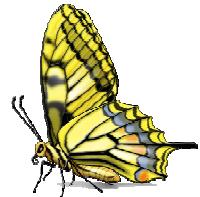




# Acton Senior Bulletin

May/June 2011



The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm. Telephone number is 978-929-6652.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Visit the COA website at [www.acton-ma.gov](http://www.acton-ma.gov). Go to Government, then down to Council on Aging.

## Director's Corner

It has been a pleasure working with Carol Steiner, who has been the Outreach Worker and Volunteer Coordinator at the COA for the past fifteen years. She is an amazing woman who does incredible work not only for the seniors but the community as a whole. Unfortunately for us, Carol will be moving to Louisiana in early July to join her husband where he has been working for some time. We will miss her dearly. Please come by the Senior Center on Monday, June 27 from 12:30-1:30 to wish her well. Please see farewell details on page 3. **Sharon**

## ► Alternative Health Fair

**Thursday, May 12<sup>th</sup>, 1:00-2:30**

Ever wonder exactly what Reiki is? Could you use a relaxing chair or hand massage? Drop by the Alternative Health Fair at the Senior Center to see what area practitioners offer. When you call to register, please indicate if you would like a free chair massage appointment. Refreshments will be served. *Practitioners expected to participate: Kate Smyers & Swan Anderson, Jin Shin Jyutsu; Deborah Diamond of Network Healing, spine assessment; Jason Henson of Revolution Community Acupuncture; COA's Taoist Tai Chi program; Bailey Therapeutic, stretching demonstration; Nancy Ames chair massage; Touch of Elements chair massage; Sacred Spiritual Life, Reiki; Moodstreams, hypnosis; Ming Wu, Sun Garden Herbs, Qi Gong, Chinese massage; Margo's Hair and Body Design, hand massage; Essential Therapies Day Spa, hand and foot reflexology; Reservoir Family Wellness, Chinese herbal medicine.*

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The Acton Council on Aging Celebrates  
**"Volunteers are Our Good Fortune"**  
A Volunteer Reception at the Senior Center  
Thursday, June 23<sup>rd</sup>, 1:30-3:00



*COA Board and COA Friends, Quilters, SHINE Counselors, Friendly Visitors, Newsletter Mailers, Elder Law Attorneys, Tax Preparers, ABRHS Students, Office Volunteers, Knit and Crochet Group, Crafters and Craft Teachers, Librarians, Friendly Drivers, Breakfast Crew, Computer Teachers, Dining Room Assistants, Handymen, Meals-on-Wheels Drivers*

**RSVP by Monday, June 20<sup>th</sup> at 978-929-6652**

**The COA will be closed on Monday, May 30<sup>th</sup> for Memorial Day.**

**Registration for all classes/programs begins in person or by phone Monday, May 2<sup>nd</sup> at 1:00.**

## UPCOMING PROGRAM HIGHLIGHTS

FOR MAY/JUNE.....REGISTRATION BEGINS MONDAY MAY 2<sup>nd</sup> at 1:00

### ► Shakespeare "Shake-Scene" Performance

**Thursday, May 5<sup>th</sup>, 2:00-3:00** *Call as soon as possible as registration is already underway.*

Stephen Collins will deliver not just the poetry and plays but will bring Shakespeare to life in this one-man show. The show will also convey an understanding of the impact and the reactions of Shakespeare to his time in history, giving the audience not just a performance, but an experience. You do not need to register for this performance if you attended Stephen's Shakespeare class. *This program is supported in part by a grant from the Acton-Boxborough Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.*

### ► Anne Boleyn Performance

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

Anne Boleyn is coming to the Senior Center! Muriel Dyas of Historically Speaking will present a one-woman show portraying Anne, the most notorious of Henry VIII's six wives and mother of Elizabeth I. Anne will explain her meteoric rise and tragic fall at the height of Tudor England. But is she a victim of unjust courtly intrigues or a willing player who finally falls from grace? That is up to you to decide! Muriel Dyas enjoys sharing her passion for history and hopes that each performance brings knowledge, empathy and a bit of humor to the lives of the women she portrays. When signing up, indicate if you are attending the Mother's Day lunch before the program.

### ► Mind Games: Improve Your Memory!

**Friday, May 13<sup>th</sup>, 10:30-11:15**

Meet speech and language pathologist Deb Elliot of Emerson Hospital Home Care for some hints and exercises to help sharpen your memory. Deb will teach us how to remember & recall facts in a fun and effective way!

### ► Elder Law Presentation with Attorney Cathleen Summers of Summers and Assoc., PC

**Tuesday, May 17<sup>th</sup>, 1:00-2:00**

Attorneys who work with seniors appreciate complex financial and social realities and are able to address their clients' legal issues. They often work with accountants, financial planners and geriatric care managers to ensure a coordinated plan. Attorney Summers will discuss "Taking Control of Your Future: A Legal Check Up," an update on changes in Elder Law and will answer questions. Co-sponsored by the MA Chap. of the Nat. Acad. of Elder Law Attys. Call the COA by May 13<sup>th</sup> to register. Invite friends and family to make this a dynamic program.

### ► The Big Events As Heard on Radio with Jordan Rich

**Thursday, May 19<sup>th</sup>, 1:00-2:00**

  WBZ Radio talk show host Jordan Rich is returning to the COA to discuss the history of the last century as heard on radio. The topics will range from the Depression, FDR, WWII, the 50s, Kennedy/Nixon, Apollo 13 and more. Come join this lively discussion which will include lots of trivia! *Jordan Rich was born and raised in Boston and has worked on local radio stations in a variety of roles from weather reporter to morning show sidekick to his current position as a WBZ weekend late night talk show host.*

### ► Ask Your Pharmacist

**Friday, May 20<sup>th</sup>, 9:30-10:00; Individual appointments following at 10:15**

After the monthly breakfast, Kristin Tuiskula, PharmD, from the MA College of Pharmacy and Health Services, will present "Ask Your Pharmacist." Topics such as brand vs. generic drugs, drug-food interactions and proper storage conditions will be discussed. Those wishing to have an individual 15-minute counseling session following the talk should call the COA office. Appointments begin at 10:15 a.m.; please bring all your prescription medicine.

### ► Tummy Trouble?

**Tuesday, May 24<sup>th</sup>, 11:15-11:45**

Join Linda Cullen, RN of the Acton Nursing Department for an informative talk about colitis. Colitis is the swelling of the large intestine and can have many different causes. Come learn about the symptoms, diagnosis, and treatment options now available.

