



Acton Senior Bulletin



September 2012

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 exercise classes begins in person or by phone Tuesday, September 4th at 1:00.

Please do NOT arrive before 12:00 as there is no waiting area until that time.

Registration for all other classes/programs begins in person or by phone Wed., Sept. 5th at 1:00.

Acton Senior Center 101

If you are new to the Senior Center, welcome! Council on Aging staff is on hand Monday-Friday 8:00-5:00 to answer your questions by phone or please come by for a tour. Most of our classes and programs are free to Acton seniors, age 60 and up, thanks to the support of the Town of Acton, the Massachusetts Office of Elder Affairs and the Friends of the Council on Aging. Any nominal fees are noted in the newsletter description. There is no membership—our programs and services are open to all Acton seniors. If the activity you are interested in is marked with a “▶,” this means you should call the COA at 978-929-6652 or come in to register. All that is required is your name and phone number.

Registration for fall exercise classes begins on Tuesday, September 4th, at 1:00 and Wednesday, September 5th, at 1:00 for all other new classes, programs and trips. Many classes and trips fill up quickly. Some programs have maximum numbers and run waiting lists, so if you find you cannot attend something you signed up for, please call us to cancel. Other programs have minimum requirements, so the registration process helps us to know whether there is enough interest. Programs without the arrow symbol do not require registration.

Lunch is served weekdays at 11:45 in the Senior Center dining room and special meals are served regularly. September also signals the return of the monthly breakfast!

The Senior Center offers a variety of services, including van rides, friendly visits, medical equipment loans, a handyman service, assistance sorting out your health insurance options, and help applying for fuel assistance.

It is a challenge to include all the services and program details in a finite amount of space, so please call if you need clarification on anything or have any suggestions.

Index	Page
Programs Highlights	2-3
Trips	3-4
Classes	4
Exercise	5-6
Clinics	6
Volunteer Opportunities	6
Thank You...	6
Dining Opportunities	7
Senior Cinema	7
Outreach	8
Ongoing Activities	9
Around Town and Beyond	9-10
Transportation	10
Calendar	11
Friends of the COA	12



Director's Corner

We've had a busy summer here at the Senior Center! Along with our regular summer programs, the movie Labor Day filmed here one day and some of our seniors were extras, the Highway department is re-paving our parking lot and walkways and Municipal Properties is installing an emergency generator. The staff has been collecting data for the State's Annual Report. Our numbers here continue to grow and surprise even us! Please remember to sign in for all activities and programs. We have also implemented a new Volunteer Log to keep better count of all of our volunteers and the hours the volunteers contribute. If you volunteer for the COA, please speak with Beverly about how to document your time. Thank you, Sharon, COA Director



The COA office and Senior Center will be closed on Monday, September 3rd for Labor Day.

UPCOMING PROGRAM HIGHLIGHTS

FOR SEPTEMBER.....REGISTRATION BEGINS WEDNESDAY, SEPTEMBER 5th at 1:00

► **Spellman Museum of Stamps and Postal History Presentation**

Thursday, August 30th, 1:00-2:00 (Call now as registration has begun.)

Learn about the history of postage stamps and the postal system with Henry Lukas from the Spellman Museum of Stamps. Who was the first woman to appear on a US postage stamp? Which US President was a philatelist? Learn about these subjects and see stamps and postal objects on display - you can even handle the first stamp ever issued!

Labor Day Movie Slideshow

Wednesday, September 5th, 11:00-11:45



Watch a slideshow of photographs taken during the filming of a scene at the Senior Center for the movie *Labor Day*. Actress Kate Winslet was in the scene, but it was Acton Seniors who stole the show - some of them transformed by 80s big hair and vibrant colored sweat suits! If you're staying for the Labor Day lunch, please call the dining room at 978-263-5053 for a reservation.

► **History of the Supreme Court: Part 2 with Gary Hylander**

Mondays, September 17th, 24th, October 1st and 22nd, 1:00-2:00

Please consider carpooling to the Senior Center for this program, as parking will be limited.



Dr. Gary Hylander concludes his informational and entertaining Supreme Court series. Almost every major problem in American history has found its way to the Supreme Court. Join us as we investigate how Justices, in their efforts over the years to secure "the blessings of liberty" for Americans, have interpreted the broadly worded language of the Constitution.

