



# Acton Senior Bulletin

March 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-ma.gov](http://www.acton-ma.gov). Click on Departments, then on Council on Aging.

## ► \*New\* “Presidential Elections of the 19<sup>th</sup> Century” Program

*Mondays, March 30<sup>th</sup>, April 13<sup>th</sup> and April 27<sup>th</sup>, 1:00-2:00*

Gary Hylander is returning to present a three-part program on 19<sup>th</sup> Century Presidential Elections. Many of you will remember Prof. Hylander from last year’s fantastic “Famous Trials” program. A Professor of History at Stonehill College, Dr. Hylander is a dynamic, knowledgeable and entertaining speaker.

*Week One:* America’s first true presidential election featured once close friends John Adams and Thomas Jefferson in an intense, close race in 1800.

*Week Two:* Abraham Lincoln and the Election of 1860. Southern fire-eaters from the lower South voted to secede from the Union, convinced that Lincoln’s election would result in an effort to abolish slavery.

*Week Three:* “Mr. Fraudulency:” Hayes-Tilden and the Election of 1876 where one candidate won the majority of the popular vote, the other the electoral vote, throwing the nation into turmoil as inaugural day approached and there was no clear winner.

*This program is offered by Framingham State the Center for Lifelong Learners and the Friends of the Acton Council on Aging. Thanks to the Acton Lions Club for their donation to the Friends, making this program possible!*

## Senior Center Expansion Update

The Senior Center Expansion Committee has completed its study of how best to meet the needs of seniors for the next 10 to 20 years. The detailed report is available on the town website. The committee met with the Board of Selectmen on February 9<sup>th</sup> and made the following recommendations:

1. Acton should build a new senior center on town owned land on Quarry Road near NARA Park. It is not possible to expand the center at the existing site in a way that will satisfy the long term need. It is not cost effective to do substantial improvements that have a limited lifespan.
2. This center should include community use. There is a strong desire in town from both today’s seniors and those who will be seniors soon in having a center that encourages community connectivity.
3. Acton shouldn’t initiate this project now unless federal or state stimulus money is available. The current economic climate makes it difficult to invest in new infrastructure. President Obama is currently working to stimulate the economy by investing in the country’s infrastructure. Some of this money will flow to the states. Governor Patrick has indicated that he will support investing in infrastructure projects in the cities and towns specifically including senior centers. We should aggressively pursue this funding option.
4. Acton should encourage the COA to investigate small scale modifications that will improve the existing building while we wait for better times. Some changes could possibly be made in the way that the COA operates its programs and small scale improvements to the building and parking could alleviate some of today’s most pressing problems. The committee recommends that the COA Board investigate these choices and make recommendations for short range solutions.

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**Exercise Sign ups - Monday, Mar. 9<sup>th</sup>, 1:00**

**All Other Sign ups - Monday, Mar. 2<sup>nd</sup>, 1:00**

## CLASSES/WORKSHOPS

FOR MARCH.....NON-EXERCISE SIGN UPS BEGIN MARCH 2<sup>ND</sup> 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.

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

*Mondays, March 9<sup>th</sup> through April 6<sup>th</sup>, 9:30-11:00*

Beginners will create beautiful, simple paintings using shading methods through one stroke of the paintbrush! Advanced students will continue with an overview of what they have learned, including the art of glass painting using special glass paints and conditioners. You will work on individual projects and gifts from slates and note cards to wine glasses and decanters. All paints, paper, glass conditioners, and polyurethanes will be provided by the instructor. Paint brushes are available to use or you may purchase your own at any local craft store. Please bring your brushes (optional), paper plates, a container for water, and paper towels to each class.

### ► **Beginner Working with Word**

*Friday, March 13<sup>th</sup> and 27<sup>th</sup>, 9:00-10:00*

Are you new to word processing? If so, then join us for an introduction to using Microsoft Word. We will learn to open, compose and save documents as well as to adjust the letter size, change fonts, styles and use spell check.

