

Acton Senior Bulletin

December 2008/January 2009



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.

Senior Center Expansion Public Input Sessions

The Senior Center Expansion Steering Committee will hold two public input sessions to present three options for expanding Acton's Senior Center. The meetings will be held on:

Wednesday, Jan 21st, 1:00 at the Senior Center

Thursday, Jan 22nd, 7:00pm at the Faulkner Room, Town Hall

The the options under consideration are:

- Expand the existing Senior Center at Audubon Hill
- Move into existing commercial space
- Build a new senior center

At the public input meeting, the public will learn the cost/benefit analysis for each of the options and have an opportunity to express their opinions about the various choices. Based on the input from the public and the state of the economy at that point, the Steering Committee will make a recommendation to the Board of Selectmen about which option to pursue – now or later. If you have comments or questions about this project, please contact: SCExpansion@acton-ma.gov.

Index	Page
Classes/Workshops	2-3
Volunteering	3
Upcoming Programs Highlights	4-6
Trips	6
Ongoing Activities	7
Dining Opportunities	8
Senior Cinema	8
Transportation	8
Exercise	9
Outreach & Support Services	10
Around Town and Beyond	11
Calendar	12-13
Clinics	14
Friends of the COA	14

Winter Weather Policy

If the Acton Schools are closed:

- All Senior Center classes and programs will be canceled and the Minuteman meal site will be closed.
- The Council on Aging office will remain open.
- Listen for school cancellation information on WBZ (Channel 4), WCVB (Channel 5) and WHDH (Channel 7) or radio stations WEEI and WBZ.

If the Acton Schools are delayed:

- ALL classes beginning before 10:00 will be canceled.
- Please call the office for classes beginning 10:00 or later to see if they will be held.

The COA van:

- Availability will be determined by weather and road conditions.

If in doubt please call the COA with questions about classes and van rides.

The Senior Center will be closed on December 25th for Christmas, January 1st for New Years and January 19th for Martin Luther King, Jr. Day.

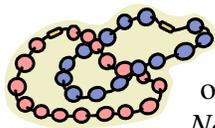
NEW In an attempt to reduce lines and stress we are trying a new approach for sign ups. **Sign ups begin on Monday, December 8th at 1:00 for all classes and programs EXCEPT exercise. Registration for ALL exercise classes will begin on Monday, December 29th at 1:00.**

CLASSES/WORKSHOPS

FOR DECEMBER/JANUARY.....SIGN UPS BEGIN DECEMBER 8TH at 1:00!

► **Beading with Joan**

Monday, December 8th, 12:30-2:00



Joan McKenzie will lead a beading workshop, with the focus on creating pendants hung on fancy yarn or ribbon. Beads will also be available to make earrings or bracelets to match a holiday outfit or give as a gift. All materials supplied. Materials fee: \$3 for a pendant or bracelet; \$2 for earrings.

Note: You do not need to wait until official sign-up day to register for this workshop!

► **Genealogy Searching on the Internet**

Tuesday, December 9th, 10:00-11:30

Would you like to learn how to use the Internet to search for your ancestors? Joy Ivanov will introduce you to websites and offer searching tips to help you begin the discovery of your past. This class is designed for those new to genealogy. Some computer experience desired. Limited to 8 students.

► **Holiday Greeting Cards** - Instructor Cynthia Durost

Wednesdays, December 10th and 17th, 9:00-11:00

Create unique and special holiday designs for your loved ones and friends, using a variety of materials. Supplies needed include watercolor pad, colored pencils or watercolor pencils. Bring old holiday cards with your favorite design for inspiration. Envelopes and markers will be provided. Open to people of all abilities; stencils are available for those who do not want to draw free-hand. Come, create and have fun!

Going Digital: Find the Right Digital Camera for You

Wednesday, December 10th, 12:30-2:00

Thinking about buying a digital camera? How do you decide what kind is right for you? Join us for a presentation and discussion about the features you should look for and what to avoid as you consider buying a digital camera.

► **Bow-Making Workshop**

Friday, December 12th, 10:00-11:30



Why pay for a pretty bow when you can make one yourself? Joan McKenzie will teach the group how to make a large bow for a centerpiece or wreath. The technique can also be used to make smaller bows for gifts. If you are attending the greens or pinecone basket workshops, make your own bow at this class using a variety of ribbons, which will be supplied. Materials fee: \$3.00.

► **Understanding the Internet**

Fridays, December 12th and 19th, 8:30-10:00

Would you like to start using the Internet or use it more effectively? This two week class will introduce you to the basic features of the Internet, using search engines, marking favorite sites as well as other time saving and useful tools. Limited to 5 Windows users.

► **Holiday Pinecone Basket**

Monday, December 15th, 12:30-2:00

Make a cute basket full of pinecones and a strand of lights, topped off with a bow. Joan McKenzie will lead this workshop. Please bring a small to medium sized basket. All other materials will be supplied. Materials fee: \$3.00.

► **Holiday Greens Centerpiece**

Thursday, December 18th, 10:00-11:30



Come make your own centerpiece to grace your holiday table or mantle from local greens, berries and pinecones. Bring a low bowl or other waterproof container, pruning shears and any special items you want to include. If you would like to donate any nice greens or berries from your yard, please call Chris in the COA office. Cost is \$5.00 for one centerpiece. If there are enough materials, you will be welcome to make a second arrangement.