September 17th: Midway through the Depression, the Supreme Court finally moved into its own building adjacent to the Library of Congress. New Dealers were determined to try new ideas and apply new solutions to resolve the crisis of the Depression. Initially the Court responded cautiously to the boldness of New Dealers, and President Roosevelt embarked on a controversial "court-packing plan" to bring the Court in line with the New Deal.

September 24th: The war years witnessed the curtailment of the civil rights of Japanese citizens and other resident aliens. With the onset of the Cold War, the hunt was on for Communist subversives. During the McCarthy years, the Court struggled to find ways to balance rights of free speech, assembly and privacy against the national security concerns of the Cold War.

October 1st: With the death of Justice Vinson in 1953, Earl Warren became the new Chief Justice of the Court. The Warren Court emerged as one of the most controversial Courts in the nation's history. Issues of race, speech, gender and rights of defendants crowded the Court's docket. What followed was a series of controversial and highly charged decisions: *Brown v. Board*, *Miranda v. Arizona*, *Mapp v. Ohio*, *Gideon v. Wainwright*, *Tinker v. DesMoines* and so forth.

October 22nd: See the October newsletter for this lecture description.

Dr. Gary Hylander, Ph.D., is a Professor of American History at Stonehill College in Easton where he specializes as a Presidential Historian. This series is offered in partnership with Sage Educational Services.

If you missed the first part of the Supreme Court series last spring, it is available on DVD to borrow from the COA office, is shown on Acton TV and can be viewed online at actontv.org. Thank you to Charlie Aaronson for his top-notch work in recording and editing this series!

► **Consumer Assistance Office Informational Program**

Tuesday, September 18th, 12:30-1:00

If you have ever wondered where to turn for help resolving a conflict with a business, come to this informational program. The Consumer Assistance Office - Metro West works in cooperation with the Office of the Massachusetts Attorney General to aid consumers in reaching an amicable solution. The agency offers consumer information and a voluntary mediation service to help people resolve their consumer issues without using the court system. This brief presentation will describe services offered, identify common issues, outline the mediation process, and includes an informal quiz to measure your consumer savvy.

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

UPCOMING PROGRAM HIGHLIGHTS - Continued

FOR SEPTEMBER.....REGISTRATION BEGINS WEDNESDAY, SEPTEMBER 5th at 1:00

▶ **“It’s a Long Month: Living on a Fixed Income,” Financial Workshop with Money Management International**

Thursday, September 20th, 1:00-2:00

Are you living on a fixed income? This workshop will help you learn to "stretch" your income by setting priorities, establishing a budget, planning, and saving. Money Management International, in business since 1958, is the country’s largest non-profit credit counseling agency. Its mission is to improve lives through financial education.

▶ **From Purgatory to Podunk: Pictorial Journey Through the 351 Cities and Towns of MA**

Thursday, October 4th, 12:30-2:45

Join Peter and Debbie Lincoln, retired educators, as they talk about their fascinating journey to each of the 351 cities and towns in Massachusetts. This lively, interactive photographic narrative is filled with history, geography, trivia, and fun facts. Come for a fun and interesting afternoon featuring the variety, richness and beauty of Mass.

▶ **Free Hearing Screenings**

Friday, October 5th, 9:30-11:30



Join a representative from Mass Audiology Personal Hearing Systems for a free hearing screening. A hearing aid clean and check is also available. Appointments take about 10 minutes.

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



TRIPS



FOR SEPTEMBER.....REGISTRATION BEGINS WEDNESDAY, SEPTEMBER 5th at 1:00

▶ **Cape Cod Central Railroad Luncheon Train**

Wednesday, September 12th, leave NARA Park Lower Lot at 9:00 (Trip is full. Call about waitlist.)

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

Cost: \$59 due now, includes train ride with lunch, coach bus transportation and driver tip. There are restrooms on board the train and the coach bus.

▶ **Vermont Trip - Putney Inn and More**

Tuesday, October 9th, leave NARA Park Lower Lot at 9:15 (Trip is full. Call about waitlist.)

Depart: 9:15 a.m. from NARA Lower Lot; Approximate return time: 6:00

Cost: \$48 due by Sept. 18th, includes bus transportation (with restroom on board), lunch and all gratuities.

