



Acton Senior Bulletin



February 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

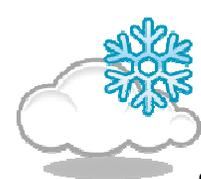
Visit the COA website at www.acton-gov.ma. Click on Departments, then on Council on Aging.

AARP Free Tax Preparation

Bob and Marian Evans are back to help you prepare your 2008 tax returns. They will be available for appointments on Wednesday mornings and Thursday afternoons until the end of March. Call today at 978-264-9643 for an appointment. The library also has appointments and can be reached at 978-264-9642. Please see page 6 for more information on what you need to bring with you.

Winter Preparedness

As we find ourselves fully entrenched in winter here are few things your should have on hand in case of an emergency: 2-3 day supply of non-perishable foods, bottled water, flashlight, radio, batteries, medications, file of life card, charged cell phone, matches, gas in your car and cash.



Winter Weather Policy

If the Acton Schools are closed:

- All Senior Center classes and programs will be cancelled 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 cancelled.
- 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.

Registry of Motor Vehicle Changes

The RMV has eliminated notices sent to customers for the following services: License renewals, Mass ID renewals, License reinstatement notices, Vehicle re-inspection notices, Change of address labels. They will continue to mail vehicle registration reminders. For more information: www.mass.gov/rmv or 617-973-8995.

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 and we will put one aside for you rather than mail it to you.

The Senior Center will be closed on February 16th for President's Day.

Sign ups begin on Monday, February 2nd, at 1:00

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CLASSES/WORKSHOPS and UPCOMING PROGRAM HIGHLIGHTS

FOR FEBRUARY.....SIGN UPS BEGIN FEBRUARY 2ND at 1:00!

► Interested in a Beginners' Bridge Class?

The Council on Aging is considering offering a bridge class for beginners and would like to gauge the level of interest. If you would be interested in a class this spring, please call the COA at 978-264-9643 to let us know.

► Energy Efficient Changes for your Home

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

A discussion of efficient lighting options, programmable thermostats, ice melt options, CO and smoke detectors.

► 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!

► Valentines Day Beading Workshop

Monday, February 9th, 12:30-2:00



Make some fun Valentine-themed beading projects (earrings, bracelet or necklace) for yourself or to give as a gift. Joan McKenzie is the workshop leader. Small materials fee.

American Heart Month - Know your Numbers

Tuesday, February 10th, 11:00-11:45

To celebrate Heart Month, the Acton Public Health Nursing Service is inviting you to join us for an informative discussion of heart health, with a focus on 'Knowing Your Numbers'. No preregistration is necessary. Just come!

► Ask the Lawyer

Wednesday, February 11th, 1:00-3:00

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

► Massachusetts Telephone Equipment Distribution Program

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

Massachusetts Equipment Distribution Program provides residents with a permanent disability access to the telephone network in their homes by offering specialized telephones for free or at a reduced cost. To learn more about the program come to this informative program at the Senior Center.

Wii Demonstrations

Tuesday, February 17th, 11:00-12:00 and Friday, February 20th, 10:00-11:00

Thanks to the generous donation of Philip Li we now have a Wii gaming system here for you to enjoy. Wii is an interactive video-type game which combines physical activity with hand-eye coordination. If you would like to see a demonstration of the available games and help in learning how to play them please plan to join us on either date.

“How to Read and Understand Poetry” Video Series

Select Thursdays and Fridays, 12:30-1:30

The Great Courses video series of lectures by Professor Willard Spiegelman of Southern Methodist University will be shown. Poems by Longfellow, Tennyson, Hardy, Blake, Dickinson, Frost, and many more will be discussed. Copies of outlines for each lecture will be available. Two one-half hour lectures shown each day.

Friday, February 20th: “What to Look (and Listen for) in Poems” and “Memory and Composition.”

Thursday, February 26th: “Poets Look at the World” and “Picturing Nature”

Friday, March 6th: “Metaphor and Metonymy” Parts 1 and 2

Thursday, March 12th: “Poetic Tone” and “Uses of Sentiment”

Thursday, March 19th: “The Uses of Irony” and “Poetic Forms and Meter.”

