



# Acton Senior Center Newsletter

## March 2020



The Council on Aging at the Senior Center, located at 30 Sudbury Road Rear, is open weekdays 8am-5pm.

Telephone: 978-929-6652. Email: [seniorcenter@acton-ma.gov](mailto:seniorcenter@acton-ma.gov) Website at [www.actoncoa.com](http://www.actoncoa.com)

**Directions** Follow the blue Town of Acton signs all the way down High Street to Powder Mill Road, turn right and then left to 30 Sudbury Road and take the THIRD entrance into the Town of Acton Human Services & Senior Center parking lot – you will see a large blue sign. (See map on the back page)

**Registration for NEW programs begins in person or by phone on Monday, March 2<sup>nd</sup>, at 1:00pm**

### Activities requiring sign-up

- ▶ Butterfly Photography
- ▶ Chess Lessons
- ▶ Day Trip
- ▶ Gym Orientation
- ▶ It's Never Too Late
- ▶ Memory Café
- ▶ Raking by ABRHS
- ▶ Reiki
- ▶ SHINE Appointments
- ▶ Smoke Alarms
- ▶ Town Government 101

### Meals

- ▶ Life Care Lunch
- ▶ Lions Club Lunch
- ▶ Monthly Breakfast
- ▶ Robbins Brook Lunch

### Call Nursing 978-929-6650:

- ▶ Podiatry
- ▶ Balance Programs

### TAX PREPARATION

Call 978-760-9146

### Duty–Honor–Country: America at War 1941-1945

with Gary Hylander

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

Wednesdays, April 1<sup>st</sup> through May 6<sup>th</sup>, 1:00-2:00

In this 75<sup>th</sup> anniversary year of the end of World War II, join Professor Gary Hylander for a six-part series on the most cataclysmic event of the 20<sup>th</sup> century. German U-Boat raids in the North Atlantic along with the Japanese air attack on the American Fleet at Pearl Harbor globalized the Second World War. Within days, both Germany and Italy declared war on the United States as well. Hitler was particularly dismissive of America's war making capabilities. "What is America," he sneered, but a country of "beauty queens, millionaires, stupid records and Hollywood." President Roosevelt, however, assured the American people that "we will gain the inevitable triumph so help us God." *Gary Hylander earned his Ph.D. at Boston College. He currently is an independent scholar who specializes as a Presidential Historian. He is a visiting professor at Framingham State University, on the staff at Boston University School of Education, and a pedagogical specialist for the National Endowment for the Humanities.*

### Kelley's Corner Update

Open to out-of-town seniors/free

Wednesday, March 4<sup>th</sup> 1:00-2:00

Join members of the Kelley's Corner Steering Committee, Derrick Chin and David Manalan, for an update on the plans to improve this busy area (the intersection of Massachusetts Avenue/Route 111 and Main Street/Route 27).

### Optician Hour at the Senior Center

Wednesday, March 25<sup>th</sup>, 9:30-10:30

Open to out-of-town seniors/free

Trish Finlay, ABOC-certified optician with LOOK Optical of Maynard, volunteers monthly hours at the Senior Center for minor repairs and adjustments. Missing a nose pad on your specs? Bring them in. Are your glasses sitting crooked on your face? Please let Trish adjust them for you!



### Director's Corner

Mary Morgan has been the Human Services Receptionist since shortly after we moved in 2017. She has done so much for the seniors during her time here and has been a pleasure to work with. Mary has a background in fitness and took over teaching chair exercise classes and overseeing the gym. Mary has made the difficult decision to move on. She will be leading a women's fitness program at the gym she attends in Nashua NH. Join us in wishing her well Monday, March 16<sup>th</sup> at 11:00 in the dining room. Her last day will be March 17<sup>th</sup>. Thank you Mary for all that you've done and best of luck! We will miss you.

**Sharon, COA Director**

**PROGRAM HIGHLIGHTS**



**☐▶ Basic Town Government 101**

*Fridays, March 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 11:00-12:00*

**Acton Seniors Only**

Marion Maxwell is leading an informal conversation group for seniors who want to know more about how Town Meeting and local government work. *Marion Maxwell has a BA in Psychology, 50 years of experience as an active Town Meeting participant, and has served on many Town Boards/Committees.*

**Real Estate Seminar: Financial Considerations When Buying or Selling**

*Wednesday, March 11<sup>th</sup>, 9:30-10:30*

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

Whether you are thinking of selling your home now or in ten years, there are ways to keep more money in your pocket yet balance what is needed throughout your retirement. Topics that will be covered: how to buy and sell at the same time, keeping your equity instead of giving it to Uncle Sam, and typical mistakes that can cost a fortune. *Heather Murphy is a top producing Realtor® with Keller Williams for 15 years and Acton resident for over 30 years. Robin Seidman, also an Acton resident, works with Morgan Stanley as a Financial Planning Specialist.*

**Neighbor Brigade**

**Open to Everyone**

*Wednesday, March 11 1:00-2:00*

Neighbor Brigade has a network of volunteers here in Acton that can be mobilized to help residents facing sudden crisis manage day-to-day tasks such as meal preparation, rides, and basic household chores quickly and free of charge. Come learn about the services we provide should you need them or if you would like to volunteer.

**Classical Music Series with Sivan Etedgee**

**Open to out of towners for \$5/lecture or \$20/series**

*Thursdays, March 12<sup>th</sup>, April 16<sup>th</sup>, May 14<sup>th</sup>, June 11<sup>th</sup>, 1:00-2:00*

Pianist and teacher Sivan Etedgee leads this series combining lecture, live performance and sound recordings.

**March 12:** French Classical Composers. An overview from Baroque to the Twentieth Century.

**April 16, May 14, June 11:** Happy Birthday Beethoven. 2020 is the 250th anniversary of Beethoven's birth, and in this series of three classes students will learn about Beethoven's life and will listen to and study a selection of Beethoven's masterpieces. *Sivan Etedgee appears frequently as a recitalist, chamber musician, and lecturer, giving many performances and presentations each year and is a faculty member at the Newton Music Academy.*

**Tosca Opera Class with Ben Sears**

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

*Tuesdays, March 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>, April 7<sup>th</sup>, 1:00-2:00*

Puccini's *Tosca* was called "a shabby little shocker" by one critic, but opera lovers disagree. Many of the greatest opera singers have performed the opera's three lead roles. This series offered by Ben Sears will look at the intricate plot and how Puccini's music elevates it from being that shabby little shocker. Videos of the opera will be shown, with a different *Tosca* performance for each act. The Metropolitan Opera's performance of *Tosca* will be streamed live in select theatres including the Solomon Pond Mall in Marlboro on Saturday, April 11<sup>th</sup> at 12:55. *Ben Sears is familiar to many for his opera series and as half of the Ben and Brad duo that has presented and performed on Broadway-related themes many times at the Senior Center.*

