

# SENIOR SPIRIT

NEWSLETTER OF THE CONCORD COUNCIL ON AGING

**April 2019**

**Annual Tea Party  
Thursday, April 4<sup>th</sup> at 2:00 PM**

You are cordially invited to attend the Annual COA Tea Party on Thursday, April 4<sup>th</sup> 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. There still may be seats available for this very popular event, so please call the COA to sign up!

**Medication Drop Off  
Wednesday, April 10<sup>th</sup> from 11:00 AM to Noon**

The COA will be sponsoring an opportunity on Wednesday, April 10<sup>th</sup> from 11:00 AM to Noon for proper disposal of any of your expired and unneeded medications. We will accept prescription and over the counter medications in pill or liquid form. Discarding them here at the COA will ensure that they will be disposed of in an environmentally safe way. There is no charge for this event and there is no need to make an appointment.

**The Life of Albert Einstein  
Friday, April 12<sup>th</sup> at 11:00 AM**



Let impressionist George Capaccio entertain you as he teaches us about the life and accomplishments of German-born theoretic physicist Albert Einstein, Friday April 12<sup>th</sup> at 11:00 AM. Author of the world's most famous equation,  $E=mc^2$ , and the "theory of relativity," one of the pillars of modern physics, it is not a coincidence that the name Einstein has become synonymous with "genius." This program is sponsored by Life Care Center of Acton, and is offered free of charge. Please call the COA to reserve your spot.

**A Cultural and Historical Reflection of the 1960s through the Music of The Beatles  
Tuesday, April 23<sup>rd</sup> at 2:00 PM**

Join the COA on Tuesday, April 23<sup>rd</sup> at 2:00 PM for a multi-media event about the Beatles, the most influential band in history. They consistently broke musical barriers and have sold more than one billion records. This performance combines live music with a multi-media presentation to explore not only the music of The Beatles, but the influence they exerted in every area of the cultural landscape. Presented by Fran Hart, founding member of the Beatles Tribute Band 4EverFab, this program is sponsored by the Harvey Wheeler Gift Shop, and is free of charge. Please call the COA to reserve your seat!

**New Monthly Drum Circle Jam  
Meeting the 4<sup>th</sup> Friday of Each Month at 11:00 AM  
First Group: Friday, April 26<sup>th</sup> at 11:00 AM**

Tim Kane, a Massachusetts-based drummer, percussionist and music educator, returns to lead a monthly Drum Circle Jam here at the Concord COA. The first group will be on Friday, April 26<sup>th</sup> at 11:00 AM, and then on the 4<sup>th</sup> Friday of each month. No drumming experience is needed to take part in the group! Participants create collaborative rhythmic jams after learning the basics on a variety of different percussive instruments. This activity is good for anyone, including those with limited mobility. The cost per session will be \$15 payable directly to Tim Kane. Ten participants are needed to run the group. This activity is limited to 16 participants, so please call the COA to sign up.

*The Council on Aging will be closed on Monday, April 15<sup>th</sup> due to the Patriot's Day holiday. There will be no programs or van service.*

**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*



**Please remember** to sign in at the hostess desk computer screen each time you come to the COA to volunteer or participate in a class, activity, health screening or lunch. By signing in, you help us understand what things you are interested in so we can continue to offer you what you want. The statistics generated also help with our funding requests. Please use your key card, it's easy and anyone in the office can help you if you need it.

**Still HOPING to fill Tuesday at the Hostess Desk!** Tuesday is a busy day at the COA, and we could use your help. Come morning or afternoon, come once or twice per month or come weekly. If you can find the time in your schedule, please contact Vikki Jacobson / 978-318-3023 / [vjacobson@concordma.gov](mailto:vjacobson@concordma.gov).

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### 5 Great Reasons to Use a COA Tech Tutor:

- 1) Calm environment - quiet, comfortable one-on-one attention
- 2) Saves you time in long run - cut down on 'playin' around tapping different keys
- 3) Strict engagement - if daydreaming is your friend, a tutor keeps you focused
- 4) Patient explanations - makes all the difference in learning
- 5) Increases your knowledge - you can't help but learn something new

The COA's friendly and helpful tutors come from CCHS and our own senior volunteer pool. Learn how to make the most of your smart phone; how to use ride sharing apps like Uber or Lyft; use FaceTime; social media for all your interests; internet safety; download free library books. Private Sessions are available on Mondays, Tuesdays and Fridays. Call Laurie at 978-318-3020 to schedule your private tutor.