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

CLASSES/WORKSHOPS

FOR DECEMBER/JANUARY.....SIGN UPS BEGIN DECEMBER 8TH at 1:00!

► Excel Spreadsheets

Mondays, January 5th and 12th, 9:00-10:30

Join us for this two week class to learn how to manipulate cells formats, create simple spreadsheets and make basic formulas. Then we'll go into more depth on how to use it to make budgets, keep track of finances, etc. Limited to 5 Windows machine users.

► Bridge Class

Mondays, January 5th through March 2nd, 10:00-12:00 (No class on Jan 19th, February 9th and 16th)

Note: Drop-in bridge is scheduled on February 9th at 10:00 for those who want to play

Instructor Electra Coumou will teach a six-week session geared towards players with bridge playing experience. Please indicate if you are first-time participant in Electra's class when registering.

► How to Use Your New Digital Camera

Monday, January 5th, 12:30-2:00



Did you just get a camera for the holidays or has one been in your drawer unused? This class will focus on some important features of your camera 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.

► Watercolor Studio Workshop with Cynthia Durost

Wednesdays, January 7th through March 11th, 9:00-10:30

Learn basic watercolor techniques, composition, and use of color in this class. Beginners and new participants always welcome! Materials list is available in the COA office.

► Watercolor with Sue Nordhausen

Tuesdays, January 13th through March 17th, 1:30-3:00 (No class on February 17th and 24th)



Instruction geared to experienced students on both class and individual projects. Areas covered will include composition, color qualities, and light and dark values. Materials list for new students available in the COA office.

► Digital Photography Class

Friday, January 23rd, 2:00-4:00

What are you going to do with your photos now that you've taken them? We will learn transferring of photos to the computer. We'll also use Picassa, free web-based software, to edit and ready our photos for printing. Class is limited to 4 students; Windows machine users only. Bring your camera, memory card, manual and cable to class.

► One-Stroke Decorative Painting with Donna Lynch

Mondays, January 26th through March 2nd, 9:30-11:00 (No class February 16th)

Create beautiful, simple paintings using shading methods through one stroke of the paintbrush! You may paint on paper or bring in a glass item or slate as a personal project. All paints, glass conditioners, varnishes, and paper are provided by the instructor. Paint brushes are available or you may purchase your own at a local craft store. Please bring paper plates, a container for water and paper towels. No experience is necessary and beginners are welcome!

► Beading with Joan

Monday, January 26th, 12:30-2:00

Save the date! Beading project will be determined closer to the date.

► Indicates that you must sign up in advance!

VOLUNTEERING

Conant School has Volunteer Opportunities in the library, computer lab, reading in the classroom and leading nature walks. Please contact Kim McOsker at kmcosker66@yahoo.com or 978-621-3394 for more info.

UPCOMING PROGRAM HIGHLIGHTS

FOR DECEMBER/JANUARY.....SIGN UPS BEGIN DECEMBER 8TH at 1:00!

► **Health Plan Options for Retirees: Building your Bridge to Security**

Thursday, December 4th, 12:30-1:30

If you are considering retirement, this program will address common questions about health insurance and Medicare: What happens to my insurance if I retire younger than 65? What if I work past 65? What about coverage for my spouse? This BC/BS presentation will cover COBRA and the Direct Pay plans available before you are Medicare eligible. It will also cover the health plan options available once a person does have Medicare. This program is open to people of all ages. *Registration for this program is underway; please call the COA to sign-up.*

Search for the New ABRHS School Superintendent

Tuesday, December 9th, 12:30-1:30

Your input is being asked for by the Search Committee for the new ABRHS School Superintendent. Please join us in the Senior Center living room to give feedback, ideas, and recommendations which will help the School Committee select a new superintendent. This meeting is open to all town residents.

► **Ask the Lawyer**

Wednesday, December 10th, 1:00-3:00

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

► **Holiday Tea**

Thursday, December 11th, 2:00-3:30

To help usher in the holidays the COA will be hosting a tea party at the Senior Center for all Acton seniors! Join us for a cup of tea and light refreshments. Bring a friend, meet someone new and enjoy some holiday cheer! Call the COA to register. Men are most welcome too.



Madrigal Singers Performing at Holiday Lunch

Tuesday, December 16th, 12:00 noon

The very talented and entertaining Acton Boxborough Regional High School Madrigal Singers will treat us to a holiday concert. Please call the Mealsite at 978-263-5053 to sign up for the holiday lunch which begins at 11:45.

Secretary Michael Festa, Executive Office of Elder Affairs, at Holiday Lunch

Tuesday, December 16th, 12:00-1:00

Please join us in greeting Secretary Michael Festa, Executive Office of Elder Affairs. He is looking forward to meeting Acton senior citizens at this festive event and will be talking with all of us after the luncheon. Representative Cory Atkins will be joining him and distributing some holiday sweets.

