

SENIOR SPIRIT

NEWSLETTER OF THE CONCORD COUNCIL ON AGING

June 2018

2018 Special Town Election

Tuesday, June 12th from 7:00 AM to 8:00 PM

The Select Board has called a Special Town Election for Tuesday, June 12th to consider adopting the proposed bylaw regarding Marijuana Establishments. For additional information check the Town's website or call the Town Clerk's office at 987 318-3080.

The COA will provide van transportation to the polls on Tuesday, June 12th. Please call the COA by Friday, June 8th to let us know you need a ride.

Stephen Collins Portrays Herman Melville in "Sailing Towards My Father"

Monday, June 18th at 1:00 PM

Stephen Collins returns to the Concord COA on Monday, June 18th at 1:00 PM to perform his newest one-man play, "Sailing Towards My Father" by Carl A. Rossi. In this one-man play about Herman Melville, the American author best known for his whaling epic *Moby-Dick*, Collins takes on the persona of Melville. The play chronicles Melville's life from youth to old age, concentrating on his evolution as a writer and his complex relationships with God, his parents and siblings, his wife and children, and Nathaniel Hawthorne. The show is funded by the proceeds of the Harvey Wheeler Gift Shop and is offered free of charge. Please call the COA office to reserve your seat!



Indoor Archery Classes

Tuesdays, June 19th, 26th, July 3rd and 10th

1:00 PM to 2:00 PM



Learn the exciting Zen-like sport of traditional recurve archery indoors in the air conditioned auditorium! Discover your new favorite leisure activity and increase flexibility and improve muscle memory through the gentle repetition of the shot process. This timeless activity is one that can be enjoyed at any age regardless of athletic ability or skill, and it is quickly becoming a favorite sport in the Massachusetts Senior Games. Our certified instructors will guide you through a light warmup/stretch routine each class before shooting the bows to ensure that your accuracy is spot on. All equipment is provided. On the Mark Archery is offering this course at just \$22 a class. All four classes are mandatory, and your check for \$88 is due at registration. This class needs a minimum 8 students to run. Please call the COA to sign up.

Thank you to All Our Volunteers!!



On behalf of the Council on Aging and the Town of Concord we want to say thank you! We could not provide our wonderful programs and events if it were not for the hundred plus volunteers who give their time, expertise and muscle to support COA activities each year. Invitations have gone out for our Annual Volunteer Appreciation Luncheon, June 22nd at 11:00 AM. This is our way of recognizing the tremendous asset volunteers are to our community. If you have volunteered since July 2017, and have not received an invitation, please let us know. Please RSVP by June 8th to the COA office.

Harvey Wheeler Treasure Chest Gift Shop

This month, we will feature lots of end-of-the-year surprises. Be sure to stop by and shop for a delightful variety of items, including jewelry and a selection of fine crystal at the best price in town. The Harvey Wheeler Treasure Chest is open Monday through Thursday from 10:00 AM to 2:00 PM. The shop will close for the summer on June 28th and reopen on September 4th. Please continue to bring in your donations throughout the summer! This month's silent auction item is a stunning hand-blown Vitriesse Glass vase by Lucy Bergamini valued in the hundreds of dollars. Opening bids will start at \$50. The drawing will be held on June 28th.

A Call for Volunteers

Gift Shop: The COA is looking for additional volunteers to help sort through donations and to help run the Harvey Wheeler Treasure Chest Gift Shop. If you enjoy interacting with the public and have time each month to help out, please call the office to express an interest in joining the ranks of this group of dedicated volunteers.

Lunch Help: Wednesday lunch brings in quite the crowd, which can result in a messy kitchen! Do you find doing dishes therapeutic? Don't mind getting your hands wet? We are looking for you! The COA is looking for a volunteer to help out with the kitchen clean up. If you can help out for an hour or so once a week, please let us know.

Art Space

The work of local artist Andy Newman will adorn the walls during the month of June. Andy is a Concord resident whose almost thirty year career as a painter was pre-dated by a law career in Washington D.C. He has exhibited in galleries in the United States and abroad, in Canada, France, England, Italy, Spain, Portugal and Macau. Most recently, one of his paintings was shortlisted for this year's Royal Academy Summer Exhibition.

