

acton senior citizen news

A BULLETIN FROM THE ACTON COUNCIL ON AGING

Summer 2008

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am -5pm. Telephone number is 978-264-9643.

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

Visit the COA website at www.acton-gov.ma. Click on Departments then on Council on Aging.

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► Police Academy Series

Saturdays, June 14th, July 5th, 12th, 26th, Aug 2nd and Thursday, June 19th, 10:00-12:00, the Public Safety Bldg.

Join Detective Dan Silva for this 6 week program designed to educate and inform you about the inner workings of our police department as well as the legal and judicial systems. Please call the COA to register even if you called last month to indicate your interest in the program.

Play it Cool: Staying Safe During the Summer

As we look forward to warm weather, play it safe with a few of the following precautions:

1. *Dehydration is serious issue!* Drink plenty of fluids-even if you are on a diuretic! How can you tell if you are getting enough fluids? Pinch some skin on the back of your hand and if it takes more than 4 seconds to go back in place, your are not getting enough fluids. Go get a drink of water!
2. *Keep cool.* If you don’t have air conditioning, be aware of the temperature in your house. It can creep up and become dangerous without your noticing it. Pull shades and curtains, have a fan going, put a pan of ice in front of the fan. Remember the COA is open weekdays and is air conditioned. Additional shelters are made available in case of power outages.
3. *Get new sunscreen.* Remember to buy new sunscreen every year! It loses its effectiveness and must be replaced. All sunscreens now have expiration dates on them. Be sure to get some unprotected sun exposure (10-15 minutes per day) to keep your Vitamin D level up. Vitamin D helps you to absorb Calcium better, which is so important in preventing osteoporosis. There has been a significant increase in people low in Vitamin D due to constant use of sunscreens. Check with your doctor if you are unsure about how much sun exposure to get. Go dig your toes in the sand and have a wonderful summer! Any questions, call the Acton Public Health Nursing office: 978-264-9653. Submitted by Merrily Evdokimoff, Administrator, Acton Public Health Nursing Service.

**The Senior Center will be closed on
Friday, July 4th for Independence Day.**

Registration begins Monday, June 9th at 1:00



CLASSES/GROUPS/PROGRAMS

NEW FOR THE SUMMERSIGN UPS BEGIN June 9th at 1:00!

Author Kenneth C. Davis Comes to Acton

Thursday, June 5th, 7 p.m. at the Faulkner Room, Acton Town Hall

Kenneth C. Davis, New York Times best selling author of the “Don’t Know Much About” series, will read from his new book, America's Hidden History: Untold Tales of the First Pilgrims, Fighting Women, and Forgotten Founders Who Shaped a Nation. Davis uses humor and anecdotal material and contemporary resources to make learning about history interesting and relevant. Copies of Davis’ newest book will be available for purchase. This free event is brought to you by the West Acton Citizens’ Library and the Acton Council on Aging.

► Iced Tea Time at the COA!

Tuesday, June 17th, 1:00

Watch two types of iced tea being made and then sit back and enjoy tasting them! Sue Chase, vice chair of the Friends of the COA, will be sharing her favorite recipes with the group.

Red Sox Games in High Definition!

Wednesday, June 18th, 1:00

Wednesday, September 3rd, 1:30

Come watch the Red Sox on the road against the Phillies in Philadelphia on June 18th and at home versus the Orioles on September 3rd on the COA’s high definition, big screen TV! Please note that baseball games are at the mercy of the weather, so if you have questions about whether the game will be played that day, check www.redsox.com, local news channels, NESN, or call the COA office.

Tai Chi Demonstration

Thursday, June 19th, 1:00

Ray Caisse, Taoist Tai Chi instructor, will be giving a one-hour demonstration, to gauge interest in offering a beginner Tai Chi class. Tai Chi incorporates stretching and turning into a sequence of slow, rhythmic movements that improve the health of body, mind and spirit. It may help reduce stress, improve cardiovascular fitness, balance, increase flexibility, energy, stamina, agility and feeling of well being. It may also decrease high blood pressure, reduce anxiety and depression and slow bone loss in some people. A 30-minute DVD will be shown, as well as a participatory demonstration, so wear loose, comfortable clothing and flat shoes.