▶ **Mark Twain and Harriet Beecher Stowe House Tours**

Thursday, November 8th, leave NARA Park Lower Lot at 8:15

Tour these impeccably restored homes, learn about the lives of their world-renowned residents and discover how two Hartford neighbors changed literature and helped to shape a nation’s view of itself. First we will have a 45-minute guided tour of the elegant Victorian Gothic home of Harriet Beecher Stowe, the 19th century abolitionist and author of *Uncle Tom’s Cabin*. We will then walk across the lawn to Mark Twain’s 25-room Picturesque Gothic mansion for a 45-minute guided tour. The house is where Twain wrote some of his most famous books, including *The Adventures of Tom Sawyer*, *Adventures of Huckleberry Finn* and *The Prince & The Pauper*. After the tours, we will eat lunch together in the museum adjacent to the Twain house, which will include a variety of cold sandwiches, salad, chips, cookies, soda/water. You will have time to explore the museum and gift shop.

***Please note that the Stowe house includes one flight of stairs and the Twain house tour includes three flights of stairs to do the complete tour; neither house has an elevator.

Depart: 8:15 a.m. from NARA Lower Lot; Approximate return time: 4:00

Cost: \$55 due by October 25th, includes coach bus transportation (with restroom), driver tip, guided tours of both houses, lunch.

▶ **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 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 office or mail to: COA, Town Hall, 472 Main Street, 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 Lot, unless otherwise noted.** Take Main Street/Route 27 North, left on Ledge Rock Way and park in the lower lot near the bath houses/beach.
5. Call COA Director, Sharon Mercurio, 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. New cards are available in the COA office.

CLASSES

FOR SEPTEMBER.....REGISTRATION BEGINS WEDNESDAY, SEPTEMBER 5th at 1:00

Memoir/Non-Fiction Writing Group facilitated by Chris Chirokas

Monday, September 10th, 12:30-1:30, in the living room



Explore your life through writing - no experience necessary! Whether you are writing a memoir, your family history, a journal, or personal essays come read your work to the group to receive feedback or learn from listening to others. Each meeting also has a particular focus, such as getting organized or how to get started.

► Watercolor Studio Workshop with Cynthia Durost

Wednesdays, September 12th through November 14th, 9:00-10:30



Join this watercolor studio workshop and be inspired! Explore landscapes and still life, work on new or old projects and engage in the joy of painting in watercolor. Group and individual work and guided and shared critique are part of this art experience. Beginners welcome! Materials list available in the COA office.

► Household Budgeting the Easy Way with Jim McDonough

Thursday, September 20th, 9:00-10:30

Budgeting is critical if you want to master your finances. It's not really that difficult, in fact, budgeting is a lot like baking cookies. To make the perfect batch you have to follow a recipe and measure each ingredient. A budget is no more than "measured spending" according to your budget "recipe." Jim will guide you through a hands-on computer lab session showing how a budget spreadsheet can help you compare your monthly budget to your actual expenditures. Several different spreadsheet templates will be presented. This class is for those comfortable with basic computer skills, including cutting and pasting.

► Beginning Watercolor Class with Sue Nordhausen

Tuesdays, September 25th through October 16th, 1:30-3:00



This class is for people who have always wished to try watercolor but were a little hesitant to start. It will give a small group of beginning students a "hands-on" experience with the materials involved, the various techniques for painting, the importance of color values (lights and darks), as well as a beginning study on color mixing. There will be no major expenditure on the students' part as paper, paints and brushes will be provided. If you have watercolor materials from the past, please bring them. *Please note throughout the year there are other opportunities at the COA for experienced watercolor artists! See the October newsletter for classes for more experienced artists.*

► Indicates that you must register in advance!



Senior Center Art Exhibit - September continues Acton artist Bonnie McGrath's show of beautiful, uplifting watercolor paintings. The exhibit features a variety of subject matter, including the luminous still life compositions for which she is noted. Enjoy! Many thanks to photographer Joe Schatz for sharing his work with us in June and July.

EXERCISE

FOR SEPTEMBER.....REGISTRATION BEGINS TUESDAY, SEPT. 4th, at 1:00.

The summer DVD exercise schedule continues through September 7th. See the calendar for dates.

You may register yourself and one other person. Do not arrive before noon as there is no waiting area available. Exercise programs are popular and often have waiting lists. In our efforts to offer exercise opportunities to everyone interested, please consider the following:

- If you are going to miss more than 3 weeks of class, call the office so we may offer your spot to someone on the waiting list for the remainder of the session. Call when you are ready to return to see if space is available.
- Please register for a class that is held twice a week only if you can regularly attend both days.
- Check with your doctor before starting any exercise program and remember to wear loose, comfortable clothing and bring water.
- All participants must sign a waiver of liability.



