

# SENIOR SPIRIT

NEWSLETTER OF THE CONCORD COUNCIL ON AGING

July/August 2018

*This is a double newsletter for the months of July and August. Please save your copy for future reference. Starting Monday, July 2<sup>nd</sup> you may sign up for all events mentioned in this newsletter, unless otherwise noted.*

## **COA Annual Ice Cream Social Thursday, July 19<sup>th</sup> at 2:30 PM**



You are invited to attend our annual Ice Cream Social on July 19<sup>th</sup> at 2:30 PM. We will serve delicious homemade-style ice cream from Bedford Farms while Gerry Hurley entertains us on the piano! There will be plenty of ice cream and toppings to "Make Your Own Sundae." Thanks to the support of Harvey's Treasure Chest Gift Shop, this event is free of charge. Space is limited to 90 people, so please call to reserve your spot!

## **Musketaquid Sportsmen's Club Luncheon Wednesday, July 25<sup>th</sup> at Noon**

The Musketaquid Sportsmen's Club, located on Old Mill Road in Concord, is inviting **regular COA lunch attendees** to a luncheon on Wednesday, July 25<sup>th</sup> at the club. Advance sign-ups are required, as there is a limit of 80 people due to space constraints at the venue. Please call the COA to sign up. Limited transportation is available for those who need it, so be sure to make a reservation for the van when you sign up for the luncheon. There is a \$2 suggested donation for this lunch. This will replace the usual Wednesday lunch held at the HWCC, and there will be no Bingo that day.

## **Powerful Tools for Caregivers Tuesdays July 24<sup>th</sup>, 31<sup>st</sup> and August 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> 28<sup>th</sup> from 6:00 PM to 7:30 PM**

We are again offering this 6 week series of evening classes for caregivers. This course is suitable for anyone who finds themselves in the role of caregiver, and it is not diagnosis specific. Powerful Tools for Caregivers is designed to provide tools and strategies to better handle the unique challenges faced by family caregivers - including self-care, management of emotions, self-efficacy and use of community resources. This program is offered free of charge thanks to the Treasure Chest Gift Shop. Please call the COA to sign up.

## **COA Benefit Car Wash Friday, August 3<sup>rd</sup> from 10:30 AM to 12:15 PM**

Once again the kids from the Concord Academy Summer Camp will be here to wash cars! Bring your car to the Harvey Wheeler parking lot on Friday, August 3<sup>rd</sup> any time between 10:30 AM and 12:15 PM and leave with a sparkling clean car. All donations to the Car Wash directly benefit COA activities.



## **COA Annual Summer Barbeque Wednesday, August 15<sup>th</sup> at 5:00 PM**



Join us for our Annual Summer Barbeque at the HWCC on Wednesday, August 15<sup>th</sup> at 5:00 PM. As always, there will be delicious food and great entertainment. The Concord Rotary Club will be grilling our hamburgers and hot dogs on the patio, and we will have salads, watermelon, and ice cream too! Steve Beckwith and his guitar will be here to spice up the evening. This event will cost just \$5 per person, cash, payable at the door. Thank you to Harvey's Treasure Chest Gift Shop for providing the entertainment. **Please note that due to this event, lunch will not be served on Wednesday, August 15<sup>th</sup> and we will not have Bingo.** Limited transportation is available to bring people to the barbeque and home again, so carpool if you can. Please call to reserve.

## **SAVE THE DATE - Concord COA Fashion Show Thursday, September 27<sup>th</sup> at 3:00 PM**

Last year's fashion show was so much fun we are doing it again! It's too early to sign up yet, but please save the date. And let us know if you would like to be a clothes model – we need both men and women!!

*The Council on Aging will be closed on Wednesday, July 4<sup>th</sup> to observe the holiday. There will be no programs or van service that day.*

## Volunteer News & Opportunities

*The COA Volunteer Coordinator position is funded in part by the Concord Carlisle Community Chest.*

### Art Space

Did you know that “Art Space” – the walls of the Harvey Wheeler Community Center - is curated by a group of volunteers? Our Art Committee meets at the beginning of the year to jury artists and schedule exhibits throughout the year. They also assist the artist to hang and design the exhibits and help take the work down once it is time to bring in new pieces. We would like to take this opportunity to thank the dedicated volunteers on the Art Committee that keep our gallery walls looking so nice.

