

Acton Senior Bulletin



November 2013

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

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

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

Registration for all new programs begins in person or by phone Monday, November 4th at 1:00.

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► Holiday Tea Party

Thursday, December 5th, 2:00-3:30

We are bringing out the beautiful china teacups for the annual holiday tea party! Join us for tea, mulled cider and a plentiful array of tea sandwiches and sweets. Entertainment will be provided by harpist Rebecca Swett. The party is free for all Acton seniors, thanks to the Friends of the Acton COA, and men are most welcome! Snow date is Friday, Dec. 7th, at 2:00.



► With a Song in My Heart: The Great American Songbook Music Series

Thursdays, November 7th, 14th, 21st, 12:30-1:30

This three-part lecture series presented by Richard Travers examines the most important and influential popular songs of the 20th century, principally from Broadway theater, music theater, and Hollywood musical film, from the 1920s through

the 1950s. Richard combines recordings, videos and demonstrations in his lectures. His series *From Russia with Love* last spring met with rave reviews. *Richard Travers earned a Masters in Choral Conducting from the Boston Conservatory and a degree in Music Education from Berklee College of Music. He is a music educator in the Newton Public Schools and has served as director of choirs in Newton North High School, Fitchburg State College, the Masterworks Chorale, and the New England Conservatory Youth Chorale. He has been a guest conductor in Melbourne and is Music Director of the Rosie's Place Jazz Choir. Presented in partnership with Sage Educational Services.*

Director's Corner

I am so grateful for the Friends of the COA. Their active fundraising and strong support enable almost all of our programs to be offered free of charges to Acton seniors. They have been working extremely hard preparing for their upcoming Holiday Fair which will be held at the Senior Center on Saturday, November 16 from 9-2. Please support the efforts of these very talented people.

Beginning December 2, the COA van will be dispatched by Transaction Associates. The Selectmen voted in September to regionalize dispatch services. Priscilla, Ron and Peter will continue to be drivers for the COA van. Included in this newsletter is a short questionnaire regarding the program registration process at the Senior Center. Please take a moment to complete it and return it to the COA office.

Wishing you all a Happy Thanksgiving. **Sharon, COA Director**



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The COA/Senior Center will be closed on Monday, November 11th for Veteran's Day and Thursday and Friday November 28th and 29th for Thanksgiving.

UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS..... MONDAY, NOVEMBER 4th at 1:00.

Fiber: It Goes by Many Names

Tuesday, November 5th, 12:15-1:00

Fiber serves several purposes in our bodies. We'll discuss the types of fiber, recommendations and sources of dietary fiber. Presented by Peg Mikkola, RD, LDN, of Minuteman Senior Services. There is no need to register for this presentation, but please call the dining room at 978-263-5053 if you are coming for lunch that day.

► Are You Ready for the Medicare Annual Election Period?

Tuesday, November 5th, 1:00-2:00

A Blue Cross and Blue Shield of Massachusetts representative will be presenting a brief overview of how Medigap plans and Medicare Advantage plans work with Medicare. Questions on the 2014 benefits can be answered! Plan information will be available for Individual plans (non group) Medex, Blue MedicareRx, Medicare HMO Blue, Medicare PPO Blue. All are welcome regardless of your insurance coverage.

► The History of America's Colonies

Friday, November 8th, 11:15-12:45

Acton resident and history buff Mike Rogers will share his passion for history with us in this presentation. He will discuss the unique circumstances of the colonization of each of the original colonies, with a focus on New England. *Mike Rogers is president of a health care consultancy, BeneCom Associates and has served on the Town's Finance Committee. He holds a BA in economics from Tufts and an MBA from the Wharton School of the University of Pennsylvania.*

► Medicare Open Enrollment Presentation

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

Medicare open enrollment ends December 7th. A representative from the SHINE program at Minuteman Senior Services will present the Medicare changes for this year and answer any questions. *SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice.*

► Margaret Bourke-White Courageous Photographer Performance

Tuesday, November 19th, 1:00-2:00

Sally Matson, known for her Susan B. Anthony performance, will give an entertaining history lesson on Margaret Bourke-White, a ground-breaking photojournalist from the 1930s-1950s. Margaret was a fearless photographer who covered the Depression and WWII, came upon Buchenwald with General Patton and spent time interviewing Gandhi. She did whatever was necessary to get a shot, including climbing on a gargoyle on the Chrysler Building and going on bombing missions. Margaret had an impressive 19 *LIFE* magazine covers. Sally uses letters, telegrams, other sources, and photographs to make the famous photographer come to life in a 45-minute performance, followed by time for Q&A.