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### Harvey's Treasure Chest Gift Shop

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

*April Showers* bring many spring-like and Easter items to the shop. Stop in to find something to swing into spring! Don't forget Harvey's boasts the best selection of greeting cards for only \$1.25 each!

**Donated Items Are Always Wanted!!** When you are doing your spring cleaning please remember that the gift shop accepts donations of new/like-new crystal, china, decorative items, scarves & pocketbooks, games, pictures and jewelry!

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### ART SPACE

Concord resident **Paul Horwitz's** photographs will continue on display on the Art Space halls through April 12<sup>th</sup>. Paul's descriptions of his pictures from tiger reserves in India and Nepal are worth reading as you view the photographs. Artist **Diana "Di" Clymer** is next up, and her exhibition will include an array of other artists from her "Do or Di" teaching. Di was recently recognized as Concord's 2019 "Honored Citizen."

### **Transportation to Town Meeting**

The COA will be making van transportation available for the Annual Town Meeting, scheduled this year to begin on Monday, April 8<sup>th</sup>, at 7:00 PM at the Concord Carlisle High School. Should additional sessions be necessary, van service will be available to each session. There are limited seats available and reservations are taken on a first come, first served basis. Please call the COA by Thursday, April 4<sup>th</sup>, to make reservations for the van.

### **Need Your A/C Window Unit(s) Installed?**

Don't sweat it! Once again the COA is offering the opportunity to get your window air condition units installed. This year the installation will happen on two Saturdays in May. A modest fee of \$15 per unit is requested payable in cash to the installer. Call now to secure your appointment.

### **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](mailto:dkrug@concordma.gov) to schedule an appointment.

### **The COA on Facebook**

We are constantly posting items and pictures on the COA Facebook (FB) page. After you "like" our page, encourage your family and friends to "like" the COA FB page as well. By "liking" our COA page, you will receive messages and be alerted to new pictures and events. Go to [www.facebook/ConcordCOA](http://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.

## HEALTH & WELLNESS



### **Reiki Talk and Demonstration** **Tuesday, April 9<sup>th</sup> at 1:00 PM**

Join Denise Gilbert, Reiki Practitioner and teacher from Emerson Hospital and Be Well and Beyond Inc., to learn about the healing art of Reiki. Denise will teach you what Reiki is and about its many health benefits. There will be a talk, demonstration, and time for your questions. Please call the COA to sign up.

*It's your  
choice!*

### **Advanced Directives & Health Care Decisions** **Thursday, April 18<sup>th</sup> at 1:00 PM**

April is Health Care Decisions Month. Why not take the time to explore health care choices, develop a plan and discuss your plan with your health care providers and significant others? Geriatric Nurse Practitioner, Ann Schummers will provide valuable information on the importance of respecting people's wishes, making your own decisions, and how to ensure that your health team and significant others will respect what your decisions are. Ann encourages you to bring your concerns and questions for a discussion on how to be sure your choices are honored. Please call the COA to sign up.

\*\*\*\*\* **GENTLE REMINDER** \*\*\*\*\*

**As spring and all its beauty starts to bloom, so do a lot of friendly bugs and flowers! Please protect yourself from bug bites by using appropriate sprays to ward off the bugs. Check your clothes and body daily. Flowers and pollen can also increase allergy symptoms. Please be aware and take necessary precautions.**

### **Blood Pressure Screening**

Wednesdays, April 3<sup>rd</sup>, 10<sup>th</sup> and 24<sup>th</sup>  
10:00 AM to 12:00 PM

No appointment necessary.

**No Clinic on April 17<sup>th</sup>**

### **Diabetic Clinic**

Wednesday, April 10<sup>th</sup>  
10:00 AM to 12:00 PM

Blood Sugar Check & Counseling

No appointment necessary.