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

Mondays, September 10th through December 10th, 8:30-9:30

(No class on 10/8, 11/12)

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, September 11th through December 13th, 8:30-9:30

(No class 11/22)

or Wednesdays and Fridays, September 12th through December 14th, 8:30-9:30

(No class 11/23)

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

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

Tuesdays and Thursdays, September 11th through December 13th, 9:45-10:45

(No class 11/22)

This class offers all the same muscle toning and strengthening benefits of the 8:30 class, with the option to stay at the end for a 10-15 minute aerobic segment. All strength training can be done standing or in a chair.

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

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

 Don't miss out on this once-a-year chance to join the Beginner Tai Chi class from the start! 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. This session will cover approximately 28 of the 108 movements in the Taoist Tai Chi set. It can be done sitting in a chair for those unable to stand for the workout. Wear loose, comfortable clothing and shoes with fairly smooth treads. If you've been in the Tuesday class and feel comfortable with the 108 movements, please register for the Thursday Continuing level class.

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

Wednesdays, September 12th through December 12th, 10:00 -10:30, meets in living room

Thursdays, September 13th through December 13th, 11:00 -11:30, meets in dining room (No class 11/22)

 This low-impact program is best suited for people getting little or no physical activity. All of the exercises aim to increase strength, balance and coordination. Wondering if this program is right for you? **Come observe class on Wednesday, September 12th.** Occupational Therapist Assistant, Sherri Gonynor, from Life Care of Acton will be on hand that day to answer any questions you may have about mobility issues.

▶ **Continuing Level Taoist Tai Chi with Ray Caisse**

Thursdays, September 13th through December 13th, 11:00-12:00

(No class on 11/22)

 This class is for people who know all 108 movements of the Taoist Tai Chi set, whether learned at the Senior Center or elsewhere.

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

EXERCISE - continued

FOR SEPTEMBER.....REGISTRATION BEGINS TUESDAY, SEPT. 4th, at 1:00.

► Zumba™ & Stretch Class with Yvonne Benelli

Fridays, September 14th through November 16th, 10:00-10:45

Join the exercise sensation that's sweeping the nation! Latin-inspired international music and dance steps have created "exercise in disguise." This cardio-based workout is designed to tone the entire body and includes a variety of international music with fast and slow rhythms. Toning blends body-sculpting and Pilates techniques with basic Zumba moves, creating a fun calorie-burning, strength-training class. Floor work is optional and done at the end of class. This program is designed so that anyone can do it - YOU are in control of your intensity, and you will be encouraged to modify your exercise (up or down) to accommodate your own needs. Participants should have sneakers, water, an exercise mat (if doing floor work), and a smile! This class is funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations--a \$10 donation for the series is suggested. *Yvonne is a certified Zumba, Zumba Gold and Stott Pilates instructor. She holds an MS in Clinical Exercise Physiology, a BS in PE and has been teaching fitness and CPR/First Aid for over 30 years.*

► Yoga Class with Patsy Brightman

Wednesdays, October 3rd through November 28th, 10:45-12:00

(No class on 11/21)



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

program. *Patsy is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*

► Acton Striders Walking Group

Leaving from the Senior Center with Judy Mondays, September 10th, 17th and 24th, 12:30-1:15

*At Nara Park with Liz Wednesdays, September 12th, 19th and 26th, 8:30-9:15 *Note the earlier start time.**

Exercise always seems easier when you have someone to do it with. Catch up with old friends or make new ones all while you exercise. Join us for a 1 or 2 mile energetic walk. If the weather is questionable, call the COA to see if we're walking. Walkers at NARA should meet in the lower lot. Senior Center walkers meet in the front lobby.

► Indicates that you must register in advance!

SENIOR CENTER CLINICS

in conjunction with the Acton Public Health Nursing Service



Podiatry Clinic: Tuesday, September 11th, 8:15-11:30 with Dr. Ayleen Gregorian

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments call 978-929-6650. *Funded by Friends of the Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesdays, September 11th and 25th, 9:30-11:30

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

VOLUNTEER OPPORTUNITIES

Volunteers Needed – We need volunteers to help with our seniors' needs in areas such as transportation, friendly visitor, grocery shopping etc. Please contact Beverly, Outreach Coordinator, at 978-929-6652 if you would like more information about these programs.