Continue to enjoy the work of local artist Andy Newman until the end of August. Andy’s exhibit of oil paintings are a retrospective collection of figures and landscapes dating from 1995 – 2005.

Starting August 24<sup>th</sup> we will display the work of grandmother granddaughter duo Judith Uehling and Esabella Caliandro. Judith's paintings are inspired by the history and uniqueness of the places she has explored: Central Asia, Germany, Scandinavia, the Black Sea and, just recently, Ireland. Using acrylics, silkscreen and collage, she combines photographs with letters, maps and other found documents blending historical events and contemporary references to create a unified, meaningful image. Judith's granddaughter, Isabella Caliandro, just graduated from St. Lawrence University in N.Y. with an honorary degree and a special award/recognition for her art work. As her Grandmother before her, Isabella has begun her art practice with special interest and enthusiasm for printmaking.

### Donations Welcome!

#### Harvey Wheeler Treasure Chest Gift Shop

Harvey's Treasure Chest Gift Shop is closed for the summer and will reopen on Tuesday, September 4<sup>th</sup>. We gladly accept donations throughout the summer months! If you are downsizing or simply clearing out, bring it to us! We accept a variety of items such as knick knacks, jewelry, serving dishes, wall decor and small electronics. We are unable to accept clothing, bedding or childrens toys. If you would like a receipt, be sure to stop by the office.



### A Call for Volunteers

**Gift Shop:** The COA is looking for additional volunteers to help out with the Harvey Wheeler Treasure Chest Gift Shop. The shop might be closed over the summer, but the work doesn't stop! We are looking for help to sort through donations, and come September, staff the gift shop. If you have some time each month, please call the office to express an interest in joining the ranks!

**Concord on Call Drivers:** We are extremely grateful to all our current volunteer drivers, but we can always use a few more. If you are able and willing to help someone out with a ride to an appointment, please let us know.

**Camera Crew:** Ever watched CCTV and wondered “who films these programs?” Well it could be you! Come learn how to operate a camera and audio equipment and start filming COA programs for CCTV. We are looking for a few volunteers to form a TV crew for the COA that will be responsible for capturing programs to be aired on local television. No previous experience required.

**Language Teachers:** Do you speak a second language? Are you interested in teaching culture through language? We want to hear from you. The COA is in search of language teachers, from basic to conversation classes. If you have the skills, we will offer the class!

To express an interest in these opportunities or perhaps another area that interests you, please contact Vikki Jacobson at [vjacobson@concordma.gov](mailto:vjacobson@concordma.gov) or (978) 318 3023.

**Welcome Vikki!**

We are pleased to announce that Vikki Jacobson has joined the COA staff as a part-time Volunteer and Public Relations Coordinator. Vikki looks forward to building relationships with the volunteers and meeting all the seniors. Please seek her out, introduce yourself and welcome her to the COA team!

**Guided Walk with Ken Miller  
Thursday, July 5<sup>th</sup> 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 Punkatasset Conservation Land in Concord, a much-loved hiking destination. Street parking is available in front of 851 and 873 Monument Street. Please meet the group at the trailhead ten minutes before the walk starts. This guided walk takes about an hour at a moderate pace on dirt trails. It is somewhat hilly and traverses a pond. 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.

**Thank You!**

Thank you to the girls from Troop 88054 for the beautiful job they did planting the flower boxes. They really brighten up the HWCC grounds. Thanks also to the Garden Club of Concord for the funding and to Verrill Farm for their continued support.

**Taking Control of Your Future: A Legal Checkup  
Tuesday, July 16<sup>th</sup> at 1:00 PM**

Join us Tuesday, July 16<sup>th</sup> for a presentation by attorney Eric Prichard from Brown & Brown on a number of aspects of elder law including estate planning, benefit programs for elders and long-term care insurance. If you have a specific area of elder law that you would like Eric to cover please let us know in advance. This annual, no-cost program is sponsored by the Mass. Bar Association and is presented with the generous assistance and cooperation of the Massachusetts Chapter of the National Academy of Elder Law Attorneys. Please call to let us know you will be attending.

