



Acton Council on Aging



At the Human Services Building & Senior Center

OCTOBER 2023

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

Center Closed Monday October 9th

Opening Hours:

Monday: 8:00am-5:00pm

Tuesday: 8:00am-7:30pm

Wednesday & Thursday: 8:00am-5:00pm

Friday: 8:00am-12noon

▣► Singing Group with Ed Knights

Wednesdays, October 4th and 18th, 1:00-1:45pm

Open to all seniors/free



Join Ed Knights for this singing group where participants will sing along to familiar songs. Don't worry about your level of singing; this class is open to anyone interested in singing. Lyrics will be provided. Ed will also talk about the mechanics of singing—how your breathing and sitting position impact the sound you produce. Song requests for future gatherings welcome! The group will typically meet at the same time on the first and third Wednesday each month but watch for the monthly newsletter for exact dates. *Some of you may remember Ed from his career as an internal medicine physician at Acton Medical Associates, but he also has a love of music and singing which he looks forward to sharing with everyone. He has studied voice at the Boston Conservatory and performs in musicals and operas.*

History of Halloween

Wednesday, October 25th, 1:00-2:00pm

Open to all seniors/free



Halloween wasn't always about pumpkin carving, trick-or-treating, costumes and parties. If you grew up celebrating Halloween this way, you'd be surprised how the holiday has changed over the years. In fact, if you were to time-travel back and observe the first Halloween, you likely wouldn't even recognize it. Come learn the origins of this ancient celebration, how it has changed over the years and is celebrated differently across the globe. From the ancient Roman celebration of Pomona, the goddess of harvest and abundance to the "Jack" behind jack-o'-lanterns. From finding your spouse through bobbing for apples to how costumes have evolved through the decades. From how many Americans actually celebrate Halloween to the most popular Trick or Treating candy. Stop by the Senior Center café for lunch beforehand and then join Dawn to learn more and reminisce on your favorite Halloween memories. *Dawn Gomez is an IBM retiree who, for the last two years, has found her passion executing various programs at a local assisted living community. Her favorite is the twice monthly Reminiscing Round Table where a topic is explored and reminisced about.*

Drop-In Technology Help with Acton Memorial Library at the Senior Center

Thursday, October 12th, 10:00-11:00am

Open to all Seniors/Free



Need help with common smartphone (iPhone or Android), tablet or laptop functions? Join Rebecca Schmidt from Acton Memorial Library who will be at the Senior Center for one-on-one help with your device! Bring your charged device and your questions, and Rebecca will troubleshoot technology problems alongside you. If Rebecca can't help with a specific problem you are having, she will do her best to find the right resources that can help you. Drop by anytime during the hour. If you can't make it this month, Rebecca will return at the same time on November 9th.

Director's Corner

The Friends of the Acton COA are an amazing group of volunteers. Their fundraising efforts support many of our programs, classes and special events. If you are looking for a way to give back to the community, consider volunteering for this group. You won't want to miss their jewelry sale which is happening on Wednesday, October 18th. **See you soon, Sharon**

▣► indicates that you must register in advance, call 978-929-6652

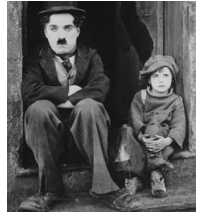
See our online newsletter at www.actoncoa.com for full color, more details and easy to click links



Visit Bodacious the Therapy Dog
Wednesdays, & Tuesday October 3rd, 10:00-12noon

Visit with Bodacious, a handsome golden-doodle, and his handler Dick every Wednesday at the Senior Center. Bodacious and Dick are members of Therapy Dogs International, a non-profit volunteer group whose tagline is "Paws Awhile for Love." Bodacious is sweet and hypo-allergenic. Visiting with a therapy dog is known to increase emotional well-being...and it's free!

No visit October 4th
Open to all seniors/free



The Golden Age of Silent Film

Thursday, October 12th, 1:00-2:00pm

Open to out-of-town seniors for \$5

Join Richard Hughes as he shows some of the best movie clips from the Golden Age of Silent Film, discussing the film and its stars, and accompanies the best parts of each movie on the piano. This program offers a treasure trove bursting with adventure, drama, romance, comedy and every human emotion. These films provided education plus entertainment and as a result two new universal languages were born: the art of telling a story with a camera lens and the language of Pantomime. *As a boy, Richard Hughes got hooked on the Keystone comedies shown on public TV and, years later, he learned the "mood music" used to accompany silent movies. He is currently traveling throughout New England presenting his programs at libraries, schools and other events.*

▣► Storytelling Workshop with Sal Lopes

Thursdays, October 12th and 26th, 2:00-3:30pm

Open to all seniors/free

Storytelling is a great way to reflect on your life. The personal journey each person takes is the affirmation of the value and the life experiences that identify who you are. Sharing a real story about yourself can be therapeutic. The first meeting will be when the work is done—Sal Lopes will give an introduction, provide storytelling examples, and discuss themes. Participants will present their stories at the second meeting. The workshop meets on the 2nd and 4th Thursday of the month through December (except for November when it will be the 5th Thursday). If you want to continue with the workshop, there will be a new registration each month. *Sal Lopes is a retired educator who has taken courses on storytelling, facilitated workshops, & has presented his stories locally.*

▣► Creative Exploration of Romeo & Juliet with Poornima Kirby

Tuesdays through October 17th, 1:00-2:15pm

This class that explores Shakespeare's play, *Romeo and Juliet*, started last month & is closed to new participants.

Friends of Acton COA Jewelry Sale! All are welcome
Wednesday, October 18th, 9:00am – 2:00pm



The Friends of the COA have been collecting vintage costume jewelry all summer long. Donations will be accepted of any unwanted (not damaged/broken/missing pieces) until October 10th. Your opportunity to purchase some gifts, a fashion accessory or special occasion memento at remarkable prices. Don't miss it.

