

SENIOR SPIRIT

NEWSLETTER OF THE CONCORD COUNCIL ON AGING

February 2018

Lions Club Annual Italian Lunch Saturday, February 10th at Noon

The Concord Lions Club is pleased to offer its annual Italian lunch for Concord seniors on Saturday, February 10th at the Harvey Wheeler Community Center. The meal will be served at 12:00 noon. Please plan to attend and join in on the fun and pasta! Limited van service is available. There is no charge for this event, but attendance is limited to 100, you must call to make a reservation.

Brush off those Winter Blues!!

The Big Kahuna's Luau Party and a Full Lunch – Free of Charge!! Friday, February 23rd; 11:45 AM to 1:45 PM



Thanks to a generous donation from Bullock's Nursing Services, we are throwing a party! Join us for a Hawaiian-inspired catered luncheon provided by Buffet Way, followed by Big Smile Entertainment's interactive luau show that will turn the COA into an island paradise! Sing and Dance to the Beach Boys, Jimmy Buffet, Don Ho and all the Hawaiian favorites. Learn the Hula! Become "Kahuna for the day" - wear your Hawaiian shirt and enjoy the food and music. This will be a blast, so don't miss out! Thanks to Bullock's all of this is free of charge to Concord seniors. We expect a large turnout, so please call to save a seat to avoid disappointment.

Do You Have Treasures in your Attic?

Antiques Appraisal by Peter Yvanovich, SPA Thursday, March 1st from 1:00 PM to 3:30 PM

Step right up and let our expert treat you to a true antiques road show experience! Bring your china, paintings, figurines and even small furniture to find out what they're worth. Peter will appraise as many items as time allows. Each guest may bring one item to be appraised - please do not bring jewelry, coins, stamps or firearms. Even if you don't bring an item, come and take home tips on what makes something valuable, what's hot in today's market, and how to sell, donate, or bequeath your antiques. Light refreshments will be served. Thanks to funds generated from the Harvey Wheeler gift shop, there is no charge for this event. Reservations are required.



Boston Symphony Orchestra Open Rehearsal with Andris Nelsons and Yo-Yo Ma Including Lunch at Pizzeria Uno, Boston

Thursday, March 29th; Leaving CareOne at Concord at 8:30 AM; Returning by 4:00 PM

Join the COA for a BSO Open Rehearsal at Symphony Hall on Thursday, March 29th. Maestro Andris Nelsons opens this concert with Mozart's brief Symphony No. 23, written in 1773 when Mozart was just 17. Nelsons then leads the American premiere of a new work from esteemed German composer Jörg Widmann. To conclude the program, cellist Yo-Yo Ma and BSO principal violist Steven Ansell are spotlighted in Richard Strauss's *Don Quixote*. Following the performance, we will walk to Pizzeria Uno for pizza, salad and soft drinks. The bus will leave CareOne at Concord at 8:30 AM and return to Concord by 4:00 PM. The cost of the entire trip including transportation, symphony, lunch, and gratuities is \$65. Payment is due at the time of reservation. Please make your check for \$65 payable to the Town of Concord. Sorry, there will be no refunds. Those attending must be able to exit Symphony Hall, cross the street at the crosswalk, and walk about 100 yards to the restaurant. Reservations will be taken through Wednesday, February 28th. Please call to reserve!

The Council on Aging will be closed on Monday, February 19th to observe the holiday. There will be no programs or van service on this day.

Harvey Wheeler Treasure Chest Gift Shop

During the month of February, the gift shop will feature Valentines gifts and Asian inspired specialty items to honor the Chinese New Year. If you need a gift for that special someone, there is no better place in town to find that perfect unusual gift. Thanks to everyone who has donated their new or gently used items to the Gift Shop. Please spread the word that we continue to need donations! All proceeds are used to fund programs here at the Concord COA. The February silent auction item is a beautiful set of 8 silver plated napkin rings from Shreve Crump & Low Inc. valued at \$90. Bids start at \$50 and the drawing will take place on Wednesday, February 28th.