## HEALTH & WELLNESS

### **Meet the Nurse: Questions & Answers**

**Tuesday, July 10<sup>th</sup> at 1:00 PM**

Come meet the new Geriatric Health Nurse Valerie Boggia. Find out what she has planned for Wellness at the COA. Please bring your ideas and questions and enjoy a cool refreshment while we talk. Please call the COA to sign up.

### **It's Time to Play "FAMILY FEUD"**

**Thursday, July 26<sup>th</sup> at 1:00 PM**

Do you watch Family Feud on television and yell out the answers? Do you make fun of some of the answers the families come up with and yell at the TV screen saying "what are they thinking?" Well, now is your chance to show off! Come participate in our spin on an old favorite: Humble Home Care Services is coming Thursday, July 26<sup>th</sup> at 1:00 PM to host a friendly game of Family Feud – Health Edition. The game will be fun and educational, as the survey questions will focus on senior topics. Even if you do not want to join a team, it will be fun to learn and listen. This event is free of charge, but please call to sign up.

### **Is Your Food Safe?**

**Thursday, August 16<sup>th</sup> at 1:00 PM**

Join nutritionist Denise Mercury from Minuteman Senior Services for a talk on basic food safety in the home. Learn why food safety is so important, how to safely prepare, store, and cook food in your home, and good kitchen hygiene. We need a minimum of 8 for this program. Please call ahead to sign up.

### **Fall Prevention and Safety Tips**

**Thursday, August 30<sup>th</sup> at 1:00 PM**

Have you had a recent fall? Are you fearful of falling? Join Valerie Boggia, COA's Geriatric Health Nurse, as she explores safety tips to keep you on your feet. The impact of a fall can alter your independence and daily activities. Many falls can be prevented by simple changes in lifestyle. Come learn more! Please call the COA to sign up.

### **Blood Pressure Screening**

Wednesdays, July 11<sup>th</sup>, 18<sup>th</sup>

August 1<sup>st</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

10:00 AM to 12:00 PM

No appointment necessary.

**No BP Clinic on July 25<sup>th</sup> or Aug 8<sup>th</sup> & 15<sup>th</sup>**

### **Diabetic Clinic**

Wednesdays, July 18<sup>th</sup> & August 22<sup>nd</sup>

10:00 AM to 12:00 PM

No appointment necessary.

### **Ask the Pharmacist with Diane Briner RPH**

**of West Concord Pharmacy**

Wednesdays, July 18<sup>th</sup> & August 22<sup>nd</sup>

10:30 AM to 11:30 AM

No appointment necessary

### **Podiatry Clinic**

**Dr. Ayleen Gregorian**

Monday, July 9<sup>th</sup>

8:30 AM to 2:30 PM

**Dr. Russell Hamilton**

Wednesday August 8<sup>th</sup>

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.

### **Summer Safety**

As we are all enjoying the warm summer weather outside, remember we are not alone in this. Warm weather brings an increase of summer bugs, ticks, and furry creatures. It's a good idea to cover up when outside, use appropriate bug spray and check your body for ticks and bites once you return inside. If you notice any rashes or inflammation, you should notify your Primary Care Doctor. Some preventive tips to remain "Bug Bite Free" are; do not apply perfumes, avoid using scented soaps, and stay away from stagnant water and heavily wooded areas. Avoid wearing bright clothing as it may attract honey bees and hornets.

Prevent dehydration during these hot summer days by remembering to carry a reusable water bottle when enjoying outside activities. Enjoy a break in an air conditioned room, wear light clothing and sunscreen when outside! Happy summer to all!

## **OUTREACH/SOCIAL SERVICES**

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

### **Caregivers' Support Group Tuesday, July 17<sup>th</sup> 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, July 17<sup>th</sup> at 10:30 AM. Please call Sally at 978-318-3012 with any questions. Please note there will be no group meeting in the month of August.

### **Concord Memory Café – Meets the 2<sup>nd</sup> Monday of Each Month Monday, July 9<sup>th</sup> from 11:00 AM to 12:45 PM – Entertainment by Tony D'Eramo Monday, August 13<sup>th</sup> from 11:00 AM to 12:45 PM – Activity TBD**

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. The Concord Memory Café provides a complimentary lunch and a creative activity or entertainment each month, and is sponsored and facilitated by Right At Home of Bedford. For a full listing of memory cafés in Massachusetts, please visit [www.jfcsboston.org/memorycafedirectory](http://www.jfcsboston.org/memorycafedirectory). We ask that attendees bring their care partners when attending the café. A reservation is required so we can prepare for enough people. Please call 978-318-3020.