Stop by the Harvey Wheeler Community Center to see Andy's collection of retrospective works of figures and landscapes from 1995- 2005.

Facebook: What's It All About and How Do I Use It?

Tuesday, June 19th and Wednesday, June 27th 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.



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

Wednesdays, June 6th and 20th from 9:30 AM to 11:30 AM

Fill in the gaps of your family tree! Stop by and learn the skills it takes to compile your family history, and write stories for future generations to enjoy! Please call to sign up and bring your own laptop, if possible. Remember, if you want a cool and welcome place to explore your roots, Ancestry.com is always available in our library here at the COA!

Welcome!

We are pleased to announce that Valerie Boggia has started work for the COA as the Geriatric Nurse. Valerie has many years of nursing experience working with seniors. We feel very fortunate to have Valerie on our team and know you will join us in making her feel welcome in our community. Valerie would love to meet you and encourages you to stop by her office to say hello and introduce yourself.

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.

Pickleball at the Rideout Playground

Pickleball is a paddle sport created for all ages and skill levels. It's a cross between tennis, badminton, and ping pong played on small sized tennis court. The rules are simple and the game is easy for beginners to learn, but it can develop into a quick, fast-paced, competitive game for experienced players. New players are always welcome to check it out and give it a try. Experienced players will teach new players the basics of how to play and score.

The Concord Recreation program has moved outdoors for the spring and is being played at Rideout Playground (where three courts have been lined for pickleball using the tennis nets). There is a FREE open group play on the following days: Tuesday evenings from 5:30 PM to dusk, Thursdays 1:00 PM to 3:00 PM, and Saturdays 1:00 PM to 3:00 PM. For more information contact: Kathy Hingston (978) 371-0233 or email at Khings12@aol.com

HEALTH & WELLNESS

Fun Facts About Aging **Thursday, June 21st at 1:00 PM**

Join Dr. Robin Schoenthaler, Oncologist at Emerson Hospital, for an entertaining presentation about getting older. Dr. Schoenthaler will talk about the changes happening in our bodies as we age in a fun, yet factual way. Come to Fun Facts about Aging, June 21st at 1:00 PM. Please call the COA to reserve your seat.

Low Vision Support Group **Wednesday, June 27th 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, June 27th at 1:00 PM. David Brown, Chief Advancement Officer for the Massachusetts Association for the Blind and Visually Impaired will come to talk about resources available in this area. For additional information please call the COA. All seniors with vision limitations are welcome!

Concord Memory Café **Monday, June 11th from 11:00 AM to 12:45 PM**

A Memory Café is a welcoming and safe place for people with forgetfulness, and for their family and friends to come together. Cafés are a place to leave limitations behind, and instead focus on strengths. Come join our monthly memory café! The Concord Memory Café provides a complimentary lunch and a creative activity or entertainment. This month we will host musical entertainment by jazz vocalist, Wendee Glick, performing with Steve Heck. "Laugh, Learn and Love the Music" is a program of songs from the Great American Songbook. We ask that attendees bring their care partners when attending the café. A reservation is required to help us prepare for enough people. For a full list of Massachusetts memory cafés please visit www.jfcsboston.org/memorycafedirectory. The Concord Memory Café is sponsored and facilitated by Right At Home of Bedford.

Blood Pressure Screening

Wednesdays, June 13th, 20th, and 27th

10:00 AM to 12:00 PM

No appointment necessary.

No Clinic on June 6th

Diabetic Clinic

Wednesday, June 20th

10:00 AM to 12:00 PM

No appointment necessary.

Ask the Pharmacist with **Diane Briner RPh**

of West Concord Pharmacy

Wednesday, June 13th

10:30 AM to 11:30 AM

No appointment necessary

Podiatry Clinic

Dr. Russell Hamilton

Wednesday, June 6th

8:30 AM to 12:00 PM

Dr. Ayleen Gregorian

Monday, July 9th

8:30 AM to 2:30 PM

Please be sure to bring your insurance cards with you. If you have HMO insurance, be aware that you will need to bring a referral from your PCP in order for insurance to cover the visit. If Medicare does not cover your visit, the fee is \$35. Please call the office to sign up for the podiatry clinics. Sign-ups are being taken for both of these dates.