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

Wednesday, April 24<sup>th</sup>  
10:30 AM – 11:30 AM

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### **Podiatry Clinic**

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

Wednesday, April 17<sup>th</sup>  
8:30 AM to 12:00 PM

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

Monday, May 20<sup>th</sup>  
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.

### **APRIL is NATIONAL HUMOR MONTH**

National Humor Month starts off with April Fool's Day—a day to share a little humor, fun & laughter with your friends and family. Laughter and joy can lead to a sense of well-being, boost your morale and lift up your spirits. Laughter can also be contagious and have a positive effect on those around you. There have been many studies by neuroscientists, psychologists and psychiatrists that have shown that laughter increases the release of endorphins, those wonderful chemicals in the brain that make us feel good. Laughter is not just about feeling good because we are finding something to be funny. Laughter has many positive physical effects on our body. Some laughter facts are: It actually boosts the immune system, it can reduce some pain, it lowers your blood pressure & helps your heart, it reduces tension & stress, it relaxes the whole body, it helps you to recharge, it improves social interactions and it can also improve cognition.

In the month of April, set a goal to: read a funny book or story, remember a funny story to share with a friend, laugh with a friend, and engage in some uplifting social activities. It has often been said "Laughter is the Best Medicine."

## OUTREACH/SOCIAL SERVICES

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

### Memory Café

**Monday, April 8<sup>th</sup> 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 April 8<sup>th</sup>, Interplay memory play specialist “CC” King returns to the Concord COA. We ask that attendees bring their care partners. The Concord Memory Café is sponsored by Right at Home, Bedford, and this month’s lunch is provided by Concord Park. Our group is growing so please RSVP to the Concord COA at 978-318-3020. You may visit [www.jfcsboston.org/memoryCafeDirectory](http://www.jfcsboston.org/memoryCafeDirectory) for a full listing of Massachusetts Memory Cafés.



### Caregivers’ Support Group

**Tuesday, April 23<sup>rd</sup> 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, April 23<sup>rd</sup>, at 10:30 AM. Please call Nicole with any questions or to register at 978-318-3012.

### Low Vision Support Group

**Wednesday, April 24<sup>th</sup> at 1:00 PM**

The low vision support group will meet on Wednesday, April 24<sup>th</sup> at 1:00 PM. This meeting will feature an open discussion and an opportunity to make suggestions for future low vision related programs. Come with your questions and experiences to share.

### BrightView Concord River Tour

**Tuesday, April 16<sup>th</sup> – Leaving the HWCC at 11:00 AM**

Brightview Concord River invites you for a tour of their independent, assisted living and memory care facilities in Billerica, MA. Community Relations Director Janna Barry describes BrightView as a tight knit community of people that care about each other. They aim for a resort-like feel, giving you the independence you want with the assurance that the help is there if you need it. Come with questions and then stay for a chef-prepared meal. There is no charge, but the tour is limited to 10 people, so please call the COA to sign up.

### Virtual Yard Sales

**Tuesday, April 16<sup>th</sup> from 9:30 AM to 11:30 AM**

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

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

**April 5<sup>th</sup> *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. 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. Cast: Ryan Gosling, Claire Foy, Pablo Schreiber, Jason Clarke, more. (2018; Biographical Drama; 2 hr, 21 min; Rated PG-13)



**April 12<sup>th</sup> *Backwards*** When a fiercely competitive 30 year old rower fails to make the Olympic boat for the second time, she takes a coaching job at a school, but struggles to adjust to life off the race course. Cast: Sarah Thomas, James Van Der Beek, Glenn Morshower, and, more. (2012; Drama; 1 hr, 29 min; Rated PG)

**April 19<sup>th</sup> *Bohemian Rhapsody*** Born in Zanzibar, Farrokh Bulsara immigrated to England in his teens and formed the band Queen in 1970 under his new name, Freddie Mercury. This movie charts the group's first 15 years, culminating with their Live Aid performance in 1985. Cast: Rami Malek, Ben Hardy, Gwilym Lee, Joseph Mazzello, and more. (2018; Drama; 2 hr, 14 min; Rated PG-13)

