

SENIOR SPIRIT

NEWSLETTER OF THE CONCORD COUNCIL ON AGING

February 2019

Lions Club Annual Italian Lunch Saturday, February 9th at 12:00 Noon



There's still time to sign up for the Lions Club Italian Lunch on Saturday, February 9th at noon at the Harvey Wheeler Community Center. All Concord seniors are invited! Please plan to attend and join in on the fun and pasta! This lunch is sponsored and served by the Concord Lions Club, so there is no charge. Attendance is limited to 100 people. Please be sure to call the Concord COA office to save your spot. Limited van service is available.

"Pennies from Heaven" - Music and Song with Sarah Gardner Tuesday, February 19th from 1:00 to 2:00 PM

Join us for an hour of jazz and nostalgia on Tuesday, February 19th starting at 1:00 PM. Sarah Gardner performs toe tapping favorites from the 1920s-50s (American songbook, movies, singalongs, and standards) accompanied by her father, Jazz musician Herb Gardner on piano, to help bring good vibes and fond memories to mind. This show is sponsored by the Harvey's Treasure Chest Gift Shop and is offered free of charge. Please call the COA office to reserve a seat at this performance.

Gary Hylander Presents: President Lyndon Baines Johnson February 7th, February 21st, and March 7th from 1:00 PM to 2:00 PM

Historian Dr. Gary Hylander returns to present a three-part lecture series about LBJ to Concord seniors on February 7th, 21st, and March 7th from 1:00 PM to 2:00 PM. Formerly Vice President, Johnson assumed the Presidency following the assassination of President John F. Kennedy. Johnson is known for domestic policies and the passage of many major laws on civil rights, gun control, wilderness preservation, and Social Security. Yet he has also drawn criticism for his escalation of the Vietnam War. This class is sponsored by the Harvey's Treasure Chest Gift Shop and is free of charge. Please call the COA office to sign up!

Mark Your Calendars! - Mardi-Gras Party! Tuesday, March 5th from 12:00 Noon to 2:00 PM

Join the excitement and celebrate Mardi-Gras with the Concord COA!! Starting at noon on "Fat Tuesday," March 5th, we will have a catered New Orleans-inspired luncheon followed by Big Smile Entertainment's *Basin Street Bash* show that will turn the COA into a street party! Celebrate New Orleans and Fat Tuesday with Jazz, Blues, and Cajun style music. Sway or sing along to the great songs of Bourbon Street, and you might even want to wear your dancing shoes!! It will be lively and fun! We will provide the beads and masks – just show up! Thanks to a generous donation from Bullock's Nursing Service this wonderful party is free of charge. We expect a large turnout, so please call to reserve your seat and avoid disappointment. Reservations will be taken starting on February 1st.



Have something to say to your State Representative?

State Representative Tami Gouveia has set up twice a month drop-in office hours in Concord at the Harvey Wheeler Community Center, open to all constituents, starting Monday, February 4th from 6:00 PM to 8:00 PM and back again on February 18th at the same time. Please see bulletin board for full listing of dates. The purpose of the office hours is to provide residents the opportunity to connect with their State Representative more frequently and without hassle! They provide opportunities for residents to talk to Representative Gouveia about anything, ranging from ideas for new laws or initiatives, concerns about pending legislation, questions on the state budget, or for help navigating state services (issues with MassHealth, RMV, etc).

The Council on Aging will be closed on Monday, February 18th to observe the President's Day 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



Wanted: Green Thumbs - Eagle Scout Miles Inman recently constructed two large raised garden bins now sitting on our Main Street terrace. Come spring, these bins will need attention. We are looking for people who like to grow flowers and veggies and don't mind getting their hands dirty. We now have a total of four planters. We will be working with Carousel Preschool to plant in two and the new ones are reserved for senior gardeners. The garden planters are at waist height, and are easily accessible. Please call the COA to express an interest.

ART SPACE

PAUL E. GUTHRIE is the artist now on display at ArtSpace. He's been painting since he received a paint-by-number set at age six. A construction/building materials professional by trade, Paul balances precision and artistic flair. Come view his landscapes, still-lives and vintage cars held by Paul's distinctive & flattering hand-made frames through February 22nd.