Thank You...

...to the Middlesex County Deputy Sheriff's Assoc. for the fabulous spaghetti dinner served to over 60 seniors.

...to the volunteer gardeners for all the extra work they have done to beautify the outside our building.

DINING OPPORTUNITIES

FOR SEPTEMBER.....REGISTRATION BEGINS WEDNESDAY, SEPTEMBER 5th at 1:00

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

▶ **Town Employee Home Cooked Lunch**



Tuesday, September 11th, 11:45

The Nursing Department will be preparing lunch! They will be serving chicken stir fry over noodles with dessert. A \$3 donation is requested.

▶ **Inn at Robbins Brook Lunch**

Tuesday, September 18th, 11:45

Lasagne, salad and desert will be served. A \$3 donation is requested. You must sign up for this meal in the COA office at least a week prior to the date.

▶ **Monthly Breakfast**

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

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. Call the COA by Wednesday, September 19th, for a reservation. Cost is \$2.00.

▶ **Annual Rotary Club Senior Barbecue at the Boxborough Holiday Inn**

Sunday, September 23rd, 12:00 Noon

The Acton-Boxborough Rotary Club is holding its annual barbecue for seniors at the Holiday Inn. BBQ chicken, side dishes, cookies, and ice cream will be prepared by the Holiday Inn culinary staff. There will also be live entertainment. Call the Acton COA for a reservation, not the Holiday Inn. When you call, please indicate if you'd like a ride from a Rotary Club volunteer. **This free luncheon is for Acton and Boxborough seniors only.**

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. Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA.

Labor Day Special Lunch: Wednesday, September 5th

Birthday Lunch: Wednesday, September 12th

Joy's Special Lunch: Thursday, September 13th, ask for menu when you sign up, \$3

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

SENIOR CINEMA



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

Friday, August 31st, 12:30-2:15 *To Sir, With Love* (1967) - Sidney Poitier stars as an idealistic black man teaching an undisciplined group of white high school students from the slums of London's East End.

Thursday, September 6th, 12:30-2:25 *Europe to the Max: Molto Italiano!* (2005) - Rudy Maxa, host of the PBS series Smart Travels will take you on a journey to some of Italy's most beautiful and interesting places, including hidden treasures and off-the-beaten-path destinations. Enjoy some Italian-inspired treats as well!

Friday, September 7th, 12:30-2:15 *The Vow* (2012, PG-13 for sexual content, partial nudity, language) - After an accident, a woman regains consciousness but has no recollection of her marriage. Romantic drama inspired by a true story stars Channing Tatum, Rachel McAdams and Jessica Lange. Rescheduled from last month.

Friday, September 21st, 12:30-2:10 *The Artist* (2011, PG-13) - This modern-day silent film contrasts the declining fortunes of a silent-film actor and a young dancer whose career takes off as talkies come of age. Five Academy Awards, including best picture, lead actor and director.

Friday, September 28th, 12:30-2:15 *Big Miracle* (2012, PG) - Based on a true story, this movie stars Drew Barrymore and John Krasinski in a race against time to rescue a family of gray whales trapped by ice in Alaska.

The Queen's Palaces DVD and the Louvre lecture series on DVD are available to borrow in the COA office.

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.

Handyman Program: Help for seniors with small repairs and simple household jobs.

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** at 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 one bill with your name and address) required 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.

Scam Alert - SNAP & Cash Assistance Clients

There have been reports of people getting TEXT Messages about their EBT Cards. These messages say that the card holder must call a toll-free number or the EBT card will be deactivated. If you receive a text message like this, **DO NOT RESPOND**. These messages are not sent by Department of Transitional Assistance (DTA). Participants should only use the official phone number listed on the back of the EBT card or speak directly with a representative at one of the DTA State Offices.

Fuel Assistance for Re-Applicants ONLY - If you applied for SMOC Fuel Assistance last season (2011-2012) you may receive your reapplication paperwork from SMOC for the coming season in the mail as early as August. If you have any questions, please call Beverly at 978-929-6652.

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.

Bereavement Group - For those who are grieving the loss of a close family member.

Tuesdays, September 18th through October 30th and/or Tuesdays, November 13th through December 18th.

