



Acton Council on Aging

At the Human Services Building & Senior Center

MARCH 2024

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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

A Funny Program About Funny Programs: The Greatest Sitcoms of All Time

Thursday, March 7th, 1:00-2:00pm

Open to out-of-town seniors for \$5

Award-winning author and pop culture historian Martin Gitlin hosts this fun and enlightening presentation based on his book *The Greatest Sitcoms of All Time*. He is the only author to actually rank the best of the best, including *I Love Lucy*, *The Honeymooners*, *The Andy Griffith Show*, *Get Smart*, *All in the Family*, *The Mary Tyler Moore Show*, *Cheers*, *The Golden Girls*, *Seinfeld*, *Frasier*, and *The Big Bang Theory*. He will show funny snippets from those shows and others, challenge patrons with sitcom trivia (including identifying cool theme songs!), discuss the criteria he used to rank 70 years of sitcoms, and talk about how they have evolved over the decades in humor, presentation and content. This program is greatly entertaining, so join in on the fun!



The Wars of the Roses:

Lancaster, York, and the Struggle for England's Crown with Paolo Di Gregorio

Tuesday, March 19th, 1:00-2:00pm

Open to out-of-town seniors for \$5

During the 15th century, a dynastic dispute over who was the rightful King of England led to a protracted struggle that divided the English nobility and eventually gave rise to a new era in England's history. Join Paolo Di Gregorio as he tells the story of the Wars of the Roses that is full of ambition, revenge, betrayal, and murder. *Paolo Di Gregorio is a historian, archaeologist and educator. He has a passion for telling stories of our past, which is much appreciated by Acton seniors. He is a Visiting Lecturer in the History Department at Bridgewater State University.*



□► Scam Awareness Presentation with the Middlesex Sheriff's Office

Open to all/free

Thursday, March 21st, 1:00-2:00pm

Staff from Middlesex Sheriff Peter J. Koutoujian's Office (MSO) will present on scam awareness as part of the Law Enforcement and Residents Networking (L.E.A.R.N.) program. Don't miss this opportunity to hear about the constantly evolving stream of scams designed to steal money and critical personal information. The role of the MSO will also be discussed. Attendees are welcome to share their own experiences in an effort to help their neighbors.



What is Bigfoot?

Presentation by Discovery Channel's Ronny Le Blanc

Tuesday, April 2nd, 3:30-4:30pm

Open to out-of-town seniors for \$5

For over 400+ years indigenous people throughout North America have encountered what they describe as a man-like being that has inhabited the forest as long as they can remember. Where are the bones? Where are the bodies and why is every photo or video seemingly blurry? Join Discovery channel star and Massachusetts native Ronny Le Blanc from *Expedition Bigfoot* and *Paranormal Caught on Camera* as he discusses some of the strangest cases surrounding Sasquatch, his own experiences, and what he thinks that this creature might actually be. Believe it or not, there are sightings here in Massachusetts and throughout New England. Get ready to open your mind and explore the world of Bigfoot!

COA Events requiring registration:

- AARP Tax Appointments
- Ask the Lawyer, 3/12
- Card Making Class, 3/27
- Caregiver Group, 3/5,3/19
- Chess Lessons, Thursdays
- Cognitive Decline Webinar, 3/14
- Cooking for One, 3/12
- King Lear Performance, 3/26
- Line Dancing, Wednesdays
- Memory Lane Café, 3/26
- Mindfulness Series, Mondays
- Needle Felting Class, 3/20
- Never Too Late, Fridays
- Poet of the Month, 3/14
- Positive Psychology Tools, 3/14
- Realtor Office Hours, 3/20
- Raking Day, 4/26
- Scam Awareness, 3/21
- Singing Group, 3/6, 3/20
- Spring Roll Making, 3/12
- Tech Help Appoints, 3/14
- Words Galore, Thursdays

Meals

- Chef McGuire Lunch, 3/12
- Monthly Breakfast, 3/15
- St Pat's Lunch, 3/17
- Robbins Brook Lunch, 3/19
- Dinner with Doug,3/26
- Rotary Club Dinner, 4/2

Director's Corner

Each year, the COA is required to submit an annual report to the Executive Office of Elder Affairs. The report contains detailed data on program participation, meals, social services, and volunteerism. It is important that we have "good data" available. My request to each of you is this... please swipe your key tag at the touch screen or sign in each time you visit the Senior Center and make sure to record everything you do while you're here (including socializing). Throughout the year, staff generate reports and use the information to help make well-informed decisions and secure funding for programs and activities.

Best, Sharon

□► AARP Tax-Aide Program

Mondays until April 8th, By Appointment only



Appointments are required, call 978-929-6652 to schedule and a form must be completed before the appointment. This form is available electronically and in paper versions from the Reception at the Acton Senior Center. Taxpayers will need to leave their tax documents with the preparer and return later with a second appointment, for a review of the completed return. Taxpayers with complex returns or high levels of income are advised to seek professional tax preparers. Please bring a copy of last year's tax returns with you to your appointment. Priority will be given to Acton & Boxborough senior residents. [Circuit breaker info.](#)



School Budget Q&A with the School Committee

Open to residents of Acton and Boxborough

Tuesday, March 5th, 1:00 pm and Tuesday, March 12th, 6:00pm

Members of the Acton-Boxborough Regional School District School Committee will be at the Senior Center twice in March to meet with seniors concerning the upcoming school budget process. In this group discussion, you will have the opportunity to ask questions and offer your comments.