► Indicates that you must register in advance!

## UPCOMING PROGRAM HIGHLIGHTS (continued)

**FOR MAY/JUNE.....REGISTRATION BEGINS MONDAY MAY 2<sup>nd</sup> at 1:00**

### ► **Divide and Concur: Positive Strategies for Passing Down Your Personal Possessions**

**Tuesday, May 24<sup>th</sup>, 1:00-2:30**

The process of passing personal possessions on to your family or friends can be challenging. Join us for a presentation on ways to simplify this often complicated task, including: How do you decide who gets what? Who decides what is "fair?" When is the best time to make these decisions? Based on *Who Gets Grandma's Yellow Pie Plate?*, a workbook developed by the Univ. of MN, this program will help you make sense of these decisions. *Presenter Laurie Nordman is a professional move manager who specializes in assisting seniors who are downsizing and relocating as well as assisting families with distributing estates.*

### ► **Safe Driving for Elders Presentation**

**Friday, June 3<sup>rd</sup>, 12:30-1:15**



As part of its *Shifting Gears - Safe Driving for Elders* program, the Registry of Motor Vehicles (RMV) presents this workshop designed to educate and provide resources to elder drivers, their caregivers and professionals working with elders. The program includes information on how age affects driving, identifies the most frequent collisions for elder drivers as well as warning signs of unsafe driving. In addition, there will be discussion on the

transition from driver to passenger, ways to preserve one's independence, the new safe driver law and reporting procedures. Handouts include a safe-driver checklist and driver assessment information. Michele Ellicks, community outreach coordinator for MassDOT RMV Division, will present the program and answer questions.

### ► **The World Through Their Eyes: Sensory Awareness with Alzheimer's**

**Tuesday, June 7<sup>th</sup>, 6:30-8:00pm in the Senior Center Living Room**

How do people with Alzheimer's Disease perceive their environment? What does the world look like to them? Join Mal Allard, Licensed Practical Nurse and Alzheimer's Consultant, to learn, share, and help others. Q&A session to follow. This program is one in a series of *Active Action* Initiatives, funded through the Northwest Suburban Health Alliance/CHNA 15 DoN funds from Lahey Clinic. All members of the community invited to attend.



### ► **World War I Propaganda Presentation**

**Thursday, June 16<sup>th</sup>, 1:00-2:15**

Elliot Lilien's presentation will center on a variety of World War I propaganda posters from his extensive collection. He will explain the aims of the posters and talk about the importance and lasting consequences of this conflict. *Dr. Lilien is a distinguished local historian and a retired Concord-Carlisle High School history teacher.* If you plan on attending the Father's Day luncheon before the program, make sure to also call the COA Dining Room at 978-263-5053.

### ► **Confections with Carol**

**Monday, June 27<sup>th</sup>, 12:30-1:30**

Join us for a sweet farewell for Carol Steiner, our Outreach and Volunteer Coordinator. Desserts and punch will be served. If you'd like to contribute a sweet treat please stop by the office to let us know what you'd like to bring.

### **Free Eye Exams**

**Tuesday, June 28<sup>th</sup>, 9:30-11:30**

D'Ambrosia Eye Care will offer free eye exams at our wellness clinic. Technicians will check vision and pressure for glaucoma, while an optometrist will screen for cataracts and answer any eye health questions. Information and any recommendations will be provided for your records to take to your doctor. No appointment necessary!

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



**Durable Medical Equipment Available to Loan:** The COA has a variety of items such as canes, walkers and tub benches to borrow. We also have some less frequently needed items such as shoe horns and sock aids, so please give us a call. It's best to call Mary Lou weekday afternoons (except Wednesdays) at 978-929-6652 and please allow a couple of days to gather the equipment.

## CLASSES

**FOR MAY/JUNE.....REGISTRATION BEGINS MONDAY MAY 2<sup>nd</sup> at 1:00**

**► Common Threads: Seven Poets and a Wealth of Readers**

**Thursday, April 28<sup>th</sup>, 1:00-2:00**

The COA will take part in the Massachusetts Poetry Festival, celebrating the beauty of poetry. A facilitator from *Common Threads* will be on-hand to discuss poems such as “In the Waiting Room,” by Elizabeth Bishop and “Samurai Song,” by Robert Pinsky. Please call the COA for more information; all poems will be provided. To learn more about the festival visit [www.masspoetry.org](http://www.masspoetry.org)

**► The Trip from Windows XP to Windows 7 – Part 1**

**Thursday, May 5<sup>th</sup> and 12<sup>th</sup>, 9:30-11:00, Computer Lab**

Did your new computer surprise you with things that looked and ran differently? Learn about differences with Microsoft Office, email cleanups, unwanted spams, and adding pictures and files to your emails. Also, learn how to deal with your system management activities like disk cleanups, defragmentations, and security issues. *Class limited to 4 people.*



**► Craft Fair Beading with Joan McKenzie**

**Thursdays, May 12<sup>th</sup> and June 2<sup>nd</sup>, 9:15-11:15**

Put your talent to work on making necklaces and earrings to sell at next fall's Friends of the COA craft fair. All materials supplied. Joan will assist with your creations, if needed.

**► The Trip from Windows XP to Windows 7 – Part 2**

**Thursdays, May 19<sup>th</sup> and 26<sup>th</sup>, 9:30-11:00, Computer Lab**

These follow-up sessions will finally have you skipping happily along with lots of help from the instructor who will guide you over the bumps in the road. *Class limited to 4 people.*

**► When You Speak, Does Your Computer Listen? with Jim McDonough**

**Wednesday, May 25<sup>th</sup>, 12:30-2:00, Living Room**

Do you ever speak or perhaps even YELL at your computer? It doesn't help, does it? It is possible, though, to speak to your computer and have it do what you want through the magic of speech recognition. Speech recognition creates text “dictation” from the spoken word. Jim will guide you through a tour of what speech recognition can do for you with very little time and effort on your part. Don't hunt and peck that next email to the kids. Dictate it!

**► What is Skype?**

**Monday, June 6<sup>th</sup>, 12:30-1:30, Computer Lab**

Wouldn't it be great to talk with and see a grandchild at the same time? Come and find out how you can visit with family and friends using Skype computer software. This free program allows you to make free video calls over the Internet to other people also on Skype - for as long as you like, wherever, whenever you'd like. Limited to 5.

