



SENIOR SPIRIT



NEWSLETTER OF THE CONCORD COUNCIL ON AGING

December 2018



**Concord Friends of the Aging Christmas Party
Wednesday, December 5th at Noon**

It may not be too late to make your reservation to attend the Christmas Party hosted by the Concord Friends of the Aging. The party, which includes a delicious luncheon, is open to Concord residents aged 60 and over and is free of charge. This year the party will be held at the Maynard Elks Club on Wednesday, December 5th at 12:00 noon. Please call the Friends directly at 978-341-8853 to inquire about availability. Transportation will be on your own, and carpooling is suggested. The COA will provide limited van transportation on a first come, first served basis. After you have made your reservation with the Friends of the Aging you may call the COA to inquire about van availability.

**Holiday Reading
Presented by Stephen Collins
Tuesday, December 11th at 1:00 PM**

Stephen Collins is an actor, teacher and historian, and a favorite performer here at the Concord Council on Aging. On December 11th at 1:00 PM, Stephen will be here to read a collection of holiday stories, short poems and anecdotes. The readings will include a description of the origins of Christmas and Santa Claus, as well as some Hanukkah stories. Refreshments will be served. Thanks to the generous support of the Harvey's Treasure Chest Gift Shop, there is no charge for this event. Please call the COA office to reserve your seat.

**"Music Through the Decades"
Presented by David Polansky
Thursday, December 20th at 1:00 PM**

Commissioned by the Norman Rockwell Museum, "Music Through The Decades" is a fun-filled hour in which David Polansky tells how the last hundred-plus years of American and world history have inspired so many of the songs we love. Using keyboard, trumpet, and vocals, David presents the music of George M. Cohan, Fats Waller, Irving Berlin, Hoagy Carmichael, and a host of others -- music inspired by the advent of the automobile, the two world wars, the Roaring 20s, the Great Depression, the Wild West, and much more. David takes questions, performs requests, and tells some very funny anecdotes about famous musicians, as well as some about his own life as a musician. Join us on December 20th at 1:00 PM, it is sure to thrill! The show is funded through the proceeds of Harvey's Treasure Chest Gift Shop. Please call the COA to save your place at this performance.

**Celebrate Noon Year's Eve with Lisa Yves and *The Great Ladies of Jazz*
Monday, December 31st from 11:00 AM to 1:00 PM - Doors Open at 10:30 AM**



Our Noon Year's Eve Party is back this year with sparkling cider, a photo booth, noise makers, and Chinese food!! Say goodbye to 2018 and ring in the spirit of 2019 on Monday, December 31st with talented performer, Lisa Yves, who returns to the Concord COA with her show *The Great Ladies of Jazz*. The doors open at 10:30 AM, so you can grab a seat and have a fun picture taken at our photo booth before the show! Starting at 11:00 AM, Lisa will play the piano and sing the songs that were made famous by vocalists Ella Fitzgerald, Blossom Dearie, Diana Krall, Sara Vaughn, Etta James, Joni Mitchell and many more. At noon we will count down to the "New Year" and celebrate with sparkling cider! We will then enjoy a delicious meal of Chinese food from Chang An's of Concord. Thanks to funds generated by the Harvey's Treasure Chest Shop, the cost of this event is just \$10 per person, payable at the door. Please call the COA to reserve your seat, by noon on December 24th. Limited van service will be available.

The Council on Aging will be closed on Tuesday, December 25th to observe the Christmas holiday. There will be no programs or van service on that day.

COUNCIL ON AGING - TELEPHONE: 978-318-3020

VOLUNTEER NEWS & OPPORTUNITIES

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

Make A Difference



History & Etymology for *volunteer* Noun (masculine):
Obsolete French *voluntaire* from Latin: *voluntarius*
Meaning: *will*

WANTED:

Camera Operators: Minuteman Media Network (formerly CCTV) is willing to train you to learn how to operate a video camera and it's easier than you may think. Your training and potential video recording times can work within your schedule, and you would be performing a service to the community at large.

Host & Hostess: Considered as valuable roles at the COA, a host/hostess is the first person seen by all who enter the COA. They greet, help sign-in, point the way to classes and programs, and assist as needed. There are two time slots per day: 9:00 AM – 12:00 PM and 12:00 PM – 3:00 PM. You can be scheduled once or twice per month or weekly.

Please let Volunteer Coordinator, Vikki Jacobson know of your interest: Call 978-758-2151 or email vjacobson@concordma.gov.

