



Acton Senior Bulletin

January 2015

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm.

Telephone number is 978-929-6652. Email us at seniorcenter@acton-ma.gov

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. Go to Government, then down to Council on Aging.

Registration for all programs begins in person or by phone on Tuesday, January 6th at 1:00.

► Hearing Screenings with Audiologist Megan Ford of Hear Smart Audiology in Littleton

Tuesday, January 13th, 10:00-12:00

Megan Ford will be here to provide hearing screenings, ear wax checks, and basic hearing aid checks. Please allow 15 minutes for your appointment. *Dr. Ford holds a Doctor of Audiology degree. She began her career at the MA Eye and Ear Infirmary before becoming the Assistant Director of the Cochlear Implant program at University Hospitals in Ohio. She opened her private practice several years ago after returning to Massachusetts.*

► Walking the Thornveld at Hluhluwe-uMfolozi Presentation

Thursday, January 15th, 1:00-1:45

Join Earthwatch volunteer Mark Hopkins for a photographic visit to the savannahs of South Africa, where the continent's best known large mammals depend upon careful management to ensure their future. Learn how Earthwatch works with local scientists to perform a biennial herbivore census in one of Africa's most beautiful federal game reserves. Follow along as Mark hikes 60 miles through scenic thornveld landscapes, accompanied by an armed Zulu ranger, counting wild rhino, giraffe, buffalo, elephant, and a dozen other large mammal species, then returning to the campsite for close-up photographic visits with lions, leopards, hippos, and crocodiles. Hear how face-to-face encounters with some of Africa's most dangerous creatures enlivened the adventure. *Mark Hopkins is a frequent presenter at the COA. His slideshows blend his photography skills and knowledge on the subject matter into a top-notch presentation. He is retired from a career in the advertising business and lives in Lincoln with his wife Margie Yamamoto.*

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Going Away for the Winter? Please Stop Your Newsletter Mailing

Please help us save printing and postage costs by going off the newsletter mailing list while you are away. Just let us know when you return and we'll put you back on. Email Judy at jpeters@acton-ma.gov or call 978-929-6652.



Director's Corner - This time of year many of us try to think of ways we can make positive changes to our lives. A nutritious diet, physical activity, social engagements and mentally stimulating pursuits can all help us stay healthy as we age. The Senior Center can help you meet your goals. We offer many different educational, recreational and wellness programs, most of which are free of charge to Acton seniors. There really is something for everyone. If you have not been to the Senior Center, please make a point of stopping in to see all that we have to offer. Wishing you all a happy and healthy New Year!

Sharon, COA Director

The Senior Center will be closed on January 1st and 19th.

UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS..... TUESDAY, JANUARY 6th at 1:00.

► Re-gifting Party

 *Thursday, January 8th, 12:30-1:15*

If you received a gift over the holidays you know you'll never use, wrap it up and bring it to the re-gifting party for some fun and socializing! It's run like a Yankee Swap so there are always some laughs, and you'll go home with a new gift (which you can bring back next year if you don't like it!). Light refreshments will be served.

Clear the Clutter from Your Life

Thursday, January 8th 3:00-4:00 "What is Your Saving Style?"

Thursday, January 22nd, 3:00-4:00 "Understanding Your Acquiring"



Acton Boxborough
United Way

Colette Coleman LICSW, will be leading this group at the Senior Center to provide support and resources for those who have difficulty discarding and organizing their possessions or feel they may have acquired too much stuff and feel overwhelmed. Funding for this program was made possible through a grant from the Acton Boxboro United Way.

► Caring For Our Own After Death: Reclaiming an Old and Loving Tradition

Tuesday, January 27th, 12:30-2:00

Did you know caring for loved ones at home after death is still possible? Peg Lorenz, a Home Funeral Educator with Peaceful Passage at Home, will present an overview of this long-standing tradition. Some facts you may not be aware of: embalming is not required; the deceased can be kept at home; a family can fill out and file the death certificate; a family can transport the deceased. A traditional home funeral is a family-centered response to death. It is different from a conventional funeral by its emphasis on the family maintaining control and decision-making in the days after a death resulting in a unique and personal experience. It can also be more affordable and respectful to the environment. This program will give you the legal facts, the logistical details and a description of the enormous personal benefits that come with this profound moment in a family's life. There will be time for discussion and questions and answers. You will also see some excerpts from the movie *A Family Undertaking* which follows the story of four families who chose home funerals. All ages welcome.

