

SENIOR SPIRIT

NEWSLETTER OF THE CONCORD COUNCIL ON AGING

May 2018



Older American Month was created to honor and celebrate the contributions older Americans make to our communities and our nation. The 2018 theme, Engage at Every Age, emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional well-being. Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. If you have other ideas for something the COA can do to support senior engagement, please let us know!

Ice Cream Social at CCHS

Sunday, May 6th from 2:00 PM to 4:00 PM

The junior rotary club, known as Interact, invites all Concord seniors to its first ever ice cream social! Interact clubs bring together young people to develop leadership skills while discovering the power of Service Above Self. Join local students for a fun-filled afternoon of trivia, games and ice cream! This event is free and will be held at the Concord Carlisle High School. Please call the COA to sign up. Need a ride? We can help. A limited van service will be provided by the COA. Let us know you'll need a ride when you call to register. Space limited to the first 50 people who sign up.



Ice Cream Social

Comedy Show with David Shikes

Tuesday, May 22nd at 2:00 PM

David Shikes spent many years traveling throughout our region in his work marketing books to libraries. Join us as this entertaining comedian and storyteller presents a collection of humorous stories drawn from his rich experiences with the unique and wonderful people of New England. As a long-time native of Massachusetts and New Hampshire, David is now happy to bring his 'clean humor' to senior centers. This program is free of charge. Please call the COA to sign up.



Monthly Memory Café

Monday, May 14th from 11:00 AM to 12:45 PM

Come join our monthly memory café! A Memory Café is a welcoming and safe place for people with forgetfulness or other changes in their thinking and for family and friends to come together. Each memory café is unique, yet all cafés share the goal of helping guests feel comfortable and know they are not alone. The Concord Memory Café provides lunch and a creative activity or entertainment. This month we will be entertained by Stradella, the strolling accordionist, Tony D'Eramo. Cafés are a place to talk with others who understand what you are going through, to leave limitations behind and instead focus on strengths! We ask that attendees bring their care partners when attending the café. A reservation is required to help us prepare for enough people. The Concord Memory Café is sponsored and facilitated by Right At Home of Bedford. For a full list of memory cafés in Massachusetts, visit www.jfcsboston.org/memorycafedirectory.



The Council on Aging will be closed on Monday, May 28th to observe Memorial Day. There will be no programs or van service on this day.



Harvey Wheeler Treasure Chest Gift Shop

"April showers bring May flowers." That is certainly true for the Harvey Wheeler Treasure Chest Gift shop. Come have a look at our selection of flower-inspired items. Bring home a vase or a delicate china tea cup, or perhaps a frame to hold a picture of your garden's first spring blooms!

This month the silent auction item will be a pair of Oleg Cassini candlesticks. This beautiful pair of crystal candlesticks are signed and valued at \$50. Opening bids will start at \$15. The drawing will be held on May 31st.

Please remember as you spring clean, that the gift shop welcomes new or slightly used treasures. All proceeds from the gift shop are used to support COA activities offered to Concord seniors. Nothing to donate? No problem! You can also support the gift shop by shopping and spreading the word. Looking for a gift? We have a large selection of cards and jewelry to choose from. Shop often as new items are displayed throughout the week.

Art Space

The work of watercolorist Dan Cianfarini brings interest to the walls of the Harvey Wheeler Community Center. Dan is temperamentally drawn to certain aspects of the Japanese aesthetic of *wabi-sabi*, specifically its focus on finding beauty in the natural cycle of growth, decay and death. His paintings of old buildings, ruins, and weathered boats or other made-made objects with their worn and crumbling surfaces, examine the passage of time. This exhibit, "New England and Beyond," features watercolors of Concord, Lexington, and Maine with some from Scotland, Italy and the Caribbean and can be enjoyed until the 1st of June.

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.



Genealogy Workshop & Research Methods

Wednesdays, May 2nd and 16th from 9:30 AM to 11:30 AM

Join this growing group of curious genealogists! Stop by and learn the skills it takes to compile your family history, or write stories for future generations to enjoy! Please call to sign up and bring your own laptop, if possible.