**April 26<sup>th</sup> *A Streetcar Named Desire*** After losing the family plantation to creditors, aging Southern belle Blanche DuBois travels to New Orleans seeking solace in her sister, Stella. Instead, she goes toe-to-toe with Stella's brute of a husband, Stanley. A sizzling adaptation of Tennessee Williams's classic rumination on carnal attraction and faded gentility. Cast: Marlon Brando, Vivien Leigh, Kim Hunter, Karl Malden, Rudy Bond, Nick Dennis, and Peg Hillias. (1951; Classic Drama; 2 hr, 5 min; Rated PG)

**May 3<sup>rd</sup> *Christopher Robin*** In this heartwarming tale from Disney, Christopher Robin, the boy who had countless adventures in the Hundred Acre Wood, has grown up and lost his way. Now it's up to his stuffed animals, Winnie the Pooh, Tigger, Piglet and the rest of the gang to rekindle their friendship and remind him of the endless days of childlike wonder and make-believe. Cast: Ewan McGregor, Hayley Atwell, Mark Gatiss, Adrian Scarborough, and more. (2018; Family Drama; 1 hr, 44 min; Rated PG)

**DVD Lecture Series: *Petticoats and Paintbrushes – Women in Art*  
Tuesdays through April 16<sup>th</sup> 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. The DVD series will be taking a break after this month and will return in June.

**History Lecture – *The Korean War*  
Presented by John Gardella  
Thursday, April 11<sup>th</sup> from 1:30 PM to 3:30 PM**

John Gardella's monthly history series continues with *The Korean War*. The war leads to a divided Korea; a democracy versus a communist dictatorship that continues to today. Come listen to this relevant and timely discussion on Thursday, April 11<sup>th</sup> starting at 1:30 PM. Please call the COA to reserve your seat.



**Art Matters – Impressionism**  
**Tuesday April 9<sup>th</sup> from 1:00 PM to 2:00 PM**



The Impressionists were painters of light, nature, and human nature. Having little in common, except a common enemy: the Academy, artists like Monet, Renoir and Degas defied convention and changed the way the whole world looked at art. Like a stone dropped into a still pond, the ripples from this revolutionary style of painting spread out, influencing a whole new generation of artists. Join us for a close look at many of the paintings that moved the world into the modern era. 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 presentation is free of charge thanks to proceeds from the Harvey Wheeler Gift Shop. Please call the COA to reserve your seat!

**Craft Class – Make a Paperclay Bunny!!**  
**Thursday, April 11<sup>th</sup> from 12:30 PM to 3:00 PM**

Betsi Mandrioli returns for this 2 ½ hour Paperclay crafting class on April 11<sup>th</sup> starting at 12:30 PM. This time it's a bunny for your Easter decorations! First we will sculpt the bunny with Paperclay, then we will bake, sand and paint it with acrylic paint. All supplies are included in the \$25 fee, payable in cash or by check made out to Betsi Mandrioli. This class is perfect for beginners and a great way to try Paperclay crafting. You'll 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 sign up is Friday, April 5<sup>th</sup>. Please call the COA office to reserve your spot!



**Book Discussion Group**  
**Tuesday, April 16<sup>th</sup> at 9:15 AM**

Come join the COA book discussion group, led by Phyllis DiMarzio, the third Tuesday of each month at 9:15 AM. The book chosen to discuss for the month of April is "Beneath a Scarlet Sky" by Mark Sullivan. Based on the true story of a forgotten hero, "Beneath a Scarlet Sky" is the triumphant, epic tale of one young man's incredible courage and resilience during one of history's darkest hours. Come chat and make new friends. New members are always welcome.

**TEDTalks Series – "How Young Blood Might Help Reverse Aging. Yes, Really"**  
**Monday, April 29<sup>th</sup> at 2:00 PM**

Join us for this program where a range of ideas will be explored through short videos and guided discussions. 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 "How Young Blood Might Help Reverse Aging. Yes, Really." Tony Wyss-Coray studies the impact of aging on the human body and brain. In this eye-opening talk, he shares new research from his Stanford lab and other teams which show that a solution for some of the less great aspects of old age might actually lie within us all. This series is facilitated by Beth Roberts and is free of charge. Please call the COA to sign up.

