



# Acton Council on Aging




At the Human Services Building & Senior Center

## OCTOBER 2025

30 Sudbury Rd, Rear, Acton MA 01720  
Telephone: 978-929-6652  
Email: [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov)  
Facebook: [www.facebook.com/actoncoa](https://www.facebook.com/actoncoa)  
Website: [www.actoncoa.com](http://www.actoncoa.com)  
Town Website: [www.actonma.gov](http://www.actonma.gov)

Opening Hours: **CLOSED Mon. Oct 13<sup>th</sup>**  
**Monday: 8:00am-4:00pm**  
**Tuesday: 8:00am-6:00pm**  
**Wednesday & Thursday: 8:00am-4:00pm**  
**Friday: 8:00am-12noon**

**To help ensure that programs and meals run smoothly and that space is available for everyone who would like to participate, the COA staff is introducing a new practice. If you are more than 10 minutes late for a registered program or meal, your spot may be offered to someone on the waiting list.**

**All meals require registration, and programs that need registration are marked with the symbol  in the newsletter. Registration helps us plan appropriately for food, supplies, room setup, space availability, and presenter requests. Please note that this change does not apply to series of classes.**

**Thank you for your understanding and cooperation in helping us make programs enjoyable and accessible for all.**

## Acton Songsters Concert: Best Loved Songs from Movies & TV Shows

**Tuesday, October 21<sup>st</sup>, 1:00-1:30pm**

**Open to all/free**

The Acton Songsters, the Senior Center's singing group of folks age 60+, led by Dr. Ed Knights, will perform some of the best-loved songs from movies and television shows. New members are always welcome to join the Songsters group! If you're attending the luncheon beforehand, make sure to sign up for that with the Council on Aging.



## **Becoming Janet: Finding Myself in the Holocaust with Author Janet Singer Applefield**

**Tuesday, October 28<sup>th</sup>, 1:00-2:30pm**

























**Open to all age 60+/free**

The Friends of the Acton Council on Aging proudly announce the Honoring Excellence program will host Holocaust Survivor, Author and Public Speaker Janet Singer Applefield. Janet wrote a memoir about her experience as a Jewish child in Poland, surviving by taking on the identity of a deceased Catholic girl and hiding in plain sight with the aid of strangers. Her father, weighing just 110 pounds, survived the Theresienstadt camp-ghetto and reunited with his daughter. He transcribed Janet's recollections of her years of survival, which served as the basis for her memoir. Refreshments will be served following the program. *At 89 years old, Janet continues to write,*





*research, and speak about her experience as a child survivor, teaching students about human rights, the ever-present specter of genocide and the importance of standing up to bigotry and hate.*



*Find our calendar on p. COA Events requiring registration:*

-  3 Keys to Life, p.7
-  ABRHS Trip, p.6
-  Acton Songsters, p.2
-  Aging Care Support, p.2
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-  Trusts Talk, p.3
-  Words Galore via Zoom, p.6

### **Meals, page 9**

-  Chef McGuire Lunch, 10/14
-  Breakfast, 10/17
-  Robbins Brook Lunch, 10/21
-  Dinner with Doug, 10/28

**For Nursing programs**

call 978-929-6650, see p.19

## Directors Corner

The Friends of the Acton COA are a dedicated group of volunteers. Their fundraising efforts support many of the programs, classes and special events residents are able to enjoy free of charge. If you are looking for a way to give back to the community, consider volunteering for this group. Don't miss their jewelry sale which will take place on October 22<sup>nd</sup> & 23<sup>rd</sup>.

**Hope to see you soon, Sharon**

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## ☐► Acton Songsters with Ed Knights



**Wednesdays, October 1<sup>st</sup> and 15<sup>th</sup>, 1:00-1:45pm**

**Open to all age 60+/free**

Join Ed Knights for this group that sings familiar popular songs and learns the mechanics of singing. Don't worry about your level of singing—the group is open to anyone interested in singing. Lyrics provided. Sign up with the COA if you are new to the group. See page 1 for information on this month's concert.

## ☐► Daily Digest 1440 Discussion Group NEW!

**Thursdays, beginning October 2<sup>nd</sup>, 10:00-11:00am**

**Open to all age 60+/free**

Our weekly Hot Topics group is so popular, facilitator Sal Lopes is starting a new discussion group that is geared towards "news junkies" who like to go online daily to keep up with the news. Participants will make use of the 1440 Daily Digest by subscribing (free of charge) at 1440.com. The Daily Digest summarizes the most impactful stories of the day, curated and explained for the intellectually curious.

## Decluttering Without Burning Out: 5 Essentials to Make it Easier (Even Enjoyable!)

**Thursday, October 2<sup>nd</sup>, 1:00-2:00pm**

**Open to all age 60+/free**



Feeling overwhelmed, exhausted, or embarrassed just thinking about all the stuff in your home? You're not the only one! Come learn 5 essential, practical ways to reduce your stress so you can stay motivated and make steady progress without the emotional roller coaster. Forget "attacking" your clutter or "revving up" to get rid of it asap. There's a better way: a more respectful, sustainable approach. Clutter is just part of life—together,

everything is figure-out-able! Let's Start Now! Bring your clutter—clean towels, sheets or blankets, and Laura will donate them for you to Household Goods! Attendees have a chance to win a PDF copy of "Paper Clarity: What to Keep, Where and When to Shred." *Laura Moore, M.Ed. is a life skills mentor and founder of ClutterClarity, LLC. For 30 years she's helped families bring balance to their homes and lives through in-home services, personal coaching, and her weekly decluttering support group, Women with ClutterClarity (on Zoom). Author of "Paper Clarity: What to Keep, Where, and When to Shred."*

## ☐► Create Your Own Book! with Neal Rantoul

**Mondays, October 6<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, and November 24<sup>th</sup>, 1:00-3:00pm**

Class is full and closed to new participants. Please note the October 6<sup>th</sup> class is taking place off-site at a printing company. Neal will provide details to students.

## ☐► Why Aging Care Support is Complex for Solo Agers

**Tuesday, October 7<sup>th</sup>, 1:00-2:00pm**

**Open to all 60+/free**



Join My Care Community for a program about solo agers, seniors who do not have immediate family support and a limited network of friends and families. MCC will walk through the challenges for solo agers, ways they can prepare for the aging process, and resources to assist them with their aging care support needs. **Sign up is required.**

## Introduction to Reflexology with Rebecca Howard



**Tuesday, October 7<sup>th</sup>, 3:00-4:00pm**

**Open to all age 60+/free**

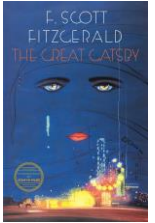
During this introductory presentation, local reflexologist Rebecca Howard will share information regarding the many benefits of foot reflexology as well as the historical development and practice of modern reflexology. Rebecca will teach participants some hand reflexology self-care techniques and provide demonstrations as time allows. See p.4 about individual appointments.

## ☐► **The Great Gatsby Seminar with Stephen Collins**

**Wednesdays through October 15<sup>th</sup>, 11:00am-12noon**

**Open to out-of-towners age 60+ for \$10 for remainder of session**

Seminar started last month; call COA about availability. This year marks the 100<sup>th</sup> anniversary of the publication of *The Great Gatsby* by F. Scott Fitzgerald. The novel explores The Jazz Age otherwise known as The Roaring Twenties which made the word "flappers" famous and also ushered in Prohibition. Fitzgerald's novel examines the excesses and oftentimes despair of the times.



