

SENIOR SPIRIT


NEWSLETTER OF THE CONCORD COUNCIL ON AGING

March 2019

March is Women's History Month
Join Us for "A Conversation with Eleanor Roosevelt"
Thursday, March 14th at 1:00 PM

Join author and historian Carol Cohen for a look into the life of Eleanor Roosevelt. During this presentation, meet Eleanor Roosevelt at her home in Hyde Park, New York in December 1948. Eleanor has just returned from the United Nations where they have ratified the International Declaration of Human Rights. Learn about her role as a human rights activist, and inspect many primary sources that were very much a part of Eleanor Roosevelt's personal and professional life. Please call the COA office to sign up!

Celebrate St. Patrick's Day
Irish Songs Performed by Betsi Mandrioli and Kathleen Larkin
Friday, March 15th at 2:00 PM

Please join us for a St. Patrick's Day concert with Betsi Mandrioli and Kathleen Larkin. These two local gals have been singing, harmonizing and playing guitar together for over 15 years. They perform often at the Java Room in Chelmsford and other local venues. Since they are both of Irish descent they have enjoyed putting together a concert of traditional Irish ballads and folk songs. You will be sure to recognize sweet melodies like "Cockles and Mussels" and "Wild Mountain Thyme." This concert will definitely get your Irish eyes smiling!! Refreshments and Irish tea will be provided. There is no charge for this event thanks to funds raised by the Harvey's Treasure Chest Gift Shop. Reservations are required, so please call the COA office to reserve your place. 

Aging Mastery Program
Thursdays, April 18th through June 20th from 1:00 PM to 3:00 PM

We will be hosting the National Council on Aging (NCOA) Aging Mastery Program. The aim of the Aging Mastery Program (AMP) is to change societal expectations about older adults and show how modest lifestyle choices can produce big results! 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. The program will be led by Valerie Boggia our Geriatric Health Nurse along with a faculty of local experts offering their expertise. We will emphasize the concept of mastery – taking learning and turning it into behavior change. A \$60 fee for AMP course is required to cover the cost of materials and must be paid upon registration. Scholarships are available for this program, if this cost is a financial burden. Please make your need known when you register and you will be contacted. Call the Concord COA at 978-318-3020, starting March 1st to sign up. Registration will strictly close on March 14th. Space is limited.

Annual Tea Party
Thursday, April 4th at 2:00 PM

You are cordially invited to attend the Annual COA Tea Party on Thursday, April 4th at 2:00 PM. We will bring out our beautiful china tea cups and tea pots for this special event. This year music will be provided by "Music of Aphrodite," a chamber music trio comprised of two flutes and piano. They will create a soft magical atmosphere as you sip your tea, nibble tea sandwiches and sweets, and enjoy the company of friends. The Tea Party is sponsored by our own Harvey's Treasure Chest Gift Shop, and is free of charge. This is a very popular event, and we expect a full house, so please call the COA to sign up!

Transportation to Town Election

The COA will be making van transportation available to the polls for the Town Election on Tuesday, March 26th. Please call the COA by Friday, March 22nd to make reservations for the van. There are limited seats available and reservations are taken on a first come, first served basis.

CONCORD COUNCIL ON AGING - TELEPHONE: 978-318-3020

VOLUNTEER NEWS & OPPORTUNITIES

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

HELP WANTED: Mondays 9:00 AM - 12:00 PM Thursdays 9:00 AM – 12:00 PM and

Every Other Friday 9:00 AM – 12:00 PM at the COA Hostess Desk!! Welcome seniors as they arrive for programs, lend a helping hand with the touch screen, or simply point people in the right direction! Provide coverage every week, once or twice per month. Take your personal appointments and vacation days as needed.

FRIENDLY VISITORS How nice it is to live in a friendly community like Concord. Do you know of someone who could benefit from a weekly visitor? Someone who doesn't get out as much or see other people like they used to? We have a warm and friendly cavalry of Friendly Visitors who have the time, interest and spirit to make visits. Please let us know of someone who would be open to and benefit from a Friendly Visitor.

