

SENIOR SPIRIT

NEWSLETTER OF THE CONCORD COUNCIL ON AGING

November 2018

Veterans Day Breakfast

Thursday, November 8th at 9:00 AM



Calling all Concord veterans and their spouses to attend the COA's Breakfast on Thursday, November 8th at 9:00 AM. There's still space available – but please call the COA to reserve by November 2nd. The breakfast honors our veterans for their dedicated and loyal service to our country. It is a time for acknowledging those who served and those who continue to defend our freedom. This is a tradition we look forward to all year long. There will be an abundant catered buffet breakfast, speakers and guests from the Bedford VA Hospital, and singing by the children of the Carousel Preschool. The breakfast is free of charge thanks to the funds generated by the Harvey's Treasurer Chest gift shop. Please call 978-318-3020 by Friday, November 2nd.

Reconstructing History & Genealogy: Mom's WWII Letters

Tuesday, November 20th from 1:00 PM to 2:30 PM

In May of 2017, Corrine Smith found her mother's stash of letters from 16 servicemen that she had corresponded with between 1944-1945. Nearly all of the writers were now gone. Corinne began to trace the soldiers' family trees with one goal in mind: to return the letters in person to their children. Come learn about her on-going project, and hear some of the stories of the men, their experiences, and what their relatives have to say today. This presentation links history and genealogy to present-day research and diligence. It revisits a time that we may not want to forget, and may prompt audience members to wonder what treasures may be lurking in their own old family boxes. This program is funded through the proceeds of the Harvey Wheeler Gift Shop and is offered free of charge. Please call to sign up.

Thanksgiving Luncheon: At the Concord Carlisle High School

Saturday, November 17th at 12:00 Noon



The Concord Carlisle High School students will again be sponsoring a delicious Thanksgiving luncheon, free of charge, to the seniors of Concord and Carlisle. This scrumptious turkey meal with all the fixings will be served to you by the CCHS students on Saturday, November 17th between noon and 2:00 PM (doors open at 11:30 AM). Limited van transportation will be available to take people to the luncheon and home again. Please call the COA by Thursday, November 8th to sign up, and be sure to let us know if you will need a ride to the high school.

Steve Beckwith - Guitar Presentation and Performance

Friday, November 30th at 1:00 PM

Steve Beckwith is an accomplished guitarist and performer, and he also has a business handcrafting custom specialty acoustic guitars and stringed instruments for musicians unable to find the exact sound they require. The instruments are known for their balanced tone, lightness of weight and playability. Steve will be at the Concord COA on Friday, November 30th at 1:00 PM to entertain you on his guitar and talk about his craft. You will not want to miss this! This show is free of charge thanks to the proceeds generated by the Harvey Wheeler Gift Shop. Please call the COA office to sign up.

Age-Friendly Action Plan Survey

Along with neighboring towns, Concord is developing an Age-Friendly Action Plan to ensure that the Town's services, initiatives and programs continue to align with our resident's evolving needs. The first step in this process will be a town-wide survey of residents over age 50 to help us understand the importance and availability of various amenities (housing, transportation, activities, health services, etc.). The survey will be available on-line from the Council on Aging's web page. Paper copies will also be available for pick-up at public buildings around town. All responses must be completed and submitted by November 21, 2018. For further information, please call the Planning Office at 978-318-3290.

The Council on Aging will be closed on Monday, November 12th to observe the Veterans Day holiday and November 22nd and 23rd for the Thanksgiving holiday. There will be no programs or van service those days.

VOLUNTEER NEWS & OPPORTUNITIES

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



Art Space: If you have not had a chance to visit the magical and mysterious country of Cuba, you can do so with a quick stroll down the hallway at the COA. Now through November 30th, photographer Anne Umphrey shares her magnificent photos of the Cuban people in the cities and countryside. Anne fell in love with the people of Cuba during four trips to the island. Her favorite photography is on “the street,” and this exhibition is a reflection of the kindness bestowed upon her by the Cubans who shared their lives with her.

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Have you heard of the Butterfly Effect? In the 1960s, meteorologist Edward Lorenz created a computer program to help predict weather. He realized that tiny changes in atmospheric conditions could have huge impacts on long-term forecasts. He subsequently asked and wrote “Does the Flap of a Butterfly’s Wings in Brazil Set Off a Tornado in Texas?” Since then popular science and culture have used the ‘Butterfly Effect’ to theorize and explain other seemingly unpredictable events.