► Northeast Correctional Lunch

Friday, June 20th, 12:00 Noon

Lunch at the Northeast Correctional Facility (also known as the Concord Farm) in Concord is always delicious and offered at a bargain price of \$1.42! Lunch is prepared and served by inmates in the culinary training program. Please call the COA office to sign up by Thursday, June 19th. The restaurant is located in Building One, and it is required that all visitors leave a photo ID at the security desk while on the premises. Please arrange your own travel or call the COA office to check on the van availability.

► *NEW* Stretch Chair Exercise Video Program at the COA

Mondays, June 23rd-September 8th, 8:30-9:15 (No class on September 1st)

Continue exercising this summer at the air-conditioned COA with “Stronger Seniors” Stretch video! This exercise routine was developed by Anne Pringle to improve flexibility and mobility, strength abdominal and back muscles, and reduce tension in the neck, back and shoulders, all while sitting in a chair. Please note there is not an aerobic/cardio element to this workout. Make sure to check with your doctor if you have not been exercising regularly, and each participant must sign of waiver of liability to participate. Please remember to bring water and wear comfortable, loose fitting clothing. No equipment is needed for this program.

Watch the Elderberries Show at the Senior Center

Tuesday, June 24th, July 15th and August 12th, all at 11:00

This summer the Elderberries crew is producing a new show each month! Come by the air-conditioned COA to watch this entertaining, informative show made by seniors for the community on the large screen, high def TV.

► Indicates that you must sign up in advance!

NEW FOR THE SUMMER (continued)SIGN UPS BEGIN June 9th at 1:00!

▶ **Meet the Pharmacist!**

Wednesday, June 25th, 12:30-2:00

Saad Dinno, owner/pharmacist of Acton Pharmacy, will check your medications for interactions, talk about supplements, discuss generic prescriptions and other topics. Please bring a list of your current medications and your questions! If you would like to sign-up for lunch that day, please call the meal site at 978-263-5053.

▶ **Ask the Lawyer**

Wednesday, June 25th and August 20th, 1:00-3:00

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

▶ ***NEW* Strength Chair Exercise Video Program at the COA**

Tuesdays, 3:00-3:50 and/or Thursdays, 9:30-10:20

Week of June 23rd through the week of September 8th (No class on July 10th)

Same routine will be shown Tuesday and Thursday; you may sign-up for one or both

Continue exercising this summer at the air-conditioned COA with “Stronger Seniors” Strength video! This exercise routine was developed by Anne Pringle to improve strength, stamina and balance, all while sitting in your chair. Please note there is not an aerobic/cardio element to this workout. Make sure to check with your doctor if you have not been exercising regularly, and each participant must sign of waiver of liability to participate. Please remember to bring water and wear comfortable, loose fitting clothing. A 2-5 pound single hand weight is needed for the program, which is available at the COA or you can bring your own.

▶ ***NEW* Chair Massage Now Available at the COA!**

Thursdays, June 26th, July 10th and 24th, August 14th and 28th, 1:00-2:00

Mary Kelly, a Massachusetts licensed massage therapist, will be offering chair massages at the COA. What is done in the 10-15 minute massage varies depending on the person’s needs, but often includes massage of the back, neck, shoulders, arms, and hands (for those with arthritis). Mary will require each person to complete a waiver, including any pertinent medical history, and anything written or told to Mary is kept confidential. Please check with your doctor before coming in for a massage. Cost is \$15 for a massage, paid directly with cash or check to Mary. Please wear a t-shirt or tank top to make the massage most effective. It is important to sign up for a massage in advance by calling the COA office at least one week in advance of the desired date.

Game Days at the COA

Thursdays, beginning June 26th, 10:30 (No class on July 10th)

Enjoy playing board games in the air conditioned comfort of the COA this summer! Play Scrabble, checkers or backgammon. Staff will help teach the rules of the game or give you a refresher, if needed. If you have any ideas for other games you would like to play, please give the COA office a call. If you would like to stay for lunch afterward, make sure to call the meal site to make a reservation.

▶ **Strawberry Shortcake Social**

Thursday, June 26th, 12:15

Join us for a scrumptious serving of strawberry shortcake, made with fresh local strawberries. Be sure to sign-up so we know how much to prepare! If you want to come to lunch that day, call the meal site for a reservation.

Can You Sudoku?

Tuesday, July 1st, 10:30

Want to know what the craze called Sudoku is all about? This number puzzle is a great workout for your brain. Join us in the dining room to learn the basics of this pencil and paper game.

