




# TOWN OF ACTON, MASSACHUSETTS

# MUNICIPAL MONTHLY

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### TOWN SERVICES HOTLINE

DIAL

**978-929-6600**

## TOWN SERVICES HOTLINE HOURS OF OPERATION

Monday - Thursday: 8:00 AM - 5:00 PM  
Friday: 8:00 AM - 2:30 PM

## TOWN HALL & HUMAN SERVICES HOURS OF OPERATION

Monday: 8:00 AM - 5:00 PM  
Tuesday: 8:00 AM - 7:30 PM  
Wednesday: 8:00 AM - 5:00 PM  
Thursday: 8:00 AM - 5:00 PM  
Friday: 8:00 AM - 12:00 PM  
Saturday - Sunday: Closed

## ACTON MEMORIAL LIBRARY HOURS OF OPERATION

Monday-Thursday: 9:00 AM - 9:00 PM  
Friday-Saturday: 9:00 AM - 5:00 PM  
Sunday: 1:00 PM - 5:00 PM

***Town Offices will be closed:***

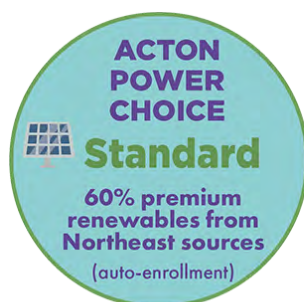
*Monday, September 5 - Labor Day*

*Have photos taken in Acton? Submit them to [photos@actonma.gov](mailto:photos@actonma.gov) and we'll feature them in future publications.*

## TOWN MANAGER'S UPDATE

In celebration of the Kelley's Corner infrastructure improvement project construction that is slated to begin this Fall, the Economic Development and Recreation offices are hosting a Block Party on Saturday, September 10th from 2 to 4 PM. There will be live music, face painting and crafts, pickle ball, and various tents from community vendors and partners. Parking will be located at the K-Mart plaza. Please contact the Economic Development Office with any questions by calling 978-929-6611 or visiting [actonma.gov/business](http://actonma.gov/business).

Acton Power Choice, which is a collective purchasing program for the community's electricity supply, will have a few modifications beginning this month. In response to Acton's climate goals, the program increases the amount of supply from renewable energy sources from 30% to 60% within the "APC Standard" tier, which is the program most residents will be auto-enrolled in. "APC Green," which sources from 100% renewable energy, is still available for residents to opt-in. Residents may still opt-down to APC Basic, which is the most affordable tier sourcing from 20% renewable energy sources. This program will also come with new electricity supply rates, as shown the graphic below. If you have any questions on this program, please visit [actonpowerchoice.com](http://actonpowerchoice.com) or call 844-379-9933.



The State Primary Election will be held Tuesday, September 6th from 7AM to 8PM at the RJ Grey Junior High School Gymnasium located at 16 Charter Road. Staff will be available to assist voters with finding their voting precinct information and to answer any additional questions. The General Election will be held on Tuesday, November 8th, also at RJ Grey from 7AM to 8PM. Be sure to check back in next month's Municipal Monthly as well as the Town website and social media sources from information regarding voter registration, vote by mail and early voting.

Sincerely,  
John S. Mangiaratti  
Town Manager



**KATHY HORIGAN**

### **COUNCIL ON AGING**

Please welcome Kathy Horigan, the new Volunteer Coordinator and Customer Service Assistant for the Council on Aging.

Kathy will be working part-time at the Senior Center, where she will coordinate the efforts of over 100 volunteers as well as assisting with the front desk. Kathy lives in Natick with her husband and two daughters. She was employed at the Sherborn Council on Aging and is a freelance writer and public relations consultant. Kathy received her Master's from BU in Communication.



**ZOEY MILLS**

### **ACTON MEMORIAL LIBRARY**

Please welcome Zoey Mills, the new Community Engagement Librarian at the Memorial Library. Prior to joining Acton's vibrant community, Zoey was the Adult Programming & Community Outreach Librarian at a library just outside of Philadelphia, PA. Zoey earned her Master's in Library and Information Science from Drexel University. When not at the library, Zoey enjoys spending time outdoors by hiking or kayaking. When indoors, She is usually playing D&D (Dungeons and Dragons) or reading. Stop by to say hello to Zoey at the Reference Desk!

## **PUBLIC WORKS**

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### **Plant Trees in the Proper Zone**

**Green Zone:** Trees greater than 45' high

**Yellow Zone:** Trees 25 - 45' high

**Red Zone:** Trees less than 25' high





## the secret double life of donated textiles

NEARLY **100%** OF DONATED TEXTILES ARE RECYCLED! They are separated into three grades:

**45%**  
USABLE CLOTHING



**20%**  
FIBER CONVERSION GRADE



**30%**  
WIPING CLOTH GRADE



Recycled fiber products **SAVE MONEY and RESOURCES** by using existing materials.



