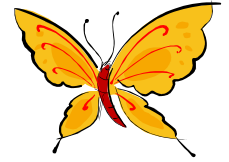




Acton Senior Bulletin



May/June 2010

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

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

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

► Swan Lake Lecture and Recital with Alfred Watson

Wednesday, May 19th, 1:00-2:00

Alfred Watson, classical pianist and composer, will present a magical lecture and performance built around the music of the Swan Lake as well as the story and life of its composer, Peter Ilyich Tchaikovsky. Learn how this beloved ballet has changed over time, from its unsuccessful premier to its present day popularity. Mr. Watson, graduate of the prestigious Juilliard School of Music, has performed at Carnegie Recital Hall, Aeolian Hall in NY, Garden State Arts Center in NJ and other locations in the U.S. and Europe.

600 and Counting

The COA distributes newsletters to all senior households in Acton (approximately 2400). Of those newsletters, about 600 are delivered by volunteers, emailed or picked up by seniors here at the center. The savings from not having to print and mail newsletters really adds up over the course of the year. We are encouraging everyone who is able, to either pick up their newsletter or have it emailed to them. Call Judy at 978-264-9643 or email jpeters@acton-ma.gov for information or to sign up. Please consider helping us to save money, trees and time.

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Week of Remembrance - May 24-28th "What the heart has once known, it shall never forget." Author unknown
Days, weeks, months and years can pass by so quickly. We hardly ever take enough time to consciously think about our family, friends, acquaintances and beloved pets who have passed away. There will be a poster in the COA front lobby for you to write in names of the loved ones you would like to acknowledge during this week before Memorial Day. Please add photos if you wish.

Acton Food Pantry is Moving

The pantry will be moving to 235 Summer Road in Boxborough. The last distribution at St. Matthew's Church will be on Wednesday, May 12th. The new space will be open by Monday, May 17th and is located in Building #1 of the Boxborough Office Park. Please call 978-635-9295 for more information.



The Acton COA Celebrates

"Kindness in Bloom"

COA Volunteer Reception at the Senior Center

Thursday, June 10th, 1:30-3:00



COA Board and COA Friends, Friendly Visitors, Quilters, SHINE Counselors, Newsletter Mailers, Elder Law Attorneys, Tax Preparers, ABRHS Students, Office Volunteers, Instructors, Group Leaders, Knitters/Yarn Keepers, Crafters, Breakfast Corps, Handymen, Librarians, Meals-on-Wheels Drivers, AND MORE!

RSVP by Thursday, June 3rd at 978-264-9643

Registration for all classes/programs begins in person or by phone Monday, May 3rd at 1:00.

The COA will be closed on Monday, May 31st for Memorial Day.

UPCOMING PROGRAM HIGHLIGHTS

FOR MAY/JUNE.....REGISTRATION BEGINS MONDAY, MAY 3rd at 1:00

Concord Senior Shakers Performance

Wednesday, May 5th, 1:00-1:45

The Senior Shakers of the Concord Council on Aging, a group of tambourine players, will entertain us after the Mother's Day lunch. This fun, uplifting group has performed in many venues, including the Tonight Show with Jay Leno! Make sure to call the dining room (978-263-5053) if you are coming for lunch.

► “Laugh Yourself Healthy”

Thursday, May 6th, 12:30-1:30



Come learn about the physical and psychological benefits of humor under the gentle guidance of Stephanie Isabel, community educator at Affinity Hospice. She will share useful tips to live a more relaxed lifestyle. Join us for this fun and informative presentation – and bring a good joke to share! Laughs provided free of charge! Call soon as registration for this program began in April.

► “Conversations - Life Stories” Seminar

Thursdays, May 13th, 27th and June 24th, 12:30-2:00

This seminar will provide an outlet for discussing personal experiences with a variety of subjects. Future topics will be determined by the participants, but possibilities are life in retirement, sports, entertainment, race/ethnic relations, and the lasting effects of professional careers. Acton resident Sal Lopes will facilitate the group, but the expectation is that participants will suggest topics and help to lead discussions. If you are new to the group, please call to be added to the list of participants. Topics of discussion for these meetings are:

May 13th: Women's roles in a variety of cultures/families (men's contributions wanted!)

May 27th: The role of gardening and nature in our lives

June 24th: War experiences and the value of military life

Ticked Off About Ticks?

Friday, May 21st, 9:30-10:00

The Public Health Nursing Service will talk about ticks and tick borne diseases following the monthly breakfast. Learn about identification, removal, avoidance, as well as symptoms and treatment of tick borne illnesses.

