

# SENIOR SPIRIT

NEWSLETTER OF THE CONCORD COUNCIL ON AGING

December 2017

## **Concord Friends of the Aging Christmas Party Wednesday, December 6<sup>th</sup> at Noon**

It may not be too late to sign up for The Concord Friends of the Aging Annual Christmas Party! All Concord seniors are invited to attend a Christmas Party at Nashawtuc Country Club on Sudbury Road in Concord on Wednesday, December 6<sup>th</sup> at 12:00 noon. The venue is handicapped accessible, and the meal is free to Concord senior citizens (ages 60 and older). Due to the capacity of the club, attendance will be by reservation only. Reservations may be made to the Concord Friends of the Aging by calling 978-341-8853 and leaving your name and telephone number. Lorraine will return your call to confirm your reservation. Transportation must be arranged on your own or by reservation with the Council on Aging. The COA will provide limited transportation on a first come, first served basis, so be sure to call the COA at 978-318-3020 to schedule your ride.

## **A Winter Solstice Celebration Holiday Concert with Roger Tincknell Tuesday, December 19<sup>th</sup> at 1:00 PM**

Join Roger Tincknell at the COA for a Winter Solstice Celebration which includes seasonal sing-alongs, with songs from Christmas, Hanukah, and other traditions. Roger has been performing for children, families and seniors in the U.S., Canada and Europe for over 40 years. His expressive vocal style and masterful instrumental skills bring a warmth and versatility to his performances. His extensive repertoire includes original, traditional and contemporary songs presented in a variety of musical styles. This program is presented free of charge thanks to proceeds generated by the Harvey Wheeler Gift Shop. Refreshments will be served after the performance. We expect this will be a full house so please call early to reserve your seat!



## **Celebrate Noon Year's Eve! Starring Lisa Yves Singing Barbra Streisand Songs With Sparkling Cider, Photo Booth, Noise Makers, and Chinese Food for Everyone!! Friday, December 29<sup>th</sup> at 11:00 AM**

Given the success of our Noon Year's Celebration last year, we have decided to make it an annual event! Say goodbye to 2017 and ring in the spirit of 2018 at our Noon Year's Eve Party on Friday, December 29<sup>th</sup>, starting at 11:00 AM. Relax and sing along with Lisa Yves to the tunes of Barbra Streisand! Lisa is the sensational jazz singer who performed swing tunes at last year's Noon Year's Eve party. Since the age of 12, Lisa has been a fan and student of the career of Barbra Streisand. Barbra, the iconic and most successful singer of all time, never took one singing lesson! Lisa will delight you with intriguing stories of Barbra's life and career, and of course the songs! *People, I'm the Greatest Star, You Don't Bring me Flowers, The Way we Were, Don't Rain on My Parade*, and many more! At noon we will count down to the "New Year" and celebrate with sparkling cider! We will then enjoy a meal of Chinese food from Chang An's of Concord. This party is sure to be a blast! Thanks to funds generated by the Harvey Wheeler Gift Shop, the cost of this event is just \$10 per person, payable at the door. Please call the COA to reserve your seat - we expect a big turnout! Limited van service will be available.

*The Council on Aging will be closed on Monday, December 25<sup>th</sup> and Monday, January 1<sup>st</sup> to observe the holidays. There will be no programs or van service on those days.*

## Harvey Wheeler Treasure Chest Gift Shop

Tell your friends and neighbors they can enjoy stress-free shopping here at the COA. The holiday sale continues at the Harvey Wheeler Treasure Chest Gift Shop through December! New items are arriving daily, so come often, and do your holiday shopping with us! Most items priced under \$10! You will find the best-priced shopping in Concord from 10:00 AM to 2:00 PM Monday through Thursday. All proceeds go to support COA programs.