Life can be unpredictable but it is a no-brainer to predict that YOUR VOLUNTEER TIME is the most valuable and *critical* part of the Concord COA. Without you, the COA would not be able to run as smoothly nor offer as many programs. THANK YOU.

### We are looking for: ~~~~~

Do you know about the COA’s **FRIENDLY VISITOR** program? It’s designed to pair up a Concord senior who no longer gets out as much as she/he is used to with someone who has a good listening ear and a willingness to pay that senior a visit. Once a Friendly Visitor and a senior are hooked up, they decide their schedule. Visits take place in the home of the senior and there are no tasks or favors to be done by Friendly Visitor above engaging socially. Do you see yourself as a Friendly Visitor who can give a few hours a month? Do you know of a friend or neighbor who could benefit by making a new acquaintance? Please let us know.

**CAMERA CREW** We recently held a video camera operation learning session, but we can schedule another one if you are interested in lending your time and skill. The pros from CCTV will afford you a quick training with the goal of recording more COA programming to be shown on Concord Carlisle Television channel. Once you have learned and feel comfortable with the camera, we’ll schedule you to record a program only a few times in the year. Call the COA to sign up to shoot!

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Harvey’s Treasure Chest Gift Shop: When you go to the polls on November 6th, schedule enough time to visit the gift shop during their expanded hours from 9:00 AM – 6:00 PM. In addition to knitted scarves and mint-condition pocketbooks, Thanksgiving and Christmas items will be featured. The November Silent Auction item is an elegant Waterford Music Box. The friendly volunteer staff has selected an array of new items and can guide you toward just the right purchase!

THANK YOU

Thank you, Tim First and Shelia Finnegan First, for volunteering to remove A/C units in October. Your effort was greatly appreciated by all.

Thanks to the help of the young women of The National Charity League/Concord Carlisle Chapter, our outreach team will be delivering a cheerful arrangement to housebound seniors this holiday season.



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While we don’t see butterflies in New England during November you can create a Butterfly Effect by spreading your wings through volunteering & caring. So many Concord Seniors do already – call or stop by to let us know what feels right for you. Vikki Jacobson @ 978-318-3023 or [vjacobson@concordma.gov](mailto:vjacobson@concordma.gov).

***\* GENTLE REMINDER \* With the start of Flu and Cold Season, if you experience symptoms of either, please stay home until you feel better. We want to keep everyone healthy at the COA. Thanks!***

#### **Good-bye to Cindy**

By the time you read this newsletter, most of you will have heard that Cindy Shea has resigned in position as Outreach Coordinator. We are grateful for her contribution to the Council on Aging and wish her success in the next chapter. She will be missed.

#### **Medicare Open Enrollment**

If you would like to make changes to your insurance plan, you have until December 7<sup>th</sup> during Medicare Open Enrollment to do so. If you have questions, we have answers! Trained S.H.I.N.E. (Serving the Health Information Needs of Everyone) volunteers offer free counseling on all aspects of Medicare and related health insurance programs. You may schedule an appointment with a S.H.I.N.E. counselor at any time through the COA office.

The **BUCKET BRIGADE** is marching in December... if you would like a bucket of sand to use throughout the winter, please let the COA know. The sand is from the Town of Concord Landfill, treated with rock salt and can help you reduce ice buildup and decrease the risk of a fall on your property. The sand will be delivered by volunteers from First Parish in Concord by mid-December. Call the COA now to order your bucket. There is no charge for this service.

#### **Be Prepared for Winter!**

It is important to keep an emergency supply kit that is properly stocked with enough supplies to survive on your own for at least three to five days. Suggested contents include a flashlight, extra batteries, a portable radio, charged cell phone, first-aid kit, essential prescription medicines, non-perishable food, manual can opener, water (one gallon per person/per day), extra blankets and sleeping bags.

## HEALTH & WELLNESS



### **Alzheimer's and Dementia Tuesday, November 13<sup>th</sup> at 1:00 PM**

Join Dr. Jonathan Jackson, PhD, neuroscientist and founding director of the Community Access, Recruitment and Engagement (CARE) Research Center at Massachusetts General Hospital & Harvard Medical School, as he talks to us about how the brain changes in healthy aging as well as in Alzheimer's Disease (AD). The presentation will address the common questions related to the genetic risk of AD, the difference between AD and dementia, what treatments are just over the horizon, and what can you do to keep your mind sharp in later years. A question and discussion session will follow. This program is sponsored by Brookhaven Hospice and offered free of charge, but please call the COA to reserve a seat.