*Thank
You*

The Concord COA is truly appreciative of the dedication and effort of all the wonderful volunteers at the Harvey Wheeler Treasure Chest Gift shop. The funds generated by the Gift Shop in the last quarter of 2017 were used to present the following shows and programs: The JFK Lecture Series by Gary Hylander, Clutter Control by Dave Downes, Halloween Ghost Stories Read by Stephen Collins, The Veterans Day Breakfast, the Winter Solstice Celebration with Roger Tinknell, and The Noon Year's Eve Party with Lisa Ives. Each event was well attended and much enjoyed by Concord seniors. Thank You!!

Art Space

Please come in and continue to enjoy the work of Margaret Mary Alvarez de Toledo, M A Bramhall, John Langan, Acey Welch, and Barbara Wheeler. From January 12th to February 23rd, artists involved in the Art Space Art Committee are displaying a collection of their own work, a beautiful array of color in a number of mediums. Come and admire the work of these local artists.

In late-February we will be featuring the work of Barbara Newell Jones. Barbara's work is inspired by nature, born of her love for the outdoors. She paints both landscapes and the sea, it is the patterns and the colors of the subjects that she finds truly inspiring.

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, smart 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.

Happening Around the Area

Free Open Gym Walk: Don't let the cold weather keep you from walking! Get out of the cold and get your steps in. Through March 16th Concord Recreation will offer gym time for walkers on **Mondays and Fridays from 2:30 PM to 3:30 PM in the Hunt Gym**. Why not invite some friends and start a walking group! This is a free program, but sign-in at the front desk at Hunt and proper footwear is required.



The Concord Players Present: You Can't Take it With You – Alice Sycamore falls for prominent banker's son Tony Kirby. At a dinner party intended as an opportunity for the families to give their blessing, Alice will find out if her peculiar extended family is too eccentric for her snooty prospective in-laws.
Senior Open Rehearsal, Thursday, February 8th at 8:00 PM – 51 Walden St., Concord – Tickets \$5 at the door.

Welcome our New Van Driver Michael Scott

Our newest van driver Michael Scott is originally from Portsmouth, NH and now lives in Groton, MA. Retired from the financial services industry he has discovered great satisfaction helping the aging senior population any way he can. Michael enjoys communicating with riders, so feel free to chat with him at any time.

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.

**Concord Free Public Library
"Direct To You" Delivery**

The Concord Public Library maintains a special delivery service for Concord residents with permanent or temporary limitations preventing them from getting to the library on their own. The library will deliver books, audio-books, music CDs, and DVDs to you according to your individual request. A librarian or library volunteer is paired up with you to provide an individual contact. Your contact person will deliver your materials on an agreed upon day and time. For more information or to sign up for this special service, please contact the library directly at 978-318-3301.

Low Vision Support Group

The COA would like to thank Nancy Francini for her time as the Low Vision Support Group's facilitator. She has decided to hand over the role to Jini McCoubrey for 2018. The next meeting will be Wednesday, March 28th at 1:00 PM. Check out in the March newsletter for more details.

HEALTH & WELLNESS

Listen and Learn:



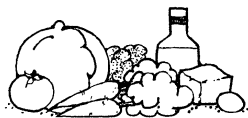
How to Talk to Your Doctor to Get What You Need Thursday, February 1st at 1:00 PM

With ever shorter appointment times, we need to make the most of our doctors' appointments! Dr. Edward Kamens, Medical Director of Life Care Center of Nashoba Valley, will give us suggestions for making sure your questions get answered at your doctor visit, including organizing your thoughts, allowing enough time, and who/what to bring with you. Please call us to reserve your spot.



Let's Talk Teeth: Senior Dental Care Friday, February 16th, 11:00 AM to 12:30 PM

As we grow older, certain health concerns should earn our full attention, especially the importance of good oral health. Come meet Dr. Padma of North Acton Dental and learn about how our dental care needs change as we age. She will address denture care, help for dry mouth, implant decisions, as well as other dental concerns for seniors. Please call to sign up.