**Music Appreciation Class: Classical Music Today**  
**Mondays, March 25<sup>th</sup>; April 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup>; May 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup>**

Please note there is no class on April 15<sup>th</sup> or 29<sup>th</sup>

**From 1:00 PM to 2:30 PM**

The music presently being composed in the classical tradition is rich, unique, creative, and engaging, representing our culture of today and our contemporary experience. This class will introduce many of the important composer's active today. Join Concord Conservatory of Music faculty member, concert pianist, and composer Keith Kirchoff for these 90 minute classes. This session includes 7 classes that meet on Mondays from March 25<sup>th</sup> to May 20<sup>th</sup> from 1:00 PM to 2:30 PM at the Concord COA. Everyone is welcome, and no musical background is required. Your check for \$84, payable to the Concord Conservatory of Music, is due on registration. These classes are not prorated. Be sure to call the COA to let us know you plan to attend.

## Happening Around Town

### **Concord Cleanup Saturday, April 6<sup>th</sup>**

The annual cleanup of our community from roadside litter and trash on public lands began on Saturday, March 30<sup>th</sup>, and will continue through Sunday, April 7<sup>th</sup>, with the major emphasis on Saturday, April 6<sup>th</sup>. You may pick up yellow bags for miscellaneous litter and clear bags for recyclables at the Division of Natural Resources located at 141 Keyes Road. CPW crews will pick up the bags along the roadside and at intersections beginning Monday April 8<sup>th</sup>. For more information call the CPW at 978-318-3285. Your participation is welcomed and appreciated.

### **Ice Cream Social & Trivia at CCHS Sunday, May 5<sup>th</sup> from 2:00 PM to 4:00 PM**

The Concord Carlisle High School (CCHS) Interact Club would like to invite Concord and Carlisle seniors to an afternoon of ice cream and trivia, on Sunday, May 5<sup>th</sup> from 2:00 PM to 4:00 PM at the CCHS. Enjoy a few scoops of ice cream while you show off your trivia knowledge and enjoy the company of friends. The deadline for sign-ups is Friday, April 24<sup>th</sup>. Participation is limited so please call the COA to sign up. No COA van transportation will be available.

### **Introducing the Concord Senior SPRING FLING Wednesday, May 15<sup>th</sup> at the Maynard Elks Lodge @ Noon**

The Concord Friends of the Aging is thrilled to announce that they will be hosting their first annual Senior Spring Fling! This catered luncheon will be a terrific opportunity to catch up with longtime friends and even make some wonderful new ones! It will be held at noon on Wednesday, May 15<sup>th</sup>, at the Maynard Elks Lodge, 34 Powder Mill Rd, Maynard. Please call 978-341-8853 by Friday, May 3<sup>rd</sup> to let the Friends know that you'll be joining them. Please leave your name, phone number, and the names of all the people in your party. You will receive a call back within a day to confirm your reservations. After you have made your reservation with the Friends of the Aging you may call the COA to inquire about van availability.

**Theatre III – You're a Good Man, Charlie Brown** at Acton's Theatre III located at 250 Central Street. Senior Dress Rehearsal will be on Wednesday, April 3<sup>rd</sup> at 7:30 PM. Tickets are \$5.00 at the door.

### **Conversation Circle - "Woman-liness - From Little Women to Nancy Pelosi" Thursday, April 25<sup>th</sup> at 1:30 PM**

Join volunteer facilitator, Edmund Stori, for the COA's first Conversation Circle. Conversation Circles are small-group discussions in a modified Socratic format in which participants share ideas and opinions for mutual education and enlightenment on compelling issues of our times. The renewal of conversation circles in Concord is based on an idea introduced in the 19<sup>th</sup> century by Louisa Alcott's educator father, Bronson, and the pioneering advocate for women, Margaret Fuller. The April conversation: "Womanliness – From Little Women to Nancy Pelosi", will look at the implications of the evolution of the identity and status of women in American society from the lives depicted in Louisa Alcott's Little Women, to the present ascendancy to political power of Speaker of the US House of Representatives Nancy Pelosi. Groups are limited to 10 people so please call the COA to sign up.