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

## SENIOR CENTER CLINICS

**in conjunction with the Acton Public Health Nursing Service**

**Podiatry Clinic: Tuesdays, May 10<sup>th</sup> and June 14<sup>th</sup>, 8:20-11:00 with Dr. Sandra Weakland, DPM**

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

**Blood Pressure & Wellness Clinic: Tuesdays, May 10<sup>th</sup> and 24<sup>th</sup>, and June 14<sup>th</sup> and 28<sup>th</sup>, 9:30-11:30**

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

**New Emergency Buttons at Senior Center** – Perhaps you've noticed the emergency buttons in all the rooms and the pull cords in the bathrooms. Hopefully they'll never be needed but it's reassuring to know that if there is an issue someone can easily get help from the staff.

## EXERCISE

**FOR MAY/JUNE.....REGISTRATION BEGINS MONDAY MAY 2<sup>nd</sup> at 1:00**

Please check with your doctor before starting an exercise program, wear loose, comfortable clothing and bring water. All new participants in exercise classes must sign a waiver of liability.

► **\*New\* Yoga Class with Patsy Brightman**

**Tuesdays, May 10<sup>th</sup> through June 28<sup>th</sup>, 3:00-4:30**



This gentle form of exercise works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class will also include a period of deep relaxation. Bring water and a yoga mat to each class. A \$10 donation for the series is suggested, per grant guidelines from the Executive Office or Elder Affairs, which is funding this program. *Patsy Brightman is a certified yoga instructor with many years of experience teaching yoga to seniors and is a retired Registered Nurse.*



► **Line Dancing Class**

**Thursdays, June 30<sup>th</sup> through August 25<sup>th</sup>, 2:00-3:30; No class on August 18<sup>th</sup>**

Back by popular demand! Line dancing is a fun way to exercise, with the added bonus that no partner is needed. You'll learn the Cupid Shuffle, Swinging and Kickit, among others. No more sitting on the sidelines watching other people line dancing at weddings! Instructors Mike and Elaine Eannuzzo have been teaching line dancing for 14 years and make their classes lots of fun. Each week you'll learn a new dance or two and review those previously taught. There is a rest/water/chatting break during class.

► **Acton Striders Walking Group with Health and Wellness Coordinator Liz Jewell**

**Wednesdays, May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> and June 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>, 8:45-9:30**

Join Liz for a one or two-mile walk (your choice) around the loop at NARA Park (meet in the lower parking lot). The walks will continue into June if there is interest. Call the COA for June walk location.

► **\* New\* Zumba™/Toning Class - Join the Party! with Yvonne Benelli**

**Class: Fridays, May 6<sup>th</sup> through June 10<sup>th</sup>, 10:00-11:00** (Class is full. Call about the waitlist.)

Please wear sneakers, bring water, an exercise mat, and a smile! This class is funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations. A \$10 donation for the series is suggested.

► **Senior Cardio-Flex with Terri Zaborowski**

**Mondays and Wednesdays, July 11<sup>th</sup> through August 24<sup>th</sup>, 8:30-9:30 (No class July 18<sup>th</sup> & 20<sup>th</sup>)**

We are offering Terri's Cardio-Flex class this summer for a 6 week mini session! Each class starts with a stretch and warm-up followed by 20 minutes of aerobics, 5 minute cool down, and 30 minutes of muscle toning and strengthening using hand-held weights (bring your own or use those available here). Floor work is optional.

► **"Stretch and Flex" with Terri Zaborowski** (Class is full. Call about the waitlist.)

**Mondays, through June 13<sup>th</sup>, 8:30-9:30 (No class on May 30<sup>th</sup>)**

► **"Senior Cardio-Flex" with Terri Zaborowski** (Classes are full. Call about the waitlist.)

**Tuesdays and Thursdays, through June 16<sup>th</sup>, 8:30-9:30 or Wednesdays and Fridays, thru June 17<sup>th</sup>, 8:30-9:30**

► **"Senior Stretch, Flex, Tone and Cardio" with Terri Zaborowski** (Class is full. Call for the waitlist.)

**Tuesdays and Thursdays, through June 16<sup>th</sup>, 9:45-10:45**



► **Tai Chi for Beginners with Taoist Tai Chi Society Instructors** Class is full.

**Tuesdays, through June 14<sup>th</sup>, 11:00-12:00**



► **Intermediate Tai Chi Class with Ray Caisse of the Taoist Tai Chi Society** Class is full.

**Thursdays, through June 16<sup>th</sup>, 11:00-12:00**

► **Improve Balance and Flexibility with Gentle Chair Exercises**

**Thursdays, through June 30<sup>th</sup>, 11:00-11:30** (Class is full. Call for the waitlist.)

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

## EXERCISE (continued)

**DVD Exercise** – Keep exercising using DVDs! Read the descriptions to see which ones are a good fit for you.

### **Older and Wiser Aerobic/Toning Workout DVD**

**Tuesdays, June 21<sup>st</sup> and 28<sup>th</sup> and Thursdays, June 23<sup>rd</sup> and June 30<sup>th</sup>, 9:30-10:30**

Sue Grant leads this one-hour workout, which includes low-impact aerobics and toning exercises (in chair and standing). Bring a pair of 1-5 pound weights or use those available at the Senior Center. This DVD workout is only for healthy adults who have been regular participants in Terri's cardio-flex classes and is not for beginners.

### **Easy Does It Strength and Tone DVD**

**Fridays, June 24<sup>th</sup> and July 1<sup>st</sup>, 9:30-10:20**

This no-impact muscle-toning exercise regimen helps with flexibility, balance, strength, and cardiovascular health is done sitting in or standing behind a chair. Bring a pair of 1-5 lb weights or use those here at the Senior Center.

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

## DINING OPPORTUNITIES

The COA is working together with Minuteman Senior Services to try some new luncheon programs. Once a month, various groups from the community will come in to cook and serve a meal. Some of Acton's Town employees are the first to volunteer for us. If you know of a group that would be interested or have some menu suggestions please feel free to contact Sharon in the COA Office. Bon appétit!

### ► **Pizza Luncheon**

**Thursday, May 5<sup>th</sup>, 11:45** *You may call to sign up for this lunch beginning April 27<sup>th</sup>.*

 Come enjoy two slices of Papa Gino's pepperoni or cheese pizza, salad and dessert! The \$3.00 payment is due in advance in the COA office. When you sign up and pay, please indicate which type of pizza you would like. If you prefer the Minuteman lunch for that day, call the Dining Room at 978-263-5053.

