



Acton Council on Aging at the Senior Center AUGUST 2022



The Council on Aging at the Human Services Building & Senior Center,
30 Sudbury Rd, Rear, Acton MA 01720.
Telephone: 978-929-6652.
Email: seniorcenter@actonma.gov
Facebook: <https://www.facebook.com/actoncoa>
Website: www.actoncoa.com
Town Website: www.actonma.gov

Opening Hours:
Monday: 8:00am-5:00pm
Tuesday: 8:00am-7:30pm
Wednesday & Thursday: 8:00am-5:00pm
Friday: 8:00am-12noon

☐▶ Pizza and a Movie

Tuesday, August 2nd, 4:30-7:10pm

Open to all seniors

Watch “**Belfast**” - Film inspired by the childhood of writer and director Kenneth Branagh, who grew up in tumult of the 1960s in Northern Ireland. Stars Judi Dench, Ciaran Hinds, Caitriona Balfe, Jamie Dornan and introducing Jude Hill. Nominated for seven Oscars including Best Picture. Encore showing of our most well-attended movie of the year! Pizza will be available for \$1 a slice while you watch. Please let us know if you’re coming, so we have enough pizza!

☐▶ Let’s Go to a Musical!

Open to out-of-town seniors/\$20 for series

Thursdays, August 18th, September 1st, 15th, 29th, 1:00-2:00pm



This four-part lecture series presented by Brian O’Connell is a retrospective look at the Broadway musical from the 1920s through the 1950s, often called Broadway’s Golden Age. For many of us, musicals, through their songs, characters and plot lines, have

crept into our hearts, minds and memories. We will look at some of the major musicals, discuss composers and lyricists, delve into some historical background, and listen to all types of tunes—from show-stopping ensemble pieces to tender ballads to comedic numbers that leave us grinning, tapping our toes and maybe singing along.

August 18th/1924 to 1933: *Lady Be Good, Oh Kay!, Funny Face, Girl Crazy, and Of Thee I Sing* by George and Ira Gershwin; *Good News* by B.G. DeSilva, Lew Brown and Ray Henderson; *Show Boat* by Jerome Kern and Oscar Hammerstein; *As Thousands Cheer* by Irving Berlin.

September 1st/1934 to 1942: *Anything Goes* by Cole Porter; *Porgy and Bess* by George and Ira Gershwin; *Babes in Arms, The Boys from Syracuse, and Pal Joey* by Richard Rodgers and Lorenz Hart; *The Wizard of Oz* by Harold Arlen and E.Y. “Yip” Harburg; *This is the Army* by Irving Berlin.

The September newsletter will have details on the remaining lectures. *Brian M. O’Connell is the Director and Founder of the Sarteano Chamber Choral Conducting Workshop in Tuscany. Brian received his master’s degree in Choral Conducting and Certification in Voice Therapy from Boston Conservatory.*

Directors Corner

This time last year we re-opened our building for in person programs and meals. It seems like so long ago! It’s so nice to have people back in the building. The Senior Center has so much offer but feel free to just come in to cool off, you’ll always find something to do or someone to talk to.

See you soon, Sharon

Contents	Page
Arts & Crafts	3
Assistance: Food, Financial, Practical	10-11
Calendar of Programs	13
Exercise Classes & Gym Information	8-9
Games	5
Groups	4
Meals	6,10
Mind, Body, Spirit	7-8
Movie Matinees	4
Nursing Service	7
Program News	1-3
Support Groups	10

☐► Choosing a Nursing Home Presentation via Zoom

Thursday, August 4th, 1:00-2:00pm

Open to all/free

In this presentation by 2 Sisters Senior Living Advisors, learn what questions to ask and what to look for during the process of this very important decision. Participants will learn to: interpret staffing ratios and other performance data; find and read Department of Public Health survey deficiencies and citations; and understand how MassHealth works in a nursing home and what is covered. Presentation is designed by a Licensed Nursing Home Administrator (LNHA) and helps prepare family members in choosing with confidence the best care for their loved one, whether that decision is imminent or is a possibility in the future. Please sign up through the Acton COA to receive the Zoom link: seniorcenter@actonma.gov.



☐► Seaside Escapes: The Art & Architecture of the New England Coast via Zoom

Wednesday, August 10th, 1:00-2:00pm

Open to out-of-town seniors/free

From artist colonies to robber baron “summer cottages,” the New England shoreline has inspired countless creative works. This virtual presentation by Jane Oneail will look at seascapes and shorelines by beloved American artists including Winslow Homer and Edward Hopper as well as the over-the-top elegance of Newport summer homes designed for the 19th century titans of industry. Gloucester's eccentric summer retreat Beauport will also be featured. You may participate from home or at the Senior Center to view on a large screen. Register at seniorcenter@actonma.gov or 978-929-6652 and indicate whether you will be watching from home or the Center.