PARTY HELPER CREW: Throughout the year the COA likes to *party hardy* –from Mardi Gras, & Halloween, to Noon Year's Eve's and other occasions, we need volunteers to pitch in. If you can help with centerpieces, setting tables, preparing snacks, or clean up duties, please join our Party Helper Crew.

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

Harvey's Treasure Chest Gift Shop

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

Put your **Mettle** to the **Metal** in **March** and stop by to browse new and refreshed metal items at the Gift Shop. From pewter to copper & brass to silver & gold, you just might find the perfect gift. Also featured this month: St. Patrick's Day items.

Remember: **Items Are Always Wanted!!** The gift shop accepts donations of new/like-new crystal, china, decorative items, scarves & pocketbooks, games, pictures and jewelry!

The COA on Facebook

We are constantly posting items and pictures on the COA Facebook (FB) page. Encourage your friends and family to "like" the COA FB page also. By "liking" our COA page, they will receive messages and be alerted to new pictures and events.

If you are not yet signed up go to www.facebook/ConcordCOA. The ubiquitous "thumbs up" is the icon you click-on to 'like' us.



You don't always need to be at your desktop or with your tablet to tap into FB. You can also tap in on your smart phone after you download the FB app (application). If you are scratching your head over all this, consider making an appointment with a computer tutor at the COA. We can sign you up at a convenient time, please call the COA at 978-318-3020.

ART SPACE

Photographer and longtime Concord resident **Paul Horwitz's** work will be on display in the Harvey Wheeler Community Center through April 12th. Come browse Paul's amazing pictures from his trip to tiger reserves in India and Nepal. Also featured will be a picture of Mount Everest taken on a flight out of Khatmandu.

Ask a Lawyer

In this program, local attorneys volunteer their time to answer your individual legal questions during a complimentary 30-minute consultation. This month, appointments will be available Thursday, March 29th from 9:00 AM to 12:00 PM. We ask that you only take advantage of this offer once a year so that many can benefit. Please call the COA to make an appointment.

Tax Preparation Assistance

Volunteers certified under the AARP Foundation Tax-Aide Program are available to help you file your Federal and Massachusetts personal income tax returns or to answer your tax questions in a free 1 hour session. This 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 until April 11th. Please call the COA to make an appointment.

Circuit Breaker Tax Credit

It is time to file a claim for the Circuit Breaker Tax Credit. Adults 65 and older are eligible to receive this tax credit when their property taxes and half their water/sewer bills total more than 10% of their income. If you rent, you may get a tax credit if your rent is more than 25% of your income. All it takes is completing a simple one-page form! Speak to your tax preparer, or ask the COA for details.

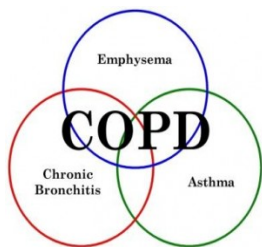
Home Heating Assistance

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 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.

HEALTH & WELLNESS

Living With COPD at Home **Tuesday, March 12th at 1:00 PM**

Join Robin P. Cappuccino, Registered Respiratory Therapist from Life Care Center of Acton, for a lecture on how to cope with the effects of COPD & Asthma and maintain your ideal level of comfort in your own home. Robin will discuss ways to avoid being admitted to the hospital for breathing problems. The goal is for those suffering from respiratory issues to develop a greater understanding on how to manage their medications, how to get to know their triggers, how their diet plays a part in breathing, and how to enjoy activities. Please call the COA to sign up.



Understanding & Preventing Tick-Borne Illnesses **Tuesday, March 19th at 1:00 PM**

Spring is almost here, and deer ticks will soon appear in our woods, back yards, grassy areas and trails in full force searching for a blood meal from an animal or human host. Concord Public Health Director Susan Rask and Public Health Nurse Tricia McGean will give a presentation on understanding and preventing tick-borne illnesses. There are simple prevention steps everyone can take to avoid tick bites, and awareness about the signs and symptoms of Lyme disease and other emerging tick-borne illnesses is also key to protecting yourself & your family from these diseases. Please call the COA to sign up.