► Heart Healthy Living

Wednesday, May 26th, 10:00-11:00

Dr. Vikas Saini, Harvard Medical school lecturer and Co-Director of The Lown Cardiovascular Foundation, will discuss the importance of exercise and stress reduction in keeping your heart healthy and fit. Dr. Saini is Board-certified in Cardiovascular Disease, Internal Medicine and Nuclear Cardiology. He has been a world leader in promoting heart health for more than 30 years, with a focus on a model of cardiovascular care that advocates prevention over costly, invasive treatments.



Watch the Red Sox in High Definition!

Thursday, June 3rd, 1:30

Watch the Red Sox take on the Oakland A's at Fenway Park. Baseball looks fantastic on our large screen HDTV!

► Cooking with Fresh Produce

Thursday, June 3rd, 1:00-2:00

Join Francine Royce for a lively presentation on preparing easy meals with fresh produce. Francine is founder of the Carlisle-based health counseling practice Plum Wellness, and teacher of natural foods cooking classes. She conducts workshops on wellness and culinary topics, and counsels individuals about eating and living well. She volunteers as a board member for Gaining Ground, cooks at Open Table, and donates classes to schools and non-profits agencies. You will leave this program with some great recipes to enhance your meals with fresh produce!



► Indicates that you must register in advance!

UPCOMING PROGRAM HIGHLIGHTS (Continued)

FOR MAY/JUNE.....REGISTRATION BEGINS MONDAY, MAY 3rd at 1:00

Free Software Programs for your PC with Jim McDonough

Monday, June 14th, 12:30-2:00

Join Jim for an overview of a variety of useful software programs that are legally available to you on the Internet. The software to be discussed includes antivirus, antimalware, photo editing and organizing, defragmentation, and data backup. This session is intended to whet your appetite for a future in-depth series on these programs so that you will be comfortable installing and using them to help your computer run faster and with fewer problems. Look for details on the full series in a future newsletter.

To Move or Not To Move? Exploring the Options: Housing Solutions for Seniors

Thursday, June 17th, 12:30-1:30

This program is designed to inform seniors and their families of the wide range of housing and care options available based on their needs and financial situation and will offer some suggestions on seeking the right setting and recognizing quality care.

► **“Sweet Dreams” - How to Get a Better Night’s Sleep**

Monday, June 21st, 1:00- 2:00



Do you have difficulty falling asleep, staying asleep, or waking up too early? Insomnia can leave you feeling tired, irritable, lethargic, and less focused. Cynthia Dorsey, PhD, Director of Behavioral Sleep Medicine at Sleep Health Centers will present an overview of the symptoms, causes, and treatment for insomnia. Quality of life, safety and health are all affected by insomnia. Learn more about this and other sleep disorders, and what can be done to help you get a good night’s sleep!

► **Dramatic Performance: Life, Language and the Pursuit of Happiness - Ernest**

Hemingway Alive! by B.L. Walker and Richard Clark

Tuesday, June 22nd, 1:00-2:00



Relive with Ernest those days from WWI through the inauguration of JFK. The tragedies and triumphs, the joys and sorrows, the sacred and the profane, the loves and losses. Experience the life force of the master craftsman considered by his peers as “the greatest writer since Shakespeare.” Richard Clark has spent over 30 years in New England regional theater and NY Theater. He is a graduate of Clark University and has studied at the American Academy of Dramatic Art, The Actors Connection and the Actor’s Loft in NY. Richard brought his “Keeping History Alive” Mark Twain performance to the Senior Center last year. This program is supported by a grant from the Acton Cultural Council, a local agency which is supported by the MA Cultural Council. *If you are planning to attend the Father’s Day luncheon at 11:45, make a reservation by calling the dining room, 978-263-5053.*

Better Business Bureau – Scams and Frauds Presentation

Wednesday, June 23rd, 12:30-1:30

Rachel Meyer, Communications & Marketing Specialist from the BBB, will speak on Scams and con games. Spring is busy for home repair con artists as well as increased phone and internet scams. Come hear about the most current scams and how to protect yourself from these increasingly more prevalent crimes.

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

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

NSTAR Program for Low Income Customers

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

TRIPS

► Currier Museum of Art Watercolor Exhibit

Thursday, May 20th, 10:45

**CURRIER
MUSEUM
of ART**

View the exhibit "From Homer to Hopper: American Watercolor Masterworks." The exhibit includes early American watercolor art through the growth of its popularity in the late 19th century and into the 21st century. The museum's permanent collection features about 13,000 European and American paintings, decorative arts, photographs and sculpture, including works by Picasso, Monet, O'Keeffe, and Wyeth. We will have lunch when we arrive at the museum (sandwich, side dish, chips, dessert, beverage), followed by a docent-led tour of the watercolor exhibit and highlights of the permanent collection. When registering, please indicate your choice of roast beef sandwich, chicken Caesar wrap or garden salad with grilled chicken. Call soon as registration for this trip began in April.