▣► Maximize Your Well-Being with Positive Psychology Tools via Zoom from Home or Senior Center

Thursday, October 19th, 1:00-2:00pm

Open to all seniors/free

Positive Psychology provides resources to enhance how we experience life and deal with challenges. In this interactive program led by Miriam Diamond, we'll learn about this movement. We'll engage in activities to boost inner peace and resilience through increasing awareness, recognizing our "superpowers," and preparing individualized emotional "first aid kits." Have a pen and paper ready to jot notes during the exercises. Participate via Zoom from home or at the Senior Center; please indicate your preference when you register. *Dr. Miriam Rosalyn Diamond is an educator, program developer, and inclusion specialist. She teaches adult education and college classes on lifespan development, friendship, and ethical awareness.*

▣► indicates that you must register in advance, call 978-929-6652

COA Events requiring registration

- ▣► Alcott Sisters, 11/2
- ▣► Art Class with Fran, Tuesdays
- ▣► Caregivers Group
- ▣► CarFit Appointments, 10/23
- ▣► Chess Lessons, Thursdays
- ▣► Digital Photography Class
- ▣► Good Posture seminar, 10/18
- ▣► Hot Topics, Wednesdays
- ▣► Line Dancing, Wednesdays
- ▣► Memory Lane Café, 10/31
- ▣► Neck Pain, 10/5
- ▣► Needle Felting Class, 10/18
- ▣► Poet of the Month, 10/26
- ▣► Positive Psychology Tools, 10/19
- ▣► Raking Day, 11/9
- ▣► Read to Elementary Students
- ▣► Romeo & Juliet Classes
- ▣► Singing Group
- ▣► Storytelling Workshop
- ▣► Thornton Wilder Seminar
- ▣► Understanding Older Adults, 10/12
- ▣► Words Galore via Zoom

Meals

- ▣► Robbins Brook Lunch, 10/17
- ▣► Monthly Breakfast, 10/20
- ▣► Dinner, 10/24
- ▣► Lunch w'Chef McGuire, 10/10

*Call Acton Nursing Services,
 978 929 6650 for programs on p.11*

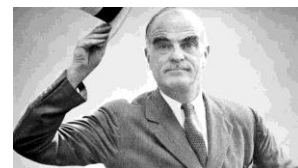
► The Works of Thornton Wilder Seminar with Stephen Collins

Wednesdays through November 8th, 11:00-12:15pm

Registration started last month and is required as space is limited

Out-of-town seniors (\$20 fee) welcome on space-available basis

Stephen Collins is teaching a six-part series on the works of Thornton Wilder. At each meeting, Stephen will read excerpts from and discuss the work; attendee participation is encouraged. The first class will include an introduction to Wilder. October 4th and 11th: *Our Town*; October 18th and 25th: *The Skin of Our Teeth*; November 1st and 8th: *The Bridge of San Luis Rey*. Attendees should read *Our Town* before the first class. Participants are responsible for obtaining the books being read. Harper publishes a book that contains both plays.



Java with John

Friday, October 20th, 9:45am

Acton seniors only

John Mangiaratti will be here to give you updates from the Town and answer your questions. He has been known to bring a guest with him at times.

"Pride Was a Riot" Lunch and Presentation at the Bedford Town Center

Saturday, October 21st, 11:00-1:00 pm

In celebration of LGBTQIA+ History Month, Minuteman Senior Services, Bedford Council on Aging, and LGBTQIA+ Project, are offering lunch and a presentation at the Bedford Town Center at 12 Mudge Way in Bedford. Pride Month marks the anniversary of the 1969 Stonewall Riots in NYC, but what happened in Massachusetts? Speaker is Joan Ilacqua, Executive Director of The History Project. There will be time for people to share their lived experiences.

► CarFit Event

Monday, October 23rd, 1:30-2:40pm by appointment

Open to out-of-town seniors starting October 12th



Helping Mature Drivers Find Their Safest Fit

The Acton Council on Aging, Acton Nursing Service, and the Acton Police Department are offering a free community CarFit event at the Senior Center. CarFit is designed to give a quick but comprehensive check on how well an older driver and their vehicle work together with a focus on comfort, safety, and mobility. Sometimes simple adjustments to mirrors, seat, steering wheel, or head restraint can make a big difference! It is not a driver test. CarFit is a national program developed by AAA, AARP, and the American Occupational Therapy Association. Each appointment takes about 20 minutes for a technician to complete a 12-point checklist with each driver. An Occupational Therapist will also be on hand to meet with each driver and will have examples of devices that can improve your "car fit." Advance registration is required (call 978-929-6652), as is signing a waiver on the day of the event.

It's Time for Your Medicare Check Up! Presentation

Tuesday, October 24th, 1:00-2:00pm

Open to all/free

The Medicare Open Enrollment period, October 15th through December 7th, is the time to research whether your Medicare plan is still right for you. Prior to Open Enrollment, you will receive an Annual Notice of Change from your current health plan, which you should read as a starting point in the decision-making process. Leslie Madge, SHINE counselor for Minuteman Senior Services, will discuss:

- Healthcare options/important changes to Medicare
- Access to prescription drug benefits
- The newly launched Medicare plan finder tool
- How to obtain affordable coverage and public health benefits

SHINE is a State Health Insurance Program (SHIP) & a program of Minuteman Senior Services, offering free health insurance counseling for Medicare beneficiaries of all ages through a network of state certified staff & volunteers.



Classical Favorites and Hidden Gems Series with Sivan Etedgee

Thursdays, October 26th and November 30th, 12:30-1:30pm

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

With his signature mix of concert and commentary, pianist Sivan Etedgee presents an entertaining selection of classical music at the piano. *Sivan Etedgee appears frequently as a recitalist, chamber musician, and lecturer, giving many performances and presentations each year. He is a faculty member at the Newton Music Academy and president of the New England Piano Teachers' Association. His programs at the Senior Center are always enthusiastically received!*



▣► Words Galore via Zoom

Open to all seniors/free

Thursdays through October 26th, 9:00-10:00am

Join Val Walker for this fun and lively hour of word play and brain twisters—a logophile's paradise! Learn new words, explore the history of old words and delve into the origins of words. Enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. Play guessing games with the dictionary and words-within-word games. View from home only. Contact the COA at seniorcenter@actonma.gov to register and receive the Zoom link.

▣► Poet of the Month Series: The Life and Poems of Sarah Orne Jewett via Zoom

Thursday, October 26th, 10:30-11:30am

Open to all seniors/free

Sarah Orne Jewett is famous for her book, *A White Heron*, yet her exquisite poems also express her passion for the Maine landscape. Join us to celebrate her life and poetry! Val Walker will offer a new poet each month, so be sure to check future newsletters. Val Walker, MS, is an author, educator and consultant. She was a counselor for 20 years, is a contributing blogger for *Psychology Today*, and author of *The Art of Comforting* and *400 Friends and No One to Call*. She thoroughly enjoys sharing her love of poetry with others. Contact the COA at seniorcenter@actonma.gov to register and receive the Zoom link.