□► Acton Songsters with Ed Knights

Wednesdays, March 6th and 20th, 1:00-1:45pm

Open to all seniors/free

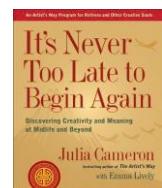
Join Ed Knights for this singing group where participants will sing along to familiar songs. The group will sing popular songs on March 6th and songs from *Carousel* on the 20th. Interested Songsters will be performing love songs at 11:45am before the special lunch on March 12th, so the March 6th meeting will also include a brief rehearsal. Don't worry about your level of singing; this class is open to anyone interested in singing. Lyrics provided. Only people new to the group need to sign up. *Some of you may remember Ed from his career as an internal medicine physician at Acton Medical Associates, but he also has a love of music and singing which he looks forward to sharing with everyone. He has studied voice at the Boston Conservatory and performs in musicals and operas.*

□► It's Never Too Late to Begin Again Book Study Group

Fridays, March 8th through May 24th, 10:00-11:00am

Open to All/Free

Join Stacy Woods for a 12-week group studying the book *It's Never Too Late to Begin Again: Discovering Creativity and Meaning in Midlife and Beyond* by Julia Cameron who also wrote *The Artist's Way*. Participants should obtain a copy of the book and read the first chapter for March 8th. Tracy Woods is a certified Older Adult Peer Specialist. All are welcome to this joint venture between the Acton Council on Aging and the Northeast Independent Living Program.



□► Ask the Lawyer

Tuesday, March 12th, 9:00-11:00am

Acton seniors only

Elder Law Attorney Margaret Hoag offers free 20-minute private legal consultations. Call the COA on 978-929-6652 to book an appointment.

Book Discussion Group (In Person)

Open to out-of-town seniors/free

Tuesday, March 12th, 10:00am

The discussion for this meeting will be around the book, *Lady Tan's Circle of Women*, by Lisa See. Copies of the book are on hold for the group at Acton Memorial Library. You may also check availability at Citizen's Library (978-929-6654). If you would like to read ahead the book *A Long Petal of The Sea*, by Isabel Allende for **Tuesday, April 9th** meeting. Ann Kulsick facilitates the gatherings.



□► indicates that you must register in advance, call 978-929-6652

► Fresh Spring Rolls Cooking Class with Asako Judson



Tuesday, March 12th, 2:00-3:00pm

Acton seniors only

In this class you will learn how to make fresh spring rolls which are becoming very popular due to their being healthy and flavorful. The spring rolls use rice paper wrappers with a filling containing mostly vegetables and optional tofu. You will also learn to make two kinds of dipping sauces. *Asako Judson lives in Acton and is from Japan. She graduated culinary school, has worked at several restaurants and as a private chef and caterer for decades. Asako Judson, who lives in Acton and is originally from Japan, has worked at several restaurants and as a private chef and caterer. Askako's cooking classes are a big hit!*

► Words Galore via Zoom

Thursdays through March 14th, 9:00-10:00am

Open to all seniors/free

It's not too late to join Val Walker via Zoom for this fun and lively hour of word play and brain twisters which ends this month. Val Walker, MS, is an author, educator and consultant. She was a counselor for 20 years, is a contributing blogger for *Psychology Today*, and author of *The Art of Comforting* and *400 Friends and No One to Call*. Contact the COA at seniorcenter@actonma.gov to register and receive the Zoom link to participate at home.

► Poet of the Month: Joy Harjo via Zoom

Thursday, March 14th, 10:30-11:30am

Open to all seniors/free

Joy Harjo is a contemporary Native American poet, musician, playwright, and author, who served as the 23rd United States Poet Laureate. Her poems reflect the oral traditions of the Muscogee and Cherokee people, and she weaves in themes of ancestral history, self-identity, social justice—sometimes with a keen sense of storytelling and bits of humor. Contact the COA at seniorcenter@actonma.gov to register and receive the Zoom link to view from home. *Val Walker, MS, is an author, educator and consultant. She was a counselor for 20 years, is a contributing blogger for Psychology Today, and author of The Art of Comforting and 400 Friends and No One to Call. She thoroughly enjoys sharing her love of poetry with others.*



► Technology Help Appointments with Acton Memorial Library

Thursday, March 14th, 10:00-11:00am

Acton seniors only

Need help with common smartphone (iPhone or Android), tablet or laptop functions? Join Rebecca Schmidt, Community Engagement Librarian with the Acton Memorial Library, at the Senior Center for one-on-one help with your device! Bring your fully charged device and your questions, and Rebecca will troubleshoot technology problems alongside you. If Rebecca can't help with a specific problem you are having, she will do her best to find the right resources that can help you. Call the COA to reserve a 15 minute appointment.

► Advanced Directives for People with Cognitive Decline Webinar

Thursday, March 14th, 1:00-2:00pm

Open to all/free

Creating advanced directives prior to a crisis is essential to having your wishes followed when you are not able to speak for yourself. Join elder law attorney Cathleen Summers for a discussion on the types of documents you will need, how to choose the right person for the Health Care Proxy role, and how to best communicate your wishes with loved ones and your health care providers. This is a joint effort from the Acton Health Services & COA, Boxborough COA, and Littleton COA. Pre-register at this [link](#) and you'll receive a confirmation from the town of Acton's Health Services & the Zoom link. *Nurse-Attorney Cathleen Summers is the co-founding partner of Generations Law Group. She has over 30 years of legal experience and concentrates her legal practice on estate planning, Medicaid and long-term care planning, and guardianship.*

Java with John



Friday, March 15th, 9:45am

Acton residents only

John Mangiaratti will be here to give you updates from the Town and answer your questions. He has been known to bring a guest with him at times. We are working with Acton TV so you can watch live on the government channel or watch the taped version later.

► Office Hours with Realtor® Heather Murphy

Wednesday, March 20th, 9:30-10:30am

Acton seniors only

Do you have any real estate questions big or small? Are you wondering which repairs should be prioritized to bring a greater return? Do you need guidance or a starting point? Do you need help creating a one-, two- or five-year downsizing plan? Heather Murphy, Realtor® with Keller Williams, is offering a 15-minute personalized consultation to address your specific concerns. Feel free to bring pictures, notes and questions to your appointment. Please sign up with the Council on Aging and let us know if you need to cancel.

