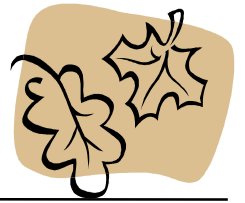




Acton Senior Bulletin



October 2009

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

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

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

Dental Hygiene Month-Toothpaste & Toothbrush Drive for the Acton Food Pantry

Week of October 13-16

Our Acton Food Pantry is serving over 200 families on a weekly basis. Many of these families already receive food supplement help from the SNAP food stamp program but that program barely makes a dent in monthly food costs leaving little money for other needs like toiletries. The food pantry would appreciate a drive just for toothpaste and toothbrushes. Please bring new, packaged toothbrushes and new tubes of toothpaste to the Senior Center, Monday-Friday 8-5. Drop boxes are inside the front entrance. Other boxes are at the Memorial Library, West Acton Citizen's Library and Town Hall.



► "And Now...Mark Twain!" Performance by Richard Clark

Monday, October 19th, 1:00-2:00



Join us for a delightful look at the life and work of America's foremost humorist. This one-person play is full of wit and wisdom and the special brand of storytelling that made Twain a legend in his time. You will be treated to a compendium of his life and works; laugh along with him at the foibles, follies and fantasies of a bygone era. Richard Clark is an actor with over 30 years of experience in New England regional theater, NY Theater and television. He is a graduate of Clark University and studied at the American Academy of Dramatic Art, The Actor's Connection, and Actor's Loft in NYC. His "Keeping History Alive" series brings historical figures back to life and is based on biographies, autobiographies, personal letters, books, and the works of various playwrights.

The Importance of Signing In for Programs, Classes, Activities and Socializing - What's with all the clipboards?

Why do you have to sign in for everything you do? By taking a moment to sign in, whether it's for a bridge lesson, picking out a library book or socializing in the dining room, it helps us to track program participation and overall use of the senior center. We can then evaluate the success of current programs, plan for future activities, assess current and future space needs. It is essential when applying for grants and other funding. So, please give us your "John Hancock" and thank you!

Over 10% of Acton's Senior Households either pickup their newsletter here at the Senior Center each month or have it sent to them by email. Thank you to everyone who has moved away from the printed/mailed version of the newsletter. It saves money, paper and time. For those considering joining them, it's easy to do. Just contact Judy at jpeters@acton-ma.gov or call her at 978-264-9643. She can arrange for the newsletter to be put aside for you to pick up or add you to the email list.

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Cancellation Notice: Senior Talent Show scheduled for Oct. 29th has been canceled due to a lack of interest.

**** DATE CHANGE** Registration Begins Tuesday, October 6th at 1:00**

Daylight Saving Time ends Sunday, November 1st at 2:00am. Turn your clock back 1 hour.

Senior Center will be closed on Monday, October 12th for Columbus Day

UPCOMING PROGRAM HIGHLIGHTS

FOR OCTOBERREGISTRATION BEGINS TUESDAY, OCTOBER 6TH at 1:00

► **Home Energy Savings for Retirees presented by Massachusetts Municipal Association**

Thursday, October 8th, 12:30-2:00

Want to reduce your home energy costs? Looking for cheap, do-it-yourself solutions? Interested in energy savings financing options? The MMA will illustrate hands-on tips, what changes are most cost effective, and provide free educational materials for everyone attending. Call soon as registration for this program began in September.



Coffee with State Senator Jamie Eldridge

Friday, October 9th, 10:00-11:00

Senator Jamie Eldridge will join us in the dining room for an informal meet and greet coffee hour. You are encouraged to attend with questions and concerns pertaining to legislation affecting our community.

H1N1, Seasonal Flu: What Does this Mean for Me?

Wednesday, October 14th, 12:30-1:30

Confused by all the information out there on H1N1 (Swine Flu) and the seasonal flu? Which vaccines do you need and when can you get them? Merrily Evdokimoff, RN, Administrator at Acton Public Health Nursing Service, will explain the plans by the Town of Acton to cope with these dual fall viruses. Find out what is planned for seniors.