**☐▶ Macro Photography Workshop at Butterfly Place in Westford and Follow-Up Class at the Senior Center**

**Open to out-of-town seniors beginning March 9<sup>th</sup>**



*Tuesday, March 24<sup>th</sup>, 11:00-1:00, meet at the Butterfly Place, Westford*

*Thursday, March 26<sup>th</sup>, 2:00-3:00, at the Acton Senior Center*

Join professional wildlife photographer and teacher Steve McGrath in this Macro/Close Up Photography Workshop being held at the Butterfly Place and is suitable for all skill levels! At 11:00, Steve will give a brief presentation and go over camera settings, including compositions for this type of photography, manual focusing, and the best way to capture these beautiful butterflies! So bring a macro lens, close up filters or a good zoom lens. No tripod needed. Later in the week meet at the Senior Center to view and critique everyone's images! The Butterfly Place is located at 120 Tyngsboro Road, Westford. **Admission fee is \$11.**



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

## MassDEP Waste Reduction Goals and How to Get Closer to Zero Waste

Thursday, March 26<sup>th</sup>, 1:00-2:00

Open to out-of-town seniors/free



Julia Greene will give an overview of the issues with waste in Massachusetts, Massachusetts Department of Environmental Protection's new master plan and goals for reducing waste, and how towns can implement waste reduction strategies through grants and other economic incentives and what individuals can do to support these goals. *Julia Greene works for the Massachusetts Department of Environmental Protection as the Municipal Assistance Coordinator for Northeast District 3.*

### Java with John

Friday, March 27<sup>th</sup>, 10:00-11:00

Open to Acton Seniors

Come have a cup of coffee with the Town Manager, John Mangiaratti. He'll keep you up to date on what is going on around Town, answer your questions and listen to your feedback. He may even bring a guest with him.



### MOVIES

(Shown with closed captioning/subtitles when available)

Open to out-of-town seniors/free

**Friday, February 28<sup>th</sup>, 12:45-2:35 *After the Wedding*** (2019, PG-13) In this drama a manager of an orphanage in India travels to New York to meet a benefactor, not realizing she'll be forced to confront her past. Julianne Moore, Michelle Williams and Billy Crudup co-star.

**Friday, March 6<sup>th</sup>, 12:45-2:35 *Framing John DeLorean*** (2019, NR) Who was the real John DeLorean? To some, he was a renegade visionary who revolutionized the automobile industry. To others, he was the ultimate con man. This documentary re-enactment of the man behind the car traces his incredible success at General Motors, his obsessive quest to build a sports car that would conquer the world, and his shocking arrest for cocaine trafficking.

**Monday, March 9<sup>th</sup>, 1:00-2:45 *Sons and Lovers*** (1960) Based on the novel by D.H. Lawrence, film stars Dean Stockwell, Mary Ure, Wendy Hiller and Trevor Howard. Received seven Academy Award nominations (including for Director Jack Cardiff), with a win for cinematography. This film does not have subtitles/closed captioning.

**Friday, March 13<sup>th</sup>, 12:45-3:15 *Ford v. Ferrari*** (2019, PG-13) In this bio pic, American car designer Carroll Shelby and driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary race car for Ford in order to challenge Ferrari at the 24 Hours of Le Mans in 1966. Matt Damon and Christian Bale co-star. Nominated for four Oscars, including Best Picture.

**Friday, March 20<sup>th</sup>, 12:45-2:15 *Waking Ned Devine*** (1999, PG) When a lottery winner dies of shock, his fellow townsfolk in a small Irish village attempt to claim the money and the comedic hijinks ensue.

**Wednesday, March 25<sup>th</sup>, 1:00-2:45 *I Am Big Bird: The Carroll Spinney Story*** (NR, 2014) Biography film about the Acton native who was a puppeteer for Sesame Street, bringing Big Bird and Oscar the Grouch to life. Bring your memorabilia or stories about Carroll Spinney!



**Friday, March 27<sup>th</sup>, 12:45-2:35 *Beautiful Day in the Neighborhood*** (2019, PG) A timely story of kindness triumphing over cynicism, based on the friendship that forms between Fred Rogers and jaded journalist Tom Junod. Tom Hanks stars as Mr. Rogers in an Oscar-nominated performance.

**Friday, April 3<sup>rd</sup>, 12:45-2:55 *Knives Out*** (2019, PG-13 for violence and language) A detective investigates the death of a patriarch of an eccentric, combative family. Daniel Craig, Chris Evans, Jamie Lee Curtis, and Christopher Plummer star in this mystery that was filmed in Massachusetts.

### TAX PREPARATION

The AARP TaxAide program offers free income tax preparation for low and moderate income taxpayers by IRS-certified volunteers. *Appointments are available at the Acton Memorial Library, AARP is not offering them at the Senior center this year.* Call [978-760-9146](tel:978-760-9146) for an appointment or if you have questions about the TaxAide program eligibility requirements. No AARP membership is required. The service covers most Federal and Massachusetts tax returns, but those who rent out property, operate their own business, or have out-of-state returns are not eligible. The deadline for filing returns is April 15<sup>th</sup>.



**From the Assessors' Office**— The MA Circuit Breaker Income Tax Credit provides tax relief for seniors age 65+ with moderate and low to moderate-income. Applications are due at the Assessor's Office by the close of business on April 1<sup>st</sup>, 2020. For more information on eligibility requirements contact the Assessor's Office at

978-929-6621 or email [Assessor@actonma.gov](mailto:Assessor@actonma.gov)





## HUMAN SERVICES NEWS

The Senior Center and Human Services Building will be changing their hours of operation for a trial period of time from April 6<sup>th</sup> through September. Friday afternoon activities will be re-scheduled for other times. The Center will be open Monday, Wednesday and Thursday from 8-5, Tuesday from 8-7:30 and Friday 8-12. If you have any questions please contact Sharon.

### DAY TRIP

#### **☐▶ Lunch and Live Show at Danversport Yacht Club with Loretta LaRoche and the W.N.D.Y. Jazz Quartet**

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

*Tuesday, April 21<sup>st</sup>, leaving from Senior Center overflow parking lot at 10:30 a.m.*



Enjoy a spring day of music, mirth and mayhem on the beautiful waterfront! First off will be lunch at the scenic Danversport Yacht Club, which includes cheese and crackers, choice of boneless breast of chicken with stuffing and supreme sauce or baked scrod topped with buttered bread crumbs, garden salad, rolls, coffee/tea with chocolate mousse for dessert. Then it's show time right at DYC! This unique show involves stand-up comedy, four fabulous jazz musicians and a sassy, fun-loving vocalist. It features Loretta LaRoche, a well-known

star of PBS, author and motivational speaker. All of these talented individuals are elder cool! Brought to you by Royal Tours. Please indicate your entrée choice when you register. There is minimal walking on this trip and the yacht club is handicapped accessible.