Staying Cool This Summer

Summer arrives this month and we can expect some hot days! Remember that the HWCC is air conditioned and you can come by whenever we are open to cool off. When there is a real "heat wave," the Fire Chief may designate HWCC as a Cooling Center. In that case, the building may remain open beyond our usual working hours, and Concord residents can drop in to escape from homes that are not air conditioned.

Please feel free to make use of our beautiful patio located at the front of the building as well. There are benches, tables with umbrellas, and chairs with cushions available. It can be a lovely spot to sit, read, chat and grab a little sun or shade. Another nice alternative is sitting in our air conditioned library. Grab a book and stay awhile!

OUTREACH/SOCIAL SERVICES

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

Caregivers' Support Group Tuesday, June 19th 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, June 19th at 10:30 AM. Please call Sally at 978-318-3012 with any questions.

Concord Municipal Light Plant Thursday, June 7th at 10:00 AM

The Concord Municipal Light Plant is more than just electricity. Are you aware of all of the services that your community-owned electric utility offers you? The Concord Municipal Light Plant's presentation will cover services that:

- safeguard our seniors,
- help you reduce your heating, cooling and electricity costs,
- help you be comfortably warm in your home in the winter and cool in the summer, and
- offer you fiber-optic high-speed internet.

Come hear Jan Aceti and Bill Underhill explain some of the energy and money saving opportunities in Concord, Thursday June 7th at 10:00 AM. Please call the COA to reserve your seat.

Guided Walk with Ken Miller Tuesday, June 12th at 10:00 AM

Ken Miller, a member of the Trails Committee of Concord's Natural Resources Department, will take a group of seniors for a guided walk through the Hapgood-Wright Town Forest to Henry David Thoreau's cabin at Walden Pond. Parking is at the Town Forest's parking lot on Walden Street across from the entrance to Concord Carlisle High School. Please meet the group there five to ten minutes before the walk starts. This guided walk takes about an hour at a moderate pace. Seniors attending must have the ability and stamina to keep up with the group. Please call the COA office to sign up or to get more information.



TEDtalk Series Philanthropy

Monday, June 25th from 2:00 PM to 3:00 PM

Join us for this program where a range of ideas will be explored through short videos and facilitated discussions. TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). This month we explore the concept of philanthropy, generosity and the art of giving. 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!

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

June 8th – *Fly Away Home* – When 13 year old Amy adopts a flock of orphaned Canada geese, she sets out to teach them survival skills. Before long, she and her dad take to the skies in a homemade aircraft to help the gaggle migrate 500 miles. Stars: Jeff Daniels, Anna Paquin, and Dana Delany. (1996; Family Drama; 1 hr, 47 mins; Rated PG)

June 15th – *The Greatest Showman* – Behind “The Greatest Show on Earth” was one of history’s greatest showmen, P.T. Barnum. This musical biopic centers on Barnum’s creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind. Stars: Hugh Jackman, Zac Efron and Michelle Williams. (2017; Musical/Biography; 1 hr, 45 mins; Rated PG)

June 22nd – *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). This movie was cancelled in March due to snow. See it now!!

June 29th – *Phantom Thread* – In the 1950s, a renowned dressmaker and his sister, of The House of Woodcock, are at the center of British fashion, dressing royalty, movie stars and heiresses. But Woodcock finds his tailored life disrupted by the curse of love. Stars: Daniel Day Lewis, Leslie Manville, Vicky Krieps. (2017; Drama; 2 hrs, 10 mins; Rated R for language). An Academy Award nominated movie, 2018.

