

SENIOR SPIRIT

NEWSLETTER OF THE CONCORD COUNCIL ON AGING

March 2018



Ramblin' Richard Presents: "We're All Irish"
Friday, March 16th at 1:00 PM

Get in the mood for St. Patrick's Day with an Irish show from Ramblin' Richard Kruppa. His show, "*We're all Irish*," is filled with beloved traditional Irish folk songs and stories from and about Ireland. These are songs and stories that you'll love to hear and remember fondly. Richard plays the guitar, banjo, and ukulele. Wear your green and come along for a special treat! Refreshments will be served. There is no charge for this event, thanks to the funds raised by the Harvey Wheeler Treasure Chest Gift Shop. Reservations are required. Please call the COA office to reserve your place.

St. Patrick's Day Lunch
Saturday, March 17th at 12:00 Noon

The Concord-Carlisle Senior High School Class of 2018 cordially invites all senior citizens in Concord and Carlisle to the annual St. Patrick's Day Luncheon on Saturday, March 17th at the Concord-Carlisle High School. Doors open at 11:30 AM, lunch will be served at 12:00 noon. Guests will enjoy a traditional dinner of corned beef and cabbage, potatoes and carrots. Irish soda bread and a plate of sweets for each table will round out the meal. There is no charge for this event, and the COA van will be available on a first-come, first-served basis for those who need it. Please call the COA by Monday, March 12th, to sign up for this annual event, and be sure to let us know if you need a ride to the high school. Come enjoy great food with friends old and new!

Senior CharlieCard 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 CharlieCard ID that can reduce your fare up to 50% on the commuter rail, subway, and buses. Come to the Concord COA's Senior CharlieCard Event on Tuesday, April 3rd to apply for yours. Just bring a valid driver's license, Mass RMV-issued ID, or passport with you. You will fill out a registration form and have your picture taken, and we will take care of the rest. The MBTA will send you your new CharlieCard in about 4 weeks. This event is for initial cards only, not for replacements. Reservations are required. Please call the COA office at 978-318-3020 to reserve your spot.

6th Annual Concord COA Afternoon Tea Party
Thursday, April 5th at 2:00 PM

You are cordially invited to attend our Annual COA Afternoon Tea Party! We will again be bringing out the china tea cups for this special event. Please join us for tea on Thursday, April 5th at 2:00 PM. There will be soft strings playing in the background as you sip your tea, nibble tea sandwiches and sweets, and enjoy the company of friends. As always, it will be a very refined affair! The Tea Party is made possible by funds raised by the Harvey's Treasure Chest Gift Shop, and is offered free of charge. This is a very popular event, and we expect a full house, so please call the COA to reserve your spot!



Transportation to Town Election

The COA will be making van transportation available to the polls for the Town Election on Tuesday, March 27th. Please call the COA by Friday, March 23rd to make reservations for the van. There are limited seats available and reservations are taken on a first come, first served basis.

Harvey Wheeler Treasure Chest Gift Shop

The Harvey Wheeler Treasure Chest Gift Shop will be featuring St. Patrick's Day and early Easter items this month. The silent auction item for March will be carefully selected after a consultation with the antiques appraiser on the 1st of March. Pass by the gift shop often as new items are displayed throughout the week.



Please remember as you start your spring cleaning, that we would welcome any new or slightly used treasures that you no longer need. All proceeds from the gift shop come back to the COA to support the activities offered to Concord seniors.

Art Space

Come admire the gallery walls of the Harvey Wheeler Community Center. Everything from photography, watercolor, acrylics and needlepoint has graced the walls of our Art Space. Throughout the year the Art Committee carefully selects local artists to display their work. You have until April 6th to enjoy 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.

New Class!!!! – Hand Embroidery Thursdays, starting March 15th at 1:00 PM

Join an experienced teacher to learn the techniques of hand embroidery. Add color and interest to a simple pillow case, or table cloth, add detail to a T-shirt or make a special baby gift adding an original design to an onesie. Whether you are a beginner, wanting to learn the basics or looking to improve your skills, this class will give you the opportunity to learn something new. There is a \$10 fee per class paid directly to the teacher, plus an initial \$5 fee for materials.