▶ **Using Your Digital Camera**

Tuesday, July 8th, 12:30-2:00

Are you confused by all the options on your camera? We will focus on some of the important features of your camera and learn some helpful tips to get you started taking quality photos. Please bring your camera (with battery charged) and the instruction book to class. Couples may sign up together. Limited to 6.

▶ **Indicates that you must sign up in advance!**

NEW FOR THE SUMMER (continued)SIGN UPS BEGIN June 9th at 1:00!

▶ **Help Others with Holiday Crafts in July!**

Wednesdays, July 9th, 16th, 23rd, 12:30

Make holiday stockings for Acton's Meals on Wheels recipients in the air conditioned comfort of the COA this summer. The group will make felt stockings, napkin rings and other simple crafts that do not require a particular skill. Ideas on other projects are most welcome! Join the group to contribute what you can and to socialize. Ruth Regan will lead the group, with the help of Connie Ingram and Joan McKenzie.

▶ **Tour of the Acton Memorial Library**

Tuesday, July 15th, 10:00

Marcia Rich, Library Director, will lead a tour of the Acton Memorial Library. Learn about the incredible amount of resources available, with a focus on items of interest to seniors, such as large print materials, recorded books and large print monitors. The tour lasts about one hour and there will be opportunities to sit and rest, if needed. Space is limited, so sign up early. Call after July 1st if you need to schedule a ride on the van.

Scams and Fraud Prevention Film Series

Thursdays, July 17th, 24th and 31st, 12:30-2:00

Learn how to protect yourself from scams and fraud schemes through a series of films produced by the USPS. The videos are approx. 30 minutes each and two will be shown each week, followed by a discussion period.

July 17th: Handling get-rich quick offers, and avoiding long distance Internet telephone and scams.

July 24th: Dangers of foreign lotteries, and false email requests for personal bank information (aka phishing).

July 31st: Identity theft--how to protect your social security, credit card and bank account numbers, and what to do if you are a victim of a financial crime.

▶ **Flower Arranging Workshop**

Tuesday, July 22nd, 10:00

Acton resident Linda O'Neil, a landscape designer, invites you to a free, informal session arranging beautiful summer flowers! Join her for some relaxing fun and a cup of coffee. Please make sure to sign-up by calling the COA office by Friday, July 18th, as Linda needs to plan for the amount of flowers and vases needed.

▶ **Living with Wildlife Presentation**

Monday, August 4th, 1:00-2:00

Learn about the wildlife in our area and how to coexist with them peacefully by critter proofing your yard and gardens. Linda Huebner of the Mass Society for the Prevention of Cruelty to Animals presents this program designed to address the problem of ongoing development in the state diminishing the habitat available for wild animals, leading to conflicts when people and animals inhabit the same areas. One topic the MSPCA has concentrated recently is resolving conflicts with Canadian Geese, even producing a DVD on the subject.

▶ **Storing and Working with Your Digital Photos**

Tuesday, August 5th, 12:30-2:00

What are you going to do with your photos now that you've taken them? We will learn to transfer photos to the computer and talk about a filing system. We'll also use some simple software, to edit our photos for printing. Class size is limited. Windows machines only. Bring your camera, memory card, manual and cable to class.

▶ **Ice Cream Sundaes Provided by the Inn at Robbins Brook**

Wednesday, August 13th, 12:30

Enjoy a homemade ice cream sundae with all the fixings, courtesy of the Inn at Robbins Brook of Acton. Please call the office to sign-up.

▶ **Origami Gift Boxes**

Thursday, August 21st, 1:00-3:00

A few simple straight folds using ornamental papers will yield a beautiful origami gift box to give away or keep! No prior folding experience required. Easy on the hands! \$3.00 for up to four gift boxes. Limit: 6.

▶ **Indicates that you must sign up in advance!**

ONGOING CLASSES/GROUPS/PROGRAMS

ONGOING ACTIVITIES.....SIGN UP IF NECESSARY!

***New* Horseshoes**

Tuesdays, 10:00, throughout the summer beginning July 1st (No meeting on July 29th)

We are setting up for horseshoes on the lawn behind the COA for some summer fun! Join in on Tuesday mornings or anytime during the week you want to play.

Mah Jongg and Mexican Train *Tuesdays, 12:30 (No meeting on July 29th)*

Drop-in One-Stroke Decorative Painting

Mondays, all summer, 9:30-11:00 No painting on September 1st

Acton Senior Quilters *Wednesdays, 10:00-12:00*

Cribbage Anyone?