## Technology Assistance Clinic

**Wednesday, October 8<sup>th</sup> and 22<sup>nd</sup>, 1:30-3:00pm**

**Open to out-of-town 60+/free**

Drop in at the Technology Clinic for help with phones, tablets, or computers. Bring your device if possible. Volunteers offer one-on-one support for email, Windows, networking, upgrades, and general tech questions. Mac and Android users are welcome too. To connect by Zoom or phone, contact the COA and we'll pass along your info.



## Acton Rainbow Planning Team Meeting

**Wednesday, October 8<sup>th</sup>, 2:00-2:45pm (hybrid)**

**Open to all/free**

**Join in-person at the Senior Center or from home via Zoom**

This team of community members explores ways the Council on Aging/Senior Center can meet the programming needs of Acton LGBTQ+ residents age 60 and up. We welcome new members from the LGBTQ+ community, allies, or municipal employees to join. The goals of the team are for Acton's



LGBTQ+ older adults to have their voices heard about desired activities and find the Senior Center to be a welcoming place. For more information or for the meeting Zoom link, please contact Chris Chirokas (she/her), Acton Council on Aging Program Manager, at [cchirokas@actonma.gov](mailto:cchirokas@actonma.gov) or 978-929-6652.

## ☐► **Technology Help Appointments with Acton Memorial Library Staff**

**Thursday, October 9<sup>th</sup>, 10:00-11:00am**

**Acton 60+ only**

Need help with common smartphone (iPhone or Android), tablet or laptop functions? Olivia Wennerod, Adult Programming Librarian, will be at the Senior Center for one-on-one help with your device. Bring your fully charged device and your questions, and Olivia will troubleshoot technology problems alongside you. If they 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.



## ☐► **Benefits of Irrevocable and Revocable Trusts**

**Thursday, October 9<sup>th</sup>, 1:00-2:30pm**

**Open to all age 60+/free**



Attorney Dale Tamburro will present on the use of trusts in estate planning: components of a trust; probate avoidance; revocable (living) versus irrevocable; protecting your home and other assets; minimizing estate taxes; trust asset management of trust assets. If time permits, Dale will also discuss who should be trustee when you are unable to and how to fund the trust. **Register to reserve a spot.**



## Book Discussion Group

**Tuesday, October 14<sup>th</sup>, 10:00-11:00am**

**Open to out-of-town 60+/free**

The discussion for October's meeting will be around the book The Great Gatsby by F Scott Fitzgerald. If you would like to read ahead, the discussion for November's meeting is around the book Table for Two by Amor Towles. Copies of the books are on hold for the group at Acton Memorial Library. You may also check availability at Citizen's Library (978-929-6654). Ann Kulsick facilitates the gatherings.

## ▣► Introduction to Breathwork Part 2

**Tuesday, October 14<sup>th</sup>, 1:00-2:00pm**

**Open to all age 60+/free**

Join Gauri Tandon of Neurovana Health is returning for a second workshop on breathing exercises that are rooted in the centuries old practice of pranayama. This practice is known to help with better sleep, improved digestion, and reducing stress. Also discussed will be concepts of self-awareness through breathwork and strategies to include in our daily lives to help us feel better. You can participate whether or not you attended Gauri's first workshop in June. **Space is limited – registration required.**



## ▣► Daigaku Imo Cooking Demonstration & Chinese Characters

**Tuesday, October 14<sup>th</sup>, 2:00-3:00pm**

**Acton age 60+ only**

Join Asako Judson to enjoy a sweet taste of autumn with a cooking demonstration of Daigaku Imo, a glazed sweet potato treat popular in Japan, served with tea. We will also explore the meaning of a few simple Chinese characters and write them for a fun, hands-on experience. Spend a relaxing hour welcoming the cooler season. Registration is required; if you find you cannot attend please inform the COA. *Asako Judson, who lives in Acton, has worked at several restaurants and as a private chef and caterer.*



## ▣► Reflexology Appointments with Rebecca Howard

**Tuesday, October 14<sup>th</sup>, 3:00-4:30pm**

**Acton age 60+ only**

Reflexology is a complementary health therapy involving applying gentle pressure to specific points on the hands, feet, and ears to promote relaxation and promote healing and balance in other parts of the body. Curious how reflexology can help you? Contact the Council on Aging to make an appointment with reflexologist Rebecca Howard. See p.3 about Rebecca's talk.

## ▣► Lunch/Tour at Concord Park Assisted Living

**Wednesday, October 15<sup>th</sup>, 11:30am**

**Acton age 60+ only**

Join us for a special lunch at Concord Park Assisted Living, 68 Commonwealth Ave, Concord. Meet at Concord Park by 11:30, park along the left front of the building, inside the white fence. Featuring resident favorites from the Brain Healthy menu as well as menu options from the grill, garden and deli. Following lunch you can explore the community. Get an inside look into what programs are offered and meet some of the residents who call Concord Park home. **Space is limited sign up is required.**

## The Robber Barons: Money, Power & Greed in the Gilded Age with Paolo Di Gregorio

**Thursday, October 16<sup>th</sup>, 1:00-2:00pm** **Open to out-of-towners age 60+ for \$5**

During the second half of the 19<sup>th</sup> century, new American elites emerged and changed the shape of business and society. The Carnegies, Vanderbilts, Morgans, and Rockefellers amassed mind-boggling fortunes through skill, ambition and ruthlessness. These "Titans of Industry" created an American aristocracy where position and privilege were based solely on wealth and where power and influence were freely wielded.



## Java with John

**Friday, October 17<sup>th</sup>, 9:45pm**

**Open to Acton residents**

Town Manager John Mangiaratti will be here to give updates from the Town, answer your questions and listen to your suggestions and concerns. Acton TV will be filming it live.

## ☐► Relaxing Reiki Appointments with Monica

**Monday, October 20<sup>th</sup>, 8:30-11:30am**

**Acton 60+ only**

**Reservations for appointments open at 8:30am on Tuesday, October 7<sup>th</sup>: 978-929-6652 (no voicemails please)**

Reiki is an ancient Japanese holistic therapy used to nurture and heal the body, mind, heart, and spirit. It is a gentle, non-invasive treatment where the practitioner uses a light gentle touch to balance energy in the receiver. When the body is in balance, it is better able to heal and support itself. Reiki is a great form of self-care! Appointments are 30 minutes in length. Make sure to call the COA if you need to cancel an appointment so we can call someone from the waitlist. *Monica Forrest is a certified Usui Reiki Master practitioner with a private practice in Acton, [blackirisreiki.com](http://blackirisreiki.com).*