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

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. Join this group of curious genealogists, new members are always welcome.

Book Discussion Group Tuesday, March 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 March, the book will be "Long Way Home" by Saroo Brierly. The group is open to everyone and new members are always welcome.



Low Vision Support Group Wednesday, March 28th at 1:00 PM

The Low Vision Support Group, facilitated by Jini McCoubrey, meets the last Wednesday of each month. The next meeting will be Wednesday, March 28th at 1:00 PM. For additional information please call the COA. All seniors with vision limitations are welcome!

Circuit Breaker Tax Credit

It is 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 ask the COA for details.

Tax Preparation Assistance

Volunteers certified under the AARP Foundation Tax Aide program will be at the COA on Tuesdays and Fridays during the month of March to help you prepare your Federal and Massachusetts personal income tax returns or to answer your tax questions in a 90-minute 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. Please call the COA to schedule your confidential appointment now.

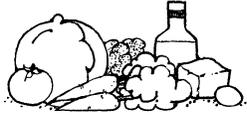
Ask A Lawyer**Thursday, March 29th**

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, March 29th 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.

Do You Have Your COA Key Tag?

The COA uses a key tag system (similar to those used in grocery stores) to manage our attendance records at the various COA events using a computer touch screen. You scan your tag, your name pops up, you touch those activities you are planning to attend that day, press "Done" and you are all checked in! It is a simple process, but the records it produces are vitally important to us. If you have not yet registered and received your key tag, please stop at the office, it only takes a minute or two.

HEALTH & WELLNESS



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.

Water and Hydration **Tuesday, March 13th at 1:00 PM**

Regardless of whether it's hot or cold, keeping hydrated helps to regulate body temperature. Join Denise Mercury, the Registered Dietitian Nutritionist from Minuteman Senior Services, for a talk on water intake and hydration. She will explain the importance of hydration and the risks of not drinking enough. She will share tips on ways to drink more water and teach us how you to measure and track your daily water intake. There is no charge for this presentation and refreshments will be provided. Please call the COA to sign up.

The Dementia Experience **Thursday, March 29th from 1:00 to 3:00 PM**

Join Maryellen King from Concord Park for a workshop about dementia. The Dementia Experience uses sensory modifications and role playing activities to depict real situations that a person living with mild cognitive impairment or dementia would face. The goals of the program are to create empathy for those who live with dementia, and to enhance understanding of the challenges. Maryellen will review what dementia is, what the causes are, how to recognize it, and who to call for information. Refreshments will be provided by Concord Park. Please call the COA to sign up.

Blood Pressure Screening

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

Diabetic Clinic

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

Ask the Pharmacist with
Diane Briner RPh
of West Concord Pharmacy
Wednesday, March 28th
10:30 AM to 11:30 AM
No appointment necessary

Podiatry Clinic

Dr. Ayleen Gregorian
Monday, March 12th
8:30 AM to 2:30 PM

Dr. Russell Hamilton
Wednesday, April 4th
8:30 AM to 12:00 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 \$35. Please call the office to sign up for the podiatry clinics. Sign-ups are being taken for both of these dates.

A Moment to Savor

We might all find a greater source of happiness and well-being if we took time to appreciate the small occasions in our lives as well as the more momentous ones. Savoring is something we normally associate with food, but it is in fact a far wider sensory appreciation. Studies at the Loyola University in Chicago have found that savoring can have a number of psychological benefits, including developing stronger personal relationships and enhanced problem-solving skills, as well as increased positive emotions and improved mental well-being. Here are four ways we can savor an experience:

- 1) Anticipation - Whether it be looking forward to that first cup of coffee in the morning, or a holiday you have been planning, the anticipation of an event plays a significant part in the pleasure that you'll derive from it.
- 2) Appreciation – There is source of wonder and awe all around us if we open our eyes to it. Savoring the good or the beautiful as it happens employs mindfulness, giving us joy just by being aware of the present.
- 3) Reminiscing – Picturing yourself in a past positive situation can bring solace and comfort, and all it takes is recollection.
- 4) Sharing – Reminiscing about an experience with another person can increase the positive emotions you both feel. Passing on and celebrating good news, whether it's yours or someone else's, is good for your well-being.