Commonwealth of Catastrophe: A Brief History of Floods, Fires, and other Disasters in Massachusetts with Paolo Di Gregorio

Tuesday, October 31st, 1:00-2:00pm

Open to out-of-town seniors for \$5

It has been nearly 400 years since the establishment of Massachusetts and the birth of Boston. In that time, the city and commonwealth have grown and flourished. Yet, that success has often been tempered by disasters, both natural and man-made. This illustrated talk will discuss some of the significant, memorable, and legendary disasters, from 18th century earthquakes to 19th century fires to 20th century storms. *Paolo Di Gregorio is a historian, archaeologist and educator. He has a passion for telling stories of our past, which is much appreciated by Acton seniors. He is a Visiting Lecturer in the History Department at Bridgewater State University and an instructor in the Anthropology Department at Wheaton College.*

▣► Between Us Sisters: A Living History Dialogue with Louisa and May Alcott

Thursday, November 2nd, 1:00-2:30pm

Open to out-of-town seniors for \$5

What lies between two sisters? Secrets, compassion, support, intimacy, rivalry, jealousy, and empathy. Perhaps among the most famous sisters of all time are Jo, Amy, Meg, and Beth of *Little Women* fame, the classic coming-of-age story set in Civil War-era Concord. Their real life inspirations were the Alcotts (Louisa, Anna, May, and Lizzie), all spirited personalities who have enchanted readers across the world. But the relationship between Louisa and May remained a largely unexplored mystery – until now. Concord playwrights and actors Amy Cole and Stefanie Cloutier, Concord Visitor Center staff and licensed tour guides, have created a thoroughly researched intimate living history performance that brings these two siblings to life. The performance includes time for Q&A as well as an opportunity to view original photos.



Raffle - each year the state requires the Council on Aging to file an annual report. The data from this report is compiled from you checking into MySeniorCenter for the various activities you attend. These numbers matter for a variety of reasons. As an incentive for checking in we will select a name each month to win a prize. Look out for our first winner.

The Council on Aging Board hopes you're having a fulfilling autumn.

We are launching the **Seniors Read program** with the Acton Boxborough Regional School District. Seniors will be reading to children in grades Kindergarten through Third Grade in the six elementary schools in the District. If you're interested in learning more about the Seniors Read program, please call 978-929-6652 or sign up at the Senior Center Reception Desk. If you have friends or neighbors who might like to participate, please encourage them to contact the Senior Center too. Registration is required for the Seniors Read program.

Happy to chat – Is a program designating areas for people to sit if they are looking for someone to talk to. Look for signs in a variety of places at the Senior Center.

▣► indicates that you must register in advance, call 978-929-6652

See our online newsletter at www.actoncoa.com for full color, more details and easy to click links

Art & Crafts

❑► Wool Needle Felting Art Class

Wednesday, October 18th, 1:00-3:00pm

Acton seniors only

Under the guidance of artist Magda Stilmant, everyone will create a framed wool felting piece of a sunrise to take home. Needle felting is the process of transforming wool into an art object using a barbed needle to bond the fibers together. All supplies are included for a fee of \$50 payable to the instructor on the day of class (cash preferred). Magda is self-taught and has had pieces accepted into juried art shows and has had multiple exhibits including at the Senior Center and Acton Memorial Library. An image of the project will be available in the Senior Center reception area.

❑► Drawing and Watercolor Painting Class with Fran Hewitt

Tuesdays through November 28th, 9:30-11:30am

Acton seniors only/call about space availability

❑► Digital Photography Class with Neal Rantoul

Mondays, October 16th through November 20th, 10:00am-12noon

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

Registration began last month, call about availability.



Watercolor Exhibit

Through to the end of October we welcome the paintings by students who have participated in Fran Hewitt's Watercolor Classes during the past academic year. With a wide variety of skill levels, the purpose of this exhibit is to not only share the students' work but also show "what we do".

Drop-in Art, Tuesdays, 9:00-11:00am

Open to all seniors/free

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

Needle Arts Group, Wednesdays, 12:30-2:30pm

Open to all seniors/free

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



Movie Matinees



Shown with closed captioning, when available

Open to all seniors/free

Monday, October 2nd, 1:00-3:05 *Enola Holmes* (2020, PG-13) When Enola Holmes, teenage sister of Sherlock, discovers her mother is missing she sets out to find her, discovering her own sleuthing skills. Mystery stars Millie Bobby Brown, Henry Cavill, and Helena Bonham Carter.

Tuesday, October 10th, 4:30-6:20 *The Dig* (2021, PG-13) In 1938 an archaeologist embarks on a historically important excavation of mysterious formations in Sutton Hoo, England. Drama based on real events; stars Carey Mulligan and Ralph Fiennes. Encore viewing of this film by request!



Monday, October 16th, 1:00-2:20 *The General* (1926) After being rejected by the Confederate military, an engineer must single-handedly recapture his beloved locomotive, "The General," and the beautiful Annabelle. Consistently ranked among the greatest films ever made, this Buster Keaton silent film is so brilliantly conceived and executed that it continues to inspire awe and laughter.

Monday, October 23rd, 1:00-2:45 *The Starling* (2021, PG-13) After suffering a profound loss, a woman is harassed by a starling nesting on her property. In her quest to rid herself of the annoying bird, she surprisingly rediscovers her will to live and capacity for love. Dramatic comedy stars Melissa McCarthy, Chris O'Dowd, and Kevin Kline.



Monday, October 30th, 1:00-2:55 *The Age of Adaline* (2015, PG-13) A young woman, born at the turn of the 20th century, is rendered ageless after an accident. After many years, she meets a man who complicates the eternal life she has settled into. Drama stars Blake Lively, Michiel Huisman, Harrison Ford, Kathy Baker, and Ellen Burstyn.

Thank you

Deborah Finnegan, Justine Hollywood for donating coffee

Linda Kiernan who always brings a smile to her work at the front desk, and the café!

Amber, Bill, Angela, Judy, Sharon & Lucy who helped make the First Responders 9/11 Lunch such a success.

Donations are always gratefully received of individually wrapped candy and k-pods for the Keurig.



October at Acton Memorial Library

Check our website for the [latest news](#).

Check our [calendar](#) for more information, & to register for programs.

Sign up for the AML [newsletter](#).

[Questions?](#) Email Acton Memorial Library's Information Services Department.

Questions? Email Acton Memorial Library's Information Services Department at actadultservices@minlib.net

[English at Large Conversation Group](#) Mondays, 1:00-2:30 pm and 6:30-8:00pm.

[Yarn & Needle Club](#) Tuesdays, October 10th and 24th, 3-4 pm Work on your current fiber project and socialize.

[Breathe for Change](#) Fridays, October 13th and 27th, 10-11 am Guided meditation practice.

[An Evening with Author Melissa Lozada-Oliva – Candelaria: A Novel](#) Tuesday, October 17th, 7:00-8:00pm.

Virtual event via Zoom.

[Acton Memorial Library Book Discussion Group](#) Tuesday, October 17th, 7:00-8:00pm. Book: *Cloud Cuckoo* by Anthony Doerr

[Virtual Literary Café – From Memories to Memoirs: Two Writers Discuss Authentic Storytelling](#) Thursday, October 19th, 7:30-8:30pm.