Depart: 10:45 a.m., Nagog Office Park; Approximate return time: 4:00

Cost: \$50, due May 3rd, includes coach bus transportation (rest room on board), museum admission and tour, luncheon, all gratuities.

► Trip to Flag Hill Winery and Three Chimneys Inn

Wednesday, June 9th, 8:30



Enjoy a day in the picturesque seacoast region of New Hampshire! Our first stop will be Flag Hill Winery and Distillery in Lee, New Hampshire, where there will be a wine tasting (6-7 wines), a tour of the winery/distillery and a visit to the winery store. Flag Hill produces various types of wines including grape, fruit, dessert wines, port and also distills vodka and Sugar Maple Liqueur. Next, we'll head to the historic Three Chimneys Inn, overlooking Oyster River in Durham. The Inn, built in 1649, has been featured on Phantom Gourmet, New Hampshire Chronicle and in Yankee Magazine. A luncheon buffet will include salad, seafood Newburg in a pastry cup, Shepherd's pie, seasonal cobbler for dessert, and coffee, tea and soda. Call soon as registration for this trip began in April.

Depart: 8:30 a.m., Nagog Office Park. Approximate return time: 4:00.

Cost: \$50, due May 6th, includes coach bus transportation (w/rest room), winery tour & tasting, lunch, gratuities.

► Lowell Spinners Baseball Game

Monday, July 19th, 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. This is a great chance to experience a game and see some of the Red Sox stars of the future! Bring along friends, children or grandchildren (ages 5 and up). Our group will be sitting together in box seats (with backs and arms) in an area that does not require a lot of walking up and down steps. There is an elevator into the stadium. We will be taking a mini-coach bus, without a restroom on board. **Payment is due by June 28th.**

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

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

Cost: \$24 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 registration list. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you can find someone to go in your place.
3. Make checks out to: The Friends of the Acton COA. You may drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720. For multiple trips, please make separate checks for each.
4. Parking for trips is at Nagog Office Park. Enter from Rte. 2A/119 at Bickford's Restaurant and follow Nagog Park Drive all the way to the end to the cul de sac (just under one mile) and park in the last lot on the right.
5. Please call Jean Fleming at 978-264-9643 for financial assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips.

► Indicates that you must sign up in advance!

DINING OPPORTUNITIES

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

Friday, May 14th, 11:45

Join us for lunch provided by Life Care Center of Acton. As a local rehabilitation and long-term care facility, Life Care Center of Acton is pleased to connect with residents and deliver this meal to our meal site. **Please call the COA by Thursday, May 6th, to make a reservation.** We cannot guarantee a meal for people who do not sign up!

► **Men's and Ladies' Breakfast**

Friday, May 21st, 9:00-10:00

Come for a warm, generous breakfast and some socializing on the side! Call the COA by Wednesday, May 19th for a reservation. There is a \$2.00 charge for breakfast. Stay for the talk about ticks. See page 2 for details.

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

Friday, June 4th, 11:45

The Inn at Robbins Brook, an assisted living facility in town, will be bringing lunch to the Senior Center for Acton residents. Please register by Thursday, May 27th. You may call the COA office closer to the date for the menu.

► **Minuteman Lunches**

Minuteman Lunch is served Monday through Friday at 11:45. Voluntary donation is \$2.00. To sign up for lunch, call 978-263-5053 by 10:30 the day before. Call the COA at 978-264-9643 for transportation, if needed. The free birthday lunches are paid for by the Friends of the COA.



- **Mother's Day Lunch: Wednesday, May 5th**
- **May Birthday Lunch: Wednesday, May 12th**
- **June Birthday Lunch: Wednesday, June 9th**
- **Father's Day Lunch: Tuesday, June 22nd**
- **July 4th Lunch: Thursday, July 1st**

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

CLASSES/WORKSHOPS

FOR MAY/JUNE.....REGISTRATION BEGINS MONDAY, MAY 3rd at 1:00

► **Matter of Balance/Managing Concerns about Falls**

Tuesdays, May 4th through June 29th, 12:30-2:30 (No class June 22nd) Class is full. Please call about the waitlist.

► **Beading with Joan McKenzie**



Thursday, May 6th, 9:00-11:00, Illusion necklaces

Thursday, May 13th, 9:30-11:00, Beaded jewelry

Tuesday, May 18th, 9:00-11:00, Illusion necklaces

Call to sign up for one, two or all three! An illusion necklace is made using beads and wire, giving the illusion of beads floating around your neck. You will learn to crimp and put a clasp onto the wire using jewelry-making tools. The fee for one illusion necklace is \$5. For beaded jewelry the materials fee is typically \$2-3/item.