Jane Oneail holds a master's in Art History from Boston University and a master's in Education from the Harvard University Graduate School of Education. She has worked at some of New Hampshire's most esteemed cultural institutions, including the League of New Hampshire Craftsmen and the Currier Museum, where she founded the Alzheimer's Café. She has taught Art History at the college level for more than a decade, most recently at Southern New Hampshire University. Jane's presentations meet with rave reviews!

☐► Virtual Boat Ride on the Nile via Zoom

Tuesday, August 16th, 10:00-10:45am

Open to out-of-town seniors beginning August 9th



Join on this virtual tour on the Nile River, offered in partnership with Beeyonder Egypt's Nile River is the longest river in the world and guide Lesley Hamman will tell of its history, point out wildlife, and you will see the difference between the East and West Banks of the Nile. Lesley Hammam is originally from the UK but moved to Egypt 24 years ago after falling in love with the history and culture. She loves showing people the Egypt you don't see from a tour bus. You may participate via Zoom from home or from the Senior Center watching on a large-screen television. Please register with the COA at seniorcenter@actonma.gov or 978-929-6652 and indicate whether you will be participating from the Center or from home. *This program is funded by a grant from Community Health Network Area (CHNA) 15, a partnership between the Massachusetts Department of Public Health, hospitals, service agencies, schools, businesses, boards of health, non-profit organizations and citizens working together to improve the health of member communities.*

☐► Poetry Reading and Gathering

Wednesday, August 17th, 1:00-2:30pm

Open to out-of-town seniors/free

Come join our poetry reading circle to share your favorite poems. Bring your own poetry or other favorite poems to share. This group's readings and discussions will be facilitated by Val Walker who teaches *Poets Live Forever* at the Senior Center.

☐► indicates that you must register in advance

Art & Crafts

☐► **Greeting Card Craft Workshop with Nancy Dodge**

Tuesday, August 23rd, 2:00-3:30pm

Open to out-of-town seniors starting August 16th/\$5

In this workshop suitable for all skill levels you will make one to two greeting cards. You can choose from three versatile card designs based on your experience level and make your creation unique by selecting embellishments and a "Thank You," "Thinking of You," "Happy Birthday" or other sentiment. All supplies provided by instructor. *Nancy Dodge is an avid crafter and a Stampin' Up distributor.*

Drop-in Art

Tuesdays through August 30th, 9:00-11:00am

Fridays through September 2nd, 9:00-11:00am

While watercolor class is on summer hiatus, come to the Senior Center and paint or draw with your peers. Please bring your own supplies.



Needle Arts Group

Wednesdays, 12:30-2:30pm

This friendly, social group is open to anyone interested in gathering to sew, knit or crochet.

Open to out-of-town seniors/free

Photography Exhibit

This summer and through the beginning of September, we welcome back the Quail Ridge Camera Club with an exhibit representing the work of its members. They will be exhibiting framed black and white and color photographs covering various themes.



We all scream for ice cream!

If you didn't get a chance to participate and vote for your favorite candy last month, you will get another chance to cast your vote in August for your next "Favorite"! Please let us know what your favorite ice cream flavor is for our August bulletin board. Slips will be available at the front desk for you to fill out.

Thank you!



Monday Movie Matinees in August

Monday, August 1st, 1:00-2:45pm *Cry Macho* (2021, PG-13) A one-time rodeo star and washed up horse breeder takes a job getting a man's young son away from his alcoholic mother in Mexico, and the two become close on the journey as they meet with unexpected dangers. Clint Eastwood stars and directs this film based on the book of the same name.

Monday, August 8th, 1:00-2:50pm *The Trip to Spain* (2017, unrated, coarse language) British actors Steve Coogan and Rob Brydon return as fictionalized versions of themselves for a culinary tour of Spain with beautiful scenery and adventures, impressions, literary references, and laughs.

Monday, August 15th, 1:00-3:00pm *12 Mighty Orphans* (2021, PG-13) Haunted by a mysterious past, a football coach leads a scrawny team of orphans to the Texas state championship during the Great Depression. Based on the true story that inspired the nation. Cast includes Luke Wilson & Martin Sheen.



Monday, August 22nd, 1:00-3:05pm *Death on the Nile* (2022, PG-13 for violence) Retelling of Agatha Christie's mystery where detective Hercule Poirot's vacation aboard a glamorous river steamer in Egypt turns into a terrifying search for a murderer. Cast includes Kenneth Branagh (who also directs), Gal Gadot, Annette Bening, and Armie Hammer.

Monday, August 29th, 1:00-2:45pm *The Trip to Greece* (2020, unrated, coarse language) Final film in *The Trip* franchise has Steve Coogan and Rob Brydon traveling from Troy to Ithaca following in the footsteps of Odysseus, eating well, making jokes, and witnessing stunning vistas along the way.



☐► indicates that you must register in advance

You pick the Movie - Movie Matinee

Tuesday, August 16th at 1:00pm

We'll have slips at the front desk for you to choose the movie you would like to see. Vote by August 9th.