### **Low Vision Support Group Wednesdays, July 25<sup>th</sup> and August 29<sup>th</sup> at 1:00 PM**

The low vision support group, facilitated by Jini McCoubrey, meets the last Wednesday of each month. Our Wednesday, July 25<sup>th</sup> meeting will present techniques and assistive devices. Come prepared to share the various ways that you have developed to cope with low vision. On Wednesday, August 29<sup>th</sup>, Michele Ellicks, Community Outreach Coordinator at the Mass. RMV, will discuss the ways of securing your disability plates, replacing your driver's license with a state ID, and other issues affecting low vision drivers.

### **TEDtalk Series**

#### **Finance**

### **Mondays, July 23<sup>rd</sup> and August 20<sup>th</sup> 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). In July and August we explore finance as a theme. This series is facilitated by Beth Roberts and is free of charge. Please call the COA to sign up.

### **DVD Lecture Series**

### **Tuesdays, July 10<sup>th</sup> through August 21<sup>st</sup> From 2:00 to 3:30 PM**

Janice and Doug Muir return July 10<sup>th</sup> with their summer DVD program, "SHOCK AND AWE: The Romanticism Movement." The series will explain what Romanticism is, and which artists contributed to this period. As the German painter Casper David Friedrich said, "The Artist's feeling is his law." Artists include David, Delacroix, and Goya. This series is offered free of charge. Please call the COA to reserve your seat.

## COA CINEMA

**Friday Afternoons at 1:00 PM - No need to sign up. (FREE)**

This month we view a combination of old and new films. If a 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!



**July 6<sup>th</sup> – *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)

**July 13<sup>th</sup> – *The Music Man* (1962)** – By popular demand, we are showing the original Music Man movie. The cast includes Robert Presto, Shirley Jones and Buddy Hackett. (1962; Musical; 2 hrs, 31 mins; Rated G)

**July 20<sup>th</sup> – *The Glass Castle*** – Adapted from the bestselling novel, this biography is about the hardscrabble childhood of writer Jeannette Walls. Cast includes Brie Larson, Woody Harrelson, Naomi Watts and more. (2017; Drama based on real life; 2 hrs, 7 mins; Rated PG-13)

**July 27<sup>th</sup> – *Anatomy of a Murder*** – This thriller profiles the attempts of a country lawyer to exonerate his client of murder; and in the process he discovers there’s more to the case than meets the eye. Cast includes Jimmy Stewart, Ben Gazzara, Lee Remick and George C. Scott. (1959; Classic Drama; 2 hrs, 40 mins; Not Rated)

**August 3<sup>rd</sup> – *Hunt for the Wilderpeople*** – When his foster mother dies, young Ricky fears he’s going back to child services. So, he and his foster father hatch a plan and head for the bush, setting off a national manhunt. The cast includes Sam Neill, Julian Dennison and Rhys Darby. (2016; Comedy; 1 hr, 41 mins; Rated PG-13)

**August 10<sup>th</sup> – *A United Kingdom*** – When African prince Seretse Khama and London office worker Ruth Williams marry after a brief courtship, their interracial union sparks an international political crisis. A true story. Cast: David Oyelowo, Rosamund Pike, Jack Davenport (2017; Drama; 1 hr, 51 mins; Rated PG-13)

**August 17<sup>th</sup> – *The King and I*** – This musical masterpiece, with a grand Rodgers and Hammerstein score, tells the true story of an Englishwoman who comes to Siam as a royal court teacher and finds herself at odds with the stubborn monarch. Cast: Yul Brenner, Deborah Kerr, Rita Moreno (1956; Musical; 2 hrs, 13 mins; Rated G)

**August 24<sup>th</sup> – *Stronger*** – In this fact-based drama, life changes irrevocably for Jeff Bauman when a bomb goes off at his feet as he is completing the 2013 Boston Marathon. Cast: Jake Gyllenhaal, Tatiana Masiyany, Miranda Richardson. (2017; Drama; 1 hr, 59 mins; Rated R for language and some graphic images)