### ► **Beading Workshop with Joan McKenzie**

*Monday, March 16<sup>th</sup>, 12:30-2:00*

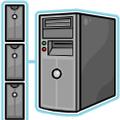
Make your choice of beaded earrings, bracelet or necklace. Joan usually has a fun, new project suggestion as well. Small materials fee.

### ► **Intermediate Working with Word**

*Friday, March 20<sup>th</sup> and April 3<sup>rd</sup>, 10:00-11:30*

Want to know more about word processing? Spend some time learning a variety of Microsoft Word features to enhance your writing. Learn about borders, shortcuts, how to add pictures and graphics among other things.

### **Backing up Your Computer Files**



*Wednesday, April 1<sup>st</sup>, 11:00-12:00*

What will happen to all your documents and files if your computer dies? Will you lose your photos, emails and documents? There are simple things you can do to prevent this from happening. Join Jim McDonough as he shares with you a couple of ways to back up your computer files.

### ► **\*New\* British Romantic Poetry**

*Tuesdays, April 21<sup>st</sup> and 28<sup>th</sup> and May 5<sup>th</sup> and 12<sup>th</sup> 1:30-3:00*

Dr. Eugene Narrett, a literature professor with a PhD from Columbia University, is returning to offer a four-part series that will teach participants how to read poetry, and he will lead a discussion about what makes a quality poem. These classes provide a range of excellence from five great poets of English Romanticism (c. 1780-1830), a sensibility that shaped development of the modern era. The moods, methods and style vary widely, from personal, poignant efforts to recover past life and discover its enduring value to keen social awareness and criticism to meditations on the soul and yearnings to transcend loss and pain. We hope that participants will attend all 4 weeks.

The class will investigate the multi-faceted elegance of form and expression, the spiritual discoveries, natural wonders, social questions, and the invitation to re-imagine one's life offered in the poetry of these great writers.

**Week 1:** Samuel Taylor Coleridge (1772-1834), "Frost at Midnight"; Percy B. Shelley (1792-1822), "Mutability"

**Week 2:** William Wordsworth (1770-1850), "Ode: Intimations of Immortality..."

**Week 3:** William Blake (1757-1827), "The Chimney Sweeper" *Books of Innocence and Experience* (one version in each "Book"); time permitting "The Garden of Love" (1794)

**Week 4:** John Keats (1795-1821), "Ode to a Nightingale"; time permitting "Ode on Melancholy"

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

## UPCOMING PROGRAM HIGHLIGHTS

**FOR MARCH..... NON-EXERCISE SIGN UPS BEGIN MARCH 2<sup>ND</sup> at 1:00!**

### **\*NEW\* Wii Video Games**

*Tuesdays, 11:00-12:00 or whenever living room is available*

Join in the Wii craze at the Senior Center! Wii games will give you a low-impact workout while you are having lots of fun. You can choose from bowling, tennis, golf, or baseball. Come to play on Tuesdays or anytime the living room is not in use. Just make sure to ask a COA staff member to help turn on the system. *If you are a Wii player who would like to mentor other seniors in learning to play, please contact Chris at the COA office.* Thank you to Dr. Philip Li for his generous donation of the Wii system!

### **Vitamins and Minerals—What and How Much Do You Need?**

*Tuesday, March 10<sup>th</sup>, 11:00-11:45*



What are some of the latest recommendations for these vital nutrients? Do you need to be taking supplements or is a healthy nutritional intake satisfactory? Also, learn about the Senior Center meal site meals and how their vitamin and mineral contribution to your diet is assessed. Peg Mikkola, RD, LDN, Healthy Aging Director, Minuteman Senior Services will present the program. Come with your questions (and supplement labels). This program is re-scheduled from the original December date. If you are going to stay for lunch, call the dining room at 263-5053.

### **► Meet the Board of Selectmen Candidates at the St. Patrick's Day Luncheon**

*Tuesday, March 17<sup>th</sup>, 11:45 (Luncheon), 12:15-1:00 (Candidates)*

The Board of Selectmen candidates have been invited to join us for lunch and conversation. Each candidate will speak briefly and answer questions. For a lunch reservation of corned beef, call the Dining Room at 978-263-5053.