Speaking of Art... the COA Art Committee is looking for a few fresh faces. While we have a superb group, there is always room for more. If you have any type of connection to Concord's art community OR if you have a keen eye and flair for art – consider joining this committee. The time commitment is very manageable: one fall committee meeting and a couple on-site visits per year to assist with exhibition hanging, and most communication is done via email or phone.

Interested? Contact Vikki Jacobson / 978-318-3023 / vjacobson@concordma.gov
on Tuesdays, Wednesdays & Fridays in in the COA office.

Harvey's Treasure Chest Gift Shop

Open Monday – Thursday, 10:00 AM – 2:00 PM

Special opportunity: Gift shop will be open Saturday, February 9th from 11:00 AM to 1:00PM

Decorative Asian-themed items continue to be featured at Harvey's Treasure Chest along with Valentine gift ideas that will transition into St. Patrick's Day items in March. Not looking to pay up to \$7 for a card? Shop at Harvey's for an attractive array of greeting cards, including Valentine Cards for just \$1.25!



WANTED: Do you have a sturdy coat rack/stand that you no longer need? If so, it could be put to good use at the Gift Shop. The Gift Shop team is looking for display stands for scarves, and pocketbooks.

Thoreau School Lunchtime Performance Wednesday, February 13th at 11:40 AM

Concord's Thoreau Elementary School will perform at our weekly lunch on Wednesday, February 13th. As they do each year, some of the children have prepared a number of songs to perform as well! Plan to arrive a bit early that Wednesday for this delightful program, as the children will begin their performance at approximately 11:40 AM.

HOW TO DONATE TO THE COUNCIL ON AGING

We are often asked how one may make a contribution that 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 organizations. If it is your wish to see your contribution be used to help Concord's COA, this donation method is the only assured manner that guarantees 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.

Welcome our New Social Service Supervisor!

We are pleased to announce that Nicole Saia has started work for the COA as the Social Service Supervisor. We feel very fortunate to have Nicole on our team here. Please join us in making her feel welcome. Nicole is looking forward to meeting everyone - be sure to stop by to say hello and introduce yourself!

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 an appointment at 978-318-3020. Call early as appointments fill fast!

HEALTH & WELLNESS

Successful Transitions of Care: Support Throughout the Continuum Thursday, February 7th at 11:00 AM

Registered Nurse, Emily Tamilio, Vice President of Strategy at Tandem Care Associates will present an overview of transitions of care: observation status in the hospital, post-acute care including being discharged from a hospital to a skilled nursing facility for short term rehab, and home care services. She will highlight how you can advocate for yourself in different care settings and how you may take inventory of your care & care options. Information will be presented on how to identify care partners and how to access valuable resources. Participants will learn how to be alert to warning signs, communicate their needs effectively and become active participants of their care. Emily will help you to feel encouraged & empowered as you navigate what can be a complicated maze. A light lunch will be provided. Please call the COA to sign up.



“Keep the Beat, Lessons from Real Life” Tuesday, February 26th at 2:00 PM

Join Ginny Dow, a board certified cardiac rehab nurse and Manager of the Emerson Hospital Cardiac Rehab and Prevention Program for a presentation on cardiac care. We will talk about how to prevent heart disease individually, locally and globally. Along with discussing prevention of heart disease, Ginny will talk about what heart disease is and how to treat it. Ginny encourages you to bring your concerns & questions to the presentation. Please call the COA to sign up for the program.

**** GENTLE REMINDER ****

As the Flu Season is upon us, Please stay healthy and stay home if you are experiencing any flu like symptoms: fever, cough, congestion, muscle aches, GI distress. Hand-washing, rest, fluids & a healthy diet can help prevent the flu! See your doctor if symptoms occur.

Blood Pressure Screening

Wednesdays, February 6th, 20th, 27th
10:00 AM to 12:00 PM
No appointment necessary.
No Clinic February 13th

Diabetic Clinic

Wednesday, February 20th
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, February 6th
10:30 AM – 11:30 PM

Podiatry Clinic

Dr. Russell Hamilton
Wednesday, February 13th
8:30 AM to 12:00PM

Dr. Ayleen Gregorian
Monday, March 18th
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.

