

SENIOR SPIRIT

NEWSLETTER OF THE CONCORD COUNCIL ON AGING

January 2019

Drum Circle Jam with Tim Kane Friday, January 11th at 11:00 AM

Tim Kane, a Massachusetts-based drummer, percussionist and music educator, returns to the COA to lead a drum circle on Friday, January 11th at 11:00 AM. Drumming is fun and a great team-building exercise! The beauty of a group drum circle is that you don't need drumming experience to take part. Participants create collaborative rhythmic jams after learning the basics on a variety of different percussive instruments. The magic is found in the group building upon its own creations. This activity is good for anyone, including those with limited mobility. Thanks to funds generated by the Harvey Wheeler Gift Shop, this program is offered free of charge. This activity is limited to 16 participants, so please call the COA to sign up.

Cupcake Decorating Party! Tuesday, January 15th from 1:30 PM to 3:00 PM

In case of bad weather this event will be held on January 17th at 1:30 PM

Join Sara Abrahamson from Countryside Cupcakes for a Winter Wonderland cupcake party at the Concord COA on Tuesday, January 15th from 1:30 PM to 3:00 PM. Sarah will bring plenty of scrumptious homemade cupcakes for you to decorate - and all the frosting, toppings and decorations too! There will be other fun activities as well! Every guest gets to decorate and create six beautiful cupcakes to eat, take home or freeze for later! This event is being sponsored by Harvey's Treasure Chest Gift Shop and is offered free of charge. It is limited to 25 people so please call to reserve your seat.



Archery Class for Beginners Fridays, February 15th, 22nd, and March 1st and 8th 1:00 PM to 2:00 PM



Learn the exciting Zen-like sport of traditional recurve archery indoors this winter! Discover your new favorite leisure activity and increase flexibility and improve muscle memory through the gentle repetition of the shot process. This timeless activity is one that can be enjoyed at any age regardless of athletic ability or skill, and it is quickly becoming a favorite sport in the Massachusetts Senior Games. Our certified instructors will guide you through a light warmup/stretch routine each class before shooting the bows to ensure that your accuracy is spot on. All equipment is provided. On the Mark Archery is offering this course at just \$22 a class. All four classes are mandatory, and your check for \$88 is due by Wednesday, January, 30th to register for the course. This class needs a minimum 10 students to run. Please call the COA to sign up.

Not sure you will like it but curious to try? Sign up for a free trial class! An introductory class will be held Friday, January 11th at 1:00 PM.

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.

The Council on Aging will be closed on Tuesday, January 1st to observe New Year's Day and January 21st to observe the Martin Luther King holiday. There will be no programs or van service on those days.

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

Harvey's Treasure Chest Gift Shop

The Gift Shop wrapped up its 2018 calendar year with a well-deserved vacation: the shop is *closed* December 21st through January 4th. Visit the gift shop in 2019 as they display Asian inspired items in recognition of the Chinese New Year, which falls on February 4th - it's the Year of the Pig and the 4,716th Chinese year.



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



Over twenty-five holiday bouquets were delivered to seniors by the COA's Outreach Coordinators thanks to the efforts of The National Charity League (NCL) and Copper Penny Flowers of Concord. The NCL is a mother/daughter community service and empowerment organization made-up of girls (7th-12th grades) and their moms who live in Concord & Carlisle. The NCL has been donating their creative efforts to the COA for several years and Jennifer Eaton, owner of Copper Penny Flowers, graciously donated lush greens and decorative touches for this year's bouquets.

Did you get a bucket of sand on your porch or by your door? The Bucket Brigade marched on December 16th and delivered 40 buckets for us so no one slips or falls. The COA thanks First Parish Church for their "Neighboring Activists," aka 6th graders and some adults, who made the deliveries possible. If you missed their delivery, you may be in luck. We'll try to deliver more. Call the COA to inquire.

WANTED - Are you a Hostess with the Mostest? Our hostesses are terrific, but we are still recruiting a few more people to fill in at the front/hallway desk. This really is a flexible slot where we can seat you once or twice per month or ask you to fill in. Your warm welcome and assistance to all those who come into the COA is an asset to us. Please let Vikki Jacobson know if you can help: vjacobson@concordma.gov or 978-318-3023.