### **Natural Approaches to Graceful Aging Monday, November 19<sup>th</sup> at 10:00 AM**

Are you curious about the benefits of acupuncture? Do you sometimes struggle with pain, low energy or an unclear mind? Do you find conflicting health information confusing? Join Ayurvedic Practitioner, Jonathan Glass M.Ac as he shares both ancient wisdom and modern science on how acupuncture, healthy eating and lifestyle practices can minimize common ailments and offer a better quality of life! This program is offered free of charge. Please call the COA to sign up.

### **Blood Pressure Screening**

Wednesdays, November 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>,  
and 28<sup>th</sup>

10:00 AM to 12:00 PM

No appointment necessary.

### **Diabetic Clinic**

Wednesday, November 28<sup>th</sup>

10:00 AM to 12:00 PM

Blood Sugar Check & Counseling

No appointment necessary.

### **Ask the Pharmacist with Diane Briner RPh of West Concord Pharmacy**

Wednesday, November 28<sup>th</sup>

10:30 AM to 12:00 PM

No appointment necessary.

### **Podiatry Clinic**

#### **Dr. Ayleen Gregorian**

Monday, November 19<sup>th</sup>

8:30 AM to 2:30 PM

#### **Dr. Russell Hamilton**

Wednesday, December 12<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.

## **NOVEMBER IS ALZHEIMER'S AWARENESS MONTH**

November is Alzheimer's Awareness Month. There are more than 5 million people with the disease. Alzheimer's Disease is a type of dementia that leads to memory loss, trouble planning or solving problems, confusion with time or place, misplacing things, and mood & personality changes. At the present time, there are no drugs or treatments to cure Alzheimer's disease. Research does continue to try to find treatments and a cure. If you suspect that you are having memory concerns, please let your Primary Care Physician know. Memory problems may be caused by a number of medical conditions, vitamin deficiencies, thyroid issues, infections or depression. A memory screening that tests memory and other thinking skills, along with a medical evaluation may be indicated. It is important to keep our brain healthy. Here are some actions you can take to assure your brain stays in the best of shape: eat a healthy diet, stay mentally active, exercise regularly, remain socially active, get adequate sleep, avoid & manage stress, avoid unhealthy habits (i.e. smoking & excessive alcohol) and remain safe and fall free!

## **OUTREACH/SOCIAL SERVICES**

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

### **Caregivers' Support Group**

**Tuesday, November 20<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 and Abby Ferreira of Cooperative Elder Services. This month's meeting will be on Tuesday, November 20<sup>th</sup>, at 10:30 AM. With any questions, please call Sally at 978-318-3012.

### **Concord Memory Café - Returns in December**

Due to Veterans Day on Monday, November 12<sup>th</sup>, there will be no Memory Café this month. But we will be back on the second Monday of December! For a full listing of Memory Cafés in Massachusetts, visit [www.jfcsboston.org/memorycafedirectory](http://www.jfcsboston.org/memorycafedirectory). A Memory Café is a welcoming and safe place for people with forgetfulness and for family and friends to come together.

### **Book Discussion: "On Grief & Grieving"**

**Thursdays, November 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, & 29<sup>th</sup> and December 6<sup>th</sup>, & 13<sup>th</sup>**

**From 2:00 PM to 3:00 PM**

Join Sarah Hull from Brookhaven Hospice for a discussion based on the book "On Grief & Grieving" by Elisabeth Kübler-Ross & David Kessler. "On Grief and Grieving" looks at the way we experience the process of grief. Just as their book "On Death and Dying" taught us the five stages of death -- denial, anger, bargaining, depression, and acceptance -- "On Grief and Grieving" applies these stages to the grieving process and weaves together theory, inspiration, and practical advice, including sections on sadness, hauntings, dreams, isolation, and healing. We all experience grieving differently and the stages of grief are rarely experienced in a linear way. So whether you are grieving or healing, come enjoy refreshments while we chat. There is no cost for this program, books and refreshments will be provided by BrookHaven Hospice. Please call the COA to sign up.

### **Low Vision Support Group**

The low vision support group, facilitated by Jini McCoubrey, will be taking a break in November and December and will reconvene the last Wednesday of January. Look for more information in the January newsletter.