Drop-In Guided Meditation with Liz Jewell

Thursday, November 21st, 2:30-3:15

Meditation is the practice of mindfulness. Practicing mindfulness improves both physical and mental health. Join Health and Wellness Coordinator Liz Jewell for some guided meditation practice and gentle stretching exercises.

► Elder Abuse – How to recognize it and what to do if it happens to you or to someone you know

Tuesday, November 26th, 1:00-2:00

Join Marilyn Peterson, board member of Domestic Violence Services Network (DVSN) and Tricia Sullivan, Acton Police Department Liaison, as they share with us the many faces that elder abuse can take on – physical, emotional, financial exploitation, neglect, healthcare fraud and abuse. They will explain how to recognize the signs of abuse and what to do if we suspect it is happening. Join us for this open discussion on a subject that is important to our wellbeing but is often ignored because too many believe that “it doesn't happen to people like us.”

► Indicates that you must register in advance!

CLASSES

REGISTRATION BEGINS..... MONDAY, NOVEMBER 4th at 1:00.

▶ **Beaded Jewelry Making**

Thursday, November 14th, 9:00-11:30



Looking to make a holiday gift or need something to jazz up a holiday outfit? Beading is fun and easy! You may make earrings, a bracelet or a necklace, choosing from a variety of supplied beads or with your own. The supply fee is \$2 for earrings, \$3 for a bracelet or \$4 for a necklace. Chris Chirokas and Joy Ivanov will be on hand to lend a hand, as needed.

▶ **A Flash of Light: Haiku and Card Making for an Autumn Afternoon**

Wednesday, November 20th, 1:00-3:00

Autumn leaf

A flash of light

As it falls

Haiku is a short nature poem that connects nature and human nature. In this workshop we will read autumn haiku, try writing some of our own, and make a holiday card or two with our haiku. Falling leaves, the quiet of the first snow, a low slant of sunlight on an autumn afternoon... these and other images will inspire us to create haiku of this evocative season. Card-making supplies provided. *Jeannie Martin, Ed. D, is a haiku poet and teacher returning to the Senior Center with her popular workshop. Her book, Clear Water, published by Red Moon Publications, will be out in November.*

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

DINING OPPORTUNITIES

REGISTRATION BEGINS..... MONDAY, NOVEMBER 4th at 1:00.

****Please sign up in the COA office for the following meals:**

▶ **Town Employee Prepared Lunch**

Tuesday, November 12th, 11:45

Natural Resources and Recreation staff will be preparing homemade cheddar cheese soup, hot popovers, salad and apple crisp a la mode. A \$3 donation is requested. Please sign up in the COA office.

▶ **Veterans Day Breakfast**

Friday, November 15th, 9:00



Join us for a warm, plentiful breakfast! Typically pancakes, eggs, fruit, bacon and sausages are served, but sometimes our chef, Veteran Services Officer James MacRae, will have a surprise in store. Veterans are invited to join us free-of-charge this month, thanks to the Friends of the Acton Council on Aging. Cost is \$2.00 for non-veterans. Call the COA by Tuesday, November 12th, for a reservation and please indicate if you are a veteran. *If you would like to contribute a canned good for the Acton food pantry it would be much appreciated. There will be a collection box in the dining room.*

▶ **Inn at Robbins Brook Lunch**

Tuesday, November 19th, 11:45

Enjoy Thanksgiving a little early! Join us for turkey, stuffing, mashed potato, squash and a dessert. A \$3 donation is requested. You must sign up for this meal in the COA office at least a week prior to the date.

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

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

Birthday Lunch: Wednesday, November 13th

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



TRIPS



REGISTRATION IS OPEN.....CALL NOW

► Wadsworth Atheneum Art Museum's Festival of Trees

Wednesday, December 11th, leaving NARA Park at 8:45

Get into the holiday spirit with a day at the Wadsworth Atheneum Art Museum's Festival of Trees in Hartford Connecticut. The oldest public museum in the United States is even more special when it is decorated



with 100 holiday trees. There will also be live musical performances throughout the day. The Atheneum has a large collection of American art (including Hudson River School pieces and the Wallace Nutting collection of American Colonial furniture and decorative art) and European art (particular strengths are Italian Baroque and Surrealism). Current exhibits include Media Rewind 1963 and An Artificial Wilderness: The Landscape in Contemporary Photography. We will start the day with an early lunch in the museum café. Please indicate your choice of buffalo chicken wrap with blue cheese, turkey club with bacon on a roll, grilled vegetable wrap with provolone, or country chicken salad wrap with American cheese, carrots and peppers. Lunch includes chips, cookie, soda or water. The museum does not offer private tours during the Festival, but you are welcome to join a 1:00 highlights tour, which is open to everyone visiting.