**August 31<sup>st</sup> – *Hachi: A Dog’s Tale*** – In this touching drama based on a true story, after his master dies, a loyal pooch named Hachiko keeps a regular vigil – for more than a decade – at the train station where he once greeted his owner every day. Cast: Richard Gere, Joan Allen, Cary-Hiroyuki. (2009; Real Life Drama; 1 hr, 33 mins; Rated G)

**Sept 7<sup>th</sup> – *Maudie*** – This is the story of Maud Lewis, who rises above the juvenile rheumatoid arthritis that made her a social outcast by finding a passion for painting. She becomes a beloved Canadian folk artist. Cast: Sally Hawkins, Ethan Hawke, Kari Matchett; (2017; Drama\Romance; 1 hr, 55 mins, Rated PG-13)

**Financial Competency**  
**Thursday, July 12<sup>th</sup> at 1:00 PM**

Financial planning can be complex, especially as changing needs can be unpredictable. Perhaps you are thinking of retirement, or have concerns regarding long-term care. Maybe you have decided to downsize and are looking for advice on how to invest. Is it ever too late to plan? Robin says no, and that there are important planning decisions at every stage of life. Join Robin Norton, Financial Advisor with Lincoln Investment, for a discussion on looking at the “big picture.” There is no charge for this event, please call the COA to sign up.

**Games Group**

**Fridays, July 13<sup>th</sup> and 27<sup>th</sup>, Aug 10<sup>th</sup> and 24<sup>th</sup> at 9:45 AM**

The games group will continue through the summer. If you love word games, puzzles, and board games, 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 2<sup>nd</sup> and 4<sup>th</sup> Friday of each month. Please call the COA to sign up!

**Silk Scarf Painting Class**

**Tuesday, July 17<sup>th</sup> from 1:00 PM to 2:30 PM**

Karen Halloran, Regional Community Liaison at CareOne, returns to the Concord COA to teach another complimentary silk scarf painting class. In this one-hour instructional session, Karen will show you how to transform a plain piece of white silk into a beautiful, colorful scarf to make for yourself or for a gift. Let your creative side shine through! The class is limited to 10 people, and it includes all supplies. There is no charge. Please call the COA office to reserve your spot!

**The Art of Story Telling**

**Thursdays, July 19<sup>th</sup>, 26<sup>th</sup>, August 2<sup>nd</sup> and 9<sup>th</sup>**  
**From 11:00 AM to 12:00 Noon**

Want to tell a story? Telling stories is an ancient art form, a way for passing on traditions and keeping a cultural narrative. Recently it has emerged as a popular form of social connection, sharing personal experiences and entertainment. The four one-hour classes will provide an opportunity to engage with others and share a portion of our lives. This class is led by retired educator Sal Lopes. There is no charge for this class, but please call the COA to sign up.

**Crafting with Betsi Mandrioli – Paint and Assemble a Dragonfly Garland**

**Thursday, July 26<sup>th</sup> from 1:00 PM to 3:30 PM**

Join Betsi Mandrioli to create a decorative dragonfly garland. Betsi will give instructions on how to paint three paperclay dragonflies and then string them on a single strand of clear line. They can be hung in a sun room, on a door, or from the ceiling. Betsi will provide the sculpted dragonflies and a full palette of paint so you can pick your own colors. You will need a smock or old shirt to protect your clothes as we will be using acrylic paint. The cost is \$25 and includes everything. Please call the COA to make a reservation.



**Summer Garden Project**

Do you like to garden, but hate to get on your hands and knees? Well we have raised garden beds! Throughout the summer months we are looking for seniors to volunteer to tend to our vegetable garden, together with children from the Recreation Department’s summer programs. Seniors will be given the opportunity to taste the “harvest” at the end of the summer. We plan to make pizzas and salads topped with tomatoes and herbs from the garden. Please call the COA to express your interest and to get on the list to be notified of upcoming gardening activities.



**Let Us Know What Computer Classes Interest You**

Volunteer Melody Orfei has offered to teach new classes in the fall. She has taught Microsoft Word, Microsoft Excel, Craigslist and Facebook here at the COA in the past, and she welcomes your suggestions of another type of computer class that might be of interest to you and others. Please call to let us know what computer topics new or old you would be interested in learning.