### ► **Town Employee "Home Cooked" Luncheons**

**Tuesdays, May 10<sup>th</sup> and June 7<sup>th</sup>, 11:45**

Employees of Acton Public Health Nursing Service are preparing a pork stir fry luncheon in May, and the Assistant Town Manager and other Town employees are preparing a special Italian luncheon for June. \$3 donation.

### ► **Monthly Breakfast**

 **Friday, May 20<sup>th</sup>, 9:00-10:00**

Join us for the last breakfast before we take a break for the summer! Cost is \$2.00. Call the COA by Wednesday, May 18<sup>th</sup> for a reservation. Starting at 9:30, there will be an "Ask the Pharmacist" presentation and the opportunity for individual appointments. See page 2 for more information.



### ► **Free Luncheon with Life Care Center of Acton**

**Friday, June 3<sup>rd</sup>, 11:45**

Join us for lunch provided by Life Care Center of Acton. The menu isn't known in advance, but it's always delicious! As a local rehabilitation and long-term care facility, Life Care Center of Acton is pleased to connect with residents and deliver this meal to seniors. **Please call the COA by Friday, May 27<sup>th</sup> to make a reservation.**

► **Minuteman Lunches** are served weekdays at 11:45. Voluntary donation is \$2.00. To sign up call 978-263-5053 by 10:30 the day before; one week before the Robbins Brook lunch. Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA.

**Mother's Day Lunch: Tuesday, May 10<sup>th</sup> (Home cooked by Acton Town Employees)**

**Birthday Lunches: Wednesdays, May 11<sup>th</sup> and June 8<sup>th</sup>**

**Inn at Robbins Brook Lunch: Tuesday, May 17<sup>th</sup> Chicken fajitas;**

**Tuesday, June 21<sup>st</sup> Ziti and Meatballs.** Meal includes vegetable, salad, dessert. Cost: \$3.00.

**Father's Day Lunch: Thursday, June 16<sup>th</sup>**

**4<sup>th</sup> of July Lunch: Wednesday, July 6<sup>th</sup>**

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

## TRIPS

FOR MAY/JUNE.....REGISTRATION BEGINS MONDAY MAY 2<sup>nd</sup> at 1:00

### ► Mystic Seaport in Connecticut

*Thursday, May 26<sup>th</sup>, leave NARA Park at 8:30*      *Registration for this program is already underway.*

Spend the day at historic Mystic Seaport - the Museum of America and the Sea - the nation's leading maritime museum. Explore American maritime history first-hand aboard historic tall ships, stroll through a re-created 19<sup>th</sup>-century coastal village or watch a working preservation shipyard in action. Note this trip includes a lot of walking, some uneven paths, and steep stairs on board the ships. Lunch is on your own at one of the on-site restaurants.

**Depart:** 8:30 a.m., NARA Upper Fields Parking Lot. Approximate return time: 5:15

**Cost:** \$45 due at sign up, includes admission, tour, coach bus transportation (with rest room), bus driver tip.

### ► Tour of the Dutch & Flemish Masterworks at Peabody Essex Museum

*Wednesday, June 1<sup>st</sup>, leave from NARA Park at 9:00*

We are trying something new - using an LRTA van to allow for more options in our day trips. We are going to the Peabody Essex Museum in Salem for a one-hour guided tour of the special exhibit of Dutch and Flemish Masterworks. Time will be allowed to view other museum areas and for lunch on your own at the museum café. The PEM collection offers works primarily from the 1700s to today: paintings, sculptures, photographs, drawings, textiles, architecture and decorative objects. There are collections of African, American, Asian, maritime, Native American, and Oceanic pieces. Please note that the van does not have a restroom on board. Space is limited to 13.

**Depart:** 9:00 a.m. from NARA Park, Upper Fields parking lot. Approximate Return: 2:30

**Cost:** \$20 due by May 18<sup>th</sup>, includes van transportation, museum admission and tour.

### ► World Association of Flower Arrangers Show “This Glorious Earth”

*Friday, June 17<sup>th</sup>, leave NARA Park at 9:15*      *Registration for this program is already underway.*

The theme for the annual show is “This Glorious Earth” and will take place at Boston’s Seaport World Trade Center. There are 30 classes of competition, demonstrations, and lectures. See [www.wafausa.org](http://www.wafausa.org) for a schedule, including the lecture topics (additional \$10 fee; you can purchase that day). Lunch is on your own at the show. WAFA, recently celebrated its 29<sup>th</sup> anniversary as the global authority on floral design and aesthetics.

**Depart:** 9:15 a.m., NARA Upper Fields Parking Lot. Approximate return time: 4:00

**Cost:** \$40, due at sign up, includes admission, coach bus transportation (with rest room) and driver tip.

### ► Historic Isles of Shoals and Portsmouth Harbor Cruise

*Thursday, July 14<sup>th</sup>, leave NARA Park 9:45*



We will start with lunch at Warren’s Lobster House on the Kittery, Maine, waterfront with your choice of Baked Haddock with cracker crumb topping, Seafood Newburg or Chicken Parmesan, plus salad bar (with over 60 selections!), baked potato, bread pudding, and coffee/tea/soda. After lunch, we’re off to Portsmouth, NH for a three hour cruise of the historic Isles of Shoals and Portsmouth Harbor. An historian will narrate the tour with legends of this intriguing nine-island archipelago. We will not be getting off on any of the islands. The M/V Thomas Laighton is a 90-foot vessel, with outdoor decks and enclosed areas, snacks and beverages for sale and multiple restrooms. The cruise runs rain or shine; the course of the cruise may change in inclement weather.

**Depart:** 9:45 a.m., from NARA Park Upper Fields parking lot. Approximate return: 6:30 pm.

**Cost:** \$62, due by June 23<sup>rd</sup> includes coach bus transportation (with restroom), lunch, cruise and gratuities.

### Save the Date for the Lowell Spinners Baseball Game!



Look for the July/August COA Newsletter for information on the evening trip to a Lowell Spinners game on Thursday, August 18<sup>th</sup>.

► Indicates that you must register in advance!

**Senior and Disabled MBTA Pass** - If you need to renew your MBTA pass you please call 617-222-5976 and the request can be taken over the phone. Hopefully information will be forthcoming on how to acquire a pass if you haven’t had one in the past.