Depart: 8:45 a.m. from the NARA Park Lower Lot; Approximate return time 5:15

Cost: \$50 due by Nov. 20th, includes coach bus transport w/restroom, museum admission, lunch, all gratuities.

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

COUNCIL ON AGING TRIP POLICIES

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



SENIOR CINEMA

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

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



Friday, November 1st, 12:30-2:25 *Kon-Tiki* (2012, PG-13) The true story of legendary explorer Thor Heyerdal's epic 4,300 miles crossing of the Pacific on a balsa wood raft in 1947, in an effort to prove it was possible for South Americans to settle in Polynesia in pre-Columbian times. Oscar nomination for Best Foreign Language film.

English language version.

Friday, November 22nd, 12:30-2:05 *Unfinished Song* (2012, PG-13) Dramatic comedy starring Vanessa Redgrave as a terminally ill woman whose grumpy husband (Terence Stamp) begrudgingly becomes involved in the unconventional choir that means so much to her.

Thank You

... to the Municipal Properties Department for another delicious meal. It was greatly appreciated!

EXERCISE

► **Zumba Gold™/Stretch Class with Yvonne Benelli** (Call now as registration has already started.)

Fridays, through November 22nd, 10:00-10:45

This Latin-inspired cardio-based fitness workout is designed to tone the entire body. Floor work is optional and is at the end of the class. This program is designed so you are in control of your movements and intensity, and you will be encouraged to modify your exercise to accommodate your own needs. Participants should wear sneakers, bring water and an exercise mat (if doing floor work). This class is funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations--a \$10 donation for the series is suggested.

Striders Walking Group



Mondays, November 4th, 18th and 25th, 12:15-1:00 at the Senior Center (No walk on the 11th.)

Wednesdays, November 6th, 13th and 20th, 8:30-9:15 at NARA Park (No walk on the 27th.)

Both a 1 and 2 mile loop are available. New walkers are always welcome. If the weather is questionable, call the COA to see if we're walking. If you are new to walking we suggest you try the Wednesday walk at NARA Park as the terrain is flatter and easier for beginners to conquer.

► **Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell**

Wednesdays, through December 11th, 10:00-10:30, meets in living room (Space available. Call now.)

Thursdays, through December 12th, 11:00-11:30, meets in dining room (Class is full. Call about the waitlist.)

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

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

(Class is full. Call about the waitlist.)

Mondays, through December 9th, 8:30-9:30

(No class on 11/11)

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

(Both classes are full. Call about the waitlist.)

Tuesdays and Thursdays, through December 12th, 8:30-9:30

(No class Nov. 28th)

or Wednesdays and Fridays, through December 13th, 8:30-9:30

(No class Nov. 29th)

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

(Class is full. Call about the waitlist.)

Tuesdays and Thursdays, through December 12th, 9:45-10:45

(No class Nov. 28th)

► **Beginner Taoist Tai Chi with Alice Hogan and other Taoist Tai Chi Society instructors**

Tuesdays, through December 10th, 11:00-12:00

(Class is full. Call about the waitlist.)

► **Continuing Level Taoist Tai Chi with Ray Caisse and other Taoist Tai Chi Society instructors**

Thursdays, through December 12th, 11:00-12:00

(No class on 11/28)

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

► **Yoga Class with Patsy Brightman**

(Class is full. Call about the waitlist.)

Wednesdays, through November 20th, 10:45-12:00

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

Medicare Open Enrollment

Now through December 7th

Medicare plans change each year and this year is no different. Now is the time to decide on your 2014 Medicare coverage. SHINE counseling provides Medicare help. Call the COA at 978-929-6652 to schedule an appointment with our volunteer SHINE counselor. You may also call 1-800-243-4636 (press or say 3) and leave a callback number. A volunteer will return your call. A Medicare Customer Service Representative can also be reached for help by calling 1-800-medicare.