► indicates that you must register in advance, call 978-929-6652



► King Lear Live Performance

Tuesday, March 26th, 1:00-2:00pm

Open to all seniors/free

Join actors Stephen Collins and Poornima Kirby for their adaptation of Shakespeare's timeless classic *King Lear*—a haunting, darkly humorous tale of love, ambition, and mortality. Stephen and Poornima's performances always meet with rave reviews at the Senior Center! Contact the

COA at 978-929-6652 or seniorcenter@actonma.gov to sign up. *This performance is made possible by a grant from Community Health Network Area (CHNA15), a partnership between the Massachusetts Department of Public health, hospitals, service agencies, schools, business, boards of health, non-profit organizations and citizens and the support of the Friends of the Acton Council on Aging.*

LitLovers Study Group/American Bestsellers: *How to Win Friends and Influence People*

Tuesday, March 26th, 2:30-4:00pm

Open to all seniors/free

Each month our group views a 30-minute lecture from *The Great Courses* DVD *Bestsellers: The Books That Shaped America*, followed by a discussion on the lecture, the featured novel, and the author. We will discuss Dale Carnegie's *How to Win Friends and Influence People* which opened the floodgates for the genre of self-help books. Books are typically on reserve at the Acton Memorial Library. Group is facilitated by Program Manager Chris Chirokas.



1950s Rhythm & Blues Music Presentation with John Clark

Thursday, March 28th, 1:00-2:00pm

Open to out-of-town seniors for \$5

This story began in the late 1940s when black music was first identified as "Rhythm & Blues."

Then the early- and mid-1950s saw many R&B songs (like *Shake, Rattle & Roll*) released more successfully by white artists. After the strongly black-influenced Rock & Roll of Elvis broke through in 1956, artists like Little Richard (*Long Tall Sally*) and the Coasters (*Yakety Yak*) scored several Pop hits as did the Platters (*Great Pretender*) and Brook Benton (*It's Just a Matter of Time*) who capitalized on a smooth crooning style from an earlier era. By the end of the decade,

gospel-based black artists like Ray Charles (*What'd I Say*), Sam Cooke (*You Send Me*), Jackie Wilson (*Lonely Teardrops*), and the Drifters (*There Goes My Baby*) had achieved mainstream success on the Pop charts. James Brown was a huge 50s R&B star but would have to wait until the 1960s to cross over to the broader white audience. Join John Clarke as he tells the story through lecture, videos and recordings of this exciting transitional period for R&B music! *Prior to a career as a high school and adult education teacher, John Clark worked in music publishing in Nashville. He enjoys sharing his passion for music with senior centers and senior residences.*

Groups

Computer Club

Open to all seniors/free

Wednesday, March 13th and 27th, 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.

Hot Topics Discussion Group

Wednesdays, 10:30-11:45am

Open to all seniors/free

This group meets weekly to discuss current event topics and issues of interest to members. Group is facilitated by Sal Lopes, but each participant will be encouraged to select an article from *The Week* magazine and lead the discussion for that meeting.



Genealogy Group

Tuesday, March 12th and 26th, 1:00-2:30pm

Open to all seniors/free



Our first meeting of the month uses online/computer tools to find answers to family history questions. This month's focus will be on websites focused on DNA research. This month's second meeting topic is Organizing our Documents and Data. (*April: doubling down on DNA, OR, double helix redux*)

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Movie Matinees



Open to all seniors/free

Monday, March 4th, 1:00-2:50pm Sam and Kate (2022, R for language and drug use) Family dramedy about a young man who returns home to care for his ill father (real-life father and son Dustin Hoffman and Jake Hoffman) and falls for a woman with a tragic past who is looking out for her mother (real-life mother and daughter Sissy Spacek and Schuyler Fisk). *Showing of this film is in collaboration with the AML.*

Shown with closed captioning, when available



Monday, March 11th, 1:00-2:45pm Bank of Dave (2023, PG-13)

In this film based on a real story, Rory Kinnear stars as a self-made British millionaire with working class roots and his fight to open a bank in a small town let down by big financial institutions.

Monday, March 18th, 1:00-3:10pm The Sting (1973, PG) Two grifters (Paul Newman and Robert Redford) team up to pull off the ultimate con. Winner of seven Academy Awards, including Best Picture.

Monday, March 25th, 1:00-3:05pm A Call to Spy (2019, PG-13 for wartime violence that may be disturbing to some) During WWII Churchill orders his new spy agency to recruit and train women as spies. Film is a fictionalized version of the activities of two real-life women who took on this incredibly dangerous role—Noor Khan a Muslim pacifist of Indian descent living in England and American amputee Virginia Hall. *Film shown in collaboration with the Acton Memorial Library.*



Support Groups

□► Caregiver Support Group via Zoom

Tuesdays, March 5th and 19th, 3:00-4:30pm **Open to all caregivers of older adults/free**

Join Julie Norstrand for a Caregiver Support Group which meets via Zoom. New participants always welcome! Being a caregiver can be very challenging. You may feel stretched thin with the many demands you face, including work and family life, which can leave you feeling physically exhausted, isolated and alone. Julie has found caregiver groups provide tremendous practical and emotional support to the members. She ensures safe, non-judgmental settings where members can share and learn from one another and witnesses the strong bonds that develop as members gain each other's trust and friendship. If you are new to the group, please sign up with the 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.



Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, March 19th, 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.



□► Memory Lane Café

Tuesday, March 26th, 12:00-1:30pm

Open to all/free

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. We do ask attendees to bring their care partners. Lunch will be provided. Sponsored by Acton COA, Concord Park and Cooperative Elder Services. Please let us know if you plan to attend.

□► ABRHS Senior Community Service Day - Raking for Senior Citizens

Friday, April 26th, 9:30am-12:30pm

Acton seniors only

The ABRHS students are once again offering this service. Please sign up by **March 8th**. Yards will be selected through a lottery and if successful we will contact you to let you know. Donations to the ABRHS Community Service Programs can be made [here](#).