Nutritious Cooking for One Tuesday, March 6th at 1:00 PM

Join Linda Sans, Registered Dietician, as she shows us how to shop and cook for one while minimizing waste and achieving a healthy diet. Enjoy a tasty snack as a result. There is no charge for this class, but please call to reserve a spot.

Blood Pressure Screening

Wednesdays, February 7th, 14th, 21st, 28th
10:00 AM to 12:00 PM
No appointment necessary.

Diabetic Clinic

Wednesday, February 21st
10:00 AM to 12:00 PM
No appointment necessary.

Ask the Pharmacist with Diane Briner RPh

of West Concord Pharmacy
Wednesday, February 7th
10:30 AM to 11:30 AM
No appointment necessary

Podiatry Clinic

Dr. Ayleen Gregorian

Monday, February 5th
8:30 AM to 2:30 PM

Dr. Russell Hamilton

Wednesday, April 4th
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 new fee is \$35. Please call the office to sign up for the podiatry clinics. Sign-ups are being taken for both of these dates.

Do You Know the Signs of Cervical Cancer?

Thankfully deaths from cervical cancer have been declining in the United States since the Pap test was introduced in the 1940s. However, as with all forms of cancer early diagnosis is key, and 15% of women who develop the disease are over the age of 65. Not all the signs of cervical cancer are obvious. That is why you should let your doctor know if you have noticed any of the following signs. Changes to bowel movements that last more than a couple of days or worsen should be reported. If you feel tired all of the time, without a reasonable explanation for your fatigue, it could be a sign of a problem. Pelvic pains, unusual cramping or pain around the cervix that continues to worsen can be a sign of something serious. Pain during intercourse or unusual discharge should be checked out by a doctor. Any abnormal bleeding after menopause can be a sign of the presence of cancer cells.

It is important to keep in mind that with a partial hysterectomy, part of the cervix is left intact, so while it is unlikely, it is still possible for there to be a cervical cancer occurrence after a hysterectomy. Be sure to have regular Pap tests and to report any symptoms to your doctor right away.

OUTREACH/SOCIAL SERVICES

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

Caregivers' Support Group

Tuesday, February 20th 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, February 20th at 10:30 AM. Please call Sally at 978-318-3012 with any questions.

Beware of this "Tax Time" Scam!

We have been hearing reports of seniors who believe they are being called by the Internal Revenue Service. The IRS never calls demanding payment and it does not leave messages informing you that you will be arrested. This is a scam – if you receive one of these phone calls hang up! The IRS does not send emails demanding payment; do not go to any websites that appear in emails of that nature. If in doubt, feel free to call the Concord Police Department at 978-318-3400 to discuss your concerns.

Tax Preparation Assistance

Volunteers certified under the AARP Foundation Tax Aide program will be at the COA on Tuesdays and Fridays during the months of February and March to help you prepare your Federal and Massachusetts personal income tax returns or to answer your tax questions. Seniors can meet with tax counselors for an hour and a half session. This free service can answer most of the tax issues faced by low and middle income taxpayers, with special attention to those over age 60. The tax counselors will be holding office hours beginning Tuesday, February 13th.

Circuit Breaker Tax Credit

It's tax time again! So that means it's also time to file a claim for the Circuit Breaker Tax Credit. Adults 65 and older are eligible to receive this tax credit when their property taxes and half their water/sewer bills total more than 10% of their income. If you rent, you may get a tax credit if your rent is more than 25% of your income. All it takes is completing a simple, one-page form! Speak to your tax preparer or call the COA for more information.

Fuel Assistance Program

The South Middlesex Opportunity Council (SMOC) will continue to process new applications for their Fuel Assistance Program through the winter months. This program provides financial assistance to low income households. The COA is an intake site, and we will be happy to help you to complete your application. Please call the COA to express interest and request an application packet.



Veterans' Services Appointments

Veterans or surviving spouses needing assistance with veteran benefits or resources should contact Veterans' Service Officer Dick Krug at 978-318-3038 or email dkrug@concordma.gov to schedule an appointment.

COA CINEMA

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

In the spirit of Valentine's Day, please join us for a romantic movie on Friday afternoons in February 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.