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

ONGOING ACTIVITIES

REGISTRATION BEGINS..... MONDAY, NOVEMBER 4th at 1:00.

▶ Ask the Lawyer

Tuesday, November 12th, 1:00-3:00

Elder Law Attorney Cathleen Summers of Bay State Elder Law will offer free 20-minute private legal consultations to Acton seniors. Call the COA office, 978-929-6652, to schedule an appointment.

Drop-In Mah Jongg will be meeting on Mondays, November 18th and 25th at 12:30, instead of the usual Tuesday playing time. This change is for November only.

▶ Beginner Chess Class

Thursdays, through December 19th, 1:00-2:00

(Class is closed to new students.)

(No class on Nov. 28th and Dec. 5th)

▶ Intermediate Chess Class

Thursdays, through December 19th, 2:00-3:00

(Registration is now open.)

(No class on Nov. 28th and Dec. 5th)

Chess Club lead by Ken LeBow

Thursdays, 2:00-4:15

For players from beginner to advanced to get together with folks playing at a similar level. Chess sets supplied.

▶ Falling leaves? Need Help Raking Them Up?

Tuesday, November 5th, during school hours

(Requests and waitlist are full.)



▶ In Praise of Poetry

Thursdays, October 31st, November 7th, 14th, 2:30-4:00

(Registration is now open.)

Join Patti Russo, a certified poetry therapist who believes poetry is for everyone. She will read evocative and accessible poems, facilitate discussion and aid you in some reflective writing. You do not need to be a poet to participate; just come and enjoy this creative and enriching celebration of poetry!



▶ Watercolor Class with Sue Nordhausen

Tuesdays, through November 26th, 1:30-3:00

(Class is full. Call about the waitlist.)

“The Bookies” Book Club

Monday, November 18th, 1:00-2:00



The book for this month is the crime novel *Valley of Ashes* by Cornelia Read. Central character Madeline Dare begins work as a freelance reporter, balancing work and family, when a serial arsonist hits the city of Boulder Colorado. Copies of the book will be available at the Acton Memorial Library.

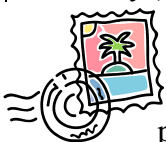
Genealogy Group

Friday, November 8th, 1:00-2:30

Come share your research, seek some advice or simply share your passion for family history with like-minded people in this dynamic group.

Free Stamp Collection Evaluation

Thursdays, November 7th, 14th, 21st, 12:30-1:00



Do you have a stamp collection collecting dust in the attic? Did a relative give you their stamps but you have no idea of its value? If so, bring the stamps to the Senior Center dining room on and get a free evaluation from a knowledgeable Acton senior. He will let you know whether it is worth pursuing a professional appraisal.



▶ Watercolor Studio Workshop with Joyce McJilton Dwyer

Mondays, through December 16th, 10:00-11:30

(Class is full. Call about waitlist.)

(No class on Nov. 11th)

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

Wednesdays, November 13th, 20th and 27th, 1:30-3:00

▶ Indicates that you must register in advance!

ONGOING ACTIVITIES - continued

REGISTRATION BEGINS..... MONDAY, NOVEMBER 4th at 1:00.

► Veterans Services Appointments with Veterans Service Officer James MacRae

Tuesday, November 26th, 12:00-1:45

For help with veterans' benefits and resources call the COA at 978-929-6652 for an appointment. If you are a veteran or a surviving spouse, you can also contact James directly at 978-929-6614 or at vso@acton-ma.gov to meet with him Monday-Friday at Town Hall.

► Minuteman SHINE (Serving the Health Information Needs of Everyone)

Mondays, November 4th, 18th and 25th, 1:00-3:30 and Friday, November 15th, 1:00-4:00

For questions regarding Medicare or MassHealth, call the COA office 978-929-6652 for an appt.

See the Calendar on page 13 for info on these groups: Poker, Tile/Board Games, Yarn & Thread Ladies, Drop-in Bridge, Drop-in Art, Harmonica. These activities may be canceled due to space constraints. *No Poker on 11/15.*

► Indicates that you must register in advance!

OUTREACH & SUPPORT SERVICES

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

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

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

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

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

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

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

Medicare - SHINE Update - Serving the Health Information Needs of Everyone

The Medicare open enrollment period that starts January 1, 2014 ends December 7th. Call COA to make an appointment with our SHINE counselor. See page 7 for appointment days/times.