► **Health Plan Options for People with Medicare**

Monday, November 2nd, 1:00-2:00

This seminar by Blue Cross Blue Shield of MA and includes an explanation of Medicare, Medicare prescription drug benefits, how Medigap plans and Medicare Advantage plans work with Medicare, as well as provide updates for BCBS of Massachusetts 2010 plan offerings. This seminar is often praised for the way it makes complex information easy to understand, which is especially important during the Open Enrollment period. A question and answer session will follow. All are welcome regardless of your insurance coverage! If you cannot make this session, a similar program will be presented at the Senior Center on Thursday, November 19th, by Minuteman Senior Services SHINE (Serving Health Information Needs of Elders). See the November newsletter for more details.

► **Maintain Your Brain®: How to Live a Brain Healthy Lifestyle**

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

Find out what you can do to keep your brain healthy and help reduce the risk of getting Alzheimer's disease in this program presented by the Alzheimer's Association. This interactive workshop features nutritional and lifestyle advice, strategies to keep your memory sharp, interactive exercises and activities, and materials to take home for further reading. Scientifically rooted advice on brain health based on strong lifestyle choices will be discussed, including: staying sharp with challenging mental activities; engaging in social interactions; adopting a brain-healthy diet and remaining physically active.



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

Use Sense with Scents

Due to increased sensitivities and allergies of folks attending classes, programs and luncheons at the senior center and within the close quarters of chartered bus trips, we respectfully request attendees to be aware of wearing colognes and perfumes. What may smell sweet to some may be overwhelming to others. Thank you for your understanding and cooperation.

► **Falling Leaves? Need Help Raking them up?**

If you would like help raking your leaves please call the COA beginning 1:00 on Tuesday, October 6th. Requests will be filled on a first come first served basis. Raking dates have not been set yet. A responsible adult must be home the day of the raking. Rakers will bring their own equipment whenever possible. All equipment loaned to rakers is the homeowner's responsibility. Leaves cannot be removed but can be bagged (provided by the homeowner) or raked to a designated area.



CLASSES/WORKSHOPS

FOR OCTOBERREGISTRATION BEGINS TUESDAY, OCTOBER 6TH at 1:00

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

Mondays, October 5th through November 16th, 9:30-11:00 (No class Oct. 12th)



You can create beautiful, simple paintings with one stroke of the paintbrush! All paints, glass conditioners, varnishes, and paper are provided. Paint brushes are available to use. Please bring paper plates, a water container and paper towels. No experience is necessary. Beginners welcome! Call soon as registration for this class began in September.

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

Thursdays, October 8th through November 19th, 3:00-4:00 (Note: No class on Oct. 29th)

We will learn to play Renaissance and Baroque music, in duets, trios and quartets on the recorder. Everyone is welcome--no experience is necessary! Music will be provided, and possibly recorders as well, although there may be a small charge for a recorder. Jennifer has taught recorder ensembles for over 25 years. *This program is funded by the Anne Norworthy Music Initiative.* Call soon as registration for this class began in September.

► **Has Microsoft Office 2007 Got You Flustered?**

Thursday, October 8th, 12:30-2:00

Have you upgraded to Office 2007 and are confused about the new look? Learn how to clean up the mess of icons by limiting them to the ones YOU choose, get back all the wasted banner space and generally make Office 2007 work better for you.

► **Old Fashioned Sing-Along!**

Thursday, October 15th, 12:30-1:15

Come for lunch and stay for an old-fashioned sing-along led by Mary Lou Repucci. The Tin Pin Alley Katz will accompany the group. Traditional folk songs are easy to sing and bring back nice memories. No vocal expertise is required—this is just for fun! No need to sign-up, but call the dining room if you are coming for lunch.

► **Computing for Beginners**

Thursdays, October 15th, 22nd, 29th and November 5th, 2:00-3:00



Are you new to computing? Do you wonder what to do after you've turned your computer on? If so, join us in this multi-week class geared towards helping the new computer user. The open format style will allow you to focus the instruction to your particular interests, needs and problems. Space is limited to 4.