ART SPACE:

We wish to thank all the gifted and fascinating artists who exhibited their work at the COA in 2018. Their work inspired us; conjured thinking and delighted our eyes. The 2018 artists included: **Barbara Newell Jones, Dan Cianfarini, Andy Newman, Judith Uehling, Isabella Caliando and Anne Umphrey.**



December brings us the bright and charming work of the Concord Carousel Preschoolers! This year their work is inspired by "the dot." Come see the talent of little hands, creative minds, and big ideas!

Harvey's Treasure Chest Gift Shop

Our Gift Shop broke a sales record on Election Day, last month! The volunteers put in hours of preparation time and found themselves constantly restocking the shelves, and it paid off! The proceeds from Harvey's Treasure Chest fund many of the COA programs. We could not offer as much as we do without this support. So keep shopping, knowing it is a great deal for a good cause!

During the shopping season ahead, Harvey's Treasure Chest will be stocked full with tree décor & trim, ornaments, games and puzzles and warm hand-knitted scarves. The December Silent Auction item is a Lennox, fine-porcelain snowman cookie jar. Come put in your bid for this beautiful piece of holiday cheer, make it a gift or keep it for yourself!

Harvey Treasure Chest hours are Monday through Thursday 10:00 AM – 2:00 PM.



Minuteman Media Network (formally CCTV) has given a weekly time slot to the COA to showcase our programs, **Thursdays at 2:00 PM**. Catch up on programs you may have missed live.

HOW TO DONATE TO THE COUNCIL ON AGING

We are often asked how one may make a contribution which benefits Concord's Council on Aging. Should you or a loved one be interested in making a donation to the COA and Concord Seniors, this may be done by issuing a check made out to the 'Town of Concord' and including the phrase "COA Gift Account" in the check's memo line. There are many worthy causes in Town and several groups who solicit funds to help numerous civic organization. If it is your wish to see your contribution be used to help Concord's COA, this donation method is the only assured manner which guarantees that your donation will only be used for and in the Concord COA. Contributions to the COA Gift Account are considered tax deductible; you will receive an acknowledgement for your contribution once it is received and processed. Donations may be dropped off at the COA office or mailed to 1276 Main Street in Concord. We thank everyone who has already made a donation this year!

Welcome our New Outreach Coordinator!

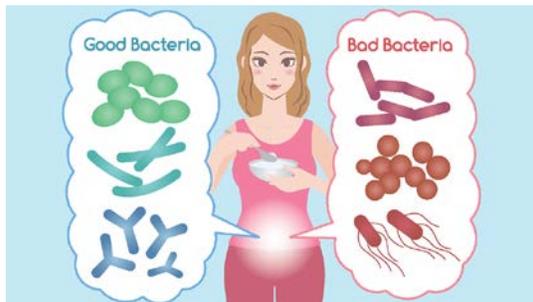
We are pleased to announce that Sharon Clark has started work for the Town as an Outreach Coordinator. We feel very fortunate to have Sharon on our team here. Please join us in making her feel welcome. Sharon is looking forward to meeting everyone, be sure to stop by to say hello and introduce yourself!

BUCKET BRIGADE: is marching to your door on Sunday, December 16th. If you would like a bucket of Town of Concord salt mixture for use on your driveway, porch, pavement, etc., please let the COA know. This mixture can prevent falls and hazards and will be delivered to you by the First Parish Church, Concord.

Thank You!

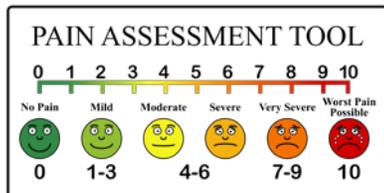
This year marks the 100th year since the end of the First World War. The COA would to thank all servicemen and women, past and current for their service and sacrifices. Over 70 Concord Veterans came to our Veterans Day Breakfast, this November. Thank you to everyone who helped make it such a special event.

HEALTH & WELLNESS



What are Prebiotics and Probiotics ? Tuesday, December 4th at 1:00 PM

Denise Mercury, the Registered Dietitian Nutritionist from Minuteman Senior Services will be talking about the gut microbiome, prebiotics, and probiotics. She will explain what they are and their effect on health. She will talk about foods that contain both pre and probiotics and how to incorporate them in a healthy diet. Come and learn more! Please call the COA to sign up for the presentation!