Groups

Book Discussion Group—In Person

Open to out-of-town seniors/free

(No August meeting), *Next meeting September 15th 11:00am*

Book suggestions are always welcome, please email Trudi@bruschi.org.

Book Discussion Group via Zoom

Open to out-of-town seniors/free

(No August meeting), *Next meeting September 7th, 1:00-2:30pm*

The group will be reading The Midnight Library by Matt Haig for September. Copies of the book are on hold for the group at Acton Memorial Library. You can also check the Citizen's Library (978-929-6654).

Computer Club

Open to out-of-town seniors/free

Wednesday, August 10th and 24th, 1:30-3:00pm

All seniors are welcome to participate in Computer Club. Bring your computer and hardware questions, problems and related issues. If possible bring the problem hardware to the meeting. This is a club with no formally planned instruction. Several regulars are there willing to share their experiences, and work one-on-one, to resolve any computer issues, from Windows system difficulties, email setups/usage, networking issues, upgrades and assistance with "how do I" frustrations. MAC and Chrome/Android users are welcome. If you are unable to attend in person and would like to talk with a club member via Zoom or phone, please contact the COA and we will forward your information.

☐► Caregiver Support Group via Zoom

Open to all caregivers of older adults/free

Tuesdays, 2:00-3:30pm

Join Julie Norstrand, a social worker and college professor, for this Caregiver Support Group that meets weekly via Zoom. If you are new to the group, please sign up with the Acton Council on Aging at seniorcenter@actonma.gov or call 978-929-6652. *Julie Norstrand, PhD, MSW, and MSc, is an adjunct Professor at Regis College. She is the founder of Help My Aging Parents and is on the Newton COA Board.*

☐► Memory Lane Café at the Acton Senior Center

Open to all/free

Tuesday, August 30th 12:00-1:30pm

Call Now: Registration Open

A Memory Café is a welcoming place for people with memory impairment and their care partners /caregivers. Cafés are a place to talk with others, enjoy lunch and an activity or entertainment together. The entertainment for August will be Moving to the Music with Joanne. We do ask attendees to bring their care partners. Lunch will be provided. Sponsored by Concord Park and Cooperative Elder Services.

Tech Support

Neel, a student at AB High School, will be available in August to sit with you at the Senior Center and provide 1:1 assistance with your phone, tablet or computer. Call the COA to let us know you are interested and we will set up a time for you to meet.

HandyHelpers Wanted to Join Our Program!

Are you handy around the house? Good with electronics or computer issues? Do you want to help seniors remain in their own homes? If yes, then we have a volunteer opportunity for you. For a few hours per month you can make a difference to the life of an Acton Senior. Our HandyHelper Program assists Acton seniors who can no longer do small home repairs. Volunteers provide help with small jobs like changing light bulbs, installing curtain rods, repairing chair legs, installing DVD players and printers, and turning mattresses. The client provides all of the necessary materials - you provide the knowledge! To find out more about joining our team, contact the Acton Council on Aging 978-929-6652.

Games

Game Night

Tuesday, August 9th, 5:00-7:00pm

Open to all seniors

Spend a summer evening socializing and enjoying the air-conditioned Senior Center. We have Mah Jongg, chess sets, bridge cards, and Scrabble or bring your favorite game to play. You are welcome to bring a brown bag dinner if you'd like. Organize some friends to come along or make new friends!

▣► Intermediate Chess Classes with Ken LeBow via Zoom

Mondays, 1:00-3:00; ongoing

Open to out-of-town seniors/free

No class on August 8th & 15th



If you are playing chess with confidence but are seeking feedback on how to improve your game, this is the class for you! Chess is a great way to exercise your brain—studies show playing can improve memory, boost concentration skills and increase creativity. Class is ongoing but is open to new participants who should email seniorcenter@actonma.gov to register and include full name and phone number. The COA also offers an in-person chess club Thursdays at 1:00pm.

Chess Club

Open to out-of-town seniors/free

Thursdays, 1:00-4:00pm

Players with some chess experience get together for games at the Senior Center. You only need to know the basics to play.

Drop-In Bridge

Open to out-of-town seniors/free

Wednesdays, 1:30-3:30pm

Games are for people with a variety of skill levels but playing experience is needed.

Morning Open Activity Time

Open to out-of-town seniors/free

Weekday mornings, 9:00-11:30am

The Senior Center dining room is open weekday mornings for drop-in activities. We provide the space, tables, chairs and a variety of games (Scrabble, chess, Mah Jongg, playing cards). You may also work on your own art or craft project. Ask your friends to meet here or make new on



Mah Jongg Time

Open to out-of-town seniors/free

Mondays, 1:00-4:00pm for experienced players only

Thursdays, 1:00-4:00pm open to all skill levels

The Thursday Mah Jongg group is open to all skill levels, but people must at least know the basics of the American version of the game. The Monday group is for more advanced players who can play a game in 15 minutes. Games follow National Mah Jongg League rules. If you have a Mah Jongg set, please bring it along.