► **Intermediate Excel**

Mondays, October 19th and 26th, 2:00-3:00

Join us for this two week class to learn how to manipulate cells formats, create more complex spreadsheets and make basic formulas. We'll also explore how to make budgets, keep track of finances, etc. Limited to 4.

► **Opera Class - Eugene Onegin and Pique Dame with Martin Segal**

Tuesdays, October 20th, 27th, November 3rd, 10th, 12:30-3:00 (*The October 27th class will end at 2:30.)*

Tchaikovsky is perhaps best known for his symphonies and ballets, but he also wrote 11 operas, of which *Eugene Onegin* and *Pique Dame (The Queen of Spades)* are justifiably the best known. They are full of drama and color and explore various aspects of the human condition. Tchaikovsky's life and times as well as information about both operas will be discussed before showing the videos of each. Handouts are available in the office, for those who want to do some reading beforehand. Suggestions for future opera classes can be sent to martinsegal@verizon.net.

► **Oral Cancer Screening with Dr. Kronenwett from Acton Dental Associates**

Tuesday, October 20th, 9:00-10:00

Oral cancer screening (head and neck exam) is a critical component of a routine dental hygiene and exam. Patients can be alerted to suspicious growths and changes noted during the screening and be encouraged to seek medical care. The screening takes less than 5 minutes.

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

CLASSES/WORKSHOPS (continued)

FOR OCTOBERREGISTRATION BEGINS TUESDAY, OCTOBER 6TH at 1:00

► **Excel for Beginners**

Fridays, October 23rd and 30th, 9:00-10:00

Do you want to know how to create alphabetized lists or simple budgets? This class will teach you the basics of Excel. You will learn how work with cells formats and create a simple spreadsheet. The class meets twice for one hour each. Limited to 4 students.

► **Principles of Islam**

Mondays, November 9th, 23rd, December 7th, 1:00-2:00



This course will focus upon the principles underlying the Muslim faith. The historical and cultural precursors of Islam, the vision of its prophet Muhammad, the rise of Islam to its Golden Age and its place in the world today will all be examined. Comparative philosophical and theological approaches between the three Abrahamic religions—Judaism, Christianity and Islam as well as the social and political interactions these three world religions have had in the past and the way this

history has shaped the current geopolitical situation will also be discussed. This course is taught by Professor Jason Giannetti who received his B.A. degree from Binghamton University, a Master's of Theological Studies from Harvard Divinity School and a Master's of Near Eastern and Judaic Studies from Brandeis University. He has a Juris Doctor degree from Boston College Law School and teaches at Regis College. Some of you will remember Dr. Giannetti from his presentation of another thought-provoking program on the Principles of World Religions at the Senior Center. *The course is offered in partnership with Sage Educational Services and was formerly a Framingham State Center for Lifelong Learners offering.*

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

DINING OPPORTUNITIES

► **Men's and Ladies' Breakfast with the Town Clerk**

Friday, October 16th, 9:00-10:00



Join us for a generous, warm breakfast with guest speaker Eva Taylor, Acton's Town Clerk. Eva will talk about the many responsibilities of the Office of the Town Clerk, including administering absentee voting for people who cannot easily get to the polls. Eva will answer your questions as well, but if you have a specific topic you would like covered in her talk, please call Chris at the COA office. Call the COA by Wednesday, October 14th for a reservation. Cost is \$2.00.

► **Northeast Correctional Lunch**

Friday, October 30th, 12:00 Noon

Lunch at the Northeast Correctional Center (also known as the Concord Farm) in Concord is always delicious and offered at a bargain price of \$2.10! The multi-course lunch is prepared and served by inmates in the culinary training program. There are several options for the main course, which is typically fish on Fridays. Call the COA to sign up by Friday, October 23rd. The restaurant is located in Bldg. #1. Visitors must leave a photo ID with security while at lunch. Please arrange your own travel or call the COA after October 14th to request a van ride.

► **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.

- **October Birthday Lunch: Wednesday, October 14th**

- **Special Lunch with Joy: Thursday, October 22nd, 11:45**

Mealsite coordinator, Joy Agule, is going to prepare a special meal. The menu is to be determined, so please ask when you call the dining room to make a reservation. \$3.00.