OUTREACH/SOCIAL SERVICES

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

Caregivers' Support Group

Tuesday, March 20th from 10:30 AM to Noon

Our monthly Caregivers' Support Group is open for those caring for loved ones with Alzheimer's or related dementias. The group is facilitated by COA Social Services Coordinator Sally Lopez. This month the group will be meeting on Tuesday, March 20th at 10:30 AM. Please call Sally at 978-318-3012 with any questions.

Powerful Tools for Caregivers

Starting in April at 6:00 PM – Start date TBD

The Council on Aging, in partnership with Minuteman Senior Services, is looking forward to offering a 6 week series of evening classes for caregivers. This course is suitable for anyone who finds themselves in the role of caregiver and is not diagnosis specific. Whether you are caring for a spouse or an elderly parent, if you live with them or far away, if you are needed every day or only in moments of crisis, this course can be helpful to you. Powerful Tools for Caregivers is designed to provide tools and strategies to better handle the unique challenges faced by family caregivers. Topics covered include self-care, management of emotions, self-efficacy and use of community resources. Class participants will receive a copy of The Caregiver Helpbook, developed specifically for the class. This program is offered free of charge thanks to support from the Cummings Foundation and the Concord-Carlisle Community Chest. The class requires a minimum of 8 participants to go ahead. Please call the COA to express your interest. Look out for more information in our April newsletter.

Fuel Assistance Program

There is still time to apply! The South Middlesex Opportunity Council (SMOC) will continue to process new applications for its Fuel Assistance Program through the winter months. This program provides financial assistance for heat 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 Council on Aging for more information or to request an application packet.

MEDICAL EQUIPMENT LOAN

The COA would like to remind you that we have a diverse quantity of medical equipment to loan free of charge on a first come first served basis such as walkers, raised toilet seats, shower chairs, commodes, wheelchairs, tub transfer benches as well as other items. If you have a need for any of these items, it is not necessary to go out and purchase these things; we would be happy to loan them to you for as long as you need them. Please call the COA office to make the necessary arrangements before coming in. We ask only that items be returned properly cleaned, so that they are ready for the next person to use.



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)

This month we view some popular films from 2017. 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. Please join us!

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)

March 9th – *Megan Leavey* – In this affecting true-life drama, U.S. Marine Megan Leavey and her bomb-sniffing dog build a bond of trust and loyalty that sees them through more than 100 missions during the Iraq War -- until an improvised explosive device injures them both. Cast: Kate Mara, Ramon Rodriguez, Tom Felton, and more. (2017; Drama Based on Real Life; 1 hr, 56 mins; Rated PG-13)

March 16th – *Victoria and Abdul** – In this historical drama, young Indian clerk Abdul Karim journeys to Britain to participate in Queen Victoria's Golden Jubilee. In the process he unexpectedly forms a deep friendship with the queen, and the two forge an unlikely and devoted loyalty to one another. Cast: Judi Dench, Ali Fazal. (2017; Drama based on real life/biography; 1 hr, 59 mins; Rated PG-13) ***There will be a repeat showing of this movie on Monday, March 19th at 10:00 AM**

March 23rd – *Wonder* – Entering fifth grade will be momentous for Auggie. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face. Cast: Julia Roberts, Owen Wilson, Jacob Tremblay. (2017; Drama; 1 hr, 53 mins; Rated PG)

March 30th – *Dunkirk* – This historical drama chronicles the epic battle to evacuate more than 300,000 Allied soldiers who find themselves trapped on the beaches of Northern France during the 1940 invasion by Adolf Hitler's Nazi forces. Cast: Fionn Whitehead, Tom Glynn-Carney, Jack Lowden, and more. (2017; Historical Drama; 1 hr, 47 mins; Rated PG-13)

April 6th – *Going in Style* – Cheated out of their pensions, three retirees decide to rob a bank and flee to Las Vegas... until a dogged FBI agent picks up their trail. Cast: Morgan Freeman, Michael Caine, Alan Arkin. (2017, Comedy; 1 hr, 38 mins; Rated PG-13)

Monthly History Lecture***The Progressive Movement in America: T. Roosevelt, Taft and Wilson 1897-1920***

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

In this month's lecture, John Gardella looks at the progressive movement in America. Rapid industrialization and urbanization created many problems for Americans, and the first three 20th century presidents attempt reforms. This series is presented free of charge. It is very popular, so please be sure to call ahead to reserve your seat!