**CLOSING THE LOOP**

Recycled cloth rags use **LESS WATER, LESS ENERGY** and create a **LOWER CARBON FOOTPRINT** than all other alternatives.



The second hand clothing market provides **AFFORDABLE CLOTHING** to those in need and **ENCOURAGES GLOBAL ENTREPRENEURSHIP**.

### SECOND LIFE ...



stained t-shirt → wiping cloth



lone sock → pillow stuffing



old denim → household insulation



teddy bear → car seat stuffing



torn bath towel → wiping cloth

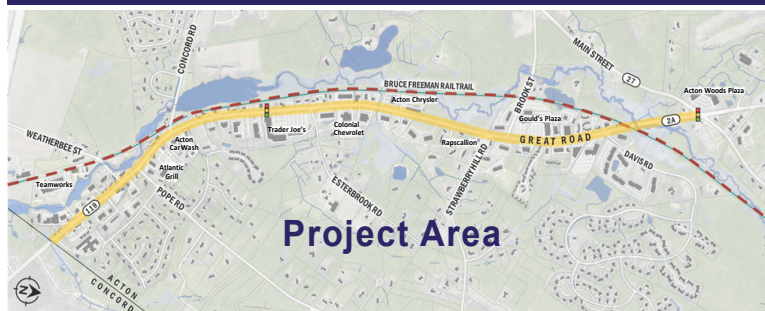


**SMART** Since 1932

**SECONDARY MATERIALS® AND RECYCLED TEXTILES**  
The Association of Wiping Materials, Used Clothing and Fiber Industries

donate recycle don't throw away  
**SMART**

## GREAT ROAD Complete Street Design



**Project Area**

## Open House



**Thursday, September 15, 2022  
7:00 PM to 9:00 PM**

**Acton Town Hall  
Room 204**



Scan the QR code to review project information, leave comments, see what your neighbors are saying, and check on project events.

Please join us for an Open House to discuss a Complete Street design concept for Great Road (Route 2A/119) between Main Street and the Concord town line.

Complete Streets are roadways that safely and comfortably accommodate all users, regardless of age or ability or mode of transportation (walking, bicycling, driving or riding transit).

Over the summer we have been gathering public input on concerns regarding walking, bicycling and driving on Great Road. We have developed a conceptual plan for public review.

For questions please contact:

Corey York, Director of Public Works  
QinRui Pang, Town Engineer

[engineering@actonma.gov](mailto:engineering@actonma.gov)

978-929-6630



## Bag It, **Don't** Blow It!

When leaves, grass clippings and other yard debris are blown onto streets, sidewalks and into storm drains, it eventually will make its way to our lakes. These materials add excess nutrients to the lake and cause water quality issues.

**Never blow leaves into streets, sidewalks, or storm drains**



**DISPOSE OF LEAVES CORRECTLY BY BAGGING, MULCHING OR COMPOSTING**

## Mindfulness Meditation—from Beginner to Advanced

"The Yoga of Mindfulness"

with Erin LoPorto

Mondays at 10:00 AM

8 weeks beginning September 19–November 14, 2022

(no class on 10/10/22)

**Cost: Free– Register with zoom link below**

[https://link.edgepilot.com/s/ae0634c9/pPgrMRIFSUgaq1kvjShoxQ?u=https://us02web.zoom.us/joining/register/1ZcfumrrzMiHtEjVv2ma9ZrMwhXw\\_GSmzmX](https://link.edgepilot.com/s/ae0634c9/pPgrMRIFSUgaq1kvjShoxQ?u=https://us02web.zoom.us/joining/register/1ZcfumrrzMiHtEjVv2ma9ZrMwhXw_GSmzmX)

## Mindfulness/Meditation

Mindfulness & Meditation can help us find ways to manage the stress and uncertainty that we encounter daily. This class is a return to basics with an opportunity for returning students to deepen their practice. Mindfulness & Meditation can reduce stress, relieve symptoms of anxiety and depression and help you live a more present life.

Whether this is your first time meditating or you want to deepen your practice, join Erin LoPorto for this 8-week program.

Erin found her home in yoga and meditation when she was first introduced to the practices in 2001. She has experienced personal healing and transformation from the 8-limbed path and has been a full-time yoga teacher and yoga therapist since 2012. She is also a bodyworker, energy healer and life coach passionate about building and healing the mind-body connection. Erin brings a playful, intuitive and compassionate spirit to all of her classes, private sessions and workshops.

Funding for CHNA 15 is provided from Lahey Hospital and Medical Center and Winchester Hospital through the Massachusetts Department of Public Health's Determination of Need (DoN) process. For more information, please email [sball@actonma.gov](mailto:sball@actonma.gov) or call 978-929-6453



## Free

## Narcan Training

Date: October 12th, 2022

Time: 7-9 PM

Location: Acton Town Hall

472 Main Street

Acton, MA 01720

Room 204

Or

Virtually by contacting

[bnash@westfordma.gov](mailto:bnash@westfordma.gov)

for the zoom meeting invitation!