July 6th – *Murder on the Orient Express (2017)* – A retelling of Agatha Christie’s classic mystery, where everyone on board the train is a murder suspect. Impressive cast includes, Penelope Cruz, William Dafoe, Johnny Depp, Michelle Pfeiffer, Judy Dench and many more. (2017; Thriller; 1 hr, 54 mins; Rated PG-13)

Monthly History Lecture

The Great War – The American Experience 1917-1919

Thursday, June 14th from 1:30 PM to 3:30 PM

John Gardella concludes this season’s history lectures with the United States’ engagement in World War I. After the failure of neutrality, the United States sets out to win the “War to End All Wars.” John is taking a break in July and August, but he will resume the lectures in September with *The Aftermath of the Great War: 1919-1933*. Please watch for more information about upcoming lectures in the September Senior Spirit. Call the COA to reserve your seat at the June 14th lecture.

DVD Lecture Series

Next Series starting in July

There will be no DVD lecture series in June. Janice and Doug Muir will return on July 10th with their summer program entitled “SHOCK AND AWE: The Romanticism Movement.” Stay tuned!!

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

The International Current Events group, facilitated by Barbara Howell, will meet Wednesday June 6th, 13th and 20th to discuss a range of topics. Each week the focus of conversation changes, come join the discussion! The group will take a hiatus over the summer and return September 12th.

Games Group
Fridays, June 8th and 22nd at 9:45 AM

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 June 8th and 22nd starting at 9:45 AM. Please call the COA to sign up!

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 note there will be no quilting June, 12th due to the special election.



Book Discussion Group

The COA book discussion group, led by Phyllis DiMarzio, is taking a break for the summer. Join them again Tuesday, September 18th when they discuss their summer reading and make selections for the coming year. The group is open to everyone and new members are always welcome.

Acrylic Painting
Thursdays, June 7th, 14th, and 21st 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. June 21st will be the last class of the season; Linda will resume classes in September. Please call the COA to sign up.

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.



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!

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.



Eating Out

Lunch Bunch to Pickity Place, Mason, NH Monday, June 25th; Leaving the COA at 10:15 AM

Since 1786, Pickity Place's little red cottage has graced the hills of southern New Hampshire, seemingly untouched by time. Their five-course creative herbal cuisine draws guests from all over New England and beyond. Luncheon courses feature fresh herbs and edible flowers harvested daily from their own garden. Join the COA for a Pickity lunch on Monday, June 25th. We will leave the Harvey Wheeler Center at 10:15 AM for our 11:30 AM lunch reservation, and we will return to Concord by 2:30 PM. The cost, including transportation, meal and gratuities, is \$37, check payable to the Town of Concord. Payment is due by Monday, June 11th at noon, no exceptions. Sorry, there will be no refunds. The meal is a 5-course set menu with two choices of entree. Please ask about the menu when you sign up. Space is limited. Please call the COA to reserve your spot.

YES Group to Bullfinch's Restaurant, Sudbury Sunday, June 10th at 5:30 PM

Bullfinch's Restaurant has offered a fine American dining experience in beautiful Sudbury for many years. The restaurant prides itself on offering a creative menu with the very best ingredients from the most reliable and highest quality purveyors. Join the YES Group for dinner at Bullfinch's on Sunday, June 10th at 5:30 PM. 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 office to sign up so we can give the restaurant an accurate head count.

Concord COA Day Trip Policy

The COA understands that committing to a trip weeks or even months in advance can be difficult, but these policies are truly needed so that we can make appropriate reservations, purchase tickets, and secure transportation to plan a great day-trip for everyone.

1. *Day trips are open to Concord seniors (60+). Seniors from outside of Concord may request to be put on a waiting list.*
2. *Please make a reservation before sending in your check by calling the COA office at (978) 318-3020. Payment is due as specified in each trip description.*
3. *Make checks out to "The Town of Concord," unless otherwise stated. Drop your check off at the COA office or mail it to Concord Council on Aging, 1276 Main Street, Concord MA 01742. Make a separate check out for each trip.*
4. *Due to advance financial commitments, refunds will only be given if a trip is canceled by the COA. If you must cancel, you may sell your ticket to a senior on the waiting list.*
5. *All attendees must have emergency contact information on file with the Concord COA. In addition, we ask that you bring a current copy of your FILE OF LIFE card with you. (File of Life packets are available at the COA free of charge.) If a medical emergency arises on a trip, COA staff will procure medical assistance as needed, but cannot accompany seniors to the hospital.*
6. *Trip attendees must attend each segment of the day trip as stated in the trip description, so please read the trip description carefully.*
7. *If you are not self-sufficient or have special needs, you must travel with a companion who can provide assistance to you. Call the COA for details if you are uncertain of the demands of a trip.*
8. *Be aware that automated calls with details about the trip come from a service outside of the COA. The phone number will appear from Somerville, not from Concord.*