## ☐► Exploring Improvisation Workshop with Poornima Kirby

**Mondays, October 20<sup>th</sup> through November 24<sup>th</sup>, 10:00-11:00am**

**Open to out-of-towners age 60+ for \$20 starting October 14<sup>th</sup>**

Come unlock your sense of humor, play and discovery with this class on the art and fun of improvisation! Building on the recent introductory class, we'll continue to play improv games, explore short-form and long-form scenarios, and gain tools for building characters on the fly. We'll also sharpen our listening skills, use our imaginations, and learn how to say "yes, and . . .!" to our fellow improvisors. We'll even learn how to apply improvisation skills in everyday life to solve problems, increase confidence, and gain insights into human relationships. While this class is building on a previous one, new students are also welcome and the class will be tailored to the experience level of the group. *Poornima Kirby is an experienced Shakespearean actress, with numerous credits in film and theatre. She has performed at the Senior Center in King Lear, A Christmas Carol, and several other Shakespeare plays. She has taught public speaking, poetry, and theatre to students of all ages. She holds a Master's degree in Arts Administration from Boston University, and a B.A. in Drama from Vassar College, and has trained at Shakespeare & Co., and the London Academy of Music and Dramatic Arts.*



## Energy Bingo with Acton's Sustainability Office

**Tuesday, October 21<sup>st</sup>, 2:00-3:00pm**

**Open to all age 60+/free**

Come join us at the Senior Center for Energy Bingo! It's just like regular bingo—only a bit more *electric* (get it?). Learn how to save money with state and local energy efficiency programs, while enjoying a fun afternoon of bingo hosted by the Acton Sustainability Office. Topics will include the Acton Clean Energy Coaching Program, Home Energy Assessments, heat pumps, renewable energy, weatherization, subsidized appliances, electric vehicles, and more! No prior knowledge is needed—just come ready to learn and have fun. Members of the Sustainability Office will be available for questions after the game until 3:30 and take-home resources will also be provided. And of course, there will be prizes!



## Friends Jewelry Sale

**Wednesday, October 22<sup>nd</sup> and Thursday, October 23<sup>rd</sup>, 9:00am-2:00pm**

**All are welcome**



The Friends of the COA have been collecting vintage costume and designer jewelry all summer long. Your opportunity to purchase some gifts, a fashion accessory or special occasion memento at remarkable prices. Don't miss it!! Bistro 30 will be cooking on both Wednesday and Thursday for this.

## ☐► Words Galore via Zoom

Open to all age 60+/free

**Thursdays, October 23<sup>rd</sup> through November 13<sup>th</sup>, 9:00-9:55am**

Val Walker's fall session of Words Galore will meet for four weeks via Zoom for an hour of fun and lively word play and brain twisters—a logophile's paradise! Learn new words, explore the history of old words and delve into the origins of words. Enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. Play guessing games with the dictionary and words-within-word games. Contact the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) to receive the Zoom link.

## The Music of Leonard Cohen with John Clark

**Thursday, October 23<sup>rd</sup>, 1:00-2:00pm**

Open to out-of-towners age 60+ for \$5



Even more than his contemporaries Bob Dylan and Paul Simon, Leonard Cohen's Jewish heritage informs his music. Both of Cohen's grandfathers were prominent figures in Jewish leadership and scholarship in Europe and America. Bible references abound in his work—a strongly biblically prophetic strain runs through his album *The Future*. In *Who By Fire* (his variation on *Unetaneh Tokef*), *If It Be Your Will* and the title track of his final album, *You Want It Darker*, he addresses deity through language and form familiar to Jewish worshippers ("hineni, hineni"). *Dance Me to the End of Love* lends itself beautifully to klezmer band performance. These are just a few of the highlights of this hour of the exploration of the Jewish roots of Leonard Cohen's art which includes a brief discussion of the meaning of Leonard's most famous song, the much-celebrated *Hallelujah*.

## ☐► Hearing Screening Appointments with Audiologist Megan Ford

**Tuesday, October 28<sup>th</sup>, 9:30 to 11:45am**

Acton 60+ only

Megan Ford Au.D., a licensed audiologist in practice since 1998, will provide hearing screenings, ear wax checks, and basic hearing aid checks. Please allow 15 minutes for your appointment. Dr. Ford has worked at several major medical centers in Boston, Cleveland and Worcester. In 2013 she opened her private practice, HearSmart Audiology, in Littleton. There has been such a high demand for Dr. Ford's appointments, she will now be coming to the Center monthly!



## 2026 Collette Trips sponsored by the Acton Friends of the COA

Our spring trip will be to Sunny Portugal featuring Lisbon, Alentejo, Algarve & Portuguese Riviera departing on March 26<sup>th</sup>, 2026. And our fall trip will be The Canadian Rockies & Glacier National Park departing September 2026. All our group trips are fully guided – Collette takes care of all the details so all you need to do is have a wonderful time! For more information reach out to: Bill Noeth, [wnoeth@verizon.net](mailto:wnoeth@verizon.net) 978-844-1831 or Leo Fochtman, [Lfochtman@gmail.com](mailto:Lfochtman@gmail.com) 978-621-0485

## ☐► Field trip to AB High School



**Tuesday, October 28<sup>th</sup> 9:45am**

Acton 60+ only

Superintendent, Peter Light, and Principal, Joanie Dean, would like to host you for a brief presentation from the schools, Q&A, lunch and small group discussions with current ABRHS students. The school bus will pick you up at the Senior Center at 9:45 and return you at 12:15. **Sign up by October 21<sup>st</sup>.**

## Play Pool

Open to all 60+/free

Table available during regular opening times. We have cues and chalk or bring your own.

## Play Ping Pong

Open to all 60+/free

Table available during regular opening times. We have paddles & balls or bring your own.

**Looking for Ping Pong Partner?** You may post your contact information on the bulletin board in the Senior Center gym, perhaps mentioning your skill level.

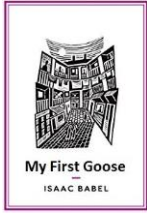




## LitLovers Study Group/Masterpieces of Short Fiction: *My First Goose*

**Tuesday, October 28<sup>th</sup>, 2:30-4:00pm**

**Open to all age 60+/free**



The group views a 30-minute lecture from The Great Courses: Masterpieces of Short Fiction, followed by a discussion on the lecture, the featured story, and the author. This month's story is *My First Goose* by Isaac Babel. Short stories have the unique ability to deliver a powerful emotional impact within a concise format, and we are studying some of the best! Upcoming authors include Ernest Hemingway, D.H. Lawrence, Flannery O'Connor, Franz Kafka, James Baldwin, and Margaret Atwood. Copies of the stories are provided at the previous month's meeting; you can also pick up a hard copy at reception or contact facilitator Chris Chirokas at [cchirokas@actonma.gov](mailto:cchirokas@actonma.gov) or 978-929-6652 if you'd like a digital copy emailed.

## ☐► Medicare Annual Open Enrollment Seminar with SHINE Counselor

**Wednesday, October 29<sup>th</sup>, 10:00-11:00am**

**Open to all/free**



**Medicare**

Medicare Annual Open enrollment is October 15<sup>th</sup> through December 7<sup>th</sup> and it is the time to review your Medicare coverage to make sure it is still the right fit for you. This seminar will help you compare benefits and premiums and make changes based on your current health, medications and finances. In addition to this seminar, Minuteman Senior Services state certified SHINE counselors offer individual appointments at the Senior Center to review your coverage; see page 16 for more information. *SHINE (Serving the Health Information Needs of Everyone)* is a free service administered by Minuteman Senior Services and funded, in part, by the Executive Office of Aging and Independence.