HEALTHY HEART MONTH

February is American Heart Month. It is a great time to consider the risk factors of heart disease, and begin a journey to healthy heart living. Heart disease is the leading cause of death in the United States. What is heart disease? It is a group of diseases that affect your heart or blood vessels, including heart failure, stroke and high blood pressure. There are some risk factors for heart disease and stroke that are preventable and that we do have control over. There are also risk factors that we do not have control over such as genetic/hereditary factors. The risk factors we can control are: high blood pressure, high cholesterol, obesity, and smoking. Controlling these risk factors could reduce your risk of a heart attack or a stroke by more than 80%. (American Heart Association) Some helpful tips to control these risk factors are: Make heart healthy diet decisions, exercise 4 – 5 times a week & build up to a daily routine (20 – 30 minutes), watch your weight, stay active, reduce stress, don't smoke (or do your best to quit.) Schedule a visit with your doctor to talk about risk factors, controlling cholesterol & blood pressure and taking medication correctly. Have a heart – to – heart look at understanding your risks and steps to take to promote living a heart – healthy life!

OUTREACH/SOCIAL SERVICES

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

Memory Café

Monday, February 11th 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 to come together with family and friends to focus on their strengths. The Memory Café provides a complimentary lunch and an activity or entertainment on the second Monday of each month. On February 11th the entertainment will be “Stradella” Tony Eramo, the strolling accordion player. 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. Our group is growing so please RSVP to the Concord COA at 978-318-3020.

Caregivers’ Support Group – NEW DATES!

Tuesday, February 26th from 10:30 AM to Noon

Our monthly Caregivers’ Support Group, now meets on the fourth Tuesday of the month and is open for those caring for loved ones with Alzheimer’s or related dementias. The group is facilitated by COA Social Service Supervisor Nicole Saia and Abby Ferreira of Cooperative Elder Services. This month’s meeting will be on Tuesday, February 26th, at 10:30 AM. Please call the COA with any questions at 978-318-3020.



Low Vision Support Group

Wednesday, February 27th at 1:00 PM

The low vision support group, facilitated by Jini McCoubrey, will meet on Wednesday, February 27th at 1:00 PM. This month’s guest speaker, Amy Ruell from the Mass Association for the Blind, will give an introduction to the mental health aspects related to vision loss.

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. **Please note** - This year SMOC is extremely behind in processing applications. If you sent in an application and have still not heard from them and are in need of **emergency fuel assistance** please contact the COA.

Coming Soon! – Aging Mastery

We will be hosting the National Councils on Aging (NCOA) Aging Mastery Program starting mid-April on Thursdays from 1:00 PM to 3:00 PM. This is a comprehensive 10 week course that combines knowledge sharing, goal-setting, feedback routines, daily practices and peer support to help you make meaningful and enduring changes in your life. See next month’s newsletter for more detailed information. Mark your calendar, but sign-ups don’t begin until March 1st.

COA CINEMA

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

February 1st – *All the Money in the World* – Following the kidnapping of 16 year old John Paul Getty III, his desperate mother attempts to convince his billionaire grandfather to pay the ransom. Cast: Michelle Williams, Mark Wahlberg, Christopher Plummer, Charlie Plummer, and more. (2017; Crime Thriller; 2h, 12m; Rated R for language and some violence)



February 8th – *Miss Potter* – Blending lush animation sequences with live-action drama, director Chris Noonan constructs this unconventional biopic about the personal life of beloved children's author and illustrator Beatrix Potter. Cast: Renée Zellweger, Ewan McGregor, Emily Watson, Barbara Flynn, and more. (2006; Biography, Drama; 1h, 33m; Rated PG)

February 15th – *Rear Window* – As his broken leg heals, wheelchair-bound L.B. Jefferies becomes absorbed with the parade of life outside his window and soon fixates on a mysterious man whose behavior has Jefferies convinced a murder has taken place. Cast: James Stewart, Grace Kelly, Wendell Corey, Raymond Burr and more. (1954; an Alfred Hitchcock Classic Thriller; 1h, 55m; Rated G)

February 22nd – *LBJ* – After taking the reins of state in the wake of President Kennedy's 1963 assassination, Lyndon Baines Johnson assumes leadership at one of the most tumultuous times in U.S. history. This engrossing biopic looks at the man behind the political mask. Cast: Woody Harrelson, Michael Stahl-David, Richard Jenkins, Jennifer Jason Leigh, and more. (2017; Biographical Drama; 1h, 38m; Rated R for language)