Plant arrangements made at the
Memory Lane Café



▣► indicates that you must register in advance

Meals and Refreshments at the Senior Center

Sign up for all meals/refreshments at 978-929-6652. All meals are 'eat in' unless there are extenuating circumstances. See also page 10 for our regular meals and food assistance.

Continental Breakfast

Beginning later this month Minuteman Senior Services will be offering a continental breakfast Monday through Friday from 8:30-10:00am available in the dining room. No sign up necessary. A \$1 donation is requested.

☐▶ Make your own Sundae

Tuesday, August 16th, 6:00pm

Open to Out-of-town seniors

Come down and make a cool and delicious treat. Please sign up prior to the event.

A \$2:00 donation is requested.

☐▶ Monthly Lunch by Benchmark Senior Living/Robbins Brook

Wednesday, August 17th, 12noon

Open to out-of-town seniors

Join us for BBQ chicken, corn, garden salad, and peach cobbler for dessert.

A \$3:00 donation is requested.

☐▶ Root Beer Float

Tuesday, August 23rd, 6:00pm

Open to out-of-town seniors

Enjoy an old fashion, root beer float. Please sign up prior to the event. A \$1:00 donation is requested.

☐▶ Mocktail Cocktails

Open to out of town seniors

Sponsored in part by CHNA 15 grant.



Wednesday August 17th, 2:00pm.

Enjoy a non- alcoholic Frozen Pina Colada. Come in, and mingle to cool off with a frosty drink. Cost \$1.00. Please sign up with the COA.



☐▶ indicates that you must register in advance



Acton Nursing Services

Call 978-929-6650 to register.

☐▶ Horticultural Therapy

Acton seniors only

Tuesday, August 9th, 6:00-7:00pm, Wednesdays, August 3rd and 24th, 10:30-11:30am

A Pot et Fleur design combines one or more rooted plants with cut flowers and other components. All materials provided. Space limited to 12 for each class.

☐▶ Meditation and Gentle Chair Yoga

Acton residents of all ages are welcome

Tuesday, August 23rd, 6:00-7:00pm

Sponsored by the ANS

Meditation is about developing calmness, practicing awareness & decluttering the mind. Pam Saarinen, a Certified Yoga Instructor will lead this class. Together you will practice meditation, using mindful breathing & visualization techniques to release tension & create a sense of calm and balance. You will learn breathing techniques that can be practiced at home. Chair yoga will be a short, gentle & functional sequence, designed to strengthen & create flexibility in the body. Please wear comfortable clothing.

☐▶ Balance Matters!! *Sponsored by the Friends of Acton Nursing Services* **Acton seniors only**

Wednesdays, July 6th – August 10th, 12:30pm

Call 978-929-6650 for an appointment

Join Karen Patterson PT as she provides a 6 week series of classes on increasing strength, balance, flexibility and your confidence in performing activities of daily living.

☐▶ Maintenance Balance Training

Acton seniors only

Tuesdays, ongoing, 11:00am

Call 978-929-6650 to register

Join Karen Patterson PT as she provides maintenance balance classes as a continued follow-up to her 6 week Balance Matters! Each class is independent of the other but you MUST have attended the Balance Matters! 6 week sessions to join. *Sponsored by an Anonymous Donor*

☐▶ Podiatry Clinics

Acton seniors only

Appointments: Thursdays August 4th, 11th, 18th 12noon-4:00pm.

Call 978-929-6650 for an appointment

Sarah Kinghorn BSN RN CFCN is a certified Footcare nurse and is the owner of Footcare Focus. Sarah provides assessment, toenail clipping and filing, non-surgical callus/corn reduction, gentle foot massage and education to keep your feet healthy and happy! Appointments are 30 minutes for \$45. Please be advised that there is a \$45 cancellation fee if appointment is not cancelled at least 24 hours ahead of time. Payment is cash or check; please make checks payable to Footcare Focus LLC. Acton Nursing Services is happy to provide space for the Podiatry Clinics for the benefit of our residents.

Wellness Clinics – 1st and 3rd Wednesday of the month, 10:30-12noon

The Acton Nursing Services' Public Health Nurse, Jill Salamon can check blood pressure, weight and answer any medication, nutrition and health related questions you may have. No appointment required

Durable Medical Equipment for Loan – Acton Nursing Service has a variety of items to loan, or if you have items to donate, call Denise at 978-929-6650.