► **Nutritional Supplements Program**

Wednesday, December 17th, 11:00-11:45

Learn more about vitamins and minerals with Peg Mikkola, RD, LDN, Healthy Aging Director of Minuteman Senior Services. What are some of the latest nutritional recommendations? Do you need to be taking supplements or is a healthy diet satisfactory? Come with questions and labels from any supplements you have questions about. If you would like to stay for lunch after the program, call the Mealsite at 978-263-5053 for a reservation.

Cookie Swap

Friday, December 19th, 12:30-2:00

Joy Agule, our Mealsite Coordinator, is bringing back the holiday cookie swap this year! Please bring six separate containers (plastic containers or storage bags) containing six homemade cookies each for swapping. Bring another six cookies on a paper plate for sharing, for a total of 3 ½ dozen cookies. The cookies must be homemade.



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

UPCOMING PROGRAM HIGHLIGHTS

FOR DECEMBER/JANUARY.....SIGN UPS BEGIN DECEMBER 8TH at 1:00!

Analog to Digital Television Conversion

Tuesday, January 6th, 11:00-11:45

February 17th is quickly approaching! John Covert of the Acton Cable Advisory Committee will help you understand just what will be happening to your television service beginning in February. He will explain all the conversion details and also help you decide what service and/or equipment you need and what is optional for your continued television watching.

► On-Line Banking Presentation

Tuesday, January 6th, 1:00-2:00

On-line banking is convenient, saves time and postage! Nancy Dinkel, Acton Branch Manager, Northern Bank & Trust, will speak about the benefits of on-line banking, some common misunderstandings/fears and how to begin.

Bowling at the Acton Bowladrome



Tuesdays, beginning January 6th, 10:00

Join other Acton seniors for some winter fun and exercise! The Bowladrome offers a senior discount of one game for \$4 or two games for \$6, shoe rental included. Complimentary coffee is served.

► Re-gifting Party

Thursday, January 8th, 1:00-2:00

Everyone seems to have a stash of gifts they receive, but never use. Wrap one of those new, unused gifts and bring it to the re-gifting party for some fun and socializing! Light refreshments will be served.

► Tips for Downsizing with Transition Liquidation Services

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

Marie LeBlanc, president of Transitions Liquidation Services, will discuss aspects of planning for a move, making decisions about personal and family possessions, and with some humor will address how hard it can be to let go of our "stuff!" This talk is open to seniors and/or their children.

► Chair Massage at the Senior Center

Fridays, December 5th and 19th and January 16th and 30th, 2:30-3:45



Nancy Ames, a licensed massage therapist from Acton, is offering chair massages at the Senior Center. The massages have been extended to 20 minutes and reduced the price to \$15 to better meet the needs of seniors. What is done in the massage varies depending on individual needs, but often includes massage of the back, neck, shoulders, arms, and hands (for those with arthritis).

There is an option between using a professional massage chair or regular chair for the massage. The fee should be paid directly to Nancy with cash or check. Please wear a t-shirt or tank top under your clothing to make the massage most effective. Please be sure to call the COA office and let us know if you need to cancel an appointment.

Presidential Inauguration Coverage

Tuesday, January 20th, starting at approximately 11:00

Watch the presidential inauguration coverage on our large, high definition television. The exact schedule was not set at the time this newsletter went to press, but we will have the TV on beginning at eleven.

Senior Center Expansion – Public Input Session

Wednesday, January 21st, 1:00-2:30 at the Senior Center

Thursday, January 22nd, 7:00pm at the Faulkner Room (Room 204) in the Town Hall

The Senior Center Expansion Committee wants to hear from you about the proposed expansion or relocation of the Senior Center. For more information please see page 1 of the newsletter.

► Indicates that you must sign up in advance!

UPCOMING PROGRAM HIGHLIGHTS

FOR DECEMBER/JANUARY.....SIGN UPS BEGIN DECEMBER 8TH at 1:00!

► Fire Prevention Program for Seniors



Thursday, January 22nd, 1:00-2:00

Note: This date is tentative. Please call the COA in January for confirmation.

Acton Fire Department personnel will give useful tips on how to stay safe in your home. Learn how to safely use space heaters and candles, the latest tips on cooking safety and how to develop a fire escape plan. A short, entertaining video on fire safety for seniors starring Jonathan Winters will be shown, if available.

► Energy Efficient Changes for your Home

Thursday, January 29th, 12:30-1:30

Mark LeBel from Acton Ace Hardware will present a program on energy efficient changes to help lower your fuel costs as well as ways to add safety to your surroundings. He will discuss efficient lighting options, programmable thermostats, ice melt options, CO and smoke detectors. There will be handouts, display items to peruse as well as small raffles and giveaways. Bring all of your hardware oriented questions. Call the COA to sign up!

► Everything You Should Know About Real Estate Taxes, Abatements and Exemptions

Thursday, February 5th, 12:30-1:30

Representatives from the Town of Acton Assessors and Finance departments will discuss taxation, exemptions and abatements that are available to the taxpayers of Acton. This annual presentation includes information you will want to know about, so it will be an hour well-spent!

► Indicates that you must sign up in advance!