## Eating Out

### **July Lunch Bunch to Il Forno, Littleton Friday, July 27<sup>th</sup>; Van Leaving the COA at 11:15 AM**

Join the Lunch Bunch for lunch at Il Forno on Friday, July 27<sup>th</sup>. The restaurant is located in Littleton at 529 King St. Il Forno is one of Littleton's newest restaurants – but their other locations in the area have offered great food for over 20 years. The kitchen features a wood-fired brick oven and offers made-to-order Italian specialties and pizzas. The van will leave the COA at 11:15 AM for our 11:45 AM reservation. The cost of transportation is \$5 payable in cash on the day of the lunch. You will pay for your own meal. Please call the COA to reserve your spot.

### **August Lunch Bunch to Bahama Breeze Caribbean Restaurant, Tyngsboro Friday, August 17<sup>th</sup>; Van Leaving the COA at 11:15 AM**

Discover Bahama Breeze, a Caribbean restaurant & grill serving Caribbean-inspired food with a vibrant island atmosphere that lets you feel like you are a million miles from home, any day of the week. Their motto is, "Make time to visit the islands, and we'll make something delicious for you." They serve burgers and chicken in addition to Caribbean favorites. The van will leave the COA on Friday, August 17<sup>th</sup> at 11:15 AM for our 12:00 PM reservation. The cost of transportation is \$5 payable in cash on the day of the lunch. You will pay for your own meal. Please call the COA to reserve your spot.

### **YES Group to Gibbet Hill Grill Sunday, July 29<sup>th</sup> at 4:30 PM**

Join the YES Group for dinner at the Gibbet Hill Grill in Groton in July. Gibbet Hill Grill is at the forefront of the local food movement. This is one of the only restaurants in New England that has a produce farm on site and the chef shapes his menu around what is seasonally available. In the summer, the majority of vegetables that are served are grown right there on the farm. The YES Group is open to all Youthful Energetic Seniors! Transportation and the cost of dinner are on your own. Please note that the COA does not send staff to YES Group events. We'll need an accurate head count for the restaurant, so please call the COA to make your reservation! There will not be a YES dinner in August.

## **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 have not made a reservation, you may be asked to wait in the lounge to determine if there is enough room.

July 4 <sup>th</sup>	<b>No Lunch – COA Closed</b>	August 1 <sup>st</sup>	Minuteman Senior Services August Birthday Celebration
July 11 <sup>th</sup>	Minuteman Senior Services July Birthday Celebration	August 8 <sup>th</sup>	CareOne of Concord
July 18 <sup>th</sup>	Newbury Court	August 15 <sup>th</sup>	<b>No Lunch</b> – Evening BBQ (see page 1 for more details)
July 25 <sup>th</sup>	Musketaquid Lunch – <b>Off Site</b> <i>Advance Registration Required</i> (see page 1 for details)	August 22 <sup>nd</sup>	Concord Park
		August 29 <sup>th</sup>	Pizza Party



## 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. Call the COA at 978-318-3020 for more information and to reserve.

### Essex Valley Steam Train and Connecticut Riverboat Tour

**Thursday, October 4<sup>th</sup>, Leaving CareOne at Concord at 8:30 AM; Returning at 6:00 PM**

This scenic fall foliage tour includes a complete lunch at Go Fish Restaurant in Mystic CT, a Steam Engine ride through Essex Valley, and a one hour narrated 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. Reservations are now open. Please call the COA to sign up.

*The following three trips are **FULL**. Please inquire about the waiting list for;*

### **FULL - Tanglewood Concert with Dinner at the Apple Tree Inn**

**Sunday, July 15<sup>th</sup>; Leaving CareOne at 10:00 AM; Returning at 9:30 PM**

This year's program features Andris Nelsons conducting works of Mendelssohn, Beethoven and Bernstein and 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. Those attending this trip must be able to walk and stand on uneven ground.

### **FULL - Majestic Maine Cruise - Casco Bay with Lobster Bake**

**Thursday, August 2<sup>nd</sup> – Leaving from CareOne at Concord at 7:30 AM; Returning at 6:30 PM**

Our destination will be Bailey's Island where we will have a delicious lobster bake at Cook's Lobster House overlooking the Bay. The trip includes coach transportation, narrated scenic cruise, luncheon, and all gratuities for \$106.