### Attention Participants

You will learn how to prevent an opioid overdose

You will learn how to administer Narcan

You will be given resources & additional information

You will be offered light refreshments

## Mental Health Literacy Community Training



with Mental Health Collaborative

A critical training to help you support your own mental health and the mental health of your loved ones.



September 28th, 2022, 6:00 pm - 7:30 pm  
Stony Brook Middle School Auditorium  
9 Farmer Way, Westford, MA 01886

Sponsored by Lowell, Dracut, Westford, and Acton Health Departments

For further questions, contact Brittany Nash  
[bnash@westfordma.gov](mailto:bnash@westfordma.gov)

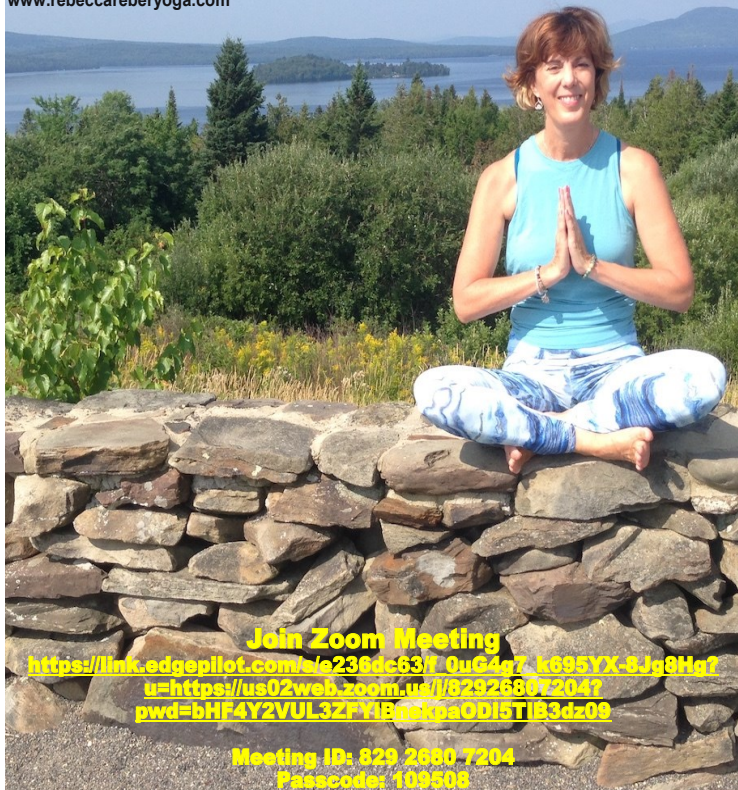
### VIRTUAL CHAIR YOGA

FREE

Wednesdays, October 5 - November 23, 2022

10:30-11:15 AM

This class will combine yoga poses, stretches, breathing and relaxation techniques while sitting or standing (holding the chair) No matter what shape, age, experience or condition of your body this class will work for you. Come enjoy the benefits of reducing anxiety, lowering blood pressure while building strength and balance to feel better in your body and mind. Please have a strap (could be a scarf) and Yoga block (Could be a show box) for class. Rebecca is a certified Yoga instructor who has been working with seniors for almost a decade. To find out more info visit [www.rebeccareberyoga.com](http://www.rebeccareberyoga.com)



Join Zoom Meeting

[https://link.edgepilot.com/s/ae236dc63f0uG4g7\\_k695YX-8Jg8Ha?u=https://us02web.zoom.us/j/829268012047](https://link.edgepilot.com/s/ae236dc63f0uG4g7_k695YX-8Jg8Ha?u=https://us02web.zoom.us/j/829268012047)  
[u=https://us02web.zoom.us/j/829268012047](https://us02web.zoom.us/j/829268012047)  
[pwd=bHF4Y2VUL3ZFYlBnctpaODI5TlB3dz09](https://us02web.zoom.us/j/829268012047)

Meeting ID: 829 2680 7204  
Passcode: 199508





## Town of Acton - Household Hazardous Waste Day

Acton DPW Building—14 Forest Road

Tuesday, September 20, 2022

4:00 PM - 7:00 PM



### Important Information

-If possible, please only make **ONE** trip to Hazardous Waste Day. Upon entering the site, please drive slow and stay in your vehicle.

-Please read the below lists of what to and not to bring. Many materials can now be dropped off year round at Town of Acton facilities.

-Transfer Station sticker or recycling only sticker required to drop the below materials at the Transfer Station.