## Halloween Party

**Wednesday, October 29<sup>th</sup>, 1:00pm**

**Open to all aged 60+/free**

Join us for a Boo-tiful Halloween get together. Costumes are encouraged with a prize for the best dressed! Come to the Senior Center to eat drink and be scary.  
NO TRICKS ALL TREATS!



## ☐► LGBTQ+ and Friends Halloween Party

**Thursday, October 30<sup>th</sup>, 1:00-2:30pm**

**Open to all age 60+/free**



In recognition of LGBTQ History Month and Halloween, we're throwing a party! Wear a costume (prizes for Most Fierce, Most Fabulous, Most Frightful and Most Festive) or, as always, you are welcome to come exactly as you are! People in the LGBTQ+ community and allies are warmly welcome. Pizza and other refreshments served. Offered in partnership with Julie Nowak (she/any), LGBTQIA+ Initiative Coordinator, Springwell Elder Services. Please RSVP by calling the COA 978-929-6652 or contact Chris Chirokas directly [cchirokas@actonma.gov](mailto:cchirokas@actonma.gov) or 978-929-6652.

## ☐► Optimize 3 Keys to a More Fulfilled Life: Gratitude, Humor & Kindness via Zoom

**Thursday, October 30<sup>th</sup>, 1:00-2:00pm**

**Open to all age 60+/free**



Are you seeking greater meaning in life? Would you like to enhance your relationships? Do you want to experience more joy? Join Dr. Miriam Rosalyn Diamond to explore easy steps toward enriching each day through gratitude, humor, and kindness. You can participate via Zoom from home or at the Senior Center with a group watching on a large screen TV. Register: [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) or 978-929-6652.

## ☐► Drawing and Watercolor Painting Class with Fran Hewitt

**Tuesdays through November 25<sup>th</sup>, 9:30-11:30am**

Class is full and closed to new participants.

## Shredding: Tuesday nights

**Tuesdays, 4:00-5:30pm**

**Acton 60+ only**

The COA has purchased a shredder for you to use. Come in and shred your own documents. Please limit the amount you bring in as this will be an ongoing service and we will still be having the annual shredding truck event in the spring.

## ▣▶ Line Dancing with Paul

**Wednesdays through November 19<sup>th</sup>, 2:30-3:30 pm**

**Open to out-of-towners age 60+ for \$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. You will dance some of the old favorites and add some of the newest dances. No need to have a partner; this is something for everyone, and no experience is necessary! Space is limited—sign up with the Council on Aging. This class is funded by a grant from the Massachusetts Executive Office of Aging & Independence—a \$1 donation per class for Acton residents is suggested.



## ▣▶ Ribbon Stitchery Class with Mary Shey

**Thursdays through October 30<sup>th</sup>, 1:00-3:00pm**

Class is full and closed to new participants.

## Movie Matinees

Shown with closed captioning, when available.

**Open to all 60+/free**



**October 6<sup>th</sup>, 1:00-2:35pm** [Brian Wilson: Long Promised Road](#) (2021, PG-13) In this documentary Beach Boys front man and songwriter Brian Wilson, who passed away this year, drives around LA with a journalist friend, talking about his legendary career and his struggles with drugs and mental health. Fifty of the band's hits are featured as well as archival photographs and videos. *This film is shown in collaboration with the Acton Memorial Library*

**October 20<sup>th</sup>, 1:00-3:00pm** [The Thursday Murder Club](#) (2025, PG-13) Four British retirees spend their time solving cold case murders for fun, but their sleuthing takes a thrilling turn when they have a real whodunit on their hands. Stars Helen Mirren, Pierce Brosnan, Ben Kingsley, Celia Imrie, and David Tennant. Based on the book by Richard Osman.



**October 27<sup>th</sup>, 1:00-2:50pm** [Sunset Boulevard](#) (1950) This is the 75<sup>th</sup> anniversary of this acclaimed psychological drama directed by Billy Wilder. A screenwriter (William Holden) develops a dangerous relationship with a faded film star determined to make a triumphant return. (Gloria Swanson). Nominated for 11 Oscars with wins for best screenplay, music and art direction. *This film is shown in collaboration with the Acton Memorial Library*

**For information on our presenters go to [www.actoncoa.com/129/Programs](http://www.actoncoa.com/129/Programs)**



## Meals at the Senior Center



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

### ☐► Chef McGuire Luncheon

**Tuesday, October 14<sup>th</sup>, 12noon**

**open to all aged 60+**

Chef McGuire will be preparing pulled pork sandwiches, coleslaw, and dessert. Please sign up at the COA. Cost is \$3.00.

### ☐► Monthly Breakfast

**Friday, October 17<sup>th</sup>, 9:00am**

**Acton 60+ 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. Fruit is kindly provided by Life Care of Acton. Sign up is required.

### ☐► Monthly Lunch by Benchmark Senior Living/Robbins Brook

**Tuesday, October 21<sup>st</sup>, 12noon**

**open to all aged 60+**

Join us for meatloaf, mashed potatoes, vegetables and dessert for \$3. Sign up is required.

### ☐► Dinner with Doug

**Tuesday, October 28<sup>th</sup>, 4:30pm**

**Open to all aged 60+**

Enjoy pasta with meat sauce or pomodoro sauce, salad, garlic bread and dessert for \$5. Please sign up prior to the event.



**Bistro 30 is open to all, Wednesdays 11:30am-1:30pm (Not 10/15)**

Enjoy a fresh, made to order lunch! The menu will be posted at the Senior

Center, on our website, or scan the QR code with your smartphone camera. \$6.00/item cash/Venmo accepted. The Bistro will not be available Wednesday, October 15<sup>th</sup> but will be open an additional day, Thursday, October 23<sup>rd</sup>.



**Minuteman Senior Services lunches are served** Monday thru Thursday at noon. Grab and go lunches also offered. (Fridays 11:30-12noon). 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.



**Birthday Lunch, Tuesday, October 28<sup>th</sup>, 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. Let him know that it is your birthday month.

### **Minuteman Indian Lunch**

**Thursday, October 30<sup>th</sup>, 12noon**

**Open to all 60+**

Enjoy delicious Indian food for lunch. Sign up with John Day in the kitchen or **by calling 781-221-7098 by October 23<sup>rd</sup>**. A \$2 donation is requested.