March 1st – *Mama Mia! Here We Go Again* – In this sun-soaked musical sequel, a pregnant Sophie (Donna's daughter) is now running the family villa on Kalokairi and worries about facing motherhood minus her mom's guidance. Cast: Christine Baranski, Pierce Brosnan, Amanda Seyfried, Dominic Cooper, Andy Garcia, Lily James, Colin Firth, Cher, Meryl Streep, and more. Songs by ABBA. (2018; Musical; 1h, 54m; Rated PG-13)

DVD Lecture Series: *Petticoats and Paintbrushes – Women in Art*
Tuesdays, February 5th through April 16th from 2:00 PM to 3:30 PM

*****THIS SERIES IS FULLY BOOKED*****

Women artists have faced 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 starting on February 5th 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. **If you have not already called the COA office to sign up for this particular series, please call the office to inquire about the Wait List.**

History Lecture by John Gardella
World War II – The American Experience
Thursday, February 14th from 1:30 PM to 3:30 PM

John Gardella's monthly history series continues with *World War II – The American Experience*. Come listen Thursday, February 14th starting at 1:30 PM as John examines American patriotism and sacrifice during World War II that led to victory and prosperity. Check out the COA Events Bulletin Board for a complete schedule of John Gardella's history topics through June, 2019. Please call the COA to sign up for this month's lecture!

Line Dancing

Tuesdays from 2:30 PM to 3:30 PM

Whether you're looking for a 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 only foot patterns, beginners can learn dances in minutes, and you can groove in any way that suits your own physical needs! We'll boogie to several dances each class, and enjoy a variety of uplifting music certain to lighten your spirits! Each class is \$5, paid directly to the instructor. If you don't have shoes with flat leather soles, "DanceSocks" are recommended for the carpet.

"Bonjour" & Beyond - French Lessons

Tuesdays, February 5th, 12th, 19th and 26th from 10:00 AM to 12:00 Noon

It's not too late to join. Whether you have the basics or are starting from scratch, 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. Each class is \$15 paid directly to the instructor. Call to join now. Bien s'amuser! (Have fun!)

Book Discussion Group

Tuesday, February 19th 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 February is "Pachinko" by Min Jin Lee. The group is open to everyone. New members are welcome.

Creative Writing Class

Tuesdays, February 5th, 12th, 19th, and 26th from 1:00 PM to 3:00 PM

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.

Virtual Yard Sales

Wednesday, February 27th 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.

Ping Pong – Additional day!

Wednesdays at 3:15 PM and Fridays at 2:30 PM

Due to popular demand we have added additional ping pong playing time. You can now add Wednesday afternoons to your schedule from 3:15 PM. Come join the fun!

Genealogy

Wednesdays, February 6th and 20th 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.

Acrylic Painting

Thursdays, February 7th, 14th, 21st and 28th from 10:00 AM to 12:00 PM

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.

Archery Class for Beginners

Fridays, February 15th, 22nd, and March 1st and 8th; 1:00 PM to 2:00 PM

On the Mark Archery is offering this timeless activity that can be enjoyed at any age regardless of athletic ability or skill. Their 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. **These classes are now full, but please inquire about the waitlist if you are interested in joining.**



Chinese Cooking Class with Roberta Hing

Thursday, February 21st, from 11:00 AM to 1:00 PM

In celebration of Chinese New Year, join Chef Roberta Hing for a traditional Chinese cooking experience. You may participate in the cooking or simply watch and learn. Start with Xian Bing—savory stuffed pancakes from the city of the famed Terra Cotta warriors. Then make Scallion Beef and Crispy Sichuan String Beans. At the end of class everyone will enjoy the meal together. Roberta has been teaching cooking classes for over 20 years. She was trained by her mother, who was born in China. The cost of the class is \$25, due at the time of registration. Please make checks payable to Roberta Hing. The class is limited to 8 participants. Please call the COA office to sign up.