► ***New* Senior Center Choral Group**

Fridays, May 28th through July 2nd, 9:45-10:45

Acton resident Charles Bull, an accomplished organist and pianist and experienced choral group leader will direct this new choral group. The intent is to get together and sing, so everyone is welcome, regardless of experience/ability. Consider the African proverb: "If you can talk, you can sing!" Initially the group will sing popular oldies and Broadway show tunes. *This program is funded by the Anne Norworthy Music Initiative.*

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

DONATIONS WANTED

- ◆ Vinyl coated dumbbells for exercise class use, particularly 2, 3 and 4 pound sets. Please call the COA before dropping them off to be sure we still need them.

SENIOR CINEMA

Movies - Due to the closing of local video stores, it may occasionally be necessary to substitute a different movie. You may call the office to confirm the selection on movie days.

Friday, May 7th, 12:30-2:05 “*An Education*,” (2009, PG-13) -- A coming-of-age story about a teenage girl (Carey Mulligan) in 1960s suburban London and how her life changes with the arrival of a playboy nearly twice her age (Peter Sarsgaard). Oscar nominations for Best Actress (Mulligan), Best Picture and Writing.

Friday, May 21st, 12:30-2:30, “*The Blind Side*,” (2009, PG-13) – Sandra Bullock in her Oscar-winning role as a woman who takes in a homeless teenager (played by Quinton Aaron) and helps him fulfill his potential as a student, athlete and person. Based on a real story.

Friday, June 4th, 12:30-2:10, “*Adam*,” (2009, PG-13) – Dramatic romance starring Hugh Dancy as a lonely, sheltered man with Asperger’s Syndrome whose life changes dramatically when he meets a beautiful neighbor (Rose Byrne). This independent film won a Sundance Film Festival award.

Friday, June 18th, 12:30-2:15, “*The Young Victoria*,” (2009, PG) – Emily Blunt stars as Queen Victoria in this dramatization of the turbulent first years of her rule and her enduring romance with Prince Albert. Academy Award winner for costume design.

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

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

Friendly Visitors: Volunteers visit seniors at home for about an hour each week. If you are interested in visiting someone to brighten their day, or know someone who would enjoy visits, call Carol at 978-264-9643.

Food Pantries and Community Suppers: Please call Carol Steiner at 978-264-9643 to get the most recent list of local area suppers and pantries. Please note the **Acton Food Pantry** is moving! See page 1 for details.

RUOK (Are You Okay) Check-in Service: The Acton Police Department maintains a free, automated phone call program for people living alone or who are caring for someone who may not be able to get help if you are in trouble. As long as you answer the phone, nothing further happens. BUT, if after several unsuccessful tries to reach you, the police will come and check on you. You can pick the time for the phone call and turn the service off when you are away. Call Carol Steiner, Outreach Coordinator, at 978-264-9643 for information and to enroll.



Home Care Services: The Acton area has many good private agency and state supported services. Please call the COA and speak to Carol Steiner if you have questions on how to obtain home care services.

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

EXERCISE

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

► **Chair Yoga Class with Anu Patolowala**

Mondays, through June 14th, 2:15-3:00 (No class on May 31st)

This gentle form of exercise works the joints and muscles to increase flexibility, strength, balance, and circulation. Most of the class will take place sitting in a chair, but some movements will be in a standing position, using a chair for support if needed. This class is funded by a grant from the Executive Office or Elder Affairs, which requires the COA to ask for donations. A \$10 donation for the series is suggested. Call soon as this class began in April.

► **Acton Striders Walking Group**

Wednesdays, May 5th, 12th, 19th and 26th, 9:00-9:45 (Walks may continue into June if there is interest.)

Join Health and Wellness Coordinator Liz Jewell for a one-mile walk around the loop at Nara Park (Route 27, meet in the parking lot). Walking with friends is a great way to motivate yourself and jump start an exercise routine! Please call the COA office to sign up or for more information.

Exercise Cancellation Policy: If exercise is canceled we will show an exercise DVD instead of calling. *If you are going to miss more than three weeks of Terri's exercise class, please call the office so we may offer your spot for the remainder of the session to someone on the waiting list.*

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

Class is full. Please call about the waitlist.

Mondays, through June 14th, 8:30-9:30 (No class on May 31st)

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

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

Class is full. Please call about the waitlist.

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

Class is full. Please call about the waitlist.

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

Class is full. Please call about the waitlist.

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

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

This class is full.

Tuesdays, through June 1st, 11:00-12:00

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

This class is full.

Thursdays, through June 17th, 11:00-12:00



DVD Exercise - Continue to exercise this summer with exercise DVDs at the air-conditioned Senior Center! Read the exercise video descriptions to see which ones are a good fit for you. Watch for more DVD options in the July/August newsletter.