### **Come Watch the Red Sox Spring Training Game in High Definition!**

*Tuesday, March 17<sup>th</sup>, 1:00-until it ends*



The Red Sox will be playing a spring training exhibition game vs. the Minnesota Twins. Baseball games look fantastic on our large screen HDTV. It has been a long winter, but if the Red Sox are on warm weather can't be far behind!

### **Welcome Spring! Acton Garden Club Presentation and Slide Show**

*Friday, March 20<sup>th</sup>, 9:30-10:30*

After the Men's and Ladies' Breakfast, Janet Richards of the Acton Garden Club will talk in the dining room about the activities Garden Club members participate in and other benefits of membership. At 10:00, you are invited to view a Garden Club slide-show in the living room, which includes photos of the beautiful gardening projects the club is responsible for around town.

### **► Author Michaeline Della Fera Presentation**

*Friday, April 3<sup>rd</sup>, 1:00-2:30*

Michaeline Della Fera will speak about writing and publishing and her new book, Women at the Table, 40 Intimate Profiles of Political Women of the Northeast. Through personal interviews, the powerful women profiled in the book describe what it is like to be a politician, how they handle the everyday pressures and stresses of politics and how they balance family and political life. Retired Senator Pamela Resor is one of the women profiled in the book. Della Fera, who lived in Acton for 20 years before moving to New Hampshire, has also published novels. Copies of her latest book will be available for purchase.

**► 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

### ► **Boston Symphony Orchestra Concert Rehearsal**

*Thursday, March 26<sup>th</sup>, 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 23<sup>rd</sup>.**

### ► **Museum of Russian Icons and Lunch at the Old Timer Restaurant**

*Tuesday, April 14<sup>th</sup>, 10:30*

The Museum of Russian Icons opened in Clinton in 2006 and is the largest collection of these holy images outside of Russia. The collection spans six centuries and includes historical icons dating from the earliest periods of icon painting. The museum has a special exhibit that ends May 1<sup>st</sup>, "Two Museums, One Culture," on loan from the State Tretyakov Gallery in Moscow. After a tour of the museum, lunch will be at the Old Timer Restaurant, an Irish restaurant owned and operated by the McNally family since 1929. Please indicate your lunch choice of baked stuffed chicken breast, Yankee pot roast or baked haddock when signing up. Lunch also includes soup, potato, vegetable, rolls, dessert, and coffee.

**Depart:** 10:30 am, Nagog Office Park. Approximate return time: 3:15.

**Cost:** \$43 includes mini-coach bus transportation (no rest room on board), museum admission, lunch and all gratuities. **Deadline for reservations and payment is March 31<sup>st</sup>. Space is limited to 20 so sign up early!**

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### **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 March we continue with 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! Please call the COA office for viewing times.

### **Safety Tip: In-Case-of-Emergency Contact Information "ICE"**

If you own a cell phone, consider entering a phone number in your address book for the person to contact in case of an emergency. Under name enter "ICE," which stands for "in case of emergency" and then add the person's phone number. Paramedics, firefighters and police officers will look for this information on your phone to contact next of kin to obtain important medical information in the event you are unconscious or otherwise unable to provide this information. You can list multiple emergency contacts as "ICE1", "ICE2", etc.

## ONGOING ACTIVITIES

### **“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 continue this month. 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, March 6<sup>th</sup>:** “Metaphor and Metonymy” Parts 1 and 2

**Thursday, March 12<sup>th</sup>:** “Poetic Tone” and “Uses of Sentiment”

**Thursday, March 19<sup>th</sup>:** “The Uses of Irony” and “Poetic Forms and Meter.”

**Friday, March 20<sup>th</sup>:** “Sound Effects” and “Three 20<sup>th</sup> Century Villanelles.”

### **AARP Free Tax Preparation**

Appointments are available for low and moderate income taxpayers on Wednesday mornings and Thursday afternoons until the end of March. Call the COA at 978-264-9643 for an appointment. The library also has appointments and can be reached at 978-264-9642. E-filing is available. This service doesn't include business returns, returns for rental property owners, investment advice, or complex Schedule D calculations. Bring last year's Federal and State tax returns as well as all tax forms for 2008, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security, mutual fund statements, brokerage statements or other income tax related documents. If applying for the Circuit Breaker Tax Credit, bring a copy of your Real Estate tax bills or rental contract, plus any sewer and water bills. Please know how much money you received under the Recovery Rebate Program in 2008.