-Recycling sticker is only \$15 annually (\$10 for seniors 65+)

-For a list of items are accepted at the Transfer Station, please visit: <http://www.acton-ma.gov/documentcenter/view/350>

#### WHAT TO BRING:

Please bring household hazardous waste in sealed containers (use original containers when possible)

- Oil paints, stains, thinners & strippers
- Solvents, varnishes
- Adhesives, glues, resins
- Waste fuels, contaminated waste oil
- Engine degreaser, brake Fluid
- Transmission fluid, antifreeze
- Insecticides, weed killers, pesticides
- Wood preservatives
- Hobby supplies, artist supplies
- Photo chemicals, chemistry sets
- Cleaners, spot removers
- Swimming pool chemicals
- Aerosol cans

#### What can be brought to Acton Facilities NOT to Hazardous Waste Day:

Note: Town Hall hours are M,W, Thurs. 8-5; Tues 8-7:30; & Fri 8-12 noon

- Fluorescent light bulbs (Transfer Station— Recycling sticker required)
- Television's and CRT's (Transfer Station) -There is a \$25 fee per unit
- Uncontaminated waste oil (Transfer Station)
- Lithium ion, Nickel-Cadmium, Lead acid batteries (Transfer Station or Town Hall)
- Car batteries (Transfer Station)
- Hearing Aid/(Button Cell) batteries (Town Hall)
- Sharps, Hypodermic Needles (Transfer Station, Public Safety Building & Nursing Department)
- Fire extinguishers (Transfer Station)

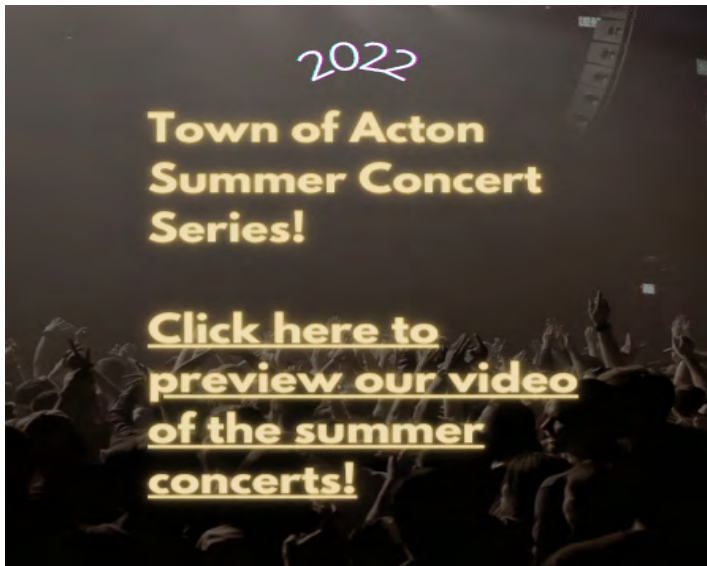
#### What NOT to bring:

- Alkaline Batteries (dispose of in regular trash)
- Latex Paint (open, add hardener to expedite drying, throw away)
- Smoke Detectors (dispose of in regular trash)
- Asbestos (call a Licensed Asbestos Contractor)
- Compressed gas cylinders
- Ammunition, fireworks, explosives
- Commercial or industrial waste
- Infectious & biological waste
- Radioactive waste
- Oil filters (punch hole in dome, drain for 24 hours, save oil for recycling, put in trash after draining)

#### To Ensure Safety, Please:

- **During event, drive slow and follow cones to avoid an accident.**
- Tighten caps and lids leaving materials in original containers.
- Pack containers in sturdy upright boxes and pad with newspaper.

- Sort and pack separately: paint, pesticides, household cleaners.
- Avoid spills and do not place in a garbage bag.
- Never mix chemicals, and never smoke while handling chemicals.
- Pack your vehicle and go directly to the site.



What to know, before you go...

All concerts are lawn seating, general admission, so bring your own blankets and lawn chairs.

No sun shades after 7 p.m. due to trip hazards.

Food, soft drinks, beer and wine are available for purchase.

No alcohol permitted on premises without liquor permit.

Pack a sweater as it can get chilly once the sun goes down.

BYO Mosquito Spray.

Picnic hampers welcome.

Children 10 & under free with paid adult.

Discounted tickets available online until one day prior to show date. Tickets available at the gate beginning 1 hour prior concert time. Gates open 7 PM.

Parking is FREE.

## WRAPPING UP THE 2022 SUMMER CONCERTS AT NARA!



## REO SPEEDWAGON TRIBUTE

Featuring Michael Jahnz

Michael Jahnz started the REO connection when he became lead vocalist and front man for the legendary Gary Richrath, former lead guitarist and song writer for REO Speedwagon.

**FRIDAY, SEPT. 9, 2022**

**8:00-10:30 pm**

**NARA PARK, ACTON, MA**

**ADVANCE TICKETS: \$20**

**DAY OF/GATE: \$25**

**ACTONREC.COM**

<https://www.project313rocks.com>

Michael Jahnz started the REO connection when he became lead vocalist and front man for the legendary Gary Richrath, former lead guitarist and song writer for REO Speedwagon. They toured together for over a decade as the Gary Richrath Band playing the songs Gary had written for REO Speedwagon as well as original Richrath tunes and songs Michael had written with Gary. Michael and his band Richrath Project 3:13 continue to honor the memory of the late Gary Richrath at every show and are now excited to announce the worldwide release of their brand new album, "L.A. Is Mine"! Hear never before released music from the late great Gary Richrath as well as several rockin' new originals from Richrath Project 3:13!