February 2nd – *Sleepless in Seattle* – Fate and a tenacious 8-year-old boy conspire to unite widower Sam Baldwin and unhappily engaged journalist Annie Reed in this Oscar-nominated romantic comedy inspired by the 1957 classic *An Affair to Remember*. Cast: Meg Ryan, Tom Hanks, Rob Reiner, and more. (1993; Comedy; 1 hr, 45 mins; Rated PG)

February 9th – *The Princess Bride* – Blending comedy, adventure and fantasy, this classic follows peasant farmhand Westley as he battles three bumbling outlaws and a nefarious prince to win the hand of Buttercup, his one true love. Cast: Cary Elwes, Mandy Patinkin, Robin Wright. (1987; Fantasy; 1 hr, 38 mins; PG) \

February 16th – *Chocolat* – A single mother and her young daughter move into a peaceful French village and open a chocolate shop during the height of Lent. At first, the shop's rich, sensuous desserts scandalize the town. But the villagers soon learn to savor the sweetness. Cast: Juliette Binoche, Lena Olin, Johnny Depp, and more. (2000; Romantic Comedy; 2 hrs, 1 min; PG-13)

February 23rd – *Beauty and the Beast* – In this live action version of the Disney - adapted animated feature, young Belle yearns to escape her ordinary existence -- and her village's boorish suitors -- until she becomes imprisoned in the castle of a monstrous prince. Cast: Emma Watson, Dan Steven, Luke Evans, and more. (2017; Fantasy, Romance; 2 hrs, 9 mins; PG)

March 2nd – *The Promise* – This epic romantic drama, based on true events, takes place in an era of history that is largely unknown to most people. As the Ottoman Empire is waning and Constantinople stands on the brink of WWI, a love triangle develops among an American journalist, a doctor-to-be, and a beautiful American artist. Cast: Oscar Isaac, Charlotte LeBon, Christian Bale, and more. (2017; Drama; 2 hrs, 13 mins; PG-13)

Monthly History Lecture

American Imperialism and the Spanish American War 1890-1905

Thursday, February 8th from 1:30 PM to 3:30 PM

In this month's lecture, John Gardella talks about America's attempt to catch up with Europe's imperialism around the world, and the significance of the Spanish American War in this effort. This series is presented free of charge. It is very popular, so please be sure to call to reserve your seat.

DVD Lecture Series - *Lost and Found*

Tuesdays, February 6th, 13th, 20th, 27th, March 6th, 13th, 20th, 27th, April 3rd, 10th, 17th

From 2:00 PM to 3:30 PM

Over the centuries art masterpieces have been lost and some have been found. In February we will explore the missing *Wounded Table* Painting by Frida Kahlo. Then we will watch the *Rape of Europa*, the story of Nazi Germany's plundering of Europe's great works of art during World War II, followed by *The Monuments Men*, the story of the US unit that was formed to find the artwork and return it to its owners. This DVD series free of charge, and is presented and facilitated by Janice and Douglas Muir. Please call to sign up to save your seat!

Genealogy Workshop & Research Methods
Wednesdays, February 7th and 21st from 9:30 AM to 11:30 AM

Laurence Overmire said "History remembers only the celebrated, genealogy remembers them all." Stop by and begin or continue to compile your family history, or write stories for future generations to enjoy! Both classes will run from 9:30 AM until 11:30 AM. Please be sure to call to sign up and bring your own laptop, if possible.

Acrylic Painting

Thursdays, February 1st, 8th, and 15th from 10:00 AM to 12:00 PM



Join Linda Malone as she offers classes for beginner and intermediate artists. All materials will be provided by the instructor. Drop in classes are \$30 per class, or \$138 for any 6 classes in this ongoing series. Join any time. Please note that there will be no class February 22nd or March 1st, and classes will resume on March 8th. Please call the COA to sign up.

Creative Writing Class

Fridays, February 2nd, 9th, 16th, and 23rd from 10:00 AM to 12:00 PM

It's not too late to join Kristin Cooley for her second semester of creative writing classes. Start fresh or build on what you learned last year. With assignments appropriate for both novice writers and those who have attended the class before, Kristin will help enhance your creative writing skills. As the classes progress, your writing will become more fluid, your descriptions more vivid, and your stories more complex. Participants can bring their laptops or tablets, or hand-write their works. Get your creative juices flowing! Each class is \$10, paid directly to Kristin. Please call the COA to sign up.