Create a Paperclay Butterfly with Betsi Mandrioli

Thursday, February 28th from 12:30 PM to 3:00 PM

Betsi Mandrioli returns to the COA for this 2 ½ hour paperclay painting class on February 28th starting at 12:30 PM. This time it's a Monarch Butterfly! We will lightly sand it, paint it with acrylic paint, and then glaze it. All supplies are included in the \$25 fee, payable in cash or by check made out to Betsi Mandrioli. You will need to wear a smock or old shirt to protect your clothing from any paint that escapes your brush, and don't forget your reading glasses. The class is limited to 10 participants. The deadline to reserve is Monday, February 18th. Please call the COA office to sign up!



TEDTalks Series - "A new way to look at inheritance."

Monday, February 11th 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 take a look at "A new way to look at inheritance." Is inherited wealth a powerful tool or a destructive influence? David York thinks it can be both, depending on how you define and use it. In this thought-provoking talk, he argues that we need to stop envisioning intergenerational wealth transfers in purely financial terms and start thinking about them as opportunities to share values and connections to the next generation. David R. York is a Principal with the Salt Lake City law firm of York Howell and Guymon, where he practices law in the areas of estate planning, tax, business planning, and non-profit entities. 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.

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. This month the group will start the eight week "Great Decisions" program put out by the Foreign Policy Association, and is a discussion guide of world affairs. Each week a video is followed by a guided discussion. The accompanying course book can be purchased for \$28 from the COA. Please call the COA to sign up.

UPCOMING CONCORD COA OUTINGS



Lunch Bunch to Bamboo Restaurant, Westford

Friday, February 15th; Van leaves HWCC at 11:40 AM for 12:00 Noon Reservation

Come celebrate Chinese New Year, "The Year of the Pig," with the Concord COA at Bamboo on Friday, February 15th at noon. We will partake in a luncheon buffet that includes soup, appetizers, sushi and entrees, as well as dessert. Please note that everyone attending must get the buffet. The per person cost including van transportation is \$23, payable in cash to the group leader on the day of the trip. Beverages may be purchased separately. Please call the COA to reserve.

YES Group to Fiorella's Concord

Sunday, February 24th at 6:00 PM

This month, the YES Group will dine at Fiorella's on Walden St. in Concord on Sunday, February 24th at 6:00 PM. Fiorella's has Italian-inspired cuisine prepared with fresh locally-sourced ingredients, "served with hospitality from the heart." 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.

Boston Red Sox vs the Oakland A's at Fenway Park

Wednesday, May 1st - The Game Starts at 1:05 PM

Join the Concord and Acton Councils on Aging for a trip to Fenway Park to see the 2018 World Champion Boston Red Sox play the Oakland A's at 1:05 PM on Wednesday, May 1st. We will travel to Fenway via luxury coach. The bus will pick up passengers at the Acton Senior Center at 10:15 AM, and then collect the Concord folks at 10:30 AM at CareOne at Concord (located directly across Route 2 from Emerson Hospital). We will arrive at Fenway Park before noon, allowing time for people to find their seats, watch pre-game warmups, and grab refreshments before the game. We'll have excellent seats in the grandstand on the 3rd base line. Upon arrival at Fenway, the bus will pull up directly to the entrance gate located near the 3rd base side. We will have to walk up a ramp and down some stairs to get to our seats, so participants will need to have good mobility. Return home will be around 5:30 PM. The cost of this trip is \$101 per person, including transportation, game ticket, and driver gratuity. Food cannot be brought into Fenway, and is expensive to purchase in the park, so participants may bring a bag lunch to eat on the coach. Lunch bags and backpacks will be left on the bus. Fenway Park allows each person to bring in one unopened bottle of water up to 16 ounces. Reservations will be taken starting February 1st, and payment is due at the time of reservation. Checks for \$101 should be made payable to Fox Tours. Sorry, no refunds will be given. Seats are limited. The deadline to sign up is March 15th. Please call the COA to reserve a seat, and indicate if you want to be picked up and dropped off in Acton or Concord.



Happening Around Town

Valentine's Day Speed Dating!

Wednesday, February 13th at 10:30 at the Lincoln Council on Aging



Speed dating is a fun and efficient way to meet new people. The COAs of the Lincoln, Bedford, and Sudbury invite Concord Seniors aged 65+ for this FREE event being held Wednesday, February 13th at 10:30 AM **at the Lincoln COA, 15 Bedford Rd., Lincoln.** You'll meet up to twelve single seniors through a series of six minute "pre-dates." The whole thing is facilitated, so there's no awkwardness, embarrassment or games - just great fun!