Book Discussion Group

Tuesday, May 15th 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 May, the book will be In Other Words by Jhumpa Lahiri. The group is open to everyone and new members are always welcome.



Low Vision Support Group

Wednesday, May 30th 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, May 30th at 1:00 PM. The May meeting will have a guest speaker from the Lions Club. For additional information please call the COA. All seniors with vision limitations are welcome!



We are so lucky to have such a wonderful group of dedicated volunteers! The busier we get the more we rely on the help of volunteers to help make sure events are a success. We are very thankful to all those of you who give your time to the COA!

**Ask A Lawyer
Thursday, May 31st**

Local attorneys volunteer their time to answer your individual legal questions during a complimentary 30-minute consultation. This month, appointments will be available on Thursday, May 31st, 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.

Facebook: Pictures, Events & More

The Council on Aging is on Facebook! Check out our page to stay informed of our upcoming activities and see photographs from past events! We will also share interesting and informative articles. If you want to follow all the updates, just log on to www.facebook/ConcordCOA and like our page. If you already follow us, encourage others to follow as well.

Window Air Conditioner Installation

The Council on Aging will once again be making arrangements for seniors to get some help in installing their window air conditioners (limit of three units per household) during the month of June. Please call the COA now to let us know that you would like to take advantage of this service. We will call you back to confirm a specific installation date. You must be home when your air conditioner is being installed! The charge is \$15.00 (cash) per air conditioner, payable directly to the installer. This service is offered on a first come, first served basis.

HEALTH & WELLNESS

Powerful Tools for Caregivers
Tuesdays, May 1st, 15th, 22nd, 29th and June 5th
From 6:00 PM to 7:30 PM

THIS GROUP IS FULL AND NOW ON A WAITLIST

The Council on Aging has partnered with Minuteman Senior Services to offer a 6-week series of evening classes for caregivers. Classes began on April 24th and will continue through June 5th. 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. This program is offered free of charge thanks to support from the Cummings Foundation and the Concord-Carlisle Community Chest. **Didn't make it on the list for this course? Don't fret, call and express your interest for the next one. We hope to offer a second six week course in the fall!**

Hearing Presentation and Screening
Thursday, May 17th at 1:00 PM

Join James Condon from Miracle-Ear in Concord for a short presentation about the causes and effects of hearing loss and what you can do to improve your quality of life. On average, it takes 10 years for people with hearing loss to finally do something about it. Yet, untreated hearing loss affects your quality of life and also affects the brain's ability to remember common sounds, and it can have a negative impact on overall cognition and understanding. The presentation will be followed by questions and a complimentary hearing screening. Please call the COA to sign up.

Blood Pressure Screening

Wednesdays, May 2nd, 9th, 16th, 23rd, 30th
10:00 AM to 12:00 PM
No appointment necessary.

Diabetic Clinic

Wednesday, May 16th
10:00 AM to 12:00 PM
No appointment necessary.

Ask the Pharmacist with
Diane Briner RPh
of West Concord Pharmacy
Wednesday, May 2nd
10:30 AM to 11:30 AM
No appointment necessary

Podiatry Clinic

Dr. Ayleen Gregorian
Monday, May 14th
8:30 AM to 2:30 PM

Dr. Russell Hamilton
Wednesday, June 6th
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.

What is SHINE?

Serving the Health Insurance Needs of Everyone (SHINE) provides free health insurance information, counseling and assistance to Massachusetts residents and their caregivers. A SHINE counselor is trained and certified by the Massachusetts Office of Elder Affairs in the various options available to Medicare beneficiaries, including Medicare Part A & B, Medicare Advantage, Part D, Medigap, MassHealth and other programs that help pay for health care costs.

S.H.I.N.E. COUNSELORS – Pat Lanchester, Clare Gordon, and Charles Atkinson are available to answer your health insurance questions. Please call the COA at 978-318-3020 to arrange a phone or in-person appointment.