**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.

### **Notary**

**Acton 60+ only**

Need something notarized? Stop by the Senior Center Tuesday or Wednesdays from 12-1pm. We have a volunteer who can help you.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> 8:30 Active Aging 11:00 Tai Chi/Taijian Class 1:00 Movie 1:00 Mah Jongg 1:00 Create Your Own Book	<b>30</b> 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 11:30 Lunch & Tour at RiverCourt 4:30 Therapeutic Horticulture – ANS <b>4:30 Dinner with Doug</b>	<b>October 1</b> 8:30 Senior Fitness 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 11:00 Great Gatsby Seminar 11:30 Balance Matters! <b>11:30-1:30 Bistro 30</b> 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Bridge 2:30 Line Dancing	<b>2</b> 8:30 Senior Fitness 9:45 Active Aging 10:00 Daily Digest Group 11:00 Tai Chi Practice 1:00 Ribbon Stitchery Class 1:00 De-Cluttering Presentation 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga 3:00 Navigating Grief Group via Zoom	<b>3</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 Coffee & Conversation 10:00 Cribbage Games 10:00 Nouvonne Fitness
<b>6</b> 8:30 Active Aging 10:00 Friends of COA Mtg 1:00 Movie 1:00 Mah Jongg 1:00 Create Your Own Book	<b>7</b> 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 10:30-12 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 1:00 Aging Care Support 3:00 Caregiver Support Group via Zoom 3:00 Intro to Reflexology 4-5:30 Shredding	<b>8</b> 8:30 Senior Fitness 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 11:00 Great Gatsby Seminar 11:30 Balance Matters! <b>11:30-1:30 Bistro 30</b> 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Bridge 1:30 Tech Assistance Clinic 2:00 LGBTQ+ Rainbow Planning Mtg 2:30 Line Dancing	<b>9</b> 8:30 Senior Fitness 9:45 Active Aging 10:00 Daily Digest Group 10:00 Tech Help Appts 11:00 Laugh for Your Health 11:00 Tai Chi Practice 1:00 Ribbon Stitchery Class 1:00 Chess Club 1:00 Mah Jongg 1:00 Trusts Talk 3:00 Chair Flow Yoga	<b>10</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 Coffee & Conversation 10:00 Cribbage Games 10:00 Nouvonne Fitness
<b>13</b> <b>BUILDING CLOSED</b>	<b>14</b> 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:45 Active Aging 10:00 Book Discussion Group 11:00 Maintenance Balance – ANS <b>12:00 Chef McGuire Lunch</b> 1:00 Genealogy Group 1:00 Mah Jongg 1:00 Intro to Breathwork pt 2 2:00 Cooking Demonstration 3-4:30 Reflexology Appts 4-5:30 Shredding 4:30 Therapeutic Horticulture - ANS	<b>15</b> 8:30 Senior Fitness 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 11:00 Great Gatsby Seminar 11:30 Concord Park Tour/Lunch 11:30 Balance Matters! 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Acton Songsters 1:30 Bridge 2:30 Line Dancing <div style="border: 1px solid black; padding: 5px; display: inline-block; text-align: center;"> <b>NO BISTRO</b> </div>	<b>16</b> 8:30 Senior Fitness 9:45 Active Aging 10:00 Daily Digest Group 11:00 Laugh for Your Health 11:00 Tai Chi Practice 1:00 The Robber Barons Talk 1:00 Ribbon Stitchery Class 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	<b>17</b> <b>Center closes at 12</b> 8:30 Senior Fitness <b>9:00 Breakfast</b> 9:45 Java with John 10:00 Coffee & Conversation 10:00 Nouvonne Fitness

<b>20</b> 8:30 Active Aging 8:30-11:30 Reiki Appointments 10:00 Improv Class 11:00 Tai Chi/Taijien Class 1:00 Movie 1:00 Mah Jongg 1:00 Create Your Own Book	<b>21</b> 8:30 Senior Fitness 9:00 Art Time 9:45 Active Aging 10:00 COA Board Mtg 10:30-12 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 11:00 Grandparents Group <b>12:00 Robbins Brook Lunch</b> 1:00 Acton Songsters Concert 2:00 Energy Bingo 3:00 Caregiver Support Group via Zoom 4-5:30 Shredding	<b>22</b> 8:30 Senior Fitness 9-2:00 Friends Jewelry Sale 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:30 Balance Matters! <b>11:30-1:30 Bistro 30</b> 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Bridge 1:30 Tech Assistance Clinic 2:30 Line Dancing	<b>23</b> 8:30 Senior Fitness 9:00 Words Galore via Zoom 9-2:00 Friends Jewelry Sale 9:45 Active Aging 10:00 Daily Digest Group 11:00 Tai Chi Practice <b>11:30-1:30 Bistro 30</b> 1:00 John Clark's Music – Leonard Cohen 1:00 Ribbon Stitchery Class 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	<b>24</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 Coffee & Conversation 10:00 Cribbage Games 10:00 Nouvonne Fitness
<b>27</b> 8:30 Active Aging 10:00 Improv Class 11:00 Tai Chi/Taijien Class 1:00 Movie 1:00 Mah Jongg 1:00 Create Your Own Book	<b>28</b> 8:30 Senior Fitness 9:00 Art Time 9:30 Art Class with Fran 9:30-11:45 Hearing Screening Appts 9:45 Active Aging 9:45 Back to School – ABRHS visit 11:00 Maintenance Balance – ANS 12:00 MMSS Birthday Lunch 1:00 Becoming Janet – Holocaust Survivor 1:00 Genealogy Group 2:30 LitLovers Group 4-5:30 Shredding <b>4:30 Dinner with Doug</b>	<b>29</b> 8:30 Senior Fitness 10:00 Therapy Dog Visit 10:00 Cribbage Games 10:00 Wellness Yoga 10:00 Medicare Seminar 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS <b>11:30-1:30 Bistro 30</b> 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Halloween Party 1:30 Bridge 2:00 Fall Prevention -ANS 2:30 Line Dancing	<b>30</b> 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:00 Daily Digest Group 11:00 Laugh for Your Health 11:00 Tai Chi Practice <b>12:00 MMSS Indian Lunch</b> 1:00 3 Keys to a Fulfilled Life 1:00 Ribbon Stitchery Class 1:00 LGBTQ+ Halloween Party 1:00 Chess Club 1:00 Mah Jongg 3:00 Chair Flow Yoga	<b>31</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 Coffee & Conversation 10:00 Cribbage Games 10:00 Nouvonne Fitness

*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 p.13. ANS=Acton Nursing Program – contact 978 929 6650 with questions/to register. 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, see the website [www.actoncoa.com](http://www.actoncoa.com) and sign up for notifications. **For information on our [presenters](#) .***

**This month the following activities are supported by the Friends of the Acton COA:** Becoming Janet: Finding Myself in the Holocaust, Keys to a More Fulfilled Life, The Music of Leonard Cohen, Daigaku Imo Cooking Demo, Exploring Improvisation, Words Galore, *The Great Gatsby* Seminar, Drawing & Watercolor Class, Movies, The Robber Barons, Create Your Own Book Workshop, Ribbon Stitchery Class, and Tai Chi Class.

**THANK YOU TO:** Acton Boxborough Rotary Club for hosting a wonderful luncheon; Everyone who participated in our Open House



## Support Groups



### ▣► **NEW Navigating Grief Group via Zoom**

**Thursday, October 2<sup>nd</sup>, 3:00-4:00pm**

**Open to all/free**

Are you experiencing grief from the death of an older loved one and finding it hard to cope with everyday life? If so, please join us in a new grief support group that will meet once a month for one hour via Zoom to discuss ways of coping with grief. Listening to others' experiences can help you to better understand your own experience and may provide you with new insight in more constructive ways of dealing with this stage of life. This group will be led by Julie Norstrand, PhD, an experienced eldercare consultant who has worked with older adults and family caregivers for many years. Please sign up with the Council on Aging at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). Funded by an Executive Office of Aging & Independence grant.

### ▣► **Caregiver Support Group via Zoom**

**Tuesdays, October 7<sup>th</sup> and 21<sup>st</sup>, 3:00-4:30pm**

**Open to all caregivers of older adults/free**

Caregivers of older adults, please join Julie Norstrand, PhD, MSW, for this group that meets via Zoom and offers practical and emotional support. New participants always welcome! The challenging work of caregiving may leave you feeling stretched thin, which may cause feelings of exhaustion and isolation. Julie ensures safe, non-judgmental settings where members can share and learn from one another and witnesses the strong bonds that develop between members. If you are new to the group, please sign up with the Council on Aging at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). Funded by an Executive Office of Aging & Independence grant.