TRIPS

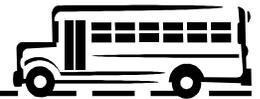
► The Rhode Island Spring Flower Show

Thursday, February 19th, 9:15; Snow date Friday, February 20th (Be sure to hold both dates)

Get a dose of spring with a trip to the Rhode Island Flower Show! This year's theme is "Gardens of the World," which takes you on a journey through distant and exotic places. There will be 30 gardens to view, demonstrations and lectures by gardening experts, floral arrangements, tips on organic gardening, a garden marketplace, bookstore and more. The flower show is at the Rhode Island Convention Center in Providence. You can spend all your time at the show, or venture next door to the Providence Place Mall for a little shopping. Lunch will be on your own at the show café or at the mall. We need to have a minimum of 30 people to take this trip, so **please sign up and pay by Thursday, January 22nd if you plan on attending.**

Cost: \$37 includes coach bus transportation, show ticket, driver gratuity

Depart: 9:15 Nagog Office Park; approximate return time 4:30



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 a trip is due within 1 week of reserving a spot, unless another date is specified in the description. If payment is not received in time, we will attempt to contact you before your name is 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.

► Indicates that you must sign up in advance!

ONGOING ACTIVITIES

Computer Club

Wednesday, January 7th and 21st, 1:30-3:00 (No meeting on December 10th or 24th)

Fridays, December 5th and 19th and January 2nd, 16th and 30th, 10:00-11:30

The club is open to all computer users from the novice to the experienced.

► Drawing Class with John Goodnough of ActonArt Drawing School

Fridays, Dec. 5th and 19th, 9:30-11:00 This class is full.

“The Bookies”

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

The book club selection for January is Dead Line by Brian McGrory, a *Boston Globe* columnist. This gripping political thriller features ace reporter Jack Flynn of a fictional Boston newspaper. Flynn is on the trail of solving the famous Gardner Museum art heist, which takes him from familiar places in Boston to Rome and Paris. Please come for a lively discussion--reading the book is not required. The Memorial Library can obtain copies of the book, which can be sent to the Citizens Library branch if that is more convenient. The library may also have a large-print edition or the book on CD or cassette.



"Stretch and Flex" with Terri Zaborowski

Mondays, through December 15th, 8:30-9:30 This class is full.

"Senior Cardio-Flex" with Terri Zaborowski

Tuesdays and Thursdays, through December 18th, 8:30-9:30 This class is full.

or Wednesdays and Fridays, through Friday, December 19th, 8:30-9:30 This class is full.

"Beginner to Intermediate Stretch and Tone" with Terri Zaborowski

Tuesdays and Thursdays, through December 18th, 9:45-10:45 This class is full.

► Watercolor with Sue Nordhausen This class is full.

Tuesdays, through December 2nd, 1:30-3:00

► Watercolor Studio Workshop with Cynthia Durost

Wednesdays, through December 3rd, 9:00-10:30

Friendly Visitor Meeting - No meeting in December. You are invited to the Holiday Tea on December 11th. See page 4 for more information. The next meeting will be on *Monday, January 12th at 1:00* in the living room.

► SHINE (Serving the Health Information Needs of Elders) (No appointments on Jan. 19th)

Mondays, 1:00-3:00 If you have questions or issues regarding health insurance or prescription coverage please call the COA office *anytime* at 978-264-9643. We will connect you with our SHINE counselor.

Please see the Monthly Calendars on page 12 and 13 for days and times of the following groups and clubs:

Mah Jongg

Mexican Train

Quilters

Knit/Crochet Group No group on 1/21

Cribbage

Drop-in One Stroke No group 12/22, 1/19

Genealogy

Poker

Ping Pong/Pool (available daily – check for conflicts)

Drop-in Bridge



The Salvation Army is Recruiting Bell Ringers

The Salvation Army is recruiting volunteers and some paid bell ringers for the annual holiday fund drive through December 24th. Ringers will be paid minimum wage. Kettle locations are at Donelans, KMart, Roche Bros. and Stop n' Shop. For information call Dr. Mary Donald at 978-263-7855.

Going Away for the Winter? Stop your Newsletter mailing

Help us save printing and postage costs by going off the newsletter mailing list while you are away. Just let us know when you return and we'll put you back on. While you're away visit us at www.acton-ma.gov.

DINING OPPORTUNITIES

► **Senior Appreciation Lunch Provided by Town Employees**

Monday, December 22nd, 11:45 (Snow date: December 23rd)

In appreciation for how much Acton seniors have given to the community, a group of Town of Acton employees are getting together to provide a free luncheon to the town's seniors! A ham dinner with lots of fixings and yummy desserts is planned. Be sure to sign up in the COA office by Monday, December 15th.

► **Men's and Ladies' Breakfast**

Friday, January 16th, 9:00-10:00

Call the COA by Wednesday, January 14th for a reservation. Cost is \$2.00. ***There will be no December breakfast.***

► **Minuteman Lunches**

Minuteman Lunch is served Monday through Friday 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.

- **December Birthday Lunch: Wednesday, December 10th**
- **Special Holiday Lunch: Tuesday, December 16th** – With entertainment by the ABRHS Madrigal Singers and a visit from Secretary Michael Festa, Executive Office of Elder Affairs. See page 4 for details. Please call by December 11th for your lunch reservation
- **January Birthday Lunch: Wednesday, January 14th** - If you have a birthday in December or January please join us for a complimentary lunch by calling 978-263-5053 at least 5 days ahead of the date of the lunch.
- **Indian Lunch: Thursday, January 22nd** - A delicious lunch will be delivered from an Indian restaurant. Call 978-263-5053 by Friday Jan. 16th to make a reservation. The regular Minuteman lunch will also be available.