□► indicates that you must register in advance, call 978-929-6652

Games

Morning Open Activity Time

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 some friends to meet here or make new ones!

Open to all seniors/free

No activity time March 15th



□► Chess Lessons with Ken LeBow

Thursdays, ongoing, 1:00-3:30pm

Acton resident Ken Lebow teaches this class that is best for people with some chess experience who know how the pieces move and the concepts of check and checkmate. You will play games and get feedback. Chess sets supplied by the COA. If you are a true beginner, Ken is happy to meet with you at the Senior Center to teach you the basics. Just let us know if that's the case and Ken will get in touch with you to arrange some times to meet. *Ken LeBow has been playing chess for over 50 years. He started a chess club and lessons for seniors in Pennsylvania and has been teaching and leading chess club in Acton, in person and virtually, since 2013.*

Open to all seniors/free



Drop-In Bridge

Wednesdays, 1:30-3:30pm

The group is for people with an intermediate to advanced skill level and knowledge of conventions, partnership play, and bidding levels.

Open to all seniors/free

Mah Jongg Time

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.

Open to all seniors/free

Chess Club

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.

Open to all seniors/free

Come and play pool! Table available during regular opening times, except during lesson time. We have cues and chalk or bring your own. Available for all seniors.

Collette Presentation, Tuesday, April 2nd, 1:00pm



Hear about the upcoming trip to Iceland and the adventures planned for next year.

Iceland's Northern Lights Tour Date Nov 13th – 19th, 2024 Experience the “land of fire and ice” and chase the aurora borealis across an ethereal wonderland. In the dark of the night, search for the northern lights as you drift along on an evening starlit cruise.

Volunteer Opportunity: Senior Center Ambassadors

Please consider assisting us in making residents who are new to the Senior Center feel welcome! As a Senior Center Ambassador, you will be matched with someone to meet with at the Senior Center to discuss what the COA/Senior Center offers, show them around the building, and perhaps attend a program or meal together. Ambassadors should have a familiarity with the Senior Center. If interested in volunteering, please contact Chris Chirokas at cchirokas@actonma.gov or 978-929-6652.

New to the Senior Center? Meet with an Ambassador!

Are you new to Acton? New to the Senior Center? Recently retired? Or just want to know more about what goes on here? Learn about what the Center offers from one of your peers through the Council on Aging's new Ambassador Program. COA staff will arrange for a volunteer to get in touch with you directly to set up a mutually convenient time to meet at the Center.

Please contact Chris Chirokas at cchirokas@actonma.gov or 978-929-6652.

□► indicates that you must register in advance, call 978-929-6652

Meals at the Senior Center

Sign up for these meals at 978-929-6652. All meals served at the Senior Center.



▶ **Lunch with Chef McGuire**

Tuesday, March 12th, 12noon

Open to all seniors

Enjoy shepherd's pie, salad and dessert for \$3. Sign up is required. Come early for lunch and be treated to an 11:45am performance of love songs by the Acton Songsters in the dining room.

▶ **Monthly Breakfast**

Friday, March 15th, 9:00am

Acton seniors only

Join us for a warm, plentiful breakfast! Typically, French toast, eggs, fruit, bacon and or sausages are prepared by chef Veteran Services Officer James MacRae. Cost is \$3.00. Sign up is required.

▶ **Acton Lions Club Annual St. Patrick's Day Luncheon**

Sunday, March 17th, 1:00-2:30pm

Acton & Boxborough Seniors only

Everyone's Irish on St. Patrick's Day! A traditional corned beef and cabbage lunch will be prepared and served by Lions Club members at the Acton Senior Center. It is free and open to seniors from Acton and Boxborough only. Please sign up by **March 13th**.

▶ **Monthly Lunch by Benchmark Senior Living/Robbins Brook**

Tuesday, March 19th, 12noon

Open to out of town seniors



Join us for lasagna, salad, bread and dessert. \$3.00 donation is requested. Minuteman

Senior Services will be celebrating National Senior Nutrition Month at this lunch with special guests to celebrate how senior nutrition programs support physical, mental, and social health.

▶ **Dinner with Doug from Boston Events**

Tuesday, March 26th, 5:00pm

Open to all seniors

Join us for chicken piccata over rice with vegetables and dessert for \$5.00. Sign up prior to the event.

▶ **Rotary Club Dinner**

Tuesday, April 2nd, 5:00pm

Acton seniors only

You are invited to dinner sponsored by the Rotary Club of Acton Boxborough. Enjoy Stuffed shells in tomato sauce accompanied by meatballs and served with an Italian dressed salad followed by dessert. Please sign up by **March 26th**.

Bistro 30 is open to all, Wednesdays and Thursdays, 11:30am-1:30pm



Stop in and see what's for lunch! The [menu](#) will be posted at the Senior Center and updated weekly on the website, www.actoncoa.com, \$6.00/item cash/Venmo/credit cards accepted.

Art & Crafts

▶ **Wool Needle Felting Art Class with Magda Stilmant**

Wednesday, March 20th, 1:00-3:00pm

Acton seniors only

Under the guidance of artist Magda Stilmant, participants will create a framed wool felting piece of a moon reflection. Needle felting is the process of transforming wool into an art object using a barbed needle to bond the fibers together. The finished product looks like a painting but with beautiful texture! All supplies are included for a fee of \$60 payable to the instructor on the day of class (cash preferred). An image of the project will be available in the Senior Center reception area. *Magda began felting as a creative outlet after she retired and downsized.*

She is self-taught and has had pieces accepted into juried art shows and has had multiple exhibits including at the Senior Center and Acton Memorial Library. [Image of the project](#).

▶ **Drawing and Watercolor Painting Class with Fran Hewitt**

Tuesdays through March 26th, 9:30-11:30am

Acton seniors only

Class concludes this month; call about space availability.