### **Fuel Assistance**

The South Middlesex Opportunity Council (SMOC) will begin taking applications for the Federal Low-Income Home Energy Assistance program beginning on November 1<sup>st</sup>. This program provides financial assistance to low income households to help with heating bills throughout the winter season. As an intake site for seniors living in Concord, the COA is able to help you complete your application. Applications are accepted throughout the winter. Please call the COA to express your interest, inquire about eligibility criteria and make an appointment.

## COA CINEMA

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

This month we view some new films and some old classics. Please join us!



**November 2<sup>nd</sup> – *Goodbye Christopher Robin*** – The world of Winnie the Pooh creator A.A. Milne comes to life in this illuminating biopic that focuses on his relationship with his son and inspiration, Christopher Robin, and how the book's phenomenal success affected the family. Cast: Domhnall Gleeson, Margo Robbie, Kelly McDonald. (2017; Biography; 1 hr; 47 mins; Rated PG)

**November 9<sup>th</sup> – *The Bridge on the River Kwai*** – Director David Lean's sweeping epic -- best known for a whistling work theme that became legendary -- is set in a World War II Japanese prison camp, where British prisoners are forced to build a railway bridge as a morale-building exercise. Cast: William Holden, Alec Guinness, Jack Hawkins, Sessue Hayakawa. (1957; Classic Drama; 2 hrs; 41 mins; Rated PG)

**November 16<sup>th</sup> – *Educating Rita*** – This warm and witty take on the Pygmalion story stars Julie Walters as Rita, an uneducated hairdresser who's determined to better herself, and Michael Caine as Dr. Frank Bryant, a boozy professor who reluctantly becomes her tutor. Cast: Michael Caine, Julie Walters, Michael Williams, Maureen Lipman, Jeanne Crowley, Malcolm Douglas. (1983, Comedy; 1hr; 51mins; Rated PG)

**November 23<sup>rd</sup> – COA Closed – No Movie**

**November 30<sup>th</sup> – *Only the Brave*** – Only the Brave, based on the true story of the Granite Mountain Hotshots, is the heroic story of a team of local firefighters who, through hope, determination and sacrifice, become one of the most elite firefighting teams in the nation. Cast: Josh Brolin, Miles Teller, Jeff Bridges, James Badge Dale, Andie MacDowell, Rachel Singer, Natalie Hall. (2017; Drama; 2 hrs; 13 mins; Rated PG-13)

**December 7<sup>th</sup> – *From Here to Eternity*** – This Academy Award winning adaptation of James Jones's gripping novel about Army life in set Hawaii in the days just before the bombing of Pearl Harbor on Dec. 7, 1941. It follows the stories of three soldiers and the women who love them. Cast: Burt Lancaster, Montgomery Clift, Deborah Kerr, Donna Reed, Frank Sinatra, Philip Ober, Mickey Shaughnessy, Ernest Borgnine. (1953; Classic Drama; 1 hr; 59 mins; Not Rated)

### Fall DVD Lecture Series – “Walking Through History”

**Tuesdays October 16<sup>th</sup> through December 18<sup>th</sup> from 2:00 PM to 3:30 PM**

Put on your hiking boots, grab your walking sticks, and we are off to discover the history, art, and beauty of England, Scotland, and Wales. We will be viewing a set of DVDs entitled “Walking through History,” narrated by **Sir Tony Robinson**. Following each lecture a discussion will be facilitated by Janice and Doug Muir. This series started in October and is currently full. Please call the COA to inquire about our wait list.

### History Lecture Series with John Gardella

**Thursday, November 8<sup>th</sup> from 1:30 to 3:30 PM**

John Gardella's monthly history series continues with *America in the 1930s: Politics, Economics and Society*; Hardship brings great change to America. Come listen on Thursday, November 8<sup>th</sup> starting at 1:30 PM. Please see the COA Events Bulletin Board for a complete schedule of John's monthly topics through June 2019. This series is very popular so please don't forget to call the COA to sign up for this month's lecture!

**Steve Henderson's Comedy Show  
Mabel and Jerry – Obstacles to the Altar  
Thursday, November 15<sup>th</sup> at 1:00 PM**

Proposing was never as wonderful, never as fraught with mishaps and false starts, and never as hilarious as this! Mabel and Jerry will arrive at the Concord COA, each planning to pop the question to the other. Will she say “yes?” Will he? This is a terrific, interactive show written by Steve Henderson. Steve is a former nurse, and his mission now is to make people laugh - it drives almost everything he does. The performance is free to Concord seniors thanks to proceeds generated by the Harvey Wheeler Gift Shop. Please call the COA to reserve your seat at this entertaining show.