Friday, March 20th: “Sound Effects” and “Three 20th Century Villanelles.”

► Indicates that you must sign up in advance!

VOLUNTEERING

COA Volunteer Opportunities

Join the ranks of over 130 COA volunteers! Opportunities for volunteering include home visiting, office support, meal delivery, newsletter mailing and more. Please call Carol Steiner at 978-264-9643 to explore your interests. Thank you to everyone who is already volunteering!

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 at the Rhode Island Flower Show! This year's theme is "Gardens of the World," which takes you on a journey to distant and exotic places. There will be 30 gardens to view, demonstrations and lectures, 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 some shopping. Lunch will be on your own at the show café or at the mall. **This trip is in danger of being canceled.** At the time this newsletter went to press, we did not have the minimum number of people to run this trip. Please call the COA ASAP if you are interested in attending.

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

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

► **Boston Symphony Orchestra Concert Rehearsal**

Thursday, March 26th, 8:15

Enjoy a morning at the symphony! The BSO, featuring violinist Lisa Batiashvili, will perform Ravel's Mother Goose Suite, Prokofiev's Violin Concerto No. 2 and Stravinsky's Petrushka (1911 version). The rehearsal will be conducted by Charles Dutoit. There will be a 30 minute introductory lecture, followed by a coffee/gift shop break before the rehearsal begins at 10:30. Last year our group was treated to a rehearsal without interruptions, so we hope our luck continues this year! You may bring a bag lunch to leave on the bus to eat on the ride home.

Depart: 8:15 am, Nagog Office Park. Approximate return time: 2:00.

Cost: \$39 includes coach bus transportation, concert ticket and driver gratuity. **Your reservation and payment must be made by February 23rd.**

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!**

Senior Center Art Display

In February/March we welcome watercolor artist Pat Gunning's aptly-named exhibit, "Flower Show." You will see watercolors and Chinese ink paintings of brilliant flowers from wisteria and sunflowers to the exotic bird of paradise! Ms. Gunning enjoys traveling where she takes time to paint "en plein air." Her work reflects her love of nature, flowers and the sea. She has studied at the DeCordova Museum School of Art and is a student of Chinese ink painting at the Museum of Fine Arts, Boston. She shows her work locally and her art is collected both here and abroad. Please call the COA office for viewing times.

ONGOING ACTIVITIES

► **Chair Massage at the Senior Center**



Fridays, January 30th, February 13th and 27th, 2:30-3:45

Nancy Ames, a licensed massage therapist from Acton, is offering chair massages at the Senior Center. The fee for a 20 minute massage is \$15. 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. 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.

Computer Club

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

Fridays, February 13th and 27th, 10:00-11:30

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

► **Watercolor Studio Workshop with Cynthia Durost**

Wednesdays, through March 18th, 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. Note: This class has been extended to March 18th.

Bowling at the Acton Bowladrome

Tuesdays, 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.

► **Bridge Class**

Mondays, through March 2nd, 10:00-12:00 (No class on 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.

Watercolor with Sue Nordhausen *This class is full.*

Tuesdays, 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 is available in the COA office.

► **One-Stroke Decorative Painting with Donna Lynch**

Mondays, 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!

“The Bookies”



Monday, February 23rd, 1:00-2:00

The book club selection for February is Granny Dan by Danielle Steel. A woman learns of her grandmother's life as a premier ballerina in Russia and the loss of her greatest love. The story is set in Russia at the time of the Revolution. Please come for a lively discussion--reading the book is not required. The Memorial Library can obtain copies of the book, which may 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.

Friendly Visitor Meeting - The next meeting will be on *Tuesday, February 10th, 1:00-2:00*.

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

ONGOING ACTIVITIES CONTINUED...

► **SHINE (Serving the Health Information Needs of Elders)** (No appointments on Feb. 16th)
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.

Drop-In Program Spotlight: Mah Jongg

Tuesdays, 12:30-2:30



Mah Jongg, which originated in China, uses involves skill strategy and calculations, as well as a certain degree of chance. It is a fun game to learn and new players are always welcome! Please check the COA's monthly calendar to make sure Mah Jongg is taking place that day before heading over to the Senior Center.