**Depart: 10:30 a.m. from Senior Center overflow parking lot;** approximate return time is 4:00 pm.

**Cost: \$89, due March 30<sup>th</sup>,** includes coach bus transportation (with restroom), lunch, show and gratuities.

#### **Council on Aging Trip Policies**

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check. Trips are open to seniors from outside Acton.
2. Payment is due as specified in each trip description. Unless the trip description states otherwise, refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you find someone to go in your place.
3. Unless otherwise specified in the trip description, make checks out to: "Friends of the Acton COA." Drop payment off at the Senior Center or mail to: Acton COA, 30 Sudbury Road, Rear, Acton, MA 01720. Make a separate check for each trip. Checks are typically cashed after the trip.
4. The bus leaves from the Senior Center overflow parking lot (second entrance into the 30 Sudbury Rd. complex). You may park there or in the main lot close to Sudbury Rd.
5. The Friends of the Acton Council on Aging offer partial trip scholarships for those in need. Call COA Director Sharon Mercurio at 978-929-6652 for more information.
6. Always bring your FILE OF LIFE card with you on trips. Extra copies are available at the Senior Center. Please make sure all sections of the card are complete and up-to-date.
7. Trip attendees must attend each segment of a day trip and may not stay behind on the bus.
8. If you are not self-sufficient or have special needs, you must travel with a companion who can provide assistance for you. Call the COA for details if you are uncertain of the demands of a trip.
9. If a senior has a medical emergency on a trip, the trip leader will procure medical assistance as needed but cannot accompany someone to the hospital.
10. Sometimes due to weather or other unforeseen circumstances, a portion of the day trip itinerary may be canceled. In that case we will try to provide a substitute activity. Whether a boat ride is a "go" in inclement weather is decided by the boat company.

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

**REGISTRATION BEGINS.....MONDAY, March 2<sup>nd</sup>, at 1:00pm**

**ABRHS SENIOR COMMUNITY SERVICE DAY – Spring Yard Raking**

*Friday, May 1<sup>st</sup>, 9:45-12:45*



☐▶ Sign up for to the ‘lottery’ to have your yard raked by the Acton Boxborough Class of 2020 Community Service Day by March 30th. You will need to be at home for the scheduled time, and provide bags if required. When you call we will need the size of your yard so the correct number of students can be assigned.

**ARTS & CRAFTS**

**ArtMatters Series: Homer, Art Keeps Us Human, Ancient Civilizations**

*Thursdays, April 2<sup>nd</sup>, 9<sup>th</sup>, 23<sup>rd</sup>, 1:00-2:00*

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

The wonderful staff from ArtMatters is returning to present a new series this spring. During this lively, engaging program you will learn about various art forms and artists and view an array of large museum-quality prints. The art will cover an entire wall by the end of each presentation!

**April 2: Winslow Homer.** Homer got his start by illustrating scenes from the Civil War for *Harper’s Magazine*. He documented post war, rural Americana and later dramatically explored man’s relationship to nature. He was one of the greatest watercolor painters, was profoundly influential and became one of America’s most beloved painters.



See the April newsletter for details on April 9<sup>th</sup> *Art Keeps Us Human* and April 23<sup>rd</sup> *Ancient Civilizations*.

**Morning Open Activity Time**

*Weekday mornings, 9:00-11:30*

*See page 6 for details*

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

**No activity time March 27<sup>th</sup>**

**Needle Arts Group**

*Wednesdays, 12:30-2:30*

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

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

**Art Exhibit**

The art of Rongrong Wu, Ying Wang, and Mei Yong will continue to be on display through March.

**SPECIAL INTEREST GROUPS**

**Computer Club**

*Wednesdays, March 11<sup>th</sup> and 25<sup>th</sup>, 1:30-3:00*

All seniors are welcome to come and participate. Bring your computer and hardware questions, problems and related issues. If possible bring the problem hardware to the meeting. 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.

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

**Genealogy Group**

*Friday, March 13<sup>th</sup>, 1:00-2:30*

Whether you are new to genealogy or have been researching for years, come discuss your research, seek some advice or simply share your passion for family history with like-minded people in this facilitated group.

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

**Book Discussion Group**

*Monday, March 16<sup>th</sup>, 1:00-2:00*

The book this month is *The Ninth Hour* by Alice McDermott who is a National Book Award-winner and Pulitzer Prize Finalist. *The Ninth Hour* is the critically-acclaimed haunting and vivid portrait of an Irish Catholic clan in early 20<sup>th</sup> century America. Copies of the book are on reserve at the Acton Memorial Library (978-929-6655) and the Citizen’s Library may have copies (978-929-6654). Newcomers welcome.

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

**LitLovers Study Group with Chris Chirokas**

*Monday, March 23<sup>rd</sup>, 1:00-2:15*

This monthly group centers on *The English Novel*, the Great Courses series featuring a 30-minute lecture on DVD by Prof. Timothy Spurgin, Ph.D. The lecture topic this month is *Lawrence and the “Bright Book of Life.”*

Suggested reading: *Sons and Lovers* by D.H. Lawrence. See page 3 for information on viewing of the film *Sons and Lovers*. Copies of the book are on reserve at the Acton Memorial Library (978-929-6655).

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

**GAMES**

**Morning Open Activity Time**

*Weekday mornings, 9:00-11:30*

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 or borrow an iPad from reception. Ask your friends to meet here or make new ones!

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

**No activity time March 27<sup>th</sup>**



**Chess Club**

*Thursdays, 1:30-4:15*

Ken LeBow oversees a Chess Club for players with some experience to get together for games at the Senior Center. You only need to know the basics to play.

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

**☐▶ Beginner Chess Class**

*New Session: Thursdays, March 19<sup>th</sup> through May 28<sup>th</sup>, 10:30-12:00*

*No class on April 30<sup>th</sup>*

**\*\*\*Current Session Ends Thursday, March 12<sup>th</sup>\*\*\***

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

Acton resident Ken LeBow is teaching a 10-week chess class for beginners. Class started last month, but new students are welcome. It Learn how the pieces move, what are check and checkmate and some basic strategies, including the 10 golden rules of chess. Chess sets and boards supplied by the COA. Chess is a great way to exercise your brain—studies show playing can improve memory, boost concentration skills and increase creativity. *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 for five years.*

**☐▶ Intermediate Chess Class**

*Thursdays, March 19<sup>th</sup> through May 28<sup>th</sup>, 12:00-1:30*

*No class on April 30<sup>th</sup>*

**\*\*\*Current Session Ends Thursday, March 12<sup>th</sup>\*\*\***

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

Ken LeBow is offering a 10-week course for players who already know how the pieces move and the concepts of check and checkmate. You will play games and get feedback. Chess sets and boards are supplied by the COA.