► Railways of the USA

Thursday, January 29th, 1:00-2:00



Benjamin Stone will share his interest in 21st century American railroads. He will primarily focus on how freight train traffic has increased across the country, giving railroad passengers a needed subsidy, but has increased traffic and raised substantial safety concerns. Mr. Stone recently moved to the area from England and in the past presented here on his experience as a child in England during WWII.

► Indicates that you must register in advance!

SENIOR CENTER CLINICS

Podiatry Clinic with Dr. Gregorian: *Tuesday, January 13th, 8:15-11:00*

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$30 fee may be waived in cases of hardship. Appointments for the podiatry clinic will begin when the COA's monthly newsletter is out in the community. Call 978-929-6650. *Funded by the Friends of Acton Nursing Service.*

Blood Pressure & Wellness Clinic: *Tuesdays, January 13th and 27th, 9:30-11:30*

A Registered Nurse from the Public Health Nursing Service will check blood pressure, pulse, weight, and discuss any medication, nutritional or health related questions. No appointment necessary. Flu shots may be availability.

Senior Center Art Exhibit - January continues Joyce Dwyer's exhibit of fine-art watercolors. Ms. Dwyer is well-known for her landscape painting. She teaches locally including here at the Senior Center. Please call the COA office for viewing times.

CLASSES

REGISTRATION BEGINS..... TUESDAY, JANUARY 6th at 1:00.



► **Beginning Watercolor Class with Sue Nordhausen**

Tuesdays, January 13th, 20th, and 27th, 1:30-3:00

(Call now. Registration is open.)

This class is for people who have always wished to try watercolor but were a little hesitant or didn't have the time to start. True beginners only! It will give a small group of beginning students a "hands-on" experience with the materials, the various techniques, the importance of color values (lights and darks), as well as a beginning study on color mixing. Paper, paints and brushes will be provided courtesy of the Friends of the COA and the instructor. There are other opportunities at the COA for experienced watercolor artists throughout the year-watch future newsletters for information on classes for more experienced artists. *Sue has taught watercolor classes (her favorite medium) at the Center for 11 years, after a career of teaching a variety of art media in the public schools. She has an Art Ed degree from UNH, continues to take classes and workshops with nationally known artists, and served as president of the Lexington Arts and Crafts Association where she continues to exhibit.*



► **Watercolor Studio Workshop with Joyce McJilton Dwyer**

Mondays, January 26th through March 30th, 10:00-11:30

(No class on Feb. 16th)



Join this watercolor studio workshop and be inspired! Explore landscapes and still life, work on new or old projects and engage in the joy of painting in watercolor. Group and individual work as well as individual and shared critique are part of this art experience. Beginners are welcome as well as students continuing their watercolor learning process! Materials list available in the COA

office for new students. *In addition to her work at the Senior Center, Joyce teaches watercolor classes at the AB Regional High School Community Education programs and at the Carlisle Recreation Dept. She holds an MA in Art Education and a BA in Studio Art and Arts & Crafts and has studied watercolor at the DeCordova Museum School in Lincoln. She has been drawing and painting since a child and with watercolor for 27 years.*

► **Beginner Chess Class with Ken LeBow**

Thursdays, January 8th through March 12th, 1:00-2:00

(Call now. Registration is open.)

Ken will teach a 10-week chess class for beginners. 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. *Prior to living in Acton, Ken started a chess club and lessons for seniors in a Philadelphia suburb. He has played chess for over 50 years and has had several games published in the Boston Globe and New York Times, although he is quick to mention that all except one were losses!*

► **Intermediate Chess Class with Ken LeBow**

Thursdays, January 8th through March 12th, 2:00-3:00

(Call now. Registration is open.)



This 10-week course is 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.

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

HEALTH NEWS

Minuteman Senior Services provides free in-home consultations. Call 888-222-6171 or visit www.minutemansenior.org for more information.

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

• Assistive Technology Website to post or look for items in New England go to www.getatstuff.org.

Services Comparison Websites help you find and compare options for home health, hospital and nursing.

• Home Health Agencies – www.medicare.gov/homehealthcompare

• Hospital – www.medicare.gov/hospitalcompare/search.html

• Nursing Home – www.medicare.gov/nursinghomecompare/search.html



SENIOR CINEMA

You may call the office to confirm the selection in case a change needs to be made.

****Movies are shown using the closed-captioning feature, when available****



Friday, January 2nd, 12:30-2:15 *Belle* (2014, PG) Period drama based on the real life of Dido Elizabeth Belle (Gugu Mbatha-Raw), a biracial girl born in 1761 to a British admiral father and an African mother. Raised by her great-uncle (Tom Wilkinson), Dido finds her place in British society.