## UPCOMING CONCORD COA OUTINGS

### **Lunch Bunch to J's Restaurant at the Nashoba Valley Winery Friday, April 26<sup>th</sup> – Van Leaving the COA at 11:30 AM**

Join the Lunch Bunch at J's Restaurant at the Nashoba Valley Winery in Bolton on Friday, April 26<sup>th</sup>; COA van leaving HWCC at 11:30 AM. Located in Massachusetts' apple country, J's is set in an antique farmhouse on a stunning hilltop orchard. The restaurant serves a delightful lunch, and we might even catch the apple blossoms in bloom! This is a small restaurant with limited seating, so attendance will be limited to those taking the van. The cost of transportation is \$5 (payable in cash on the day of the outing) and you will pay for your own lunch. Please call the COA to sign up.



### **YES Group to Sanyo Asian Restaurant, Lexington Sunday, April 28<sup>th</sup> at 5:30 PM**

This month, the YES Group will dine at Sanyo, a recently opened Lexington restaurant serving Asian cuisine (at the former site of the Yangtze River Restaurant). You can choose from Chinese, Japanese or Szechuan specialties, or try their bountiful dinner buffet for \$25.95 per person. 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. Please call the COA office to reserve.

### **Harvard Art Museums, Cambridge, MA Monday, April 22<sup>nd</sup> – Leaving CareOne at Concord at 10:00 AM**

The Harvard Art Museums are three museums housed together: The Fogg, the Busch-Reisinger, and the Arthur M. Sackler Museums. Come with us on Monday, April 22<sup>nd</sup> to view their collections in their updated modern surroundings. We will tour the museums on our own and have lunch at the museum's café. A free digital tour is accessible through any smartphone or tablet, so if you have one please bring it with you. We leave CareOne at 10:00 AM and return by 3:00 PM. The museum is wheelchair accessible, and there are benches in each gallery. Cost is \$40 cash per person due on the day of the trip, including museum and transportation - lunch is on your own. Please call the COA to reserve your seat!

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

**This Trip is Full! Please Call about the Wait List.** The Concord and Acton COAs offer this trip to see the Red Sox play the Oakland A's at Fenway Park on Wednesday, May 1<sup>st</sup> at 1:05 PM. We will travel to Fenway via luxury coach. The cost of this trip is \$101 per person, payable to Fox Tours, for transportation, game ticket, and driver gratuity. Return home will be around 5:30 PM. Sorry, no refunds will be given.

### **Boston Symphony Orchestra Open Rehearsal with Lunch at Bertucci's Thursday, May 2<sup>nd</sup>; Leaving CareOne at 8:30 AM; Returning by 4:00 PM**

**Seats Still Available!!** Join us for a BSO Open Rehearsal at Symphony Hall on Thursday, May 2<sup>nd</sup>. Open Rehearsals offer the audience a unique perspective on the dynamic between orchestra and conductor. Maestro Andris Nelsons conducts pieces from Strauss, Currier and Stravinsky. Following the performance, we drive to Bertucci's for lunch. The cost including transportation, concert, lunch, and gratuities is \$68, due when you reserve. Please make your check for \$68 payable to the Town of Concord. Sorry, no refunds will be given. The deadline to reserve is April 12<sup>th</sup>. Call the COA office for information.

### **Tanglewood Concert with Dinner at the Apple Tree Inn Sunday, July 14<sup>th</sup>; Leaving CareOne at 10:00 AM; Returning at 9:30 PM**

Save Sunday, July 14<sup>th</sup> for this year's Tanglewood trip. The program features Andris Nelson conducting works of Beethoven, Gruber and Strauss. Transportation is from CareOne of Concord; leaving at 10:00 AM and returning at 9:30 PM. After lunch take your seats in the Music Shed for the 2:30 concert. Dinner will follow at the nearby Apple Tree Inn. The cost is \$142 per person, check payable to the Town of Concord. It includes transportation, concert ticket, dinner, and gratuities; payment is due within one week of reservation and is non-refundable. People attending this trip must be able to walk and stand for substantial intervals of time on uneven ground. Reservations open on April 1<sup>st</sup>. Please call to reserve your seat.