Mind, Body and Spirit

☐▶ Laugh for Your Health with Susan Phillips via Zoom

Thursdays, 11:00-11:45am, ongoing

Open to out-of-town seniors/free

Time to shed some stress and get refreshed! Group focus is on cultivating joy, ease, and warm connection—through contagious group laughter exercises, with short breaks of soothing belly breaths. Each class ends with guided relaxation. This practice is called Laughter Yoga, but there are no mats or yoga poses. Health benefits include increased energy and alertness, mood elevation, stress relief, positive connections with others, and an immune system boost. If you are a new participant, email the COA at seniorcenter@actonma.gov to receive the Zoom link, which is recurring, or you can view the link in the News section at www.actoncoa.com.



☐► Muscle and Joint Recovery Techniques for Everyday Aches and Pains

Tuesdays, August 2nd, 9th, 23rd, 30th, 1:00-2:00pm

Acton seniors only

This class is now full: call for the waitlist. Learn how to release tight and painful muscles and activate weak and sleepy muscles to improve your overall well-being and quality of life. This 4-week series with Dr. Courtney L'Hussier is a wonderful way to take muscle and joint health into your own hands. Learning strategies and techniques for how to release tight muscles and improve range of motion of stiff joints will make exercise and daily activities easier. Courtney will discuss the proper use of many different types of tools such as foam rollers and massage guns as well as educate you on the most beneficial stretches and mobility drills for overall health and wellness. Register with the COA at 978-929-6652 or seniorcenter@actonma.gov. Space is limited, so please only sign up if you plan on attending all four classes. *Dr. Courtney L'Hussier is a Physical Therapist, Corrective Exercise Specialist, and Health and Nutrition Coach. She is the owner and founder of Plus Forte Physical Therapy and Wellness which is a mobile practice, meaning she brings her services to you! Dr. L'Hussier received her Doctor of Physical Therapy degree from the University of Rhode Island and has experience in a variety of settings including outpatient orthopedics, skilled nursing, pediatrics, and acute care. The collaborative approach and educating clients on the physical demands and nutritional needs at each phase of life are aspects of her practice that she has a great passion for!*

Exercise classes

- Wellness Yoga and Thursday Stretch & Flex classes will not be meeting this summer
- Exercise classes are limited to Acton residents age 60 and up
- If you are new to a class, read the description to judge whether it will be a good match for your fitness level and call us with any questions
- Instructors have final say on whether a class is suitable for an individual
- Check with your doctor before starting any exercise program
- Wear comfortable clothing and bring water in a non-breakable container
- Bring clean, supportive shoes to change into for class
- All attendees must have an exercise class waiver on file and up-to-date emergency contact information.



Active Aging with Terri Zaborowski

Mondays, through August 29th, 8:30-9:30am

Tuesdays, through August 30th, 9:45-10:45am

Thursdays, through September 1st, 9:45-10:45am

This class focuses on functional fitness with exercises designed to help seniors maintain strength, balance and independence. It is designed for every fitness level and modifications and adaptations are demonstrated. Start with flexibility training in a warm-up to increase the range of motion of your joints, followed by balance exercises to improve your gait and confidence in your daily routines, proceed to resistance training to build lean muscle and increase bone density all to the beat of the music! There is a 5 minute stretch segment at the end. The last 15 minutes is an optional cardio training segment to maintain heart and lung function using low-impact dance movements. Entire class is done seated or standing. *Terri Zaborowski has been teaching fitness classes for the Council on Aging since 2000. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*



Tai Chi with Linda Sango

Mondays, through August 29th, 11:00-12noon

This Tai Chi class is open to all levels of participants. It uses Formless Dragon style Tai Chi, a modern re-examination of classical Tai Chi. Linda Sango studies under Jeff Coté, Occidental Taoist, who after decades of practice in multiple styles of Tai Chi, began distilling the essence of Tai Chi into fundamental principles. Instead of focusing on learning as many form movements as possible, students will be encouraged to learn single movements and explore posture, movement and conceptual principles

immediately. Tai Chi is known to improve the health of body, mind and spirit while improving balance. *Linda Sango, a retired health and physical education teacher, has been studying Tai Chi and Qi Gong under Jeff Cote since 2002 and has been teaching classes to seniors since 2010. Linda also practices Asian Bodywork Therapy in the discipline of Tuina.*

Senior Fitness with Terri Zaborowski

Tuesdays, through August 30th, 8:30-9:30am

Wednesdays, through August 31st, 8:30-9:30am

Thursdays, through September 1st, 8:30-9:30am

Fridays, through September 2nd, 8:30-9:30am

Have fun as you move to the music with this safe and heart-healthy class which uses low-impact movements to energize your active lifestyle. After 30 minutes of aerobics, you will work on building your muscle strength and flexibility with upper and lower body exercises using hand held weights in both standing and seated positions. We finish with a 5-10 minute full body stretch and relaxation segment. Weights are provided by the center.



Thursday Tai Chi Practice

Open to out-of-town seniors/free

Thursdays, 11:00-12noon

Those who practiced the specific form previously offered in the Thursday 11:00 Tai Chi class are welcome to use the Senior Center space to practice together.