Pain and Pain Management Presentation Thursday, December 13th at 11:00 AM

Join Dr. Susanna Bedell for a discussion on understanding pain and pain management, and how to get the most help from your doctor. Over 50% of older adults suffer from chronic pain. Dr. Bedell will review common therapies and medications to relieve pain. A handout, resources, and red grapes will be included. Please bring your concerns and questions to the presentation. Call the COA to sign up.

**** GENTLE REMINDER**** STAY HEALTHY WITH GOOD HANDWASHING! IT PREVENTS THE SPREAD OF INFECTION!

Blood Pressure Screening
Wednesdays, December 5th, 19th, 26th
10:00 AM to 12:00 PM
No appointment necessary.
No Clinic December 12th

Diabetic Clinic
Wednesday, December 19th
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
No December Date
Wednesday, January 9th
10:30 AM – 12:00 PM

Podiatry Clinic

Dr. Russell Hamilton
Wednesday, December 12th
8:30 AM to 12:00 PM

Dr. Ayleen Gregorian
Monday, January 14th
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.

THE IMPORTANCE OF SLEEP

Sleeping well is essential to your physical health and emotional well-being. It can help improve your concentration & memory, allows your body to repair cell damage, and refreshes your immune system, which can help to prevent disease. The quality of your sleep is just as important as the quantity. There are many reasons for sleep issues: illness, pain, sleep disorders, stress, medications, sleep apnea and restless leg syndrome to name a few. It is important to check with your primary care physician if you are having sleep concerns/insomnia. Your physician may order a sleep study to determine the cause of your sleeplessness. Keeping a sleep journal may provide helpful information. Daytime habits for better sleep: be socially engaged, improve your mood, exercise regularly, maintain a healthy diet, regularly expose yourself to sunlight, limit caffeine, alcohol & nicotine and avoid big meals before bed. Bedtime routine & better sleep habits: maintain a consistent sleep schedule, develop a bedtime ritual, make your bedroom environment a place for sleep only, and make sure your bedroom is quiet, dark & cool. Make rest and relaxation your goal for better health!

OUTREACH/SOCIAL SERVICES

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

Concord Memory Café

Monday, December 10th from 11:00 AM to 1:00 PM

A Memory Café is a welcoming and safe place for people with forgetfulness or other changes in their thinking, and for family and friends to come together. Each Memory Café is unique, but all are places to talk with others who understand what you are going through, to leave behind limitations and instead focus on strengths. The Concord Memory Café provides a complimentary lunch and a creative activity or entertainment on the second Monday of each month. On December 10th, there will be musical entertainment by guitarist Steve Gintz. We do ask attendees to bring their care partners. You are welcome to attend as many Memory Cafés as you wish. For a full listing of Massachusetts Memory Cafés visit ww.jfcsboston.org/memoryCafeDirectory. Please RSVP to the COA at 978-318-3020.

Caregivers' Support Group

Tuesday, December 18th 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, December 18th, at 10:30 AM. With any questions or to register, please call Sally at 978-318-3012.

Low Vision Support Group

The low vision support group, facilitated by Jini McCoubrey, will be taking a break in December and will reconvene on Wednesday, January 30th.

Fuel Assistance

The South Middlesex Opportunity Council (SMOC) will be taking applications for the Federal Low-Income Home Energy Assistance program through the winter months. 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 for more information at 978-318-3020.

Holiday Donation Opportunity

The Town's Community Services Division is organizing a town-wide Holiday Gift Drive to collect donations of new, unwrapped gifts and toys for Concord and Carlisle children up to age 17. Donations will be accepted through December 16th at the Concord Town House, Council on Aging, Beede Swim and Fitness Center and many local businesses. Items in high demand include bath and body products, Lego & building sets, Boston sports team-themed merchandise, board games, arts and crafts kits, school supplies, science kits, electronics, action figures, and puzzles. Typically they receive many donations for younger-aged children and fewer for the 9 -17 years old. All donations are appreciated. If you can help make the holidays special for someone in need, please consider purchasing a gift and dropping it off.