DVD Discussion Series - *Lost and Found*

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

From 2:00 PM to 3:30 PM

This month we continue our study of *The Monuments Men* and then move on to watch the film *Woman in Gold*, which chronicles a stolen portrait of Adele Bloch-Bauer by Gustav Klimt that was plundered by the Nazis in WWII. We will finish the month with a DVD about S. Botticelli (1445-1510). This DVD discussion series is free of charge, and is facilitated by Janice and Douglas Muir. Please call to inquire if there are still seats available!

Antiques Appraisal by Peter Yvanovich, SPA

Thursday, March 1st from 1:00 PM to 3:30 PM

There's still room at our "antiques road show experience" on March 1st. You may bring one item or just come to enjoy the show. Peter will appraise as many items as time allows. Thanks to funds from the Harvey Wheeler Gift Shop, there is no charge. Please call to save a seat.

Music Makers Mondays at 1:00 PM

Music Makers is a fun group of music enthusiasts that gets together to sing all the old favorites. New members are welcome to join the fun. If you are interested please call the COA for more information.



The Mixed Game Group is Accepting New Members! Fridays, March 9th and 23rd at 9:45 AM

The Mixed Game Group needs more members! If you love word games, puzzles, and board games then this group is for you. Playing games challenges memory and attention, and sharpens your mind!! The group is led by Jerry Hurley, and meets the 2nd and 4th Friday of each month, this month the group will meet on March 9th and 23rd starting at 9:45 AM. Please call the COA to put your name on the list!



Quilting Tuesdays at 9:30 AM

Have you started a quilt, but are not sure which border would finish it off right? Do you love fabric, but need inspiration for your next project? Join a group of experienced quilters and find your inspiration! This self-led group of quilting enthusiasts meets every Tuesday to share ideas and work on individual projects. Please call the COA to sign up.

Hand Crafts Tuesdays at 1:00 PM

This growing group is an 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 felting you enjoy, all are welcome!

International Current Events Wednesdays, March 7th, 14th, 21st and 28th from 1:00 PM to 3:00 PM

The International Current Events group, facilitated by Barbara Howell, will continue discussions based on the 'Great Decisions' course materials put out by the Foreign Policy Association. Each week the focus of conversation changes, come join the discussion. All views are welcome.

Acrylic Painting Thursdays, March 8th, 15th, 22nd and 29th from 10:00 AM to 12:00 PM

Beginner and intermediate artists are invited to join Linda Malone for personalized acrylics instruction. All materials are 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 on March 1st. Please call the COA to sign up.

Creative Writing Fridays, March 2nd, 9th, 16th, 23rd and 30th from 10:00 AM to 12:00 PM

In this class Kristin Cooley will help you enhance your creative writing by learning tricks of the trade to make your writing more expressive and colorful. 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. Each class is \$10, paid directly to Kristin. Call the COA to sign up.



Evolution of American Popular Music - Taught by Ron Bernard

Last Lecture: Monday, March 5th from 1:00 PM to 3:00 PM

Ron Bernard completes his lecture series that details the evolution of popular music from sophisticated musical arrangements of 1945 to the Rock and Roll of 1956. You will hear samples of period music, comparing songs from Billboard Magazine's Music, Rhythm & Blues, and Country Charts.