Emerson Hospital Better Breathers Lecture Series

Thursday, November 21st, 12:00-1:00, Cheney B conference room at 133 Old Road to Nine Acre Corner, Concord
Better Breathers Club provides support and information to those with chronic lung disease and their family and friends. Free. Open to the public. Refreshments will be served. Meetings take place on the third Thursday of the month at Emerson Hospital. For more information, call Claire Rindenello, RRT at (978) 287-3715.

Support Groups

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

4th Wednesday of each month, 4:00-5:30, Inn at Robbins Brook with Eileen Lawson. Call 978-264-4666.

Parkinson's Disease Support Group

3rd Monday of each month 2:00-3:00, Inn at Robbins Brook with Mary Ann Wonn. Call 978-264-4666.

Bereavement Support Group (begins 9/19)

3rd Thursday of each month 4:00-5:00, Inn at Robbins Brook with Nate Lamkin. Call 978-264-4666.

Bereavement Group

Tuesdays, November 5th through December 17th for 8 weeks, 6:00-7:30, Parmenter at 255 Cochituate Rd., Wayland. For information & registration call Andrea Heinlein @ 339-223-9482

SENIOR CENTER CLINICS

Eyeglass Adjustments and Minor Repairs



Monday, November 18th, 11:30-12:30

Alex Thayer, Licensed Dispensing Optician and owner of Look Optical in Maynard, will be at the Senior Center to offer free eyeglass adjustments and minor repairs. No appointment necessary.

Podiatry Clinic with Dr. Gregorian

Wednesday, November 6th, 1:00-4:00 and Tuesday, November 12th, 8:15-11:00

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments for the podiatry clinic will begin when the COA's monthly newsletter is out in the community. Pre-booking of appointments at the clinic itself or pre-booking at the Nursing office is no longer available. Call 978-929-6650. *Funded by Friends of Acton Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesdays, November 12th and 26th, 9:30-11:30

The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and discuss any medication, nutritional or health related questions. No appointment necessary. **Flu Shots** will be offered during the Wellness Clinics depending on availability. Please bring your insurance card with you.

TRANSPORTATION

NEW – Dispatch Changes for COA Van – Beginning Monday, December 2nd all COA van rides will be scheduled through Transaction Associates. You will need to call 978-844-6809, weekdays, 8:30-4:00 to schedule a ride. The COA van will continue to transport seniors and disabled non-seniors into Acton, Concord and Maynard. The only change will be the phone number you use to schedule a ride. You should continue to call the Acton COA for van rides until the December 2nd switchover.

COA Senior Van runs Monday - Friday, 8:00-4:00. For a reservation call 978-929-6652 between **8:00-11:00** at least one day in advance. When you call please have the telephone and address of your destination. One-way in town is \$1.00; one-way into Concord or Maynard is \$1.50.

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

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

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

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

Yankee Bus Service to Boston – Weekday service leaving Colonial Spirits, Great Rd., Acton at 7:00am, arriving Copley Square at 7:50am. Return ride leaves Copley at 5:05pm, arrives Colonial Spirits at 5:50pm. Call 1-800-942-8890 for more information. Rides are \$8 one way.



Senior Center Art Exhibit - In November we continue a fine-art exhibit featuring Acton artist, Carol Pope, whose water-based oil paintings are back by popular demand. Her show also includes examples of her masterful pastel technique. Please call the COA office for viewing times.

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

The Salvation Army is recruiting Bell Ringers for the annual holiday fund drive mid-November through December 24th. Volunteer shifts are one hour and are canceled in bad weather. Paid ringers shifts are four hours and receive minimum wage. The red kettles are located at Donelans, KMart, Roche Bros. and Stop n' Shop. You may choose your location and hours. For more information call Cheryl Newey at 978-635-0286.

FUEL ASSISTANCE

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

Need help paying your heating bill? Eligibility is based on household size and gross annual income of every household member 18+ years. Renters whose cost of heat is included in the rent can apply. Call Bev at the COA beginning *October 15th* at 978-929-6652 for an appointment. The fuel program runs November 1 to April 30.

Household size	Maximum gross income (Call for income guidelines for larger families)
1	\$32,065
2	\$41,932
3	\$51,798

Emergency Fuel Assistance Fund - Managed by the Friends of the COA. Contact Bev Hutchings at the COA at 978-929-6652.

AROUND TOWN...AND BEYOND

Recreation Department has many activities, trips and events planned. The e-newsletter has up-to-date recreation info. Visit the Recreation Office, call 978-929-6640 x0 or email recreation@acton-ma.gov for more.