- **Halloween Lunch: Thursday, October 29th**

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

TRIPS

► **Smith College Fall Chrysanthemum Show and Museum of Art Tour**

Wednesday, November 18th, leaving from Nagog Office Park at 8:00



It's time to go back to school! Enjoy a fall day at Smith College in beautiful Northampton. A student docent will conduct a guided tour of the Smith College Museum of Art. The tour will include the current exhibit "Touch Fire: Contemporary Japanese Sculpture by Women Artists." The collection's strength

is 19th and early 20th century works, including pieces by Paul Cezanne and John Singleton Copley. It also includes some Asian, ancient and postwar American art. Lunch will be off-campus at nearby Union Station, housed in an historic train station. Menu includes salad, choice of baked sea scallops, turkey with corn bread stuffing or prime rib, apple crisp, and coffee or tea. After lunch, we're back on campus to view the "Bamboo and Blossoms" Chrysanthemum Show in the Lyman Conservatory, which includes a colorful, creative display of mums, as well as bamboo sculpture.

Depart: 8:00 a.m., Nagog Office Park (directions below in "Trip Policies"); approx. return time 5:00

Cost: \$45 includes coach bus transportation (with restroom), admission to the museum and flower show, lunch, and all gratuities. Payment is due by Tuesday, November 4th.

► **New Hampshire Covered Bridges, East Hill Farm Lunch & Smith's Country Cheese Tour**

Thursday, October 1st, leaving from Nagog Office Park at 9:00

***Trip is full. Call for waitlist.*

We will stop at Smith's Country Cheese in Winchendon, then at East Hill Farm in Troy for a lunch. After lunch, we will tour seven historic covered bridges in southwest New Hampshire.

Depart: 9 a.m., Nagog Office Park, approximate return time 5:00.

Cost: \$40 (due asap)

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!**

VOLUNTEERING

Friendly Visitor Meeting

Thursday, October 15th, 1:30-2:30

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

COA Volunteer Opportunities

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

Handyman Program helps seniors with small repairs and simple household jobs. Volunteers glue handrails and chair legs, replace light bulb/smoke detector batteries, flip mattresses, make computer/DVD connections and more. SEEKING new volunteers! Many *handyhands* make lighter *handywork*! Call Carol Steiner to volunteer.

EXERCISE

Registration for exercise classes began in September.

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

Mondays, through December 14th, 8:30-9:30 (No class on 10/12)

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

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

Tuesdays and Thursdays, through Dec. 17th, 8:30-9:30 (No class 11/17 & 26) Class is Full. Call for waitlist.

or Wednesdays and Fridays, through, December 18th, 8:30-9:30 (No class 11/11 & 11/27)

Start with a stretch and warm-up segment followed by a lively 20 minute aerobic routine, 5 minute cool down and 30 minutes of muscle toning and strengthening. Weights are available at the Center or you can bring your own.

▶ **"Senior Stretch, Flex, Tone and Cardio" with Terri Zaborowski** *Class is Full. Call for waitlist.*

Tuesdays and Thursdays, through December 17th, 9:45-10:45 (No class 11/17 and 11/26)

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

Thursdays, through December 17th, 11:00-12:00 (No class on 11/26)

Open to people with Tai Chi experience, either in the Senior Center classes or elsewhere. Call the COA to sign up for the fall session. *This session of Tai Chi classes is being funded by a generous donation by Roche Bros.*

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

Tuesdays, October 6th through December 1st, 11:00-12:00 (No class on 11/17)



Taoist Tai Chi incorporates stretching and turning into a series of slow, rhythmic moves that improve the health of body, mind and spirit while improving balance as well. Approximately 28 of the 108 movements in the Taoist Tai Chi set will be taught. It can be taken sitting in a chair for those unable to stand for the workout. Wear shoes with fairly smooth treads.