▶ **Greeting Card Craft Workshop with Nancy Dodge**

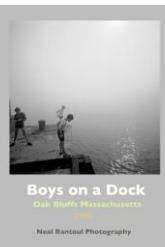
Wednesday, March 27th, 10:30-12:00noon

Open to out-of-town seniors for \$5

In this workshop suitable for all skill levels, you will make one to two greeting cards. You can choose from several versatile designs based on your experience level and make your creation unique by selecting embellishments and a sentiment. All supplies provided by instructor. Registration required. Sample cards available to view at Reception. *Nancy Dodge is an avid crafter and a Stampin' Up distributor.*

Drop-in Art, Tuesdays, 9:00-11:00am

Come to the Senior Center and paint or draw with your peers. Please bring your own supplies.



Open to all seniors/free

Needle Arts Group, Wednesdays, 12:30-2:30pm

Open to all seniors/free

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

Photography Exhibit

In mid March through the end of April we welcome back Neal Rantoul who is a career photographer and artist. For this show he has decided to show posters of his work made over the past 45 years. All are welcome at his Reception on **Tuesday March 19th, from 4:00-6:00pm**. Neal will also give a Gallery Talk on **Wednesday, March 27th, 3:30-4:30pm**.

Mind, Body and Spirit

□► Brain Healthy Cooking for One

Tuesday, March 12th, 1:00-2:00pm

Open to all seniors/free

Concord Park is offering an educational program by Senior Living Residences' chefs. Showing you how to prepare several Mediterranean style, cost- effective, brain-healthy meals. Eat nutritiously, reduce food waste and stretch your budget. Please sign up with the COA at seniorcenter@actonma.gov or call 978-929-6652.

□► Maximize Your Well-Being with More Positive Psychology Tools

via Zoom from Home or Senior Center

Thursday, March 14th, 1:00-2:00pm

Open to all seniors/free

Due to the enthusiastic response to Dr. Miriam Rosalyn Diamond's workshop last fall, she is returning to offer more on this topic. Positive Psychology aims to enhance the way we experience life and deal with challenges. Join Dr. Diamond to reap the benefits of awareness, humor, gentle movement, appreciation, and positive connections with others. Whether you liked - or missed - last year's program, you deserve to treat yourself to this new workshop! You may participate via Zoom from home or watch on a large screen TV at the Senior Center; please indicate your preference when you register. *Dr. Miriam Rosalyn Diamond is an educator, program developer, and inclusion specialist. She teaches adult education and college classes on lifespan development, friendship, and ethical awareness.*

□► Introduction to Mindfulness with Heidrun Dickson

Mondays, March 18th thru April 8th, 3:00-4:30pm Open to out-of-town seniors for \$20/series starting 3/11

Have you been wondering what mindfulness is all about? Or are you trying to start a mindfulness practice but not sure about the how's and why's? Then this class is for you! Heidrun Dickson will introduce participants to several mindfulness practices, including meditation and mindful movement, and how to integrate mindfulness into daily life. Mindfulness training has many potential benefits, such as reducing stress, anxiety, depression, pain, and hypertension while increasing resilience and emotional regulation. Please plan on attending all four sessions as each week will build on the previous one. Suggestions and materials for home practice will be provided.

Heidrun Dickson has maintained a regular mindfulness practice for many years, including week-long retreats. She trained as a mindfulness teacher at Brown University and is excited to share her learnings with others.

□► Line Dancing with Paul

Wednesdays through March 20th, 2:30-3:30pm

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

Dance for fun, exercise, balance, coordination, and to learn a new skill. You'll have great fun line dancing, while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated, and then danced to contemporary music that you will enjoy! No need to have a partner; this is something for everyone, and no experience is necessary! This class is funded by a grant from the Massachusetts Executive Office of Elder Affairs—a \$1 donation per class for Acton residents is suggested. *Paul Hughes is a line and ballroom dance instructor and teaches at various senior, recreation, and community centers throughout MetroWest Boston. His mission, purpose, and passion in life is to offer something of value and meaning to others that will enhance and transform people's lives for the better through sharing the many positive physical, mental, and social benefits of dancing.*



□► indicates that you must register in advance, call 978-929-6652

Joint Protections Principles

Tuesday, March 19th, 1:00-2:00pm

Join Life Care Center of Acton Rehabilitation Services, for a presentation at the Acton Senior Center that will cover self-management techniques to support movement patterns to prevent pain. Education and exercise steps to prevent stress on joints.

Open to out-of-town seniors/free

Laugh for Your Health

Thursdays, 11:00-12:00noon

Open to all seniors/free



Laughter can really be one of the best medicines! In this interactive program, you will learn how to generate your own hearty laughter without the need for jokes. We use seated and standing laughter exercises, combined with deep, relaxing belly, or "yoga breaths." This practice is called Laughter Yoga, but there are no mats or yoga poses. Many health benefits are derived from this practice including: increased energy and alertness, mood elevation, stress relief, positive connections with others, and boosting the immune system. See how you can laugh your way to joy and well-being! *Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher. Her workshops promote laughter as a tool to build joy, resilience, connection, and collaboration.*



Visit Bodacious the Therapy Dog

Wednesdays, 10:00am to 12noon

Open to all seniors/free

Visit with Bodacious, a handsome golden-doodle, and his handler Dick Wednesdays at the Senior Center. Bodacious and Dick are members of Therapy Dogs International, a non-profit volunteer group whose tagline is "Paws Awhile for Love." Bodacious is gentle, affectionate, and hypo-allergenic. Visiting with a therapy dog is known to increase emotional well-being...and it's free!

Gym Hours & Monitoring

Hours are: Monday, 9:00-1:00pm, Tuesday, Wednesday, Thursday 9:00am-12:00pm, and Friday 10:00am-11:00am. Gym users are expected to sign up to monitor the gym. You will be required to be on our sub list if you have no assigned monitor hour. Everyone using the gym needs to be trained to use the equipment and learn how to monitor the gym. Please call if you are interested and we can sign you up for training. *Hours are subject to change. You can call us at 978-929-6652 to confirm the current schedule.