**Drop-In Bridge**

*Wednesdays, 2:30-4:30*

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

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

**Mah Jongg Time**

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

*Fridays, 1:00-4:00 open play for all skill levels*

The Friday 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 out-of-town seniors/free**

**THANK YOU** to...India to Spoon for preparing lunch

to ...Conant Elementary students for the Valentines and Ms. Gulliver and Ms. Mosher classes for the cookies

**The Acton Fire Department** has a limited supply of battery operated combination smoke and carbon monoxide detectors available. Any senior who currently has a house built before 1975 with battery operated detectors is eligible. Priority will be given to those who have detectors that are non-existent, not working, or older than ten years old. Installation appointments will be scheduled on the first Saturday of each month *while supplies last*. Upcoming dates are 3/7 & 4/4. The first ten seniors who contact the Acton COA will be put on a list and called by the Acton Fire Department in the order received. Those who don't receive a call in the current month will go the following month's list.



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

**MIND, BODY & SPIRIT**

**(see also Health Clinics, Exercise and Gym News)**

**Whole Body Vibration for Seniors Workshop**

**Tuesday, March 10<sup>th</sup>, 1:00-2:00**

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

Join author Becky Chambers who will speak about her new book, *Whole Body Vibration for Seniors*, and the new vibration exercise and therapeutic system. Attendees will learn how vibration exercise can improve strength, energy, mobility, bone density, weight loss, sleep, mood, memory, balance, lower pain and inflammation levels, and more. *Becky Chambers is a natural health practitioner, teacher, author, and owner of Vibrant Health. She specializes in whole body vibration and homeopathy.*

**▣► It's Never Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond**

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

**Wednesdays, March 11<sup>th</sup> and April 1<sup>st</sup> through June 17<sup>th</sup>, 10:30-12:00**

This 13-week program is for those who are transitioning into their “next act,” leaving one life behind, and heading into one yet to be created. For some this may mean retiring from the formal work world; for others it may mean adjusting to a new life circumstance. For others, it may simply mean a desire to rejuvenate the creative spirit. This program is meant to remove blocks that might be keeping you stuck. This class is based on Julia Cameron’s workbook, *It’s Never Too Late To Begin Again*. You will be doing the work in the book and meeting weekly to talk about your experiences. It is important to bring the book with you to the first class. It can be purchased on Amazon and other online booksellers for about \$13. *Joan Rubin-Deutsch is an MSW and the author of “Why Can’t I Ever Be Good Enough?” This workshop is funded by a grant from the state’s Community Health Network Area 15 (CHNA15).*

**Laugh For Your Health**

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

**Thursday, March 12<sup>th</sup>, 11:00-12:00**

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.*



**Jumpstart Your Meditation**

**Acton Seniors Only**

**Thursday, March 12<sup>th</sup>, 2:30-3:15**

Whether this is your first time meditating or you have a regular practice, join Liz Paley for some helpful tips on mindfulness and for group practice. Mindfulness is the awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. No experience necessary...just bring your breath and curiosity! Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life. *Liz, our former Health and Wellness Coordinator, holds an MA in psychology, and completed the UMass Mindfulness Based Stress Reduction program.*

**▣► Reiki Appointments with Ann Marie Durlacher**

**Acton Seniors Only**

**Friday, March 13<sup>th</sup>, 9:00-10:20 (sign up for a 15 minute appt.)**

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. Reiki is funded through a grant from the Executive Office of Elder Affairs; a \$5 donation is recommended. *Ann Marie is a certified Usui Shiki practitioner and has been practicing Reiki in Carlisle and Boston for the past ten years.*

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

**Aging in Place Wellness Presentation**

*Wednesday, March 18<sup>th</sup>, 1:00-1:45*

**Open to all/free**

Staff from Home of Mine will offer tips on how to age in place safely, including possible home modifications, monitoring visits, and keeping a strong, healthy body. Attendees will also learn some simple exercises to increase balance and strength and decrease risk of falling. *Home of Mine, LLC, is a team of Physical and Occupational Therapists committed to making it possible for seniors to live in their own homes. They are Certified Aging in Place Specialists, Home Safety Modification Specialists, and Wellness Service Providers.*

**Line Dancing with Kari McHugh**

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

*Wednesdays through April 1<sup>st</sup>, 3:00-4:00*

See for yourself why so many love this fabulous activity! As each dance uses foot patterns only, beginner dances can be learned within minutes. Footwear that provides slide in the toe base is best for dancing. Dance shoes or flat-bottomed-leather-like soles will work, but the instructor suggests dance sneakers or simply your most supportive, cushioned, comfy sneakers with a pair of DanceSocks atop. DanceSocks are available to purchase at a savings through the instructor for \$6/pair. Please bring your shoes to change into to keep the floor clean and safe. Drop by for the fun and enormous health benefits! A \$1.00 donation per class for Acton seniors is requested, per Executive Office of Elder Affairs grant guidelines. The fee for out-of-town seniors is \$20 for the full session.

**HEALTH CLINICS & CLASSES with Acton Nursing Services**

*Registration for Acton Nursing services programs is also March 2<sup>nd</sup>, at 1:00pm*

**☐▶ Maintenance Balance Training** *Sponsored by the Friends of the ANS*

**Acton Seniors Only**

*Mondays, March 9<sup>th</sup> and 23<sup>rd</sup>, 10:00–11:00*

**Call 978-929-6650 to sign up**

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

**☐▶ Podiatry Clinic**

*March 6<sup>th</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 31<sup>st</sup>, 9:30-1:00*

**Call 978-929-6650 for an appointment**

The fee is \$40 with a \$20 fine for not attending if appointment is not cancelled at least 24 hours ahead of time.

**Blood Pressure & Wellness Clinic**

*Tuesdays, March 10<sup>th</sup> & 24<sup>th</sup>, 9:00-11:00*

**No appointment necessary**

A registered nurse from Acton Nursing Services will check blood pressure, pulse, weight, and discuss medication, nutritional or health related questions.

**Nursing Talk**

*Tuesday, March 24<sup>th</sup>, 11:00*

Join Linda Cullen from Acton Nursing Services for “Signs, Symptoms and Treatment for a stroke”.

**GYM INFORMATION**

**GYM OPENING HOURS**

*Monday–Friday, 9:00-12:00; Thursdays, 9:00-3:00*

**☐▶ Gym Equipment Orientation**

**Acton Seniors Only**

*Tuesday, March 3<sup>rd</sup>, 12:00-12:45*

*Mondays, March 9<sup>th</sup> & 16<sup>th</sup>, 1:15-2:00*

**Registration Open Now**

Sign up for a 45-minute training on safe and proper use of the equipment so you can take advantage of this outstanding COA benefit. Trainings are limited to 4 people per time slot.