Acton Striders Walking Group

Wednesdays, 8:30

Join this COA staff supervised group Wednesdays for a one-mile walk. If you want to walk longer, you are welcome to do so. Please call the COA office if you are new to the group or would like more information. A handout with the walking routes indicating where to park is available in the COA office.

October 7th—Minuteman Road neighborhood

October 28th – NARA Park

October 14th—Central St. Cemetery

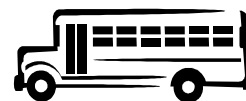
November 4th – Alcott Street neighborhood

October 21st – Concord Road Cemetery

TRANSPORTATION

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

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



Senior Center Art Display



We are pleased to welcome the vivid watercolor paintings by Joyce Dwyer, a professional artist with extensive experience working in full-size drawings and paintings as well as miniatures. Ms. Dwyer works in a traditional style, both realistic and peaceful, focusing on color, light, shadows and reflections. Her subject matter includes landscapes, waterscapes and architecture. She has exhibited her work throughout the United States and Europe. Please call the COA office for viewing times.

ONGOING ACTIVITIES

► **Great Broadway Stars: Garland, Crosby with Ben Sears and Brad Conner**

Mondays, October 5th and 26th, 1:00-2:00

October 5th: Clips from a variety of Judy Garland's performances, including *Wizard of Oz*, *Meet Me in St. Louis*, *A Star is Born*, *Easter Parade*, and an early clip from her only picture with Deanna Durbin.

October 26th: Bing Crosby's "Road" pictures, *Blue Skies*, *High Society*, *Going My Way*, & *Holiday Inn*.

This program is funded by a generous donation from Sorrento's Brick Oven Pizzeria.

► **Watercolor with Sue Nordhausen**

Tuesdays, through October 20th, 1:30-3:00

**** Class is Full. Call for waitlist.**

► **Watercolor Studio Workshop with Cynthia Durost**

*Wednesdays, through November 18th, 9:00-10:30 (Note: No class on Nov. 11th) ** Class is Full. Call for waitlist.*

► **Bridge Basics for Beginners Part II with Electra Coumou**

Wednesdays, through November 18th, 2:30-4:30 (Note: No class on Nov. 11th)

A continuation of the spring Bridge Basics class or for those with some bridge experience who need a refresher.

"The Bookies"

*Thursday, October 22nd, 1:00-2:00 (**Note change of day)*



"The Bookies" book club selection this month is A Good Year by Peter Mayle. The novel tells the tale of a London businessman who inherits a vineyard in Provence. The 2006 movie of the same name, starring Russell Crowe, was based on this book. Reserved copies of the book are available at the Memorial Library, including a large-print edition. Books can be sent to the West Acton Citizen's Library upon request, if that location is more convenient.

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

Fridays, October 9th, 23rd, November 6th, 2:30-3:45

Massages vary depending on individual needs, but often include massage of 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 t-shirt or tank top under your clothing to make the massage most effective. Please call the COA if you must cancel an appointment, as there is usually a waiting list. Make sure to jot an appointment down on your calendar as we aren't always able to make reminder calls!

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

Mondays, 1:00-3:00 (Note: No appointments on October 12th)

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

Computer Club

Fridays, October 2nd, 16th and 30th, 10:00-11:30

Wednesdays, October 7th and 21st, 1:30-3:00

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

Wii Games - Lessons and Free Play

Fridays, 10:00-12:00 or any time the living room is available

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

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

Knit/Crochet Group

Drop-in Pool

Drop-in One-Stroke

Wii Gaming

Quilters

Drop-in Ping Pong

Genealogy

Tile & Board Games

Poker

Drop-in Bridge

Drop-in Watercolor

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

OUTREACH & SUPPORT SERVICES

Outreach Coordinator Available to Help You Find Resources

Are you finding that you need to ask your friends and neighbors for help more often or that your requests are getting to be too much? Are family members busy, too far away or just not available to ask for support? If you had some help at home would your day/week/month go better? Would you then be able to ask a friend over to tea rather than for another ride to an appointment? The COA can offer resources in the community to address these and other concerns. Call Carol Steiner, our Outreach Coordinator, at 978-264-9643 for a confidential chat.