NouVonne Fitness with Yvonne Benelli

Fridays, through September 2nd, 9:45-10:45pm

This class is truly an enjoyable total workout designed by Yvonne Benelli to be suitable for all fitness levels, focusing on the specific needs of seniors, including balance, stability, core strengthening, posture, muscular strength, some cardio/dance, stretching and relaxation.

Strengthen, stretch, balance and benefit your muscles, joints, heart and lungs, as well as your mood and general well-being. Done standing and sitting, modify to suit your own needs. Class begins with a gentle warm-up. Hand weights and balls (optional and supplied by Center) are used for resistance strength training. Class ends with a soothing cool down phase of stretch and relaxation. Reduce stress and clear your mind! You will leave class feeling re-energized, rejuvenated and relaxed...ready for your day! A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines. *Yvonne Benelli holds an MS in Clinical Exercise Physiology, a BS in Physical Education, and taught American Red Cross CPR/First Aid for over 40 years as well as a multitude of fitness classes, including current classes in AquaCize, Water Aerobics, Pilates and Personal Training.*



Class begins with a gentle warm-up. Hand weights and balls (optional and supplied by Center) are used for resistance strength training. Class ends with a soothing cool down phase of stretch and relaxation. Reduce stress and clear your mind! You will leave class feeling re-energized, rejuvenated and relaxed...ready for your day! A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines. *Yvonne Benelli holds an MS in Clinical Exercise Physiology, a BS in Physical Education, and taught American Red Cross CPR/First Aid for over 40 years as well as a multitude of fitness classes, including current classes in AquaCize, Water Aerobics, Pilates and Personal Training.*

Gentle Chair Exercises with Yvonne Benelli

Fridays, through September 2nd, 11:00-11:30am

This low-impact program aims to increase strength, balance and coordination and is best suited for people getting little physical activity. Small hand weights and exercise balls are used and are provided by the Center or you may bring your own. Some of the balance exercises are done standing but can be modified for those wishing to stay seated. A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines.



Gym Hours & Monitoring

Everyone using the gym needs to be trained (or retrained) to use the equipment and learn how to monitor the gym. Gym users are expected to sign up to monitor the gym. We are able to make exceptions to our monitoring rule now that we have enough seniors to have our gym safely open. You will however be required to be on our sub list if you have no assigned monitor hour. All monitors and subs must have a Cori background check, and a copy of your license is needed for that process.

The gym is open to Acton seniors only. Please call or email us if you are interested and we can sign you up for training. Please come early for gym training to fill out appropriate forms. Current gym hours are Mondays 9:00am-1:00pm, Tuesdays 9:00am-1:00pm, and Wednesdays and Thursdays, 9:00am-1:00pm. Closed Fridays. *Subject to change.

You can call us at 978-929-6652 to confirm the current schedule.

Acton Recreation Trips

Acton Recreation is offering a wide range of trips this year, both day excursions and overnight trips. There are luncheon concerts, Boothbay Harbor/Cabbage Island Lobsterbake, Pennsylvania Dutch Country Tour, New Hampshire Turkey Train, Martha's Vineyard tour, Yuletide at Newport, and more! For more information: https://actonma.myrec.com/info/activities/program_details.aspx and click on "Bus Trips" or call Recreation at 978-929-6640.



Parul Gupta for assisting with meals & the front desk;
Maria Berry for regularly decorating our Reception area.

Support and Services



Lunches at the Senior Center

Birthday Lunch, Wednesday August 3rd - Anyone with a birthday in July or August enjoys a free lunch and special dessert this day. Sign up with John and let him know if it's your birthday month.

Minuteman Senior Services are serving congregate lunches Monday thru Thursday at noon. Grab and go lunches will continue to be offered including Fridays. Sign up with John, the dining room coordinator, in person or at 781-221-7098 by 11:00am the day before.

Voluntary donation is \$2.00. [Menu](#), [Cold Menu](#).

Frozen Meals -Every week we have a number of tasty pre-cooked frozen meals from **Open Table** available to anyone who would like to take one home. Call 978-929-6652 or ask at the COA front desk.

Meals on Wheels Minuteman Senior Services, visit www.minutemansenior.org or call 781-272-7177, toll free (888) 222-6171.

Healthy Helpings - the COA in partnership with Open Table, funded by CHNA 15, is offering seniors Healthy Helpings Meal packages. Packages to be picked up the 2nd and 4th Thursday of the month at 2:00pm. This program follows the American Heart Association's recommended eating plan. If you are interested in signing up or have questions, call Beverly or Sharon at 978-929-6652.

Acton Food Pantry - 978-635-9295, 235 Summer Road, Boxborough. www.actonfoodpantry.org

Distribution Schedule 10am-7pm Wednesday and 9:30-11:30am Thursdays.

CLOSED WEEK OF 4th WEDNESDAY EVERY MONTH.

