the day either as a participant or as a business, please contact the Acton Health Department at 978-264-9634 for more information.

Carlisle Senior Center Overnight Trip to Tanglewood

August 2nd-3rd \$298.00 Stay at the Williams Inn, two meals, reserved seats, a trip to the Norman Rockwell Museum and Chesterwood. For information: Joanne Willens at 978-371-8023 or joannewillens@comcast.net.

***Coming Soon* - West Acton Farmer's Market on Pearl Street**

Sundays, July 12th through November 1st, 10:00-1:00

9-1-1 Disability Indicator Form

Disabled residents can register with the Public Safety Department for help with transportation in the event of an emergency. This confidential form is available at www.mass.gov/Eeops/docs/setb/disability_form.pdf, requested from the Police Department at 978-264-9638, picked up at the Public Safety Building or if you are 60+ you can get one at the Senior Center. Call Carol Steiner at the COA at 978-264-9643 for help completing the form.

SENIOR CINEMA

Movies

Friday, May 1st, “Australia,” 12:30-3:10 (2008, PG-13) – An Australian epic set in the 1930s leading up to the Japanese bombing of the city of Darwin in WWII. Nicole Kidman stars as an English aristocrat who is thrust into running a ranch in the outback, and Hugh Jackman is the drover who becomes her love interest. **Note:** Due to the length of this movie, we’ll pause halfway through for a five minute stretch break!

Friday, May 15th, “Slumdog Millionaire,” 12:30-2:30 (2008, R) – Jamal, an illiterate street kid (Dev Patel) is a contestant on the Hindi version of “Who Wants to be A Millionaire.” When he is accused of cheating, Jamal tells the story of his life in the slum where he and his brother grew up, of their adventures together on the road, of vicious encounters with local gangs, and of Latika (Freida Pinto), the girl he loved and lost. Won eight Oscars, including best motion picture of the year. **Note:** This film contains violent and disturbing images.

Friday, May 29th, “Marley and Me,” 12:30-2:35, (2008, PG) – Dramatic comedy based on the book by John Grogan, based on his own life experience. Owen Wilson and Jennifer Aniston star as husband and wife journalists who adopt a Labrador puppy that quickly becomes a rollicking force of nature in their lives!

Friday, June 5th, “Bride Wars,” 12:30-2, (2009, PG) – Comedy starring Kate Hudson and Anne Hathaway as best friends who become rivals when they schedule their respective weddings on the same day.

Friday, June 19th, “Frost/Nixon,” 12:30-2:30, (2008, R for language) – The movie not only re-creates the 1977 on-air interview, but also the weeks of around-the-world, behind-the-scenes maneuvering between the two men and their camps as negotiations were struck, deals were made and secrets revealed...all leading to the moment when they would sit facing one another in the court of public opinion. Stars Frank Langella and Michael Sheen.



Planet Earth BBC Series: This award winning series celebrates our planet, rather than lament about the state of it. Rare actions, impossible locations and intimate moments with the best-loved, wildest and most elusive creatures are stunningly captured. You will experience sights and sounds never before captured on film. Narrated by David Attenborough. Each episode is about one hour will continue into July/August.

Monday, June 8th, “Planet Earth: From Pole to Pole,” 12:30 –The introduction to this series considers the key factors that have shaped Earth’s natural history. Without fresh water there is no life on land, while the sun dominates the lives of all animals and plants on Earth and defines our habitats.

Monday, June 15th, “Planet Earth: Mountains,” 12:30 – This tour of our mightiest mountain ranges, starting with the birth of a mountain on one of the lowest places on Earth and ending at the summit of Everest, takes in some of the most reclusive creatures on the planet and reveals the secrets of their survival.

Monday, June 22nd, “Planet Earth: Fresh Water,”—Follows the descent of rivers from their mountain sources to the sea and showcases the unique and dramatic wildlife found within Earth’s unexplored waters. The waterfalls, canyons, frozen lakes, wetlands, and great rivers offer awe-inspiring sights.

Monday, June 29th, “Planet Earth: Caves,” 12:30 – Deep in an undiscovered world, including both poisonous and flooded caves, we find astonishing crystals, cave angel fish, five million bats, and weird cave-dwelling creatures.

Senior Passes to Massachusetts State Parks

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

Free Telephone Service Available SafeLink Wireless offers free cell phones to low-income seniors with limitless 911 access and 80 minutes of free talk-time per month for one year as well as access to other features. For information call 1-800-977-3768 or visit: www.safelinkwireless.com.

Would you like your own Vegetable Garden?



Growing Places Garden Project, Inc. can help you establish and care for your own garden. To qualify for a garden you need to receive food stamps, fuel assistance or have an income below certain guidelines. Once approved for a garden, volunteers will arrive at your site to build your garden. You will learn how to plant crops and will receive visits during the summer to discuss what is happening in your garden. For more information about the program and qualifications visit: www.growingplaces.org or call 978-598-3723.

