

Town of Acton

Town Manager

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FOR IMMEDIATE RELEASE

Monday, April 7, 2025

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***MEDIA ADVISORY* Acton Seniors to "Swing into Spring" at Senior Prom Organized by Local Student and Council on Aging**

ACTON — Acton seniors plan to "Swing into Spring" by dancing the evening away at a Senior Prom, organized by Acton-Boxborough Regional High School senior Sarah Willard and the Acton Council on Aging.

WHEN:

Tuesday, April 8, from 5-7 p.m.

WHERE:

Acton Council on Aging at the Senior Center, 30 Sudbury Road

WHAT:

Sarah Willard, a student at Acton-Boxborough Regional High School, is wrapping up her senior year with a research project to benefit her community.

Having volunteered at the Acton Senior Center since her freshman year, she knew she wanted her project to give back to the seniors. Willard reached out to COA

Program Manager Chris Chirokas and Director Sharon Mercurio, and her idea to host a Senior Prom went into effect.

Up to 50 older residents of Acton plan to attend the Senior Prom, themed "Swing into Spring," on Tuesday, April 8.

Since September 2024, Willard has been working to make the Senior Prom a reality. For months, Willard researched the physical and mental benefits of a dance/social gathering for seniors. She discovered that the endorphins and lowering of cortisol levels by attending social events help to reduce feelings of loneliness and isolation in seniors.

The Senior Prom will serve to help Acton seniors feel connected to their community and have some fun.

Willard began event planning in December. She applied for and received a \$750 grant from [Danny's Place](#), a local organization dedicated to providing young people with experiences to explore, create and discover their happiest, healthiest selves. She also received a total of \$250 in donations from the Thoreau Club, Stop & Shop, Roche Brothers and Trader Joe's, which helped to make the event possible.

Roche Brothers will cater the event, and a partnership with local florist d'Vine Floral Design will provide special corsages and boutonnieres for attendees.

Willard curated a music playlist suggested by seniors in a survey. The Acton Boxborough Regional High School jazz quartet will perform live.

The planning of this event has brought people from all corners together, from town officials, volunteers, business owners, and residents young and old, showcasing Acton's strong sense of community.

Media members interested in attending are asked to RSVP no later than Tuesday, April 8, by 12 p.m. by contacting Camryn Langille at camryn@igpr.net.

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A message from the Town of Acton

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