**☐▶ Gym Monitor Training, March 10<sup>th</sup>, 12:00-12:45**

**Registration Open Now**

The gym has to be monitored when in use. The more volunteer monitors we have the more hours we can open. Commitment would be one hour per week.



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

## EXERCISE

Exercise classes are on a drop-in basis. No registration required! Because of demand, classes are open only to Acton seniors (age 60+). If new to a class, read the description to judge whether it will be a good match for your fitness level. 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 & bring water in a non-breakable container.

### **Active Aging with Terri Zaborowski**

***Mondays, through March 30<sup>th</sup>, 8:30-9:30***

***Tuesdays, through March 31<sup>st</sup>, 9:45-10:45***

***Thursday through April 2<sup>nd</sup>, 9:45-10:45***

***No Class March 12<sup>th</sup>***



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. The entire class is done seated or standing. *Terri Zaborowski has been teaching fitness classes for the Council on Aging for 16 years. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*



### **Gentle Chair Exercises with Mary Morgan**

***Mondays, through March 16<sup>th</sup>, 10:30-11:00***

***Thursdays, through March 12<sup>th</sup>, 11:30-12:00***

This low-impact program is best suited for people getting little or no physical activity. All of the exercises are based on the *Matter of Balance* program and aim to increase strength, balance and coordination. Small hand weights and exercise balls are used and are provided by the Center. Some of the balance exercises are done standing but can be modified for those wishing to stay seated. *Stayed tuned: we are searching for a replacement instructor for this class.*

### **Senior Fitness with Terri Zaborowski**

***Tuesdays, through March 31<sup>st</sup>, 8:30-9:30***

***Wednesdays, through April 1<sup>st</sup>, 8:30-9:30***

***Thursdays, through April 2<sup>nd</sup>, 8:30-9:30***

***Fridays, through April 3<sup>rd</sup>, 8:30-9:30***

***No classes March 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup>***

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.

### **Stretch and Flex with Terri Zaborowski**

***Tuesdays, through March 31<sup>st</sup>, 3:00-4:00***

***Thursdays, through April 2<sup>nd</sup>, 3:00-4:00***

***No classes March 10<sup>th</sup> & 12<sup>th</sup>***

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.

### **A farewell message from Mary,**

**“How lucky I am to have something that makes saying goodbye so hard”**

**It has been such a pleasure working here at the Human Services Center/COA. I will always be thankful for everything I have learned from my knowledgeable and giving co-workers, as well as getting to know all of you seniors. I have enjoyed the daily interactions in which you showed your knowledge, humor and kind hearts. I will truly miss that. I wish you all the best. Continue to stay active!!**

Don't cry because  
it's over.  
**SMILE**  
because it happened!  
- Dr. Seuss

## **Tai Chi with Linda Sango**

***Tuesdays, through March 31<sup>st</sup>, 11:00-12:00***



This Tai Chi class is open to all levels of participants. Formless Dragon style Tai Chi is 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 Sango, a retired health and physical education teacher, has been studying Tai Chi and Qi Gong under Jeff Cote' for 18 years and has been teaching classes to seniors for 10 years. Linda also practices Asian Bodywork Therapy in the discipline of Tuina.*

## **Yoga Class and Healthy Joint Class with Patsy Brightman**

***Wednesdays, Feb. 19<sup>th</sup> through April 1<sup>st</sup>, 10:45-12:00***

***The last Wednesday 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 for joint class). On the last Wednesday of each month a Healthy Joint Class will be 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. A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*



## **Senior Taoist Tai Chi with Sue Chase and other Taoist Tai Chi Society Instructors**

***Thursdays, through April 2<sup>nd</sup>, 11:00-12:00***

New students are welcome and will learn moves as they are covered and refined in each session until the set of 108 moves (many repeated) has been taught. This form of Tai Chi was first introduced to North America 49 years ago by Taoist monk Master Moy and has spread to 28 different countries. It is known to build strength, improve balance and flexibility. Wear loose comfortable clothing and footwear with a fairly smooth tread. *Sue Chase is a trained Taoist Tai Chi instructor. She has been practicing Taoist Tai Chi for nine years, studying in several different countries and attending workshops with instructors and practitioners from all over the world.*



## **NouVon Fitness with Yvonne Benelli**

***Fridays, through April 3<sup>rd</sup>, 10:00-11:00 No class March 20<sup>th</sup>***

This class is truly an enjoyable total workout designed by Yvonne Benelli to be suitable for all fitness levels, focusing on the specific needs of seniors, including balance, stability, core strengthening, posture, muscular strength, some cardio/dance, stretching and relaxation. Strengthen, stretch, balance and benefit your muscles, joints, heart and lungs, as well as your mood and general well-being. Done standing and sitting, modify to suit your own needs. Class begins with a gentle warm-up. Hand weights and balls (optional and supplied by Center) are used for resistance strength training. Class ends with a soothing cool down phase of stretch and relaxation.

Reduce stress and clear your mind! You will leave class feeling re-energized, rejuvenated and relaxed...ready for your day! A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines. *Yvonne Benelli holds an MS in Clinical Exercise Physiology, a BS in Physical Education, and taught American Red Cross CPR/First Aid for 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).*



**IT Support from AB High Schooler Ritvik Pulya available on March 12<sup>th</sup> and 19<sup>th</sup>, 3:00-4:00pm. Drop in for help with your phone or ipad. Ritvik is happy to help.**

**DINING OPPORTUNITIES at the Senior Center**

**☐▶ Lunch by Life Care Center of Acton** **Open to out-of-town seniors**  
*Wednesday, March 11<sup>th</sup>, 12:00*

Life Care Center of Acton will be serving roast pork, gravy, cinnamon apples, mashed potato & peas with apple blossom for dessert. A \$3.00 donation is requested.

**☐▶ Acton Lions Club Annual St. Patrick's Day Luncheon** **Acton & Boxborough Seniors only**   
*Sunday, March 15<sup>th</sup>, 1:00-2:30*

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. Lunch is followed by entertainment, usually Irish step dancers. Please sign up by March 9<sup>th</sup>. Thank you to the Lions Club members for providing great food, camaraderie and entertainment to our seniors again this year!

**☐▶ Lunch by Benchmark Senior Living/Robbins Brook** **Open to out-of-town seniors**  
*Tuesday, March 17<sup>th</sup>, 12:00*

Enjoy chicken pot pie, vegetables, salad and brownies. This meal is subsidized in part by Minuteman Senior Services. Cost is \$3.00.

**☐▶ Monthly Breakfast by Veterans Services Officer James MacRae** **Acton Seniors Only**  
*Friday, March 27<sup>th</sup>, 9:15*

Join us for a fabulous breakfast! Typically French toast, eggs, fruit, bacon and sausages are served. Cost is \$3.00.