### **Grandparents Raising Grandchildren Support Group at the Senior Center**

**Tuesday October 21<sup>st</sup>, 11:00-12:00noon**

**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.

### **Watercolor Exhibit**

Until October 31<sup>st</sup> we have the paintings by students who have participated in Fran Hewitt's Watercolor Classes during the past academic year. With a wide variety of skill levels from beginner to advanced, the purpose of this exhibit is to not only share the students' work but also show "what we do".

### **A Message from the [Friends of Acton COA](#)**

As soon as you receive this newsletter it is time to check your calendar for the popular **October Jewelry Sale Wednesday & Thursday Oct. 22<sup>nd</sup>-23<sup>rd</sup>, 9:00am – 2:00pm.**

A wide selection at reasonable prices. Don't miss it. All are welcome!

The **FCOA Honoring Excellence Fund** is pleased to sponsor a talk by **Janet Applefield, a Holocaust survivor**, on **October 28<sup>th</sup>.**

**The FCOA will meet Monday, October 6<sup>th</sup> and November 10<sup>th</sup> at 10:00am.**

**Volunteer Ambassadors Needed!** Help us welcome new visitors to the Senior Center! The first year of this program was a big success and more Ambassadors are needed to keep up with the demand. All that is needed is familiarity with the Center, access to email, and a spirit of volunteerism! Average commitment is 1-2 hours/month but each Ambassador controls their participation. Contact Chris Chirokas for more information at [cchirokas@actonma.gov](mailto:cchirokas@actonma.gov) or 978-929-6652.

**For information on our presenters go to [www.actoncoa.com/129/Programs](http://www.actoncoa.com/129/Programs)**

## Games

### **Morning Open Activity Time**

**Weekdays, 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 age 60+/free**  
**No activity time Oct 13<sup>th</sup> & 17<sup>th</sup>**



### **Mah Jongg Time**

**Mondays, Thursdays, & Tuesday, October 14<sup>th</sup>, 1:00-3:30pm**

**Open to all 60+/free**  
**No Mah Jongg October 13<sup>th</sup>**

This Mah Jongg group plays the American version of the game and is open to all skill levels. Games follow National Mah Jongg League rules.

### **Cribbage Game**

**Wednesdays & Fridays, 10:00-11:00am** **No game on Friday, Oct. 17<sup>th</sup>** **Open to all age 60+/free**  
Come by the Senior Center for a fun game of cribbage. New—cribbage games are now twice a week!

### **Drop-In Bridge**

**Wednesdays, 1:30-3:30pm**

**Open to all 60+/free**

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



### **Chess Club**

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

**Open to all 60+/free**

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

## Groups

### **Art Time**

**Tuesdays, 9:00-11:00am**

**Open to all 60+/free**

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

### **Genealogy Group**

**Tuesday October 14<sup>th</sup> & 28<sup>th</sup>, 1:00-2:30pm**

**Open to out-of-town 60+/free**

Discover your family history in a supportive environment. Novice, experienced, or simply the curious are welcome. Learn the basics, get advice, and share new discoveries and strategies. Emphasis is on research methods, presentation formats, and the meaningfulness of preserving the past for future generations. For the second monthly meeting, bring your portable computer (or at least a notebook) with the goal of expanding your family tree.



### **Bodacious the Therapy Dog Visit**

**Wednesdays 10:00am - 12noon**

**Open to all 60+/free**

Visit Bodacious, the sweet golden-doodle, and his handler Dick at the Senior Center! As a member of Therapy Dogs International, Bodacious is gentle, friendly, and hypo-allergenic. Spending time with therapy dogs can boost emotional well-being. Drop by for a visit!



### **Hot Topics Discussion Group**

**Wednesdays, 10:30-11:45am**

Due to room space constraints, this group is closed to new participants.



### **Needle Arts Group**

**Wednesdays, 12:30-2:30pm**

**Open to all 60+/free**

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

## Laugh for Your Health with Susan Phillips

**Thursdays, 11:00am-12:00noon (No class October 2<sup>nd</sup>, 23<sup>rd</sup>)**      **Open to all seniors/free**



Laughter is an instant vacation! Come join us as we do easy and fun seated laughter exercises to shift our mood, relieve stress, relax our whole body, positively connect with others, and infuse our whole being with joy! In this interactive program, we learn how to generate our own laughter without relying on jokes. This worldwide practice is called Laughter Yoga, but there are no mats or yoga poses. We add yoga breaths, which are deep belly breaths, for soothing breaks between exercises. Come enjoy all the health benefits the power of giggles has to offer and leave feeling relaxed and refreshed! Funded by an Executive Office of Aging & Independence grant. *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.*

## ☐► Coffee and Conversation with Tracy Woods

**Fridays through October 31<sup>st</sup>, 10:00-11:00am**

**Open to all/free**

Join Tracy Woods for a weekly coffee and conversation group where you can talk about what's on your mind with your peers. Group is ongoing and new participants are welcome. *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.*

## Exercise

### Gym/Fitness Room

**Acton 60+ only**

The Gym is open during the Senior Center's normal operating hours. Anyone using the gym needs to be trained to use the equipment by a COA staff member and sign an exercise waiver. ☐► If you are interested in signing up for training call 978-929-6652.



### Exercise Classes

- Exercise classes are limited to Acton residents age 60 and up
- To keep the floor safe for all, please bring clean, supportive shoes to change into for class
- 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
- All attendees must have an exercise class waiver on file and up-to-date emergency contact information

### Active Aging with Terri Zaborowski

**Mondays through December 22<sup>nd</sup>, 8:30-9:30am**

**No class 10/13, 12/29**

**Tuesdays through December 23<sup>rd</sup>, 9:45-10:45am**

**No class 11/11, 12/30**

**Thursdays through December 18<sup>th</sup>, 9:45-10:45am**

**No class 11/27, 12/24**

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 exceed the maximum participants so people are turned away; please consider trying another class or using the gym (sign up for training if you haven't done so already).





## Tai Chi/Taijiquan Class with Linda Sango

***Mondays through December 22<sup>nd</sup>, 11:00 am-12:00noon***

***No class 10/6, 10/13, 11/10, 11/17, 12/29***



This Taijiquan class uses Formless Dragon style, a modern re-examination of classical Tai Chi and is open to all levels of participants. Linda Sango studies under Occidental Taoist Jeff Coté, who distills the essence of Tai Chi into fundamental principles. Students will be encouraged to learn single movements and explore postural, movement and conceptual principles, rather than learning as many form movements as possible. This practice is known to improve the health of body, mind and spirit while improving balance.

## Senior Fitness with Terri Zaborowski

***Tuesdays through December 23<sup>rd</sup>, 8:30-9:30am***

***Wednesdays through December 17<sup>th</sup>, 8:30-9:30am***

***Thursdays through December 18<sup>th</sup>, 8:30-9:30am***

***Fridays through December 19<sup>th</sup>, 8:30-9:30am***

***No class 11/11, 12/30***

***No class 12/24, 12/31***

***No class 11/27, 12/25, 1/1/26***

***No class 11/28, 12/26, 1/2/26***

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. Class ends with a 5-10 minutes of full body stretch and relaxation. Weights are provided by the center.