******* GENTLE REMINDER *******

As we develop more daylight in March, the days are longer and the sun is stronger. Enjoy the extra Vitamin D and the warmth of the sunlight, but remember to apply sunscreen and to use sun protection for your skin & eyes.

Blood Pressure Screening

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

Diabetic Clinic

Wednesday, March 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, March 6th
10:30 AM – 11:30 PM

Podiatry Clinic

Dr. Ayleen Gregorian
Monday, March 18th
8:30 AM to 2:30 PM

Dr. Russell Hamilton
Wednesday, April 17th
8:30 AM to 12:00 PM

Please be sure to bring your insurance cards with you. If you have HMO insurance, be aware that you will need to bring a referral from your PCP in order for insurance to cover the visit. If Medicare does not cover your visit, the fee is \$35. Please call the office to sign up for the podiatry clinics. Sign-ups are being taken for both of these dates.

TIME TO "SPRING CLEAN & SPRING AHEAD"

With the start of a new season, it's time to spring clean, not just your home, but your health! It's good to clean the dust away, open the windows to let the stale air out & let the fresh air in. Clean out the cabinets of old & expired products. Take inventory of all of your medications, both prescription and over the counter medications. Search through your cabinets, drawers and refrigerator for ALL of your medications, ointments & eye drops, check the expiration dates and make a decision to dispose of the expired medications, or medications that you no longer use. (Remember, medications can be disposed of properly at the Police Department.) Keep all of your medications stored properly, securely & safely. Keep an up to date record of all of your current medications. Review your current medication list with your primary care physician or pharmacist. Update your File of Life, consider obtaining and filling one out if you don't have one. "Spring ahead" with the planning of your health appointments. Health appointments are necessary to stay healthy & maintain a strong quality of life. Schedule a "spring check-up" with your doctor, dentist, eye doctor and other health professionals for screening tests. Let your healthy body bloom with the spring!
As a reminder: Daylight savings time begins on Sunday March 10th.

OUTREACH/SOCIAL SERVICES

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

Memory Café

Monday, March 11th from 11:00 AM to 1:00 PM

The COA is pleased to offer a monthly memory café the second Monday of the month. A Memory Café is a welcoming and safe place for people with memory changes 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 March 11th, Tony Eramo "Stradella," will be back as the strolling accordion player. We ask that attendees bring their care partners. 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. You may visit www.ifcsboston.org/memoryCafeDirectory for a full listing of Massachusetts Memory Cafés.



Caregivers' Support Group

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

Our monthly Caregivers' Support Group, meets on the fourth Tuesday of the month and is open for those caring for loved ones with Alzheimer's or related dementias. Join a group of peers to share experiences and gain support. The group is facilitated by COA Social Service Supervisor Nicole Saia and Abby Ferreira of Cooperative Elder Services. This month's meeting will be held on Tuesday, March 26th at 10:30 AM. Please call Nicole with any questions or to register at 978-318-3012.

Low Vision Support Group

Wednesday, March 27th at 1:00 PM

The low vision support group, facilitated by Jini McCoubrey, will meet on Wednesday, March 27th at 1:00 PM. Rescheduled from last month, guest speaker Amy Ruell from the Mass Association for the Blind will give an introduction to mental health aspects related to vision loss. Come with your questions and experiences to share.

St. Patrick's Day Lunch

At Concord-Carlisle High School

Saturday, March 16th at 12:00 Noon

The Concord-Carlisle Senior High School Class of 2019 cordially invites all Concord and Carlisle senior citizens to the annual St. Patrick's Day Luncheon on Saturday, March 16th at the Concord-Carlisle High School. Doors open at 11:30 AM, lunch will be served at 12:00 noon. Guests will enjoy a traditional dinner of corned beef and cabbage, potatoes and carrots. Irish soda bread and a plate of sweets for each table will round out the meal. There is no charge for this event, and the COA van will be available on a first-come, first-served basis for those who need it. Please call the COA by Monday, March 11th, to sign up for this annual event. Unfortunately this year the COA is unable to provide transportation, please consider carpooling with a friend.