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

Need help paying your heating bill? Applications for 2009/10 fuel assistance are being taken October 26th through April 30th. See below to see if you may qualify for fuel assistance as well as discounts on utility and telephone bills. Call Carol Steiner at the COA 978-264-9643 for more information. FYI: The Friends of the COA manage an Emergency Fuel Assistance Fund. Contact Jean Fleming at the COA.

<i>Household size</i>	<i>Maximum gross income (Call for income guidelines for larger families)</i>
1	\$ 29, 126
2	\$ 38, 087
3	\$ 47, 049
4	\$ 56, 011

Fuel Assistance for Re-Applicants

If you applied for SMOC Fuel Assistance last season, you should be receiving your re-application paperwork soon. If you need help getting your documents together for the upcoming season please call Carol for an appointment.

Emergency Fuel Assistance Fund managed by The Friends of the COA; contact Jean Fleming at the COA.



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

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

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

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

RUOK (Are You Okay) Check-in Service: The Acton Police Department maintains this free, automated phone call program for people living alone or who are caring for someone who may not be able to get help if you are in trouble. You choose the time of day to receive the call. As long as you answer the phone, nothing further happens. BUT, if after several unsuccessful tries to reach you, the police will come and check on you. You can turn the service off, when you are away and are not available to check in. 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.

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

- **“Grief and Change”** A support group for adults grieving the death of a loved one. *New Session now forming at the Inn at Robbins Brook, Acton.* Everyone grieves differently, but no one needs to carry grief alone. Facilitated by a Licensed Social Worker and a hospice volunteer coordinator. **7 weeks, every other Friday, starting 9/25, 2:00-3:30.** New members may join through the **10/9** meeting. To register call Maura Capriccio at 978-264-4666. For more information contact Jim Palmer, LICSW, facilitator at 781-296-6519.
- **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.

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

SENIOR CINEMA

Thursday, October 1st, “Fool's Gold,” 12:30-2:25 (2008, PG-13) –Matthew McConaughey and Kate Hudson star in this romantic action movie as a couple divided by his obsession with finding treasure buried at sea.

Friday, October 2nd, “The Golden Boys,” 12:30-2:10 (2009, PG) – In 1905 on Cape Cod, three retired sea captains (David Carradine, Rip Torn and Bruce Dern) are confirmed bachelors who send for a mail-order bride to marry one, but fill the role of housekeeper for all three. Will the beautiful Mariel Hemingway change their minds about the benefits of bachelorhood? Filmed on Cape Cod, it is based on the book Joseph C. Lincoln.

Friday, October 16th, “State of Play,” 12:30-2:30 (2009, PG-13) – Russell Crowe, Ben Affleck and Helen Mirren star in this political thriller. A Congressman, who is considering running for President, has his life thrown into chaos when his assistant/mistress is murdered.

Thursday, October 29th, “Young Frankenstein,” 12:30-2:20 (1974, PG)—Get in the Halloween spirit with this Mel Brooks comedy starring Gene Wilder and Madeline Kahn.

Friday, October 30th, “Easy Virtue,” 12:30-2:05 (2008, PG-13) – This romantic comedy, set in 1930s England, is based on Noel Coward's play. Jessica Biel stars as an American whose new British in-laws (Kristin Scott Thomas and Colin Firth) are unhappy with their son's choice.

Thank You... ...Kay Landreth and the quilters group for helping sew the new dining room curtains. They look great and really warm the room up!
...Ruth Andersen for her delicious coffee nook cookies.
...Acton-Boxborough Rotary Club for their fall barbecue luncheon.

Important Time of the Year for Medicare Users

Medicare users will be receiving information from your Prescription Drug Plan, your Medicare Health Plan, and/or Prescription Advantage if enrolled. Please read, understand and save the information you receive. **Do not ignore letters from your plans!** During the annual Open Enrollment (November 15 - December 31), you have the option to change your coverage for next year. SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have. To schedule a free appointment with a SHINE Counselor, call 978-264-9643.