## Art Space Carousel Preschool December 1<sup>st</sup> to January 5<sup>th</sup>, 2018



We look forward to a delightful display of artwork by the children of the Carousel Preschool starting on December 1<sup>st</sup>. The children, ranging in age from three to five, will present a plethora of works that focus on the creative process. This is always an interesting display of the imagination and the developmental levels of the children, and we are sure you will enjoy it.

## Something Special Holiday Music from Carousel Preschool Wednesday, December 13<sup>th</sup> at 12:30 PM

To brighten our usual Wednesday lunch, the children from Carousel Preschool are coming to perform a musical interlude during lunch on Wednesday, December 13<sup>th</sup>. The kids have been practicing their holiday songs and are very excited about performing in front of our lunch group!

## Individual Technical Tutoring

Having trouble with your email? Not quite sure how to work your smart phone? Not to worry, help is at hand. Our dedicated technical tutors are here to help! If you have computer, cell phone, iPad or Kindle questions that need answering, just call the COA and set up a one-on-one tutoring session with one of our great CCHS student volunteers.

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## Happening Around the Area

**Concord Holiday Fair:** The United Woman's Club of Concord will be hosting its annual holiday fair Saturday, December 2<sup>nd</sup> from 9:30 AM to 2:00 PM at The Harvey Wheeler Community Center. For additional information please contact Lisa Fay at [lisamankitafay@yahoo.com](mailto:lisamankitafay@yahoo.com) or 617-327-8159

**Open Table:** You are invited to join Open Table for a community dinner every Thursday night at 5:00 PM at the First Parish Church – 20 Lexington Rd in Concord. Enjoy a healthy meal and meet with friends at no cost.

**Book Sale:** The annual book sale sponsored by the Friends of the Concord Public Library starts on Friday, December, 1<sup>st</sup>, and ends on Sunday, December 3<sup>rd</sup> at the main branch, 129 Main Street. You'll find the perfect book for everyone on your list from the hundreds of nearly-new books in mostly-mint condition for children and adults. Hours are Friday and Saturday, from 9:00 AM to 4:00 PM and Sunday, from 1:00 PM to 4:00 PM.

### **Welcome New Outreach Coordinator**

We are pleased to welcome Cindy Shea to the COA staff as an outreach worker. Cindy has a Bachelor's degree in Social Work from Anna Maria College and has dedicated most of her career to working with senior citizens. Cindy and her husband, Deric, have three children and eight grandchildren. She is truly looking forward to meeting all of the wonderful seniors in Concord and hopes you will stop by and introduce yourselves!

### **Bucket Brigade**

Buckets of sand will be delivered on the morning of December 17<sup>th</sup> by the elves of First Parish Church in Concord. The buckets are heavy, so we need a delivery spot designated ahead of time. Buckets will be a mixture of salt and sand. Please sign up by December 9<sup>th</sup>.

### **Winter Cancellation Policy**

If the Concord Public Schools are closed due to snow or ice, there will be NO ACTIVITIES or VAN SERVICE at the COA. The office will remain open unless the Town Manager has closed town offices for safety. If storms develop during the business day, programs and van service may be cancelled to ensure everyone's safety. If school is delayed, please call the COA to find out if any programs have been cancelled or if the van is running.

### **Veterans Day**

The COA was honored to host our annual Veterans Day Breakfast last month. A special thanks to Bob Marquis who served as Master of Ceremonies. Thanks also to Assistant Town Manager Kate Hodges, Concord Veterans Agent Dick Krug, Bernie Smith, Jerry Hurley and Al Robichaud for their part in making this event meaningful and memorable to all that attended. Thanks to Concord Lions Club for the flowers, Alcott School for the placemats and Carousel Preschool for the entertainment. Thanks to Activities Coordinator Tina Close for her fantastic job organizing the event and lastly and most importantly, thank you to all the veterans who have served or are currently serving.