Older and Wiser Aerobic/Toning Workout DVD

Tuesdays, June 22nd and 29th, 9:00-10:00 and Thursdays, June 24th and July 1st, 9:00-10:00

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

Easy Does It Strength and Tone DVD

Wednesdays, June 23rd and 30th, 8:30-9:20

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

Stretch Chair Exercise DVD

Mondays, June 21st and 28th, 9:00-9:45

This DVD 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. No equipment needed.

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

ONGOING ACTIVITIES

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

Wednesdays, through May 12th, 2:30-4:30 (This class has already begun. Call the COA for information.)

► **Pastel Art Workshop with Catherine Meeks**

Mondays, through June 7th, 9:30-11:00 (No class on May 24th and 31st)



Pastels offer the color of painting combined with the immediacy of drawing to create rich and colorful works of art. Please pick up a copy of the materials list in the COA office. Students are required to bring a desk top easel each week. Simple A-frame easels can be purchased at craft stores or on-line for \$14 and up.

► **Watercolor Studio Workshop with Cynthia Durost**

Wednesdays, through June 16th, 9:00-10:30 *Class is full. Please call about the waitlist.*

► **Introduction to Duplicate Bridge with Neville Harris**

Mondays, through May 17th, 10:00-12:00

Duplicate bridge is for those who are familiar with contract bridge but who have not tried duplicate. Advantages of duplicate are that you play with everyone in rotation and see how others have played the hands you also played.

Note: Drop-in bridge will meet during the lessons. Call soon as this program began in April.

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

Fridays, May 21st and June 18th, 2:30-3:45

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

“The Bookies”

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



The May Book selection was not available in time to include in the newsletter, but call the COA office in May for the title. The Memorial Library will have copies of the book, typically including a large-print edition, which may be sent to the Citizens Library if that is more convenient. The group will celebrate a wonderful year of reading by having lunch together in the dining room. If you're coming for lunch, call 978-263-5053 for a reservation.

► **Ask the Lawyer**

Wednesday, June 9th, 1:00-3:00

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

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

Mondays, 1:00-3:00 (No SHINE appointments on May 31st)

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

Computer Club

Friday, May 14th, 28th and June 11th, 25th, 10:00-11:30

Wednesdays, May 5th, 19th and June 2nd, 16th, 30th, 1:30-3:00

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

Drop-in Pool

Drop-in Watercolor

Poker

Drop-in One-Stroke

Genealogy

Tile & Board Games

Drop-in Bridge

Wii Gaming

Drop-in Ping Pong – (check with the office about available times to play)

Knit/Crochet Group

Quilters

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

AROUND TOWN...AND BEYOND

Town of Acton Household Hazardous Waste Collection Day

Saturday, May 1st 9:00-11:30 at the DPW Garage, 14 Forest Rd.

An acceptable items list (including medical waste) is available at the Health Dept., Transfer Station and Library. Collection is for Acton residents only. There is a \$25 charge for TVs and computer monitors disposal. Cash or checks made out to the Town of Acton will be accepted. Questions, contact the Health Dept. at 978-264-9634.

Clean Out Your Medicine Cabinet - Unwanted Medication and Sharps Collection

Saturday, May 1st, 9:00-11:30 at the DPW Garage, 14 Forest Rd.



Residents can bring outdated or unwanted prescription or over-the-counter meds as well as syringes, Epipens, lancets, etc to a free drive-thru collection. Help the environment, make your home safer and prevent misuse! Bring medications in their original containers and sharps in a small puncture-proof container. Acceptable items are listed at www.acton-ma.gov or contact the Health Department at 978-264-9634.

Acton Recreation Department Special Events, Concerts & More!

Mark your calendars for upcoming special events and concerts all summer long at NARA Park! The Recreation Dept. is hosting bus trips including NYC Shopping and an overnight Red Sox Game in Baltimore. Details can be found on the Recreation Department webpage at www.acton-ma.gov or at the Recreation Dept in the Town Hall.

Acton Garden Club's Annual Plant Sale

Saturday, May 15th, 9:00-1:00 at the Acton Center Common

Acton Garden Club Flower Show, "All About Town" (Part of Acton's 275th Anniversary Celebration)

Monday, June 14th, 1:00-8:00pm and Tuesday, June 15th, 9:00-5:00pm at the Memorial Library

Enter your house plant in the flower show! Call Phyllis at 978-263-1208 or Judy at 978-263-3272 for details.

Theater III – Run For Your Wife - Dress Rehearsal

Wednesday, May 12th, 7:30 at 250 Central St. Acton. Questions: call 978-266-9530 or sherry.ryder@comcast.net.