COA CINEMA

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

March 1st *Mama Mia! Here We Go Again* In this sun-soaked musical sequel, a pregnant Sophie is now running the family villa on Kalokairi and worries about facing motherhood without her mother's guidance. Cast: Christine Baranski, Pierce Brosnan, Amanda Seyfried, Andy Garcia, Lily James, Colin Firth, Cher, Meryl Streep, and more. (2018; Musical; 1h, 54m; Rated PG-13)



March 8th *Where the Red Fern Grows* Based on the children's book by Wilson Rawls, this family drama set in the Ozark Mountains centers on 12-year-old Billy Coleman who sets his goal, and succeeds in saving enough money to buy two hunting dogs. Cast: Joseph Ashton, Dave Matthews, Dabney Coleman, Ned Beatty, Kris Kristofferson, Renee Faia, and more. (2003; Drama; 1h, 26m; Rated PG)

March 15th *The Man Who Knew Infinity* This absorbing biopic recounts the life of self-taught Indian mathematician Srinivasa Ramanujan, who enrolled at Trinity College at Cambridge in 1913 and rose to prominence under the tutelage of renowned math professor G.H. Hardy. Cast: Dev Patel, Jeremy Irons, Devika Bhise, Stephen Fry, Toby Jones. (2016; Biographical Drama; 1h, 48m; Rated PG-13)

March 22nd *Book Club* Friends and members of the 60-plus set, Diane, Jane, Sharon and Carol have seen it all when it comes to relationships. But after reading "Fifty Shades of Grey," they're inspired to make bold choices in the romance department, with hilarious results. Cast: Candice Bergen, Mary Steenburgen, Jane Fonda, Diane Keaton, Craig T. Nelson, Richard Dreyfuss, and more. (2018; Comedy; 1h, 44m; Rated PG-13)

March 29th *Top Hat* A joyous Fred Astaire and Ginger Rogers musical featuring an Irving Berlin score and the classic duet "Cheek to Cheek." The romantic comedy received an Academy Award nomination for Best Picture. Cast: Fred Astaire, Ginger Rogers, Edward Everett Horton, Erik Rhodes, Eric Blore, Helen Broderick, Lucille Ball, Florence Roberts, and more. (1935; Classic Musical; 1h, 40m; Not Rated)

April 5th *First Man* The riveting story behind the first manned mission to the moon, focusing on Neil Armstrong and the decade leading to the historic Apollo 11 flight. It's an intimate account told from Armstrong's perspective. The film explores the triumphs and the cost of one of the most dangerous missions in history on Armstrong, his family, his colleagues and the nation itself. Cast: Ryan Gosling, Claire Foy, Pablo Schreiber, Jason Clarke, and more. (2018; Biographical Drama; 2h, 21m; Rated PG-13)

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

Women artists have faced many trials and tribulations in the past, and many of these challenges continue to the present day, but women continue their quest for artistic recognition. This series, which highlights groundbreaking women artists, started in February; but each class stands alone. Following each lecture, Janice and Doug Muir will facilitate a discussion. Due to popular demand, we have moved this program to the auditorium, and new participants are welcome! Please call the COA to sign up.

**History Lecture by John Gardella
The Cold War: 1945 to 1990**

Thursday, March 28th from 1:30 PM to 3:30 PM

John Gardella's monthly history series continues with The Cold War: 1945 to 1990 - Fear and politics impact the US and the world. Come listen Thursday, March 28th starting at 1:30 PM as John examines this prolonged and tense time in world history. Please call to reserve a seat.

Last Call for the 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 with Jazz, Blues, and Cajun style music. Thanks to a generous donation from Bullock's Nursing Service, this wonderful party is offered free of charge. Seats are still available, so please call to reserve yours!