### **FULL - "Jersey Boys" at the Ogunquit Playhouse; with Lunch at Warren's Lobster House**

**Thursday, September 6<sup>th</sup>; Leaving CareOne at Concord at 10:00 AM; Returning at 7:00 PM**

*Jersey Boys* is a musical about Frankie Valli and the Four Seasons. Before the show we'll have lunch at Warren's in Kittery, Maine. The trip's cost is \$125, all inclusive; check payable to the Town of Concord. This trip's activity level is low.

## VAN SHOPPING TRIPS

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

**Mondays:** 2<sup>nd</sup> & 4<sup>th</sup> Monday - Roche Brothers Plaza or Kmart – Pickups start at 1:00 PM.

**Tuesdays:** 1<sup>st</sup> Tuesday – OpenTable Food Pantry and Stop & Shop/Powder Mill Plaza, Acton – Pickups start at 12:30 PM.

**Thursdays:** 1<sup>st</sup> & 3<sup>rd</sup> Thursday -- Market Basket, Littleton - Pickups start at 12:00 PM.

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

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

## JULY COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 Mat Yoga (\$10) 9:30 Aerobics – Video 10:30 Men’s Mtg 10:45 Strength & Flex – Video 1:00 Hand & Foot 2:00 Chess Club 3:00 Tai Chi (\$5) 5:00 COA Board Mtg	3 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee & Conversation 1:00 Bridge 1:00 Hand Crafts 3:15 Computer Tutor	4  <b>COA CLOSED Independency Day</b>	5 9:30 Aerobics (\$5) 10:45 Strength & Flex (\$5) 1:00 Cribbage	6 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 1:00 Cinema – Murder on the Orient Express 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	7
8	9 8:30 Podiatry 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men’s Mtg 10:45 Strength & Flex (\$5) <b>11:00 Memory Café</b> 1:00 Hand & Foot 2:00 Chess Club 3:00 Tai Chi (\$5)	10 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee & Conversation <b>1:00 Meet the Nurse</b> 1:00 Bridge 1:00 Hand Crafts 3:15 Computer Tutor 2:00 DVD Series	11 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:15 Mahjong	12 9:30 Aerobics (\$5) 10:45 Strength & Flex (\$5) 1:00 Cribbage <b>1:00 Financial Competency</b>	13 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	14
15  Tangle-wood	16 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men’s Mtg 10:45 Strength & Flex (\$5) <b>1:00 Legal Check-up</b> 1:00 Hand & Foot 2:00 Chess Club *** No Tai Chi ***	17 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee & Conversation 10:30 Caregiver STGP <b>1:00 Silk Scarf Painting</b> 1:00 Bridge 1:00 Hand Crafts 2:00 DVD Series 3:15 Computer Tutor	18 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 10:00 Diabetic Clinic 11:00 Ask the Pharm 12:00 LUNCH (\$2) 1:00 Bingo 1:15 Mahjong	19 9:30 Aerobics (\$5) 10:45 Strength & Flex (\$5) <b>11:00 Story Telling</b> 1:00 Cribbage <b>2:00 Ice Cream Social</b>	20 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 1:00 Cinema – The Glass Castle 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	21
22	23 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men’s Mtg 10:45 Strength & Flex (\$5) 1:00 Hand & Foot <b>2:00 TEDtalk</b> 2:00 Chess Club *** No Tai Chi ***	24 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee & Conversation 1:00 Bridge 1:00 Hand Crafts 2:00 DVD Series 3:15 Computer Tutor <b>6:00 Powerful Tools</b>	25 8:00 Mat & Chair Yoga (\$5) No BP Clinic <b>12:00 Musketaquid Lunch</b> No Bingo <b>1:00 Low Vision</b> 1:15 Mahjong	26 9:30 Aerobics - Video 10:45 Strength & Flex-Video <b>11:00 Story Telling</b> <b>1:00 Dragonfly Craft</b> <b>1:00 Family Feud</b> 1:00 Cribbage	27 9:30 Mat Yoga (\$5) 9:45 Games Group <b>11:15 Lunch Bunch</b> 1:00 Cinema – Anatomy of Murder 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor	28
29  YES Group	30 9:00 Mat Yoga (\$10) 9:30 Aerobics - Video 10:30 Men’s Mtg 10:45 Strength & Flex – Video 1:00 Hand & Foot 2:00 Chess Club 3:00 Tai Chi (\$5)	31 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee & Conversation 1:00 Bridge 1:00 Hand Crafts 2:00 DVD Series 3:15 Computer Tutor <b>6:00 Powerful Tools</b>				