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

Free Bach's Lunch Concert: Thursday, May 20th, 11:00-12:00 and 1:30-2:30

Caregiver Workshop on Home Safety

Wednesday, June 9, 6:30-8:00 pm at Cooperative Elder Services, Inc., 7 Chamberlin Dr., Concord

This free program will provide information on fall hazards in the home, safe guard techniques and community resources. For more information contact Pat Oliphant at 978-318-0046 or p.oliphant@elderdayservices.com.

Emerson Hospital's Family Health and Wellness Expo

Saturday, May 1st, 9:00-1:30, at Emerson Hospital (Call 1-877-936-3776 for info and to register for screenings.)

Free screenings, tours, cancer and general health information and conversations with health and wellness experts.

What's New at Emerson Hospital?

Thursday, May 13th, 11:00 at Emerson Hospital, Concord

Emerson Hospital's Chief Med. Officer C. Gregory Martin, MD will talk about the hospital's latest developments.

Advances in Pain Management

Thursday, May 20th, 10:30 at the Lincoln COA, Bemis Hall, 15 Bedford Rd., Lincoln

Find out the latest advances to manage pain from a Lahey Clinic interventional physiatrist practicing at Emerson.

New York Times Best Selling Author Dr. David Dosa

Wednesday, May 12th, 7:00pm at the Inn at Robbins Brook, 10 Devon Dr., Call 978-264-4666 for a reservation.

Mt. Calvary Lutheran Church Senior Lunch at 472 Massachusetts Ave

Thursdays, May 27th, June 24th, 12:00 -1:00 Donation suggested. Reservations required. Call 978-263-5156.

HEALTH NEWS

Alzheimer's Disease Services

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

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

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

Support Groups

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

Healthcare Websites

- **Alzheimer's Association** sponsored website. www.alz.org/carefinder to get a report with recommendations and questions to ask care providers.

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

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

“Grandparent Scam” Targets Seniors Nationwide

The Better Business Bureau warns seniors of the so-called “Grandparent Scam”. Typically, the grandparent receives a frantic phone call from someone they think is their grandchild. The scammer explains that he or she has gotten into trouble and needs their help. The “grandchild” pleads to the grandparents to not tell his or her parents and asks that they wire thousands of dollars. If you receive a call from someone claiming to be your grandchild in distress don't disclose any information before you have confirmed it really is your grandchild. One easy way to confirm their identity is to ask a simple question that your grandchild would know such as what school he or she goes to or their middle name. If you are scammed, you should report the incident immediately to local police and the state Attorneys General office. For more info, call the BBB at 800-4-BBB-811 or visit <http://boston.bbb.org>.

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

Senior Center Art Display

In May we welcome Acton-Boxborough students, grades K-12, in a representative show of art work produced in their classes this year. Please join us for a reception celebrating these talented young artists on Thursday, May 20th, from 2:00-4:00 in the Senior Center gallery areas.



Throughout June and July Carol Bull will present her current exhibit, “In Search of My Voice,” exploring a range of media and technique. Her work is spontaneous and filled with surprises, like the creative process itself. Come see her art evolve! Please call the COA office for viewing times.

... to Oriental Delight of Maynard for providing the delicious discounted meal for our Chinese Luncheon.

... to the artists who contributed their work to make the "Honoring Diversity" art exhibit a success.

... to Margaret Thomas, from the Knitters and Crocheters, for helping to keep their yarn rolled.

Minuteman Senior Services Launches its First Ever Online Auction

Starting May 3rd you can bid on a number of fun and unique items to help raise money for many programs and services including Meals on Wheels, assistance with personal care, grocery shopping, health benefits counseling, transportation, information and referral, caregiver support and more. For more information or to register to bid on nearly 100 donations from area businesses and celebrities visit www.biddingforgood.com/minutemansenior.

VOLUNTEERING

Drivers Wanted

The COA is recruiting volunteer drivers to transport seniors to supplement what the COA van or the LRTA Road Runner van can offer. For more information call Carol Steiner at 978-264-9643 or email csteiner@acton-ma.gov.

Friendly Visitor Meeting

Tuesday, May 25th, 1:00-2:00, in the COA dining room

This is our Spring Potting Party when current visitors pot up annuals to take to the people we visit. We will not be meeting again until September. If you are interested in becoming a Friendly Visitor, call Carol Steiner at the COA.

COA Volunteer Opportunities

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



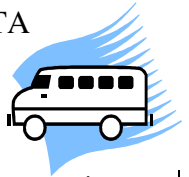
Acton Food Pantry Drive Continues

During the month of May the COA will be collecting jarred or canned pasta sauces. Our June collection will be proteins, i.e. canned fish, stews, beans. Low sodium foods always welcome. The collection box is in the dining room. Please help us to take small steps toward eradicating hunger. If your family or neighborhood wants to run food drives, contact the Food Pantry at 978-635-9295.

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.