## Wellness Yoga with Patsy Brightman

***Wednesdays, October 1<sup>st</sup> through December 17<sup>th</sup>, 10:00-11:15am***

***No class 11/26, 12/24, 12/31***



Patsy is returning to teach a fall session! This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. Includes seated postures, standing postures (using a chair for support if needed) and optional floor work. Each class has an emphasis on wellness and will include a period of deep relaxation. The last class of each month is a Healthy Joint Class offered to improve range of motion. Joint movements help improve flexibility and balance and decrease a

stiff or achy body and help prevent falls. Bring a yoga mat to each yoga class (optional, especially for joint class). Funded by an Executive Office of Aging & Independence grant; \$1 donation per class requested.

## Thursday Tai Chi Practice

***Thursdays, 11:00 am-12:00noon***

***Open to out-of-town seniors/free***

***No practice 11/27, 12/25, 1/1/26***

Those who participated in the specific form previously offered in the Thursday 11:00 Tai Chi class continue to practice together at the Senior Center.

## Chair Flow Yoga with Rebecca Reber

***Thursdays through December 18<sup>th</sup>, 3:00-3:45pm***

***No class 11/27, 12/25, 1/1/26***



This active chair yoga class combines yoga poses, stretches, breathing, and relaxation techniques while sitting or standing (holding the chair). Come enjoy the benefits of reducing anxiety, lowering blood pressure while building strength and balance to feel better in your body and mind. The Center will have some yoga blocks and straps available, but please bring your own if possible (a scarf works for a strap; shoe box for a yoga block).

## **NouVonne Fitness with Yvonne Benelli**

***Fridays through December 19<sup>th</sup>, 10:00-11:00am***

**No class 11/28, 12/26, 1/2/26**

This class is an enjoyable total workout designed by Yvonne Benelli for all fitness levels and includes a little of everything... muscular strength training, cardio/dance, stretching, balance, stability, core strengthening & posture work, Qi Gong, Pilates, mindfulness, and relaxation. Done standing and sitting, you may modify to suit your needs. From a gentle warm-up to a soothing cool down phase, this class will reduce stress and help to clear your mind while working everything! You will feel re-energized, rejuvenated and relaxed...ready for your day! Hand weights and balls (supplied by Center) are optional. A \$1.00 donation per class is suggested, per Executive Office of Aging & Independence grant guidelines.

For information on our [presenters](#)

## **Support and Services**

The Assistant COA Director, Beverly Hutchings helps Acton residents aged 60+ and their family caregivers with a range of social services and advocacy.

### **Annual Medicare Open Enrollment and the Medicare Planfinder**

Medicare beneficiaries who are interested in comparing health insurance and Part D coverage can meet with a SHINE counselor beginning 10/15 to receive cost and coverage comparisons.

SHINE may also assist you with dropping from one plan and enrolling in a new plan. All plans available are approved by Medicare and open enrollment ends on 12/7.

If you are thinking about changing coverage, please check with doctors to see what plans they accept; obtain current medication list with dosage or view your My Medicare account to update medications.

To create a My Medicare account for the first time visit: <https://www.medicare.gov/account/create-account> and write down your username and password.

To view all Medicare Advantage and Part D plans available in Massachusetts, visit the Medicare Planfinder: <https://www.medicare.gov/> Before making decisions be sure to review plan websites for summary materials and specific coverage.

For more information, schedule a SHINE appointment today by calling 978 929 6652.

SHINE is a program of Minuteman Senior Services [www.minutemansenior.org](http://www.minutemansenior.org)

**Transportation** Door-to-door van services can take you from home to the Senior Center, medical appointments, shopping... for more information or to **schedule rides, call 978-844-6809** during normal business hours. Plan ahead and book your ride at least 24 hours in advance.

**The Handy Helper Volunteer Program** helps Acton seniors with small jobs and repairs in the household as well as technology issues related to the computer, phone or TV. This is not an emergency program. Call the COA at 978-929-6652 to make a request. If you have questions or would like to know more about services offered, please call or send an email to: Beverly Hutchings 978-929-6652 or [bhutchings@actonma.gov](mailto:bhutchings@actonma.gov)

### **Disability Indicator Form**

The Massachusetts Disability Indicator Program offers a free, voluntary service that alerts 9-1-1 personnel that an individual with a disability may have unique safety, communications or other needs in case of an emergency. This service is available for landline, wireless and VoIP telephone service providers. It is necessary to request the service through completion of the Disability Indicator Form located on [mass.gov website](http://mass.gov). Hard copies are available 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](mailto:vso@actonma.gov) or call 978-929-6614 for a confidential chat.

### **Food Pantries/Suppers**

It is always a good idea to contact the specific food resource for the most up to date information.

**Acton Food Pantry** is located at 235 Summer Road Building #1, Lower Level in the Boxborough Business Park. Phone 978-635-9295. Hours - Wednesday: 10:00am to 7:00pm, Thursday: 9:30 am to 11:30 am. The pantry is closed the week of the 4th Wednesday of each month.

**Open Table** Pantry service is available in the Maynard Municipal Parking Lot located between Summer Street and Main Street.: 978-369-2275. Hours are: Tuesdays 1:00 – 3:00pm (Seniors 65+) Tuesdays 3:00 – 6:30pm and Thursdays 11:00am – 4:30pm

**Sudbury Community Food Pantry** 978-443-7725, 160 Concord Rd, Sudbury, MA

**Stow Food Pantry** 978 897 4230,

**Mount Calvary Community Supper**, 472 Massachusetts Ave. Wednesdays; 4:45-5:45pm, doors open at 4:15pm.

**West Acton Baptist Church**, 592 Mass Ave, Acton MA, accessible from parking lot 24/7.

**Community Dinner**, **First Parish Church of Stow & Acton**, 353 Stow Rd, Stow, MA. 978-897-8149. 2<sup>nd</sup> Friday of every month.

For **more information** of resources across the area.

**Minuteman Senior Services**, Acton's State Home Care, provides a variety of services including: Care Management, In home assessments, support activities of daily living and Meals on Wheels. Call (781)-272-7177, toll free (888) 222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org)

### **About Town**

**Town of Acton Information Line: 978 929 6600**

You can also **subscribe** to receive the Municipal Monthly with all the Town updates.



### **Emergency Alerts**

Did you know you can sign up to receive emergency alerts from the Town of Acton? This will allow you to receive emergency alerts on your home phone, cell phone and /or email. Go to Acton's website and click on notify me, then Emergency Alerts, then click on this button. You will be brought to another page, click on sign me up at the bottom right. You will need to enter an email address. If you do not have an email address or need assistance, please contact the COA and we can help you.



### **Housing Legal Clinics**

2<sup>nd</sup> Tuesdays of the month, 4:00-6:00pm, at the Human Services Building, 30 Sudbury Rd, Rear. Call 978 929 6651, or email [tenantsupport@actonma.gov](mailto:tenantsupport@actonma.gov) to schedule an appointment.