**RECREATION NOW HAS AN ON SITE OFFICE AT NARA  
LOCATED AT THE NEW SPORTS PAVILION.  
PLEASE STOP BY AND SAY HELLO AND LET US KNOW  
HOW WE CAN ASSIST YOU! WE'RE HERE FOR YOU.**

**NARA BEACH HAS CLOSED FOR THE SEASON ~ THANK YOU FOR A GREAT SUMMER OF 2022!**

### **FIELDS AND FACILITIES INFORMATION**

We are still busy reserving field and facility rentals for the fall.

**All new!** Added to our list of NARA facilities rentals is our Sports Pavilion Patio area that will be ready soon! It will have 16 tables with umbrellas. The site overlooks the upper fields.

Please submit your application soon if you wish to secure your preferred date and facility/field location. Click [here](#) to access forms, fees and details.

Please note that many dates have already been booked for the NARA Picnic Pavilion.

***Stay active, make new friends, have memorable gatherings, connect with the community, and ENJOY THE SPECTACULAR COLORS OF FALL AT NARA PARK!***



New picnic area located at the NARA Sports Pavilion located by the upper fields.

## FALL AND WINTER PROGRAMS NOW AVAILABLE

Acton Recreation provides a variety of programs for everyone. We have a lot of new programs this fall including Penguin Coding, Tennis, Pickleball for adults and kids, Super Soccer Stars, Amazing Athletes, art classes for adults and kids, Teddy Bear Building Classes, Wilderness fitness programs, nature programs, bus trips and more! Be sure to bookmark [actonrec.com](http://actonrec.com) and check back often for updates and new class additions. We're always looking to enhance our offerings and want to know what are you interested in offering or if you have a special talent and are interested in offering a program that would fit well with Acton Recreation, please e-mail us at [recreation@actonma.gov](mailto:recreation@actonma.gov). We want to hear from you!

Registration for programs and calendar of events can be found by visiting [actonrec.com](http://actonrec.com).

## FALL PROGRAMS REGISTRATION OPEN OR COMING SOON INCLUDE:

- Adventure Art, Artist in Me, Mini Art --kids programs-- New! with Suni Roy
- Amazing Athletes (coming soon)
- American Red Cross CPR, First Aid & AED w/Acton Rec (coming soon)
- Barre, Stretch & Strength with Gina
- Broadway Jazz with Nicole
- [Bus Trips](#) Great selection to choose from single day trips to multiple - even 2023 trips being announced!
- Business Sharks, LEGO Adventures/Kids Newsroom, Writing Wizards: all with Right Brain Curriculum
- Cricut & Scrapping Group
- Dance Classes including Kids Musical Theatre Dance, Advanced Musical Theatre Dance, Fairy-tale Disney Dance Class, Lyrical Dance, Beginner Kids Tap and Ballet, Beginner Tap, Jazz for Kids, Teen Jazz
- Flag Football Fall League by Skyhawks - NEW!
- Floral Arrangement Workshops with Cathy Fochtman
- Halloween Cemetery Tour returns! - Forest Cemetery
- ***Kids Nature Crafts-Themes include Fall, Holiday, Winter***
- ***Magic Show & Magic Workshop (coming soon!)***
- ***Marionette Show (coming soon!)***
- ***Multi-sport Program***
- ***Penguin Coding School Classes***
- ***Pickleball D3! Returning this fall for adults***
- ***Pickleball for Kids (indoors) with Skyhawks this winter!***
- School Vacation Days and School Day's Off Program
- Skyhawks: Basketball, Mini Hawk, T-Ball, Baseball, Cheerleading, Floor Hockey, Pickleball, Hoopster Tots, Super Sports Saturday Mix-Up and Tots Soccer
- Soccer Super Soccer Stars
- Squash Clinics with SquashWest in Acton (coming soon)
- Teddy Town Workshops!
- Tennis -- Programs for all ages
- Wildlife Explorers
- Zumba





## **NEW FALL HOURS**

**Monday-Thursday: 9 a.m. - 9 p.m.**  
(Closed Labor Day Weekend, Sat-Mon Sept. 3-5)

**Friday-Saturday: 9 a.m. - 5 p.m.**

**Sunday: 2-5 p.m.**

### **CHILDREN'S PROGRAMS:**

All events are [registration required](#), check our calendar for more info.