After the event, they'll contact you to let you know if you've made a match (more than two-thirds of speed daters match at least one person). Free popcorn will be served. All orientations are welcome. Space is limited! Please call the **Lincoln COA** at 781-259-8811 to register. Transportation is on your own.

FEBRUARY COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 1:00 Cinema – All the Money in the World 1:00 Poker 2:30 Ping Pong	2
3	4 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	5 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 2:00 DVD series 2:30 Line Dancing	6 8:00 Mat & Chair Yoga (\$5) 9:30 Genealogy 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 3:15 Ping Pong	7 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 11:00 Transitions of Care 1:00 Cribbage 1:00 Gary Highlander	8 9:30 Mat Yoga (\$5) 9:45 Games Group 1:00 Cinema – Miss Potter 1:00 Poker 2:30 Ping Pong	9 12:00 Lion's Spaghetti Lunch Gift Shop Open!
10	11 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)	12 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 2:00 DVD series 2:30 Line Dancing	13 8:30 Podiatry 8:00 Mat & Chair Yoga (\$5) ** No BP Clinic ** 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong 3:15 Ping Pong	14 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:30 History Lecture	15 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 11:40 Lunch Bunch 1:00 Cinema – Rear Window 1:00 Poker 1:00 Archery 2:30 Ping Pong	16
17	18 COA CLOSED Presidents' Day	19 9:15 Chair Yoga (\$5) 9:15 Book Discussion 9:30 Quilting 10:00 French Lessons 10:30 Coffee & Conversation 1:00 Jazz Concert 1:00 Creative Writing 1:00 Bridge 1:00 Hand Crafts 2:00 DVD series 2:30 Line Dancing	20 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 3:15 Ping Pong	21 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 11:00 Chinese Cooking 1:00 Cribbage 1:00 Gary Highlander	22 9:30 Mat Yoga (\$5) 9:45 Games Group 1:00 Cinema – LBJ 1:00 Poker 1:00 Archery 2:30 Ping Pong	23
24 6:00 YES Group	25 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)	26 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French Lessons 10:30 Caregiver STGP 10:30 Coffee & Conversation 1:00 Creative Writing 1:00 Bridge 1:00 Hand Crafts 2:00 Keep the Beat 2:00 DVD series 2:30 Line Dancing	27 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Low Vision 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong 3:15 Ping Pong	28 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 12:30 Paperclay – Butterfly 1:00 Cribbage		

50+ Job Seekers Regional Network Group
Monday, February 25th from 2:00 PM to 4:00 PM – Concord COA



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 guided 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. *This program is funded by the Massachusetts Executive Office of Elder Affairs and managed by the Massachusetts Councils on Aging (MCOA).*

Too Hot, Too Cold, Just Right

We frequently hear that our room temperatures are either too cold or too hot. The building uses a complex energy management system to regulate the temperature, oxygen and humidity inside. One of the complications is that rooms are grouped into zones, so if one room gets warm because of lots of hot bodies, another room may be cool because additional needed fresh air is pushed through the system. The temperature is set at 74° for energy conservation. Plan to dress in layers so you can make adjustments as needed.

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.

February 6th Minuteman Senior Services
(February Birthday Celebration)

February 20th Minuteman Senior Services

February 13th Concord Park
Performance by Thoreau School

February 27th Timothy Wheeler House

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.

MEDICAL EQUIPMENT LOAN

The COA would like to remind you that we have a diverse quantity of medical equipment to loan free of charge on a first come first served basis. We usually have walkers, raised toilet seats, shower chairs, commodes, wheelchairs, and tub transfer benches. If you have need of any of these items we would be happy to loan them to you. Please call the COA office to make the necessary arrangements before coming in. We ask only that items be returned properly cleaned, so that they are ready for the next person to use. **WE NEED: Shower chairs, transfer benches, wheelchairs and transport chairs with the foot rests, rollators and grabbers. If you borrowed any of these items and are no longer using them we would appreciate having them returned to us so that we can lend them out to people in need of equipment.** We are not able to take donations of canes, walkers or crutches at this time. Thank you!

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

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

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

Nicole Saia, Social Service Supervisor
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