LRTA Road Runner Van offers rides Monday through Friday, 8:00-3:30. In addition to rides in Acton, Concord and Maynard, the Road Runner is offering rides to the Market Basket in Westford on Fridays. There is a 3 bag limit on groceries and the ride must be scheduled at least 2 days ahead of time. Please call them for more details on the grocery shopping trip. For all Road Runner services you *must* be registered with the LRTA before a ride can be scheduled. Registration forms are available at the COA, on the COA Senior van or by calling the LRTA at 1-800-589-5782.



LRTA Road Runner Van Service to Bedford/Burlington/Boston

On Wednesdays, the Road Runner Service makes a trip to the VA hospital in Bedford, the Lahey Clinic in Burlington and to Boston area hospitals. Reservations must be made at least two days in advance. The round trip cost to Lahey/Bedford VA is \$12.50 and Boston is \$25. Pick ups for these trips are between 8-9am with a return from Boston beginning at 1:30pm. All riders must be registered with Road Runner prior to transportation arrangements being made. To register call 978-459-0152 or visit www.lрта.com and click on the Paratransit tab.

May	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	2010
3 8:30-9:30 Stretch/Flex 9:30-11:00 Pastel Class 10:00-12:00 Duplicate Bridge 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00 Registration Begins 2:15-3:00 Yoga		4 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 12:30-2:30 Balance Begins	5 8:30-9:30 Cardio Flex 9:00-9:45 Striders Walk Group 9:00-10:30 Watercolor 10:00 Quilting 12:30 Knit 11:45 Mother's Day Lunch 1:00-1:45 Shaker's Perform 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Adv. Bridge	6 8:30-9:30 Cardio Flex 9:00-11:00 Beading 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 12:30-1:30 Laughter Program 3:00-4:00 Music Ensemble	7 8:30-9:30 Cardio Flex 10:00-12:00 Line Dancing 12:30-2:05 Movie 1:00-4:30 Poker	
10 8:30-9:30 Stretch/Flex 9:30-11:00 Pastel Class 10:00-12:00 Duplicate Bridge 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 2:15-3:00 Yoga 3:45 COA Board Meeting	11 8:20-11:00 Podiatry 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 12:30-2:30 Balance Program	12 8:30-9:30 Cardio Flex 9:00-9:45 Striders Walk Group 9:00-10:30 Watercolor 10:00 Quilting 11:45 Birthday Lunch 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Adv. Bridge - last	13 8:30-9:30 Cardio Flex 9:30-11:00 Beading 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 12:30-2:00 Life Stories 3:00-4:00 Music Ensemble - last	14 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-12:00 Line Dancing 11:45 Lifecare Lunch 1:00-4:30 Poker 1:30-3:00 Genealogy		
17 8:30-9:30 Stretch/Flex 9:30-11:00 Pastel Class 10:00-12:00 Dupl. Bridge - last 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00-2:00 Bookies Book Club 2:15-3:00 Yoga	18 8:30-9:30 Cardio Flex 9:00-11:00 Beading 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 12:30-2:30 Balance Program	19 8:30-9:30 Cardio Flex 9:00-9:45 Striders Walk Group 9:00-10:30 Watercolor 10:00 Quilting 12:30 Knit/Crochet 1:00-2:00 Swan Lake 1:00-3:00 Drop-in Pool 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 10:45 Currier Art Museum Trip 11:00-12:00 Inter. Tai Chi 2:00-4:00 AB Student Art Reception	21 8:30-9:30 Cardio Flex 9:00 Men's & Ladies Breakfast 10:00-12:00 Line Dancing - last 12:30-2:30 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages		
24 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 2:15-3:00 Yoga Week of Remembrance	25 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 12:30-2:30 Balance Program 1:00-2:00 Friendly Visitor Mtg	26 8:30-9:30 Cardio Flex 9:00-9:45 Striders Walk Group 9:00-10:30 Watercolor 10:00-11:00 Healthy Heart 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	27 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 12:30-2:00 Life Stories	28 8:30-9:30 Cardio Flex 9:45-10:45 Choral Group Begins 10:00-11:30 Computer Club 1:00-4:30 Poker		
31 COA CLOSED Memorial Day	June 1	2	3	4		