Women of Note Barbershop Chorus

Saturday, March 10th at 1:00 PM



Join us at the Concord COA for a special Saturday afternoon show on March 10th at 1:00 PM! Women of Note is an enthusiastic group of women who love to sing in a cappella harmony. The chorus has existed for 25 years and holds 10 international medals with Harmony, Inc., an international organization of women who sing in barbershop style. This fun, charismatic women's chorus sings a wide repertoire of songs including selections from the 1930s, the rock-n-roll era and the new millennium! You are sure to be entertained. Light refreshments will be served. Please call to reserve a 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. 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 - American Art

Part 2 (1900-1950) on Thursday, March 22nd from 2:00 PM to 3:00 PM

Part 3 (1950-1990) on Thursday, April 26th from 2:00 PM to 3:00 PM

Art Matters presents Part 2 of their series on American Art on Thursday, March 22nd at 2:00 PM. In the early 20th century, the American spirit pushed traditional boundaries and began to develop its own unique voice. The Ash Can School, the flowering of photography, and the consciousness of Social Realism were just some of the developments that reflected the history of those times. Join us to look at how American Art grew and gained respect. Art Matters displays oversized copies of paintings in salon style to encourage discussion and reflection. Large prints may be viewed up-close, and held by those with vision impairment. This series is presented free of charge thanks to the funds generated by the Harvey Wheeler Treasure Chest Gift Shop. Please call the COA to sign-up!

**Peabody Essex Museum – Georgia O’Keeffe Exhibit
Thursday, March 8th; Van Leaving the COA at 10:15 AM; Returning by 3:30 PM**

Join the COA to visit the Peabody Essex Museum and view *Georgia O’Keeffe: Art, Image, and Style*. This is the first exhibition to explore the art and personal style of one of America’s most iconic artists. O’Keeffe’s understated and carefully designed garments, many never before exhibited, are presented alongside photographs and her paintings. We will depart from the COA on Thursday, March 8th at 10:15 AM. The cost of this trip is \$25, which covers museum entry, a guided tour of the exhibit, and van transportation. Please bring \$25 in cash on the day of the trip. Lunch is on your own at the museum’s cafe. The museum is handicapped accessible and the tour is slow paced, so this trip is appropriate for all seniors. We are travelling by COA van, and the number attending is limited to 13, so please call the COA office to reserve!

**YES Group to Concord’s Colonial Inn
Sunday, March 11th at 6:00 PM**

Join the YES Group Sunday, March 11th at 6:00 PM for an elegant dinner at the Colonial Inn’s Merchant Row Restaurant, where you will be surrounded by 300 years of living history and colonial charm. 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 Parker’s Maple Barn
Monday, March 19th; Leaving the COA at 11:00 AM**

March begins the New England maple sugaring season, and the Lunch Bunch will celebrate it with a visit to Parker’s Maple Barn. Parker’s is a popular country-style restaurant serving hearty lunches and all-day breakfasts. After lunch you will have the opportunity to visit the gift shop or tour the sugar house that produces maple syrup in the old tradition of wood-fired evaporators. The cost of van transportation is \$5 (payable in cash on the day of the outing) and you will pay for your own lunch. If you walk to the sugar house, be aware that the ground is uneven. Reservations are limited to 13, so call the COA to sign up.

**Boston Symphony Orchestra Open Rehearsal with Lunch at Pizzeria Uno, Boston
Thursday, March 29th; Leaving CareOne at Concord at 8:30 AM; Returning by 4:00 PM
This Trip is Full – Please Call to Inquire about the Wait List**

This BSO Open Rehearsal featuring Andris Nelsons and Yo-Yo Ma is full. If you are interested, please call the COA office to get more information and inquire about availability. The cost of the trip including transportation, symphony, lunch, and gratuities is \$65. Your check is payable to the Town of Concord.

**Missed your chance to go to the BSO in March? We are going again!
Boston Symphony Orchestra Concert**

Friday, May 4th, Leaving CareOne at Concord at 10:45 AM; Returning around 5:00PM

Join the COA to go to Symphony Hall for a BSO performance on Friday, May 4th. Moritz Gnanm conducts Gabrieli, Marcello, Rossini and Mozart, featuring BSO principal oboe John Ferrillo. We will arrive at Symphony Hall early enough for you to listen to the pre-concert talk and have lunch on your own. The cost of the trip including bus transportation, symphony ticket, and driver gratuity is \$65. Full 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. There are 26 seats available – seats are located in the rear orchestra and are handicapped accessible. Please call the COA starting March 1st to reserve your spot.