The **ArtSpace** Committee has created an eclectic exhibition calendar for 2019 so make sure to drop in during the eight exhibit periods throughout the year. The oil paintings of Concord's *Paul Guthrie* adorn the walls of HWCC beginning January 4th. Paul's life-long love of art and painting mixed with his career in construction & building materials, presents the strange balance between precision and creative flair. Paul says his is a struggle of the right/left brain. He presents representational art in the area of landscapes, seascapes, still life, buildings and classic cars. If you enjoy his work and perhaps take away a feeling of a place or thing or person, then this artist feels he has succeeded. Paul hopes his works improve your day.



MMN TV Minuteman Media Network (formally CCTV) has given a weekly time slot to showcase COA programs, **Thursdays at 2:00 PM**. Catch up on programs you may have missed. Right now, you can go to MMN TV on the town's website to look at the COA's September fashion show! We're actively coordinating with MMN to bring you more recorded COA events like helpful health & wellness presentations, entertainment & interesting lectures. Let us know what you would like to see more of.

Good-Bye Sally!

Please join the Council on Aging staff in sending best wishes to departing Social Services Coordinator Sally Lopez. Sally has retired from her role at the COA after eight years! She will be missed by colleagues and seniors alike. We wish her the very best in retirement.

New Year's Resolution to Go Green!

Please consider helping us "Go Green" this year and save money on printing and postage by agreeing to have your newsletter sent to you by e-mail each month. To take advantage of this option, please e-mail Laurie Austin at laustin@concordma.gov.

Small Grants Program

The Concord Housing Development Corporation (CHDC) is pleased to announce that the Small Grants Program is now accepting applications. The CHDC awards Small Grant Funds to help income-eligible households make small home repairs for health and safety reasons. Concord residents may apply for funds to cover plumbing and carpentry work, heating upgrades, window and door replacement, bathroom adaptations, roofing, masonry, siding and other necessary home repairs. The application form is available online at the town website, at the Planning Division Office at 141 Keyes Road, and at the COA. Applicants are required to provide the completed form, three estimates of the work to be completed, and copies of recent tax returns (for income verification). Maximum grant award is \$5,000 per household. Applications will be accepted through Thursday, January 31st, 2019. For more information please contact Lara Plaskon, Program Administrator, at 978-287-1092.

Veterans' Services Appointments

Veterans or surviving spouses needing assistance with veteran benefits or resources should contact Veterans' Service Officer Dick Krug at 978-318-3038 or email dkrug@concordma.gov to schedule an appointment.

HEALTH & WELLNESS



Home Safety Presentation **Tuesday, January 8th at 1:00 PM**

Whitney Rohrer, Occupational Therapist from Nashoba Nursing Service & Hospice, will present a review of safety techniques to use throughout your home. Participants will learn to maximize independence through education, equipment, and adaptation, with modification techniques for low vision, memory concerns, impaired balance and mobility issues. Whitney will also demonstrate use of equipment and environmental aids and discussion of real-life scenarios will be encouraged. Please call the COA to sign up.



The Importance of Oral Care **Wednesday, January 23rd at 9:30 AM**

As we grow older, certain health concerns deserve our full attention, especially the importance of good oral health. Come meet Dr. Padma of North Acton Dental and learn about denture care, help for dry mouth, implant decisions, as well as other dental concerns for seniors. Dr. Padma is an active member of the American Dental Association, Mass Dental Society and Middlesex District Dental Society. She looks forward to answering your questions. Please call the COA to sign up.

Blood Pressure Screening

Wednesdays, January 2nd, 9th, 16th, 23rd,
and 30th

10:00 AM to 12:00 PM

No appointment necessary.

Diabetic Clinic

Wednesday, January 30th

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, January 9th

10:30 AM – 11:30 PM

Podiatry Clinic

Dr. Ayleen Gregorian

Monday, January 14th

8:30 AM to 2:30 PM

Dr. Russell Hamilton

Wednesday, February 13th

8:30 AM to 12:00PM

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.