## AUGUST COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 8:00 Mat &amp; Chair Yoga (\$5) 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:15 Mahjong</p>	<p>2 7:30 Maine Cruise 9:30 Aerobics - Video 10:45 Strength &amp; Flex-Video 11:00 Story Telling 1:00 Cribbage</p>	<p>3 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 10:15 Car Wash 1:00 Cinema – Hunt for the Wilderpeople 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor</p>	4
5	<p>6 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength &amp; Flex (\$5) 1:00 Hand &amp; Foot 2:00 Chess Club 3:00 Tai Chi (\$5) 5:00 COA Board Mtg</p>	<p>7 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee &amp; Conversation 1:00 Bridge 1:00 Hand Crafts 2:00 DVD Series 3:15 Computer Tutor 6:00 Powerful Tools</p>	<p>8 8:00 Mat &amp; Chair Yoga (\$5) 8:30 Podiatry NO BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:15 Mahjong</p>	<p>9 9:30 Aerobics – Video 10:45 Strength &amp; Flex – Video 11:00 Story Telling 1:00 Cribbage</p>	<p>10 9:30 Mat Yoga (\$5) 9:45 Games Group 1:00 Cinema –A United Kingdom 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor</p>	11
12	<p>13 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength &amp; Flex (\$5) 11:00 Memory Café 1:00 Hand &amp; Foot 2:00 Chess Club 3:00 Tai Chi (\$5)</p>	<p>14 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee &amp; Conversation 1:00 Bridge 1:00 Hand Crafts 2:00 DVD Series 3:15 Computer Tutor 6:00 Powerful Tools</p>	<p>15 8:00 Mat &amp; Chair Yoga (\$5) No BP Clinic No LUNCH (\$2) No Bingo 1:15 Mahjong 5:00 BBQ</p>	<p>16 9:30 Aerobics (\$5) 10:45 Strength &amp; Flex (\$5) 1:00 Cribbage 1:00 Food Safety</p>	<p>17 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 11:15 Lunch Bunch 1:00 Cinema – The King and I 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor</p>	18
19	<p>20 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength &amp; Flex (\$5) 1:00 Hand &amp; Foot 2:00 TEDtalk 2:00 Chess Club 3:00 Tai Chi (\$5)</p>	<p>21 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee &amp; Conversation 1:00 Bridge 1:00 Hand Crafts 2:00 DVD Series 3:15 Computer Tutor 6:00 Powerful Tools</p>	<p>22 8:00 Mat &amp; Chair Yoga (\$5) 10:00 BP Clinic 10:30 Ask the Pharmacist &amp; Diabetic Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:15 Mahjong</p>	<p>23 9:30 Aerobics (\$5) 10:45 Strength &amp; Flex (\$5) 1:00 Cribbage</p>	<p>24 9:30 Mat Yoga (\$5) 9:45 Games Group 1:00 Cinema – Stronger 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor</p>	25
26	<p>27 9:00 Mat Yoga (\$10) 9:30 Aerobics - Video 10:30 Men's Mtg 10:45 Strength &amp; Flex - Video 1:00 Hand &amp; Foot 2:00 Chess Club 3:00 Tai Chi (\$5)</p>	<p>28 9:15 Chair Yoga (\$5) 9:30 Quilting 10:30 Coffee &amp; Conversation 1:00 Bridge 1:00 Hand Crafts 3:15 Computer Tutor 6:00 Powerful Tools</p>	<p>29 8:00 Mat &amp; Chair Yoga (\$5) 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Low Vision 1:15 Mahjong</p>	<p>30 9:30 Aerobics - Video 10:45 Strength &amp; Flex - Video 1:00 Fall Prevention 1:00 Cribbage</p>	<p>31 9:30 Mat Yoga (\$5) 9:45 Games Group 1:00 Cinema – Hachi: A Dog's Tale 1:00 Poker 2:30 Ping Pong 3:15 Computer Tutor</p>	

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Council on Aging  
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Concord, MA 01742

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