Acton seniors only



Exercise Classes

- **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
- To keep the floor safe for all, please 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 March 25th, 8:30-9:30am

Tuesdays through March 26th, 9:45-10:45am

Thursdays through March 28th, 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. Note that the Tuesday and Thursday 9:45 classes sometimes go over the maximum participants so people are turned away; please consider trying another class or sign up for training to use the gym if you haven't done so already.

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 March 25th, 11:00-12:00noon

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 postural, movement and conceptual principles immediately. Tai Chi is known to improve the health of body, mind and spirit while improving balance. *Linda Sangohas 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 March 26th, 8:30-9:30am

Wednesdays through March 27th, 8:30-9:30am

Thursdays through March 28th, 8:30-9:30am

Fridays through March 29th, 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.

Wellness Yoga with Patsy Brightman

Wednesdays, March 6th through March 27th, 10:00-11:15am

The last class of each month is a healthy joint class

This gentle practice 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 a yoga mat to each yoga class (optional, especially for joint class). The last class of each month is a Healthy Joint Class offered to improve range of motion. The low impact and gentle joint practice does not require yoga experience and is done seated and standing. Joint movements help improve flexibility and balance and decrease a stiff or achy body and help prevent falls. Funded by an Executive Office of Elder Affairs grant; \$1 donation per class requested. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*

Thursday Tai Chi Practice

Thursdays, 11:00-12:00noon

Open to out-of-town seniors/free

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.

Stretch and Flex with Terri Zaborowski

Thursdays through March 28th, 3:00-4:00pm



This class is designed to help seniors maintain their strength, flexibility and independence with both standing and seated exercises using resistance bands. Start with a warm-up moving the body and joints through their full range of motion without resistance to the music. Proceed to strengthen the muscles using resistance bands with various upper and lower body exercises. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress, increase flexibility and leave you feeling great! Resistance bands are provided by the center. Entire class is done seated or standing.

NouVonne Fitness with Yvonne Benelli

Fridays through March 29th, 10:00-11:00am

This class is an enjoyable total workout designed for seniors by Yvonne Benelli to be suitable for all fitness levels and includes balance, stability, core strengthening, posture, muscular strength, some cardio/dance, stretching, and relaxation. Done standing and sitting, you may 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 (on land and in water).*

A Message from the **Friends of Acton COA**

When did you last visit the **FCOA website**? Now is the time to do so.

The content has been updated and expanded www.friendsofactioncoa.com/

Explore the new format now through the familiar menu items at the top of the screen.

The FCOA's **Honoring Excellence Fund** will underwrite a jazz trio April 23rd with dinner and wine. Save the date and look for more information in April's newsletter.

The Friends of the Acton COA will next meet Monday, March 11th at 10:00am.

Support and Services



Birthday Lunch, Tuesday, March 26th at 12noon. Anyone with a birthday this month can enjoy a free lunch and special dessert this day. Sign up with John Day in the kitchen on 781-221-7098 and let him know 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 and COA Special Lunch Days. Sign up with John Day, the dining room coordinator, in person or at **781-221-7098 by 11:00am the day before**. Voluntary donation is \$2.00.

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. For menus ask in the dining room (781-221-7098) [MENU SUPPER MENU](#)

Acton Food Pantry - 978-635-9295, 235 Summer Road, Boxborough. www.actonfoodpantry.org
10am-7pm Wednesday and 9:30-11:30am Thursdays. **CLOSED WEEK OF 4th WED. EVERY MONTH.**

Open Table Pantry, 33 Main Street, Maynard, call 978-369-2275, www.opentable.org
Tuesdays 1:00pm-6:30pm, (Seniors only 1-3pm), Thursdays 1:00-4:30pm. New guests are invited to pre-register via the website or by calling 978 331 0252.



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; 4:45-5:45pm, doors open at 4:15pm. [Menu](#)

West Acton Baptist Church, 592 Massachusetts Ave., Acton has a Mini Food Pantry just off the parking lot to serve the Acton community.

Transportation You can take the van from home to the Senior Center! Door-to-door services are in operation. Call the town hotline, 978-929-6600 for more information, or see the COA website. **To schedule rides, call 978-844-6809** during normal business hours. Plan ahead and book your ride at least 24 hours in advance.

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

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:

SNAP, Supplemental Nutrition Assistance Program (Senior Assistance Office - (833) 712-8027)

SHINE, Serving Health Insurance Needs of Everyone Program (MassOptions: 1-800-243-4636)

Appointments are available with a counsellor to assist with your health insurance after 65.

NEW in 2024! Medicare Savings Program eliminates asset test making more beneficiaries now eligible

The Medicare Savings Programs can help people with limited incomes pay for Medicare Part B premiums-- currently \$174.70 a month; out of pocket Medicare A and B costs such as coinsurance and annual deductibles; Part D premiums; and the prescription drug annual deductible (\$545 in 2024).

Individuals earning \$2309 - \$2552 monthly and married couples earning \$3123 - \$3451 qualify for the Medicare Savings Programs and as of March 1, 2024, the asset test has been eliminated. So, if you are within the income range and previously ineligible for MSP due to assets now is a good time to meet with your SHINE counselor to learn more. SHINE counselors are state certified experts in Medicare providing free and impartial information. To schedule an appointment please call the Council on Aging and note that SHINE can meet in person or remotely.

[SMOC FUEL ASSISTANCE LOW-INCOME HOME](#)

[ENERGY ASSISTANCE PROGRAM \(LIHEAP\)](#)

Homeowners and renters, including households whose cost of heat is included in the rent can apply. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Household income cannot exceed 60% of estimated State Median Income. (1 person in household income \$45,392. 2 people in household income \$59,359.) This program provides assistance through a fixed benefit amount for the cost of the primary source of heat. Call Beverly 978-929-6652 for application assistance.