## TRANSPORTATION

**COA Senior Van** runs Monday thru Friday, 8:00-4:00. The van runs until 3:45 pm in-town and 3:30 pm for out-of-town rides. The last ride in the morning is at 11:30 and the first ride after lunch is at 12:30. For a reservation call 978-929-6652 between **8:00-11:00** at least one day in advance. When you call have the name, telephone number and address of your destination. One-way in town is \$1.00; one-way into Concord or Maynard is \$1.50.

**MinuteVan Dial-a-Ride Shuttle Service** runs Monday-Friday, 8:00-11:00am and 3:15-8:15pm. Rides must be scheduled at least 24 hours ahead by calling 978-844-6809 weekdays 8:30-10:30am. Rides are \$2 in town and \$4 out of town. Rides are anywhere in Acton and certain locations in Concord, Maynard and Boxboro.

**LRTA Road Runner Van** runs Monday through Friday, 8:00-3:30. In addition to rides in Acton, Concord and Maynard, the Road Runner offers rides to Market Basket in Westford on Fridays. There is a 3 bag limit on groceries. All rides must be scheduled at least 2 days ahead of time. You *must* be registered with the LRTA before a ride can be scheduled. Registration forms are available at the COA or from the LRTA at 1-800-589-5782.

**MinuteVan Commuter Rail Shuttle** runs between the West Acton Fire Station lot on Central St. and the South Acton Commuter Rail Station. The service runs Monday – Friday, 6:45 AM to 9:24 AM and 5:10 PM to 7:24 PM. For information, contact Michele Brooks at: 978-844-6809 or visit [www.minutevan.net](http://www.minutevan.net) to book online.

**Friendly Drivers Available** to drive seniors to appointments, shopping, etc. Rides must be arranged ahead of time. You must register with the COA by calling Carol at 978-929-6652. We encourage seniors needing a ride within Acton, Maynard or Concord, 8-4, Monday through Friday, to use the COA or Road Runner van. If however, you need a ride not covered by our existing transportation please call Carol.

## SENIOR CINEMA



*Note: Due to the closing of local video stores, it may occasionally be necessary to make movie substitutions. You may call the office to confirm the selection on movie days.*

**Friday, April 29<sup>th</sup>, 12:30-2:10, “Get Low,”** (2009, PG-13 brief violence) - Robert Duval stars as a 1930s Tennessee hermit who throws his own funeral party, while he's still alive. Sissy Spacek and Bill Murray co-star.

**Friday, May 6<sup>th</sup>, 12:30-2:00, “The Maiden Heist,”** (2009, PG-13 for language and brief nudity) –In this comedy, museum guards (Morgan Freeman, William H. Macy and Christopher Walken) plot to steal their favorite works of art before they are sold out of the country. Filmed in various Boston sites and the Worcester Art Museum.

**Friday, May 20<sup>th</sup>, 12:30- 2:10, “Unstoppable,”** (2010, PG-13) - Dramatic action movie starring Denzel Washington as a veteran train engineer on a mission to stop a runaway freight train carrying toxic chemicals.

**Friday, May 27<sup>th</sup>, 12:30- 2:25, “The Fighter,”** (2010, R for language, drug content, some sexuality and violence) A look at the early years of Lowell boxer "Irish" Micky Ward and his brother who helped him train in the 1980s. Cast includes Mark Wahlberg, Christian Bale, Melissa Leo, and Amy Adams. Nominated for multiple Academy Awards, including Best Picture, with Bale and Leo each taking home the Oscar for their supporting performances.

**Friday, June 3<sup>rd</sup>, 12:30-2:20, “Inside Job,”** (2010, PG 13)–Critically acclaimed documentary provides a comprehensive analysis of the 2008 global financial crisis. Narrated by Matt Damon. Oscar for best documentary.

**Friday, June 17<sup>th</sup>, 12:30-2:00, “Flipped,”** (2010, PG) – Heart warming story about two eighth graders who develop feelings for each other despite being total opposites. Stars Madeline Carroll, Callan McAuliffe, Rebecca De Mornay, John Mahoney, Aidan Quinn, Anthony Edwards. Based on the novel by Wendelin Van Draanen.

**Friday, June 24<sup>th</sup>, 12:30-2:30, “The King’s Speech,”** (2010, R for language) - The story of King George VI of Britain, his impromptu ascension to the throne and the speech therapist who helped the unsure monarch overcome his speech impediment. Stars Colin Firth, Geoffrey Rush and Helena Bonham Carter. The film won four Academy Awards, including Best Picture and Best Actor for Firth.

**Friday, July 1<sup>st</sup>, 12:30-2:10, “Morning Glory,”** (2010, PG-13) - Romantic comedy starring Rachel McAdams as a hard-working TV producer trying to revamp a low-rated morning show. Harrison Ford and Diane Keaton also star.

**Thank You to...** Our spring intern, Mary Rohwer. It's been a pleasure having her in the office these last few months and we look forward to working with her again in the fall.

## ONGOING ACTIVITIES

### ► Ask the Lawyer

**Wednesday, June 15<sup>th</sup>, 1:00-3:00**

Attorney Leslie Madge, a certified Elder Law Attorney, offers free 20 minute private legal consultations.



### ► Watercolor Studio Workshop with Cynthia Durost

**Wednesdays, through June 15<sup>th</sup>, 9:00-10:30** (Class is full. Call about the waitlist.)



### Watercolor Class with Sue Nordhausen

**Tuesdays, through May 10<sup>th</sup>, 1:30-3:00** (Class is full. Call about the waitlist.)



### ► Intermediate Bridge Lessons - Playing the Hand

**Wednesdays, through May 25<sup>th</sup>, 2:30-4:30**



### ► Fun with Collage Workshop with Cynthia Durost and Joan McKenzie

**Monday, May 2<sup>nd</sup>, 9:30-11:00**

### ► Beaded Jewelry Workshop with Joan McKenzie

**Thursday, April 28<sup>th</sup>, 9:15-11:15**

### ► Memoir/Non-Fiction Writing Group facilitated by Chris Chirokas

**Thursdays, May 19<sup>th</sup> and June 9<sup>th</sup>, 9:30-10:30**

Please note the change in day and time. Explore your life through writing - no experience necessary! Whether you are writing a memoir, your family history, a journal, or essays, come read your work to the group to receive feedback. Each meeting also has a particular focus, such as finding your voice. Meet in the dining room.