- **Baby and Toddle Storytime:** Tuesdays at 9:30 a.m.
- **Read to a Dog:** Tuesdays, September 13 & 27 at 4:30 p.m.-5:30 p.m.
- **Storytime with Sammy:** Wednesdays at 10:30 a.m.
- **Preschool Storytime:** Thursdays beginning September 8 at 10:00 a.m.
- **Children's Crafting:** Thursdays beginning September 8 at 4:00 p.m.
- **Hero Kids Role Playing Game:** 2nd Saturday of every month at 10:00 a.m.
- **Dungeons & Dragons:** 5th & 6th Graders, 4th Saturday of every month at 10:00 a.m.
- **Book Club with Ms. Elise:** 4th & 5th Graders: Tuesday, September 20 at 7 p.m.

### **TEEN EVENTS:**

All events are [registration required](#), check our calendar for more info.

- **Digital Cat Art:** Saturday, September 10 at 1:00 p.m.
- **Dungeons & Dragons:** 7th Grader+: Saturday, September 17 at 10:00 a.m.

### **ADULT EVENTS:**

Contact: [\*\*actadultservices@minlib.net\*\*](mailto:actadultservices@minlib.net)

- **Movies at the Library:** Thursday's at 6:30 p.m.

Learn about our streaming service Kanopy at 6:30 p.m. followed by a movie at 7.

**September 1:** I Am Big Bird

**September 15:** Girls Rock

**September 29:** Small Wonders

- **Drumming in Indian Music:** Saturday, September 24 at 3:00 p.m.

AML Phone Number: (978) 929-6655



The Council on Aging at the Senior Center offers services and activities for residents age 60 and up. We are located with the Human Services Facility at 30 Sudbury Road Rear; contact us at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) or 978-929-6652. Our hours are Monday, Wednesday, Thursday 8 a.m. to 5 p.m., Tuesday 8 a.m. to 7:30 p.m., and Friday 8 a.m. to 12 noon. For the latest information, visit our website [www.actoncoa.com](http://www.actoncoa.com) where you can also view our newsletter and follow us on Facebook @actoncoa. September is a great month to try something new!

**For seniors and their family members seeking information on area social services**, please contact COA Senior Services Coordinator, Beverly Hutchings at 978-929-6652. She provides information on: home care agencies, elder day programs, housing options, food and fuel assistance, and a variety of other services.

**If you're turning 65 in the near future or have other Medicare questions**, call the COA to book an appointment with a SHINE counselor to review your options.

**Ask the Lawyer Appointments** with an elder law attorney are available on Tuesday, September 20 from 1:00 to 3:00 p.m. New this month is a trip to the Leominster Registry of Motor Vehicles using the Town's van service on Wednesday, September 21.

**Don't miss the Open House on Tuesday, September 27, from 4-6 p.m., in celebration of the five-year anniversary of Acton's Human Services Facility!** Learn more about: Council on Aging/Senior Center, Community Resources, Veterans' Services, and Acton Nursing Services. There will be tours, refreshments, informational tables, and free fitness assessments offered by COA instructor Terri Zaborowski.

### **SEPTEMBER PROGRAM HIGHLIGHTS (SEE OUR NEWSLETTER FOR DETAILS):**

- **Let's Go to a Musical with Brian O'Connell:** Thursdays, September 1, 15, 29, at 1:00 p.m.
- **Laugh for Your Health:** Meets weekly via Zoom but will have a pop-up outdoor meeting on Thursday, September 8 at 11 a.m.
- **Downsizing-Should I Go or Stay?** Presentation on Thursday, September 8, at 1:00 p.m.
- **Wool Felting Art Class:** Tuesday, September 13 at 1:00 p.m.
- **Choosing a Nursing Home Presentation:** Via Zoom with 2 Sisters Senior Living Advisors, Tuesday, September 13, 6 p.m.
- **Emily Dickinson Seminar with Stephen Collins:** Begins Thursday, September 15 at 11 a.m.
- **Virtual Tour of Retiro Park in Madrid:** Via Zoom in real time, Tuesday, September 20, 10:30 a.m., at home or the Senior Center
- **History of Blues Music with John Clark:** Tuesday, September 20 at 1:00 p.m.
- **Author and Chronicle journalist Ted Reinstein will present on New England's General Stores:** Tuesday, September 20, at 6 p.m.



## SEPTEMBER PROGRAM HIGHLIGHTS CONTINUED:

- **Learn about the Retired Men's Association of Boston/MetroWest** on Wednesday, September 21 at 11 a.m.
- **Line Dancing: (fall session)** Begins Wednesday, September 21 at 2:00 p.m.
- **Words Galore: (new session)** Begins via Zoom on Thursday, September 22 at 9 a.m.
- **Classical Music Series with Sivan Etedgee** returns Thursday, September 22 at 12:30 p.m.
- **Memory Lane Café:** For those with memory impairment and their care partners meets Tuesday, September 27, 12:00 p.m.
- **LitLovers Study Group:** Starting a new subject -- American Best-sellers—The Books That Shaped America, beginning Tuesday, September 27 at 2:30 p.m.