AROUND TOWN...AND BEYOND

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

Acton Recreation Department has a variety of show tickets, bus trips, and recreational programs offered in the new Fall/Winter Program. Don't miss out on special holiday offerings such as the NH Turkey Train Bus Trip and a trip to NYC to see the Rockettes! Call 978-264-9608 or email recreation@acton-ma.gov for information.

Acton-Boxborough Farmers Market still Open for Business

Sundays, 10:00am-1:00pm, through November 1st, Pearl Street in West Acton

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

Free Bach's Lunch Concert: Thursday, October 15th, 12:00-1:00

Orchestra of Indian Hill: Ludwig! Saturday, October 17th, 7:30pm, Littleton HS, 56 King St., Littleton

AB Community Education presents "Don't Fall!"

Session 1 begins Thursday October 1st - 6:30-8:00 p.m. HS Library

Session 2 begins October 22nd - 6:30-8:00 p.m. HS Library

This 3 week course explores concerns about falling and teaches strategies to prevent falls. Balance exercises, home safety tips, vision enhancement, and mobility assessments will be discussed. Adaptive equipment will be available to try out. Senior rate: \$49. For information call 978-266-2525 or visit www.comed.ab.mec.edu/dontfall.shtml.

Theater III 250 Central St., West Acton

City of Angels Dress Rehearsal – Wednesday, November 4th, 7:30pm

Concord Players 51 Walden St. Concord

Cat on a Hot Tin Roof – Thursday, November 5th, 8:00pm **\$5 donation**

Wellness University

Saturday, November 14th, 10:00-2:00, Parker Damon Bldg., Charter Rd., Acton

For more information call the Health department at 264-9634 or visit www.acton-ma.gov

Friends of the Carlisle COA and the Friends of the Gleason Library - Programs at the Carlisle Congregational Church, 147 School St., 7:00-8:30pm. Call 978-369-4898 for information and to register.

Wednesday, October 14th - Pharmacology: Safe Medicine Use. Stephen Feldman, Pharmacologist, will discuss how to take medicines safely and review the proper use and risks of medications.

Wednesday, October 21st - Mind and Body: Carole Legro, a body oriented psychotherapist and Reiki Master will discuss research around mindfulness and Heart Rhythm meditation and how these disciplines decrease stress and anxiety, lower blood pressure and boost immunity.

Wednesday, October 28th - Acupuncture & Herbal Medicine: Cynthia McMahon King, of Boxboro Acupuncture will highlight the history of acupuncture and Chinese herbal medicine. Learn some areas acupuncture addresses, including back pain, sciatica, insomnia, arthritis, allergies, incontinence, depression, oncology support and more.

Medicare Check-up Time!

It's Check-Up time with your SHINE counselor to review your health and prescription insurance coverage. Your Prescription Part D plan should be reviewed every year. Prescription Drug Insurance plans change. Changes can be made Nov. 15th through December 31st. See page 2 of the newsletter for more on the "Health Plan Options for People with Medicare" seminar.