Acton Emergency Assistance Program –short term emergency financial assistance available from ARPA funds. Please contact Laura Ducharme on 978-929-6651.

Financial aid also is available for those needing emergency safety clean-outs. Call Laura or Bev for more details.

Help Line Numbers

Social Security 1-800-772-1213, TTY 1-800-325-0778

Medicare 1-800-633-4227, TTY 1-877-486-2048

Alzheimer's Association, Helpline 1-800-272-3900, **Grief Counselling** 978-774-5100

Natl. Suicide Prevention Dial 988 **Natl. Domestic Violence Hotline** 1-800-799-7233

Natl. Alliance on Mental Illness (NAMI) 781-982-3318.

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

Mental Health Resources from Mass.gov **Substance Abuse & Mental Health Services Administration**

The Massachusetts Senior Legal Helpline 1-800-342-5297 Monday-Friday 9:00am-12noon.

Topics for which seniors can access assistance may be limited.

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: free 20-minute appointments with a local elder law specialist at the Senior Center.



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.

From March 1st, 2024 we will be requesting \$1 to replace lost MySeniorCenter fobs.

Damaged or worn cards will still be replaced free of charge.



Please remember to sign in with your card and have a chance at winning our monthly raffle.

Raffle winner for January is Marion Maxwell. Keep signing in and maybe next month it will be you

March at Acton Memorial Library

Check our [website](#) for the latest news.

Check our [calendar](#) for more information, & to register for programs.

[Sign up](#) for the AML newsletter.

Questions? [Email](#) Acton Memorial Library's Information Services Department.

There are many exciting programs at the Library in March, especially

Modern Women in Acton's History Wednesday, March 20, 6:30-8 p.m. Celebrate women's history as we recognize and honor the women of Acton who've had an impact on our town. Held in conjunction with the purchase of books on, by and about women using funds left to the library by Acton's Kitty Kinsley. In-person and virtual: [Registration](#)

The **Council on Aging Board** hopes that everyone had a healthy winter.

With the onset of Spring, we are launching the SENIORS READ Program in collaboration with the Acton-Boxborough Regional School District. This Program brings seniors from Acton and Boxborough together with children in Kindergarten through Fourth Grade to read to classes. The Pilot Program was a success in 2023 and we've been asked to return for Spring 2024. To participate in the SENIORS READ Program, please fill out a [Senior Reader Interest Form](#) and return it to the front desk at the Senior Center at 30 Sudbury Road, Rear. There is a [Senior Reader Guidelines](#) sheet to prepare you for the actual reading sessions at the schools. If you know anyone who might also be interested in participating, please let them fill out their own Senior Reader Interest Form and return it to the Senior Center.

We hope you will enjoy all the activities and programs available in Acton.

Acton Nursing Services

Call 978-929-6650, Acton Nursing, for these programs from Wednesday, February 28th

□► Therapeutic Horticulture

Acton seniors only

Tuesday, March 19th, 6:00 -7:00pm, Wednesdays, March 13th and 20th, 10:30-11:30am**

Using diminutive egg cups, we'll fill dyed eggshells with blooms and succulents to evoke spring. All supplies are provided. 12 participants per class. **Please note change from March 5th to 19th as published in print copy.**

□► Energy Healing with Jacqui Burak

Tuesday, March 26th, 6:00-6:45pm

All ages welcome

Join us for a powerful exploration into the world of energy healing. During this group session Jacqui will take you on a journey through guided visualization. You will leave the session feeling more empowered having self-care tools you can use on your own. Chairs will be provided. Feel free to bring a yoga mat, towel, blanket or pillow. Call 978 929 6650 to register or for more information. Sponsored by ANS.

□► Meditation and Gentle Chair Yoga

All ages welcome

Tuesday, March 12th, 6:00 -7:00pm

Meditation is about developing calmness, practicing awareness and 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 and 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 and functional sequence, designed to strengthen and create flexibility in the body. Please wear comfortable clothing. Sponsored by the ANS.

□► Podiatry Clinics

Acton seniors only

Appointments: Friday, March 8th, 9:00-11:30am, Tuesday, March 19th, 12noon-5:00 pm, and Thursday, March 28th 12noon-4:30pm. Call 978-929-6650 to make 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 \$50. Please be advised that there is a \$50 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.

□► Maintenance Balance Training Sponsored by an Anonymous Donor

Acton seniors only

Tuesdays, ongoing, 11:00am Call 978-929-6650 to register

Wednesday, ongoing, 12:30pm 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. **Please call to register as class size is limited!**

Wellness Clinics –1st and 3rd Tuesday of the month, March 5th and 19th, 10:30 am -12:00pm

The Acton Nursing Services' Nurse, Elizabeth McNamara 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. We can only accept DME equipment, we are **UNABLE** to accept any adult diapers or depends, walking boots, c-pap machines and equipment. If you have questions regarding donations please call and speak with one of our staff. Thank you for your generosity!

Call 978-929-6650, Acton Nursing, for these programs from Wednesday, February 28th

News from the Town Clerk's Office

•2024 will have multiple elections as well as the annual town meeting, please confirm your voter status by going to the Sec of the Commonwealth's [webpage](#) •Please be on the lookout for the Mail-in Ballot

•Sign and return your Census if you haven't already •Dog license renewals are due.
Email clerk@actonma.gov, 978-929-6620 with any questions.