WINTER SEASON SAFETY

With the changing of the season come safety concerns for all to be aware of and to prepare for:

- Shorter daylight can cause a decrease in energy. Try to be active, exercise & take advantage of the sunlit part of the day. Sunlight and Vitamin D are important to reduce stress and to increase energy.
- Cold air tends to be drier and it can be harsher on your skin and respiratory system. Eat well balanced meals and take in adequate fluids to remain hydrated. Warm beverages help to maintain body temperature. Keep your skin moisturized.
- Prevent the loss of body heat, frost nip & frost bite by wearing suitable clothing. When outside, cover all exposed areas of your body & wear layers of clothing. Loose-fitting clothing keeps your blood flowing more freely which helps to retain body heat.
- Be safe on the snow & ice. Wear non-skid boots that fit well. Walk where there is no snow or ice. Walk slowly, pace yourself and take short steps. Extend your arms out to your sides to maintain balance and keep your hands out of your pocket when walking. Avoid carrying packages. If you are using a cane or walker, replace the rubber tips if worn down. Point your feet out slightly like a penguin to widen your base.

OUTREACH/SOCIAL SERVICES

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

Concord Memory Café

Monday, January 14th 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 thinking, and for their family and friends to come together to focus on their strengths. The Concord Memory Café provides a complimentary lunch and an activity or entertainment on the second Monday of each month. On January 14th the entertainment will be by Joel Light and Dan Moore, singing "Fill My Heart with Song," with show tunes and familiar songs. We ask that attendees bring their care partners. You may visit www.jfcsboston.org/memoryCafeDirectory for a full listing of Massachusetts Memory Cafés. The Concord Memory Café is sponsored by Right at Home, Bedford. Please RSVP to Concord COA at 978-318-3020.

Caregivers' Support Group

Tuesday, January 15th from 10:30 AM to Noon

Our monthly Caregivers' Support Group is open for those caring for loved ones with Alzheimer's or related dementias. The group is facilitated by the COA Social Services Supervisor and Abby Ferreira of Cooperative Elder Services. This month's meeting will be on Tuesday, January 16th, at 10:30 AM. Please call the COA with any questions or to register at 978- 318-3020.



Low Vision Support Group

Wednesday, January 30th at 1:00 PM

The low vision support group, facilitated by Jini McCoubrey, will begin the new year on Wednesday, January 30th at 1:00 PM. Please come and share your experiences as a visually challenged person. We learn from one another. Our speaker series will resume in February.

Home Heating Assistance

The South Middlesex Opportunity Council (SMOC) will continue 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. As an intake site for seniors living in Concord, the COA is able to help you complete your application. Please call the COA for more information at 978-318-3020.



Tax Preparation Assistance

Volunteers certified under the AARP Foundation Tax-Aide Program will be at the Council on Aging starting mid-February through the beginning of April to help you prepare your Federal and Massachusetts personal income tax returns or to answer your tax questions. Seniors can meet with tax counselors for an hour and a half session. This free service can answer most tax issues faced by low and middle income taxpayers, with special attention to those over age 60. The tax counselors will be holding office hours, on Tuesdays, Thursdays and Fridays, beginning Tuesday February 12th. Please call the COA to make and appointment at 978-318-3020.

COA CINEMA

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



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)

January 11th – *The Accidental Husband* – Radio talk show host and relationship expert Emma Lloyd has always led a sensible life, with the right career and the right fiancé, until she learns the shocking news that she's already married to another man she's never even met. Cast: Uma Thurman, Colin Firth, Jeffrey Dean Morgan, Sam Shepard, Lindsay Sloane, and more. (2008; Comedy; 1 hr, 30 mins; Rated PG-13)

January 18th – *The Pianist* – Famed Polish pianist Wladyslaw Szpilman struggles to survive the onslaught of Nazi tyranny during World War II in this drama based on his memoirs. Cast: Adrien Brody, Thomas Kretschmann, Emilia Fox, Frank Finlay, Maureen Lipman, Ed Stoppard, Julia Rayner, and more. Directed by Roman Polansky. (2002; Real Life; 2 hrs, 30 mins; Rated R for violence and language)

January 25th – *Singin' in the Rain* – When Hollywood attempts the transition from silent films to talkies, a matinee idol hopes to make the cut. But he's hampered by a silent-movie queen with a voice like fingernails on a blackboard. One of the great big-screen musicals, it includes the songs "Good Morning," "Make 'Em Laugh" and "Singin' in the Rain." Cast: Gene Kelly, Donald O'Connor, Debbie Reynolds, Jean Hagen, Millard Mitchell, Cyd Charisse, Douglas Fowley, Rita Moreno. (1952; Musical; 1 hr, 43 mins; Rated G)

February 1st – *All the Money in the World* – This movie follows the kidnapping of 16-year-old John Paul Getty III and the desperate attempt by his mother to convince his billionaire grandfather to pay the ransom. Cast: Michelle Williams, Mark Wahlberg, Christopher Plummer, Charlie Plummer, Timothy Hutton, and more. (2017; Crime Thriller; 2 hrs, 12 mins; Rated R for language and some violence)

New DVD Lecture Series Coming in February!