# HEALTH & WELLNESS

## Listen and Learn

### **Heart Health and Cardiac Rehabilitation** **Tuesday, December 5<sup>th</sup> 1:00 PM**

Heart disease describes a range of conditions that affect your heart and its ability to pump blood throughout your body. Join us as Barbara Houle, RN, from Emerson Home Care talks about heart disease including prevention, rehabilitation, and management of the disease process. Please call the COA to make a reservation to attend.

### **Low Sodium Diet** **Thursday, December 14<sup>th</sup> 1:00 PM**

Denise Mercury, the Registered Dietitian Nutritionist from Minuteman Senior Services, will provide you with information about sodium during this talk. She will talk about what sodium is, how much you should have in your diet, and tips for reducing it. Please call to reserve your spot.

### **Medicare Open Enrollment** **ENDS DECEMBER 7<sup>th</sup>!**

If you would like to make changes to your insurance plan you have until December 7<sup>th</sup> during Medicare Open Enrollment to do so. If you have questions, we have answers! Trained S.H.I.N.E. (Serving the Health Information Needs of Everyone) volunteers offer free counseling on all aspects of Medicare and related health insurance programs. You may schedule an appointment with a S.H.I.N.E. counselor at any time through the COA office.

## Beat the Holiday Blues



TAKE CARE  
OF YOURSELF  
THIS HOLIDAY  
SEASON.

The holidays are a time for celebrations, parties, and get-togethers. But sometimes the holiday season can also be a source of the blues, especially for older people who are missing loved ones more during this time of year. Generally, what can help is not being too hard on yourself for the difficulty you may be experiencing. Be honest and recognize that the holiday season may not be the same without your family member or friend.

Talk with people you trust about your feelings...they will be honored. You can also find a support group where you can discuss your thoughts with people who have gone through the same thing. You can often find groups by going through your church, synagogue, or other places of worship. The COA also has a list of local bereavement groups that we would love to share with you.

Another tip to help beat the blues is to stay active. You might want to try an exercise class for the first time. We offer Yoga, Aerobics, Tai Chi or Strength and Flex. Join us at the COA for our many activities during the month of December.

### **Blood Pressure Screening**

Wednesdays, December 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>  
10:00 AM to 12:00 PM  
No appointment necessary.  
No clinic on December 6<sup>th</sup>

### **Diabetic Clinic**

Wednesday, December 20<sup>th</sup>  
10:00 AM to 12:00 PM  
No appointment necessary.

### **Ask the Pharmacist with** **Diane Briner RPh of West Concord** **Pharmacy**

Wednesday, January 3<sup>rd</sup>  
10:30 AM to 11:30 AM  
No appointment necessary

### **Podiatry Clinic**

**Dr. Ayleen Gregorian**  
Monday, December 4<sup>th</sup>  
8:30 AM to 2:30 PM

**Dr. Russell Hamilton**  
Wednesday, Jan 31<sup>st</sup>  
8:30 AM to 2:30 PM

Please be sure to bring your insurance cards with you. If you have HMO insurance, be aware that you will need to bring a referral from your PCP in order for insurance to cover the visit. If Medicare does not cover your visit, the fee is \$30. Please call the office to sign up for the podiatry clinics. Sign-ups are being taken for both of these dates.

## **OUTREACH/SOCIAL SERVICES**

*A portion of the COA Outreach staffing is funded by the Concord Carlisle Community Chest.*

### **Caregivers' Support Group Tuesday, December 19<sup>th</sup> from 10:30 AM to Noon**

Our monthly Caregivers' Support Group is for those caring for loved ones with Alzheimer's or related dementias. The group is facilitated by COA Social Services Coordinator Sally Lopez. The group will be meeting this month on Tuesday, December 19<sup>th</sup> at 10:30 AM. Please call Sally at 978-318-3012 with any questions.