Friday, January 16th, 12:30-2:25 *The Grand Seduction* (2013, NR- some sexual references) A small Newfoundland fishing village pulls out all the stops to persuade a young doctor to stay in order to bring a factory to town to provide much-needed jobs. Comedy starring Brendan Gleeson and Taylor Kitsch.

Friday, January 23rd, 12:30-2:30 *The Hundred-Foot Journey* (2014, PG) The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's haute cuisine eatery, resulting in a rivalry that becomes personal. Helen Mirren plays the snooty Madame Mallory in this dramatic comedy.

Friday, January 30th, 12:30-2:05 *And So It Goes* (2014, PG-13) In this dramatic comedy, a self-absorbed realtor (Michael Douglas) enlists the help of his neighbor (Diane Keaton) when his estranged son suddenly leaves him in charge of the granddaughter he didn't know existed.

EXERCISE

REGISTRATION HAS BEGUN.....CALL NOW

► Active Aging with Terri Zaborowski

Previously called Senior Stretch, Flex, Tone and Cardio ****Sign up for each day separately****

Mondays, January 5th through March 23rd, 8:30-9:30 (Call now to enroll) (No class 1/19 and 2/16.)

Tuesdays, January 6th through March 24th, 9:45-10:45 (Class is full. Call about the waitlist.)

Thursdays, January 8th through March 26th, 9:45-10:45 (Class is full. Call about the waitlist.)

This class offers all the same muscle toning and strengthening benefits of the Senior Fitness class, with the option to stay at the end for a 10-15 minute aerobic segment. It is designed to help seniors maintain their cardiovascular health, strength and flexibility. All strength training can be done standing or seated.

► Gentle Pilates, Stretch and Relaxation Class with Yvonne Benelli

Mondays, January 5th through March 23rd, 2:30-3:20 (No class Jan. 19 and Feb. 16)

This Stott Pilates class will involve core work, focusing on abdominals, back and postural alignment. Stretching and relaxation will help increase flexibility and improve range of motion and ease of movement. Reduce stress, get stronger, improve balance and minimize discomfort. Feel rejuvenated and re-energized! Please note that this class has been tweaked, based on feedback and class population, to be gentle enough and fun for almost everyone. Bring a towel and mat. Majority of class taught on the floor/mat. *Yvonne Benelli has a Masters Degree in Clinical Exercise Physiology and BS in PE; has taught various fitness classes for over 35 years. Yvonne is Stott Pilates trained; Certified in Zumba and Zumba Gold; American Red Cross Instructor in CPR and First Aid.*

► Senior Fitness with Terri Zaborowski

Tuesdays, January 6th through March 24th, 8:30-9:30 (Class is full. Call about the waitlist.)

Wednesdays, January 7th through March 25th, 8:30-9:30 (Class is full. Call about the waitlist.)

Thursdays, January 8th through March 26th, 8:30-9:30 (Class is full. Call about the waitlist.)

Fridays, January 9th through March 27th, 8:30-9:30 (Class is full. Call about the waitlist.)

► Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell

Wednesdays, January 7th through March 25th, 10:00-10:30, meets in living room

Thursdays, January 8th through March 26th, 11:00-11:30, meets in dining room

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. Wondering if this program is right for you? Come observe class on Wednesday, January 7th and then speak to your physician.



► Indicates that you must register in advance!

EXERCISE - continued

REGISTRATION HAS BEGUN.....CALL NOW

► **Stretch and Flex with Terri Zaborowski**

Tuesdays, January 6th through March 24th, 2:30-3:30

Designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both provided by the COA). Workout is done standing and seated in a chair.



► **Beginner Taoist Tai Chi with Taoist Tai Chi Society instructors**

Tuesdays, January 6th through March 24th, 11:00-12:00

Taoist Tai Chi incorporates stretching and turning into a series of slow, rhythmic moves that improve the health of body, mind and spirit while improving balance as well. It can be done sitting in a chair for those unable to stand for the workout. Wear loose, comfortable clothing and shoes with fairly smooth treads. This class began in September, so it will move fairly quickly through the first 28 or so moves, but new participants are welcome to register and see if it's a good fit for them. If you've been in the Tuesday class and feel comfortable with all 108 movements, please register for the Thursday Senior Tai Chi class and be placed on the waiting list for the Tuesday class.