Petticoats and Paintbrushes – Women in Art

Tuesdays, February 5th through April 16th from 2:00 PM to 3:30 PM

Women artists have been faced with many trials and tribulations in the past. Many of these same challenges continue to the present day, but women continue their quest for artistic recognition. Join us to look into the lives of some of these ground-breaking women artists including Berthe Morisot, Mary Cassatt, Camille Claudel, Georgia O'Keefe, Dorothea Lange, Lee Krasner, Mary Robertson and Faith Ringgold. Following each lecture, Janice and Doug Muir will facilitate a discussion. The series starts on Tuesday, February 5th. Please call the COA to reserve!

History Lecture by John Gardella

The Coming of the Second World War

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

John Gardella's monthly history series continues with this lecture about "Aggression, Appeasement and War" in the years leading to WWII. Come listen on Thursday, January 10th starting at 1:30 PM. Please see the COA Events Bulletin Board for a complete schedule of John's topics through June, 2019. Please call the COA to sign up for this month's lecture!

Join an Exercise Class in 2019!

The COA offers a number of fitness classes here at the HWCC. Resolve to start the new year by trying a new class at the COA. How about some gentle stretching at one of our yoga classes that meet Mondays, Tuesdays, Wednesdays and Fridays? We offer both chair and mat yoga classes. Or try Aerobics, offered at 9:30 AM on Mondays and Thursdays for some fun group exercise! Give the Strength & Flex class a try, offered on Monday and Thursday mornings at 10:45 AM. In addition, we offer Senior Tai Chi on Monday afternoons at 3:00 PM and Line Dancing Tuesdays at 2:30 PM. See Page 10 of this newsletter for the complete calendar of programs.

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, tackles a range of topics from around the globe. Each week the focus of conversation changes, so come join in the discussion! This group has a broad spectrum of views and opinions - all viewpoints are welcome. Please note that the group will not meet on January 2nd, but will resume weekly meetings on January 9th.



Creative Writing Class

Tuesdays Starting January 8th from 1:00 PM to 3:00 PM

"Words are our most inexhaustible source of magic." – J.K Rowling. Join Kristin Cooley for creative writing classes and let the magic of your words come alive. 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.

TEDTalks Series - Could Moby Dick Prevent the Next Financial Crisis?

Monday January 14th at 2:00 PM

TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). This month we look to literature to teach and inspire us. Suzanne Case, a self-identified "bibliobanker," believes that literature's power to foster empathy can change the future of the finance industry. Case argues that insensitivity to the human condition was a key factor in the 2008 recession and shows how a daily dose of Herman Melville or Charles Dickens could be the remedy. Join us for this program where a range of ideas will be explored through short videos and facilitated discussions. This series is facilitated by Beth Roberts and is free of charge. Please call the COA to sign up.

Book Discussion Group

Tuesday, January 15th 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 January is "Manhattan Beach" by Jennifer Egan. The group is open to everyone. New members are welcome.

"What the Heck is a HECM", The Facts about Reverse Mortgages

Thursday, January 17th at 11:00 AM

Join Bonny Gilber, a senior reverse mortgage advisor at Fairway Independent Mortgage Corporation, for a seminar that explains what a Home Equity Conversion Mortgage (HECM) reverse mortgage actually is, how it works, and what the positives and negatives are. She will also briefly explain how financial advisors might use a HECM Reverse for asset protection, and how a new home can be purchased with the HECM/Reverse. Come with your questions on Thursday, January 17th at 11:00 AM. Please call the COA to sign up.

Line Dancing
Tuesdays 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, January 10th, 17th, 24th and 31st from 10:00 AM to 12:00 PM



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. Please note there will be no class on January 3rd.