### **► Chair Massage at the Senior Center with Nancy Ames, licensed massage therapist**

*Fridays, March 13<sup>th</sup> and 27<sup>th</sup>, 2:30-3:45*

The fee for a 20 minute massage is \$15. Massages vary depending on individual needs, but often include 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, as there is usually a waiting list.



### **Computer Club**

*Wednesdays, March 4<sup>th</sup>, 18<sup>th</sup> and April 1<sup>st</sup>, 1:30-3:00*

*Fridays, March 13<sup>th</sup> and 27<sup>th</sup>, 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 18<sup>th</sup>, 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 18<sup>th</sup>.

### **Watercolor with Sue Nordhausen (Class is full)**

*Tuesdays, through April 14<sup>th</sup>, 1:30-3:00* (No class on 3/24 and 3/31)

Please note this current session is being extended through April 14<sup>th</sup>. There will not be a separate spring session.

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

*Mondays, through March 2<sup>nd</sup>, 9:30-11:00*

### **“The Bookies”**

*Monday, March 16<sup>th</sup>, 1:00-2:00* The book club selection for March is "Born on a Blue Day" a memoir by Daniel Tammet, an autistic savant who learned Icelandic in a week. He writes about living his life with Asperger's syndrome and synesthesia, a condition which causes him to understand words and numbers as shapes, colors, textures and motions. 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 be able to obtain a large-print edition or the book on CD or cassette.

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

## ONGOING ACTIVITIES CONTINUED...

### ► **SHINE (Serving the Health Information Needs of Elders)**

**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.

**Friendly Visitor Meeting** – All current Visitors are invited to come and share experiences to better understand the fine art of friendly visiting. The next meeting will be on **Tuesday, March 24<sup>th</sup>, 1:00-2:00**. If you are interested in becoming a Friendly Visitor, call Carol Steiner at the COA

### **Drop-In Program Spotlight: Mexican Train**

**Tuesdays, 12:30-3:00**



Mexican Train is a fun game played with dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains," emanating from a central hub or "station." Join this fun, social group, who will gladly teach you the rules of the game. Check the current calendar to make sure Mexican Train is taking place that day before heading over to the Senior Center.

Please see the **Monthly Calendar on page 11 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!**

**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. Please give a couple of days notice for the equipment.

### **Tub Transfer Benches Needed**

The COA is in need of tub transfer benches to loan to residents through the Durable Medical Equipment Program. If you have one you would like to donate, please bring it to the COA office weekdays 8:00 - 4:30. We can only accept clean equipment in excellent condition.

## 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.



**Many thanks** to Mark LeBel of Ace Hardware, Acton, for his wonderfully informative program on energy conservation techniques and supplies we all can use in our homes. He came prepared to answer a wide range of wintertime home repair/maintenance questions. At the end of the program he challenged us to identify a few items to win small door prizes. Do you know what a stud finder looks like? We hope to have Mark back in the near future so let us know if you have topics for the spring/summer/fall that would interest you. Please remember we have a volunteer **Handyman Program** to help with simple jobs at home. Call the COA for more information.

## DINING OPPORTUNITIES

### ► **Men's and Ladies' Breakfast with speaker from the Acton Garden Club**

**Friday, March 20<sup>th</sup>, 9:00-10:00**



Join us for a generous, warm breakfast with some good friendship on the side! At 9:30, Janet Richards of the Acton Garden Club will speak. See page 3 for more information. Call the COA by Wednesday, March 18<sup>th</sup> for a breakfast reservation. Cost is \$2.00.