► **Yoga Class with Patsy Brightman**

Wednesdays, January 7th, 14th and 21st and February 25th through March 25th, 10:45-12:15

 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 has an emphasis on wellness and will 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 of Elder Affairs, which is funding this program. *No yoga classes Jan., 28th, Feb. 4th, 11th, 18th. *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 Taoist Tai Chi Society instructors**

Thursdays, January 8th through March 26th, 11:00-12:00

This class is only for people who know all 108 movements of the Taoist Tai Chi set, whether learned at the Senior Center or elsewhere. Please call to register even if you are currently in the class so we have contact information for everyone and don't over-exceed the maximum number of students.

► **Zumba Gold™ & Stretch Class with Yvonne Benelli**

Fridays, January 9th through March 27th, 10:00-10:50

Join the party! This cardio-based fitness workout is designed to tone the entire body and includes a variety of international music with fast and slow rhythms. Floor work is optional and is at the end of the class. This program is designed so that anyone can do it - YOU are in control of your movements and intensity, and you will be encouraged to modify your exercise (up or down) to accommodate your own needs. Every step is taught at various levels and you choose what you want to add ...or not. Participants should wear sneakers, and bring an exercise mat (if doing floor work), 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 entire series is suggested. *Yvonne Benelli is a certified Zumba Gold and Zumba instructor. She holds an MS in Clinical Exercise Physiology, a BS in Phys. Ed. and has been teaching various fitness classes and American Red Cross CPR/First Aid for over 35 years.*

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

Did You Reach the “Donut Hole” Last Year? *If so...chances are you could reach it again!* If you have a Medicare Part D or Medicare Advantage plan and do not get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$2960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means...a \$300 brand name drug will now cost you \$135!

This is where Prescription Advantage can help. Prescription Advantage, the MA prescription drug assistance program, can help pay for prescription drugs when you reach the “donut hole.” To find out more, call Prescription Advantage at: 1-800-243-4636 or TTY 1-877-610-0241 or visit www.prescriptionadvantagemma.org.

DINING OPPORTUNITIES

REGISTRATION BEGINS..... TUESDAY, JANUARY 6th at 1:00.

****Please sign up with the COA office staff for the following meals:**

▶ **Town Employee Prepared Lunch**

Monday, January 12th, 11:45

The Natural Resources Department will be preparing egg drop soup, Asian noodles with pork and vegetables, salad, fortune cookies and ice cream. Sign up in the COA office. A \$3 donation is requested.

▶ **Newbury Court/Birthday Luncheon**

Wednesday, January 14th, 11:45

The menu is not known in time for publication. Sign up in the COA office. A \$3 donation is requested.

▶ **Monthly Breakfast**

Friday, January 16th, 9:00

Join us for a warm, plentiful breakfast! Typically pancakes or French toast, eggs, fruit, bacon and sausages are served, but our chef, Veteran Services Officer James MacRae, will sometimes have a surprise in store. Cost is \$2.00. Call the COA by Wednesday, January 14th, for a reservation.

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

Tuesday, January 20th, 11:45

Enjoy a nice bowl of chili, cornbread, salad and dessert. A \$3 donation is requested. You must sign up for this meal in the COA office by Thursday, January 15th.

▶ **Life Care Center of Acton Luncheon**

Friday, January 23rd, 11:45

Join us for lunch provided by Life Care Center of Acton and served at the Senior Center. As a local rehabilitation and long-term care facility, Life Care Center of Acton is pleased to connect with Acton residents and deliver this meal to the Senior Center meal site. The menu is not known in advance, but it's always delicious! A \$2.00 donation is requested.

Please sign up with Joy in the Dining Room for the following meals:

▶ **Soup Bar**

Every Friday in January, 11:45

For a list of the weekly soup base and the add-ons see Joy in the dining room. \$2 donation.

▶ **Minuteman Lunches** are served M-F at 11:45. Voluntary donation is \$2. Call 978-263-5053 by 10:30 the day before. Birthday Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA.

Birthday Lunch, Wednesday, Jan. 14th, 11:45 (Sign up with Newbury Ct Lunch description above.)

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

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.

Family Size	60% of estimated State income
1	\$32,618
2	\$42,654
3	\$52,691

Contact Bev Hutchings, COA Outreach Coordinator, at 978-929-6652 for more information.

Emergency Fuel Assistance Fund - Managed by the Friends of the COA. Contact Bev Hutchings at the COA at 978-929-6652.

OUTREACH & SUPPORT SERVICES

We are available to help you find resources in the community to address many concerns related to aging. Call Bev Hutchings, Outreach Coordinator, at 978-929-6652 for a confidential chat.

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 Bev at the COA at 978-929-6652.

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

Home Care Services: Please call the COA 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.