Games Group
Fridays, January 11th and 25th at 9:45 AM

Playing games challenges memory and attention and sharpens your mind!! If you love word games, puzzles, and board games, this group is for you! 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!

**LIFE IS MORE
FUN IF YOU
PLAY GAMES**

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

Genealogy Trivia: If you figure there are 25 years between each generation, 500 years ago there were 1,048,576 people involved in creating you! 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, and 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. 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.

UPCOMING CONCORD COA ACTIVITIES

YES Group to Le Lyonnais, 416 Great Road, Acton Saturday, January 19th at 6:00 PM

This month the YES Group returns to Le Lyonnais for dinner on **Saturday**, January 19th at 6:00 PM. Chef Gerard Labrosse presents a menu of hearty country fare in this cozy restaurant Français. You will select your meal from one of reasonably priced prix fixe menus. The YES group is open to all Youthful Energetic Seniors. Transportation and the cost of dinner are on your own. Please be aware that the COA does not send staff to YES group events. Be sure to call the COA office to reserve so we can get an accurate head count for the restaurant.

Lunch Bunch to Trail's End, Concord Thursday, January 24th at 11:30 AM

Join the COA's Lunch Bunch for lunch at Trail's End on Lowell Street, Concord on Thursday, January 24th at 11:30 AM. Now offering table service, this restaurant is one of our seniors' favorites! It offers delicious entrees, salads, sandwiches and house baked goods in a friendly atmosphere. We will meet at Trail's End at 11:30 AM. If you need transportation, please call the COA office and request drop-off and pick-up by the van for a fee of \$1 each way. Please RSVP to the COA office to let us know you will attend!

Gary Hylander is Returning to the Concord COA!! A Series about President Lyndon Baines Johnson February 7th, February 21st, and March 7th from 1:00 PM to 2:00 PM

Historian Gary Hylander will present a three-part lecture/discussion series on Lyndon Baines Johnson to Concord residents on February 7th, 21st, and March 7th from 1:00 PM to 2:00 PM. LBJ served as the 36th President of the United States from 1963 to 1969. Formerly the Vice President, he assumed the presidency following the assassination of President John F. Kennedy. Johnson is known for his domestic policies and the passage of many major laws that affected civil rights, gun control, wilderness preservation, and Social Security. However, he has also drawn substantial criticism for his escalation of the Vietnam War. This class is sponsored by the Harvey Wheeler Gift Shop, and is free of charge. Reservations for this series will be taken starting in January. Please call the COA office to sign up!

Concord Lions Club's Spaghetti Lunch Saturday, February 9th at 12:00 Noon



The Concord Lions Club cordially invites all Concord seniors to attend its annual Spaghetti Lunch on Saturday, February 9th at the Harvey Wheeler Community Center. The meal will be served at 12:00 noon. Please plan to attend and join in on the fun and pasta! There is no charge for this event. Attendance is limited to 100 people. Reservations open starting on January 2nd. Please be sure to call the Concord COA office to save your spot. Limited van service is available.

“Bonjour” & Beyond - French Lessons Tuesdays, January 8th, 15th, 22nd, and 29th from 10:00 AM to 12:00 Noon

Whether you have travel plans to a French speaking part of the world, or you are simply curious to learn a new skill, 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. Call to join now. Bien s'amuser! (Have fun!)