### ► **Concord Health Care Lunch**

**Friday, March 27<sup>th</sup>, 11:45**

Concord Healthcare and Rehabilitation Center, a facility that offers multi-faceted healthcare services, is providing Acton seniors with a free lunch, prepared and delivered by their friendly staff. Call the COA by Thursday, March 19<sup>th</sup> for a reservation.

### ► **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.

- **March Birthday Lunch: Wednesday, March 11<sup>th</sup>** - If you have a birthday in March please join us for a complimentary lunch by calling 978-263-5053 at least 5 days ahead of the date of the lunch.
- **Special St. Patrick's Day Lunch: Tuesday, March 17<sup>th</sup>** - Board of Selectman Candidates will speak after lunch. See page 3 for more information.

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

**Sunday, March 15<sup>th</sup>, 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 12<sup>th</sup> 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!**

## SENIOR CINEMA

*Many thanks to Acton resident Jim Richey for generously loaning the COA movies from his vast collection to show at the Senior Center!*

**Thursday, March 5<sup>th</sup>, "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.

**Friday, March 13<sup>th</sup>, "Desperate Crossing: The Untold Story of the Mayflower," 12:30-2:45 (2006)** - Combining beautiful photography with a simplified but familiar plot, the result of this History Channel production is a lively story full of tension, romance and a conflict of cultures. The film includes narration that relies on quotations from the works of Plymouth Colony's original historians William Bradford and Edward Winslow, scenes with actors of the Royal Shakespeare Company in period dress and interviews with historical experts.

**Monday, March 23<sup>rd</sup>, "The Express," 12:30-2:40 (2008, PG)** - Based on the life of college football superstar Ernie Davis, the first black man to win the Heisman trophy in 1961. The film is much more than just a sports movie, showing the racism and medical issues Davis battled. Stars Rob Brown, Dennis Quaid and Charles Dutton.

**Thursday, March 26<sup>th</sup>, "Definitely, Maybe," 12:30-2:20 (2008, PG-13)** – In this comedy, a soon-to-be-divorced political consultant (Ryan Reynolds) has to answer some hard questions from his 11-year-old daughter (Abigail Breslin) as he explains his past relationships.

**Thursday, April 2<sup>nd</sup>, "Nights in Rodanthe," 12:30-2:05 (2008, PG-13)** – Richard Gere and Diane Lane co-star in this dramatic romance, set in the beautiful North Carolina seaside. Based on the novel by Nicholas Sparks.

## EXERCISE

\*\*\*All current exercise classes end the week of March 23<sup>rd</sup>\*\*\*

**FOR ALL EXERCISE CLASSES.....SIGN UPS BEGIN MARCH 9<sup>th</sup> at 1:00!**

**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.

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

*Mondays, March 30<sup>th</sup> through June 15<sup>th</sup>, 8:30-9:30 (No class on April 20<sup>th</sup> or May 25<sup>th</sup>)*

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 COA).



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

*Tuesdays and Thursdays, March 31<sup>st</sup> through June 18<sup>th</sup>, 8:30-9:30  
or Wednesdays and Fridays, April 1<sup>st</sup> through June 19<sup>th</sup>, 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, March 31<sup>st</sup> through June 18<sup>th</sup>, 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 can be done standing or sitting in a chair.

### ► **Intermediate Tai Chi Class with Ray Caisse of the Taoist Tai Chi Society**

**\*\* You do not wait until March 9<sup>th</sup> to sign up for Tai Chi.\*\***

*Thursdays, March 5<sup>th</sup> through April 23<sup>rd</sup>, 11:00-12:00*

This class is only available to participants from the fall and/or winter Beginners Tai Chi class at the COA, to continue learning the 108 movements of the Tai Chi set. Taoist Tai Chi incorporates stretching and turning into a series of slow, rhythmic moves that improve the health of body, mind and spirit. Wear shoes with fairly smooth treads that will not get caught up on the carpet.