May

Mon

Tue

Wed

Thu

Fri

2009

				1 8:30-9:30 Cardio Flex 10:00-12:00 Beginner Bridge 12:30-3:10 Movie 1:00-4:30 Poker Saturday, May 2 9:00-11:30 Hazardous Waste Collection Day
4 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke 10:00-12:00 Drop-in Bridge 10:30-12:00 Cribbage 1:00 Sign Ups begin 1:00-3:00 SHINE	5 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 10:30-12:00 Cosmo Cuts Pampering 11:00-12:00 Wii 12:30-3:00 Mah Jongg/Train 1:30-3:00 Poetry Program 2:00 Striders Walking Group	6 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool	7 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 11:45 Mother's Day Lunch 12:30-2:00 Jazz Performance	8 8:30-9:30 Cardio Flex 9:00-10:30 Beading Class 10:00-11:30 Computer Club 10:00-12:00 Beginner Bridge 11:45 Life Care Luncheon 1:00-4:30 Poker 1:30-3:00 Genealogy 2:30-3:45 Chair Massages
11 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke 10:00-12:00 Drop-in Bridge 10:30-12:00 Cribbage 12:30-1:30 Big Band Music 1:00-3:00 SHINE 3:45 COA Board Meeting	12 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 Wii 12:30-3:00 Mah Jongg/Train 1:00-2:00 Friendly Visitor Mtg 1:30-3:00 Poetry Program- last 2:00 Striders Walking Group	13 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 9:15 Moakley Courthouse Tour 10:00-12:00 Quilting 11:45 Birthday Lunch 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club	14 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 1:00-2:00 Elder Law Program	15 8:30-9:30 Cardio Flex 9:00 Men's & Ladies Breakfast 10:00-12:00 Beginner Bridge 12:30-2:30 Movie 1:00-4:30 Poker
18 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke 10:00-12:00 Drop-in Bridge 10:30-12:00 Cribbage 12:30-1:30 Big Band Music 1:00-3:00 SHINE	19 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Wii Lesson 12:30-3:00 Mah Jongg/Train 1:00-2:00 Bookies 2:00 Striders Walking Group	20 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 11:45 Lunch AT Robbins Brook 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 6:30pm Health Plan Options	21 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 1:00-2:15 Art Awareness	22 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-12:00 Beginner Bridge 1:00-4:30 Poker 1:30-3:00 Genealogy 2:30-3:45 Chair Massages
25 COA Closed Memorial Day 	26 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch & Tone 11:00-12:00 Wii 12:30-3:00 Mah Jongg/Train 2:00 Striders Walking Group	27 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 1:00-2:00 Day of Remembrance 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club	28 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 1:00-2:15 Art Awareness	29 8:30-9:30 Cardio Flex 9:30-10:30 Coffee with Rep. Jen Benson 10:00-12:00 Beginner Bridge - last 12:30-2:35 Movie 1:00-4:30 Poker

June

Mon

Tue

Wed

Thu

Fri

2009**1**

8:30-9:30 Stretch & Flex
 9:30-11:00 One Stroke - last
 10:00-12:00 Drop-in Bridge
 10:30-12:00 Cribbage
 12:30-1:30 Big Band Music
 1:00-3:00 SHINE
 1:00-4:30 Poker

2

8:30-9:30 Cardio Flex
 9:45-10:45 Stretch & Tone
 11:00-12:00 Wii
 12:30-3:00 Mah Jongg/Train
 2:00 Striders Walking Group

3

8:30-9:30 Cardio Flex
 9:00-10:30 Watercolor
 10:00-12:00 Quilting
 12:30-2:30 Knit/Crochet
 1:00-3:00 Ask the Lawyer
 1:00-3:00 Drop-in Pool

4

8:30-9:30 Cardio Flex
 9:45-10:45 Stretch & Tone
 11:00-12:00 Tai Chi
 1:00-2:15 Art Awareness
 1:00-3:00 Safe Assist Training

5

8:30-9:30 Cardio Flex
 10:00-11:30 Computer Club
 12:30-2:00 Movie
 1:00-4:30 Poker
 2:30-3:45 Chair Massages

8

8:30-9:30 Stretch & Flex
 9:30-11:00 Drop-in One Stroke
 10:00-12:00 Drop-in Bridge
 10:30-12:00 Cribbage
 12:30 Planet Earth - Poles
 1:00-3:00 SHINE
 1:00-4:30 Poker
 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 Wii
 11:45 Father's Day Lunch
 12:30-1:30 Barbershop Quartet
 1:30-2:30 Yoga Demo
 2:00 Striders Walking Group

10

8:30-9:30 Cardio Flex
 9:00-10:30 Watercolor - last
 10:00-12:00 Quilting
 11:45 Birthday Lunch
 12:30-2:30 Knit/Crochet
 12:30-1:30 Eyesight Program
 1:00-3:00 Drop-in Pool
 1:30-3:00 Computer Club

11

8:15 Plymouth Trip
 8:30-9:30 Cardio Flex
 9:45-10:45 Stretch & Tone
 11:00-12:00 Tai Chi
 12:30-2:00 Board Game Lessons