Session meets 7:00pm-8:30pm. There is no fee, but registration is required. For more information or to register, call Andrea Heinlein, LICSW at 508-358-3000, extension 249. Meetings are held at the Parmenter offices located in Wayland at 266 Cochituate Road, Rt. 27.

Beware...Affordable Care Act Scams!

The Federal Trade Commission, the nation's consumer protection agency, cautions you not to give out personal or financial information in response to unsolicited phone calls, emails, or knocks on your door. Seniors should not give out their entire bank account number just because someone knows the routing number of your bank. If you get a call from someone who claims to be from the government and asks for your personal information, hang up. It's a scam! The FTC works to prevent fraudulent, deceptive and unfair business practices and to provide information to help consumers avoid them. To file a complaint or get free information on consumer issues, visit www.ftc.gov or call toll-free, 1-877-382-4357.



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.

ONGOING ACTIVITIES

FOR SEPTEMBER.....REGISTRATION BEGINS WEDNESDAY, SEPTEMBER 5th at 1:00

► **Ask the Lawyer** with Elder Law Attorney Margaret Hoag

Day, Time to be determined

Call the COA office at 978-929-6652, to schedule free 20-minute private legal consultation.

► **Veterans Services Appointments**

Tuesday, September 25th, and every last Tuesday of each month, 12:00-1:45

Veteran Services Officer James MacRae is available at the Senior Center to discuss veteran's benefits. Call the COA at 978-929-6652 for an appointment. Home visits are also available by calling James at 978-929-6614.

► **Health Resources with Mindy Bloom RN, MSN**

Friday, September 7th, 10:30-11:30

Mindy will be available to help answer any medical questions, assist you in completing a Healthcare Proxy, Advanced Care Directive or File of Life form. Please call the COA for a private appointment.

“The Bookies”

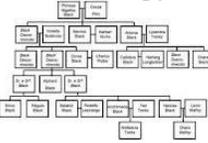
Thursday, September 13th, 1:00-2:00



This month's book is *Labor Day*, by Joyce Maynard. The movie filmed in Acton over the summer (including a scene at the Senior Center!) is based on this book. There is a waiting list to borrow it from the library, but you may put in an individual request. For this first meeting of the new

“Bookies” year, please bring your ideas for how you would like to see the group run. Does it need a coordinator or could each meeting have a new leader? Do you like meeting at 1:00 or would you prefer a later time? How should books be chosen? *Please note meeting day has changed for this month only due to space constraints.*

Genealogy Group



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

September is a great month to start a new hobby or revisit an old one. Whether you are new to genealogy or an experienced family history sleuth, come share your research, seek some advice or simply share your passion for family history with like-minded people.

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

Mondays, 1:30-3:30

(No appointments on 9/3 or 9/10)

For questions regarding health insurance or prescription coverage call the COA office 978-929-6652 for an appt.

Computer Club

Fridays, September 14th and 28th, 10:00-11:30

Wednesdays, September 5th and 19th, and October 3rd, 1:30-3:00

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

Please see the Monthly Calendar on page 11 for days and times of the following groups: Poker, Tile & Board Games, Drop-in Pool, Yarn & Thread Ladies, Drop-in Bridge. Regularly occurring groups and drop-in activities are sometimes canceled due to space constraints. Call if you're unsure.

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

AROUND TOWN...AND BEYOND

Free Buffet Lunch at the Inn at Robbins Brook

Monday, October 15th, 11:30

The Inn at Robbins Brook invites seniors for a free buffet lunch at their facility. Call 978-268-0131 after 9/4 for a reservation. The Inn is a senior living community located at 10 Devon Dr. off Main St. in North Acton. Parking is limited so please carpool or call the COA weekdays between 8-11 am after 10/1 at 978-929-6652 for a van ride.

Mt. Calvary Community Supper at 472 Massachusetts Ave.

Every Wednesday, 5:00-6:00 pm Free. Everyone welcome. Call 968-263-5156 for info.

Acton Recreation Fall/Winter Program is available online and will be sent to homes 9/1. Registration may be done online, in-person, or via mail. There are a lot of listings including classes, bus trips, show tickets, special events and more. Visit www.acton-ma.gov/register and if you have questions, call 978-929-6640 ext0.

Farmers Market is open Sundays through October 21st from 10:00 to 1:00 on Pearl Street in West Acton. SNAP benefits happily accepted. For more information visit www.abfarmersmarket.org.