Open Table Pantry, 33 Main Street, Maynard, call 978-369-2275 or check website www.opentable.org Tuesdays 1:00pm-6:30pm, Thursdays 1:00-4:30pm. New guests are invited between 5:00-6:30pm.

South Acton Church (35 School Street) has a free Mini Pantry on the side lawn. Available 24 h/day.

Mount Calvary Community Supper, 472 Massachusetts Ave. *Wednesdays; 5:00-6:00pm, doors open at 4:15pm.* [Menu](#)

Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesdays, tentatively, August 16th, 11:00-12noon

Open to all/free

Participants will learn from other grandparents and experts about legal strategies and practices, ways to relieve the stress, and resources available. For additional information, contact group leader Joe O'Leary of the Commission on the Status of Grandparents Raising Grandchildren at 978-760-0360.

If you are 60 years of age or older call Beverly Hutchings, Senior Services Coordinator at 978-929-6652 or email bhutchings@actonma.gov to enquire of available services, such as

SHINE, Serving Health Insurance Needs of Everyone Program (1-800-243-4636) **SNAP**, Supplemental Nutrition Assistance Program and **LIHEAP**, fuel assistance, call Beverly for information, 978-929-6652.

The **Social Security Administration** had technical difficulties with their phone system this winter and are granting “equitable relief” to those who were affected.

If you were unable to enroll or disenroll in Medicare because you could not reach SSA by phone after January 1st, 2022, you will be granted additional time, through December 30th, 2022.

For additional information, contact our SHINE counselor by calling 978-929-6652.

Minuteman Senior Services, our State Home Care, provides a variety of services including:

Care Management - In home assessment and support activities of daily living and Meals on Wheels.

You can call (781)-272-7177, toll free (888) 222-6171 or visit www.minutemansenior.org



Veteran Services Officer for Acton and Boxborough, James MacRae would like to remind veterans and surviving spouses that there are benefits that you may be entitled to.

Reach out to him at vso@actonma.gov or call 978-929-6614 for a confidential chat.

Help Line Numbers

Social Security www.SSA.gov 1-800-772-1213, TTY 1-800-325-0778

Medicare www.medicare.gov, 1-800-633-4227, TTY 1-877-486-2048

Alzheimer’s Association Helpline 1-800-272-3900, **Samaritans** 1-800-273-8255,

National Domestic Violence Hotline 1-800-799-7233 **Grief Counselling** 978-774-5100

National Alliance on Mental Illness (NAMI) 781-982-3318 – leave a message and a trained volunteer will call back within 24 hours <https://www.namicentralsmiddlesex.org/support-groups>

Massachusetts Council on Gaming & Health, www.macgh.org 1-800-426-1234.

Mental Health Resources www.mass.gov/lists/dmh-multicultural-mental-health-resource-directory

The Massachusetts Senior Legal Helpline for low-income seniors

1-800-342-5297 Monday-Friday 9:00am-12noon.

Dial-A-Lawyer: Free Legal Advice by Phone for Elders, on the first Wednesday of every month, from 5:30-7:30pm, attorneys are available at 617-338-0610 or 877-686-0711.

Ask the Lawyer: the Senior Center offers free 20 minute appointments with an elder law lawyer every two months. Call the COA for information.

Dial 988 for Suicide & Crisis Lifeline

Beginning July 16, 2022, dialing “988” will route calls to the National Suicide Prevention Lifeline. In 2020, Congress designated 988 as a new three-digit dialing, texting, and chat code for direct connection to support for anyone experiencing substance use issues, a suicidal crisis, or mental health-related distress.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen to callers, understand how their problems are affecting them, provide support, and connect them to resources as necessary. The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.

For more [information](#) .

TOWN OF ACTON SERVICES INFORMATION 978-929-6600

Information can also be found on the Town website www.actonma.gov



Transportation



Door-to-door services are in operation. The CAT is back – call the Town information line for more information, or see the COA website. To schedule rides, call [978-844-6809](tel:978-844-6809) during normal business hours.

The **Council on Aging Board** wishes all Acton seniors a healthy and happy summer.

One of the popular activities that seniors enjoy when the weather is good is walking.

The [Senior Trailblazers](#) program offers Acton seniors the chance to explore four easy, convenient walks in Acton. People who complete all four walks and contact the Acton Health Department will receive a Certificate of completion as a Senior Trailblazer. This can help you stay active and enjoy the sights, sounds and beauty of Acton's outdoors.

This summer the following activities are supported by the Friends of the Acton COA:



Evolution of Popular Music, Seaside Escapes, Recovery Techniques for Everyday Aches & Pains, Let's Go to a Musical, Photography class, Words Galore, Greeting Card Workshop, Poetry Reading, and Tai Chi class.

We had a fabulous turnout for the annual Fire Dept Cookout.