### **October at Acton's Libraries**

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 at [reference@acton-ma.gov](mailto:reference@acton-ma.gov) or call 978-929-6655

So many exciting programs – be sure to confirm which Library location you are attending the program:

**English at large - Beginner English Class** Oct 1, 6, 8, 15, 20, 22, 27, & 29, 10:00-11:30am, **REGISTER**

**Adult Writing Group** Oct 2, 6:00-7:00pm, **REGISTER**

**Meditation Series - Remaining Stable in Challenging Times** Oct 6, 6:00-7:00pm, **REGISTER**

**English at Large - Conversation Class** Oct 6, 20, & 27, 6:15-7:45pm, **REGISTER**



[Teaching Tech @ West](#) Oct 7, 12:00-1:00pm, West Acton Citizens' Library [REGISTER](#)  
[Teaching Tech @ AML](#) Oct 7, 5:30-6:30pm, [REGISTER](#)  
[Tech Help @ West](#) Oct 8, 1:30-2:30pm, West Acton Citizens' Library [REGISTER](#)  
[West Acton Citizens' Library Book Discussion Group](#) Oct 8, 3:30-4:30pm, West Acton Citizens' Library [REGISTER](#)  
[Basics of Investing with CFA Society Boston](#) Oct 8, 6:00-7:00pm, [REGISTER](#)  
[Pine Hawk: Discover Ancient Nipmuc Mishoonash at Lake Quinsigamond](#) Oct 9, 7:00-8:00pm, [REGISTER](#)  
[Yarn & Needle Club](#) Oct 14 & 28, 3:00-4:00pm,  
[Halloween Wreath Making @ AML](#) Oct 15, 6:00-7:00pm, [REGISTER](#)  
[Cookbook Club @ West](#) Oct 16, 12:00-1:00pm, West Acton Citizens' Library [REGISTER](#)  
[Cookbook Club @ AML](#) Oct 16, 6:00-7:00pm, AML Solarium [REGISTER](#)  
[Halloween Wreath Making @ West](#) Oct 18, 11:00am-12:00pm, West Acton Citizens' Library [REGISTER](#)  
[Sewing and Embroidery Club @ AML](#) Oct 20, 5:30-6:30pm, AML Conference Room [REGISTER](#)  
[Sewing and Embroidery Club @ West](#) Oct 21, 12:00-1:00pm, West Acton Citizens' Library [REGISTER](#)  
[Pine Hawk: The Historical Archaeology of Massachusetts](#) Oct 22, 7:00-8:00pm, [REGISTER](#)  
[Meditation Series - Awakening the Inner Powers of the Soul](#) Oct 27, 6:00-7:00pm, [REGISTER](#)

### **October at Community Education**

Check out the [catalog](#) or use the QR code.

Highlights include: [Discover Portugal](#), [Building Your Family Tree](#), Fall Book Club: [Introduction to Transcendentalism](#), [Pebble & Sea Glass Creations](#)



**AB Community Compass Mental Awareness Team** is inviting you to a Community Pot Luck on **Wednesday, October 15<sup>th</sup>, 5:30-7:00pm** at the AB Resource Center, 15 Charter Rd, Acton. Bring your favorite dish and its recipe to share.

### **First Connections Diaper Pantry – Urgent Need for Donations**

First Connections, located at 179 Great Road, established its Diaper Pantry in 2019, just prior to COVID-19, to help meet the need for diaper assistance in our community. At that time, the pantry supported about 15 families per year. Since the pandemic, the need has grown significantly. The pantry now serves 30 families—20 of whom live in Acton and Boxborough. Families qualify for assistance by participating in public benefit programs such as WIC, SNAP, DTA/TAFDC, childcare subsidies, MassHealth, or by living in public housing. The pantry is currently in **urgent need** of donations, especially: **Diapers (sizes 5 & 6 most needed, but all sizes welcome); Pull-Ups; Baby wipes**. Your support will help local families provide this essential care item for their children. Donation boxes can be found in the front lobby and in the Nursing Department. Thank you

### **Message from the Board of Acton COA**

The SENIORS READ Program is starting again this fall. Seniors will be reading to classes of children in kindergarten through Fourth Grade. To participate in the SENIORS READ Program, please fill out a [Senior Reader Interest Form](#) and return it to the reception desk at the Senior Center at 30 Sudbury Road, Rear. You will read the [Senior Reader Guidelines](#) 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.**

**You will need to complete a new form even if you have participated in this program previously.**

## [Acton Nursing Services](#)

**Call 978-929-6650, Acton Nursing, for these programs starting Wednesday, October 1<sup>st</sup>**

### **Fall Prevention and Healthy Living for the Senior Adult**

**All welcome**

**Wednesday, October 29<sup>th</sup>, 2:00pm**

We will discuss how to keep yourself safe at home, the importance of balance, fall prevention, proper nutrition, bone health and a variety of things to stay healthy as you age.

### **☐► Therapeutic Horticulture**

**Acton Seniors Only**

**Tuesday, Oct. 14<sup>th</sup>, 4:30-5:30pm, Wednesdays, Oct. 22<sup>nd</sup> and 29<sup>th</sup>, 10:30-11:30am**

Decorate a white pumpkin with fall theme vintage floral images using decoupage. All supplies are provided. 12 participants per class

**Based on class popularity we will be changing signup to a LOTTERY moving forward.**

**Sign up for class lottery by 12noon on Tuesday, October 7<sup>th</sup> by phone or email: 978-929-6650; [nursing@actonma.gov](mailto:nursing@actonma.gov). We will notify everyone who gets into a class of their scheduled date.**

### **☐► Podiatry Clinics**

**Acton Seniors Only**

**Appointments: Tues, Oct. 7<sup>th</sup> & Oct 21<sup>st</sup> 12noon – 5:00pm, Wed, Oct. 22<sup>nd</sup>, 12:30-3:00pm**

**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 after discussion with Sarah related to the popularity of her clinics and based on her recommendation, each client is eligible for a visit every 8 weeks (minimally). By doing this we hope to make visits available for all residents on a rolling basis and make call in day less stressful for residents. Visits will then be on a first case basis until clinics are booked and we will continue to have a waiting list. Thank you for your understanding as we make these clinics available for as many residents as possible!*

### **☐► Maintenance Balance Training** *Sponsored by an Anonymous Donor* **Acton Seniors only**

**Tuesdays, ongoing, 11:00am and Wednesdays, 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 –1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, October 7<sup>th</sup> & 21<sup>st</sup>, 10:30am -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 **Cleaned**, 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!

**September is a very busy month at the Senior Center, these are just a few of the highlights:**



Fran's Drawing and Watercolor Art Class are holding an exhibit of previous work thru October.



The First Responders Lunch is one of our annual highlights and was enjoyed by all.



Move with Confidence, a fall, posture, balance & wellness screening was full of very interested participants.

**©THE ACTON COUNCIL ON AGING @ THE SENIOR CENTER,  
OCTOBER 2025 NEWSLETTER**

**The Human Services Building and Senior Center will be closed  
Monday, October 13<sup>th</sup>**

Whatever your reason for visiting the Senior Center you can be sure of a warm welcome.  
Find us at the Human Services Building & Senior Center,  
30 Sudbury Rd, Rear, Acton MA 01720.

**DAYLIGHT SAVING TIME ENDS SUNDAY NOVEMBER 2<sup>nd</sup>**