Veterans' Services Appointments: Veterans or surviving spouses needing help with benefits or resources should contact Veterans' Service Officer James MacRae at 978-929-6614 or email vso@acton-ma.gov to schedule an appointment. You can also call Bev Hutchings at 978-929-6652 for information.

Support Groups

Alzheimer's, Memory Loss and Dementia Care Givers Support Group with Eileen Lawson

4th Wednesday of each month, 4:00-5:30, Benchmark Senior Living at Robbins Brook. Call 978-264-4666.

Parkinson's Disease Support Group with Mary Ann Wonn

3rd Monday of each month 2:00-3:00, Benchmark Senior Living at Robbins Brook. Call 978-264-4666.

CareDimensions Adult Grief Support: Loss Due to Illness

Mondays, January 5th - February 23rd, 6:00-7:30 p.m., Emerson Hospital

For more information or to register call 855-774-5100 or email grief@CareDimensions.org

Alzheimer's Services

- **Alzheimer's Association Helpline** 1-800-272-3900. 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.

Healthcare Websites

- **Alzheimer's Association**, www.alz.org/carefinder for recommendations and questions to ask care providers.
- **Office of the Attorney General**, www.ago.state.ma.us, click on elders.



Handyman Program - Helps seniors with small repairs and simple household jobs. Volunteer handymen glue handrails and chair legs, replace light bulbs, flip mattresses, make computer/DVD connections and more. Call Mary Lou weekday afternoons after 1:30 at 978-929-6652 to make a request.

Thank You...

- ... to the COA staff, Board and Friends volunteers who made the Holiday Tea such a wonderful event.
- ... to Girl Scout troop #72323 for the cookies and carols.
- ... to the children from the Child Care Center of Westford for the carols.

TRANSPORTATION

Van Rides: Monday-Friday, 8:30-4:00. Call weekdays 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.

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

MART Van Service to Boston - Weekday stops 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).

Yankee Bus Service to Boston – Weekday service leaving Colonial Spirits, Great Rd, at 7:00am, arriving Copley Square at 7:50am. Return ride leaves Copley at 5:05pm, arrives Colonial Spirits at 5:50pm. Call 1-800-942-8890 for more information and current cost.

ONGOING ACTIVITIES

“The Bookies” Book Club

Monday, January 26th, 1:00-2:00

The selection this month is *Unbroken* by Laura Hillenbrand, which tells the true story of a former Olympic track star who during WWII survives a plane crash in the Pacific, 47 days drifting on a raft and two years in Japanese prisoner of war camps. The book has been adapted into a recently released film. Copies of the book may be available at the Acton Memorial Library; you may want to call 978-929-6655 to confirm availability.

Support Group for Tablet Users with Judy Peters

Fridays, January 16th and 30th, 10:30-11:30

Join us in the dining room for help with your tablet, to offer your suggestions to others or just to listen. Bring your charged tablet. All are welcome, even those without a tablet but who are thinking about getting one.



Genealogy Group

Friday, January 9th, 1:00-2:30

Come share your research, seek some advice or simply share your passion for family history with like-minded people in this facilitated group.

Drop-In Guided Meditation with Health and Wellness Coordinator Liz Jewell

Thursdays, January 15th and 29th, 2:30-3:15

Meditation is the practice of mindfulness. Mindfulness means paying attention in a particular way; on purpose, in the present moment and nonjudgmentally. Practicing mindfulness has been linked to improved physical and mental health. Join Liz for some gentle stretching exercises and guided meditation practice. No experience necessary!

Computer Club - Meetings may be self-directed or they may have a leader depending on availability.

Wednesdays, January 14th and 28th, 1:30-3:00

► Minuteman SHINE (Serving the Health Information Needs of Everyone)

Mondays, January 5th, 12th and 26th, 1:00-4:00

A SHINE counselor is available for health care information. Call the office at 978-929-6652 for an appointment.

Chess Club with Ken LeBow

Thursdays, 2:00-4:15 (No chess on Jan. 1st)

Chess Club is a chance for players with some experience to get together for games at the Senior Center. You only need to know the basics to play. Need a refresher? Ken also offers chess classes. January 15 is a match with students that will begin at 2:30.

► Indicates that you must register in advance!

AROUND TOWN...AND BEYOND

Town Clerks Office - Low Cost Rabies Clinic & Dog Licensing

Saturday, February 7th, 2:00–4:00 PM at DogStar Activity Center, 310B School St. Cost: \$12/animal - cats & dogs only (cats in carriers and dogs on leashes). Animals will receive a one year rabies vaccine certificate unless owners bring in a valid (MA) three year rabies certificate or any rabies certificate demonstrating a rabies vaccine given within the last 9 to 12 months. Animals with current wounds of unknown origin cannot be rabies vaccinated. For more information call the Health Dept. at 978-929-6632. Sponsored by Great Road Vet. Hospital and the Town of Acton. The Town Clerk will be available for dog licenses for an additional charge.