SAVE THE DATE!

**Tanglewood Concert with Dinner at the Apple Tree Inn
Sunday, July 15th; Leaving CareOne at 10:00 AM; Returning at 9:30 PM**

Spend the day at Tanglewood with the COA. Andris Nelson will conduct works of Mendelssohn, Beethoven and Bernstein. This annual trip includes bus transportation, a ticket to the concert and dinner at the Appletree Inn for a total cost of \$142 per person. Please watch for more information in the April newsletter. Please Note: Reservations will be accepted at the COA starting on April 1st.

MARCH COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Please call the COA starting Thursday, March 1 st to sign up. Fitness Classes: All fitness class fees are payable to the instructor. Mark your calendars: April 3 rd – CharlieCard Event April 5 th – Tea Party			1 9:30 Aerobics (\$5) 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:00 Antiques Appraisal 3:15 Computer Tutor	2 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 10:00 Creative Writing 1:00 Cinema – The Promise 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	3
4	5 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	6 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee & Conversation 1:00 Healthy Cooking 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 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 The Progressive Movement 3:15 Computer Tutor	9 9:30 Mat Yoga (\$5) 9:45 Games Group 10:00 Creative Writing 1:00 Cinema – Megan Leavey 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	10 1:00 Women of Note Barbershop Chorus
11 5:30 YES Group	12 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 Appreciation 1:00 Music Makers 2:00 Chess Club 3:00 Tai Chi (\$5) 3:15 Computer Tutor 5:30 Board Mtg	13 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee & Conversation 1:00 Bridge 1:00 Hand Crafts 1:00 Hydration 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 Hand Embroidery 1:00 Cribbage 3:15 Computer Tutor	16 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 10:00 Creative Writing 1:00 We're All Irish 1:00 Cinema – Victoria and Abdul 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	17 12:00 St. Patrick's Day Lunch CCHS
18	19 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 Appreciation 1:00 Music Makers 2:00 Chess Club 3:00 Tai Chi (\$5) 3:15 Computer Tutor	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 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Hand Embroidery 1:00 Cribbage 2:00 Art Matters 3:15 Computer Tutor	23 9:30 Mat Yoga (\$5) 9:45 Games Group 10:00 Creative Writing 1:00 Cinema – Wonder 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 Appreciation @ CCM 1:00 Music Makers 2:00 Chess Club 3:00 Tai Chi (\$5)	27 **** ELECTIONS **** No Chair Yoga, Quilting or 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 10:30 Ask a Pharmacist 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Low Vision 1:00 Int'l Current Events 1:15 Mahjong	29 8:30 BSO 9:00 Ask a Lawyer 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Hand Embroidery 1:00 Dementia Friendly 1:00 Cribbage	30 9:30 Mat Yoga (\$5) 10:00 Creative Writing 1:00 Cinema – Dunkirk 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	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.

March 7 th	Minuteman Senior Services March Birthday Celebration	March 21 st	Timothy Wheeler House
March 14 th	Newbury Court	March 28 th	Brightview Concord River

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.



What if there were an emergency today? Would town officials know whom to call?

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.

Updating your Medication List

Periodically, it's important to update your medication list with your doctor; most offices will provide you with a revised copy when asked. Ideally you'll want to bring this updated list to our blood pressure clinic where nurses can help answer any related questions and also help you to update your File of Life.

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

PRSRT STD
U.S. Postage Paid
Permit No. 51

(Label)

Concord Council on Aging Staff
1276 Main Street, Concord MA 01742
Telephone (978) 318-3020

Ginger Quarles, Director
Lauren Barretta, Program Supervisor
Tina Close, Activity Coordinator
Claudia Curran, Administrative Assistant
Laurie Austin Santry, Clerk/Receptionist
Chris Choate, Custodian
John Zonfrelli, Van Driver
Michael Scott, Van Driver

Sally Lopez, Social Services Coordinator
Joyce McSweeney, Outreach Coordinator
Cindy Shea, Outreach Coordinator
Dave Barry, Van Driver
John Goshdigian, Van Driver
Dick LaBossiere, Van Driver
David Siskind, Van Driver