**TEDtalk: “A Bold New Way to Fund Drug Research”  
Monday, November 19<sup>th</sup> at 2:00 PM**

Believe it or not, about 20 years' worth of potentially life-saving drugs are sitting in labs right now, untested. Why? Because they can't get the funding to go to trials; the financial risk is too high. Roger Stein is a finance guy, and he thinks deeply about mitigating risk. He and some colleagues at MIT came up with a promising new financial model that could move hundreds of drugs into the testing pipeline. 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 series is facilitated by Beth Roberts and is free of charge. Please call the COA to sign up.

**50+ Job Seekers Regional Network Group  
Monday, November 26<sup>th</sup>, 2:00 PM to 4:00 PM**

Did you know that 85 percent of all jobs are found through networking?! If you are age 50 plus and looking for a new job, a totally new career direction or an encore career, this is the group for you! The first hour of each meeting is dedicated to guide networking within the group, and the second hour will focus on the topic of the day. Develop new skills, tools and strategies to help in your career transition. Meetings are led by a career services professional. The Acton and Concord Councils on Aging will alternate hosting this new group on the second and fourth Mondays of each month, although some dates will be affected by holidays. Monday November 19<sup>th</sup> (Due to Veterans Day Holiday on the 12<sup>th</sup>) at the Acton Senior Center, at 30 Sudbury Road, and then Monday, November 26<sup>th</sup> at Concord's Harvey Wheeler Community Center. *This program is funded by the Massachusetts Executive Office of Elder Affairs and managed by the Massachusetts Councils on Aging (MCOA).*

**Concord Players Traveling Troupe  
Thursday, November 29<sup>th</sup> at 1:00 PM**



Come see a show by the Concord Players Traveling Troupe, performed by ‘seasoned’ members of the Concord Players who travel to various facilities bringing you light, relatable entertainment. The program includes short, staged readings and skits featuring amusing views of seniors as we age “gracefully.” You’ll also enjoy musical interludes by Traveling Troubadour Tom Ruggles, a duet with Kate Blair, and a trio sung with Kate and Sandy Armstrong. It gives them great pleasure to entertain you and brighten your day. Please call the COA to reserve a spot!

**Paperclay Reindeer Painting Class  
Thursday, December 6<sup>th</sup> from 12:30 PM to 3:00 PM**

Betsi Mandrioli will be at the COA on December 6<sup>th</sup> at 12:30 PM to continue her paperclay painting series. This time it's a holiday reindeer to display in a window, on a mantle, on a table, or to hang on your Christmas tree. In the class, participants will complete a paperclay reindeer ornament which will already be carved and ready to paint and glaze. All supplies are included in the \$25 class fee, that is payable by cash or by check made out to Betsi Mandrioli - the fee is due when you sign up for the class. The class is limited to 10 participants, so please call the COA to reserve your spot.

### **Acrylic Painting**

**Thursdays, November 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 29<sup>th</sup> from 10:00 AM to 12:00 PM**

Many people love to draw and paint as children, but as adults become quick to dismiss themselves as not being good at art. Indulge yourself in a once-loved pastime and give yourself permission to enjoy the process. You may be pleasantly surprised with the finished result! Let artist Linda Malone guide you, as she offers classes for beginner and intermediate artists. All materials will be provided by the instructor. Drop in classes are \$30 per class, or \$138 for any 6 classes in this ongoing series. Join any time. Please call the COA to sign up.

### **Games Group**

**Fridays, November 9<sup>th</sup> and November 30<sup>th</sup> at 9:45 AM**

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 at 9:45 AM. However since the COA is closed on November 23<sup>rd</sup>, this month the second meeting of the group will be on November 30<sup>th</sup>. New members are always welcome. Please call the COA to sign up!

### **Creative Writing Class**

**Tuesdays, November 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> from 1:00 PM to 3:00 PM**

Join Kristin Cooley for a series of creative writing classes. With assignments appropriate for both novice writers and those who have attended the class before, Kristin will help enhance your creative writing skills. As the classes progress, your writing will become more fluid, your descriptions more vivid, and your stories more complex. Participants can bring their laptops or tablets, or hand-write their works. Each class is \$10, paid directly to Kristin. Please call the COA to sign up.

### **Genealogy**

**Wednesdays, November 7<sup>th</sup> and 21<sup>st</sup> from 9:30 AM to 11:30 AM**

"A family without secrets is rare indeed," observes historian Annette Kuhn. Discover your family's secrets and fill in the gaps of your family tree, with the help of Bob Bratzler. 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 welcome place to explore your roots, Ancestry.com is always available in our COA library.