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

SENIOR CINEMA

Friday, December 5th, "Penelope," 12:30-2:00 (2008, PG) – Modern day romance stars Christina Ricci, a young woman suffering from a curse, who sets out to free herself of the life-long streak of bad luck and find her true self.

Thursday, December 18th, "Get Smart," 12:30-2:20 (2008, PG-13) – Acton native Steve Carell stars as secret agent Maxwell Smart in this comedy based on the tv series. Anne Hathaway, Dwayne "The Rock" Johnson co-star.

Friday, December 26th, "Elf," 12:30-2:05 (2003, PG) – This holiday movie is both funny and heartwarming. Will Ferrell stars in this comedy as the world's largest elf. James Caan, Bob Newhart, Zooey Deschanel co-star.

Friday, January 2nd, "Deck the Halls," 12:30-2:05 (2006, PG) - Matthew Broderick and Danny DeVito are neighbors competing for the biggest holiday display, and things quickly get out of hand. It's school vacation week, so bring the grandchildren or nieces and nephews to view the movie.

Friday, January 16th, "Indiana Jones and the Kingdom of the Crystal Skull," 12:30-2:35 (2008, PG-13) – Harrison Ford reprises his roll as Indiana Jones, venturing into the South American jungle to outrace Soviet agents to find the mystical crystal skull.

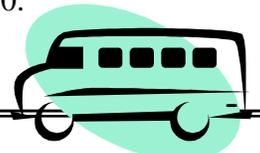
Friday, January 30th, "Journey to the Center of the Earth," 12:30-2:00 (2008, PG) –Science professor (Brendan Fraser) stumbles upon a major discovery that launches him on a thrilling journey deep beneath the Earth's surface.

Friday, February 6th, "Iron Man," 12:30-2:35 (2008, PG-13) – Billionaire and genius inventor Tony Stark (Robert Downey Jr.) builds a high-tech suit of armor and leads a double life as a super hero in this entertaining action adventure. Gwyneth Paltrow, Terrence Howard and Jeff Bridges co-star.

TRANSPORTATION

COA Senior Van runs Monday through Friday. The van is available until 3:45pm in-town and approximately 3:00pm for out-of-town rides. For van reservations call weekdays 978-264-9643 between **8:00-11:00**. 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 on Tuesdays, Wednesdays and Thursdays, 8:30–3:30. Call 1-800-589-5782, at least 24 hours in advance. Fares are the same as for the COA van.



EXERCISE

FOR JANUARY/FEBRUARY..... SIGN UPS BEGIN DECEMBER 29th at 1:00!

Exercise Cancellation Policy - Please note the cancellation policy for exercise classes:

- * If either Acton or Littleton schools are canceled or the start of school is delayed because of inclement weather, exercise classes starting before 10:00 are **canceled** for the day.
- * Call the Senior Center for information on classes starting 10:00 or later.
- * Please watch for weather related cancellations on the news as we will only call people in the event of a cancellation that is NOT publicized on TV and radio.
- * If exercise is canceled for a non-weather related issue we will, instead of calling, show an exercise DVDs.

If you are going to miss more than three weeks of Terri's exercise class, we ask that that you call the office so we may offer your spot for the remainder of the session to someone on the waiting list. Please only sign up for a class that is held twice a week if you can regularly attend both days.

Please check with your doctor before starting any exercise program, wear loose, comfortable clothing and bring water. All participants in Terri's exercise classes, the exercise videos and Tai Chi must sign a waiver of liability.

► **Beginners Tai Chi Class**

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

Ray Caisse of the Taoist Tai Chi Society will lead this eight-week introductory Tai Chi class. Participants from the fall class are welcome to register for this program, but please note it will be starting from the beginning. Taoist Tai Chi incorporates stretching and turning into a series of slow, rhythmic moves that improve the health of body, mind and spirit. This class will teach approximately 28 of the 108 movements in the Taoist Tai Chi set. The class can be taken sitting in a chair or wheelchair for those unable to stand for the workout. Ray has been practicing the discipline for ten years and teaching for four. Wear shoes with fairly smooth treads that will not get caught up on the carpet. This program is possible because of a United Way grant secured by the Friends of the Acton COA.

► **"Stretch and Flex" with Terri Zaborowski**

Mondays, January 5th through March 23rd, 8:30-9:30 (No class on 1/19 or 2/16)

This class is designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both provided by the Senior Center).

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

Tuesdays and Thursdays, January 6th through March 26th, 8:30-9:30

or Wednesdays and Fridays, January 7th through March 27th, 8:30-9:30

Start with a stretch and warm-up segment followed by a lively 20 minute aerobic routine, 5 minute cool down and 30 minutes of muscle toning and strengthening using hand-held weights for resistance. Floor work is optional.