Please see the **Monthly Calendar on page 9** for days and times of the following groups and clubs:

Mah Jongg

Mexican Train

Quilters

Knit/Crochet Group

Cribbage

Genealogy

Poker

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

Drop-in Bridge

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

DINING OPPORTUNITIES



► **Men's and Ladies' Breakfast**

Friday, February 20th, 9:00-10:00

Call the COA by Wednesday, February 18th for a reservation. Cost is \$2.00.

► **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.

- **February Birthday Lunch: Wednesday, February 11th** - If you have a birthday in February please join us for a complimentary lunch by calling 978-263-5053 at least 5 days ahead of the date of the lunch.
- **Special Valentine Lunch: Thursday, February 12th**

► **Acton Lions Club Annual New England Boiled Dinner**

Sunday, March 15th, 1:00

You do not have to be Irish to enjoy the Lions Club's Annual St. Patrick's Day dinner at the Senior Center! A traditional New England boiled dinner will be served to Acton and Boxborough seniors, followed by entertainment. Parking is limited, so please carpool or request a ride from a Lions Club volunteer. Call the COA at 978-264-9643 by Thursday, March 12th to make a reservation and please indicate if you need transportation. Thank you to the Lions Club for providing great food, company and entertainment to our seniors again this year!

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

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 refill.

Sudoku to keep your brain in shape from Web MD online. Visit: www.webmd.com/brain/sudoku-game

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.

EXERCISE

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

- * If either Acton or Littleton schools are cancelled or the start of school is delayed because of inclement weather, exercise classes starting before 10:00 are **cancelled** 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 cancelled 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 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, through February 26th, 11:00-12:00 This class is full.

Ray Caisse of the Taoist Tai Chi Society will lead this eight-week class. 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, through March 23rd, 8:30-9:30 (No class on 2/16) This class has space. Please call the COA to enroll.

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, through March 26th, 8:30-9:30 This class has space. Please call the COA to enroll.

or Wednesdays and Fridays, through March 27th, 8:30-9:30 This class is full. Call the COA for the waitlist.

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

Tuesdays and Thursdays, through March 26th, 9:45-10:45 This class is full. Call the COA to be put on a waitlist.

Drop-in Video Chair Strength Exercise

Tuesdays, 11:00-11:50 (No video on February 10th)

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

Wednesdays, 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!**

AARP Free Tax Preparation

The American Association for Retired Persons (AARP) is sponsoring free tax preparation for low and moderate income taxpayers, February through mid-April at the Senior Center and the Acton Memorial Library. *Call the COA at 978-264-9643 to schedule Senior Center appointments.* Call 978-264-9642 for library appointments. Trained preparers will answer questions or provide assistance in preparing most tax returns. E-filing is available to ensure prompt receipt of your tax refund. This service will not include preparing business returns, returns for those who own rental property, giving investment advice, or complex Schedule D calculations. Bring a copy of last year's Federal and State tax returns as well as all tax forms mailed to you for 2008, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security, mutual fund statements, brokerage statements or other documents related to the income tax return. If you are applying for the Circuit Breaker Tax Credit (MA), you should bring a copy of your Real Estate tax bills or a copy of your rental contract, plus any sewer and water bills. Please know how much money you received under the Recovery Rebate Program in 2007.

TRANSPORTATION

COA Senior Van runs Monday through Friday. The van is available until 3:45pm in-town and approximately 3:30pm 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. For van reservations call weekdays 978-264-9643 between **8:00-11:00** at least one day in advance, more if possible. Please have the name, telephone number and address of your destination when you call. 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.



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 guidelines for larger families)

SENIOR CINEMA

Movies

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.



Monday, February 9th, “Mamma Mia,” 12:30-2:20 (2008, PG-13) – Musical featuring the music of ABBA, set on a beautiful Greek island, where old romances are rekindled and new love blooms. Stars Meryl Streep, Amanda Seyfried and Pierce Brosnan.