June	Mon	Tue	Wed	Thu	Fri	2010
		1 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi - last 12:30-3:00 Board & Tile Games 12:30-2:30 Balance Program	2 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00 Quilting 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	3 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 1:00-2:00 Cooking Fresh 1:30 Red Sox TV Game	4 8:30-9:30 Cardio Flex 9:45-10:45 Choral Group 11:45 Inn at Robbins Brook Lunch 12:30-2:10 Movie 1:00-4:30 Poker	
7 8:30-9:30 Stretch/Flex 9:30-11:00 Pastel Class - last 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 2:15-3:00 Yoga	8 8:20-11:00 Podiatry 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 12:30-3:00 Board & Tile Games 12:30-2:30 Balance Program	9 8:30 Flag Hill Winery Trip 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00 Quilting 11:45 Birthday Lunch 12:30 Knit/Crochet 1:00-3:00 Ask the Lawyer 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	10 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 1:30-3:00 Volunteer Reception	11 8:30-9:30 Cardio Flex 9:45-10:45 Choral Group 10:00-11:30 Computer Club 1:00-4:30 Poker 1:30-3:00 Genealogy		
14 8:30-9:30 Stretch/Flex - last 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-2:00 Software Program 1:00-3:00 SHINE 2:15-3:00 Yoga - last 3:45 COA Board Meeting	15 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 12:30-3:00 Board & Tile Games 12:30-2:30 Balance Program	16 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00 Quilting 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	17 8:30-9:30 Cardio Flex - last 9:45-10:45 Stretch & Tone - last 11:00-12:00 Inter. Tai Chi - last 12:30-1:30 Housing Option Talk	18 8:30-9:30 Cardio Flex - last 9:45-10:45 Choral Group 12:30-2:15 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages		
21 9:00-9:45 DVD Exercise 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-2:00 Sweet Dreams 1:00-3:00 SHINE	22 9:00-10:00 DVD Exercise 9:30-11:30 Wellness Clinic/BP 11:45 Father's Day Lunch 12:30-3:00 Board & Tile Games 1:00-2:00 Hemingway Show	23 8:30-9:20 DVD Exercise 9:00-10:30 Watercolor 10:00 Quilting 12:30-1:30 BBB Scams & Fraud 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	24 9:00-10:00 DVD Exercise 12:30-2:00 Life Stories	25 9:45-10:45 Choral Group 10:00-11:30 Computer Club 1:00-4:30 Poker		
28 9:00-9:45 DVD Exercise 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE	29 8:30 Newsletter Mailing 9:00-10:00 DVD Exercise 12:30-3:00 Board & Tile Games 12:30-2:30 Balance Program - last	30 8:30-9:20 DVD Exercise 9:00-10:30 Watercolor 10:00 Quilting 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	July 1 9:00-10:00 DVD Exercise 11:45 4 th of July Lunch 12:30-2:35 Movie	2 9:45-10:45 Choral Group 1:00-4:30 Poker		

2010 Census Update – Be Aware of Scams

The Census Bureau:

- Does not conduct the 2010 Census via the Internet
- Does not send emails about participating in the Census
- Never asks for your full social security number
- Never asks for money or a donation
- Never sends requests on behalf of a political party
- Never requests PINs, passwords or access information for credit cards, banks or other financial accounts
- Does not collect any information about taxes or income
- Never asks to enter your home

All census takers carry official government badges marked with just their name but you may ask them to confirm their identity. When in doubt, call the Boston Regional Office for verification at 1-800-562-5721.

Emerson Hospital's Fall Prevention Conference

Friday, May 7th, 10:00-1:00 at Holiday Inn, Rte. 111, Boxboro

Learn how to prevent dangerous slips, trips and falls.

Workshops offered on balance, medications, footwear, exercise, vision. Lunch provided. Registration required.

Call 1-877-936-3776 or visit www.emersonhospital.org. If

you would like transportation to the conference call the COA at 978-264-9643 by Tuesday, May 4th.

FROM THE FRIENDS OF THE COA

In the glow of this wonderful spring weather, the Friends would like to take time to thank the Senior Center staff for their support of the Honoring Diversity programs. They helped plan, shop for, cook and serve meals, arranged for the multi-cultural art display and special programs, facilitated van transportation, publicity, set up and clean up. Say "thank you" to a staff member when you have the opportunity; there's a lot of "behind the scenes" things they do for us everyday! If you would like to become a member of the Friends please call Connie at 978-263-2674 or Sue at 978-204-7253.

SENIOR CENTER CLINICS

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

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

Blood Pressure & Wellness Clinic: Tuesday, May 11th & 25th and June 8th & 22nd, 9:30-11:30

The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and answer any medication, nutritional, or health related questions. No appointment necessary.

ACTON COA STAFF

Jean Fleming, Director
Carol Steiner, Outreach/Volunteer Coordinator
Chris Chirokas, Program Coordinator
Judy Peters, Van Dispatcher/Admin Assistant
Mary Lou Repucci, Staff Assistant
Priscilla Cotter, Van Driver
Ron Paskavitz, Van Driver
Liz Jewell, Health and Wellness Coordinator

ACTON COA BOARD MEMBERS

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

Acton COA Board will meet on Monday, May 10th and June 14th at 3:45pm

ACTON COUNCIL ON AGING

Town Hall, 472 Main Street

Acton MA 01720

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