-----  
*Please sign up with Joy in the Dining Room (781-221-7085) for the following meals:*

**☐▶ Minuteman Lunches** are served M-F at 12:00. Voluntary donation is \$2. Call 781-221-7085 by 9:00am the day before. *Minutemen Senior Services meals are open to all residents who live in Minuteman communities.*

*To register for Meals on Wheels call Information & Referrals at Minuteman Services on 781-221-7064.*



**☐▶ Birthday Lunch, Thursday, March 12<sup>th</sup>, 12:00;** free to those celebrating a birthday this month.

We are looking for Minuteman Senior Services Meals on Wheels volunteers to join in helping us deliver meals once a week, or as a substitute driver when needed! Also we are looking for volunteers to join the kitchen/dining team for 2-3 hours one day per week, please contact Joy in the dining room or call at 781-221-7085! Thank you!



**SUPPORT GROUPS & SERVICES**

**Widows and Widowers 101 at the Acton Senior Center**

*Wednesday, March 4<sup>th</sup>, 10:00-11:00*

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

It does not matter when you lost your spouse, we all have encountered similar circumstances when a loved one dies. This self-led group allows us to discuss our experiences and share solutions. We share a few laughs and realize that we are not alone.

**☐▶ Memory Café at the Acton Senior Center** **Open to all/free**  
*Friday, March 13<sup>th</sup>, 11:30-1:00* **RSVP now at 978-929-6652, as space is limited**

A Memory Café is a special time set aside for individuals with memory impairment and their care partners/caregivers. Join us, enjoy lunch and meet new friends, in a supportive, social, stigma-free atmosphere. This event is sponsored by Right at Home, Concord Park, and River Court Residences.

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

*Tuesday, March 17<sup>th</sup>, 11:00-12:00*

**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.

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



## Care Giver Support for Families & Friends of Loved Ones with Dementia

1<sup>st</sup> Wednesday of month 10:30-12noon River Court Residences, 8 West Main St, Groton, 978-448-4122

**Emerson Hospital** offers support groups for a variety of needs. Contact directly on 978-369-1400.

### Alzheimer's Services

- Alzheimer's Association Helpline 1-800-272-3900. Available for calls 7 days a week, 24 hours a day.
- Alzheimer's Association, [www.alz.org/carefinder](http://www.alz.org/carefinder) for recommendations and questions to ask care providers.
- Cooperative Elder Services, Inc. 978-318-0046. Provides adult day health and Alzheimer's day programs.

**Handy Helper Program** helps Acton seniors with small repairs and simple household jobs. Volunteers glue chair legs, replace light bulbs, flip mattresses, help with computer/DVD issues and more. This is not an emergency service. Call the COA at 978-929-6652 to make a request, or if you would like to volunteer as a 'handy helper.'

### Transportation – Shopping Trips will resume in the Spring

See page 16 for details of a program offering an overview to utilizing the Town of Acton Transportation



On-demand van rides are available Monday-Friday, 8:30am-4:00pm. Rides are scheduled weekdays only by calling 978-844-6809. Rides are \$1 in-town and \$1.50 out-of-town. Rides are available in Acton, Concord and Maynard as well as parts of Littleton, Westford and Boxborough. Rides are free to seniors going to the Senior Center. There is also a Cross-Acton Transit van which is an hourly fixed-route bus service which runs from 8:00am - 6:00pm Monday through

Friday. To see the schedule and for more transportation information, visit: [www.minutevan.net](http://www.minutevan.net). If you have any questions, please contact Austin Cyganiewicz, Director of Intergovernmental Affairs at 978-929-6513 or email [ctc@actonma.gov](mailto:ctc@actonma.gov).

If you need a ride not covered by Minutevan transportation, please call Bev at 978-929-6652 for your available options. We encourage using the van for rides in Acton, Maynard or Concord, 8.00am - 4:00pm Monday through Friday. It is recommended that you make arrangements ahead of time.

**MART Van Service to Boston** - Weekday pick-ups at the Littleton Train Station for rides to Emerson Hospital/Bedford VA/Alewife T-Station/Metro-Boston Hospitals/West Roxbury VA. Call 1-800-922-5636 (press opt. 3).

**Road to Recovery** –Free transportation by volunteers for cancer patients. Call 1-800-227-2345.

### ☐▶ **SHINE (Serving the Health Insurance Needs of Everyone) at the Senior Center**

*You can learn all about Medicare by visiting [www.medicare.gov](http://www.medicare.gov)*

A counselor is available for health care information throughout the year. Call 978-929-6652 for an appointment.

### Food Assistance

**Acton Food Pantry - 978-635-9295**, 235 Summer Road, Boxborough. Wednesdays, 10:00am-7:00pm and Thursdays, 9:30-11:30am. Closed the week of the 4<sup>th</sup> Wednesday of each month. On your first visit bring a photo ID, utility bill or rental lease that contains your name and address as proof of residency.

**Mount Calvary Community Supper**, 472 Massachusetts Ave, Wednesdays, 4:45-6:00 pm – 978 263-5156.

**SNAP – Supplemental Nutrition Assistance Program** call Bev for information.

**Open Table, Maynard** - All seniors (age 55 and older) are welcome to join us for lunch on Tuesdays at our 33 Main Street location in Maynard! Lunch is available 12:30 to 2:00 pm. Seniors with pantry appointments can enjoy lunch before or after shopping. Our pantry is stocked with non-perishable groceries, fresh fruits and vegetables, dairy products and other staples. Contact 978-243-0984.



**Fuel Assistance** - The Low Income Home Energy Assistance Program (LIHEAP) helps eligible households pay a portion of winter heating bills. Homeowners and renters include households whose cost of heat is included in the rent. Eligibility is based on gross annual income of household members 18 and older and family size. For more information contact Bev on 978-929-6652.

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

**Senior Citizen Water Bill Discount Policy** - The Water Supply District of Acton offers a Senior Citizen Water Bill Discount that entitles seniors having low-to-moderate incomes to a reduction in their water bills. This discount is available to water users aged 65 and over who own their residence and have an individually metered water service. More information about this program is available from the Town Assessor's Office at 978-929-6621 or from the Water District at 978-263-9107.

**Minuteman Senior Services**, our State Home Care, provides a variety of services including:  
**Care Management** - In home assessment and support activities of daily living.  
Minuteman Senior Services can be reached at 1-888-222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org).

**Durable Medical Equipment for Loan** – Acton Nursing Service has a variety of items to loan.  
Call Denise weekdays, 8:00am-5:00pm at 978-929-6650. (Also if you have equipment you would like to donate).