Thursday, February 19th, “Hancock,” 12:30-2:00 (2008, PG-13) – Will Smith stars as an unlikeable super hero in this action adventure. Charlize Theron co-stars.

Thursday, March 5th, “Secret Life of Bees,” 12:30-2:20 (2008, PG-13) – Set in 1960s South Carolina, this drama starring Dakota Fanning and Queen Latifah tells the story of a young white girl who flees her hometown and is taken in by an eccentric trio of black beekeeping sisters who introduce the runaway to their secret world. Based on the best-selling novel by Sue Monk Kidd.

Videos to Borrow

Just a reminder that in addition to the library of DVDs and videos in the Senior Center that are always available to borrow, there are some available to borrow on request in the COA office: award-winning *John Adams* mini-series (DVD), *Landmark American Trials, Julius and Ethel Rosenberg* and *Sacco and Vanzetti* (VHS), *Sinatra: The Classic Duets* (VHS), and *José Cura A Passion for Verdi* (VHS). Drop by or call the COA office to see if the video you are interested in is available.

AROUND TOWN...AND BEYOND

CRT and Television Collection

Saturday, February 7th, 9:00-11:30 at the DPW Building at 14 Forest Rd. Cost is \$25 per unit payable by cash or check made out to the Town of Acton. Contact the Acton Health Department at 978-264-9634 with questions.

From the Town Clerk’s Office Questions: Contact clerk@acton-ma.gov or call 978-264-9615.

Nomination Papers: Last day to obtain nomination papers is February 6th. The filing deadline is February 10th.

Dog Licensing: Dogs six months or older must be licensed by Feb. 28th or are subject to an additional \$25.00 fine.

Rabies Clinic/Dog Licenses

Saturday, February 28th, 2:00-4:00pm at D.P.W. Garage at 14 Forest Rd.

Cost: \$10.00/animal - cats & dogs only (cats must be in carriers and dogs on leashes.) Please contact the Acton Health Department for additional information at 978-264-9634. Sponsored by Great Road Veterinary Hospital and the Town of Acton. In addition, the Town Clerk’s office will be present to license your dog(s) for \$15/dog.

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.

Acton Area League of Women Voters presents Journalist Callie Crossley

Tuesday, February 3rd, 7:30pm at the Junior High School. Tickets cost \$10.

Theatre III: Open dress rehearsal of The Cemetery Club – A comedy about life after loss on **Thursday, February 26th, 7:30pm** at 250 Central St. Free.

Concord Players: Open dress rehearsal of Cabaret on **Thursday, February 12th, 8:00pm.** \$5 per ticket.

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

‘Bach’s Lunch Concert: Thursday, February 19th, 12:00 - 1 pm. Monthly faculty series presents a jazz concert. Coffee, tea and cookies served; bring your lunch. FREE admission.