### **Book Discussion Group**

**Tuesday, November 20<sup>th</sup> at 9:15 AM**

Come join the COA book discussion group, led by Phyllis DiMarzio, the third Tuesday of each month at 9:15 AM. The book chosen to discuss for the month of November is "Alternate Sides" by Anna Quindlen. New members are always welcome. Come join the conversation.



### **Virtual Yard Sales**

**Tuesday, November 13<sup>th</sup> from 9:30 AM to 11:30 AM**

Want to learn how to have a virtual yard sale using your smartphone? Free apps make the process of getting your items in front of local buyers easy. Join Melody Orfei to learn how to create a brief listing for each thing you're trying to get rid of, take a photo of your item, add a short description, and add your asking price! The requirements for this class are that you have a smartphone (not a basic cell phone) or a tablet with a camera and be able to access your email account. Please call the COA to sign up.

## **UPCOMING COA OUTINGS**

### **November Lunch Bunch to Chinatown**

**Monday, November 5<sup>th</sup> – Leaving HWCC at 11:00 AM and returning by 3:30 PM**

**This Trip is Full – If Interested Please Call to Inquire about our Wait List**

This trip includes a Dim Sum lunch and a walking tour of Boston's Chinatown. The COA van leaves the COA at 11:00 AM and returns at 3:30 PM. The cost is \$39 per person, including van transportation, lunch and walking tour; check payable to the Town of Concord. Participants on this trip must be able to walk and stand for about an hour. Please call the COA to inquire about the waitlist.

### **YES Group to Atlantic Sea Grill, Acton**

**Sunday, December 2<sup>nd</sup> at 5:30 PM**

The YES Group will not be meeting in November, but please join them for dinner at the Atlantic Sea Grill on Great Road in Acton on Sunday, December 2<sup>nd</sup> at 5:30 PM. The Atlantic Sea Grill serves fresh classic seafood dishes as well as new and innovative tastes and flavors with a Greek twist. 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.

### **December Day Trip!**

#### ***A Salem Cross Christmas***

**Thursday, December 13<sup>th</sup>; Leaving CareOne at Concord at 10:00 AM**

Come with the COA for a joyful day filled with holiday ambience! Start with a delicious full-course luncheon with seasonal music at the elegant and beautifully decorated Salem Cross Inn in West Brookfield. Lunch will be followed by a visit to Yankee Candle Shop's Bavarian Christmas Village in Deerfield. Then, we will drive through the brilliant Christmas lights display at Springfield's Bright Nights before returning to Concord around 7:00 PM. The cost of this trip is \$81 per person and includes the luncheon, activities, transportation and all gratuities. Please make your check for \$81 payable to the Town of Concord. Payment is due within one week of reservation. Sorry, no refunds will be given. This trip involves limited walking, so it is appropriate for all seniors. When you call the COA to reserve, please indicate your entrée choice of Chicken Pot Pie or Maple Salmon. Reservations will be taken starting November 1<sup>st</sup>.

### **Music Makers**

**Mondays at 2:00 PM**

Music Makers is a fun group of music enthusiasts that get together to sing all the old favorites, led by volunteer Jerry Hurley at the piano. They currently are looking for new members! The group is now meeting at a new later time of 2:00 PM. Join them each Monday!

### **International Current Events**

**Wednesdays from 1:00 PM to 3:00 PM**

The International Current Events group, facilitated by Barbara Howell, discusses a range of topics from around the globe. Each week the focus of conversation changes, come join the discussion! This group has a broad spectrum of views and opinions, all viewpoints are welcome.

### **“Bonjour” & Beyond - French Lessons**

**Tuesdays, November 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> from 10:00 AM to 12:00 Noon**

Join experienced French teacher Kristen Cooley for the remaining half of this six week series of traveler's French. Each 2 hour class will center on a particular venue familiar to travelers and will give the basic vocabulary needed to ease communication. All learning materials will be provided by the instructor. Each class is \$15 paid directly to the instructor. If there is sufficient interest, Kristen has agreed to run the series again. So call to join now or express an interest in the next series. Bien s'amuser! (Have fun!)