Other activities include: fitness classes, book groups, movies, caregiver support group, gym with senior-friendly equipment, and drop-in groups including Computer Club and Genealogy Group. The Quail Ridge Camera Club ends its art exhibit early in the month and will be followed by the work of Harriet DiLuzio.

## VOLUNTEER HANDYHELPERS WANTED!

If you're handy around the house or good with electronics/computers and would like to help seniors remain in their homes, please consider volunteering for this program. HandyHelpers assist seniors with a variety of tasks including installing curtain rods, setting up a printer, flipping mattresses, and changing light bulbs. Call the COA at 978-929-6652 to learn more about joining our team!

## NEWSLETTER - SIGN-UP OR UPDATE

You can sign up for a digital copy of the newsletter or other COA notifications at [www.actoncoa.com](http://www.actoncoa.com) and click on the link under "News" on the home page. To be added or removed from the paper newsletter mailing list, please contact us at 978-929-6652 or [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). If you are a resident of Acton and turning 60 this year you will be included in our September mailing—please let us know if you wish to remain on the mailing list.



Members of the Acton Woman's Club prepared Strawberry Shortcake recently at the Senior Center.

## MEALS

The Minuteman Senior Service (MMSS) dining site offers in-person lunches Monday through Thursday at noon. Anyone with a September birthday qualifies for a free lunch on September 8! Grab and Go lunches continue to be offered Monday through Friday. Sign up for lunch at least 24 hours in advance in person or by phone 781-221-7098.

The COA partners with Open Table to provide free frozen meals and Healthy Helpings heart healthy meal packages to Acton seniors; contact the COA for more information.

A brand new service offered by MMSS is continental breakfast served weekdays from 8 to 10 a.m., featuring items such as English muffins, yogurt, and juice for \$1.

## SIGN UP WITH THE COUNCIL ON AGING FOR THESE CULINARY EVENTS:

- **First Responder Appreciation Lunch**, Tuesday, September 13 at 12 noon
- **Cider and traditional Indian appetizers**, Wednesday, September 14 at 2:00
- **Dinner** catered by Legends Cafe, Tuesday, September 20, 5 p.m., courtesy of the Friends of the Acton COA
- **Lunch** provided by Benchmark Senior Living, Wednesday, September 21 at 12 noon
- **Monthly breakfast** on Friday, September 23 at 9:00, followed by Java with John, a discussion with the Town Manager at 9:45

## CLINICS

Numerous health-related clinics are offered at the Senior Center. Please look in the current newsletter for details on upcoming clinics which can be found here: [www.actoncoa.com](http://www.actoncoa.com).

### Podiatry Clinic

Podiatry clinic is offered by the Acton Nursing Service. Please call them at 978-929-6650 for information on the date and time.

### Wellness / Blood Pressure Clinic

The Acton Public Health Nursing Service has a registered nurse available to check blood pressure, pulse, weight, and answer any medication, nutritional, or other health-related questions. The clinic is generally offered the 2nd and 4th Tuesday of each month, 9:00-11:00, but please look in the current newsletter for details on times and dates. No appointment is necessary.

### Medical Equipment

Durable medical equipment is available for loan from Acton Nursing Services - call 978-929-6650 for assistance or e-mail [nursing@actonma.gov](mailto:nursing@actonma.gov).

## VOLUNTEERING

The Council on Aging has over 170 active volunteers who share their interests and skills to assist those residents needing them. The COA is always looking for additional volunteers to share their time and enthusiasm in a number of areas including: Lead programs, teach computer, exercise, craft or other classes of interest, Deliver meals to homebound seniors, Receptionist at the COA office, Gym monitor, help with the Dining Room meals, Decorating around the Senior Center, Drive seniors to medical and personal appointments, help seniors with simple home maintenance tasks, visit homebound seniors, and offer tech support.

Please contact COA staff at 978-929-6652 for more information or email [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov)





# HEALTH AND WELLNESS WITH LUCY HUTCHINGS, RD

## Tuesday September 13th: Balancing Behavior and Energy with Healthy Lunches

Learn how to easily pack healthy kid and adult lunches to help balance energy, enhance focus, and improve behavior.

## Tuesday October 11th: Healthy Dinner Solutions for the Weeknight Hustle

Learn the strategies and solutions that help busy families stay healthy and thrive even when you are short on time.

## Tuesday October 18th: Strategies for Surviving the Holiday Sugar Rush

Learn how the whole family can enjoy the holiday season with less sugar, less stress, and better overall health.

6-7pm @ 30 Sudbury Rd. Acton, MA 01720  
Registration required (978) 929 - 6650  
Transportation available for Acton residents







### NEW MURAL ON DISPLAY AT THE KELLEY'S CORNER BLOCK PARTY!

Selections for the "Call for Public Art" project were made during the last week of June. Candidates were selected for their creativity, talent in representing unique attributes of Acton and their ability to highlight community togetherness through art.