**Bev Hutchings, Senior Services Coordinator at the COA, is available to help you find resources in the community. Call 978-929-6652 to speak to her or to set up an appointment.**

### **AROUND TOWN...AND BEYOND**



**Celebrating the life of Caroll Spinney (aka Big Bird):** The Town of Acton and its citizens will be honoring the memory of Caroll Spinney, Acton native and 1951 graduate of Acton High School. Caroll gave life and voice to *Sesame Street's* Big Bird and Oscar the Grouch. Do you have any memories, mementos or photos of Caroll Spinney in and around Acton? Please deliver or email your items to the West Acton Citizens' Library (21 Windsor Avenue), [WACL@actonma.gov](mailto:WACL@actonma.gov) with the subject "Caroll Spinney - Big Bird Tribute." View project updates at [www.ActonCitizensLibrary.org](http://www.ActonCitizensLibrary.org). See page 3 for information on viewing the film *I Am Big Bird*.



**Open Door Theater's *Through the Woods***, the Acton Commission on Disabilities and the Acton Transportation Services have arranged for transportation to attend a matinee performance on **Sunday, March 29th** in the **Dragonfly Theater at the RJ Grey Junior High School** (16 Charter Road, Acton). The Commission and Town officials recognize the award-winning performances, and further their commitment to accessibility. For more information on their accessibility efforts, visit their website (<https://www.opendoortheater.org/accessibility/>). To inquire about transportation, please contact CrossTown Connect Dispatch during normal business hours by calling (978) 844-6809, and mention this performance.

**Sounds of Stow Chorus & Orchestra:** Dvořák *Stabat Mater* on March 8<sup>th</sup>, 2:00, at the Hale School in Stow. Tickets are available online, at the door, and at Emma's Cafe in Stow. [www.soundsofstow.org](http://www.soundsofstow.org) or 978-707-9887.

**Lunch & Live Music at St. John, Sudbury, Tuesday, March 10<sup>th</sup>, 12:00-2:00.** 978-443-8350 by March 3<sup>rd</sup>.

**Indian Hill Music Free Bach Lunchtime Concerts:** *Continuing Thursday, March 12<sup>th</sup>, 11:00 and 1:30* visit [www.indianhillmusic.org](http://www.indianhillmusic.org) or call 978-486-9524.

**Acton Memorial Library, Saturday, March 14<sup>th</sup>, 2:30-4:30,** Tina Cassidy speaking about her writing on women and culture, especially women's suffrage and equality from the time of Woodrow Wilson.

**Community Collaborators Series, Thursday March 19<sup>th</sup>, 7:00-9:00pm,** Silver Unicorn Bookstore, Spruce St, W. Acton. Michael Levin of Bonsai West for a chat, demonstration and Q & A. Meet the leaders and creators from our community in a new collaborative series.

**Volunteers Sought** – Do you want to get involved in making Acton a better place to live? There are many boards and committees in town run by volunteers, and many of them are in need of new members. This is your chance to make a difference! There are both Ad Hoc and Ongoing Committee slots available. Examples include the Volunteer Coordinating Committee, the Planning Board, the Historic District Commission, and the Recreation Commission. There is sure to be a board that can use your knowledge and skills. To learn more, visit the Volunteer Coordinating Committee page on the Town website: <http://www.acton-ma.gov/111/Volunteer-Coordinating-Committee>. Applications may be filed online from the town's website at <http://www.acton-ma.gov/formcenter/town-managers-office-5/volunteer-application-43>.

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p><b>2</b> 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Chair Exercise 11:30 Balance Matters with ANS wk 5 ☐ 1:00 Mah Jongg</p> <p>1:00 REGISTRATION OPENS</p>	<p><b>3</b> 8:30 Senior Fitness 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 9:00-11:00 Drawing for All ☐ 9:45 Active Aging 11:00 Tai Chi 12:00 Gym Orientation 3:00 Stretch &amp; Flex</p>	<p><b>4</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Widow &amp; Widowers Group 10:45 Yoga 12:30 Needle Arts 1:00 Kelley's Corner Update 2:30 Drop-in Bridge 3:00 Line Dancing</p>	<p><b>5</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 9:45 Active Aging 10:30/12:00 Chess Classes☐ 11:00 Tai Chi 11:30 Chair Exercise 1:30 Chess Club 3:00 Stretch &amp; Flex</p>	<p><b>6</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 11:00 Town Gov't 101 ☐ 12:45 Movie: DeLorean* 1:00 Mah Jongg</p>
<p><b>9</b> 8:30 Active Aging 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:00 Maintenance Balance Training with ANS ☐ 10:30 Chair Exercise 11:30 Balance Matters with ANS wk 6☐ 12:45 COA Friends Meeting 1:00 Mah Jongg 1-2:45 Movie: Sons &amp; Lovers 1:15 Gym Orientation</p>	<p><b>10</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00 Wellness Clinic/BP 9:45 Active Aging 10:00 COA Board Meeting 11:00 Tai Chi 12:00 Gym Monitor Training 1:00 Vibration/Exercise talk</p>	<p><b>11</b> 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:30 Buying/selling real estate 10:30 Never Too Late☐ 10:45 Yoga 12:00 Life Care Lunch ☐ 12:30 Needle Arts 1:00 Neighbor Brigade Talk 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing</p>	<p><b>12</b> 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 10:30/12:00 Chess Classes End☐ 11:00 Laugh for Your Health 11:00 Tai Chi 11:30 Chair Exercise 12:00 Birthday Lunch ☐ 1:00 Classical Music Series 1:30 Chess Club 2:00 Meditation 3:00 – 4:00 IT support</p>	<p><b>13</b> 9:00 Reiki ☐ 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 11:00 Town Gov't 101 ☐ 11:30 Memory Café ☐ 12:45 Movie: Ford v. Ferrari* 1:00 Genealogy 1:00 Mah Jongg</p>
<p><b>Sunday 15</b> 1:00-2:30 St Patrick's Day Lunch ☐</p> <p><b>16</b> 8:30 Active Aging 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:30 Chair Exercise 11:00 Farewell to Mary Morgan 1:00 Book Discussion Group 1:00 Mah Jongg 1:15 Gym Orientation</p>	<p><b>17</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 11:00 Raising Grandchildren 11:00 Transportation 101 12:00 Robbins Brook Lunch ☐ 1:00 Opera Class 3:00 Stretch &amp; Flex</p>	<p><b>18</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:45 Yoga 12:30 Needle Arts 1:00 Aging in Place 2:30 Drop-in Bridge 3:00 Line Dancing</p>	<p><b>19</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 9:45 Active Aging 10:30/12:00 Chess Classes Begin ☐ 11:00 Tai Chi 1:00-2:30 MBTA CharlieCards 1:30 Chess Club 3:00 Stretch &amp; Flex 3:00-4:00 IT support</p>	<p><b>20</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 11:00 Town Gov't 101 ☐ 12:45 Movie: Waking Ned Devine* 1:00 Mah Jongg</p> <p>NO NOUVON FITNESS</p>
<p><b>23</b> 8:30 Active Aging 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 10:00 Maintenance Balance Training with ANS ☐ 1:00 Lit Lovers Group 1:00 Mah Jongg</p>	<p><b>24</b> 8:30 Senior Fitness 9:00 -11:30 Open Activity Time 9:00-12:00 Gym Open 9:00 -11:00 Wellness Clinic/BP 9:45 Active Aging 11:00 Tai Chi 11:00 Photography at Butterfly Place☐ 11:00 Nursing Talk 1:00 Opera Class 3:00 Stretch &amp; Flex</p>	<p><b>25</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:30-10:30 Optician Hour 10:45 Yoga 12:30 Needle Arts 1:00-2:45 Movie &amp; Conversation: I Am Big Bird 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing</p>	<p><b>26</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 9:45 Active Aging 10:30/12:00 Chess Classes ☐ 11:00 Tai Chi 1:00 Waste Reduction Talk 1:30 Chess Club 2:00 Photography Workshop ☐ 3:00 Stretch &amp; Flex</p>	<p><b>27</b> 8:30 Senior Fitness 9:15 Breakfast☐ 9:00-12:00 Gym Open 10:00-11:00 Java with John 10:00 NouVon Fitness 12:45 Movie: Beautiful Day in the Neighborhood* 1:00 Mah Jongg</p>