► **"Senior Stretch, Flex, Tone and Cardio" with Terri Zaborowski**

Tuesdays and Thursdays, January 6th through March 26th, 9:45-10:45

This class offers all the same muscle toning and strengthening benefits of the 8:30 class, with the option to stay at the end for a 10-15 minute aerobic segment. All strength training is done either standing or in a chair. Note: This class offers the same content of "Beginner to Intermediate Stretch and Tone," but with a new, more accurate name.

Drop-in Video Chair Strength Exercise

Tuesday, Dec. 2, 9, 16, 11:00-11:50 and Monday, Wednesday, Friday, Dec. 22, 24, 26, 29, 31, Jan 2, 8:30-9:20

Tuesdays, Beginning January 13th, 11:00-11:50 (No video on January 20th)

This exercise routine was developed to improve strength, stamina and balance. A 2-5 lb hand weight is available.

Drop-in Video Chair Stretch Exercise

Wednesday, December 3rd, 10th and 17th, 3:00-3:45 and Tuesday, December 23rd and 30th, 9:30-10:15

Wednesdays, Beginning January 7th, 3:00-3:45

This exercise routine works to improve flexibility and mobility, while strengthening abdominal and back muscles and reducing tension in the neck, back and shoulders, all while sitting in your chair. No equipment is needed.

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

OUTREACH & 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.



Handyman Program: The Acton Handyman Program helps seniors with small repairs and simple household jobs. Volunteer handymen 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 their day or know someone who would enjoy visits, call Carol Steiner.

SNAP - Supplemental Nutrition Assistance Program

Low-income seniors may qualify for food assistance through SNAP, the newly revamped food stamp program, even if you own a home or a car, or have savings. Food Stamp benefits are primarily based on income and certain other expenses. The average monthly benefit is \$88. That's \$1,056 per year! For more information, call Project Bread's Food Source Hotline at 1-800-645-8333, M-F, 8:00-5:00. See Carol Steiner at the COA for the application.

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.

Home Care Services: The Acton area has many good private and state supported services. Please call the COA and speak to Carol Steiner if you have questions on how to obtain home care services.

Healthy Smiles: Full service dentistry at reduced rates for low income clients not covered by any dental plan. Accepts Mass Health and other plans. Address is 169 Pleasant Street, Marlboro. Call 508-229-3131.

South Middlesex Opportunity Council (SMOC) Low Income Home Energy Assistance Fuel

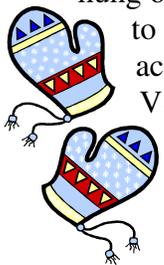
Assistance - Need help paying your heating bill? Applications for 2008/09 fuel assistance are being taken through April 30th. See below to know if you may qualify for fuel assistance as well as discounts on utility and telephone bills. Call Carol Steiner at the COA 978-264-9643 for more information. FYI: The Friends of the COA manage an Emergency Fuel Assistance Fund. Contact Jean Fleming at the COA.

<i>Household size</i>	<i>200% of Federal Poverty</i>	<i>60% of State Median Income (smaller benefit level)</i>
1	\$ 20,800	\$27,876
2	\$ 28,000	\$36,454
3	\$ 35,200	\$45,031

(Call for income guidelines for larger families)

Giving Tree

We are collecting knitted/crocheted hats, scarves and mittens to be donated to those in need. Donated items will be hung on our Giving Garland in the Senior Center. If hand made goods is not your specialty, please feel free



to donate store bought items, particularly socks which are very useful during winter months. We also accept donations of new lap-gghans that we donate to Life Care of Acton Nursing Home and the Bedford V.A. If you are dropping off a donation, please be sure to leave your name and address so we may properly thank you for your generosity. You are welcome to join the Knit and Crochet group which meets most Wednesdays at 12:30 at the Senior Center. Any questions, please call or email Carol Steiner at 978-264-9643 or csteiner@acton-ma.gov.

Durable 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.

AROUND TOWN...AND BEYOND

From the Town Clerk's Office Questions: contact clerk@acton-ma.gov or call 978-264-9615
Nomination Papers for Town Office are available at the Town Clerk's Office. The last day to obtain nomination papers is February 6, 2009 and the last day to file papers is February 10, 2009.

Census: The Street list (Census Form) will be mailed to every household in Acton starting in mid December. Please check the information for accuracy and respond within 10 days of receipt of the census form.

Acton Recreation Department

Winter Carnival at NARA Park: Saturday, February 7th, 4:00-7:30pm. Visit the Recreation Department at www.acton-ma.gov for information on many new and favorite class offerings, bus trips and special events.

Concord Band's Annual Holiday Pops Concerts, Performing Arts Center, 51 Walden St., Concord
Friday and Saturday, December 12th and 13th, 8:00pm Call 978-897-9969 or visit reservations@concordband.org

Indian Hill, 36 King Street, Littleton, visit www.indianhillmusic.org or call 978-486-9524.

Bach's Free Lunch Concert: Thursday, December 18th, 12:00-1:00, Coffee, tea and cookies; bring a lunch.

Christmas Pops with the Indian Hill Orchestra: Sunday, December 7th, 3:00 pm, Call for ticket prices.