Support Groups

▣► Understanding and Caring for Older Adults with Cognitive Decline via Zoom

Thursday, October 12th, 1:00 -2:00pm

Open to all/free

Are you noticing subtle changes in an older adult in your life? Have you observed changes in their ability to do things that they have always done before? Do you experience frustration when your loved one does not seem to remember previous conversations? If so, you may be wondering if changes in memory, communication and mood is just normal aging or if something else is going on. Join us for this webinar with Dianne Savastano to learn what actions to take if you notice cognitive changes in a loved one, where to get help, and how to embrace a journey that includes a diagnosis of cognitive impairment. *Dianne Savastano is Founder and Principal of Healthassist, specializing in helping clients navigate the complexities of the healthcare system. Beginning as a registered nurse providing direct patient care, Dianne's 30-year career includes roles as a hospital, insurance, and employee benefits executive and as a management consultant.* This program is sponsored by Acton, Boxborough and Littleton COA's and is administered through the Acton Health Division. Contact Sheryl Ball at 978-929-6453 with questions. Registration is required using this link: <https://tinyurl.com/4ffp9yda>

▣► Caregiver Support Group via Zoom

Tuesdays, October 10th and 24th, 3:00-4:30pm

Open to all caregivers of older adults/free

Join Julie Norstrand for a Caregiver Support Group which meets the second and fourth Tuesday of each month via Zoom. New participants always welcome! Being a caregiver can be very challenging. You may feel stretched thin with the many demands you face, including work and family life, which can leave you feeling physically exhausted, isolated and alone. She ensures safe, non-judgmental settings where members can share and learn from one another and witnesses the strong bonds that develop as members gain each other's trust and friendship. If you are new to the group, please sign up with the Council on Aging at seniorcenter@actonma.gov or call 978-929-6652. *Julie Norstrand, PhD, MSW, and MSc, is an adjunct Professor at Regis College. She is the founder of Help My Aging Parents and serves on the Newton COA Board.*



Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, October 17th, 11:00-12noon

Open to all/free

Participants will learn from other grandparents and experts about legal strategies and practices, ways to relieve the stress, and resources available. For additional information, contact group leader Joe O'Leary of the Commission on the Status of Grandparents Raising Grandchildren at 978-760-0360.

▣► Memory Lane Café at the Acton Senior Center

Tuesday, October 31st, 12:00-1:30pm

Open to all/free

A Memory Café is a welcoming place for people with memory impairment and their care partners /caregivers. Cafés are a place to talk with others, enjoy lunch and an activity or entertainment together. We do ask attendees to bring their care partners. Lunch will be provided. Sponsored by Acton COA, Concord Park and Cooperative Elder Services. Please let us know if you plan to attend.



▣► indicates that you must register in advance, call 978-929-6652

Groups

Life Discussion Group

Thursdays through October 26th, 1:00-2:00pm

Open to all/free

This group started with talking about building friendships. Ongoing topics reflect participant interests. Group is facilitated by Tracy Woods, a certified Older Adult Peer Specialist and is a joint venture between the Acton Council on Aging and the Northeast Independent Living Program.

Computer Club

Wednesday, October 11th and 25th, 1:30-3:00pm

Open to all seniors/free

All seniors are welcome to participate in Computer Club. Bring your computer and hardware questions, problems and related issues. If possible bring the problem hardware to the meeting. This is a club with no formally planned instruction. Several regulars are there willing to share their experiences, and work one-on-one, to resolve any computer issues, from Windows system difficulties, email setups/usage, networking issues, upgrades and assistance with "how do I" frustrations. MAC and Chrome/Android users are welcome. If you are unable to attend in person and would like to talk with a club member via Zoom or phone, please contact the COA and we will forward your information.

Book Discussion Group (In Person)

Tuesday, October 10th, 10:00am

Open to all seniors/free

Book Discussion Group is in person. Ann Kulsick facilitates the gatherings. No sign up is required. This month we will be discussing "Lessons in Chemistry" by Bonnie Garmus.

► Hot Topics Discussion Group

Wednesdays, 10:30-11:30am

Open to all seniors/free

This group meets weekly to discuss current event topics and issues of interest to members. Group is facilitated by Sal Lopes, but each participant will be encouraged to select an article from *The Week* magazine and lead the discussion for that meeting. If you are new to the group, please sign up with the COA to indicate your interest.

Genealogy Group

Tuesday, October 10th, 1:00-2:30pm

Open to all seniors/free

Whether you are new to genealogy or have been researching for years, come discuss your research, seek advice, or simply share your passion for family history. This month's special topic is DNA TESTING AND ANALYSIS. Share your experience with DNA testing, if any, or ask questions about how it works. A non-technical discussion will explore the outlines of DNA testing. (November: Levels of Proof.)



LitLovers Study Group: American Bestsellers with Chris Chirokas

Tuesday, October 24th, 2:30-4:00pm

Open to all seniors/free

Each month our group views a 30-minute lecture from *The Great Courses* DVD *Bestsellers: The Books That Shaped America*, followed by a discussion on the lecture, the featured novel, and the author. We are reading/discussing *Main Street* by Sinclair Lewis. Books are typically on reserve at the Acton Memorial Library.

A Message from the Friends of Acton COA

Curious about how the FCOA supports programming at the Senior Center?

In addition to the Annual Appeal, our major fundraiser, the FCOA sponsors activities that raise funds while building community. Plan on attending the **Jewelry mini-boutique October 18th from 9am to 2pm.**

Funds already raised support new subscriptions to *The Week* and *Science News*.

The Friends of the Acton COA will next meet Monday, October 2nd at 10am at the Senior Center.

► ABRHS Junior Class Raking Day

Thursday November 9th, 10:00am-12noon

Acton seniors only

The ABRHS students are once again offering this service. Please sign up by **Friday, October 13th** with your yard size. Yards will be selected through a lottery and if successful we will contact you to let you know. **Boxboro residents must contact the Boxborough COA. If you are allocated to a team you will receive an email or call from the team captain.** [Donations](#) can be made to the ABRHS Community Service Programs.

► indicates that you must register in advance, call 978-929-6652



Meals at the Senior Center

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

☐► Lunch with Chef McGuire

Tuesday, October 10th, 12noon

Open to all seniors

Enjoy Shepherd's pie, salad, & dessert. Call or sign up at the COA reception. A \$3.00 donation is requested.

☐► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, October 17th, 12noon

Open to all seniors

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

☐► Dinner with Doug from Boston Events

Tuesday, October 24th, 5:00pm

Open to all seniors

Enjoy cheese lasagna, salad, roll and dessert for \$5.00. Sign up prior to the event.

☐► Monthly Breakfast

Acton seniors only

Friday, October 20th, 9:00am

Join us for a warm, delicious breakfast which may include French toast, scrambled eggs, fruit, bacon or sausages prepared by Veteran Services Officer James MacRae. Cost is \$3.00. Sign up required.

