

## Town of Acton

Town Manager

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## FOR IMMEDIATE RELEASE

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## Town of Acton Celebrates Council on Aging During National Senior Center Month



ACTON — The Town of Acton is celebrating the work of the Acton Council on Aging as part of National Senior Center Month, which is recognized in September.

The Acton Senior Center is a hub for older adults in Acton, where individuals can develop and maintain friendships, learn, and nourish their bodies with both food and movement. Additionally, the Senior Center has created a robust learning community with programs ranging from health education to talks on history and learning new methods for art.

The Senior Center hosts events and celebrations that are centered around sharing meals and experiences. Some examples include the monthly breakfast or celebrations like the annual volunteer celebration.

"Aging in place" is the primary goal of the Senior Center. Staff work hard to provide programming and services that help residents maintain a support network through their peers and connection to services through our staff.

The Senior Center is dynamic and engaging, and offers a variety of day-to-day activities for residents to enjoy:

- Read in a comfortable setting, complete a puzzle, or play pool while enjoying the company of others.
- Attend one of the hundreds of planned programs to choose from so far this year including exercise classes, health presentations, music and art programs, and more.
- Be part of support groups such as the Memory Cafe, Caregivers Support Group, Grandparents Raising Children Support Group, among others.

The Council on Aging Board and Friends of the Council on Aging are active attendees of programs and events. Both entities support the staff and residents helping to advocate for the senior population and to help defer cost of the programming provided at the Senior Center.

"Sharon Mercurio, the Director of the Council on Aging, is a hands-on leader who empowers her team to show off their skills and expertise. The staff is a well balanced group who complement each other," said Town Manager John

Mangiaratti. "The Council on Aging and its staff does great work for our residents, and we are glad to be recognizing them."

"If you or a family member is an Acton resident over 60 years old, come visit the COA!" said Director of Health and Family Services Penelope Funaiole. "The COA also provides an ambassador program that pairs residents who regularly attend with newcomers. We hope to see you soon!"

Learn more about the Acton Council on Aging at <https://www.actoncoa.com/>, call 978-929-6652, or drop in and ask for a tour. The COA is located at 30 Sudbury Road, Rear.

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### **A message from the Town of Acton**