Fridays, 11:00-12:00 No cribbage on July 4th

New and experienced players always welcome.

Drop-in Bridge *Mondays, all summer, 10:00-12:00 No bridge on September 1st*

Drop-in Watercolor *Wednesdays, all summer beginning June 11th, 9:00*

Friendly Visitor Meeting Meetings will resume in the fall. Have a great summer!

“The Bookies”

Monday, September 15th, 1:00

The book club will be reading Three Cups of Tea, by Greg Mortenson and David Oliver Relin for the September meeting. This book tells the true story of Mortenson’s mission to build schools in some of the most remote regions of Afghanistan and Pakistan, inspired by the poor villagers who cared for him after a failed climbing adventure. Happy summer reading!

Computer Club

Wednesdays, June 4th and 18th, 1:30-3:00

Fridays, June 13th and 27th, July 11th and 25th and August 8th and 22nd, 10:00-11:30

Genealogy Group *Friday, June 13th, July 11th and August 8th, 1:30- 3:30*

Poker *Mondays and Fridays, 1:00 (No meeting on September 1st)*

Daily Drop-in Pool

The dining room is generally available each afternoon (Monday through Friday) throughout June, July and August for pool. Please consult the calendar for conflicts or call the office. There is a regular group that plays pool at 1:00 on Wednesdays. Please feel free to join them!

Daily Drop-in Ping Pong

The dining room is generally available each afternoon (Monday through Friday) throughout June, July and August for ping-pong. Please consult the calendar for conflicts or call the office. Throughout the summer those interested in ping pong are encouraged to gather to play Thursday’s at 1:00.

Knit/Crochet

Wednesdays, 12:30-2:00

► SHINE (Serving the Health Information Needs of Elders)

Mondays, 1:00-3:00 (No appointments on September 1st)

If you have questions or issues regarding health insurance or prescription coverage please call the COA office at 978-264-9643. We will connect you with our SHINE counselor.

The last week for All Exercise Classes with Terri will be the week of June 16th. Classes will start again in September. Look for more information in the September Newsletter.

► Acton Striders Walking Group

One way to keep active this summer is to walk with the Acton Striders! Join this active group each Wednesday at 9:30 in June and Tuesdays at 8:30 in July and August for a one-mile walk. If you want to walk longer, you are welcome to do so. The group will be walking earlier in July and August to try to beat the heat. Please remember to wear comfortable walking shoes and bring a water bottle. We will not walk if there is a steady rain. Please call the COA office if you plan to walk regularly with this group this summer or for more information. We need a minimum of 10 people to be able to provide a staff member to supervise the walk. A handout with the walking routes, which also indicates where to park, is available in the COA office.

June walks, Wednesdays, 9:30

June 4th – Alcott St area

June 11th – Minuteman Rd. area

June 18th – Central St. Cemetery

June 25th – Concord Rd. Cemetery

July walks, Tuesdays, 8:30

July 1st – NARA Park

July 8th – Alcott St area

July 15th – Minuteman Rd. area

July 22nd – Indian Village area

July 29th – Central St. Cemetery

August walks, Tuesdays, 8:30

August 5th – Concord Rd. Cemetery

August 12th – NARA Park

August 19th – Alcott St area

Aug. 26th – Minuteman Rd. area

Sept. 2nd – Indian Village area

SUPPORT SERVICES

Outreach Coordinator Available to Help You Find Resources

Are you finding that you need to ask your friends and neighbors for help more often or that your requests are getting to be too much? Are family members busy, too far away or just not available to ask for support? If you had some help at home would your day/week/month go better? Would you then be able to ask a friend over to tea rather than for another ride to an appointment? The COA can offer resources in the community to address these and other concerns. Call Carol Steiner, our Outreach Coordinator, at 978-264-9643 for a confidential chat. *Due to a space crunch in the newsletter this month, call Carol Steiner for information on area support groups.*

Handyman Program: The Acton Handyman Program can help seniors with small repairs and simple household jobs. Volunteer handymen can glue handrails and chair legs, replace light bulb/smoke detector batteries, flip mattresses, make computer/DVD connections and more. Call the COA to make a request.

Friendly Visitors: Volunteer Friendly Visitors visit seniors at home for about an hour each week. If you are interested in visiting someone to brighten a lonely day or knows someone who would enjoy visits please call Carol Steiner at the Senior Center.