Memorial Library - Learn more at www.actonmemoriallibrary.org. Hours are Monday - Thursday 9-9, Friday and Sat. 9-5, and Sunday 2-5. In the event of inclement weather call the library at 978 929-6655 before setting out.

Winter Film Series – Classic mysteries at 7:00pm. Discussion will follow.

January 21, *The Lady Vanishes* and January 28, *The Maltese Falcon*

***Borrowing E-Books on Tablets**, Tuesday, January 6, 3-4 p.m.

***Get on the Cloud with Google Drive**, Monday, January 12, 7-8:30 p.m.

***Borrowing E-Books on Kindles**, Tuesday, January 13, 3-4 p.m.

*Registration required; call the Reference Department at 978-929-6543 to sign-up.

One-on-One Computer Help, Wednesday, January 7, at 10 and 11. Call 978-929-6543 for an appointment.

Drop-In Computer Help, Wednesday, January 21, 3-4 p.m.

Book Sale, Preview sale for members is Friday, 7-9 p.m. Public sale is Sat., 9-4. Sunday is Half-Price Day, 2-3:30.

Library Book Discussion Group, 7:30 p.m.

January 20, *The Guilty One* by Lisa Ballantyne, and on February 17, *Until I Say Good-Bye* by Susan Spencer-Wendel. Copies of the books are available at the circulation desk late the month before.

Mt. Calvary Community Supper at 472 Massachusetts Ave.

Every Wednesday, 5:00-6:00 p.m. Free. Everyone welcome. Call 978-263-5156 for info.

Mt. Calvary Community Lunch at 472 Massachusetts Ave.

4th Thursday of the month, 12:15. Donations accepted.

Indian Hill– Free Bach’s Lunch Concert, *Thur., January 15th, 11:00 and 1:30* at 36 King St., Littleton

Recreation Department – With the New Year here it’s a perfect time to sit down with your 2015 calendar and mark down some events at NARA Park. Winter Carnival is scheduled for Saturday, February 7 from 4-7 p.m. and Acton’s Independence Day Celebration will be held on Friday, July 3. The World Famous Glenn Miller Orchestra will be performing on Friday, July 10. Tickets are only \$10 and can be purchased at www.acton-ma.gov/register.

Theatre III presents "The Shadow Box". Senior Dress rehearsal is January 28th at 7:30. No cost to seniors.

 **AARP Free Tax Preparation** - The American Assoc. for Retired Persons and the IRS are sponsoring free tax preparation for low and moderate income taxpayers from February through mid-April at the Senior Center and the Memorial Library. The specific days and times available will be listed in the January COA newsletter. Appointments can be scheduled after January 15th by calling the COA at 978-929-6652. For library appointments call 978-760-9146. This service covers most personal tax returns but does not cover business returns, returns for those who own rental property, or investment advice. Bring a copy of last year’s 2013 Federal and State returns as well as all tax forms mailed to you for 2014, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security, mutual fund statements, and brokerage statements. Certain qualified seniors may be eligible for the MA Circuit Breaker tax credit. Senior homeowners and renters may receive a tax credit of up to \$1050 for 2014 even if they do not owe any state income tax.



Durable Medical Equipment Available to Loan: The COA has a variety of items such as canes, walkers and tub benches to borrow. Call Mary Lou weekday afternoons at 978-929-6652 and please allow her a couple of days to gather the equipment.



Snow Blower Safety - Each winter injuries involving fingers occur when individuals use their hands to clear the auger or discharge chute of a snow blower. Strains and sprains or slipping related injuries also occur while maneuvering the snow blower. Most of the injuries are preventable. To ensure your safety, follow these guidelines:

- * Read and understand the manufacturer's instructions and/or have an experienced, knowledgeable person demonstrate procedures for safe snow blower operation.
- * Before starting, inspect the blower to make sure shields are in place and not damaged. Tighten any loose nuts, bolts, or screws.
- * Add fuel before starting the engine. Never fuel an engine that is running or hot. Store fuel in approved safety cans only.
- * Do not wear loose fitting clothing. Footwear should have adequate traction or ice cleats.
- * Inspect the area before you begin. Remove branches, hoses, toys, and other objects.
- * Pre-plan the placement of discharged snow. Do not direct the discharge chute towards windows, parked cars, roadways, or sidewalks.
- * When operating equipment for extended periods of time, use plug or muff type hearing protection.
- * Do not leave a snow blower unattended when it is running. Shut off the snow blower and remove the key.
- * If the chute or auger backs up (clogs) follow these steps:
 - Turn off the machine and remove the spark plug wire.
 - Use a stick or broom handle to free the snow or debris. Never, ever, reach into the auger housing or chute.