## NOVEMBER COA EVENTS

| Sun | Mon                                                                                                                                                                                                                                                                                | Tue                                                                                                                                                                                                                                                                                                                 | Wed                                                                                                                                                                      | Thu                                                                                                                                                                   | Fri                                                                                                                                              | Sat                                    |
|-----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
|     |                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                          | 1<br>9:30 Aerobics (\$5)<br>10:00 Acrylics<br>10:45 Strength & Flex (\$5)<br><b>11:00 Story Telling</b><br>1:00 Cribbage<br>2:00 Grief Support                        | 2<br>9:30 Mat Yoga (\$5)<br>9:45 Chicago Bridge<br>1:00 Cinema – Goodbye Christopher Robin<br>1:00 Poker<br>2:30 Ping Pong                       | 3                                      |
| 4   | 5<br>9:00 Mat Yoga (\$10)<br>9:30 Aerobics (\$5)<br>10:30 Men's Mtg<br>10:45 Strength & Flex (\$5)<br><b>11:00 Lunch Bunch</b><br><b>1:00 Music Appreciation</b><br>1:00 Hand & Foot<br>2:00 Music Makers<br>2:00 Chess Club<br>3:00 Tai Chi (\$5)<br>5:30 Board Meeting           | 6<br>*****ELECTION*****<br>9:15 Chair Yoga (\$5)<br>9:30 Quilting<br>10:00 French Lessons<br><b>** No Coffee &amp; Conversation</b><br>1:00 Bridge<br>1:00 Creative Writing<br>1:00 Hand Crafts<br><b>2:00 DVD Series</b>                                                                                           | 7<br>8:00 Mat & Chair Yoga (\$5)<br>9:30 Genealogy<br>10:00 BP Clinic<br>12:00 LUNCH (\$2)<br>1:00 Bingo<br>1:00 Int'l Current Events<br>1:15 Mahjong                    | 8<br>9:00 Veterans Breakfast<br><b>*No Aerobics or Strength &amp; Flex **</b><br>10:00 Acrylics<br>1:00 Cribbage<br><b>1:30 History Lecture</b><br>2:00 Grief Support | 9<br>9:30 Mat Yoga (\$5)<br>9:45 Games Group<br>1:00 Cinema – The Bridge on River Kwai<br>1:00 Poker<br>2:30 Ping Pong                           | 10                                     |
| 11  | 12<br><p style="text-align: center;">COA CLOSED</p>                                                                                                                                              | 13<br>9:15 Chair Yoga (\$5)<br>9:30 Quilting<br><b>9:30 Virtual Yard Sales</b><br>10:00 French Lessons<br>10:30 Mat Yoga (\$10)<br>Replacement Class<br>10:30 Coffee & Conversation<br><b>1:00 Alzheimer's &amp; Dementia</b><br>1:00 Creative Writing<br>1:00 Bridge<br>1:00 Hand Crafts<br><b>2:00 DVD Series</b> | 14<br>8:00 Mat & Chair Yoga (\$5)<br>10:00 BP Clinic<br>12:00 LUNCH (\$2)<br>1:00 Bingo<br>1:00 Int'l Current Events<br>1:15 Mahjong                                     | 15<br>9:30 Aerobics (\$5)<br>10:00 Acrylics<br>10:45 Strength & Flex (\$5)<br>1:00 Cribbage<br><b>1:00 Mabel &amp; Jerry</b><br>2:00 Grief Support                    | 16<br>9:30 Mat Yoga (\$5)<br>9:45 Chicago Bridge<br>1:00 Cinema – Educating Rita<br>1:00 Poker<br>2:30 Ping Pong                                 | 17<br>12:00 Thanksgiving Lunch<br>CCHS |
| 18  | 19<br>8:30 Podiatry<br>9:00 Mat Yoga (\$10)<br>9:30 Aerobics - Video<br>10:00 Graceful Aging<br>10:30 Men's Mtg<br>10:45 Strength & Flex (\$5)<br><b>1:00 Music Appreciation</b><br>1:00 Hand & Foot<br>2:00 TEDtalk<br>2:00 Music Makers<br>2:00 Chess Club<br>3:00 Tai Chi (\$5) | 20<br>9:15 Chair Yoga (\$5)<br><b>9:15 Book Discussion</b><br>9:30 Quilting<br>10:00 French Lessons<br>10:30 Coffee & Conversation<br><b>10:30 Caregiver STGP</b><br>1:00 Creative Writing<br><b>1:00 WWII Letters</b><br>1:00 Bridge<br>1:00 Hand Crafts<br><b>2:00 DVD Series</b>                                 | 21<br>8:00 Mat & Chair Yoga (\$5)<br>9:30 Genealogy<br>10:00 BP Clinic<br><b>**No Lunch Today**</b><br><b>** No Bingo**</b><br>1:00 Int'l Current Events<br>1:15 Mahjong | 22<br><br>COA CLOSED                                                              | 23<br>COA CLOSED<br>                                        | 24                                     |
| 25  | 26<br>9:00 Mat Yoga (\$10)<br>9:30 Aerobics - Video<br>10:30 Men's Mtg<br>10:45 Strength & Flex (\$5)<br><b>1:00 Music Appreciation</b><br>1:00 Hand & Foot<br><b>**No Music Makers**</b><br>2:00 Chess Club<br><b>2:00 50+ Networking</b><br>3:00 Tai Chi (\$5)                   | 27<br>9:15 Chair Yoga (\$5)<br>9:30 Quilting<br>10:30 Coffee & Conversation<br>1:00 Creative Writing<br>1:00 Bridge<br>1:00 Hand Crafts<br><b>2:00 DVD Series</b>                                                                                                                                                   | 28<br>8:00 Mat & Chair Yoga (\$5)<br>10:00 Diabetic Clinic<br>10:00 BP Clinic<br>10:30 Ask the Pharm<br>1:00 Bingo<br>1:00 Int'l Current Events<br>1:15 Mahjong          | 29<br>9:30 Aerobics (\$5)<br>10:00 Acrylics<br>10:45 Strength & Flex (\$5)<br><b>1:00 Concord Traveling Players</b><br>1:00 Cribbage<br>2:00 Grief Support            | 30<br>9:30 Mat Yoga (\$5)<br>9:45 Games Group<br>1:00 Cinema – Only the Brave<br><b>1:00 Guitar Presentation</b><br>1:00 Poker<br>2:30 Ping Pong |                                        |