Memorial Library Upcoming Events

Owls of the World *Wednesday, November 6, 7 p.m.*

Microsoft Word Basics *Thursday, November 7, 3-4 p.m.*, Registration required. Call 978-929-6543.

Internet Basics *Thursday, November 14, 7-8 p.m.*, Registration required. Call 978-929-6543.

The Kennedy Assassination: 50 Years Later *Tuesday, November 19, 7 p.m.*

Book Discussion Group - 11/22/1963 by Stephen King, *Tuesday, November 19, 7:30 p.m.*

Drop-in Computer Help *Wednesday, November 20, 3-4 p.m.*

Concord Players Presents Les Miserables Senior Dress Rehearsal

Thursday, November 7th, 8:00pm, 51 Walden St., Concord

\$10 at the door. For more information contact Joanne Hines at 978-369-2990

Stow Chorus and Orchestra Presents a Program of Russian Music, Hale Middle School in Stow

Saturday, November 23rd, 1:30, dress rehearsal for chorus and orchestra and 4:00 for piano concerto. \$5 donation.

Sunday, November 24th 3:00, Senior tickets are \$20. For more information visit www.soundsofstow.com.

Mt. Calvary Community Supper at 472 Massachusetts Ave.

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

Mt. Calvary Community Lunch at 472 Massachusetts Ave.

4th Thursday of the month except Nov and Dec. when it will be the 3rd Thursday, 12:15. Donations accepted.

Social Security Seminar

Thursday, November 21st, 6:00-8:00 PM, 80 Central Street, Suite #150, Boxborough

Speaker Kurt Czarnowski is the former Regional Communications Director for the Social Security Administration in New England. He is the principal in "Czarnowski Consulting," a retirement planning company. For more information contact William Elwell at 978-264-9999 ext 211.

Indian Hill Music – Free Bach's Lunch Concert

Thursday, November 21st, 11:00 and 1:30 at 36 King St in Littleton

Who's Who at the COA?

The Council on Aging provides programs and services to Acton residents 60 and over as well as information and referrals for residents of any age with concerns about aging relatives, neighbors and friends. Our offices and programs are located in the Senior Center. Here's a brief look at who we are and some of our responsibilities.

Sharon Mercurio, COA Director, is the department head and oversees the work of the COA staff, senior workers and the budget. She reports to Town Manager, Steve Ledoux, and works closely with the COA Board and Friends of the COA. She is a sounding board for ideas whether from staff or seniors for new programs and initiatives. Sharon's door is always open to you for your comments, questions, concerns and compliments.

Beverly Hutchings, Outreach/Volunteer Coordinator, works with seniors (and caregivers) to provide services such as fuel or food assistance, housing information, and health and homecare referrals. Bev also works with the over 100 volunteers who help in so many ways including: visiting homebound seniors, manning the reception desk and driving seniors to appointments. She also serves as the Veteran's Services Administrative Assistant.

Judy Peters, Assistant to the Director, assists Sharon with financials and other administrative duties. Her job is a catchall for a variety of tasks including editing the monthly newsletter, publishing the Town Municipal Quarterly, tracking the public use of the building, ordering supplies and maintaining the mailing list of seniors in Town. She is responsible for scheduling and dispatching the COA van and will be until services are regionalized next month.

Chris Chirokas, Program Coordinator, plans and schedules the majority of the classes, lectures, presentations, trips and activities offered here at the Center. She is always looking a couple of months ahead to book topics of interest and to find ways to accommodate programs in the space we have available.

Mary Lou Repucci, Staff Assistant, works afternoons at the reception desk. In addition to greeting visitors, she coordinates the art displays, the durable medical equipment loan program, the handyman program and performs a variety of administrative tasks.

Liz Jewell, Health and Wellness Coordinator, coordinates with Chris to offer a variety of health-related programs. Liz leads a variety of wellness groups including meditation, chair exercise and walking groups.

Priscilla Cotter, Ron Paskavitz and Peter Tenneson, COA Van Drivers, work weekdays to transport seniors anywhere in Acton, Concord and Maynard. If you'd like more information about the van service, see the Transportation section of this newsletter on page 8.