Mon	Tue	Wed	Thu	Fri
<b>30</b> 8:30 Active Aging 9:00-12:00 Gym Open 9:00-11:30 Open Activity Time 1:00 Mah Jongg	<b>31</b> 8:30 Senior Fitness 9:00 -11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 1:00 Opera Class 3:00 Stretch & Flex	<b>1 April</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Widows & Widowers 10:30 Never Too Late ☐ 10:45 Yoga 12:30 Needle Arts 1:00 Gary Hylander - WWII 2:30 Drop-in Bridge 3:00 Line Dancing	<b>2</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-3:00 Gym Open 9:45 Active Aging 10:30/12:00 Chess Classes ☐ 11:00 Tai Chi 1:00 Art Matters: Homer 1:30 Chess Club 3:00 Stretch & Flex	<b>3</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 12:45-2:55 Movie: Knives Out* 1:00 Mah Jongg

*\*Movies listed correct at time of going to press but may be subject to change, you can call 978-929-6652 to check.*

*\*\* Programs and Classes are correct at time of going to press; circumstances beyond our control may result in cancellation or postponement, you are welcome to check with us before heading over, 978-929-6652. You can also join our email notification list by emailing [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) We also aim to post any changes on our website [www.actoncoa.com](http://www.actoncoa.com).*

Contact us for information or to receive this newsletter by email, or be taken off the mailing list.

*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.*

*Please note that the programs and clinics provided by the Acton Nursing Services such as the Balance Matters and podiatry require pre-registration with the Nursing Service on 978-929-6650.*

### Friends Funded Activities

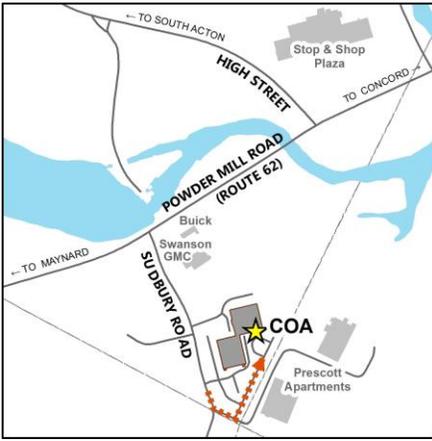
This month the following activities are supported by the Friends of the Acton COA:

*Photography class, WWII program, ArtMatters, Classical Music series, Opera class, Drawing class, Tai Chi classes, Birthday lunch, and Movies.*

The Friends greatly appreciate your donations which help support the programs at the Senior Center.

If you wish to donate, please pick up a donation form at the Center or see [www.friendsofactoncoa.com](http://www.friendsofactoncoa.com).

ACTON COA STAFF	ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director	Bonnie Lobel, Chair	Alma Sandman, Vice Chair
Rosie Atherton, Office Manager	Ellen Feinsand, Secretary	Lori Cooney
Chris Chirokas, Program Manager	Jeff Bergart	Ann Corcoran
Beverley Hutchings, Senior Services Coordinator	Michael Chautin	Jacque Friedman
Mary Morgan, Human Services Receptionist	Chunsheng (Bill) Fu	Niru Velankar
Bernice Nicoll, Activities Assistant		
Fiona Starr, Staff Assistant		
Terri Zaborowski, Exercise Instructor		
	<b>Meetings:</b>	
	<b>COA Board March 10<sup>th</sup> at 10:00 am; COA Friends March 9<sup>th</sup> at 12:45</b>	



# Acton Senior Center March 2020

## Senior CharlieCard Event Thursday, March 19<sup>th</sup>, 1:00-2:30 Open to all age 65+/free

If you are 65 or older, you are eligible for reduced MBTA fares with a Senior CharlieCard. Stop by the Senior Center to apply for a card! The process is simple: Bring a government-issued license or photo

ID with you, fill out a short form, and COA staff will take a photo of you. The MBTA will send the card to your home within six weeks. This service is free. It is for new cards only! For information on renewing an expired card, call the CharlieCard Store at 617-222-3200.

## Transportation 101

Tuesday, March 17<sup>th</sup>, 11:00-12:00

Open to out-of-town seniors/free

Austin Cyganiewicz, the Director of Intergovernmental Affairs, oversees the Town's van transportation. Did you know the Town has a fixed route shuttle as well as door to door van service? Find where the vans run, the hours of operation, how to book a ride and what the future of transportation may look like here in Acton.

<u>Index</u>	<u>Page</u>
Around Town	13
Arts & Crafts	5
Calendar	14-15
Day Trip	4
Dining	11
Exercise Classes	9-10
Games	6
Gym News	8
Health Clinics	8
Human Services News	4
Mind, Body, Spirit	7-8
Movies	3
Program Highlights	1-3, 16
Special Interest Groups	5
Support Groups & Services	11-13
Tax Appointment Information	3
Transportation	12,16

PRSRRT STD  
U.S. Postage Paid  
Acton, MA 01720  
Permit #67

Acton Council on Aging  
30 Sudbury Rd. Rear  
Acton, MA 01720  
Return Service Requested

### THE FRIENDS OF THE COA

[www.friendsofctoncoa.com](http://www.friendsofctoncoa.com)

Tuesdays in March, dine at Not Your Average Joe's and 15% of your tab, including take-out, goes to the Friends. NYAJ has been a frequent supporter of the Friends and other worthy causes in our community. There are 5 Tuesdays in March, including St Patrick's Day, and remember to mention your support of the Friends.