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### **Fuel Assistance**

Brr, its cold outside! It's not too late to get assistance with your heating costs. The South Middlesex Opportunity Council (SMOC) is taking applications for the Federal Low-Income Home Energy Assistance program and will continue to do so throughout the winter months. This program provides financial assistance to low income households to help with heating bills. As an intake site for seniors living in Concord, the COA is able to help you complete your application. Please call the COA to express your interest, inquire about eligibility criteria and make an appointment.

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### **Holiday Donation Opportunity December 1<sup>st</sup> through the 16<sup>th</sup>**

The Concord Carlisle Community Chest is teaming up with Concord Carlisle Youth Services to collect donations of new, unwrapped gifts and toys for Concord and Carlisle children up to age 15. Donations will be accepted through December 1<sup>st</sup> – 16<sup>th</sup> at the Concord Town House, Council on Aging, Beede Swim and Fitness Center and many local businesses. Items in high demand include bath and body products, Lego & building sets, Boston sports team-themed merchandise, board games, arts and crafts kits, school supplies, science kits, electronics, action figures, and puzzles. If you can help make the holidays special for someone in need, please consider purchasing a gift and dropping it off.

### **Concord Museum Family Tree Exhibit**

A Celebration of Children's Literature runs through the holiday season until January 2<sup>nd</sup>. The Concord Museum Family Tree exhibition is focused on children's literature, and every tree has its own book. The illustrations, characters, or setting of a particular children's story serve as inspiration for the decorations. Plan to stop into the Concord Museum to see the museum's gallery, filled with trees of all shapes and sizes! Each tree serves as a canvas for the artistic creations of a dedicated team of volunteers. A group of Concord seniors has decorated a tree on behalf of the COA, as have the children from the Carousel Preschool. We hope you'll take the opportunity to visit both trees. For exhibit hours and admission information call Concord Museum directly at 978-369-9763.

## COA CINEMA

### Friday Afternoons at 1:00 PM in the Lecture Hall - No need to sign up. (FREE)

Join us on for a movie on Friday afternoons at 1:00 PM. If any movie draws a bigger audience than we can seat, we will automatically offer a second showing of the movie the following Monday at 10:00 AM.

**December 1<sup>st</sup> – *The Zookeeper’s Wife*** – After the Nazis invade Poland, Warsaw Zoo caretakers Antonina and Jan Zabinski place themselves in grave danger when they collaborate with the Resistance in an effort to save Jews of the Warsaw Ghetto. Cast: Jessica Chastain, Daniel Bruhl, Johan Heldenbergh, and more. (2017; Biography/Drama based on real-life; 2 hrs, 6 mins; Rated PG-13)

**December 8<sup>th</sup> – *E.T., The Extraterrestrial*** – We are re-showing this movie since we received a damaged DVD in October. This is the heartwarming story of the special bond 10-year-old Elliot forges with an alien he names E.T. The movie is directed by Stephen Spielberg, and stars Dee Wallace, Henry Thomas, Peter Coyote, and more. (1982; Family Sci-Fi; 1 hr, 55 mins; Rated PG)

**December 15<sup>th</sup>** – There will not be a movie shown today. **However, on Monday, December 18<sup>th</sup> at 10:00 AM** we will show **Irving Berlin's *White Christmas***, which was THE holiday film of the fifties. In the movie, a successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general. Cast: Bing Crosby, Danny Kaye and Rosemary Clooney. (1954; Classic Movie Musical; 2 hrs; Rated G)

**December 22<sup>nd</sup> – *A Christmas Story*** – In this nostalgic look at Christmas in 1940s Indiana, 9 year old Ralpie Parker desperately wants a “Red Ryder carbine-action, 200-shot Range Model air rifle.” But first he'll have to wage an all-out campaign to convince his parents the toy is safe. Cast: Melinda Dillon, Darren McGavin, Peter Billingsley. (1983; Classic Comedy; 1 hr, 33 mins; Rated PG)