Scan, Scan, Scan

Please remember that it is very important to us that you sign in for all events. The statistics help us monitor what activities are popular and help us to plan for the future. If you need help, just ask one of our friendly volunteer hostesses or one of the office staff. Lost your key fob? Not to worry, Laurie can assign you a new one.

OUTREACH/SOCIAL SERVICES

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

Caregivers' Support Group Tuesday, May 15th 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, May 15th at 10:30 AM. Please call Sally at 978-318-3012 with any questions.

Do you qualify for the Town of Concord Senior Property Tax Reduction?

For the coming fiscal year Concord seniors with limited incomes will be able to have their property taxes reduced significantly. The goal of this exemption is, if possible, to reduce an eligible homeowner's property tax to 10% of their income. However, they must pay at least 50% of their assessed tax. To qualify for this tax reduction;

- Age 65 or older (co-owner must be 60 or older)
- Resident of Concord for 10 consecutive years or more
- Maximum income: Currently \$57,000 single owner, \$86,000 joint owners
- Assessed value of property – at or below Concord's median, currently \$838,900
- Maximum assets: \$250,000

For more information, please call the Assessors Office at 978-318-3070 or attend the presentation below.

Senior Property Tax Reduction Explained Tuesday, May 8th at 1:00 PM

As part of the Board of Assessors outreach to seniors, Lane Partridge will be here Tuesday, May 8th at 1:00 PM to explain all the ins and outs of the new program. Seniors have until September 1st, 2018 to apply. If you have questions about eligibility (as it is a little complicated) come and ask! Please call the COA to sign up.

TEDtalk Series Artificial Intelligence & the IT Revolution Monday, May 21st from 2:00 PM to 3:00 PM

TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. Join us for this program where a range of ideas will be explored through short videos and facilitated discussions. The purpose of this group is to share information and ideas to create dialogue and greater understanding. All viewpoints are welcome. This month we look Artificial Intelligence & the IT Revolution. This series is facilitated by Beth Roberts and is free of charge. Please call the COA to sign up.

COA CINEMA

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

This month we view 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!

May 4th – *Lost City of Z* – The true story of British explorer Percy Fawcett who journeys into the Amazon at the dawn of the 20th century and discovers evidence of a previously unknown, advanced civilization. Despite being ridiculed by the scientific establishment of the time, Fawcett returns many times to the jungle in an attempt to prove his case, culminating in his mysterious disappearance in 1925. Cast: Charlie Hunnam, Robert Pattinson, Sienna Miller, and more. (2017; Real-Life Drama; 2 hrs, 21 mins; Rated PG-13)

May 11th – *The Music Man* – Matthew Broderick portrays the charismatic con man Professor Harold Hill in this filmed revival of the classic Broadway musical. Hill uses his “musical expertise” to form a community band, and the citizens of “River City” perform such hummable tunes as “Ya Got Trouble,” “76 Trombones,” and “Till There Was You.” Stars Matthew Broderick and Kristen Chenoweth. (2003; Musical; 2 hrs, 13 mins; Rated G)

May 18th – *Breathe* – This spirit-lifting bio-drama tells the story of Robin Cavendish, whose charmed and colorful life suddenly darkens when he is paralyzed by polio. Rather than become imprisoned by his disability, Robin and his wife decide to tour the world. Cast: Andrew Garfield, Claire Foy, Tom Hollander, more. (2017; Drama Based on Real Life; 1 hr, 57 mins; Rated PG-13)

May 25th – *The Hours* – This gripping drama follows the parallel lives of three 20th-century women - incomparable writer Virginia Woolf, an unsatisfied 1950s housewife, and a modern-day book editor who’s losing her former lover to AIDS. Cast: Juliana Moore, Meryl Streep, Nicole Kidman. (2002; Drama; 1 hr, 54 mins; Rated PG-13)

June 1st – *The Post* – When the Washington Post agreed to publish the leaked Pentagon Papers, which point to a secret escalation of the Vietnam War, the Nixon administration tried to block publication setting off an epic legal and political battle. Cast: Tom Hanks, Meryl Streep, Alison Brie, more. (2017; Real Life Drama; 1 hr, 55 mins; Rated PG-13)

Monthly History Lecture

The Coming of the Great War 1890-1914

Thursday, May 10th from 1:30 PM to 3:30 PM

In this talk, John Gardella explores the event and factors that led the great powers of Europe to stumble into the First World War. This series is presented free of charge. Please call ahead to reserve your seat!