Joy Agule, Dining Room Coordinator, is employed by Minuteman Senior Services and uses the Center's kitchen to provide meals to homebound seniors through the Meals-on-Wheels program. She organizes volunteers to deliver meals five days a week. She also coordinates the congregate meals served weekdays in the Senior Center dining room. For more about meals or volunteering in the kitchen, please call Joy at 978-263-5053.

Winter Emergency Supply Kit - Before the snow and cold settles into New England, the Massachusetts Emergency Management Agency recommends you prepare an emergency kit to have easily accessible at home.

- Flashlight and extra batteries
- Portable radio with extra batteries
- Non-perishable Food
- Water (one gallon per person/per day)
- Extra blankets and sleeping bags
- First-aid kit
- Essential prescription medicines
- Non-electric can opener
- Baby items
- Fire extinguisher

From the Highway Department – Snow season is coming! A winter parking ban is in effect Nov. 1st thru April 1st. On street parking prohibited 1:00am - 6:00am. Please shovel the snow from the end of your driveway to the "downstream" side of the driveway. Sand and salt mixture is available at the Highway Dept. on Forest Rd. If you have questions call 978-929-7740.

Winter Readiness - As New Englanders we know that there can be intense storms that sometimes catch us by surprise. Be prepared. Make sure you have a plan in place should you lose power. This includes registering your home and cell phone numbers with the Town's Connect CTY system to be notified of shelter openings and other pertinent information. You can register by going to the Town's website, clicking on "notify me by phone" (on the left side of the page) and following the instructions.

Acton Council on Aging Registration Questionnaire

The COA staff has recognized some challenges regarding the current registration process and would like your input on how to improve it. Below are some ideas that have been suggested to us. Please keep in mind that the COA offers services and programs to all Acton seniors and we must have a process that is fair to everyone whether you are a regular attendee or new to the Senior Center.

What “registration required” activities do you attend at the Senior Center? Check all that apply.

Programs/Lectures Exercise Special Meals Classes Trips

Please let us know which ideas you would like to see us explore. (You may check more than one.)

- Keep the registration process the way it is. † yes † no
- Allow participants to sign up for themselves only and not for an additional person. † yes † no
- Allow registration by walk-in only. † yes † no
- Allow registration by phone only. † yes † no
- Initiate a lottery system where names of interested participants are selected randomly for each class. Seniors can enter their names in advance by phone, drop in or e-mail. † yes † no
- Pay to take a class. (ie: \$50 a session, non-refundable) † yes † no
- To allow more seniors to participate in art and exercise classes, seniors will initially be allowed to register for only one art and exercise class. Anyone interested in taking an additional class will be put on the waitlist for that class. If there are spaces available, names will be taken off the waitlist for a second class. † yes † no
- On registration day, seniors will pick a random number that will determine the order in which they register. Numbers will be drawn shortly before 1:00pm. Registration will start with the person holding the #1, then #2, etc. Phone in registration will not be affected. † yes † no

Other suggestions

Name and contact information (optional): _____

Please return by Friday, November 22nd

Mail to: Acton COA, 472 Main Street, Acton, MA 01720

Or you may drop the questionnaire off at the COA Office at 50 Audubon Drive.

Mail to:

Acton Council on Aging
472 Main St.
Acton, MA 01720

Postage
Required

November	Mon	Tue	Wed	Thu	Fri	2013
					1 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 12:30-2:25 Movie 1:00-4:30 Poker	
4 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 12:15 -1:00 Walking at COA 1:00-3:00 Friends Meeting 1:00 Registration Begins 1:00-3:30 SHINE 3:00 COA Board Meeting	5 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:15-1:00 Fiber Program 1:00-2:00 BC/BS Medicare Program 1:30-3:00 Watercolor w/Sue	6 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45 Yoga 12:30-2:15 Yarn & Thread Ladies 1:00-4:00 Podiatry Clinic 2:30-4:30 Drop-in Bridge	7 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 12:30-1:30 Songbook Music Series 12:30-1:00 Stamp Evaluations 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club 2:30-4:00 In Praise of Poetry	8 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 11:15-12:45 American Colonies 1:00-2:30 Genealogy 1:00-4:30 Poker		
11 COA CLOSED Veterans Day	12 8:15-11:00 Podiatry Clinic 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:45 Employee Cooked Lunch 1:00-2:00 SHINE Medicare Program 1:00-3:00 Ask the Lawyer 1:30-3:00 Watercolor w/Sue	13 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 11:45 Birthday Lunch 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	14 8:30-9:30 Cardio Flex 9:00-11:30 Beading 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 12:30-1:30 Songbook Music Series 12:30 -1:00 Stamp Evaluations 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club 2:30-4:00 In Praise of Poetry - last	15 8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 10:00-10:45 Zumba 1:00-4:00 SHINE ----- 16 9:00-2:00 Friends of COA Fair		
18 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 11:30-12:30 Eyeglass Clinic 12:15 -1:00 Walking at COA 12:30-3:00 Board & Tile Games 1:00-2:00 Book Group 1:00-3:30 SHINE	19 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:45 Robbins Brook Thanksgiving Lunch 1:00-2:00 Margaret Bourke Performance 1:30-3:00 Watercolor w/Sue	20 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:00 Yoga - last 12:30-2:15 Yarn & Thread Ladies 1:00-3:00 Haiku/Card Making 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	21 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 12:30-1:30 Songbook Music Series-last 12:30-1:00 Stamp Evaluations 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club 2:30-3:15 Meditation	22 8:30-9:30 Cardio Flex 10:00-10:45 Zumba - last 12:30-2:05 Movie 1:00-4:30 Poker		
25 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 12:15 -1:00 Walking at COA 12:30-3:00 Board & Tile Games 12:30-2:00 Newsletter Sealing 1:00-3:30 SHINE	26 8:30 Newsletter Mailing 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:00-1:45 Veteran Appointments 1:00-2:00 Elder Abuse Program 1:30-3:00 Watercolor w/Sue - last	27 8:30-9:30 Cardio Flex 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	28 COA CLOSED Thanksgiving	29 COA CLOSED Thanksgiving		

Veterans Day will be observed on November 11th at 11:00am on the Town Common. Please park behind the Town Hall or behind the Fire Station. The Ceremony will take place outdoors (weather permitting) by the Veterans Monument on the Common. All are invited.

► **Safety Sand for Seniors** is preparing to resume for this winter. Safety Sand (salted Highway Dept. sand) is delivered in a 3 gallon plastic pail to your home by volunteers from the AB Regional High School. Call the COA at 978-929-6652 beginning at 1:00 on November 4th to request sand and/or pail. Sand and/or pail with sand will be delivered to homes in November.

Get Your Newsletter by Email

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

Veteran's Day Breakfast, Holiday Inn, Boxboro Monday, November 11th, 8:30am

The Rotary Club and the National Honor Society of AB Regional High School are hosting a breakfast for veterans living in Acton and Boxborough. James MacRae from the Veterans' Affairs Office will be the guest speaker. RSVP by November 1st to BetsyPurcell@gmail.com or 978-758-7414.

FROM THE FRIENDS OF THE COA

HOLIDAY FAIR

Acton Senior Center

Saturday, November 16th

9 am - 2 pm

Attic Treasures, Arts and Crafts,
Jewelry, One-of-a-Kind and Hand
Knit Items, Silent Auction, Café,
Baked Goods*

*Baked goods still needed. Please stop by the Senior Center or call Carol Lake at 978-263-7635 to sign up. Baked goods can be dropped off at Senior Center dining room Friday, November 15th, 1:00-3:00pm or Saturday, November 16th, 8:30-9:30am.

PRSR STD
U.S. Postage Paid
Acton, MA 01720
Permit #67

Acton Council on Aging
Town Hall, 472 Main Street
Acton, MA 01720
Return Service Requested

The Acton Council on Aging thanks the Massachusetts Office of Elder Affairs. Funding from the state's formula allocation is utilized in part for staffing and programs.



Activities with this symbol are partially or fully funded by your donations to the Friends of the Acton COA.

<p>ACTON COA STAFF Sharon Mercurio, Director Judy Peters, Assistant to the Director/Van Dispatcher Chris Chirokas, Program Coordinator Bev Hutchings, Outreach/Volunteer Coordinator Mary Lou Repucci, Staff Assistant Priscilla Cotter, Van Driver Ron Paskavitz, Van Driver Liz Jewell, Health and Wellness Coordinator</p>	<p>ACTON COA BOARD MEMBERS Barbara Willson, Chair Charlie Aaronson, Vice Chair Stephen Baran Ann Corcoran Connie Ingram Marion Maxwell Franny Osman Sally Thompson, Treasurer Paul Turner</p> <p style="margin-top: 20px;">Acton COA Board will meet on Monday, November 4th at 3:00 Friends of the Acton COA will meet on Monday, Nov. 4th at 1:00</p>
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