AB Community Education bus trip to New York City, Saturday Oct 6th. Leaving from the Jr. High parking lot at 6 a.m. and return around 10:30 pm. The senior rate is \$51.00. To register call Comm. Ed. at 978-266-2525.

Indian Hill Music, 36 King Street, Littleton. Visit www.indianhillmusic.org or 978-486-9524 for information.
Bach's Lunch Concert - Thursday, September 20th, 11:00 and 1:30, Free admission.

Fall Household Hazardous Waste Collection Day

Saturday, September 22th, 9:00-11:30, DPW Garage

A list of acceptable items is available at the Health Dept. and from the Town website www.acton-ma.gov/health. This collection is for Acton residents only and proof of residency is required. There is a \$25 charge to dispose of TVs and computer monitors (cash or check). In addition, the Transfer Station now accepts televisions and CRT's during normal hours. Medicines and sharps (syringes) are no longer accepted at Hazardous Waste Day. Please see the following article for how to dispose of these items. Questions, call the Health Dept. at 978-929-6632.

SHARPS and Medicine Disposal - The Board of Health announces that medicines and sharps (syringes) are no longer accepted at Hazardous Waste Day. Medicines can be dropped off in the kiosk located in the foyer of the Public Safety Building located at 371 Main St., 24 hours a day. Sharps (syringes) can be dropped into the red kiosk labeled sharps on the left side of the Town Hall foyer located at 472 Main St. between the hours of 8:00 AM-5:00 PM, Monday-Friday (excluding holidays). Question, call the Health Dept. at 978-929-6632.

TRANSPORTATION

Road Runner News - The Town and the Lowell Regional Transit Authority are in amicable discussions regarding the transfer of dispatching, scheduling and driving of the Road Runner to the Town. With this transfer, the Town would be able to provide a more accessible and flexible service for the seniors needing transportation in the community. We will continue to keep everyone informed on this exciting development!

► Ride to Westford Market Basket or Joanne Fabrics

Thursday, September 20th, 1:00-3:00, leaving from and returning to the Senior Center



We will be taking the COA van to Westford's Market Basket with a stop at Joanne Fabrics. You will have about 1 hour to shop. Please limit your purchases to what you can comfortably carry. Call the COA at least 2 days ahead to reserve a spot. Space is limited. Cost for the round trip is \$3. If you need a ride to the Senior Center, please call Judy in the mornings 8-11 up to 2 weeks in advance.

COA Senior Van runs Monday thru Friday, 8:00-4:00. The van runs until 3:45 pm in-town and 3:30 pm for out-of-town rides. The last ride in the morning is at 11:30 and the first ride after lunch is at 12:30. For a reservation call 978-929-6652 between **8:00-11:00** at least one day in advance. When you call please have the name, telephone number 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 Van Service runs Monday-Friday, 8:00-11:00 am and 3:00-8:00 pm. Rides must be scheduled at least 24 hours ahead by calling 978-844-6809 weekdays 8:30-10:30am. Rides are \$2 in town and \$4 out of town. Rides are anywhere in Acton and certain locations in Concord, Maynard and Boxboro.

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 with daily stops at the Littleton Train Station to pick up riders who wish to go into the Boston/Alewife area. For more info on the shuttle times and cost call 1-800-922-5636 (press opt. 3).