Food Pantries and Community Suppers: Please call Carol Steiner at 978-264-9643 to get a copy of the most recent list of local area suppers and pantries.

Are You OK Program: Would you be reassured if you received a call every day at the same time? Maybe the “Are You Okay?” program is for you. This telephone reassurance program is offered free to any Acton resident who would benefit from a daily scheduled “well-being” check. To enroll call Carol Steiner at the COA.

COA Volunteer Opportunities

Join the ranks of over 125 COA volunteers! Opportunities for volunteering include home visiting, office support, meal delivery, and more. Please call Carol Steiner to explore your interests.

Senior Center Art Display

In June we welcome Mr. Bill Sawyer as he presents an exhibit of keenly-observed and colorful watercolor landscapes. Throughout July and August we will display the black and white photography of Mr. Joe Simon who will share the record of his experience as a military photographer stationed in Hawaii during WWII. Please check the calendar or call the COA office for conflicts when the Living Room may be in use. Many thanks for the delightful and thought-provoking show of representative student art from the A-B School System’s Visual Arts Department in May.

TRIPS/OUTINGS

► Newport Flower Show at the Rosecliff Mansion, Newport, RI

Friday, June 27th, leaving Nagog Park at 8:45

New England's premier outdoor flower show will fill the elegant reception rooms and sweeping oceanfront lawn of the 1902 Rosecliff Mansion, where some scenes for *The Great Gatsby* were shot. There will be horticultural displays, lectures, demonstrations, and the Gardeners' Marketplace. Lunch will be on your own at the outdoor café. Seniors from out-of-town are welcome on this trip.

Departs: Nagog Office Park at 8:45 (approximate return time 4:00)

Cost: \$30; includes admission to flower show, coach transportation and driver tip. Lunch will be on your own (average lunch entrée is \$8.00). Payment is due at time of signing up.

► Pawtucket Red Sox Game – Bring the Kids!

Wednesday, July 30th, leaving Nagog Park at 9:45

The Pawtucket Red Sox, AAA affiliate of the Boston Red Sox, will be playing a noon game against the Rochester Red Wings, at McCoy Stadium in Pawtucket, RI. Accompanied children, grandchildren or nieces/nephews age ten and up are welcome to come along. Come see the Red Sox stars of tomorrow! You may choose the concession stand food of your choice, at an additional charge to the overall cost of the trip. The reserved box seats will not be under the overhang, so remember to bring your sun block and a hat!

Departs: Nagog Office Park, 9:45 (return time will depend on length of game, but roughly 4:00)

Cost: \$28; includes reserved box seat, coach transportation and driver tip. Lunch is not included in the cost of the trip—concession stand prices range from \$2.50 for a hot dog to \$7.00 for a steak and cheese sub. Payment is due by July 9th.

► North Shore Cruise, Lunch and Mansion Tour

Thursday, August 21st, leaving Boxborough Town Hall at 8:00 and Nagog at 8:30

Enjoy a summer day on the North Shore! Start the day with a 1 ½ hour narrated cruise through the tranquil waters of the Essex River, a feeding ground for many species of birds and wildlife. The boat is covered, easy to board as it is low in the water and has restrooms. The group will then dine at the Gloucester House Restaurant, located along Gloucester Harbor. Choices for lunch are baked scrod or baked stuffed chicken breast; please indicate your preference when signing up. After lunch, tour the famous Beauport Sleeper-McCann Mansion, past summer home of collector and interior designer Henry Davis Sleeper, a fantasy house with rooms decorated in different historical and literary themes, overlooking Gloucester Harbor. Please note the house tour includes stairs. We need to reach a minimum number to run this trip, so please make your reservation and payment by June 20th. Seniors from outside of Acton are welcome to attend.

Departs: 8:00am, Boxborough Town Hall

8:30am, Nagog Office Park. Approximate return time 5:15

Cost: \$63, includes coach bus transportation, private river cruise, lunch, house museum admission & gratuities.

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check.
2. Payment for trip is due within one week of reserving a spot. Please see newsletter description of the trip for the absolute payment deadline. If payment is not received in time, your name will be removed from the sign-up list. No refunds will be issued unless a trip is canceled by the COA, there is someone on the waiting list who can take your spot or you can find someone to go in your place. For multiple trips, please make separate checks for each.
3. Checks should be made out to: The Friends of the Acton COA. You may drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720.
4. Parking for trips is at Nagog Office Park. Enter from Rte. 2A/119 at Bickford's Restaurant and follow Office Park Road all the way to the end to the cul de sac (just under one mile) and park in the lot on the right.
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips.