Drop-in Continental Breakfast available Monday-Friday, 8:30-10:00am in the dining room for \$1.00.

A variety of items will be available each day. No need to register ahead of time.

Open to all seniors

Wednesdays and Thursdays lunch @ the COA Café, 11:30-1:30pm. It's been so popular we are expanding! Stop in and see what's for lunch! The menu will be posted at the Senior Center and on our website, www.actoncoa.com when it is available, \$6.00/item, cash, Venmo or credit cards accepted.

Open to all

Games

Morning Open Activity Time

Weekday mornings, 9:00-11:30am

Open to all seniors/free

No activity time October 9th and 20th

The Senior Center dining room is open weekday mornings for drop-in activities. We provide the space, tables, chairs and a variety of games (Scrabble, chess, Mah Jongg, playing cards). You may also work on your own art or craft project. Ask your friends to meet here or make new ones!



☐► Chess Lessons with Ken LeBow

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

Open to all seniors/free

This class is best for people with some chess experience who know how the pieces move and the concepts of check and checkmate. You will play games and get feedback. Chess sets supplied by the COA. If you are a true beginner, Ken is happy to meet with you at the Senior Center to teach you the basics. *Ken LeBow has been playing chess for over 50 years. He started a chess club and lessons for seniors in Pennsylvania & has been teaching and leading chess club in Acton, in person and virtually, since 2013.*



Drop-In Bridge

Wednesdays, 1:30-3:30pm

Open to all seniors/free

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

Mah Jongg Time

Open to all seniors/free

Mondays, 1:00-4:00pm & Tuesday, October 10th for experienced players only

Thursdays, 1:00-4:00pm open to all skill levels

No Mah Jongg October 9th

The Thursday Mah Jongg group is open to all skill levels, but people must at least know the basics of the American version of the game. The Monday group is for more advanced players who can play a game in 15 minutes. Games follow National Mah Jongg League rules. If you have a Mah Jongg set, please bring it along.

Chess Club

Thursdays, 1:00-4:00pm

Open to all seniors/free

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

Come and play pool! Table available during regular opening times. We have cues and chalk or bring your own. Available for all seniors. Please let us know if you would be interested in teaching pool skills.

☐► indicates that you must register in advance, call 978-929-6652



Mind, Body and Spirit

▣► Neck Pain Presentation with Dr. Josh Kaplan

Thursday, October 5th, 1:00-2:00pm

Open to all seniors/free

Join Josh Kaplan, Doctor of Physical Therapy and founder of EnPhyson Health, for a presentation on neck pain. He will provide a brief overview of pain as a mechanism in our body and brain, an anatomy lesson on the neck, a review of common diagnoses associated with the neck, and demonstrate movements that may lessen your pain. There is also an opportunity to share your own experience with neck pain. *Josh is passionate about getting to know his clients and help them feel better physically, supported emotionally, and empowered psychologically. Josh has experience working with older adults and was recommended by an Acton senior who was very impressed by his presentations.*

Elevate Your Fitness: Aging with Style and Vitality

Tuesday, October 17th, 4:00-5:00pm

Open to all seniors/free

Are you ready to take control of your health, stay active, and live your best life? We invite seniors of all fitness levels to participate. Dr. Naseem Chatiwala, PT, DPT, NCS, will help you discover the power of evidence-based, safe exercise prescription designed to keep you healthy, active, and fit well into your golden years. We'll explore essential fitness components, including mindset, balance, endurance, strength, and resistance training, all tailored to your unique needs. Learn the significance of maintaining proper posture and form during your workouts to maximize benefits and minimize the risk of injuries. Join us for this informative lecture and together let's support each other on this exciting fitness adventure. *Dr. Naseem Chatiwala, PT, DPT, NCS, is a board-certified neuro clinical specialist and a certified vestibular clinical specialist with over 25 years of experience as a physical therapist treating a variety of complex neuro and vestibular diagnosis. Naseem is the owner of Rehab Health 360 LLC, a highly specialized clinic offering premium physical therapy services to clients with neurological deficits.*

▣► Importance of Good Posture

Wednesday, October 18th, 2:00pm

Open to all seniors/free

Join Jillian Gibbons, Director of Rehab at Life Care Center of Acton as she provides information and exercises in the prevention of falls. Light refreshments will be served. Please sign up prior to this informative program.

▣► Line Dancing with Paul

Wednesdays through November 15th, 3:30-4:30pm

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

Dance for fun, exercise, balance, coordination, and to learn a new skill. You'll have great fun line dancing, while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated, and then danced to contemporary music that you will enjoy! Dance to some of the old favorites, and also add some of the newest line dances. No need to have a partner; this is something for everyone, and no experience is necessary! This class is funded by a grant from the Massachusetts Executive Office of Elder Affairs—a \$1 donation per class for Acton residents is suggested. *Paul Hughes is a line and ballroom dance instructor and teaches at various senior, recreation, and community centers throughout MetroWest Boston. His mission, purpose, and passion in life is to offer something of value and meaning to others that will enhance and transform people's lives for the better through sharing the many positive physical, mental, and social benefits of dancing.*



Laugh for Your Health

Thursdays, 11:00-12noon

Open to all seniors/free

Laughter can really be one of the best medicines! In this interactive program, you will learn how to generate your own hearty laughter without the need for jokes. We use seated and standing laughter exercises, combined with deep, relaxing belly, or "yoga breaths." This practice is called Laughter Yoga, but there are no mats or yoga poses. Many health benefits are derived from this practice including: increased energy and alertness, mood elevation, stress relief, positive connections with others, and boosting the immune system. See how you can laugh your way to joy and well-being! *Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher.*



Gym Hours & Monitoring

Acton seniors only

*Hours are: Monday, 9:00-1:00pm Tuesday, Wednesday, Thursday 9:00am-12:00pm, and Friday 10:00am-11:00am. Gym users are expected to sign up to monitor the gym. You will be required to be on our sub list if you have no assigned monitor hour. Everyone using the gym needs to be trained to use the equipment and learn how to monitor the gym. Please call if you are interested and we can sign you up for training. *Hours are subject to change. You can call us at 978-929-6652 to confirm the current schedule.