**December 29<sup>th</sup> – *Serendipity*** – Although strangers Sara and Jonathan are already in relationships, they realize they have genuine chemistry after a chance encounter at Christmastime – but they soon part company. Years later they yearn to reunite despite being destined for the altar. Cast: John Cusack, Kate Beckinsale, Molly Shannon, and more. (2001; Romance; 1 hr, 31 mins; Rated PG-13)

### Monthly History Lecture

**“The Rise of Nationalism in Europe 1800-1914” Presented by John Gardella**

**Thursday, December 14<sup>th</sup> from 1:30 PM to 3:30 PM**

In this month's lecture, John Gardella focuses on the upsurge of nationalism over the century prior to World War I. Nationalism in Europe grew out of reaction to the Napoleonic Wars and led to the unification of Germany and Italy, resulting at first in an extended peace followed by a great war. This series is presented free of charge. It is very popular, so please be sure to call to reserve your seat.

### DVD Lecture Series - Simon Schama's *Power of Art*

**Last Lecture of the Series on Tuesday, December 5<sup>th</sup> from 2:00 PM to 3:15 PM**

As this DVD series wraps up, we want to take the opportunity to thank Jini McCoubrey for her role in making the DVD Lecture Series a huge success over the past several years. Jini has decided that *The Power of Art* is her last DVD series to show, and we are truly going to miss her. She has put her mark on this activity, selecting and showing some of the best DVD lectures that are available. We want the DVD lectures to live on, so we are looking for another volunteer to do the research to find DVD courses and show them starting after the New Year. Please contact Tina Close at the COA if you are interested or you need more information.



### Future Computer Classes

Volunteer Melody Orfei would like everyone to let her know what they would like her to teach in 2018. Melody is prepared to teach Microsoft Excel, Microsoft Word, Facebook, EBay or Craigslist. If you would like to voice your opinion for any of the above classes to be taught in early 2018 please let the COA know. If there is something new you would like Melody to explore kindly let us know your thoughts about that as well.

### Paperclay Ornaments with Betsi Mandrioli

Thursday, December 7<sup>th</sup> from 1:00 PM to 3:30 PM

**THIS CLASS IS FULL BUT PLEASE CALL TO INQUIRE ABOUT THE WAIT LIST.**

Join Betsi Mandrioli for this 2½ hour class in paperyclay, December 7<sup>th</sup> starting at 1:00 PM. Betsi will show you how to craft a Swedish Dala Horse Christmas tree ornament out of Paperclay, a light clay made from volcanic ash. After baking it, you'll paint it with acrylic paints. All supplies are included in the \$25 fee, which is payable in cash or check directly to Betsi Mandrioli. The class is perfect for beginners and a great way to try Paperclay crafting. Please wear a smock or old shirt to protect your clothing from any paint that escapes your brush, and bring your reading glasses! Expect to get your hands slightly wet and slippery while shaping the clay. The class is limited to 10. Please call the COA to reserve!

### Holiday String Ensemble - Tim Bilodeau and Friends

Saturday, December 16<sup>th</sup> at 11:00 AM

Talented violinist, Tim Bilodeau, returns with fellow musicians on Saturday, December 16<sup>th</sup> at 11:00 AM for a delightful concert just for our seniors. Enjoy a wide variety of musical genres from classical to jazz to world music to popular favorites (with a twist!) while you sit back and enjoy coffee and pastries. Last year's holiday performance received rave reviews! This will be Tim's fourth concert at the COA. This is a free event but, please call the COA to sign up.

### Boxwood Tree Workshop

Tuesday, December 12<sup>th</sup>; 12:30 PM to 2:00 PM

Join us at the COA for one of our most popular crafting classes. On Tuesday, December 12<sup>th</sup> at 12:30 PM, COA Administrative Assistant Claudia Curran, and Activity Coordinator Tina Close, will instruct the class on how to make and beautifully decorate holiday boxwood trees. We will have an instructional video and the materials needed to make and decorate the trees including boxwood branches, oasis, containers, ornaments and bows. Participants should bring their own clippers and any additional decorations they choose. Please register early as attendance is limited to 20. The class costs \$15 cash per-person, due on the day of the class. Following the class, we invite you to stay to make decorated evergreen arrangements for home-bound Concord seniors. This workshop will sell out quickly; please call to reserve your spot!