Quilting

Tuesdays at 9:30 AM



Have you started a quilt, but are not sure which boarder would finish it off just right? Do you love fabric, but need inspiration for your next project? Well, why not join a group of experienced quilters and find your inspiration! This group of quilting enthusiasts meets every Tuesday to share ideas and work on their individual projects. No quilting experience necessary, just keep calm and quilt on. Please call the COA to sign up.

Hand Crafts

Tuesdays at 1:00 PM

This group is an informal opportunity to get together and work on individual projects in the company of your friends. Come and enjoy casual conversation to the sound of clicking knitting needles! Whether it's knitting, croquet, hand sewing or paper crafts you enjoy, all are welcome!



International Current Events

Wednesdays, February 2nd, 9th, 16th, and 23rd from 1:00 PM to 3:00 PM

The International Current Events group, facilitated by Barbara Howell, will be basing the next several week's discussions on the 8 week 'Great Discussions' course materials put out by the Foreign Policy Association. There is a workbook associated with this program that can be purchased ahead of class, please call the COA for more details. This group has a broad spectrum of views and all viewpoints are welcome. Come join the discussion!

Music Makers

Mondays at 1:00 PM

Music Makers is a fun group of music enthusiasts that get together to sing all the old favorites. They are looking for new members to join them. If you are interested please call the COA for more information.

Book Discussion Group

Tuesday, February 20th at 9:15 AM



Come join the COA book discussion group, led by Phyllis DiMarzio, the third Tuesday of every month at 9:15 AM. For the month of February, the book will be "Glass Houses" by Louise Penny. The group is open to everyone and new members are always welcome.

Evolution of American Popular Music
Taught by Ron Bernard
Mondays, February 5th, 12th, 26th; and March 5th
1:00 PM to 3:00 PM

During the years 1945 through 1956, popular music in the United States experienced a radical change. In general, the music of 1945 was characterized by sophisticated arrangements incorporating a variety of instruments with a crooning vocalist, all following a written score. The guitar, if used at all, served only to add a subtle element to the rhythm section. By 1956, the musical style we know as Rock and Roll had emerged. The major topics to be discussed in this class include: Billboard Magazine - a brief history and its influence on the listening public, a history of The Blues, the rise of the independent record labels, celebrity disk jockeys, and emergence of the electric guitar. Join Concord resident Ron Bernard as we listen to samples of period music, comparing songs from the Billboard's Popular Music Chart to those on the Billboard Rhythm & Blues Chart and the Country & Western chart. This class is offered free of charge. Please call the COA to reserve your seat.

Music Appreciation

Understanding Modernism: Beethoven and the *Avant-Garde*
Mondays, March 12th through May 21st at 1:00 PM (There will be no class April 16th)

Join Concord Conservatory of Music faculty member, concert pianist, and composer Keith Kirchoff as he offers his seventeenth series of classes here at the Concord COA. During this upcoming session, Keith will be exploring the concept of "modernism," and how that term has changed and evolved over the centuries. Of particular focus will be the music of Beethoven and how his radical ideas impacted and influenced generations of composers after him. With music spanning from 1500 to present day, the class will draw on an exploration of visual and cinematic art (as well as a variety of musical genres) to help illustrate modernist concepts. Whether you are an active concertgoer, study an instrument, or just enjoy listening, these ten 90-minute classes are a wonderful way to increase your joy of music and expand your musical knowledge. Classes will meet on Mondays from 1:00 PM to 2:30 PM at the Concord COA. Everyone is welcome, and no musical background is required. Your check for \$135, payable to the Concord Conservatory of Music, is due at the first class. Be sure to call the COA to let us know you plan to attend *even if you register at the Conservatory as well.*

ART MATTERS

Three Part Series on American Art
Thursdays, February 15th, March 22nd, and April 26th from 2:00 PM to 3:00 PM