### **Drop-in Video Chair Strength Exercise**

*Fridays, 10:00-10:50 (No exercise on March 20<sup>th</sup>) \*\*Note: New day*

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!**

## **Join the Trend to Save Printing and Postage Costs**



We're thrilled to have almost 200 people who have signed up to receive their newsletter by email! If you are a regular email user please consider joining the trend. Contact Judy at [jpeters@acton-ma.gov](mailto:jpeters@acton-ma.gov) to join the email list or, if you can pick up your newsletter, let us know and we will put one aside for you.

## 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 30<sup>th</sup>. 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)

**Road to Recovery** Free transportation by volunteers and information for cancer patients. Call 1-800 227-2345.

### **Citizen's Energy Oil Relief Program 2009**

One hundred gallons free heating oil for qualified clients. Visit [www.citizensenergy.com](http://www.citizensenergy.com) for the application. Click on oil heat program and then on the blue "need assistance" tab at the top of the page to get started. Or call 1-877-563-4645 to request an application.

### **Senior Citizens Law Project of Greater Boston Legal Services**

Providing free civil legal services to persons age 60 and older in the Minuteman Senior Services area such as: housing/tenant's rights, nursing home issues, consumer problems, defense of guardianships, Mass health, social security, Medicare. For information call Betsy Crimmins at 617-603-1576 or the Elder Intake Line: 617-603-1776

## AROUND TOWN...AND BEYOND

**From the Town Clerk's Office** Questions: contact [clerk@acton-ma.gov](mailto:clerk@acton-ma.gov) or call 978-264-9615

**Annual Town Election: Tuesday, March 31<sup>st</sup>**

**Annual Town Meeting: Begins Monday, April 6<sup>th</sup> at 7:00pm in the ABRHS Auditorium**

Absentee Ballots are available at the Clerk's Office up to three weeks before the election. To request a ballot please send a note with your name and Acton address. You must sign the request and mail or bring it to the Town Clerk's Office, 472 Main St. Remember to give the "mail to" address if it is other than your Acton address. You may also get an application on the Town web page [www.acton-ma.gov](http://www.acton-ma.gov). The last day to register to vote in the Annual Town Election and Annual Town Meeting is March 11<sup>th</sup>.

**Acton Recreation Department** will be sending out their new Spring/Summer Program on February 28<sup>th</sup>. There are many new programs, trips, and special events listed. If you do not receive a copy and would like one, please contact them at 978-264-9608 or by email at [recreation@acton-ma.gov](mailto:recreation@acton-ma.gov).

**Mt. Calvary Church Free Lunch, Thursday, March 26<sup>th</sup>, 12:00 noon.** Call 978-263-5156 for a reservation.

**Acton Memorial Library Presents: Sonia Sanchez: 9<sup>th</sup> Annual Robert Creeley Award Recipient**  
**Monday, March 23<sup>rd</sup>, 7:30pm, R. J. Grey Junior High Auditorium**

Ms. Sanchez is a 2001 recipient of the Robert Frost medal in poetry, one of the highest honors awarded to a nationally recognized poet. She will read from her poetry is part of the presentation. Tickets are free but required and are available at the town libraries. A book signing session will conclude the evening. For info: 978-264-9641.

### **Lights Out for Earth Hour**

**Saturday, March 28<sup>th</sup>, 8:30-9:30pm**

World Wildlife Fund is asking individuals, businesses, governments and organizations around the world to turn off their lights for one hour -- Earth Hour -- to make a global statement of concern about climate change and to demonstrate their commitment to finding solutions. For more information visit [www.earthhourus.org/main.php](http://www.earthhourus.org/main.php).

### **Acton Garden Club Annual Plant Sale**

**Saturday, May 16<sup>th</sup>, Acton Center**

If you wish to donate plants from your garden to this sale, the garden club will help you dig if you need it. Please contact Judy Shuppert at 978-263-7554.

**Indian Hill, 36 King Street, Littleton,** visit [www.indianhillmusic.org](http://www.indianhillmusic.org) or call 978-486-9524.