October	Mon	Tue	Wed	Thu	Fri	2009
				October 1 8:30-9:30 Cardio Flex 9:00 East Hill Farm Trip 9:45-10:45 Stretch/Tone 11:00-12:00 Intermediate Tai Chi 12:30-2:25 Movie	2 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-12:00 Wii Games/Lessons 12:30-2:10 Movie 1:00-4:30 Poker	
5 8:30-9:30 Stretch/Flex 9:30-11:00 One Stroke Begins 10:00-12:00 Drop-in Bridge 1:00-2:00 Broadway Program 1:00-3:00 SHINE	6 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:00 Registration Begins 1:30-3:00 Watercolor	7 8:30 Striders 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Beginner Bridge	8 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Intermediate Tai Chi 12:30-2:00 Office 2007 Program 12:30-1:30 Energy Seminar 3:00-4:00 Music Group Begins	9 8:30-9:30 Cardio Flex 10:00-11 Chat with Sen. Eldridge 10:00-12:00 Wii Games/Lessons 1:00-4:30 Poker 1:30-3:00 Genealogy 2:30-3:45 Chair Massages Sat 10 9:00-11:30 Hazardous Waste Day		
COA CLOSED Columbus Day	13 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 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor	14 8:30 Striders 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 11:45 Birthday Lunch 12:30-1:30 Flu Talk 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Beginner Bridge <i>Toothbrush/Paste Drive Week</i>	15 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Intermediate Tai Chi 12:30-1:30 Sing-Along 1:30-2:30 Friendly Visitor Mtg. 2:00-3:00 Computer for Beginners 3:00-4:00 Early Music Group	16 8:30-9:30 Cardio Flex 9:00 Men's & Ladies Breakfast 10:00-12:00 Wii Games/Lessons 10:00-11:30 Computer Club 12:30-2:30 Movie 1:00-4:30 Poker		
19 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00-2:00 "Mark Twain" 2:00-3:00 Intermediate Excel 3:45 COA Board Meeting	20 8:30-9:30 Cardio Flex 9:00-10:00 Oral Cancer Check 9:45-10:45 Stretch & Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Mah Jongg only 12:30-3:00 Opera Begins 1:30-3:00 Watercolor (last)	21 8:30 Striders 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Beginner Bridge	22 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Intermediate Tai Chi 11:45 Special Lunch by Joy 1:00-2:00 Bookies Book Club 2:00-3:00 Computer for Beginners 3:00-4:00 Early Music Group	23 8:30-9:30 Cardio Flex 9:00-10:00 Beginner Excel 10:00-12:00 Wii Games/Lessons 1:00-4:30 Poker 1:30-3:00 Genealogy 2:30-3:45 Chair Massages Oct 24 9:00-12 Flu Clinic at Transfer Sta.		
26 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke 10:00-12:00 Drop-in Bridge 1:00-2:00 Broadway Program 1:00-3:00 SHINE 2:00-3:00 Intermediate Excel	27 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 12:30-3:00 Board & Tile Games 12:30-2:30 Opera	28 8:30 Striders 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Beginner Bridge	29 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Intermediate Tai Chi 11:45 Halloween Lunch 12:30-2:20 Movie 2:00-3:00 Computer for Beginners	30 8:30-9:30 Cardio Flex 9:00-10:00 Beginner Excel 10:00-12:00 Wii Games/Lessons 10:00-11:30 Computer Club 12:00 Prison Lunch 12:30-2:05 Movie 1:00-4:30 Poker		



Seasonal Flu Clinic offered by the Acton Public Health Nursing Service

Saturday, Oct. 24th, 9:00-12:00, Acton Transfer Station
Immunizations are available and are covered by Medicare and most Senior HMO's. The cost to others is \$20. Call the Acton Public Health Nursing Service at 978-264-9653 for information. Bring your insurance card with you.

"SAVE THE DATE"

**Tuesday, November 17th - Thanksgiving Dinner
and
Friends of COA Annual Crafts Fair/Sale**

Daylight Savings Time Ends

Remember to move your clocks back 1 hour before you go to bed on October 31st and change your smoke detector batteries. It's also a great time to update your File of Life Card. Stop by the COA office if you need one.



FROM THE FRIENDS OF THE COA

The Friends of the COA would like to thank the following businesses for their generous donations to the Annual Appeal Drive:

- Acton Funeral Home**
- Acton Medical Associates,**
In memory of Donnell Boardman, M.D.
- Acton Monument Company**
- Acton Vision Associates**
421 Gas (Sunoco)
- Gallant Insurance Agency,**
In memory of Dick Gallant
- Perry Plumbing,**
In memory of Joseph G. Perry
- Roche Bros.**
- Sorrento's Pizzeria**
- Village Hair Stylist**
- Worker's Credit Union**

Please be sure to thank them when you frequent their establishments.

SENIOR CENTER CLINICS

Podiatry Clinic: Tuesday, October 13th, 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, October 13th and 27th, 9:30-11:30

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

ACTON COA STAFF

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

ACTON COA BOARD MEMBERS

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

Acton COA Board will meet on Monday, October 19th at 3:45pm

ACTON COUNCIL ON AGING

**Town Hall, 472 Main Street
Acton MA 01720
Return Service Requested**

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