Art Matters returns to the Concord COA with a three part series on American Art. In February, American Art Part I focuses on the period between 1776 and 1900. The United States was not founded by schooled artists, but by people seeking freedom and adventure. Early American artists had their roots firmly planted in European traditions, but they explored their own frontiers and evolved their own unique flavor, forged in the struggles of the birth of a nation. Art Matters displays oversized copies of paintings in a salon style to encourage comparison, discussion and reflection. The large prints can be viewed up close and personally. All of the images are arranged and displayed together so they can be enjoyed and compared for the entire length of the presentation. The reproductions can also be held by individuals who may have some vision impairment. This series is presented free of charge thanks to proceeds from the Harvey Wheeler Gift Shop. Please call now to reserve your seat!

Create a Paperclay Hummingbird Window Charm with Betsi Mandrioli
Tuesday, February 22nd from 1:00 PM to 3:30 PM



Betsi Mandrioli returns to the COA for this 2½ hour class in Paperclay, on February 22nd starting at 1:00 PM. Betsi will show you how to craft a Hummingbird 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 by check directly to Betsi Mandrioli. The class is perfect for beginners and a great way to try or continue 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!

Lunch Bunch to Trail's End, Concord Center
Tuesday, February 27th at 11:45 AM

Join the COA's Lunch Bunch for lunch at Trail's End on Lowell Street, Concord on Tuesday, February 27th. Now offering table service, this restaurant is a favorite of our seniors! It offers delicious entrees, salads, sandwiches and house baked goods served in a friendly atmosphere. We will meet at the restaurant around 11:40 AM for our 11:45 AM reservation. If you need transportation please call the COA office and request drop-off and pick-up by the van for a fee of \$1 each way. Please call the COA office to reserve your place!

YES Group to Il Forno, Littleton
Sunday, February 11th at 5:30 PM

Join the YES Group at Il Forno on Sunday, February 11th at 5:30 PM. The restaurant is located at 529 King St. in Littleton. Il Forno is one of Littleton's newest restaurants – but two other of their locations in the area have offered great food for over 20 years. They use only the freshest quality ingredients. The kitchen features a wood-fired brick oven and offers an assortment of delicious specialties. 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.

Nashoba Brook School Lunchtime Performance
Wednesday, February 28th at 11:30 AM

The 5th graders and kindergarteners, from Nashoba Brook School will be here February 28th for a short pre-lunch performance. Plan to arrive a bit early that Wednesday for this delightful program, as the children will begin their performance at approximately 11:30 AM.

SAVE THE DATE!

Charlie Card Event at the Concord COA
Tuesday, April 3rd from 1:00 PM to 3:00 PM

If you are age 65 or older, you qualify for an MBTA reduced fare Charlie Card ID which can reduce your fare up to 50% on the commuter rail, trains and buses. The Concord Council on Aging will hold an MBTA Senior Citizen Charlie Card Pass Event on Tuesday, April 3rd. Watch for more information in the March Senior Spirit! Call starting February 1st to register.

Ask A Lawyer
Thursday, February 22nd from 9:00 AM to 12:00 PM

In this program, local attorneys volunteer their time to answer your individual legal questions during a complimentary 30-minute consultation. This month, appointments will be available Thursday, February 22nd from 9:00 AM to 12:00 PM. We ask that you only take advantage of this offer once a year so that many can benefit. Please call the COA to make an appointment.