► **Smoke Alarm and CO Detectors Replacement**

The Acton Fire Department continues to replace/install *battery operated* detectors in homes for Acton seniors. There are a limited number of appointments available each month. This program is funded through a grant. It is intended for seniors who live alone or are unable to climb a ladder, and plan to continue to live in the home. Please do not request detectors if putting your house on the market or if you have a family member who can install your detectors. Call the COA at 978-929-6652 to schedule a visit. Please do not call the Fire Department directly.

Be Prepared - Before a Winter Power Outage:



- Have extra batteries for flashlights and portable radios.
- Fully charge your cell phone, laptop and any other devices.
- Have a car phone charger so you can charge your phone if you lose power to your home.
- Download the free *Massachusetts Alerts* app to receive weather alerts and messages from MEMA. Easy instructions are available at www.mass.gov/mema/mobileapp.
- Have a water supply such as your bathtub and spare containers to fill for flushing the toilet and drinking.
- Set your refrigerator and freezer to their coldest settings and do not open the door during an outage. Refrigerated food can stay cold for up to 24 hours and food in a freezer for 48 hours.
- Have emergency heating equipment and fuel (a gas fireplace, wood burning stove or fireplace) so you can keep at least one room warm. Consider purchasing a generator to provide power during an outage.
- To keep pipes from freezing, wrap them in insulation or layers of newspapers, covering the newspapers with plastic to keep out moisture. Let faucets drip a little to avoid freezing.
- For medication that requires refrigeration, check with your pharmacist on proper storage during an outage.
- If you use medical equipment that requires electricity, talk to your health care provider about how you can prepare for its use during a power outage.
- If you have life-support devices that depend on electricity, contact your electric company about your power needs for life-support devices in advance of an emergency. Talk to your equipment suppliers about your power options and also let the fire department know that you are dependent on life-support devices.
- Keep your car's gas tank at least half full.
- Know where the manual release lever of your electric garage door opener is located.