Exercise Classes

- Exercise classes are limited to Acton residents age 60 and up
- If you are new to a class, read the description to judge whether it will be a good match for your fitness level and call us with any questions
- Instructors have final say on whether a class is suitable for an individual
- Check with your doctor before starting any exercise program
- Wear comfortable clothing and bring water in a non-breakable container
- To keep the floor safe for all, please bring clean, supportive shoes to change into for class
- All attendees must have an exercise class waiver on file and up-to-date emergency contact information



Active Aging with Terri Zaborowski

Mondays through December 18th, 8:30-9:30am

Tuesdays through December 19th, 9:45-10:45am

Thursdays through December 21st, 9:45-10:45am

No class Oct. 9th, Dec. 25th

No class Dec. 26th

No class Nov. 23rd, Dec. 28th



This class focuses on functional fitness with exercises designed to help seniors maintain strength, balance and independence. It is designed for every fitness level and modifications and adaptations are demonstrated. Start with flexibility training in a warm-up to increase the range of motion of your joints, followed by balance exercises to improve your gait and confidence in your daily routines, proceed to resistance training to build lean muscle and increase bone density all to the beat of the music! There is a 5 minute stretch segment at the end. The last 15 minutes is an optional cardio training segment to maintain heart and lung function using low-impact dance movements. Entire class is done seated or standing. Note that the Tuesday and Thursday 9:45 classes sometimes go over the maximum participants so people are turned away; please consider trying another class or sign up for training to use the gym if you haven't done so already.

Tai Chi with Linda Sango

Mondays through December 18th, 11:00-12noon

No class Oct. 9th, Dec. 25th

This Tai Chi class is open to all levels of participants. It uses Formless Dragon style Tai Chi, a modern re-examination of classical Tai Chi. Linda Sango studies under Jeff Coté, Occidental Taoist, who after decades of practice in multiple styles of Tai Chi, began distilling the essence of Tai Chi into fundamental principles. Instead of focusing on learning as many form movements as possible, students will be encouraged to learn single movements and explore postural, movement and conceptual principles immediately. Tai Chi is known to improve the health of body, mind and spirit while improving balance.

Senior Fitness with Terri Zaborowski

Tuesdays through December 19th, 8:30-9:30am

No class Dec. 26th

Wednesdays through December 20th, 8:30-9:30am

No class Dec. 27th

Thursdays through December 21st, 8:30-9:30am

No class Nov. 23rd, Dec. 28th

Fridays through December 22nd, 8:30-9:30am

No class Nov. 10th, 24th, Dec. 29th

Have fun as you move to the music with this safe and heart-healthy class which uses low-impact movements to energize your active lifestyle. After 30 minutes of aerobics, you will work on building your muscle strength and flexibility with upper and lower body exercises using hand held weights in both standing and seated positions. We finish with a 5-10 minute full body stretch and relaxation segment. Weights are provided by the center.

Wellness Yoga with Patsy Brightman

Wednesdays, October 4th through December 20th, 10:00-11:15am

No class Nov. 22nd and Dec. 27th

The last class of each month is a healthy joint class

This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class has an emphasis on wellness and will include a period of deep relaxation. Bring a yoga mat to each yoga class (optional, especially for joint class). The last class of each month is a Healthy Joint Class offered to improve range of motion. The low impact and gentle joint practice does not require yoga experience and is done seated and standing. Joint movements help improve flexibility and balance and decrease a stiff or achy body and help prevent falls. Funded by an Executive Office of Elder Affairs grant; \$1 donation per class requested.



Thursday Tai Chi Practice

Thursdays, 11:00-12noon

Open to out-of-town seniors/free

No practice Nov. 23rd

Those who practiced the specific form previously offered in the Thursday 11:00 Tai Chi class are welcome to use the Senior Center space to practice together.

Stretch and Flex with Terri Zaborowski

Thursdays through December 21st, 3:00-4:00pm

No class Nov. 23rd, Dec. 28th

This class is designed to help seniors maintain their strength, flexibility and independence with both standing and seated exercises using resistance bands. Start with a warm-up moving the body and joints through their full range of motion without resistance to the music. Proceed to strengthen the muscles using resistance bands with various upper and lower body exercises. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress, increase flexibility and leave you feeling great! Resistance bands are provided by the center. Entire class is done seated or standing.



NouVonne Fitness with Yvonne Benelli

Fridays through December 22nd, 10:00-11:00am

No class Nov. 10th & 24th, Dec. 29th

This class is an enjoyable total workout designed for seniors by Yvonne Benelli to be suitable for all fitness levels and includes balance, stability, core strengthening, posture, muscular strength, some cardio/dance, stretching, and relaxation. Done standing and sitting, you may modify to suit your own needs. Class begins with a gentle warm-up. Hand weights and balls (optional and supplied by Center) are used for resistance strength training. Class ends with a soothing cool down phase of stretch and relaxation. Reduce stress and clear your mind! You will leave class feeling re-energized, rejuvenated and relaxed...ready for your day! A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines.

Acton Nursing Services

Call 978-929-6650, Acton Nursing, for these programs from Wednesday, September 27th

☐► Therapeutic Horticulture

Acton Seniors only

Tuesday, October 17th, 6:00-7:00pm, Wednesdays October 11th & 25th, 10:30-11:30am

Come and decorate a white pumpkin with succulents and fall trims! All materials are provided. Class limited to 12.

☐► Podiatry Clinics

Acton seniors only

Appointments: Thursday, October 5th & Tuesdays, October 17th, 24th and 31st, 12:00-4:00pm

Call 978-929-6650 to make an appointment. Sarah Kinghorn BSN RN CFCN is a certified Footcare nurse and is the owner of Footcare Focus. Sarah provides assessment, toenail clipping and filing, non-surgical callus/corn reduction, gentle foot massage and education to keep your feet healthy and happy! Appointments are 30 minutes for \$45. Please be advised that there is a \$45 cancellation fee if appointment is not cancelled at least 24 hours ahead of time. Payment is cash or check; please make checks payable to Footcare Focus LLC.

☐► Meditation and Gentle Chair Yoga

Tuesday, October 10th, 6:00-7:00pm

All ages welcome

Meditation is about developing calmness, practicing awareness and decluttering the mind. Pam Saarinen, a Certified Yoga Instructor will lead this class. Together you will practice meditation, using mindful breathing & visualization techniques to release tension and create a sense of calm and balance. You will learn breathing techniques that can be practiced at home. Chair yoga will be a short, gentle and functional sequence, designed to strengthen and create flexibility in the body. Please wear comfortable clothing. Sponsored by the ANS.

☐► Energy Healing with Jacqui Burak

Tuesday, October 17th, 6:00-6:45pm

All ages welcome

Join us for a powerful exploration into the world of energy healing. You will leave the session feeling more empowered having self-care tools you can use on your own. Chairs will be provided. Feel free to bring a yoga mat, towel, blanket or pillow. Call 978 929 6650 to register or for more information. Sponsored by the ANS.