Monday	Tuesday	Wednesday	Thursday	Friday
26 9:00-3:00 AARP Tax Appointments 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	27 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 12:00 MMSS Birthday Lunch 1:00 Genealogy Group 2:30 LitLovers Group 3:00 Caregiver Group via Zoom 4:00 – 6:00 Photo Exhibit Reception	28 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:30-1:30 Bistro 30 Grand Opening 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 1:30 Computer Club 2:30 Line Dancing with Paul	29 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Bistro 30 (Grand Opening Snow Date) 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	March 1 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 What Matters to You
4 8:30 Active Aging 9:00 –12 AARP Tax Appts 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	5 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 1:00 School Budget Q&A 3:00 Caregivers Group via Zoom	6 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Drop-in Bridge 2:30 Line Dancing with Paul	7 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for your Health 11:30-1:30 Bistro 30 1:00 Sitcoms Presentation 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	8 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Never Too Late Sunday 10th Daylight Saving Time begins
11 8:30 Active Aging 9:00-3:00 AARP Tax Appointments 10:00 Friends of COA Mtg 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	12 8:30 Senior Fitness 9:00 Drop-in Art 9:00 Ask the Lawyer 9:30 Art Class with Fran 9:45 Active Aging 10:00 COA Board Meeting 10:00 Book Discussion Group 11:00 Maintenance Balance – ANS 11:45 Songsters Performance 12:00 Lunch w' Chef McGuire 1:00 Cooking for 1 1:00 Genealogy Group 2:00 Spring Rolls Cooking Class 6:00 Meditation – ANS 6:00 School Budget Q&A	13 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Horticultural Therapy - ANS 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Computer Club 1:30 Drop-in Bridge 2:30 Line Dancing with Paul	14 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:00 Tech Appointments 10:30 Poet of the Month via Zoom 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Bistro 30 1:00 Positive Psychology via Zoom 1:00 Advanced Directives via Zoom 1:00 Mah Jongg 1:00 Chess Lessons/Club 3:00 Stretch & Flex	15 Center closes at 12 8:30 Senior Fitness 9:00 Monthly Breakfast 9:45 Java with John 10:00 Nouvonne Fitness 10:00 Never Too Late Sunday 17th 1:00 St Pat's Lunch
18 8:30 Active Aging 9:00-3:00 AARP Tax Appointments 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg 3:00 Mindfulness	19 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 11:00 Grandparents Group 11:00 Maintenance Balance – ANS 12:00 Robbins Brook Lunch 1:00 Wars of the Roses 1:00 Joint Protections 3:00 Caregivers Group via Zoom 4:00 Photography Reception 6:00 Horticultural Therapy - ANS	20 8:30 Senior Fitness 9:30 Ask the Realtor Appts 10:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Horticultural Therapy - ANS 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Wool Felting Class 1:00 Acton Songsters 1:30 Drop-in Bridge 2:30 Line Dancing with Paul	21 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Bistro 30 1:00 Scam Presentation w' Middx Sheriff's Office 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	22 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Never Too Late

25 8:30 Active Aging 9:00-3:00 AARP Tax Appointments 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg 3:00 Mindfulness	26 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 12:00 MMSS Birthday Lunch 1:00 Genealogy Group 1:00 King Lear Performance 2:30 LitLovers Group 5:00 Dinner with Doug 6:00 Energy Healing - ANS	27 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:30 Hot Topics 10:30 Card Workshop 11:30-1:30 Bistro 30 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 1:30 Computer Club 3:30 Neal Rantoul Gallery Talk	28 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Bistro 30 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 John Clark's Music Series 3:00 Stretch & Flex	29 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness 10:00 Never Too Late
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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. Movie titles are available on page 5. ANS=Acton Nursing Program, see page 13 – contact 978 929 6650 with questions/to register. Calendar Notes 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 deliver the program. Follow us on Facebook for updates, or see the website www.actoncoa.com

This month the following activities are supported by the Friends of the Acton COA: King Lear performance, Bigfoot presentation, greeting card workshop, Greatest Sitcoms of All Time, Positive Psychology, The Wars of the Roses, Words Galore, movies, spring rolls cooking class, Rhythm & Blues music presentation, watercolor/drawing class, Poet of the Month, needle felting class, and Tai Chi class.

The Acton COA values the diversity of our participants, staff, volunteers, and the Acton Community. We strive to model and promote a welcoming environment by embracing our older community including differences in race, cultural background, sexual orientation, gender identity, ability, socioeconomic status, and other forms of uniqueness.

Thank you to...

Wendy Budlong for coffee donations

The Lions Club for St Patrick's Day lunch

Faith Formation for the beautiful Valentines

Catherine Taylor who was an intern a few years ago and is now volunteering with us – stop by and say hello.



ACTON COA STAFF	ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director	Emi Azar	Ellen Feinsand, Chair
Rosie Atherton, Office Manager	Jeff Bergart	Chunsheng (Bill) Fu
Chris Chirokas, Program Manager	Michelle Brady	Alma Sandman, Vice Chair
Bev Hutchings, Senior Services Coordinator	Michael Chautin	Niru Velankar
Rose Murphy, Human Services Customer Service & Communication Assistant	Lori Cooney, Secretary	<i>The Friends and the Board will next meet:</i>
Bernice Nicoll, Activities/Customer Service Assistant	<i>COA Board, Tuesday, March 12th, 10:00am</i>	
Fiona Starr, COA Customer Service Coordinator	<i>COA Friends, Monday, March 11th, 10:00am</i>	
Terri Zaborowski, Exercise Instructor		

Love was most certainly in the air last month!



Bodacious felt the love at the Valentine's Special Bistro 30.



Our marvelous Meals on Wheels drivers had valentine art work from Faith Formation to deliver.



Yummy treats were baked.



We learned the traditions and history of Mardi Gras and Valentine's Day.

**©THE ACTON COUNCIL ON AGING @ THE SENIOR CENTER, MARCH 2024
978-929-6652**

**Daylight Saving starts Sunday, March 10th.
Don't forget to move your clocks forward.**

The Mission of the Acton Council on Aging is to advocate for services and programs to enhance the well-being of our older adults in an inclusive and welcoming environment.

**Find us at The Human Services & Senior Center,
30 Sudbury Rd, Rear
Acton Ma 01720**