January	Mon	Tue	Wed	Thu	Fri	2015
				1 COA Closed	2 11:45 Soup Bar 12:30-2:15 Movie	
5 8:30-9:30 Active Aging Begins 9:30-11:00 Drop-in Art 9:30-11:30 Drop-in Bridge 1:00-4:00 SHINE 2:30-3:20 Pilates Begins 3:00 COA Board Meeting		6 8:30-9:30 Senior Fitness Begins 9:45-10:45 Active Aging Begins 11:00-12:00 Beginner Tai Chi 1:00 Registration Begins 2:30-3:30 Stretch and Flex Begins	7 8:30-9:30 Senior Fitness Begins 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise Begins 10:45-12:15 Yoga Begins 12:30-2:15 Yarn & Thread Ladies 2:30-4:30 Drop-in Bridge	8 8:30-9:30 Senior Fitness Begins 9:45-10:45 Active Aging Begins 11:00-12:00 Senior Tai Chi 11:00-11:30 Chair Exercise Begins 12:30-1:15 Re-gifting Party 1:00-2:00 Beg. Chess Class 2:00-3:00 Inter. Chess Class 2:00-4:15 Chess Club 3:00-4:00 Clear the Clutter	9 8:30-9:30 Senior Fitness Begins 10:00-10:45 Zumba Begins 11:45 Soup Bar 1:00-2:30 Genealogy	
12 8:30-9:30 Active Aging 9:30-11:00 Drop-in Art 9:30-11:30 Drop-in Bridge 11:45 Town Employee Lunch 1:00-4:00 SHINE 2:30-3:20 Pilates		13 8:15-11:00 Podiatry 8:30-9:30 Senior Fitness 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Active Aging 10:00-12:00 Hearing Screenings 11:00-12:00 Beginner Tai Chi 1:30-3:00 Watercolor w/Sue Begins 2:30-3:30 Stretch and Flex	14 8:30-9:30 Senior Fitness 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:15 Yoga 11:45 Birthday/Newbury Ct. Lunch 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	15 8:30-9:30 Senior Fitness 9:45-10:45 Active Aging 11:00-12:00 Senior Tai Chi 11:00-11:30 Chair Exercise 1:00-1:45 Thornveld Program 1:00-2:00 Beg. Chess Class 2:00-3:00 Inter. Chess Class 2:30-4:15 Chess Club 2:30-3:15 Meditation	16 8:30-9:30 Senior Fitness 9:00 Breakfast 10:00-10:45 Zumba 10:30-11:30 Tablet Support Group 11:45 Soup Bar 12:30-2:25 Movie	
19 COA Closed		20 8:30-9:30 Senior Fitness 9:45-10:45 Active Aging 11:00-12:00 Beginner Tai Chi 11:45 Benchmark/RB Lunch 1:30-3:00 Watercolor w/Sue 2:30-3:30 Stretch and Flex	21 8:30-9:30 Senior Fitness 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:15 Yoga 12:30-2:15 Yarn & Thread Ladies 2:30-4:30 Drop-in Bridge	22 8:30-9:30 Senior Fitness 9:45-10:45 Active Aging 11:00-12:00 Senior Tai Chi 11:00-11:30 Chair Exercise 1:00-2:00 Beg. Chess Class 2:00-3:00 Inter. Chess Class 2:00-4:15 Chess Club 3:00-4:00 Clear the Clutter	23 8:30-9:30 Senior Fitness 10:00-10:45 Zumba 11:45 LifeCare Luncheon 12:30-2:30 Movie	
26 8:30-9:30 Active Aging 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 10:00-11:30 Watercolor Begins 12:30 Newsletter Sealing 1:00-4:00 SHINE 1:00-2:00 Bookies Group 2:30-3:20 Pilates		27 8:30 Newsletter Mailing 8:30-9:30 Senior Fitness 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Active Aging 11:00-12:00 Beginner Tai Chi 12:30-2:00 Home Funeral Talk 1:30-3:00 Watercolor w/Sue-last 2:30-3:30 Stretch and Flex	28 8:30-9:30 Senior Fitness 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	29 8:30-9:30 Senior Fitness 9:45-10:45 Active Aging 11:00-12:00 Senior Tai Chi 11:00-11:30 Chair Exercise 1:00-2:00 Railways Program 1:00-2:00 Beg. Chess Class 2:00-3:00 Inter. Chess Class 2:00-4:15 Chess Club 2:30-3:15 Meditation	30 8:30-9:30 Senior Fitness 10:00-10:45 Zumba 10:30-11:30 Tablet Support Group 11:45 Soup Bar 12:30-2:05 Movie	

Winter Weather Exercise/Program Policy

If Acton Schools are closed: All Senior Center exercise, classes and programs will be canceled and the Minuteman meal site will be closed. The Council on Aging office will remain open. Check school cancellation information on WBZ, WCVB and WHDH or radio stations WEEI and WBZ.

If Acton Schools are delayed: ALL classes, exercise and programs beginning before 10:00 will be canceled. Please call the office for classes beginning at 10:00 or later to see if they will be held. If there is a storm during school vacations or holidays, call the COA before heading out. *If in doubt, call the COA at 978-929-6652 with questions.*

Get Your Newsletter by Email - Why wait for the mail to get your newsletter? Get it early and in **color!** For more information or to switch to the email list, call Judy at 978-929-6652 or email jpeters@acton-ma.gov. Thank you!



The Friends of the Acton COA BEST FAIR YET!

The Friend's Fair this year was a huge success. Thanks go to our many volunteers who did a lot of work to make it so successful.



Our biggest yearly fundraiser is our Annual Appeal which has been mailed to all seniors in Acton. We are so fortunate to have such generous donors. These donations help us to continue to support numerous programs and activities at the Senior Center. Many, many thanks!

Accolades go to the COA staff who hosted a lovely holiday tea in December.

Have a Happy and Healthy New Year.

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

ACTON COA STAFF

Sharon Mercurio, Director
Judy Peters, Assistant to the Director
Chris Chirokas, Program Coordinator
Bev Hutchings, Outreach/Volunteer Coordinator
Mary Lou Repucci, Staff Assistant
Liz Jewell, Health and Wellness Coordinator
Terri Zaborowski, Exercise Instructor

ACTON COA BOARD MEMBERS

Barbara Willson, Chair	Bonnie Lobel
Stephen Baran, Vice Chair	Marion Maxwell
Ann Corcoran, Secretary	Rosanne Stone
Peter Durrane, Assoc. Member	Sally Thompson, Treasurer
Jacquie Friedman	Paul Turner

Acton COA Board will meet on again on January 5th at 3:00
Friends of the Acton COA will not meet in January