**'Bach's Lunch Concert: Thursday, March 19<sup>th</sup>, 12:00 - 1 pm.** Monthly faculty series presents a string and woodwind ensemble. Coffee, tea and cookies served; bring your lunch. FREE admission.

**Classics with Indian Hill Orchestra: Saturday, March 14, 7:30pm,** Littleton High School, 56 King St., Littleton  
Prelude Dinner, 5:00pm (call for details). Pre-concert talk with Maestro Hangen, 6:45pm. Tickets: \$48, \$35, \$22.

**Safety Sand** is available for refills only. Safety Sand (salted Highway Dept. sand) is delivered in a 3 gallon pail to your home this year by volunteers Pat Gordon and Viraj Parikh from the Acton Boxborough High School. Pails are generously paid for by the *Friends of the Acton COA*. Call the COA at 978-264-9643 to request a refill.

### **Videos to Borrow**

In addition to the videos/DVDs library and 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), & *José Cura A Passion for Verdi* (VHS). Call the COA office to see if the video you are interested in is available.

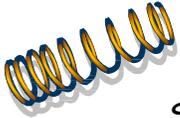
**Analog to Digital Television Conversion Delayed!** - The US House has pushed back the date for discontinuing analog broadcasting to June 12, 2009. So, you have a little more time to purchase a convertor box if you need one. Coupons to help defray the cost are available at [www.dtv2009.gov](http://www.dtv2009.gov).

# March

# 2009

Mon	Tue	Wed	Thu	Fri
<b>2</b> 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke - last 10:00-12:00 Bridge Class -last 1:00-3:00 SHINE <b>1:00 Sign Ups begin except Exercise</b>	<b>3</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Wii 12:30-3:00 Mah Jongg/Train 1:30-3:00 Watercolor	<b>4</b> 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	<b>5</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi begins 12:30-2:20 Movie 1:00-4:00 Tax Prep Appts.	<b>6</b> 8:30-9:30 Cardio Flex 10:00-10:50 Strength DVD 10:30-12:00 Cribbage 12:30-1:30 Poetry Video-Pts 5, 6 1:00-4:30 Poker ..... <b>March 7 – Daylight Savings Time begins tonight</b>
<b>9</b> 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke Begins 10:00-12:00 Drop-in Bridge <b>1:00 Exercise Sign Ups begin</b> 1:00-3:00 SHINE  3:45 COA Board Meeting	<b>10</b> 8:20-11:00 Podiatry 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch & Tone 11:00-12:00 Wii 11:00-11:45 Supplements Talk 12:30-3:00 Mah Jongg/Train 1:30-3:00 Watercolor	<b>11</b> 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 Drop-in Pool 3:00-3:45 Stretch DVD	<b>12</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 12:30-1:30 Poetry Video-Pts 7, 8 1:00-4:00 Tax Prep Appts.	<b>13</b> 8:30-9:30 Cardio Flex 9:00-10:00 Beginner Word 10:00-11:30 Computer Club 10:00-10:50 Strength DVD 10:30-12:00 Cribbage 12:30-2:45 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages
<b>16</b> 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke Painting 10:00-12:00 Drop-in Bridge 12:30-2:00 Beading Class 1:00-3:00 SHINE 1:00-2:00 Bookies ..... <b>March 15 – Lions Club St. Patty’s Day Lunch at 1:00</b>	<b>17</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Wii 11:45 St. Patty’s Day Lunch 12:15-1:00 BOS Candidates 12:30-3:00 Mah Jongg/Train 1:00 Red Sox on TV 1:30-3:00 Watercolor 	<b>18</b> 8:30-11:30 Tax Prep Appts. 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 1:30-3:00 Computer Club 3:00-3:45 Stretch DVD	<b>19</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 12:30-1:30 Poetry Video – 9&10 1:00-4:00 Tax Prep Appts.	<b>20</b> 8:30-9:30 Cardio Flex 9:00 Men’s & Ladies Breakfast 9:30 Garden Club Speaker 10:00 Garden Club Slideshow 10:00-11:30 Intermediate Word 10:30-12:00 Cribbage 12:30-1:30 Poetry Video-Pts 11, 12 1:00-4:30 Poker <i>Spring Begins!!</i> 
<b>23</b> 8:30-9:30 Stretch & Flex -last 9:30-11:00 One Stroke Painting 10:00-12:00 Drop-in Bridge 12:30-2:40 Movie 1:00-3:00 SHINE	<b>24</b> 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch & Tone 11:00-12:00 Wii 12:30-3:00 Mah Jongg/Train 1:00-2:00 Friendly Visitor Mtg	<b>25</b> 8:30-11:30 Tax Prep Appts. 8:30-9:30 Cardio Flex 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 3:00-3:45 Stretch DVD	<b>26</b> 8:15 BSO Trip 8:30-9:30 Cardio Flex -last 9:45-10:45 Stretch & Tone -last 11:00-12:00 Tai Chi 12:30-2:20 Movie 1:00-4:00 Tax Prep Appts.	<b>27</b> 8:30-9:30 Cardio Flex -last 9:00-10:00 Beginner Word 10:00-11:30 Computer Club 10:00-10:50 Strength DVD 10:30-12:00 Cribbage 11:45 Concord Healthcare Lunch 1:00-4:30 Poker 1:30-3:00 Genealogy 2:30-3:45 Chair Massages
<b>30</b> 8:30-9:30 Stretch & Flex begins 9:30-11:00 One Stroke Painting 10:00-12:00 Drop-in Bridge 1:00-2:00 Election Program 1:00-3:00 SHINE	<b>31</b> <b>TOWN ELECTIONS</b> 8:30-10:30 Newsletter Mailing 8:30-9:30 Cardio Flex begins 9:45-10:45 Stretch & Tone begins 11:00-12:00 Wii 12:30-3:00 Mah Jongg/Train	<b>April 1</b> 8:30-9:30 Cardio Flex begins 9:00-10:30 Drop-in Watercolor 10:00-12:00 Quilting 11:00-12:00 Computer Back Up 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	<b>2</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 12:30-2:05 Movie	<b>3</b> 8:30-9:30 Cardio Flex 10:00-11:30 Intermediate Word 10:00-10:50 Strength DVD 10:30-12:00 Cribbage 1:00-2:30 Author Della Fera Speaks 1:00-4:30 Poker