Senior Real Estate Tax Relief

There are numerous ways you might qualify for tax relief if you are: over 65 with income and assets that are low-to-moderate, over 70, a disabled veteran, legally blind, surviving spouse of firefighter or police officer or suffering financial hardship. To find out if you qualify, visit the Acton town website and click on Tax Relief for Seniors in the Related Links section or call the Assessors office at 978-264-9622. There is also a separate Town gift fund which can provide assistance to some elderly and disabled residents needing help with Real Estate taxes. For information call 978-264-9622. Donations to this fund are gratefully accepted and will help residents in need.

2009 Prescription Advantage Plan Changes

PA members will now be responsible for the co-payments determined by Medicare or creditable coverage drug plan until the total retail cost of the covered prescription drugs reaches \$2,700.00. Once this amount is reached, co-payment assistance from PA will begin. There is no change to your Prescription Advantage co-payment amount. If you have questions or concerns please contact Prescription Advantage Customer Service at 1-800-243-4636.

Safety Sand

"Safety Sand for Seniors" has restarted for this winter season. Safety Sand (salted Highway Dept. sand) is delivered in a 3 gallon plastic pail to your home by volunteers from the Acton Boxborough High School. Call the COA at 978-264-9643 to request a sand delivery. There are a limited number of new pails so call soon.

Save on Heating Costs with Energy Bucks

Energy Bucks can help qualifying families save money on their energy bills by making homes more energy efficient and enrolling qualified individuals in money-saving programs. To see if you qualify call 1-866-537-7267 or visit www.energybucks.com.

Senior Center Art Display

In December/January we welcome Bob Rosenbaum's display of award-winning undersea photography. An accomplished scuba diver, Mr. Rosenbaum has documented tropical marine environments for over twenty years. You will see sharp, detailed images of myriad fish, turtles, sharks and rays, coral, sponge and a multitude of less-familiar exotic creatures in their natural settings. Bob's desire in sharing his colorful work is to increase our awareness of a part of the planet most will never see first-hand. A good thing to view on a cold winter day!



December**2008**

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
1 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE	2 8:30 Newsletter Mailing 8:30-9:30 Cardio Flex 9:30-4:00 "Holly Days" Trip 9:45-10:45 Stretch & Tone 11:00-11:50 Strength DVD 12:30-3:00 Mah Jongg/Train 1:30-3:00 Watercolor - last	3 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor -last 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 3:00-3:45 Stretch DVD	4 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 12:30-1:30 Health Plan Options	5 8:30-9:30 Cardio Flex 9:30-11:00 Drawing Class 10:00-11:30 Computer Club 10:30-12:00 Cribbage 12:30-2:00 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages
8 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-2:00 Beading with Joan 1:00-3:00 SHINE 1:00 Non-Exercise Sign Ups Begin 3:45 COA Board Meeting	9 8:20-11:00 Podiatry 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch & Tone 10:00-11:30 Internet Genealogy 11:00-11:50 Strength DVD 12:30-3:00 Mah Jongg/Train 12:30 School Supt. Search	10 8:30-9:30 Cardio Flex 9:00-11:00 Holiday Cards 10:00-12:00 Quilting 11:45 Birthday Lunch 12:30-2:00 Buying a Digital Camera 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:00-3:00 Ask the Lawyer 3:00-3:45 Stretch DVD	11 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 2:00-3:30 Holiday Tea	12 8:30-9:30 Cardio Flex 8:30-10:00 Internet Use Class 10:00-11:30 Bow Tying Wkshp 10:30-12:00 Cribbage 1:00-4:30 Poker 1:30-3:00 Genealogy
15 8:30-9:30 Stretch & Flex - last 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-2:00 Pinecone Baskets 1:00-3:00 SHINE	16 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-11:50 Strength DVD 11:45 Holiday Lunch 12:00ABRHS Madrigal Singers 12:00 EOEA Secretary Visits 12:30-3:00 Mah Jongg/Train	17 8:30-9:30 Cardio Flex 9:00-11:00 Holiday Cards 10:00-12:00 Quilting 11:00-11:45 Nutrition Program 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 3:00-3:45 Stretch DVD	18 8:30-9:30 Cardio Flex - last 9:45-10:45 Stretch & Tone-last 10:00-11:30 Holiday Greens 11:00-12:00 Tai Chi 12:30-2:20 Movie	19 8:30-9:30 Cardio Flex - last 8:30-10:00 Internet Use Class 9:30-11:00 Drawing Class - last 10:00-11:30 Computer Club 10:30-12:00 Cribbage 12:30-2:00 Cookie Swap 1:00 Poker 2:30-3:45 Chair Massages
22 8:30-9:20 Strength DVD 10:00-12:00 Drop-in Bridge 11:45 Special Town Hosted Lunch 1:00-3:00 SHINE	23 9:30-10:15 Stretch DVD 9:30-11:30 Wellness Clinic/BP 11:45 Special Town Hosted Lunch – Snow Date 12:30-3:00 Mah Jongg/Train	24 8:30-9:20 Strength DVD 9:00-10:30 Drop-in Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool	Closed for Christmas	
29 8:30-9:20 Strength DVD 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00 Exercise Sign Ups Begin	30 9:30-10:15 Stretch DVD 12:30-3:00 Mah Jongg/Train	31 8:30-9:20 Strength DVD 9:00-10:30 Drop-in Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool	Jan 1 Closed for New Years	
				2 8:30-9:20 Strength DVD 10:00-11:30 Computer Club 10:30-12:00 Cribbage 12:30-2:05 Movie 1:00-4:30 Poker