Senior Cinema

Enjoy a movie on the big screen television in the air conditioned comfort of the Senior Center! Summer movies will be shown at 12:30 on most Mondays and Fridays beginning Monday June 16th. Be sure to refer to the schedule below before you come over.

June: Romance and Dramas

Thursday, June 5th, “Enchanted,” (2007, PG) A delightful story of an animated princess coming to life in modern day New York City. Amy Adams, Patrick Dempsey and Susan Sarandon star in this romance featuring Oscar-nominated musical numbers.

Monday, June 16th, “An Affair to Remember,” (1957) Classic romance with Cary Grant and Deborah Kerr, who fall in love on a cruise ship and vow to find each other again.

Friday, June 20th, August Rush,” (2007, PG) Story of a boy living on the streets who becomes a musical prodigy, while his birth parents are searching for him. With Freddie Highmore, Robin Williams & Keri Russell.

Thursday, June 26th, 1:00 (Note different day and time!) “West Side Story,” (1961) Natalie Wood stars as a Puerto Rican girl in a modern-day Romeo and Juliet.

Friday, June 27th, “Lars and the Real Girl,” (2007, PG-13 for some sex related content) This quirky dramatic comedy stars Ryan Gosling as a young man afraid to move forward in his life. He brings home a new girlfriend who happens to be a life-size doll and what unfolds is both humorous and touching.

Monday, June 30th, “Sleepless in Seattle,” (1993, PG) A woman (Meg Ryan) hears a boy speak about his widowed father over the radio and desperately tries to meet this wonderful man (Tom Hanks).

July: Mysteries and Action/Adventure

Monday, July 7th, “Rear Window,” (1954) Jimmy Stewart is housebound because of a broken leg and his boredom gets his girlfriend (Grace Kelly) and him into hot water when he thinks he has witnessed a murder in the apartment across the street.

Monday, July 14th, “Romancing the Stone,” (1984, PG), Michael Douglas and Kathleen Turner star as an exciting but dangerous adventure in Columbia and find romance in the process.

Friday, July 18th, “Raiders of the Lost Ark,” (1981, PG) With the new Indian Jones movie out this summer, acquaint yourself with the series by watching the original movie, starring Harrison Ford.

Monday, July 21st, “National Treasure,” (2004, PG) Benjamin Franklin Gates (Nicholas Cage) has spent his life looking for treasure, following clues left behind by this country’s Founding Fathers.

Friday, July 25th, “National Treasure: Book of Secrets,” (2007, PG) Nicholas Cage is back in this sequel.

Monday, July 28th, “Pirates of the Caribbean,” (2003, PG-13) The first of the pirate adventure series, set in the 17th century. Stars Johnny Depp, Orlando Bloom and Keira Knightley.

August: Comedies and Musicals

Friday, August 1st, “Evan Almighty,” (2007, PG) Acton native Steve Carell stars as a newly elected Congressman, anointed by God to a holy mission.

Monday, August 11th, “Sinatra: The Classic Duets,” (2003) A compilation of Sinatra’s duets with other stars, including Bing Crosby, Ella Fitzgerald, Louis Armstrong, Sammy Davis Jr., and Elvis.

Friday, August 15th, “Captain Ron,” (1992, PG-13) The story of a family’s adventure on an old rickety boat with a nutty captain. Kurt Russell and Martin Short star.

Monday, August 18th, “A Passion for Verdi,” (2001) Performance by the London Symphony Orchestra, conducted by José Cura.

Friday, August 22nd, “27 Dresses,” (2008, PG-13) A romantic comedy about Jane (Katherine Heigl) who is “always a bridesmaid, never a bride” and is looking for her own happy ending.

Monday, August 25th, “City Slickers,” (1991, PG-13) Funny story of three men who celebrate turning 40 by going to a dude ranch. Stars Billy Crystal and the late Jack Palance.

Friday, August 29th, “A Prairie Home Companion,” (2007, PG-13) A ensemble cast (including Lily Tomlin, Meryl Streep and Kevin Kline) tell the story of the last night of Garrison Keillor’s radio variety show.

Friday, September 5th, “Big,” (1988, PG) Tom Hanks stars in this story about a 12 year old boy who makes a wish at a carnival machine and becomes a 35 year old man.