DVD Lecture Series

Next Series starting in July

There will be no DVD lecture series during the months of May and June. Janice and Doug Muir will return in July with their summer program entitled “SHOCK AND AWE: The Romanticism Movement.” The series, which starts on July 10th, will discuss the period of art known as the Romanticism Movement, and will highlight the artists that contributed to it, including Delacroix, Goya, and JMW Turner. Stay tuned!!

**Ping-Pong
Fridays at 2:30 PM**

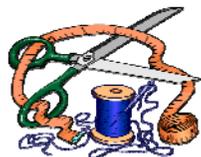
Join a group of energetic and enthusiastic ping-pong players for an afternoon of good healthy fun! This group meets every Friday afternoon at 2:30 PM, new players at all skill levels are welcome to join.

**Mixed Game Group
Fridays, May 11th and 25th 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 May 11th and 25th starting at 9:45 AM. Please call the COA to sign up!

No Creative Writing

Kristin Cooley will be taking short break from her creative writing classes. She will start up again in September.



**Quilting Group
Tuesdays at 9:30 AM**

This self-led group of quilting enthusiasts meets every Tuesday to share ideas and work on individual projects. All skill levels are welcome. Come and socialize while you work. Please call the COA to sign up.

**Facebook: What's It All About and How Do I Use It?
Wednesday, May 9th and Thursday, May 17th at 9:30 AM**

Let Melody Orfei be your guide to the social media platform Facebook. Learn how to set up an account, check out pictures posted by family and friends, and learn what it means to "like" someone's post. Whether you want to stay connected with family and friends or dive into the world of social media, Melody can help! The first class is appropriate for beginners looking to get started, the second class is for users that already have an account and want to learn more. Please call the COA to sign up for the class that is right for you.



**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. Whether it's knitting, crochet, hand sewing or felting you enjoy, all are welcome!

**International Current Events
Wednesdays from 1:00 PM to 3:00 PM**

The International Current Events group, facilitated by Barbara Howell, meets Wednesday afternoons and discusses a range of topics. Each week the focus of conversation changes, come join the discussion. All views are welcome.

**Chess Club
Mondays at 2:00 PM**



Check mate! Calling all chess players. Join this budding group of chess enthusiasts as they get together to play a few games Monday afternoons at 2:00 PM. Please call the COA to sign up.

**Acrylic Painting
Thursdays 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 call the COA to sign up.

**Create a Paperclay Chickadee Ornament with Betsi Mandrioli
Thursday, May 17th from 1:00 PM to 3:30 PM**

Betsi Mandrioli returns to the COA for this 2½ hour class in Paperclay, on May 17th starting at 1:00 PM. Betsi will show you how to sculpt a Chickadee out of Paperclay, a light clay made from volcanic ash. After baking it, you will sand it and 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!



Eating Out

**Lunch Bunch to J's Restaurant at the Nashoba Valley Winery in Bolton, MA
Friday, May 18th – COA Van Leaving the COA at 11:15 AM**

Join the Lunch Bunch for lunch at J's Restaurant at the Nashoba Valley Winery on Friday, May 18th. Located in the heart of Massachusetts' apple country, Nashoba Valley Winery is set on a stunning hilltop orchard. The restaurant is delightful and the apple blossoms should be in full bloom in mid-May. This is a small restaurant with limited seating, so attendance will be limited to those taking the van. The cost of transportation is \$5 (payable in cash on the day of the outing) and you will pay for your own lunch. Please call the COA to sign up.