12

8:30-9:30 Cardio Flex
 1:00-4:30 Poker
 1:30-3:00 Genealogy

15

8:30-9:30 Stretch & Flex - last
 9:30-11:00 Drop-in One Stroke
 10:00-12:00 Drop-in Bridge
 10:30-12:00 Cribbage
 12:30 Planet Earth - Mountains
 1:00-3:00 SHINE

16

8:30-9:30 Cardio Flex
 9:45-10:45 Stretch & Tone
 11:00-12:00 Wii Lessons
 12:30-3:00 Mah Jongg/Train
 2:00 Striders Walking Group

17

8:30-9:30 Cardio Flex
 9:00-10:30 Drop-in Watercolor
 10:00-12:00 Quilting
 12:30-2:30 Knit/Crochet
 1:00-3:00 Drop-in Pool

18

8:30-9:30 Cardio Flex - last
 9:45-10:45 Stretch & Tone -last
 11:00-12:00 Tai Chi - last
 1:30-3:00 Volunteer Reception

19

8:30-9:30 Cardio Flex - last
 10:00-11:30 Computer Club
 11:45 Lifecare Luncheon
 12:30-2:30 Movie
 1:00-4:30 Poker
 2:30-3:45 Chair Massages

22

9:00-9:45 Stretch Exercise DVD
 9:30-11:00 Drop-in One Stroke
 10:00-12:00 Drop-in Bridge
 10:30-12:00 Cribbage
 12:30 Planet Earth - Fresh Water
 1:00-3:00 SHINE

23

9:00-9:50 Strength Exercise
 9:30-11:30 Wellness Clinic/BP
 11:00-12:00 Wii
 12:30-3:00 Mah Jongg/Train
 2:00 Striders Walking Group

24

9:00-10:30 Drop-in Watercolor
 10:00-12:00 Quilting
 12:30-2:30 Knit/Crochet
 1:00-2:00 Bladder Control Talk
 1:00-3:00 Drop-in Pool
 1:30-3:00 Computer Club

25

9:00-9:50 Strength Exercise DVD
 12:30-2:00 Board Game Lessons

26

1:00-4:30 Poker
 1:30-3:00 Genealogy

29

9:00-9:45 Stretch Exercise DVD
 9:30-11:00 Drop-in One Stroke
 10:00-12:00 Drop-in Bridge
 10:30-12:00 Cribbage
 12:30 Planet Earth - Caves
 1:00-3:00 SHINE
 1:00-4:30 Poker

30

9:00-9:50 Strength Exercise
 11:00-12:00 Wii
 12:30-3:00 Mah Jongg/Train
 2:00 Striders Walking Group

July 1

9:00-10:30 Drop-in Watercolor
 10:00-12:00 Quilting
 12:30-2:30 Knit/Crochet
 1:00-3:00 Drop-in Pool
 1:30 Red Sox Game

2

9:00-9:50 Strength Exercise DVD
 11:45 4th of July Lunch
 12:30-2:00 Board Games

3

**COA Closed
 July 4th Weekend**

The Acton COA Celebrates

"Hands that Serve - Hearts that Care"

COA Volunteer Reception at the Senior Center

Thursday June 18th, 1:30-3:00

COA Board and COA Friends, Friendly Visitors, Quilters, Computer Teachers, SHINE Counselors, Personal Drivers, Elderberries, Newsletter Mailers, AARP Tax Preparers, Senior Center Office Volunteers, Knitters/Yarn Keepers, Men's & Ladies' Breakfast Corps, Handymen, Librarians, Wheel-A-Meal Drivers

RSVP by Thursday, June 11th at 978-264-9643

FROM THE FRIENDS OF THE COA

We are slowly edging toward our goal of \$10,000 for the Friends Annual Appeal. In May and June alone, these funds support Watercolor classes, One Stroke Painting, Beginners Bridge, Jazz performance, Post Impressionist Art, Barbershop Quartet, Big Bands Music Appreciation, British Romantic Poetry and Tai Chi. These programs are all free for Acton seniors! Your donations are necessary to make this possible. Please mail to: Friends of the Acton COA, PO Box 2006, Acton, MA 01720 or you can drop them off at the Senior Center. Thank you so much!

Connie Ingram, Friends of the COA

"Senior to Senior" Bulletin Board

We now have a place in the Senior Center dining room where seniors can post items or services they are selling or giving away as well as items or services that they are looking for. If you have questions about what can go on the board ask at the office or see the guidelines posted by the bulletin board.

SENIOR CENTER CLINICS

Podiatry Clinic: Tuesday, May 12th and June 9th, 8:20-11:00

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

Blood Pressure & Wellness Clinic: Tuesday, May 12th, 26th and June 9th, 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

Stephen Baran, Chair
Anita Dodson
Pat Ellis
Gena Manalan
Barbara Tallone
Sally Thompson
Paul Turner

Acton COA Board will meet on Monday, May 11th and June 8th at 3:45pm

ACTON COUNCIL ON AGING

Town Hall, 472 Main Street
Acton MA 01720
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