### A Very Modern British Ghost Story!

Thursday, December 28<sup>th</sup> at 11:00 AM

Join British actor Catharine Beck for a special theatrical reading of a modern ghost story. Perfectly timed for ringing in the New Year, this thoroughly modern thriller takes place at a house party on New Year's Eve. Catharine is a member of the British and American Actors Equity and a retired teacher of Theatre Studies at Cambridge, England. This is sure to be a great performance. Wind up the last of 2017 and come out to enjoy this dramatic reading, and ring in the New Year in with a wonderful performance by one of Concord's own! Please call the COA to reserve your seat!





**2017 Holiday Pops Concert and Lunch**  
**Friday, December 8<sup>th</sup>; Leaving CareOne at Concord at 11:00 AM**  
**THIS TRIP IS FULL**  
**PLEASE CALL FOR INFORMATION AND TO INQUIRE ABOUT THE WAIT LIST**

### **Shopping Trip to Burlington Mall**

**Tuesday, December 12<sup>th</sup>; Leaving Harvey Wheeler Community Center at 10:00 AM**

Ride the COA van to the Burlington Mall to do some holiday shopping and perhaps treat yourself to lunch at the Food Court! The van will leave the HWCC at 10:00 AM Monday, December 12<sup>th</sup>, and will depart from Burlington for the trip back to Concord at 2:00 PM. Please note that no COA staff will be accompanying the participants on this trip. Everyone who signs up for this trip must be able to navigate the mall on their own, and they must be able to meet the van at the scheduled time for the ride back to the HWCC. The transportation fee is \$5.00 per person, payable as you board the van. A minimum of eight people is needed to run this trip, so please call to reserve your seat.

### **YES Group to Filho's Great Road, Acton**

**Sunday, December 10<sup>th</sup> at 6:00 PM**

Join the Y.E.S Group on Sunday, December 10<sup>th</sup> at 6:00 PM for an Italian dinner at Filho's, located at 59 Great Road in Acton. Filho's, a popular Italian establishment in Groton for many years, opened an additional location in Acton last year. They offer delicious and reasonably-priced pastas, pizzas, sandwiches and entrees. The YES group is open to all Youthful Energetic Seniors. Transportation and the cost of dinner are on your own. Please be aware that the COA does not send staff to YES group events. Be sure to call the COA to sign up so we can give the restaurant an accurate head count.

### **Lunch Bunch to Fishbones in Chelmsford**

**Monday, December 18<sup>th</sup>; Van Departing the HWCC at 11:15 AM**

Join the COA for a delicious seafood lunch at Fishbones in Chelmsford on Monday, December 18<sup>th</sup>. This little place is known for its fresh fish and creative cuisine – "fresh, simple, and uncomplicated." You can choose from sandwiches, salads and entrees. The van will leave the COA at 11:15 AM. The charge for the van is \$5.00, and the cost of the meal is on your own. Due to seating limitations this reservation is limited to those taking the van. Please call the COA office to reserve your place!

### **OPEN GYM WALK**

Get out of the cold weather and get your steps in. From December 1, 2017 through March 16, 2018, Concord Recreation will have gym time for walkers on **Mondays and Fridays from 2:30 to 3:30 in the Hunt Gym**. This is a free program, but sign-in at the front desk at Hunt and proper footwear are required.



### **The Concord Traveling Players**

**Friday, December 15<sup>th</sup> at 1:00 PM**

The Concord Traveling Players have put together a brand new program of lighthearted and entertaining staged readings to add some spice to your Holiday Season. They have also added some tunes you may recognize, sung by their own troubadour, and a holiday Sing-a-Long to complete the package. As the great Gypsy Rose Lee elegantly exclaimed, "Let Us Entertain You and We'll All Have a Real Good Time, Yes Sir!" Please call the COA to reserve your seat!

December COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>Please call the COA to sign up, starting Friday, December 1<sup>st</sup></b></p> <p>There is no Book Discussion Group in December. They will meet again on January 16<sup>th</sup> to discuss "City of Friends" by Joanna Trollope.</p> <p><u>Fitness Classes:</u> All fitness class fees are payable to the instructor.</p>				<p>1</p> <p>9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 10:00 Creative Writing 10:30 Gift Shop Mtg 1:00 Cinema – The Zookeepers Wife 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor</p>	2
3	<p>4</p> <p>8:30 Podiatry Clinic 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength &amp; Flex (\$5) 1:00 Hand &amp; Foot 1:00 Music Makers 1:00 Music Appreciation 1:30 Art Committee Mtg 2:00 Chess Club 3:00 Tai Chi (\$5) 3:15 Computer Tutor</p>	<p>5</p> <p>9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee &amp; Conversation 1:00 Cardiac Rehab 1:00 Bridge 1:30 Hand Crafts 2:00 DVD series - Power of Art 3:15 Computer Tutor</p>	<p>6</p> <p>8:00 Mat &amp; Chair Yoga (\$5) *** No BP Clinic *** 12:00 Friends Lunch @ Nashawtuc Club 1:15 Mahjong</p>	<p>7</p> <p>9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength &amp; Flex (\$5) 1:00 Dala Horse Ornaments 1:00 Cribbage 3:15 Computer Tutor</p>	<p>8</p> <p>9:30 Mat Yoga (\$5) 9:45 Game Group 10:00 Creative Writing 11:00 Holiday Pops 1:00 Cinema – E.T. The Extraterrestrial 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor</p>	9
10	<p>6:00 YES Group</p> <p>11</p> <p>9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength &amp; Flex (\$5) 1:00 Hand &amp; Foot 1:00 Music Makers 1:00 Music Appreciation 2:00 Chess Club 3:00 Tai Chi (\$5) 3:15 Computer Tutor 5:30 Board Meeting</p>	<p>12</p> <p>9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 Burlington Mall 10:30 Coffee &amp; Conversation 12:30 Boxwood Trees 1:00 Bridge 1:30 Hand Crafts 3:15 Computer Tutor</p>	<p>13</p> <p>8:00 Mat &amp; Chair Yoga (\$5) 9:30 Genealogy 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong</p>	<p>14</p> <p>9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength &amp; Flex (\$5) 1:00 Low Sodium 1:00 Cribbage 1:30 The Rise of Nationalism in Europe 3:15 Computer Tutor</p>	<p>15</p> <p>9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 10:00 Creative Writing 1:00 The Concord Traveling Players 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor</p>	16
17	<p>18</p> <p>9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:00 Cinema – White Christmas 10:30 Men's Mtg 10:45 Strength &amp; Flex (\$5) 11:15 Lunch Bunch 1:00 Hand &amp; Foot 1:00 Music Makers 1:00 Music Appreciation 2:00 Chess Club 3:00 Tai Chi (\$5) 3:15 Computer Tutor</p>	<p>19</p> <p>9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Caregiver SPTG 10:30 Coffee &amp; Conversation 1:00 Winter Solstice 1:00 Bridge 1:30 Hand Crafts 3:15 Computer Tutor</p>	<p>20</p> <p>8:00 Mat &amp; Chair Yoga (\$5) 10:00 BP Clinic 10:00 Diabetic Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong</p>	<p>21</p> <p>9:30 Aerobics (\$5) 10:45 Strength &amp; Flex (\$5) 1:00 Cribbage 3:15 Computer Tutor</p>	<p>22</p> <p>9:30 Mat Yoga (\$5) 9:45 Game Group 10:00 Creative Writing 1:00 Cinema – A Christmas Story 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor</p>	23
24	<p>25</p> <p><b>HOLIDAY</b></p>	<p>26</p> <p>9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee &amp; Conversation 1:00 Bridge 1:30 Hand Crafts</p>	<p>27</p> <p>8:00 Mat &amp; Chair Yoga (\$5) 9:30 Genealogy 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:15 Mahjong</p>	<p>28</p> <p>9:30 Aerobics (\$5) 10:45 Strength &amp; Flex (\$5) 11:00 A Very Modern British Ghost Story 1:00 Cribbage 3:15 Computer Tutor</p>	<p>29</p> <p>9:30 Mat Yoga (\$5) 11:00 Noon Year's Party 1:00 Cinema – Serendipity 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor</p>	30
						31