Mural award winners were: Meg Nichols, Elizabeth Bejar-Benz, Elizabeth Ames, and Shara Osgood. Bench award winners were Yin Peet, Pam Tobbler, and Sunanda Sahay. Congratulations!

The Town of Acton is excited to support its local artists while bringing inspiration to the community, beautifying some of the Town's commercial areas. Residents should be on the lookout for new art in 2023.

### ECONOMIC DEVELOPMENT NEWSLETTER

Sign up to receive the Acton MA Business Boost: An Economic Development Newsletter. Each issue will spotlight new happenings with local businesses and organizations as well as resources and events that may be of interest. Connect with us and stay up to date!

**[CLICK HERE.](#)**



# Youth Manufacturing Day

Acton Memorial Library 486 Main Street, Acton, MA 01720

For students in Grades 7-12

Friday October 7, 2022 3:30pm-6:00pm



- Learn about exciting careers available in the Manufacturing Industry & how to get a leg up!
- Participate in a Hands-on Experience Fair where you get to try out innovative technologies!
- Join the video competition & see if you win the award!
- Register by Wednesday September 28, 2022



**ACTON MA**

BUSINESS INCUBATOR

Economic Development Office

Need more info or ready to register? 978-929-6611 or [actonma.gov/business](https://actonma.gov/business)

# DIRECTORY OF TOWN DEPARTMENTS

**TOWN SERVICES HOTLINE - (978) 929-6600 | VISIT US ONLINE AT [ACTONMA.GOV](http://ACTONMA.GOV)**

Department	Phone Number	E-Mail
Acton Nursing Services	978-929-6650	<a href="mailto:nursing@actonma.gov">nursing@actonma.gov</a>
Assessor's Office	978-929-6621	<a href="mailto:assessor@actonma.gov">assessor@actonma.gov</a>
Building Division	978-929-6633	<a href="mailto:building@actonma.gov">building@actonma.gov</a>
Cemetery Division	978-929-6642	<a href="mailto:cemetery@actonma.gov">cemetery@actonma.gov</a>
West Acton Citizens' Library	978-929-6654	<a href="mailto:wacl@actonma.gov">wacl@actonma.gov</a>
Collector/Treasurer Office	978-929-6622	<a href="mailto:collector@actonma.gov">collector@actonma.gov</a>
Community Resources Office	978-929-6651	<a href="mailto:lducharme@actonma.gov">lducharme@actonma.gov</a>
Council on Aging	978-929-6652	<a href="mailto:seniorcenter@actonma.gov">seniorcenter@actonma.gov</a>
Economic Development	978-929-6611	<a href="mailto:economicdevelopment@actonma.gov">economicdevelopment@actonma.gov</a>
Engineering Division	978-929-6630	<a href="mailto:engineering@actonma.gov">engineering@actonma.gov</a>
Fire Department	978-929-7722	<a href="mailto:fire@actonma.gov">fire@actonma.gov</a>
Health Division	978-929-6632	<a href="mailto:health@actonma.gov">health@actonma.gov</a>
Highway Division & Transfer Station	978-929-7740 978-929-7742	<a href="mailto:highway@actonma.gov">highway@actonma.gov</a>
Human Resources Department	978-929-6613	<a href="mailto:hr@actonma.gov">hr@actonma.gov</a>
Information Technology Department	978-929-6612	<a href="mailto:it@actonma.gov">it@actonma.gov</a>
Acton Memorial Library	978-929-6655	<a href="http://actonmemoriallibrary.org">actonmemoriallibrary.org</a>
Natural Resources Division	978-929-6634	<a href="mailto:NR@actonma.gov">NR@actonma.gov</a>
Planning Division	978-929-6631	<a href="mailto:planning@actonma.gov">planning@actonma.gov</a>
Police Department	978-929-7711	<a href="mailto:police@actonma.gov">police@actonma.gov</a>
Public Facilities Division	978-929-7744	<a href="mailto:mpo@actonma.gov">mpo@actonma.gov</a>
Public Works Department	978-929-7740	<a href="mailto:highway@actonma.gov">highway@actonma.gov</a>
Recreation Office	978-929-6640	<a href="mailto:recreation@actonma.gov">recreation@actonma.gov</a>
Sustainability Office	978-929-6611	<a href="mailto:sustainability@actonma.gov">sustainability@actonma.gov</a>
Town Clerk's Office	978-929-6620	<a href="mailto:clerk@actonma.gov">clerk@actonma.gov</a>
Town Manager's Office	978-929-6611	<a href="mailto:manager@actonma.gov">manager@actonma.gov</a>
Veterans' Services	978-929-6614	<a href="mailto:vso@actonma.gov">vso@actonma.gov</a>
Acton Water District	978-263-9107	<a href="http://www.actonwater.com">www.actonwater.com</a>