LBJ Lecture Series by Dr. Gary Hylander
Last Lecture March 7th from 1:00 PM to 2:00 PM

This three-part lecture series about LBJ started in February, and the last lecture is on March 7th from 1:00 PM to 2:00 PM. 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 if you are interested in attending this last lecture.

Senior Pet Care with Dr. Bradley
Friday, March 8th at 2:00 PM



Dr. Charles Bradley is hosting an informal and informative talk about how to take care of adult and aging dogs and cats. He will be discussing a wide range of topics including diet, exercise, avoiding chronic disease, joint health and mobility, and how to manage health problems as your pet moves into his or her golden years. Dr. Bradley is a resident of Carlisle, owner of Domino Veterinary Hospital in Concord, and has been practicing veterinary medicine for 35 years. Please sign up and bring your questions!

Art Matters – *The Great American West*
Tuesdays March 12th, April 9th and May 14th from 1:00 PM to 2:00 PM

American artists have been like America itself, pioneering, bold, and independent; especially in the western frontiers where artists were confronted with a totally new and unbelievably beautiful landscape, an alien culture and a dramatically different life style. It was a fascinating time, but it was all over in just 90 years. It took only a life span to end this chapter of our history; from the virgin exploration through pristine lands to the massacre of millions of bison; the pioneers, trappers, cowboys, settlers, miners, and the redistribution of native Americans. Please join Art Matters for a look at a brief but special time in our nation's history through the eyes of artists who tried to capture the flavor of a lost era and preserve it for us. Art Matters displays oversized copies of paintings in a salon style to encourage comparison, discussion and reflection. The reproductions can also be held by individuals who may have some vision impairment. This series is presented free of charge thanks to proceeds from the Harvey Wheeler Gift Shop. Please call the COA to reserve your seat!

Manicures, Manicures!!
Monday, March 18th from 12:00 PM to 2:00 PM

The adult cosmetology students from Minuteman Tech are returning to the Concord COA on Monday, March 18th to paint your nails! They can do traditional manicures as well as some nail art. Bring your own nail polish or select from theirs. Even if it is not part of your regular routine, why not treat yourself? Appointments begin at 12:00 and take 20 to 30 minutes. There is no fee for this service. Please call the COA to reserve your spot.

Design Cause in Malawi – Presented by Kelsey Bradley
Friday, March 29th at 11:00 AM

Kelsey Bradley, a Carlisle resident and a 2009 graduate of Concord Carlisle High School, is the founder and executive director of Design Cause Inc., an organization that helps communities in need solve infrastructure problems with architectural design. Last year she talked to us about her classroom construction in Cameroon. She would now like to share her story about her experience on her latest project in Malawi, and about the complications of doing international work. Her stories about how she is making an impact in the world are very inspirational. This talk is offered free of charge. Please call the COA to sign up.

Downsizing: Daunting to Done!
Thursday, March 14th at 1:00 PM

Come join David Dowd of Keller Williams Realty for a presentation on how to face the sometimes overwhelming task of dealing with a lifetime of possessions and preparing a home for sale. Learn practical tips for downsizing, what to keep and what to let go of, and tips to get the most out of the sale of your home; deciding what to fix or not to fix and how to select and manage a realtor. Leave with a free Downsizing Guide and pocket magnifier! There is limited space for this presentation so please call the COA to sign up.

TEDTalks Series - "What Can We Do About the Culture of Hate"
Monday, March 18th 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 take a look at "What Can We Do About the Culture of Hate." We're all against hate, right? We agree it's a problem -- their problem, not our problem, that is. But as Sally Kohn discovered, we all hate -- some of us in subtle ways, others in obvious ones. As she confronts a hard story from her own life, she shares ideas on how we can recognize, challenge and heal from hatred in our institutions and in ourselves. Join us for this program where a range of ideas will be explored through short videos and guided discussions. This series is facilitated by Beth Roberts and is free of charge. Please call the COA to sign up.

Book Discussion Group
Tuesday, March 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 March is "Little Fires Everywhere" by Celeste Ng. "Little Fires Everywhere" explores the weight of secrets, the nature of art and identity, the ferocious pull of motherhood – and the danger of believing that following the rules can avert disaster. Come chat and make new friends. New members are always welcome.