January	Mon	Tue	Wed	Thu	Fri	2009
				1 Closed for New Years	2 8:30-9:20 Strength DVD 10:00-11:30 Computer Club 10:30-12:00 Cribbage 12:30-2:05 Movie 1:00-4:30 Poker	
5 8:30-9:30 Stretch & Flex Begins 9:00-10:30 Excel Spreadsheets 9:30-11:00 Drop-in One Stroke 10:00-12:00 Bridge Class Begins 12:30-2:00 Using a Digital Camera 1:00-3:00 SHINE	6 8:30-9:30 Cardio Flex Begins 9:45-10:45 Stretch/Tone Begins 10:00 Bowling at Bowladrome 11:00-11:45 TV Conversion 12:30-3:00 Mah Jongg/Train 1:00-2:00 On-line Banking	7 8:30-9:30 Cardio Flex Begins 9:00-10:30 Watercolor Begins 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 3:00-3:45 Stretch DVD	8 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi Begins 1:00-2:00 Re-gifting Party	9 8:30-9:30 Cardio Flex 10:30-12:00 Cribbage 1:00-4:30 Poker 1:30-3:00 Genealogy		
12 8:30-9:30 Stretch & Flex 9:00-10:30 Excel Spreadsheets 9:30-11:00 Drop-in One Stroke 10:00-12:00 Bridge 1:00-2:00 Friendly Visitor Meeting 1:00-3:00 SHINE 3:45 COA Board Meeting	13 8:20-11:00 Podiatry 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch & Tone 10:00 Bowling @ Bowladrome 11:00-11:50 Strength DVD 12:30-3:00 Mah Jongg/Train 1:30-3:00 Watercolor Begins	14 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 11:45 Birthday Lunch 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 3:00-3:45 Stretch DVD	15 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 12:30-1:30 Downsizing Program	16 8:30-9:30 Cardio Flex 9:00 Men's & Ladies Breakfast 10:00-11:30 Computer Club 10:30-12:00 Cribbage 12:30-2:35 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages		
19 Closed for Martin Luther King Jr. Day	20 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 10:00 Bowling @ Bowladrome 11:00 Inauguration on TV 12:30-3:00 Mah Jongg/Train 1:30-3:00 Watercolor	21 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 1:00-2:30 Senior Center Expansion Public Input Mtg 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 3:00-3:45 Stretch DVD	22 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 11:45 Indian Lunch 1:00-2:00 Fire Prevention Prog. 7:00pm Senior Center Expansion Public Input Meeting at Town Hall	23 8:30-9:30 Cardio Flex 10:30-12:00 Cribbage 1:00-4:30 Poker 1:30-3:00 Genealogy 2:00-4:00 Digital Photographs		
26 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke Begins 10:00-12:00 Bridge 12:30-1:30 Beading with Joan 1:00-3:00 SHINE 1:00-2:00 Bookies	27 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch & Tone 10:00 Bowling @ Bowladrome 11:00-11:50 Strength DVD 12:30-3:00 Mah Jongg/Train 1:30-3:00 Watercolor	28 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 3:00-3:45 Stretch DVD	29 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 12:30-1:30 Energy Efficiency Program	30 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:30-12:00 Cribbage 12:30-2:00 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages		

Please Help Save Printing and Postage Costs

To help reduce costs we are asking any senior who uses email regularly to sign up for the email version of the newsletter. Contact Judy at jpeters@acton-ma.gov.

Alternately, if you can pick up your newsletter please let us know by December 1st and we will put one aside for you.

.....
Please save this Newsletter until the end of January. It is a two month issue and has programs/classes offered for both December and January.
.....

Help Plan Evening Social Events!

A small but very productive group met recently and brainstormed the following ideas for an evening event at the Senior Center: a senior talent night, wine and cheese tasting and a Red Sox party during one of the opening week games. For any of these evening programs to take place we will need planning committees. If you are interested in helping to plan any of these events, please contact Chris at the COA.



FROM THE FRIENDS OF THE COA

It's that time of year again when we appeal to your generosity by asking for donations to our fuel assistance program. Every little bit counts and will be truly appreciated by those struggling to stay warm this winter!

Our annual appeal letter has gone out and we are anxiously awaiting your response; your gifts provide stimulating programs at the center free of charge to seniors.

Also, it's not too late to purchase raffle tickets for a chance to win a beautiful quilt, afghan or painted mailbox. The drawing will be held on December 16th.

Don't forget about our on-going fund-raiser, your unwanted cell phone, digital camera or in-jet cartridges are tax-deductible as well!

Happy Holidays & a prosperous New Year from the Friends!

SENIOR CENTER CLINICS

Podiatry Clinic: Tuesday, December 9th and January 13th, 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 such 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, December 9th and 23rd and January 13th and 27th, 9:30-11:30

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

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

ACTON COA BOARD MEMBERS

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

Acton COA Board will meet on Monday, 12/ 8 and 1/12 at 3:45pm.

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