☐► Maintenance Balance Training *Sponsored by an Anonymous Donor*

Acton seniors only

Tuesdays, ongoing, 11:00am Call 978-929-6650 to register

Wednesday, ongoing, 12:30pm Call 978-929-6650 to register

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

Wellness Clinics, 1st and 3rd Tuesday of the month, October 3rd and 17th, 10:30am -12:00pm

The Acton Nursing Services' Nurse can check blood pressure, weight and answer any medication, nutrition and health related questions you may have. No appointment required

Durable Medical Equipment for Loan – Acton Nursing Service has a variety of items to loan, or if you have items to donate, call Denise at 978-929-6650. We can only accept DME equipment, we are **UNABLE** to accept any adult diapers or depends, walking boots, c-pap machines and equipment.



Support and Services



Birthday Lunch, Thursday, October 12th, 12noon. Anyone with a birthday this month can enjoy a free lunch and special dessert this day. Sign up with John Day in the kitchen on 781-221-7098 and let him know it's your birthday month.

Minuteman Senior Services are serving congregate lunches Monday thru Thursday at noon. Grab and go lunches will continue to be offered including Fridays. Sign up with John Day, the dining room coordinator, in person or at **781-221-7098 by 11:00am the day before.** Voluntary donation is \$2.00.

Frozen Meals - Every week we have a number of tasty pre-cooked frozen meals from **Open Table** available to anyone who would like to take one home. Call 978-929-6652 or ask at the COA front desk.

Meals on Wheels - Minuteman Senior Services, visit www.minutemansenior.org or call 781-272-7177, toll free (888) 222-6171. For menus ask in the dining room (781-221-7098) [Menu](#) [Cold Menu](#)

Healthy Helpings -The COA in partnership with **Open Table**, funded by CHNA 15, is offering seniors Healthy Helpings Meal packages. Packages to be picked up at 2:00pm, 2nd & 4th Thursday of each month. This program follows the American Heart Association's recommended eating plan. If you are interested in signing up or have questions, call Beverly or Sharon at 978-929-6652.

Acton Food Pantry - 978-635-9295, 235 Summer Road, Boxborough. www.actonfoodpantry.org 10am-7pm Wednesday and 9:30-11:30am Thursdays. CLOSED WEEK OF 4th WED. EVERY MONTH.

Open Table Pantry, 33 Main Street, Maynard, call 978-369-2275, www.opentable.org Tuesdays 1:00pm-6:30pm, Thursdays 1:00-4:30pm. New guests are invited between 5:00-6:30pm.

South Acton Church, 35 School Street, has a free Mini Pantry on the side lawn. Available 24 h/day.

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

West Acton Baptist Church, 592 Massachusetts Ave., Acton has a Mini Food Pantry just off the parking lot to serve the Acton community

Transportation You can take the van from home to the Senior Center! Door-to-door services are in operation. Call the town hotline, 978-929-6600 for more information, or see the COA website. **To schedule rides, call 978-844-6809** during normal business hours. Plan ahead and book your ride at least 24hours in advance.

If you are 60 years of age or older call Beverly Hutchings, Senior Services Coordinator at 978-929-6652 or email bhutchings@actonma.gov to enquire of available services, such as:

SHINE Serving Health Insurance Needs of Everyone Program (MassOptions: 1-800-243-4636)

SNAP, Supplemental Nutrition Assistance Program (Senior Assistance Office - (833) 712-8027)

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap. For information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00am - 5:00pm, or visit prescriptionadvantagemma.org.

Acton Emergency Assistance Program—short term emergency financial assistance available from ARPA funds. Please contact Laura Ducharme on 978-929-6651.

Assistance available for safety clean outs - [see flyer](#)

Minuteman Senior Services, our State Home Care, provides a variety of services including:

Care Management - In home assessment and support activities of daily living and Meals on Wheels. Call (781)-272-7177, toll free (888) 222-6171 or visit www.minutemansenior.org

Help Line Numbers

Social Security 1-800-772-1213, TTY 1-800-325-0778

Medicare 1-800-633-4227, TTY 1-877-486-2048

Alzheimer's Association. Helpline 1-800-272-3900, **Grief Counselling** 978-774-5100

Natl. Suicide Prevention Dial 988 **Natl. Domestic Violence Hotline** 1-800-799-7233

Natl. Alliance on Mental Illness (NAMI) 781-982-3318.

Massachusetts Council on Gaming & Health, 1-800-426-1234.

Mental Health Resources from Mass.gov **Substance Abuse & Mental Health Services Administration**



The Massachusetts Senior Legal Helpline for low-income seniors

1-800-342-5297 Monday-Friday 9:00am-12noon.

Topics for which seniors can access assistance may be limited.

Dial-A-Lawyer: Free Legal Advice by Phone for Elders, on the first Wednesday of every month, from 5:30-7:30pm, attorneys are available at 617-338-0610 or 877-686-0711.

Acton Emergency Assistance Program –short term emergency financial assistance available from ARPA funds. Please contact Laura Ducharme on 978-929-6651.

Assistance available for safety clean outs - [see flyer](#)

Minuteman Senior Services, our State Home Care, provides a variety of services including:

Care Management - In home assessment and support activities of daily living and Meals on Wheels.

Call (781)-272-7177, toll free (888) 222-6171 or visit www.minutemansenior.org



Veteran Services Officer for Acton and Boxborough, James MacRae would like to remind veterans and surviving spouses that there are benefits that you may be entitled to. Reach out to him at vso@actonma.gov or call 978-929-6614 for a confidential chat.

TOWN OF ACTON SERVICES INFORMATION, 978-929-6600.

South Acton Plan – for updates see <https://www.mapc.org/resource-library/south-acton-plan/>

October 3rd, 6:00pm: Action Plan Public Workshop. Contact planning@acton-ma.gov with questions.

Become a Senior Trail Blazer!



Walking a few short, fun, easy trails this fall is a great way to exercise and enjoy Acton's natural beauty. Bring along a friend and make it a social time as well! Contact the COA or visit www.actoncoa.com for the guide to the four "senior approved" local trails, developed in collaboration with Acton's Natural and Health Divisions. All the trails are easy to get to and have accessible parking spots. If you would like a certificate for taking all four walks, email seniorcenter@actonma.gov.

Please note that there will be a FEMA Emergency Alert Test on Wednesday October 4th at 2:20pm.

**Flu Clinic by Acton Nursing Services
Tuesday, October 17th, 10:00am-2:00pm**

Senior High Dose Flu Clinic Ages 65+. [Pre-registration](#) is required.

Call 978-929-6650 with any questions

AARP Tax-Aide Volunteers required

We are looking for compassionate and friendly people to join our volunteer team this upcoming tax season. We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping someone else. Provide free tax-filing help to those who need it most.