**YES Group to the Wayside Inn, Sudbury
Sunday, May 20th at 5:30 PM**

Join the YES Group for dinner on Sunday, May 20th at 5:30 PM at one of the group's favorite restaurants - Longfellow's Wayside Inn, in Sudbury. The restaurant offers hearty New England classics, as well as interesting updated menu choices. 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.

Happening Around Town

DropOff & SwapOff: Saturday, May 5th at Concord Public Works Department, 133 Keyes Road. DropOff from 9:30 AM to 3:00 PM; SwapOff from 9:30 AM to 12:30 PM only. Call the Concord Public Works Department at 978-318-3240 with any questions.

Emerson Health And Wellness Expo: Emerson Hospital's annual Family Health and Wellness Expo is scheduled for Saturday, May 5th from 9:00 AM to 1:00 PM. Free screenings for health and certain cancers will be available (some require prior registration), as well as massage and reiki sessions. Bring the grandkids for fun activities like face painting and paramedic truck tours.

Classic Hollywood Costume Party: RiverCourt Residences in Groton is hosting a gala event on May 15th from 1:30 PM to 4:30 PM. Guests are encouraged to dress as their favorite "Golden Hollywood Era" celebrity. Food, entertainment and prizes await you! Please RSVP to (978) 448-4122 by May 8th.

Upcoming Concord COA Trips



Boston Symphony Orchestra

Friday, May 4th, Leaving the Harvey Wheeler Community Center at 10:45 AM

This Trip is Full; But you may call the COA to inquire about Last-minute Availability

We will be attending a BSO performance on Friday, May 4th, with Moritz Gnanm conducting. The cost of the symphony trip, including transportation, symphony ticket, and driver gratuity, is \$65. Lunch is on your own. Seats are located in the rear orchestra and are handicapped accessible. There may be last-minute cancellations, so please call if you are interested in attending. Please note that the departing/returning location has been changed from CareOne at Concord to the Harvey Wheeler Community Center.

Beach Trip!!

Old Silver Beach and Lunch at the Flying Bridge Restaurant in Falmouth, MA

Tuesday, June 12th; Leaving CareOne at Concord at 9:30 AM; Returning by 4:30 PM

Do you have memories of placing your toes in the sand and feeling the ocean breeze on your face? If so, come with us to Old Silver Beach on June 12th with lunch following at the Flying Bridge overlooking beautiful Falmouth Harbor. You will have an hour and a half to walk along beach - or bring a beach chair and read! For those with limited mobility, the sandy beach is just steps from the parking area with an even ramp and platform for beach viewing. The cost of the trip is \$20 per person for the coach and driver gratuity. Lunch is on your own. Payment is due at the time of reservation; check for \$20 made payable to the Town of Concord. Sorry, no refunds will be given. The trip will be popular so call early to sign up.

Tanglewood Concert with Dinner at the Apple Tree Inn

Sunday, July 15th; Leaving CareOne at 10:00 AM; Returning at 9:30 PM

Travel with the COA to the Tanglewood Music Center in Lenox. This year's program features Andris Nelsons conducting works of Mendelssohn, Beethoven and Bernstein. You will be picked up by luxury coach in the back parking lot of CareOne at Concord at 10:00 AM on July 15th, and arrive at Tanglewood at 12:30 PM. Please bring a picnic lunch to eat there - lunch for purchase is expensive and of limited choice. After lunch you will take your seats in the Music Shed for the 2:30 concert. Dinner will follow at the nearby Apple Tree Inn, and you will return to Concord by 9:30 PM. The cost of the trip is \$142 per person; check made payable to the Town of Concord. It includes transportation, concert ticket, dinner, and gratuities. Payment is due within one week of reservation. Sorry, payment is non-refundable. At the time of reservation, please indicate your dinner choice: Pork Loin, Grilled Salmon, or Chicken Française. Alcoholic beverages will be available for an extra cost. People attending this trip must be able to walk and stand for substantial intervals of time on uneven ground. Reservations are open now, so please call to reserve your spot!