UPCOMING CONCORD COUNCIL ON AGING DAY TRIPS



We are pleased to offer you the following summer and fall day trips. **Buses leave from the back parking lot of CareOne at Concord**, located across Route 2 from Emerson Hospital. Payment is due within one week of reservation. Sorry, no refunds will be given. **Please make checks payable to the Town of Concord.** All trips involve some walking and standing. Please refer to page 8 for COA Trip Rules; and call the COA at 978-318-3020 for more information, and to reserve.

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

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

Come with us to Old Silver Beach on June 12th and enjoy time on the beach and then have lunch at the Flying Bridge. For those with limited mobility, the beach is just steps from the parking area with an even ramp and platform for viewing. **Please note that details of the trip have changed. It now includes a full luncheon with clam chowder, fresh fish or chicken, and dessert, for \$50 per person all inclusive.** Payment is due at the time of reservation; check for \$50 made payable to the Town of Concord. At the time this newsletter went to press, there were still a couple of openings. Please call the COA 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

There are still openings for Tanglewood. This year's program features Andris Nelsons conducting works of Mendelssohn, Beethoven and Bernstein. You will depart at 10:00 AM from CareOne. Please bring a picnic lunch to eat on the grounds. After lunch you'll take your seats in the Music Shed for the concert. Dinner will follow at the Apple Tree Inn. The cost is \$142 per person; check payable to the Town of Concord, and it includes transportation, concert ticket, dinner, and gratuities. Payment is due within one week of reservation. When you reserve, please indicate your dinner choice of pork, chicken or fish. Those attending this trip must be able to walk and stand on uneven ground. Please call the COA to reserve!

Majestic Maine Cruise - Casco Bay with Lobster Bake

Thursday, August 2nd – Leaving from CareOne at Concord at 7:30 AM; Returning at 6:30 PM

This is the trip you've been waiting for! Take a luxury coach to Portland, Maine and 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 lobster bake including chowder and clams at Cook's Lobster House overlooking the Bay. A chicken option is also available. Later, we visit L.L.Bean in Freeport on our way home. We will return to Concord at around 6:30 PM after a delightful day. The trip includes coach transportation, narrated scenic cruise, luncheon, and all gratuities. The cost of this tour is \$106. Please make your check payable to the Town of Concord - payment due no later than June 29th. Sorry, payment is non-refundable. This trip is for active seniors. Please call the COA office to reserve starting June 1st.

"Jersey Boys" at the Ogunquit Playhouse; with Lunch at Warren's Lobster House

Thursday, September 6th; Leaving CareOne at Concord at 10:00 AM; Returning at 7:00 PM

We are so excited to see *Jersey Boys* at the Ogunquit Playhouse. It is a musical about Frankie Valli and the Four Seasons, and it includes their most popular tunes including "Oh, What a Night!," "Big Girls Don't Cry," and "Can't Take My Eyes Off of You." The Ogunquit Playhouse is known for its Broadway-caliber shows. Before the show we'll have lunch at Warren's in Kittery, Maine – lunch includes their full salad bar, choice of entrée, dessert and beverage. Please call the COA to inquire about the meal choices. The trip's cost is \$125, all inclusive; check payable to the Town of Concord. This trip's activity level is low. Please call the COA office for more information. Reservations open June 1st.