**Five Wishes**

Five Wishes is a document that lets you plan how you want to be cared for in case you become seriously ill and unable to speak for yourself. It speaks to all of ones needs: emotional, medical, personal and spiritual. The Five Wishes are 1) The person I want to make health care decisions for me when I can't 2) The kind of medical treatment I want or don't want 3) How comfortable I want to be 4) How I want people to treat me 5) What I want my loved ones to know. Five Wishes can help encourage discussions with your family and physician. The COA has copies of the Five Wishes document available free of charge and you are welcome to come in and request one.

**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.

|                           |                                                            |                           |               |
|---------------------------|------------------------------------------------------------|---------------------------|---------------|
| November 7 <sup>th</sup>  | Minuteman Senior Services<br>November Birthday Celebration | November 21 <sup>st</sup> | NO LUNCH      |
| November 14 <sup>th</sup> | Life Care of Acton                                         | November 28 <sup>th</sup> | Newbury Court |

**VAN SHOPPING TRIPS**

**CHANGE IN VAN TRIPS DUE TO HOLIDAYS!!!**

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:** 3<sup>rd</sup> Monday - Trader Joe's Plaza – Pickups start at 10:00 AM  
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.
- Wednesday:** 3<sup>rd</sup> Wednesday - Crosby's Marketplace Plaza and CVS – Pickups start at 10:00 AM.
- Thursdays:** 1<sup>st</sup> & 3<sup>rd</sup> Thursday -- Market Basket, Littleton - Pickups start at 12:00 PM.
- Fridays:** Crosby's Marketplace Plaza and CVS – Pickups start at 12:00 PM.  
No shopping November 23<sup>rd</sup> – See note for Wednesday

**Smoke Detectors and Carbon Monoxide Alarms**

Please remember that the Concord Fire Department is available to install smoke and carbon monoxide alarms in your home, free of charge. Smoke detectors and carbon monoxide alarms are available for purchase at local hardware stores. Please call Lt. Sean Murphy with the Concord Fire Department at 978-318-3471 for assistance. If you do not have a smoke detector or carbon monoxide detector and cannot afford to buy them, please call the COA to discuss financial assistance to do so. Please don't put this off, a smoke and carbon monoxide alarm could save your life!

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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Chris Choate, Custodian  
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Michael Scott, Van Driver

Sally Lopez, Social Services Coordinator  
Joyce McSweeney, Outreach Coordinator  
Vikki Jacobson, Volunteer & Public Relations  
Coordinator  
Dave Barry, Van Driver  
John Goshdigian, Van Driver  
Dick LaBossiere, Van Driver  
David Siskind, Van Driver