COA CINEMA

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

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



December 7th – *From Here to Eternity* – This Academy Award winning film, adapted from James Jones's novel, is set Hawaii in the days just before the bombing of Pearl Harbor on Dec. 7, 1941. It follows stories of three soldiers and the women who love them. Cast: Burt Lancaster, Montgomery Clift, Deborah Kerr, Donna Reed, Frank Sinatra, Ernest Borgnine and more. (1953; Classic Drama; 1 hr, 59 mins; Not Rated)

December 14th – *Miracle on 34th Street* – When Santa falls down drunk in the Thanksgiving Day Parade, reluctant Macy's supervisor Doris Walker offers the job to a bearded Kris Kringle who claims to be the real Santa Claus. Cast: Maureen O'Hara, Natalie Wood, Gene Lockhart, William Frawley, John Payne, and more. (1947; Family Classic; 1hr, 36 mins; Not Rated)

December 21st – *Love Actually* – A charming tale of romance and relationships in an ensemble comedy that tells ten intertwining London love stories, leading up to a spirited climax on Christmas Eve. Cast: Hugh Grant, Emma Thompson, Colin Firth, Liam Neeson, Laura Linney, Keira Knightley, Rowan Atkinson, Billy Bob Thornton and more. (2003; Romantic Comedy; 2 hr, 15 mins; Rated R for moderate sexuality and language)

December 28th – *It's a Wonderful Life* – This is the classic holiday story of a despondent George Bailey who is stopped by his guardian angel, Clarence, as he's about to jump off a bridge. Directed by Frank Capra. Cast: James Stewart, Donna Reed, Lionel Barrymore, Henry Travers, Thomas Mitchell, Charles Lane, and more. (1946; Classic Drama; 2 hr, 12 mins; Not Rated)

January 4th – *Lady Bird* – In her senior year of high school in Sacramento, teenage Lady Bird is determined to attend college in New York City. With help from her adopted brother, she begins to put together a plan for her great escape. Cast: Saoirse Ronan, Laurie Metcalf, Tracy Letts, Lucas Hedges, Beanie Feldstein, Lois Smith and more. (2017; Comedic Drama; 2 hr, 30 mins; Rated R for moderate sexuality and language)

History Lecture by John Gardella

The Rise of Ultra-Nationalism in Germany, Italy and Japan

Thursday, December 6th from 1:30 to 3:30 PM

John Gardella's monthly history series continues with this talk about the challenge of dictatorship and totalitarianism to the democracies of Germany, Italy and Japan. Come listen on Thursday, December 6th starting at 1:30 PM. Please see the COA Events Bulletin Board for a complete schedule of John's topics through June, 2019. This series is very popular, so please call the COA to sign up for this month's lecture!

"Bonjour" & Beyond - French Lessons

Tuesdays, December 4th, 11th and 18th from 10:00 AM to 12:00 Noon

Continuing by popular demand! Join experienced French teacher Kristen Cooley for 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. So call to join now. Bien s'amuser! (Have fun!)

Holiday Crafting Classes

Paperclay Reindeer Painting Class

Thursday, December 6th from 12:30 PM to 3:00 PM



Betsi Mandrioli will be at the COA on December 6th 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.

Boxwood Tree Centerpiece

Tuesday, December 11th from 10:30 AM to 12:00 PM

Join us for our annual Boxwood Tree Workshop. On Tuesday, December 11th at 10:30 AM, Activity Coordinator Tina Close and Volunteer Sharyn Baker will instruct the class on how to assemble and decorate holiday boxwood tree centerpieces. Sharyn worked in a flower shop for many years and has a lot of experience! Included in the \$15 fee for the class are the boxwood branches, oasis, containers, ornaments and bows. The payment is due on registration. Participants should bring their own garden clippers and any additional decorations they choose to use. Attendance is limited to 12 participants. Please call to reserve your spot!

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, and all viewpoints are welcome.



50+ Job Seekers Regional Network Group

Monday, December 10th, 2:00 PM to 4:00 PM – Acton COA

Monday, January 28th, 2:00 PM to 4:00 PM – Concord COA



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 group

on the second and fourth Mondays of each month, although some dates will be affected by holidays. Monday December 10th at the Acton Senior Center, at 30 Sudbury Road, and then Monday, January 28th 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).*

Line Dancing

Tuesdays, December 4th, 11th and 18th from 2:30 PM to 3:30 PM



Whether you're looking for an additional gentle, low-impact workout or just want to hang with some friends and frolic to the beat, line dancing is a whole-health treat! As each dance uses foot patterns only, beginner dances can be learned within minutes. As there are no partners, there's no need to worry about stepping on anyone's toes either, and you can also groove in any way that best suits your own physical needs. We'll boogie to several dances each class and enjoy a wide variety of uplifting music certain to lighten your spirits for the rest of the day! Each class is \$5, paid directly to the instructor. If you do not have shoes with flat leather soles, "DanceSocks" are recommended to help your shoes slide over the carpet. They can be bought online or "pre-ordered" from the instructor for \$10 a pair. Please call the COA to sign up!