Virtual Yard Sales
Thursday, March 28th 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.

50+ Job Seekers Regional Network Group
Monday, March 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).*

UPCOMING CONCORD COA OUTINGS



Lunch Bunch to Waxy O'Connor's Irish Pub, Lexington Friday, March 22nd; Van Leaving HWCC at 11:10 AM

Just outside of Hanscom Field in Lexington, Waxy's offers every aspect of the Irish experience and a warm welcome. Enjoy kitchen fresh food including salads, burgers and sandwiches, as well as house-favorite entrees and lunch specials. The van will leave the COA at 11:10 AM for our 11:30 AM reservation. The cost of transportation is \$5 payable in cash on the day of the lunch. Lunch is on your own. Please call the COA to reserve your spot.

YES Group to Colonial Inn Sunday, March 24th at 5:30 PM

This month, the YES Group will dine at the Colonial Inn in Concord on March 24th. There's no better place to unwind, catch up with friends, and savor delicious, made-to-order, fresh all-American fare. Meet there for dinner at 5:30 PM! 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.

International WWII Museum, Natick Friday, March 29th; Leaving HWCC at 12:30 PM; Returning at 3:30 PM

Join the COA for a visit to the International World War II Museum on Friday, March 29th. The Museum has an international collection of artifacts, letters and documents from the WWII era. The programming focuses on the human story in every country and the belief that, to fully understand the cataclysmic global event that changed the world, you need an international perspective. Because of the nature of the artifacts on display, anyone attending must show a valid ID and complete a waiver form in advance. The cost of the museum visit and van transportation is \$27, payable in cash on the day of the visit. A minimum of 10 participants are needed to run this trip. This is a museum visit only - there will be no lunch stop included. Please call the COA to sign up.

Boston Red Sox vs the Oakland A's at Fenway Park Wednesday, May 1st; Leaving CareOne at Concord at 10:30 AM

The Concord and Acton COAs have come together to offer this trip to see the Red Sox play the Oakland A's at Fenway Park on Wednesday, May 1st at 1:05 PM. At the time this newsletter went to press there were two tickets left. 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). The cost of this trip is \$101 per person, including transportation, game ticket, and driver gratuity. Return home will be around 5:30 PM. Checks for \$101 should be made payable to Fox Tours. Sorry, no refunds will be given. Please call the COA for more information and to inquire about availability.

Boston Symphony Orchestra Open Rehearsal with Lunch at Pizzeria Uno Thursday, May 2nd; Leaving CareOne at 8:30 AM; Returning at 3:30 PM

Join the COA for a BSO Open Rehearsal at Symphony Hall on Thursday, May 2nd. BSO Open Rehearsals offer audience members a unique perspective on the creative dynamic between orchestra and conductor. Maestro Andris Nelsons conducts Strauss's *Till Eulenspiegel's Merry Prank*, Sebastien Currier's *Aether* with Baiba Skride on violin, and Stravinsky's *Petrushka*. Following the performance, we will walk across Huntington Ave to Pizzeria Uno for a lunch of pizza, salad and soft drinks. The bus will leave CareOne at Concord at 8:30 AM and return to Concord by 4:00 PM. The cost of the entire trip including transportation, symphony, lunch, and gratuities is \$68. Payment is due at the time of reservation. Please make your check for \$68 payable to the Town of Concord. Sorry, there will be no refunds. Those attending must be able to walk about 100 yards to the restaurant. Seats are limited. Please call the COA office to reserve your seat!