SAVE THE DATE

Casco Bay, Maine - Cruise and Clambake

Thursday, August 2nd – Leaving from CareOne at Concord

This trip will certainly be the star of our summer programming! We will take a luxury coach to Portland Maine where we will board a ferry for a two hour narrated cruise of Casco Bay, its many islands and the beautiful Maine coast. Our destination will be Bailey's island where we will have a delicious clam bake at Cook's Lobster House, overlooking a spectacular view of Casco Bay and the world's only Cribstone Bridge. We are in the process of finalizing all the arrangements for this trip, and are not yet taking reservations, but Save the Date! Please look for more information, including times and pricing in the June Senior Spirit.

MAY COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee & Conversation 1:00 Bridge 1:00 Hand Crafts 3:15 Computer Tutor 6:00 Powerful Tools	2 8:00 Mat & Chair Yoga (\$5) 9:30 Genealogy 10:00 BP Clinic 10:30 Ask the Pharmacist 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong	3 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 3:15 Computer Tutor	4 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 10:45 BSO 1:00 Cinema – Lost City of Z 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	5 Swap Off/ Drop Off Health Expo
6 2:00 Ice Cream Social	7 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) 5:30 Board Mtg	8 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee & Conversation 1:00 Bridge 1:00 Hand Crafts 1:00 Senior Tax Reduction 3:15 Computer Tutor No Powerful Tools	9 8:00 Mat & Chair Yoga (\$5) 9:30 Facebook 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong	10 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:30 The Coming of the Great War 3:15 Computer Tutor	11 9:30 Mat Yoga (\$5) 9:45 Games Group 1:00 Cinema – The Music Man 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	13
13	14 8:30 Podiatry 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 11:00 Memory Café 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)	15 9:15 Chair Yoga (\$5) 9:15 Book Group 9:30 Quilting 10:30 Caregiver SPTG 10:30 Coffee & Conversation 11:30 Lunch Bunch 1:00 Bridge 1:00 Hand Crafts 3:15 Computer Tutor 6:00 Powerful Tools	16 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	17 9:30 Aerobics (\$5) 9:30 Facebook 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Paperclay 1:00 Hearing Presentation & Screening 1:00 Cribbage 3:15 Computer Tutor	18 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 11:15 Lunch Bunch 1:00 Cinema – Breathe 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	19
20 6:00 YES Group	21 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 TEDTalk 2:00 Chess Club 3:00 Tai Chi (\$5)	22 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee & Conversation 1:00 Bridge 1:00 Hand Crafts 2:00 Comedy Show 3:15 Computer Tutor 6:00 Powerful Tools	23 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	24 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 3:15 Computer Tutor	25 9:30 Mat Yoga (\$5) 9:45 Games Group 1:00 Cinema – The Hours 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	26
27	28 MEMORIAL DAY COA CLOSED	29 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee & Conversation 11:30 Lunch Bunch 1:00 Bridge 1:00 Hand Crafts 3:15 Computer Tutor 6:00 Powerful Tools	30 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Low Vision 1:00 Int'l Current Events 1:15 Mahjong	31 9:00 Ask a Lawyer 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 3:15 Computer Tutor		

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.

May 2 nd	Minuteman Senior Services May Birthday Celebration	May 23 rd	CareOne of Concord
May 9 th	Newbury Court	May 30 th	RiverCourt Residences
May 16 th	Concord Park		

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 – OpenTable Food Pantry and 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.



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.

HOW TO DONATE TO THE COUNCIL ON AGING

From time to time we are asked how one can make a contribution that will directly benefit the Council on Aging. If you should be interested in making such a donation, you may do so by making your check out to the Town of Concord and writing "COA Gift Account" in the memo line. Writing your check in this way will ensure that the donation can only be used by the Council on Aging. Contributions to the COA Gift Account are considered tax deductible and you will receive an acknowledgement for your contribution. Donations can be dropped off at the COA office or mailed to 1276 Main Street in Concord. We thank everyone who has already made a donation this year!

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

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Concord Council on Aging Staff
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