September	Mon	Tue	Wed	Thu	Fri	2012
COA CLOSED – Labor Day	3	4 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:00 Drop-in Pool 1:00 Exercise Registration	5 8:45-9:30 Stronger Seniors DVD 9:00-10:30 Drop-in Watercolor 11:00-11:45 Labor Day Slideshow 11:45 Labor Day Lunch Special 12:30-2:15 Yarn & Thread Ladies 1:00 Program Registration 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	6 11:00-12:00 Continuing Tai Chi 12:30-2:25 Movie	7 9:00-9:50 Easy Does it DVD 10:30-11:30 Health Resources 12:30-2:15 Movie 1:00-4:30 Poker	
	10 8:30-9:30 Stretch/Flex Begins 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 12:30-1:30 Memoir Writing Program 1:30 Friends of COA Meeting 3:30 COA Board Meeting	11 8:15-11:30 Podiatry Clinic 8:30-9:30 Cardio Flex Begins 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone Begins 11:00-12:00 Beginner Tai Chi Begins 11:45 Town Employee Cooked Lunch 12:30-3:00 Board & Tile Games 1:00 Drop-in Pool	12 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex Begins 9:00 Cape Cod Trip 9:00-10:30 Watercolor Class Begins 10:00-10:30 Chair Exercise Begins 11:45 Birthday Lunch 12:30-2:15 Yarn & Thread Ladies 1:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	13 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise Begins 11:00-12:00 Continuing Tai Chi 11:45 Joy's Special Lunch 1:00-2:00 Book Group	14 8:30-9:30 Cardio Flex 10:00-10:45 Zumba Begins 10:00-11:30 Computer Club 1:00-4:30 Poker 1:00-2:30 Genealogy	
17 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-2:00 Supreme Court Presentation 1:30-3:30 SHINE	18 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 11:45 Robbins Brook Lunch 12:30-1:00 Consumer Assistance Talk 12:30-3:00 Board & Tile Games 1:15 Drop-in Pool	19 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor Class 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	20 8:30-9:30 Cardio Flex 9:00-10:30 Household Budgeting 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 1:00-3:00 Van to Market Basket 1:00-2:00 Fixed Income Talk	21 8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 10:00-10:45 Zumba 12:30-2:10 Movie 1:00-4:30 Poker		
23 12:00 Rotary BBQ/Boxboro 24 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-2:00 Supreme Court Presentation 1:30-3:30 SHINE	25 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 Beg. Tai Chi 12:00-1:45 Vet Agent Appts. 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor Begins	26 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor Class 10:00-10:30 Chair Exercise 12:30-2:15 Yarn & Thread Ladies 1:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	27 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 12:30-1:30 Receptionist Training	28 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 10:00-11:30 Computer Club 12:30-2:15 Movie 1:00-4:30 Poker		
October 1 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-2:00 Supreme Court Presentation 1:30-3:30 SHINE	2 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 1:00 Program Registration 1:30-3:00 Watercolor	3 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor Class 10:00-10:30 Chair Exercise 10:45-12:00 Yoga Begins 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	4 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 12:30-2:45 Cities/Towns of MA	5 8:30-9:30 Cardio Flex 9:30-11:30 Hearing Screenings 10:00-10:45 Zumba 12:30-2:20 Movie 1:00-4:30 Poker		

From the Town Clerk's Office - ATTENTION: All Precinct One Voters (formerly Nagog Clubhouse)

Please note that your polling location has changed. You will now vote in the Conant School, 80 Taylor Road. The change is in effect for the upcoming elections on: Thursday, September 6th, Tuesday, November 6th and Tuesday, March 26th.

► Receptionist Training

Thursday, September 27th, 12:30-1:30

There will be a mandatory training session for all reception desk volunteers/senior workers. This will give us the opportunity to review information so we can continue to be consistent when people call or stop by the Senior Center as well as answer any questions or concerns you may have. Refreshments will be served.

Consider Receiving Your Newsletter by Email For every household using email to receive the newsletter, the COA saves about \$6.00 a year. For more information or to switch to the email list, call Judy at 978-929-6652 or email jpeters@acton-ma.gov. Thank you!

Fluorescent light bulbs are now accepted at the Transfer Station in the light blue shed.

Flu Clinics - Save the date

Saturday, October 13th, at the Senior Center, Time TBD

Also, on Saturday, October 20th there will be a family drive-through clinic at the Transfer Station. Please contact the nursing department at 978-929-6650 for more information.

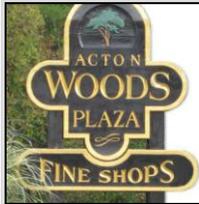
The Acton Council on Aging thanks the Massachusetts Office of Elder Affairs. Funding from the state's formula allocation is utilized in part for staffing and programs.



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



The Friends of the COA



Thank you to the merchants at Acton Woods Plaza for selecting the Friends as their featured organization for April's "Third Thursday" celebration.

Each business donated a percentage of their sales for that day and their combined gift will fully support the life-long learning classes which will be offered this fall. If you shop at any of the stores, please tell them how much we appreciate their contribution.

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

<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, Secretary Marion Maxwell Jim Papachristos Sally Thompson, Treasurer Paul Turner</p>
<p>Acton COA Board will meet on Monday, 9/10 at 3:30 Friends of the Acton COA will meet on Monday, 9/10 at 1:30</p>	