MARCH COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>Ongoing Classes:</u> French Class - Tuesdays from 10:00 AM to 12:00 Noon (\$10 per class) Creative writing – Tuesdays from 1:00 PM to 3:00 PM (\$15 per class) Line Dancing – Tuesdays from 2:30 PM to 3:30 PM (\$5 per class) Acrylics – Thursdays from 10:00 AM to 12:00 Noon (\$30 per class or \$138 for six classes)				1 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 1:00 Cinema – Mama Mia 1:00 Archery 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) 5:00 COA Board Meeting	5 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French Lessons 10:30 Coffee & Conversation 12:00 Mardi Gras Party 1:00 Creative Writing 1:00 Bridge 1:00 Hand Crafts 2:00 DVD series 2:30 Line Dancing (\$5)	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) 1:00 Cribbage 1:00 Gary Highlander	8 9:30 Mat Yoga (\$5) 9:45 Games Group 1:00 Cinema – Where the Red Fern Grows 1:00 Archery 1:00 Poker 2:00 Senior Pets 2:30 Ping Pong	9
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 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 Living w/ COPD 1:00 Creative Writing 1:00 Art Matters 1:00 Bridge 1:00 Hand Crafts ***2:30 DVD series*** 2:30 Line Dancing (\$5)	13 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 3:15 Ping Pong	14 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:00 Downsizing 1:00 Eleanor Roosevelt	15 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 1:00 Cinema – The Man who Knew Infinity 1:00 Poker 2:00 Irish Tunes 2:30 Ping Pong	16 12:00 St. Patrick's Luncheon at CCHS
17	18 8:30 Podiatry 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 12:00 Manicures 1:00 Hand & Foot 2:00 TEDtalk 2:00 Music Makers 2:00 Chess Club 3:00 Tai Chi (\$5)	19 9:15 Chair Yoga (\$5) 9:15 Book Discussion 9:30 Quilting 10:00 French Lessons 10:30 Coffee & Conversation 1:00 Creative Writing 1:00 Tick Borne Illnesses 1:00 Bridge 1:00 Hand Crafts 2:00 DVD series 2:30 Line Dancing (\$5)	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) 1:00 Cribbage	22 9:30 Mat Yoga (\$5) 9:45 Games Group 11:10 Lunch Bunch 1:00 Cinema – Book Club 1:00 Poker 2:30 Ping Pong	23
24	25 5:30 YES Group 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 DVD series 2:30 Line Dancing (\$5)	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 9:00 Ask a Lawyer 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 11:30 Yard Sale 1:00 Cribbage 1:30 History Lecture	29 9:30 Mat Yoga (\$5) 11:00 Design Cause Malawi 12:30 WWII Museum 1:00 Cinema – Top Hat 1:00 Poker 2:30 Ping Pong	30

**A Cappella Quartet Performance at the COA
Friday, March 22nd at 11:00 AM**

The Mixed Harmony Brigade of New England is a group of Barbershop Quartets having a show and contest in Bedford on March 23rd. As part of the event they organize community outreach and send quartets, donned in Hawaiian Shirts, into local schools, assisted livings, and senior centers. Singing at the Concord COA will be one of the quartets performing in the show, and it will be a lot of fun! Please call the COA to reserve your spot!! There is no charge.

**Music Appreciation Class with Keith Kirchoff
Mondays, March 25th; April 1st, 8th, 22nd; May 6th, 13th, 20th and 27th
Please note there is no class on April 15th or 29th
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 March 25th to May 27th 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 \$84, 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.

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.

March 6 th	Minuteman Senior Services (March Birthday Celebration)	March 20 th	Minuteman Senior Services
March 13 th	Brightview Concord River	March 27 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.

Happening Around Town

Concord after 60 meets the third Sunday of each month at the Hunt Gym on Stow Street from 2:00PM – 4:00 PM. Come meet new friends and learn about our organization. For information go to www.Concordafter60.org

NAMI Family-to-Family a free 12-week psychoeducational class for family and friends of individuals affected by mental health issues. Classes starting in Littleton on March 5th, 7:00 PM to 9:30 PM. Contact Phyllis at 978-973-3995 or Phyllis.terrey@gmail.com. Pre-registration is required.

Concord Poetry at the Library Series, Sunday March 10th at 3:00 PM at Concord Free Public Library, 129 Main Street. Joan Houlihan and Frannie Lindsay read from their collections of esteemed works. Free event sponsored by the Friends of the Library.

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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