### Friendly Visitor Meeting

**Thursday, May 26<sup>th</sup>, 1:00-2:00 in the dining room**

All current Visitors are welcome to pot up some annuals to take home to the person they visit with. Cookies and cool drinks will refresh us as we work. If you are interested in becoming a Friendly Visitor, call Carol Steiner.

### Genealogy Group

**Fridays, May 13<sup>th</sup> and June 10<sup>th</sup>, 1:30-3:00**

### ► Chair Massage at the Senior Center with Nancy Ames, licensed massage therapist

**Fridays, May 20<sup>th</sup> and June 17<sup>th</sup>, 2:30-3:45**

Enjoy a wonderfully relaxing chair massage at the Senior Center. Massages vary depending on individual needs, but often include the back, neck, shoulders, arms, and hands (for those with arthritis). The discounted fee for a 20-minute chair massage is \$15 and should be paid directly to Nancy with cash or check. Wear a long- or short-sleeved t-shirt to make the massage most effective. Make sure to jot an appointment down on your calendar as we aren't always able to make reminder calls! **Please call the COA if you must cancel an appointment.**

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

**Mondays, 1:00-3:00 No SHINE appointments on May 30<sup>th</sup>.**

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

### “The Bookies”



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

Call the COA for the May book title. This is the last Bookies meeting before the summer breaks so don't miss it! The meetings are always fun and informative, and you don't have to read the book to attend.

### Computer Club

**Fridays, May 13<sup>th</sup> and 27<sup>th</sup>, June 10<sup>th</sup> and 24<sup>th</sup>, 10:00-11:30**

**Wednesdays, May 4<sup>th</sup> and 18<sup>th</sup>, and June 1<sup>st</sup>, 15<sup>th</sup> and 29<sup>th</sup>, 1:30-3:00**

Everyone welcome from the novice to experienced computer user. Bring your questions and suggestions.

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

## **OUTREACH & SUPPORT SERVICES**

For information on any of the following services contact Carol Steiner, Outreach Coordinator, at 978-929-6652.

**Outreach Coordinator Available to Help You Find Resources** in the community to address many concerns relative to aging. Call Carol Steiner, Outreach Coordinator, at 978-929-6652 for a confidential chat.

**RUOK (Are You Okay) Check-in Service:** Free automated phone check in service.

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

**Friendly Visitors:** Volunteers visit seniors at home for about an hour each week. If you are interested in becoming a visitor or know someone who would enjoy visits, call Carol at 978-929-6652.

**Food Pantries and Community Suppers:** Call for a list of local area suppers and pantries. The **Acton Food Pantry** at 235 Summer Rd., Boxborough is open Wednesdays 10:00am-7:00pm except that it is closed on the 4<sup>th</sup> Wednesday of every month. Registration (ID and one bill with your name and address) required first visit.

**Home Care Services:** Please call Carol if you have questions on how to obtain home care services.

**Minuteman Senior Services**, our State Home Care, can be reached at 1-888-222-6171.

**NSTAR Program for Low Income Customers:** Low income customers have the opportunity to pay off their old arrearages for their gas and/or electric bills. For details call NSTAR at 1-866-315-2496.

**SNAP - Supplemental Nutrition Assistance Program** offers low-income seniors food assistance. Call Project Bread at 1-800-645-8333, M-F, 8:00-5:00 or visit [www.mass.gov/dta](http://www.mass.gov/dta). See Carol Steiner for an application.

## **HEALTH NEWS**

### **Alzheimer's Disease Services**

- **Alzheimer's Association Helpline** 1-800-548-2111. Available for calls 7 days a week, 24 hours a day.
- **Cooperative Elder Services, Inc.** 978-318-0046. Provides adult day health and Alzheimer's day programs.

### **Support Groups**

- **Bereavement Support Group at Parmenter's Wayside Hospice**, 266 Cochituate Rd., Wayland, Eight week session provides a safe place to talk about your loss with others who are also grieving, and hopefully to provide you support in the process of healing. Call 508-358-3000 press 0 for info.
- **Alzheimer's Disease Caregivers Support Group** Life Care of Nashoba Valley, 1<sup>st</sup> Wednesday of each month 5:30-7 p.m. Contact Elizabeth Lenkauskas 978-486-3512.
- **Alzheimer's Disease Caregivers Support Group**, 3<sup>rd</sup> Tuesday of the month at 10:30 a.m. Concord Park Assisted Living in West Concord. Call Lori Kalinoski at 978-318-3020.
- **Alzheimer's Disease Caregivers Support Group**, Inn at Robbins Brook, last Wednesday of each month 4:00-5:30 p.m. Contact Eileen Lawson 978-264-4666.
- **Support Group for families and friends of the mentally ill:** NAMI, Meetings at First Parish Church of Stow, 3<sup>rd</sup> Thursday each month 7-9 p.m. Call 978-897-2962 for information, please leave a message.
- **Al-Anon:** Wednesdays, 10:00am at Acton Congregational Church, 12 Concord Rd, far rear entrance ground floor. Newcomers Welcome.
- **Monthly Bereavement Support Group- New session Now Forming for May.** First meeting May 6<sup>th</sup>, 2:00PM- The Inn at Robbins Brook

### **Senior Center Art Exhibit**

 In May we welcome back the students of the Acton-Boxborough Schools in a show of representative art, levels K-12. The student show is an annual highpoint of the Senior Center art display program. There will be a reception with refreshments on Monday, May 16<sup>th</sup>, from 3:30-4:45 pm to which all are invited. In June/July Angelo Urso will display his wildlife art. His work is prized for superb drawing and depth of thought. Many thanks to Alice Shafer for sharing her beautiful work with us in April.

## AROUND TOWN...AND BEYOND

### **Town of Acton Household Hazardous Waste Collection Day**

**Saturday, May 7<sup>th</sup> at the DPW Garage, 14 Forest Road, 9:00-11:30**

A list of acceptable items (including now medical waste) is available at the Health Department, Transfer Station, Acton Library and on the Town website. This collection is for residents only and proof of residency is required. There is a \$25 charge per unit to dispose of TVs and CRT's (computer monitors). Cash or checks made out to the Town of Acton will be accepted. Please contact the Acton Health Department at 978-929-6632 with questions.