## SPRING FORWARD



Remember to set your clock ahead 1 hour before you go to bed on Saturday, March 7<sup>th</sup>!

### Hold the Dates!

**Red Sox Opening Day Game: Monday, April 6<sup>th</sup>, 2:00**

**Town Employee Senior Appreciation Luncheon, Monday, April 27<sup>th</sup>, 11:45**

Watch the April newsletter for details!

*Welcome Priscilla! We are excited to have Priscilla Cotter join the staff here at the COA as our new part-time van driver. Ron will continue to drive Thursdays and Fridays and Priscilla will be at the wheel the rest of the days. Be sure to say hi to her when you see her around town!*

**Don't forget to vote on March 31<sup>st</sup>!**



**FROM THE FRIENDS OF THE COA**  
We hope you are enjoying the Senior Center bulletin boards, especially Mary Lou's creative chart for tracking the Annual Appeal Fundraiser progress. Please send in your contribution if you haven't done so already; it really makes a difference! We continue to collect used ink cartridges, unwanted cell phones and digital cameras as a fund-raiser and help to protect the environment by recycling or proper disposal. Your donations are greatly appreciated. The Friends welcome your suggestions and ideas for new fund raising projects and events. Please don't hesitate to share by calling Sue 978-204-7253 or Connie 978-263-2674.

## SENIOR CENTER CLINICS

**Podiatry Clinic: Tuesday, March 10<sup>th</sup>, 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, March 10<sup>th</sup> and 24<sup>th</sup>, 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, Mar. 9<sup>th</sup> at 3:45pm

## ACTON COUNCIL ON AGING

**Town Hall, 472 Main Street  
Acton MA 01720  
Return Service Requested**

## PRSRT STD

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