Monday	Tuesday	Wednesday	Thursday	Friday
August 1 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg 1:00 Intermediate Chess Class via Zoom	2 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 1:00 Muscle & Joint Recovery 2:00 Caregivers Support Group via Zoom 4:30 Pizza & a Movie	3 8:30 Senior Fitness 10:30 Horticultural Therapy - ANS 12:00 Birthday Lunch 12:30 Needle Arts Group 12:30 Balance Matters! - ANS 1:30 Drop in Bridge	4 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 1:00 Choosing a Nursing Home via Zoom 1:00 Chess Club 1:00 Mah Jongg	5 Center closes at 12 8:30 Senior Fitness 9:00 Drop-in Art 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise
8 8:30 Active Aging 11:00 Tai Chi 1:00 Friends of COA meeting 1:00 Movie 1:00 Mah Jongg	9 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance - ANS 1:00 Muscle & Joint Recovery 2:00 Caregivers Support Group via Zoom 5:00 Game Night 6:00 Horticultural Therapy - ANS	10 8:30 Senior Fitness 12:30 Needle Arts Group 12:30 Balance Matters! - ANS 1:00 Seaside Escapes via Zoom 1:30 Computer Club 1:30 Drop in Bridge	11 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg	12 Center closes at 12 8:30 Senior Fitness 9:00 Drop-in Art 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise
15 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	16 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 10:00 Virtual Boat Ride on the Nile 11:00 Grandparents Raising Grandchildren Group 11:00 Maintenance Balance – ANS 1:00 You Pick the Movie! 2:00 Caregivers Support Group via Zoom 6:00 Make your own Sundae	17 8:30 Senior Fitness 12:00 Robbins Brook Lunch 12:30 Needle Arts Group 1:00 Poetry Reading 1:30 Drop in Bridge 2:00 Mocktail Cocktails!	18 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 1:00 Let's Go to a Musical! 1:00 Chess Club 1:00 Mah Jongg	19 Center closes at 12 8:30 Senior Fitness 9:00 Drop-in Art 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise
22 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg	23 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance - ANS 1:00 Muscle & Joint Recovery 2:00 Greeting Card Workshop 2:00 Caregivers Support Group via Zoom 6:00 Meditation & Yoga – ANS 6:00 Root Beer Float	24 8:30 Senior Fitness 10:30 Horticultural Therapy - ANS 12:30 Needle Arts Group 1:30 Computer Club 1:30 Drop in Bridge	25 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg	26 Center closes at 12 8:30 Senior Fitness 9:00 Drop-in Art 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise
29 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg	30 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance - ANS 12:00 Memory Lane Café 1:00 Muscle & Joint Recovery 2:00 Caregivers Support Group via Zoom	31 8:30 Senior Fitness 12:30 Needle Arts Group 1:30 Drop in Bridge	September 1 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 1:00 Let's Go to a Musical! 1:00 Chess Club 1:00 Mah Jongg	2 Center closes at 12 8:30 Senior Fitness 9:00 Drop-in Art 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise

A Message from the Friends of Acton COA

The FCOA wishes everyone a summer full of fun activities.
 Next fall you will find a new piano in the Senior Center purchased by the FCOA.
SAVE THE DATE September 20th for a novel dinner and evening program
 focusing on the role of general stores in building community.
The Friends of the Acton COA will next meet Monday, August 8th at 1:00pm.

The COA does not endorse or promote any service or company who makes a presentation. We encourage you to be an 'educated consumer' before entering into contract with any service provider.



The new piano made possible by generous gifts to the Friends of the Acton COA from the estate of the late Ann Norsworthy and from Middlesex Savings Bank Foundation.

Both Naomi Yamaguchi in her July concert, and David Sparr with his two-part series on the Evolution of Popular Music in America, approved.



“How to Fall” was very well attended. Dr L’Hussier provided some extremely useful information.

Programs and Classes are correct at time of going to press; circumstances beyond our control may result in cancellation, postponement, or a change in how we host the program.

ACTON COA STAFF	ACTON COA BOARD MEMBERS	
<i>Sharon Mercurio, Director</i>	<i>Ellen Feinsand, Chair</i>	<i>Alma Sandman, Vice Chair</i>
<i>Rosie Atherton, Office Manager</i>	<i>Lori Cooney, Sec.</i>	<i>Chunsheng (Bill) Fu</i>
<i>Chris Chirokas, Program Manager</i>	<i>Jeff Bergart</i>	<i>Michelle Holmberg</i>
<i>Bev Hutchings, Senior Services Coordinator</i>	<i>Michael Chautin</i>	<i>Niru Velankar</i>
<i>Rose Murphy, Human Services Customer Service & Communication Assistant</i>	<i>Ann Corcoran</i>	
<i>Bernice Nicoll, Activities Assistant</i>	<i>The Friends and the Board will next meet:</i>	
<i>Fiona Starr, Staff Assistant</i>	<i>COA Friends, Monday, August 8th, 1:00pm</i>	
<i>Terri Zaborowski, Exercise Instructor</i>	<i>COA Board will not be meeting over the summer</i>	