Mon	Tue	Wed	Thu	Fri
<p>2 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke Painting 10:00-12:00 Bridge Class 1:00-3:00 SHINE 1:00 Sign Ups Begin</p>	<p>3 8:30-9:30 Cardio Flex 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</p>	<p>4 8:30-11:30 Tax Prep Appts. 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 1:30-3:00 Computer Club 3:00-3:45 Stretch DVD</p>	<p>5 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 12:30-1:30 RE Tax Program 1:00-4:00 Tax Prep Appts.</p>	<p>6 8:30-9:30 Cardio Flex 10:30-12:00 Cribbage 12:30-2:40 Movie 1:00-4:30 Poker</p>
<p>9 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke Painting 10:00-12:00 Drop-in Bridge 12:30-2:20 Movie 12:30-2:00 Beading Class 1:00-3:00 SHINE 3:45 COA Board Meeting</p>	<p>10 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 11:00-11:45 Heart Program 12:30-3:00 Mah Jongg/Train 1:00 Friendly Visitor Meeting 1:30-3:00 Watercolor</p>	<p>11 8:30-11:30 Tax Prep Appts. 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 Ask the Lawyer 1:00-3:00 Drop-in Pool 3:00-3:45 Stretch DVD</p>	<p>12 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 11:45 Valentine's Day Lunch 12:30-1:30 Telephone Program 1:00-4:00 Tax Prep Appts.</p>	<p>13 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:30-12:00 Cribbage 1:00-4:30 Poker 1:30-3:00 Genealogy 2:30-3:45 Chair Massages</p>
<p>16 Senior Center Closed President's Day</p>	<p>17 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 10:00 Bowling @ Bowladrome 11:00-12:00 Wii Demo 12:30-3:00 Mah Jongg/Train</p>	<p>18 8:30-11:30 Tax Prep Appts. 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 1:30-3:00 Computer Club 3:00-3:45 Stretch DVD</p>	<p>19 8:30-9:30 Cardio Flex 9:15 RI Flower Show 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 12:30-2:00 Movie 1:00-4:00 Tax Prep Appts.</p>	<p>20 8:30-9:30 Cardio Flex 9:00 Men's & Ladies Breakfast 9:15 RI Flower Show-snow date 10:00-11:00 Wii Demo 10:30-12:00 Cribbage 12:30-1:30 Poetry Video-Pts 1, 2 1:00-4:30 Poker</p>
<p>23 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke Painting 10:00-12:00 Bridge 1:00-3:00 SHINE 1:00-2:00 Bookies</p>	<p>24 8:30-10:30 Newsletter Mailing 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</p>	<p>25 8:30-11:30 Tax Prep Appts. 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</p>	<p>26 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi - last 12:30-1:30 Poetry Video-Pts 3, 4 1:00-4:00 Tax Prep Appts.</p>	<p>27 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:30-12:00 Cribbage 1:00-4:30 Poker 1:30-3:00 Genealogy 2:30-3:45 Chair Massages</p>
<p>March 2 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke-last 10:00-12:00 Bridge-last 1:00-3:00 SHINE 1:00 Sign Ups Begin</p>	<p>3 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-11:50 Strength DVD 12:30-3:00 Mah Jongg/Train 1:30-3:00 Watercolor</p>	<p>4 8:30-11:30 Tax Prep Appts. 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 1:30-3:00 Computer Club 3:00-3:45 Stretch DVD</p>	<p>5 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 12:30-2:20 Movie 1:00-4:00 Tax Prep Appts.</p>	<p>6 8:30-9:30 Cardio Flex 10:30-12:00 Cribbage 12:30-1:30 Poetry Video-Pts 5, 6 1:00-4:30 Poker</p>

Giving Tree

Acton seniors are known for their generous spirit and this year has been no different. Over 150 pieces of warm, wonderful knitted, crocheted and store bought hats, scarves, mittens and socks were recently donated to shelters serving Acton and surrounding towns. Countless hours were spent by our knitters and crocheters producing many of the donations. We also received warm and useful items from the community at large as well as the Acton branch of the Digital Credit Union. Thank you to everyone for participating and we will see you again next year!

Town of Acton Volunteer Job Fair

Wednesday, February 11th, 7:00pm-9:00pm in Room 204 of the Acton Town Hall

Discover how you can serve your community! Members from the major town boards will be on hand to talk with. Sponsored by the Acton Area League of Women Voters and the Volunteer Coordinating Committee. For more information, call 978-263-9611.

FROM THE FRIENDS OF THE COA
The Friends wish to thank everyone for your generous support in 2008. Thanks to your ideas, thoughts and contributions we had a very stimulating year in 2008! We ask once again, that you respond promptly to our Annual Appeal Letter and mail a donation to help us continue to offer interesting programs and support those in need. Keep an eye on the Center's bulletin board as the very talented Mary Lou is creating a thermometer chart so we can track our progress. Currently, we have a budget shortfall of approximately \$3,000. With your help we can reach our yearly goal and then some! Help us overflow that progress chart!



SENIOR CENTER CLINICS

Podiatry Clinic: Tuesday, February 10th, 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, February 10th and 24th, 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 Coordinator
Chris Chirokas, Program Coordinator
Judy Peters, Van Dispatcher/Admin Assistant
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, Feb. 9th at 3:45pm

ACTON COUNCIL ON AGING

**Town Hall, 472 Main Street
Acton MA 01720
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