Attention Veterans

Although it has been poorly publicized, the U.S. Department of Veterans Affairs (VA) some time ago instituted an "Improved Pension Program" which can provide pension income to veterans or their surviving spouses, at three different levels and under relaxed eligibility requirements. For details, contact F. Doré Hunter, our Veterans Service Officer, at VSO@acton-ma.gov or by calling 978-264-9603.

Medical Equipment Available to Loan

If you know what you need give us a call, have your treatment professional make a list, or have them call us directly. We also have some less frequently needed items such as long-handled shoe horns, sock aids, etc., so if your treatment professional is recommending that you need something please feel free to ask us if we have it.

Meals on Wheels Needs Summer Substitute Drivers

The Minuteman Meal site is looking for drivers to deliver meals to homebound seniors in Acton. As a substitute driver you could be called occasionally or you could sign up for a regular one day a week summer schedule. The time commitment each day would be about 1 ½ hours. Please call Joy at the meal site, 978-263-5053.

Social Evening Committee Members Needed

Seniors have expressed interest in evening social programs, but the COA staff needs your help! People are needed join the committee to discuss options--a costume party or harvest dance, for instance. Once a decision is reached, then committee members would work in a particular area, such as planning for food, set up, finding entertainment, or clean up. Please call Chris in the office at 978-264-9643 if you are interested.

► Minuteman Lunches

Minuteman Lunch is served Monday through Thursday at 11:45. Voluntary donation is \$2.00. To sign up for lunch, call 978-263-5053 by 10:30 the day before. Call the COA at 978-264-9643 for transportation, if needed.



- **Father's Day Lunch: Wednesday, June 11th** – As a special treat, ice cream sundaes will be served after lunch, courtesy of the Friends of the Acton Council on Aging!
- **Summer Birthday Lunches: Wednesday, June 11th, July 9th and August 13th** – If you have a birthday in June, July or August, please join us for a complimentary lunch by calling 978-263-5053 at least 5 days ahead of the date of the lunch.
- **4th of July Lunch: Wednesday, July 2nd**
- **Summer Lunch: Wednesday, August 13th**

► Special Summer Lunches

Thursday, July 17th and August 7th, 11:45

Join us in the dining room for a nutritious salad with protein and veggies. Check with Joy in the dining room for menu details and to sign up. \$2.00 for lunch. The regular Minuteman Lunch will also be available.

Volunteer Appreciation Dessert Reception

Thursday, June 12th at 1:30

The Acton Council on Aging cordially invites our volunteers to a

Dessert Reception

at the Acton Senior Center

COA Board and COA Friends, Senior Center Office Volunteers, Computer Teachers, Friendly Visitors, Handymen, Knitters/Yarn Keepers, Librarians, Home Delivered Meal Drivers, Quilters, Men's and Ladies' Breakfast Crew, Newsletter Mailers, Craft Leaders, SHINE Counselors

RSVP by June 6th at 978-264-9643

AROUND TOWN...AND BEYOND

Acton Recreation Department

Stop by the Recreation Dept. at the town hall, visit their website at www.acton-ma.gov or call them at 978-264-9608 for information on summer concerts and activities at NARA park.

Acton Memorial Library

“Not Afraid to Go: Acton’s Part in the Birth and Preservation of Our Nation” is a new permanent exhibit at the Memorial Library. The exhibit showcases numerous artifacts owned by the library and many replicas from the Acton Historical Society’s extensive collection. Available for viewing during normal library hours.

Programs at The Inn at Robbins Brook, 10 Devon Drive

Thursday, June 5th, 6:30pm Author Janet Stone presents “My Parents and Alzheimer’s, A Daughters Journey”

Wednesday, June 18th, 6:30pm Introduction to Genealogy by Doris J. Blais Bonnell, Genealogist, MASOG VP

Free Bach’s Lunch Concert at Indian Hill, 36 King Street, Littleton

Thursday, June 19th and July 17th, 12:00-1:00

Military Appreciation Day at the Bank of America Golf Championship

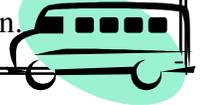
Friday, June 20th, Nashawtuc Country Club, Concord

Veterans admitted free. Please show id at the admissions gate. For more information call 877-559-GOLF.