Acrylic Painting

Thursdays, December 6th, 13th and 20th 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. Join any time. Please call the COA to sign up.

Games Group

Fridays, December 14th and 28th 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 2nd and 4th Friday of each month at 9:45 AM. New members are always welcome. Please call the COA to sign up!

Genealogy

Wednesdays, December 5th and 19th from 9:30 AM to 11:30 AM

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.

Music Appreciation Class with Keith Kirchoff

**Mondays, January 7th, 14th, 28th; February 4th, 11th, 25th, March 4th, 11th,
From 1:00 PM to 2:30 PM**

Please mark your calendars for the next session of the Music Appreciation Class with Concord Conservatory of Music faculty member, concert pianist, and composer Keith Kirchoff. This session includes 8 classes that meet on Mondays from January 7th to March 11th from 1:00 PM to 2:30 PM at the Concord COA. Everyone is welcome, and no musical background is required. More information about the subject of the class will be posted on the COA Activities bulletin board as soon as it is available, and it will also be in the January newsletter. Your check for \$96, payable to the Concord Conservatory of Music, is due on registration. Be sure to call the COA to let us know you plan to attend *even if you register at the Conservatory as well.*

UPCOMING COA OUTINGS

YES Group to Atlantic Sea Grill, Acton Sunday, December 2nd at 5:30 PM

Please join the YES Group for dinner at the Atlantic Sea Grill on Great Road in Acton on Sunday, December 2nd at 5:30 PM. The Atlantic Sea Grill serves fresh classic seafood dishes 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, and be sure to call the COA to sign up so we can get an accurate head count for the restaurant.

December Day Trip! A Salem Cross Christmas

Thursday, December 13th; Leaving CareOne at Concord at 10:00 AM; Returning at 7:00 PM

There are still openings on this full-day trip on December 13th. Start with a luncheon with seasonal music at the beautifully decorated Salem Cross Inn in West Brookfield, followed by a visit to Yankee Candle Shop's Bavarian Christmas Village in Deerfield, and finally with a drive through the Christmas lights display at Springfield's Bright Nights. 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 at the time of reservation. Sorry, no refunds will be given. This trip involves limited walking, so it is appropriate for all seniors. Please call the COA to reserve your spot. When you call, please indicate your entrée choice of Chicken Pot Pie or Maple Salmon.

Lunch Bunch to Filho's Great Road Acton Monday, December 17th at 12:00 Noon

Join us on Monday, December 17th for lunch at Filho's, located at 59 Great Rd., Acton, just over the Concord line. At Filho's you will find local, fresh, and home-made traditional Italian cuisine with a dash of flare. It is modestly priced comfort food at its best! The COA van will leave the Harvey Wheeler Community Center at 11:45 AM for our 12:00 PM lunch reservation. You may choose to drive yourself or take the COA van for \$3. The cost of the meal is on your own. The reservation is for 14 people. Please call the COA to sign up, and let us know if you need a ride. Carpooling is encouraged.

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 and extra batteries, a portable radio or weather radio with extra batteries, 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. Develop an emergency communication plan in case family members are separated from one another during a winter storm. Ask an out-of-state relative or friend to serve as the family contact, and make sure everyone knows the

name, address and telephone number of this contact person. These steps can help assure everyone's safety and minimize the stress associated with emergencies.

Winter Cancellation Policy

If the Concord Public Schools are closed due to snow or ice, there will be NO ACTIVITIES or VAN SERVICE at the COA. The office will remain open unless the Town Manager has closed town offices for safety. If storms develop during the business day, programs and van service may be cancelled to ensure everyone's safety. If school is delayed, please call the COA to find out if any programs have been cancelled or if the van is running.