JANUARY COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1  COA CLOSED	2 8:00 Mat & Chair Yoga (\$5) 9:30 Genealogy 10:00 BP Clinic 12:00 LUNCH (\$2) ** No Int'l Current Events ** 1:00 Bingo 1:15 Mahjong	3 9:30 Aerobics (\$5) ** No Acrylics ** 10:45 Strength & Flex (\$5) 1:00 Cribbage	4 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 1:00 Cinema – Lady Bird 1:00 Poker 2:30 Ping Pong	5	
6	7 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) 5:30 COA Board Meeting	8 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French Lessons 10:30 Coffee & Conversation 1:00 Home Safety 1:00 Creative Writing 1:00 Bridge 1:00 Hand Crafts 2:30 Line Dancing	9 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 10:30 Ask a Pharmacist 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong	10 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:30 History Lecture	11 9:30 Mat Yoga (\$5) 9:45 Games Group 11:00 Drum Circle 1:00 Cinema – The Accidental Husband 1:00 Poker 1:00 Intro. to Archery 2:30 Ping Pong	12	
13	14 8:30 Podiatry 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 TEDTalk 2:00 Music Makers 2:00 Chess Club 3:00 Tai Chi (\$5)	15 9:15 Chair Yoga (\$5) 9:15 Book Discussion 9:30 Quilting 10:00 French Lessons 10:30 Coffee & Conversation 10:30 Caregiver STGP 1:00 Creative Writing 1:00 Bridge 1:00 Hand Crafts 1:30 Cupcake Party 2:30 Line Dancing	16 8:00 Mat & Chair Yoga (\$5) 9:30 Genealogy 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong	17 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 11:00 Reverse Mortgages 1:00 Cribbage	18 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 1:00 Cinema – The Pianist 1:00 Poker 2:30 Ping Pong	19	6:00 YES Group
20	 COA CLOSED	22 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French Lessons 10:30 Coffee & Conversation 1:00 Creative Writing 1:00 Bridge 1:00 Hand Crafts 2:30 Line Dancing	23 8:00 Mat & Chair Yoga (\$5) 9:30 Oral Care 10:00 BP Clinic 12:00 LUNCH (\$2) – Pizza Party 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong	24 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 11:30 Lunch Bunch 1:00 Cribbage	25 9:30 Mat Yoga (\$5) 9:45 Games Group 1:00 Cinema – Singin' in the Rain 1:00 Poker 2:30 Ping Pong	26	
27	28 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 50+ Job Seekers 2:00 Music Makers 2:00 Chess Club 3:00 Tai Chi (\$5)	29 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French Lessons 10:30 Coffee & Conversation 1:00 Creative Writing 1:00 Bridge 1:00 Hand Crafts 2:30 Line Dancing	30 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 10:00 Diabetic Clinic 12:00 LUNCH (\$2) 1:00 Low Vision 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong	31 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage			

**50+ Job Seekers Regional Network Group
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 different 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 alternate hosting this group on the second and fourth Mondays of each month, although some dates may be affected by holidays. There will be no meeting on Monday January 14th, meetings will resume starting 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).*

Opportunity to Donate

As the holiday season draws to an end, don't throw out your surplus paper goods! Please consider saving and donating your excess paper goods (plates, bowls, and cups) to the COA. We will put them to good use. Please note that Styrofoam and plasticware products have now been banned in Concord and we cannot accept them for use.

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.

January 2 nd	Minuteman Senior Services (January Birthday Celebration)	January 23 rd	COA Pizza Party
January 9 th	Life Care of Acton	January 30 th	CareOne of Concord
January 16 th	Newbury Court		

VAN SHOPPING TRIPS

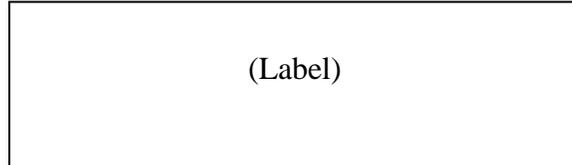
The COA is happy to provide a variety of shopping opportunities each month, but it is important that you call for a reservation in advance. You may sign up at any time. To save room, each shopper is limited to five (5) shopping bags. The van driver will help carry your bags if you are unable to do so.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

- Mondays:** 2nd & 4th Monday - Roche Brothers Plaza or Kmart – Pickups start at 1:00 PM.
- Tuesdays:** 1st Tuesday – OpenTable Food Pantry and Stop & Shop/Powder Mill Plaza, Acton – Pickups start at 12:15 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.

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

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Address Service Request



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

Ginger Quarles, Director
Lauren Barretta, Program Supervisor
Valerie Boggia, Geriatric Health Nurse
Tina Close, Activity Coordinator
Claudia Curran, Administrative Assistant
Laurie Austin Santry, Clerk/Receptionist
Chris Choate, Custodian
John Zonfrelli, Van Driver
Michael Scott, Van Driver

Joyce McSweeney, Outreach Coordinator
Sharon Clark, Outreach Coordinator
Vikki Jacobson, Volunteer & Public Relations
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Dave Barry, Van Driver
John Goshdigian, Van Driver
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David Siskind, Van Driver