**Acton Recreation Department** has a variety of programs including bus trips, landscaping, art programs, and also has a number of special events coming up. Visit [www.acton-ma.gov/recreation](http://www.acton-ma.gov/recreation) or stop by the Rec. Dept. at the Town Hall for more information.

### **Acton Garden Club's Annual Plant Sale**

**Saturday, May 14<sup>th</sup>, 9:15-1:00 on the Acton Center Common**

### **Acton 2020 - Choose Your Own Acton Forum**

**Thursday, June 23<sup>rd</sup>, 6:30-9:30 PM at the Acton Town Hall**

The Acton 2020 Committee is holding a public forum on options for Acton's future. The Committee wants input for guiding Acton's choices on housing, schools, economic development, transportation and other issues. For information or to share your thoughts call the Planning Department at 978-929-6631 or visit [www.acton2020.info](http://www.acton2020.info).

### **The Inn at Robbins Brook, 10 Devon Drive, Acton**

**Famous American Trials- The Lindbergh Kidnapping** with Prof. Gary Hylander

**Sunday, May 15<sup>th</sup>, 2:00pm**

**The Israeli-Palestinian Conflict: Is There Any Hope for Peace?** with Dr. Lawrence Lowenthal

**Thursday, May 26<sup>th</sup>, 7:00pm**

**Free Hearing Screening and Hearing Aide Cleaning by Mass Audiology.**

**Tuesday, May 3<sup>rd</sup>, 10:30-3:30** Please call 978-264-4666 to schedule an appt.

### **Building Better Brain Health: A Free Carleton-Willard Health Fair**

**Monday, May 16<sup>th</sup>, 9:00-1:00 at 100 Old Billerica Road, Bedford** Call 781-275-8700 for information on the fair.

### **Mt. Calvary Lutheran Church Senior Lunch** at 472 Massachusetts Ave

**Thursday, May 19<sup>th</sup>, 12:15-1:00** Donation suggested. Reservations call 978-263-5156.

**Indian Hill Music**, 36 King Street, Littleton. Visit [www.indianhillmusic.org](http://www.indianhillmusic.org) or 978-486-9524 for information.

**Bach's Lunch Concert: Thursday, May 19<sup>th</sup>, 11:00 and 1:30**

### **Get to Know Each Other!**

So often people come to the Senior Center for a class, drop-in activity or lunch and don't realize how interesting the person is who is sitting right next to them! If you have a little known fact or something others might be surprised or interested in about you, please drop a short write-up about it in the box in the foyer and include a photo of yourself if you are able. It could be a hobby, interest, travels, career - just about anything! We will post items on the bulletin board out front and may sneak on some tidbits about staff, instructors and volunteers!

### **COUNCIL ON AGING TRIP POLICIES:**

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check.
2. Payment is due as specified in each description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you can find someone to go in your place.
3. Make checks out to: Friends of the Acton COA. Drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720. Make a separate check for each trip. Checks are cashed after the trip occurs.
4. **\*\*NEW\*\*Parking for trips is at NARA Park in the Upper Fields Parking Lot.** Take Main Street/Route 27 North, left on Quarry Road, the Upper Fields lot is the second lot entrance on the right.
5. Call COA Director, Sharon Mercurio, at 978-929-6652 for financial assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips.

May	Mon	Tue	Wed	Thu	Fri	2011
	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
8:30-9:30 Stretch & Flex 9:30-11:00 Collage Workshop 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00 Registration Begins	8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor	8:30-9:30 Cardio Flex 8:45-9:30 Walking Group 9:00-10:30 Watercolor 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool/Ping Pong 1:30-3:00 Computer Club 2:30-4:30 Bridge Lessons	8:30-9:30 Cardio Flex 9:30-11:00 Windows Pt 1 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 11:00-11:30 Balance Class 11:45 Pizza Lunch 2:00-3:00 Shakespeare Performance	8:30-9:30 Cardio Flex 10:00-11:00 Zumba begins 12:30-2:00 Movie 1:00-4:30 Poker		
<b>9</b> 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE  1:15 Friends of COA Meeting 3:45 COA Board Meeting	<b>10</b> 8:20-11:00 Podiatry 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 11:45 Mother's Day Lunch 1:00-2:00 Ann Boleyn Performs 1:30-3:00 Watercolor (last) 3:00-4:30 Yoga Begins	<b>11</b> 8:30-9:30 Cardio Flex 8:45-9:30 Walking Group 9:00-10:30 Watercolor 9:45-11:45 Quilt /Sewing 11:45 Birthday Lunch 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool/Ping Pong 2:30-4:30 Bridge Lessons	<b>12</b> 8:30-9:30 Cardio Flex 9:15-11:15 Craft Fair Beading 9:30-11:00 Windows Pt 1 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 11:00-11:30 Balance Class 1:00-2:30 Health Fair	<b>13</b> 8:30-9:30 Cardio Flex 10:00-11:00 Zumba 10:00-11:30 Computer Club 10:30-11:15 Mind Games 1:30-3:00 Genealogy		
<b>16</b> 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00-2:00 Book Group	<b>17</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:45 Robbins Brook Luncheon 12:30-3:00 Board & Tile Games 1:00-2:00 Elder Law Talk 3:00-4:30 Yoga	<b>18</b> 8:30-9:30 Cardio Flex 8:45-9:30 Walking Group 9:00-10:30 Watercolor 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool/Ping Pong 1:30-3:00 Computer Club 2:30-4:30 Bridge Lessons	<b>19</b> 8:30-9:30 Cardio Flex 9:30-10:30 Writing Group 9:30-11:00 Windows Pt 2 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 11:00-11:30 Balance Class 1:00-2:00 Radio's Big Event Talk	<b>20</b> 8:30-9:30 Cardio Flex 9:00-10:00 Monthly Breakfast 9:30 Ask the Pharmacist 10:00-11:00 Zumba 12:30-2:10 Movie 2:30-3:45 Chair Massage		
<b>23</b> 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE	<b>24</b> 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:15-11:45 Tummy Troubles 12:30-3:00 Board & Tile Games 1:00-2:30 Personal Possessions 3:00-4:30 Yoga	<b>25</b> 8:30-9:30 Cardio Flex 8:45-9:30 Walking Group 9:00-10:30 Watercolor 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 12:30-2 Comp. Voice Recognition 2:30-4:30 Bridge Lessons (last)	<b>26</b> 8:30 Mystic Seaport Trip 8:30-9:30 Cardio Flex 9:30-11:00 Windows Pt 2 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 11:00-11:30 Balance Class 1:00-2:00 Friendly Visitor Mtg	<b>27</b> 8:30-9:30 Cardio Flex 10:00-11:00 Zumba 10:00-11:30 Computer Club 12:30-2:25 Movie		
<b>30</b> <b>COA CLOSED MEMORIAL DAY</b>	<b>31</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 3:00-4:30 Yoga					