Essex Valley Steam Train and Connecticut Riverboat Tour

Thursday, October 4th, Leaving CareOne at Concord – Times TBD (Roughly 8:30AM to 6:00 PM)

This fall foliage tour includes a complete lunch at Go Fish Restaurant in Mystic CT, a scenic Steam Engine ride, and a Riverboat Cruise on the Connecticut River. The cost of the trip is \$100 all inclusive; check payable to the Town of Concord. Upon reservation please indicate your lunch choice of baked scrod or stuffed chicken breast. The trip's activity level is medium. Call the COA to reserve starting on June 1st.

JUNE COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 1:00 Cinema – The Post 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	2
3	4 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 2:00 Chess Club 3:00 Tai Chi (\$5) 5:30 Board Mtg	5 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	6 8:00 Mat & Chair Yoga (\$5) 8:30 Podiatry Clinic 9:30 Genealogy ** No BP Clinic ** 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong	7 9:30 Aerobics (\$5) 10:00 Acrylics 10:00 CMLP Resources 10:45 Strength & Flex (\$5) 1:00 Cribbage 3:15 Computer Tutor	8 ** No Mat Yoga ** 9:45 Games Group 1:00 Cinema – Fly Away Home 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	9
10 5:30 YES Group	11 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 11:00 Memory Café 1:00 Hand & Foot 1:00 Music Makers 2:00 Chess Club 3:00 Tai Chi (\$5)	12 *** Special Election*** No Chair Yoga, Quilting or Coffee & Conversation 9:30 Old Silver Beach 10:00 Walk – Hapgood-Wright Forest 1:00 Bridge 1:00 Hand Crafts 3:15 Computer Tutor	13 8:00 Mat & Chair Yoga (\$5) 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	14 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:30 The Great War 3:15 Computer Tutor	15 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 1:00 Cinema – The Greatest Showman 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	16
17	18 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Herman Melville 1:00 Hand & Foot 1:00 Music Makers 2:00 Chess Club 3:00 Tai Chi (\$5)	19 9:15 Chair Yoga (\$5) 9:30 Facebook 9:30 Quilting 10:30 Coffee & Conversation 10:30 Caregiver SPTG 1:00 Archery 1:00 Bridge 1:00 Hand Crafts 3:15 Computer Tutor	20 8:00 Mat & Chair Yoga (\$5) 9:30 Genealogy 10:00 BP & Diabetic Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong	21 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Fun Facts About Aging 1:00 Cribbage 3:15 Computer Tutor	22 9:30 Mat Yoga (\$5) 9:45 Games Group 11:00 Volunteer Luncheon 1:00 Cinema – Going in Style 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	23
24	25 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:15 Lunch Bunch 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Hand & Foot 1:00 Music Makers 2:00 Tedtalks 2:00 Chess Club 3:00 Tai Chi (\$5)	26 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee & Conversation 1:00 Archery 1:00 Bridge 1:00 Hand Crafts 3:15 Computer Tutor	27 8:00 Mat & Chair Yoga (\$5) 9:30 Facebook 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Low Vision 1:15 Mahjong	28 9:30 Aerobics (\$5) 10:45 Strength & Flex (\$5) 1:00 Cribbage 3:15 Computer Tutor	29 9:30 Mat Yoga (\$5) 9:45 Games Group 1:00 Cinema – Phantom Thread 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	30

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.

June 6 th	Minuteman Senior Services June Birthday Celebration	June 20 th	The Commons
June 13 th	Life Care Nashoba Valley	June 27 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 – 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.

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. The items will be in a "Book Bag" which has been donated by the Friends of the Library. The bag will be left with you and will be picked up at the next scheduled delivery. This will allow you to keep your library materials together between deliveries.

For your initial delivery you will be contacted by the librarian assigned to work with you. The librarian will discuss your choices with you and prepare the delivery. You can request specific titles, or be as general as you like and let "your" librarian do the rest! For more information or to sign up for this special service, please contact the library directly at 978-318-3301.

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

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

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Valerie Boggia, Geriatric Health Nurse
Tina Close, Activity Coordinator
Claudia Curran, Administrative Assistant
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Chris Choate, Custodian
John Zonfrelli, Van Driver
Michael Scott, Van Driver

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