COA SENIOR VAN SCHEDULE

The COA van runs Monday through Friday for all Acton seniors (age 60 and over) and disabled younger Acton residents when space is available. The van is available until 3:45pm in-town and approximately 3:00pm for out-of-town rides. The last ride in the morning will be at 11:30 and the first ride after lunch will be at 12:30. Please schedule your appointments with the lunch break in mind. For van reservations call weekdays 978-264-9643 between **8:00-11:00**. (Please note the new time.) Please have the name, telephone number and address of your destination when you call and call at least one day in advance, sooner if possible. One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.

The Road Runner Van is also available to Acton senior citizens Tuesday, Wednesday and Thursday, 8:30–3:30. Call 1-800-589-5782, at least 24 hours in advance. Fares are the same as for the COA van.



Alzheimer’s Disease Services

- **Alzheimer’s Association Helpline** 1-800-548-2111. Available for calls 7 days a week, 24 hours a day.
- **Cooperative Elder Services, Inc.** 978-318-0046. Provides adult day health and Alzheimer’s day programs.
- **Minuteman Senior Services** provides free in-home consultations. Call 978-263-8720 for more information.
- **Alzheimer’s Disease Caregivers Support Group at the Inn at Robbins Brook** meets the 4th Wednesday of each month in the early p.m. Contact Joanne McCole at 978-486-3512 or Judy Ramirez at 978-692-5523.
- **Early Stage Alzheimer’s Disease Carepartner Support Group**, 1st Tuesday of month starting in October. Contact Carol Steiner at 978-264-9643 or Lori Kalinoski at 978-318-3111.
- **Life Care of Nashoba Valley**, 1st Wednesday of each month 5:30-7. Contact Gail Mallardo 978-486-3512
- **Caregivers support group**, 3rd Tuesday of the month at 10:30 a.m. Concord Park Assisted Living in West Concord. Call Mary Baum 978-369-4728.
- **Support Group for families and friends of the mentally ill:** NAMI, Meetings at First Parish Church of Stow, 3rd Thursday each month 7-9 p.m. Call 978-897-2962 for information.

Minuteman Senior Services Goes Green!

Local non-profit Minuteman Senior Services is offering unique recyclable grocery bags as a fundraiser to support their services to seniors and caregivers. The bags are just \$3 each and are available at the Acton COA meal site.

SENIOR CENTER CLINICS

Podiatry Clinic: *Tuesday, June 10th, July 8th and August 12th, 8:20-11:00*

The clinic offered by the Acton Public Nursing Service provides podiatry services not covered by insurance. Dr. Sandra Weakland, DPM, provides services as evaluation and nail clipping. The \$25 fee for the clinic may be waived in case of hardship. The clinic is funded by the Friends of the Acton Nursing Service. For an appointment call 978-264-9653.

Blood Pressure & Wellness Clinic:

Tuesday, June 10th and 24th, July 8th and 22nd and August 12th and 26th, 9:30-11:30

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

A NOTE FROM THE FRIENDS OF THE COA

We are still collecting unwanted cell phones, digital cameras, used printer cartridges, MP3 players and hand-held games as a recycling effort and fund-raiser. Collection boxes are in the COA lobby, at Donelan's Supermarket and at the West Acton Market.

Stay Cool at the Senior Center

Please join us over the summer in the air conditioned rooms of our senior center. Enjoy movies or sports events on our large screen TV, games of all types with new friends and old, lunch, ice cream socials, Iced Tea time and more! Please look over this newsletter closely so you won't miss out on anything. Stay cool and enjoy the summer!

Save the Date for the COA Food Drive

Week of September 8th -Look for more details in the September Newsletter.



Just a reminder that this is a three-month newsletter, so please hang on to it until late August, when your September newsletter will be mailed.

ACTON COA STAFF

Jean Fleming, Director
Carol Steiner, Outreach/Volunteer Coord.
Chris Chirokas, Program Coordinator
Judy Peters, Van Dispatcher/Admin Assist
Ron Paskavitz, Van Driver
Mary Lou Repucci, Staff Assistant
Steve Ryan, Nancy Andersen, Dan Thomas
and Peter Colby, Substitute Van Drivers

ACTON COA BOARD MEMBERS

Stephen Baran, Chair
Edwin Carell
Anita Dodson
Pat Ellis
Bill Ely
Gena Manalan, Vice-Chair
Mike Gowing
Barbara Tallone
Sally Thompson
Paul Turner

The Acton COA Board will meet again in the fall.

ACTON COUNCIL ON AGING
Town Hall, 472 Main Street
Acton MA 01720
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