<b>June</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>2011</b>
			<b>1</b> 8:30-9:30 Cardio Flex 8:45-9:30 Walking Group 9:00 Peabody Essex Museum Trip 9:00-10:30 Watercolor 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool/Ping Pong 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>2</b> 8:30-9:30 Cardio Flex 9:15-11:15 Craft Fair Beading 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 11:00-11:30 Balance Class	<b>3</b> 8:30-9:30 Cardio Flex (last) 10:00-11:00 Zumba 11:45 LifeCare Luncheon 12:30-1:15 Safe Driving 12:30-2:20 Movie 1:00-4:30 Poker	
<b>6</b>  8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-1:30 Skype 1:00-3:00 SHINE	<b>7</b>  8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 11:45 Home Cooked Lunch 12:30-3:00 Board & Tile Games 3:00-4:30 Yoga 6:30-8:00 Alzheimer's Talk		<b>8</b> 8:30-9:30 Cardio Flex 8:45-9:30 Walking Group 9:00-10:30 Watercolor 9:45-11:45 Quilt /Sewing 11:45 Birthday Lunch 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool/Ping Pong 2:30-4:30 Drop-in Bridge	<b>9</b> 8:30-9:30 Cardio Flex 9:30-10:30 Writing Group 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 11:00-11:30 Balance Class	<b>10</b> 8:30-9:30 Cardio Flex 10:00-11:00 Zumba (last) 10:00-11:30 Computer Club 1:30-3:00 Genealogy	
<b>13</b>  8:30-9:30 Stretch & Flex (last) 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE  1:15 Friends of COA Meeting	<b>14</b>  8:20-11:00 Podiatry 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 3:00-4:30 Yoga		<b>15</b> 8:30-9:30 Cardio Flex 8:45-9:30 Walking Group 9:00-10:30 Watercolor (last) 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 1:00-3:00 Ask the Lawyer 1:00-3:00 Drop-in Pool/Ping Pong 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>16</b> 8:30-9:30 Cardio Flex (last) 9:45-10:45 Stretch/Tone (last) 11:00-12:00 Inter. Tai Chi 11:00-11:30 Balance Class 11:45 Father's Day Lunch 1:00-2:15 WWI Posters	<b>17</b> 8:30-9:30 Cardio Flex (last) 9:15 Flower Show Trip 12:30-2:00 Movie 2:30-3:45 Chair Massage	
<b>20</b>  9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE	<b>21</b>  9:30-10:30 Older/Wiser DVD 11:00-12:00 Beginner Tai Chi 11:45 Robbins Brook Luncheon 12:30-3:00 Board & Tile Games 3:00-4:30 Yoga		<b>22</b> 8:45-9:30 Walking Group 9:00-10:30 Drop-in Watercolor 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 2:30-4:30 Drop-in Bridge	<b>23</b> 9:30-10:30 Older/Wiser DVD 11:00-12:00 Inter. Tai Chi 11:00-11:30 Balance Class 1:30-3:00 Volunteer Reception	<b>24</b> 9:30-10:20 Easy Does It DVD 10:00-11:30 Computer Club 12:30-2:30 Movie	
<b>27</b>  9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-1:30 Confections w/Carol 1:00-3:00 SHINE	<b>28</b>  8:30 Newsletter Mailing 9:30-10:30 Older/Wiser DVD 9:30-11:30 Wellness Clinic/BP 9:30-11:30 Eye Exams 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 3:00-4:30 Yoga (last)		<b>29</b> 8:45-9:30 Walking Group 9:00-10:30 Drop-in Watercolor 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool/Ping Pong 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>30</b> 9:30-10:30 Older/Wiser DVD 11:00-12:00 Inter. Tai Chi 11:00-11:30 Balance Class 2:00-3:30 Line Dancing Begins	<b>July 1</b> 9:30-10:20 Easy Does It DVD 12:30-2:10 Movie 1:00-4:30 Poker	

## Acton Food Pantry Drive Continues

Food drives and donations go down every the summer when schools are on break and people's focus turns to projects and vacations. Even with donated produce from local farm projects in July and August the pantry shelves do not stay filled. The Senior Center will collect any and all donations of non-expired foods or essential paper goods like toilet paper and diaper. If your family or neighborhood wants to run a food drive as part of a celebration or any other reason and you want to donate to the Pantry contact the Food Pantry at 978-635-9295.

**Local Consignment Shops** - Are you wondering what to do with some of that clutter and "stuff" you no longer need? Have you ever thought of bringing items too-good-to-give-away to a consignment shop? Stop by the COA reception desk and pick up a copy of an inclusive list of area agencies which accept donations of used clothing, furniture, and household items, as well as some of the consignment shops in our area.

**Join the Trend! - Get Your Newsletter by Email** - If you are comfortable with email the COA asks that you consider receiving your newsletter using email rather than through the postal service. For every household using email to receive the newsletter the COA saves about \$6.00 a year. For more information or to switch to the email list call Judy at 978-929-6652 or email [jpeters@acton-ma.gov](mailto:jpeters@acton-ma.gov). Thank you!

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



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



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Action Council on Aging  
Town Hall, 472 Main Street  
Acton, MA 01720  
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### ACTON COA STAFF

Sharon Mercurio, Director  
Carol Steiner, Outreach/Volunteer Coordinator  
Chris Chirokas, Program Coordinator  
Judy Peters, Assistant to the Director/Van Dispatcher  
Mary Lou Repucci, Staff Assistant  
Priscilla Cotter, Van Driver  
Ron Paskavitz, Van Driver  
Liz Jewell, Health and Wellness Coordinator

### ACTON COA BOARD MEMBERS

Barbara Tallone, Chair  
Charlie Aaronson, Vice Chair  
Stephen Baran  
Ann Corcoran  
Pat Ellis

Jim Papachristos  
Sally Thompson  
Paul Turner  
Barbara Willson

Action COA Board meets on Monday, 5/9 at 3:45.  
Friends of the Acton COA meets on Monday, 5/9 and 6/13 at 1:15