Go to mataxaide.org/interest to get more information or contact David Manalan (dmanalan@gmail.com) or Paul Motyka (paul@pmotyka.com)

ACTON COA STAFF		ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director		Ellen Feinsand, Chair	Ann Corcoran
Rosie Atherton, Office Manager		Lori Cooney, Secretary	Alma Sandman, Vice Chair
Chris Chirokas, Program Manager		Emi Azar	Chunsheng (Bill) Fu
Bev Hutchings, Senior Services Coordinator		Jeff Bergart	Michelle Holmberg
Rose Murphy, Human Services Customer Service & Communication Assistant		Michael Chautin	Niru Velankar
Bernice Nicoll, Activities/Customer Service Assistant		The Friends and the Board will next meet:	
Fiona Starr, COA Customer Service Coordinator		COA Board, Tuesday, October 10 th , 10am	
Terri Zaborowski, Exercise Instructor		COA Friends, Monday, October 2 nd , 10am	

Monday	Tuesday	Wednesday	Thursday	Friday
October 2 8:30 Active Aging 10:00 Friends of COA Mtg 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	3 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 10:00-12:00 Therapy Dog Visit 10:30 Wellness Clinic - ANS 11:00 Maintenance Balance – ANS 1:00 Romeo & Juliet Creative Class	4 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Hot Topics 11:00 Thornton Wilder Seminar 11:30 Balance Matters! - ANS 11:30-1:30 Café 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 Singing Group 1:30 Drop-in Bridge 3:30 Line Dancing	5 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Café 1:00 Neck Pain Presentation 1:00 Life Discussion Group 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	6 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness
9 CENTER CLOSED	10 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 10:00 Book Discussion Group 10:00 COA Board Meeting 11:00 Maintenance Balance – ANS 12:00 Lunch w’ Chef McGuire 1:00 Genealogy 1:00 Mah Jongg 1:00 Romeo & Juliet Creative Class 3:00 Caregiver Support Group via Zoom 4:30 Movie 6:00 Meditation - ANS	11 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:00 Thornton Wilder Seminar 11:30 Balance Matters! - ANS 11:30-1:30 Café 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 1:30 Computer Club 3:30 Line Dancing	12 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:00 Drop In IT help from AML 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Café 1:00 Caring for Older Adults 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 Life Discussion Group 1:00 Golden Age of Silent Film 2:00 Storytelling Workshop 3:00 Stretch & Flex	13 8:30 Senior Fitness 10:00 Nouvonne Fitness
16 8:30 Active Aging 10:00 Digital Photography Class 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	17 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 10 – 2:00 Flu Clinic - ANS 10:30 Wellness Clinic – ANS 11:00 Grandparents Raising Grandchildren 11:00 Maintenance Balance – ANS 12:00 Robbins Brook Lunch 1:00 Romeo & Juliet Creative Class 4:00 Elevate Your Fitness 6:00 Energy Healing – ANS 6:00 Therapeutic Horticulture - ANS	18 8:30 Senior Fitness 9-2:00 FCOA Jewelry Sale 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 10:30 Therapeutic Horticulture - ANS 11:00 Thornton Wilder Seminar 11:30 Balance Matters! - ANS 11:30-1:30 Café 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 1:00 Needle Felting Class 1:00 Singing Group 2:00 Good Posture Seminar 3:30 Line Dancing	19 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Café 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 Life Discussion Group 1:00 Maximize Your Well-Being 3:00 Stretch & Flex	20 Center closes at 12 8:30 Senior Fitness 9:00 Monthly Breakfast 9:45 Java with John 10:00 Nouvonne Fitness

23 8:30 Active Aging 10:00 Digital Photography Class 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg 1:30 CarFit Appts	24 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 1:00 Medicare Check Up Presentation 2:30 LitLovers Group 3:00 Caregiver Support Group via Zoom 5:00 Dinner with Doug	25 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:00 Real Estate Seminar 10:30 Hot Topics 11:00 Thornton Wilder Seminar 11:30 Balance Matters! - ANS 11:30-1:30 Café 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:00 History of Halloween 1:30 Drop-in Bridge 1:30 Computer Club 3:30 Line Dancing	26 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 10:30 Poet of the Month 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Café 12:30 Sivan Etedgee's Classical Favorites & Hidden Gems 1:00 Chess Lessons/Club 1:00 Mah Jongg 1:00 Life Discussion Group 2:00 Storytelling Workshop 3:00 Stretch & Flex	27 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness
30 8:30 Active Aging 10:00 Digital Photography Class 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	31 Happy Halloween 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Art Class with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 1:00 Commonwealth of Catastrophe	November 1 8:30 Senior Fitness 10:00-12:00 Therapy Dog Visit 10:00 Wellness Yoga 10:30 Hot Topics 11:00 Thornton Wilder Seminar 11:30-1:30 Café 12:30 Needle Arts Group 12:30 Maintenance Balance – ANS 1:30 Drop-in Bridge 3:30 Line Dancing	2 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health 11:00 Tai Chi Practice 11:30-1:30 Café 1:00 Between Sisters – Alcott Performance 1:00 Chess Lessons/Club 1:00 Mah Jongg 3:00 Stretch & Flex	3 Center closes at 12 8:30 Senior Fitness 10:00 Nouvonne Fitness DAYLIGHT SAVINGS TIME ENDS SUNDAY NOV 5th.

Calendar Notes Programs and Classes are correct at time of going to press; circumstances beyond our control may result in cancellation, postponement, or a change in how we deliver the program. Follow us on Facebook for updates, or see the website www.actoncoa.com.

The COA does not endorse or promote any service or company who makes a presentation. We encourage you to be an 'educated consumer' before entering into contract with any service provider. Movie titles are available on page 5.



This month the following activities are supported by the Friends of the Acton COA: Between Us Sisters performance, Positive Psychology, The Golden Age of Silent Film, Commonwealth of Catastrophe, drawing & watercolor class, History of Halloween, creative exploration of Romeo and Juliet, Thornton Wilder class, Poet of the Month, Favorites and Hidden Gems classical music series, photography class, Words Galore, movies, needle felting class, and Tai Chi class.

Five Mondays in October 2nd, 9th, 23rd and 30th. Not Your Average Joe's will give 10% of all sales (exc. Alcohol) to the Friends to raise funds for Senior Center programs. Diners must show the certificate which can be obtained at the Senior Center.

The Acton COA values the diversity of our participants, staff, volunteers, and the Acton Community. We strive to model and promote a welcoming environment by embracing our older community including differences in race, cultural background, sexual orientation, gender identity, ability, socioeconomic status, and other forms of uniqueness.

COA Mission

The Mission of the Acton Council on Aging is to advocate for services and programs to enhance the well-being of our older adults in an inclusive and welcoming environment.

Daylight Savings Time Ends Sunday November 5th.

Have a Happy and safe Halloween

In September we held our annual First Responders Appreciation Lunch. This was well attended and we welcomed some new personnel to the Acton First Responders.



We had a very exciting afternoon with Lyn Dillies, award winning illusionist.