FEBRUARY COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 How to talk to your Doctor 1:00 Cribbage 3:15 Computer Tutor	2 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 10:00 Creative Writing 1:00 Cinema – Sleepless in Seattle 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	3
4	5 8:30 Podiatry 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Hand & Foot 1:00 Music Makers 1:00 Evolution of Popular Music 2:00 Chess Club 3:00 Tai Chi (\$5) 3:15 Computer Tutor 5:30 Board Mtg	6 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee & Conversation 1:00 Bridge 1:00 Hand Crafts 2:00 DVD series – Lost & Found 3:15 Computer Tutor	7 8:00 Mat & Chair Yoga (\$5) 9:30 Genealogy 10:00 BP Clinic 10:30 Ask a Pharmacist 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong	8 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:30 American Imperialism 3:15 Computer Tutor	9 9:30 Mat Yoga (\$5) 9:45 Games Group 10:00 Creative Writing 1:00 Cinema – The Princess Bride 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	10 12:00 Lions Spaghetti Lunch
11 5:30 YES Group	12 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Hand & Foot 1:00 Music Makers 1:00 Evolution of Popular Music 2:00 Chess Club 3:00 Tai Chi (\$5)	13 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee & Conversation 1:00 Bridge 1:00 Hand Crafts 2:00 DVD series – Lost & Found 3:15 Computer Tutor	14 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong	15 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 2:00 Art Matters 3:15 Computer Tutor	16 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 10:00 Creative Writing 11:00 Dental Care 1:00 Cinema – Chocolat 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	17
18	19 COA CLOSED	20 9:15 Chair Yoga (\$5) 9:15 Book Group 9:30 Quilting 10:30 Coffee & Conversation 10:30 Caregiver SPTG 1:00 Bridge 1:00 Hand Crafts 2:00 DVD series – Lost & Found	21 8:00 Mat & Chair Yoga (\$5) 9:30 Genealogy 10:00 BP Clinic 10:00 Diabetic Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong	22 9:00 Ask a Lawyer 9:30 Facebook 9:30 Aerobics (\$5) 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:00 Hummingbird Craft 3:15 Computer Tutor	23 9:30 Mat Yoga (\$5) 9:45 Games Group 10:00 Creative Writing 11:45 Luau 1:00 Cinema – Beauty & the Beast 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	24
25	26 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Hand & Foot 1:00 Music Makers 1:00 Evolution of Popular Music 2:00 Chess Club 3:00 Tai Chi (\$5) 3:15 Computer Tutor	27 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee & Conversation 11:45 Lunch Bunch 1:00 Bridge 1:00 Hand Crafts 2:00 DVD series – Lost & Found 3:15 Computer Tutor	28 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 11:30 Nashoba Brook 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong	Please call the COA starting Thursday, February 1 st to sign up. Fitness Classes: All fitness class fees are payable to the instructor.		

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.

February 7th Minuteman Senior Services
February Birthday Celebration

February 21st The Commons

February 14th Thoreau School

February 28th Nashoba Brook Performance
Life Care of Nashoba Valley

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: 2nd & 4th Monday - Roche Brothers Plaza or Kmart – Pickups start at 1:00 PM.

Tuesdays: 1st Tuesday – Stop & Shop/Powder Mill Plaza, Acton – Pickups start at 12:30 PM.

Thursdays: 1st & 3rd Thursday – Market Basket, Littleton - Pickups start at 12:00 PM.

4th Thursday - Trader Joe's Plaza – Pickups start at 1:00 PM.

Fridays: Crosby's Marketplace Plaza and CVS – Pickups start at 12:00 PM.

Be Prepared for Winter!

It is important to keep an emergency supply kit that is properly stocked with enough supplies to survive on your own for at least three to five days. Suggested contents include a flashlight, a portable radio or weather radio with extra batteries, charged cell phone, first-aid kit, essential prescription medicines, non-perishable food, manual can opener, water (one gallon per person/per day), extra blankets and sleeping bags. Develop an emergency communication plan in case family members are separated from one another during a winter storm. Ask an out-of-state relative or friend to serve as the family contact, and make sure everyone knows the name, address and telephone number of this contact person. These steps can help assure everyone's safety and minimize the stress associated with emergencies.

What is a Lockbox and Do I Need One?

A lockbox is a small, metal locked box that can be attached to your home, near your front or side door. Your house key is kept locked inside and is accessible only to the Concord Fire Department during an emergency. Should the Fire Department need to enter your home and find your door locked, they are able to access the lockbox and use the key inside to open your door, preventing possible damage to your home. Lockboxes are offered free of charge and installed by a COA volunteer. Donations accepted. If you have questions, would like more information, or would like to schedule a time to have a lockbox attached to your home, please call the COA at 978-318-3020.

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

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