DECEMBER COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 5:30 YES Group	3 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Music Appreciation 1:00 Hand & Foot 2:00 Music Makers 2:00 Chess Club 3:00 Tai Chi (\$5) 5:00 COA Board Meeting	4 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French Lessons 10:30 Coffee & Conversation 1:00 Prebiotics & Probiotics 1:00 Bridge 1:00 Hand Crafts 2:00 DVD Series 2:30 Line Dancing	5 8:00 Mat & Chair Yoga (\$5) 9:30 Genealogy 10:00 BP Clinic 12:00 Friends Party- Maynard Elks ** No Bingo ** 1:00 Int'l Current Events 1:15 Mahjong	6 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 12:30 Paperclay 1:00 Cribbage 1:30 History Lecture 2:00 Grief Support	7 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 1:00 Cinema From Here to Eternity 1:00 Poker 2:30 Ping Pong	8
9	10 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 11:00 Memory Cafe 1:00 Music Appreciation 1:00 Hand & Foot 2:00 Music Makers 2:00 Chess Club 3:00 Tai Chi (\$5)	11 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French Lessons 10:30 Boxwood Trees 10:30 Coffee & Conversation 1:00 Holiday Reading 1:00 Bridge 1:00 Hand Crafts 2:00 DVD Series 2:30 Line Dancing	12 8:00 Mat & Chair Yoga (\$5) 8:30 Podiatry Clinic **No BP Clinic** 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong	13 9:30 Aerobics (\$5) 10:00 Salem Cross 10:00 Acrylics 10:45 Strength & Flex (\$5) 11:00 Pain Management 1:00 Cribbage 2:00 Grief Support	14 9:30 Mat Yoga (\$5) 9:45 Games Group 1:00 Cinema – Miracle on 34 th Street 1:00 Poker 2:30 Ping Pong	15
16 Bucket Brigade	17 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 12:00 Lunch Bunch 1:00 Music Appreciation 1:00 Hand & Foot 2:00 Music Makers 2:00 Chess Club 3:00 Tai Chi (\$5)	18 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French Lessons 10:30 Coffee & Conversation 10:30 Caregiver STGP 1:00 Bridge 1:00 Hand Crafts 2:00 DVD Series 2:30 Line Dancing	19 8:00 Mat & Chair Yoga (\$5) 9:30 Genealogy 10:00 Diabetic Clinic 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong	20 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Music through the Decades 1:00 Cribbage	21 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 1:00 Cinema – Love Actually 1:00 Poker 2:30 Ping Pong	22
23	24 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) ** No Afternoon Programs **	25 COA CLOSED 	26 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong	27 9:30 Aerobics (\$5) 10:45 Strength & Flex (\$5) 1:00 Cribbage	28 9:30 Mat Yoga (\$5) 9:45 Games Group 1:00 Cinema – It's a Wonderful Life 1:00 Poker 2:30 Ping Pong	29
30	31 9:00 Mat Yoga (\$10) ** No Aerobics ** 10:30 Men's Mtg ** No Strength & Flex ** 11:00 New Year's Eve Party 1:00 Hand & Foot 2:00 Music Makers 2:00 Chess Club 3:00 Tai Chi (\$5)	Open Walk at the Hunt Gym Why not invite a friend for a walk? The Hunt Gym at 90 Stow Street will have gym time available for walkers on Wednesdays and Fridays from 2:00 PM to 3:00 PM through the winter months. Upon arriving at the Hunt Building, please use the side entrance and sign in at the front desk. Proper footwear is required; sneakers only please! Please call 978-287-1007 with any questions.				

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.

December 5 th	Friends Holiday Party Maynard Elks (Prior reservation required)	December 19 th Life Care of Nashoba Valley
December 12 th	Minuteman Senior Services December Birthday Celebration	December 26 th Concord Park

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.
(*December 24th pickups will start at 10:00 AM)

Tuesdays: 1st Tuesday – OpenTable Food Pantry and Stop & Shop/Powder Mill Plaza, Acton – Pickups start at 12:15 PM.

Thursdays: 1st & 3rd Thursday – Market Basket, Littleton - Pickups start at 12:15 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.

THE COA VAN

The COA provides transportation on a first come, first served basis to Concord seniors around town for doctor's appointments, trips to the bank, haircuts, visits to a friend, events at the COA, and so on. We ask for a \$1.00 donation each way and require an advance reservation to ride the van. Additionally, we offer shopping trips at the designated times listed above. You do not need to wait until the first business day of the month to book a van ride, please call as soon as you know you need a ride (the sooner the better chance to get the time you need)! Please be aware of the following requirements for your safety:

- Our van is considered to be "curb to curb" service. You should be able to get on and off independently or bring along a family member or aide.
- All riders must have emergency contact information listed with the COA office.
- We ask that all van riders carry a copy of the File of Life with them. Please stop at the office and pick one up if you do not have one.
- All of our van riders must use their seatbelts when riding our vans.
- When demand is high, you may be asked to limit non-medical appointments to twice a week.
- We do not schedule same day rides. Please call before noon the day before the ride at a minimum.
- We request that you refrain from using strong scents or perfumes.

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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Claudia Curran, Administrative Assistant
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Chris Choate, Custodian
John Zonfrelli, Van Driver
Michael Scott, Van Driver

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