## WEDNESDAY LUNCH SCHEDULE

Lunch is served at 12:00 noon at the Harvey Wheeler Community Center in the auditorium. There is a \$2.00 fee for lunch. Please call the COA at (978) 318-3020 to make your reservation. If you have a reservation and find you are unable to attend, please call to let us know you cannot make it. If you fail to make a reservation, you will be asked to wait in the lounge to determine if there is enough room.

December 6 <sup>th</sup> Friends of the Aging Lunch located at Nashawtuc Country Club	December 20 <sup>th</sup> Life Care Center of Nashoba Valley
December 13 <sup>th</sup> Minuteman Senior Services December Birthday Celebration	December 27 <sup>th</sup> Concord Park

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**Please bring small bills to lunch. Though we always try to have change available, we are not always able to break large bills. So collect your ones and save them for Wednesday lunch!**

## VAN SHOPPING TRIPS

The COA is happy to provide a variety of shopping opportunities each month, but it is important that you call for a reservation in advance. You may sign up at any time. To save room, each shopper is limited to five (5) shopping bags. The van driver will help carry your bags if you are unable to do so. Limit seven (7) people on each shopping trip. There is a suggested donation of \$2.00 on all shopping trips.

**Mondays:** 2<sup>nd</sup> Monday - Roche Brothers Plaza or Kmart – Pickups start at 1:00 PM. (Only one trip this month due to holiday)

**Tuesdays:** 1<sup>st</sup> Tuesday – Market Basket, Littleton – Pickups start at 12:00 PM.

**Thursdays:** 1<sup>st</sup> Thursday – Stop & Shop/Powder Mill Plaza – Pickups start at 10:00 AM.

3<sup>rd</sup> Thursday – Market Basket, Littleton – Pickups start at 12:00 PM.

4<sup>th</sup> Monday - Trader Joe's Plaza – Pickups start at 1:00 PM.

**Fridays:** Crosby's Marketplace Plaza and CVS – Pickups start at 12:40 PM.

### Start 2018 out safe!

Why not make it your resolution to get your **File of Life** and **Emergency Services Form** in order for the New Year?

The **File of Life** is a small card with vital information that is kept in a magnetic, easily identifiable red case. It is placed on your refrigerator and emergency personnel know to look for it in your home. We have a supply of forms for the File of Life in the office. Please come by and take one home. We also have smaller ones for your pocket or purse, for when you are out. We request that anyone using COA transportation, or taking a trip with us, have one with you in order to provide for your safety in an emergency.

The Concord Council on Aging and the Concord Police Department encourage all seniors in town to complete a **Resident Emergency Services Form**. This one-page form records identifying information, including phone and address, date of birth, doctor and medication information, and whom to contact in the event of an emergency. These forms are available from the Council on Aging as well as the Concord Police Department, and once complete, they are shared by both town departments for use in the event of an emergency when a senior cannot speak for him or herself. If you would like more information or have any questions, please feel free to contact the Council on Aging at 978-318-3020.

Town of Concord  
Council on Aging  
1276 Main Street  
Concord, MA 01742

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