## APRIL COA EVENTS

| Sun | Mon                                                                                                                                                                                                                                                              | Tue                                                                                                                                                                                                                                     | Wed                                                                                                                                                                                                    | Thu                                                                                                                                         | Fri                                                                                                                                                               | Sat                  |
|-----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
|     | 1<br>9:00 Mat Yoga (\$10)<br>9:30 Aerobics (\$5)<br>10:30 Men's Mtg<br>10:45 Strength & Flex (\$5)<br>1:00 Music Appreciation<br>1:00 Hand & Foot<br>2:00 Music Makers<br>2:00 Chess Club<br>3:00 Tai Chi (\$5)<br>5:00 Board Meeting                            | 2<br>9:15 Chair Yoga (\$5)<br>9:30 Quilting<br>10:30 Coffee & Conversation<br>1:00 Bridge<br>1:00 Hand Crafts<br>2:00 DVD series<br>2:30 Line Dancing (\$5)                                                                             | 3<br>8:00 Mat & Chair Yoga (\$5)<br>10:00 BP Clinic<br>12:00 LUNCH (\$2)<br>1:00 Bingo<br>1:00 Int'l Current Events<br>1:15 Mahjong<br>3:15 Ping Pong                                                  | 4<br>9:30 Aerobics (\$5)<br>10:00 Acrylics<br>10:45 Strength & Flex (\$5)<br>1:00 Cribbage<br>2:00 Tea Party                                | 5<br>9:30 Mat Yoga (\$5)<br>9:45 Chicago Bridge<br>1:00 Cinema – First Man<br>1:00 Poker<br>2:30 Ping Pong                                                        | 6<br>Concord Cleanup |
| 7   | 8<br>9:00 Mat Yoga (\$10)<br>9:30 Aerobics (\$5)<br>10:30 Men's Mtg<br>11:00 Memory Café<br>10:45 Strength & Flex (\$5)<br>1:00 Music Appreciation<br>1:00 Hand & Foot<br>2:00 Music Makers<br>2:00 Chess Club<br>3:00 Tai Chi (\$5)<br>Start of Town Meeting    | 9<br>9:15 Chair Yoga (\$5)<br>9:30 Quilting<br>10:30 Coffee & Conversation<br>1:00 Bridge<br>1:00 Reiki<br>1:00 Hand Crafts<br>1:00 Art Matters<br>2:00 DVD series<br>2:30 Line Dancing (\$5)                                           | 10<br>8:00 Mat & Chair Yoga (\$5)<br>10:00 Diabetic Clinic<br>10:00 BP Clinic<br>11:00 Meds Drop off<br>12:00 LUNCH (\$2)<br>1:00 Bingo<br>1:00 Int'l Current Events<br>1:15 Mahjong<br>3:15 Ping Pong | 11<br>9:30 Aerobics (\$5)<br>10:00 Acrylics<br>10:45 Strength & Flex (\$5)<br>1:00 Cribbage<br>12:30 Paperclay Bunny<br>1:30 The Korean War | 12<br>9:30 Mat Yoga (\$5)<br>9:45 Games Group<br>11:00 Einstein<br>1:00 Cinema – Backwards<br>1:00 Poker<br>2:30 Ping Pong                                        | 13                   |
| 14  | 15<br>COA CLOSED<br>Patriot's Day                                                                                                                                                                                                                                | 16<br>9:15 Chair Yoga (\$5)<br>9:15 Book Discussion<br>9:30 Virtual Yard Sale<br>9:30 Quilting<br>10:30 Coffee & Conversation<br>11:00 BrightView Tour<br>1:00 Bridge<br>1:00 Hand Crafts<br>2:00 DVD series<br>2:30 Line Dancing (\$5) | 17<br>8:30 Podiatry<br>8:00 Mat & Chair Yoga (\$5)<br>** No BP Clinic **<br>12:00 LUNCH (\$2)<br>1:00 Bingo<br>1:00 Int'l Current Events<br>1:15 Mahjong<br>3:15 Ping Pong                             | 18<br>9:30 Aerobics (\$5)<br>10:00 Acrylics<br>10:45 Strength & Flex (\$5)<br>1:00 Cribbage<br>1:00 Advanced Directives                     | 19<br>9:30 Mat Yoga (\$5)<br>9:45 Chicago Bridge<br>1:00 Cinema – Bohemian Rhapsody<br>1:00 Poker<br>2:30 Ping Pong                                               | 20                   |
| 21  | 22<br>9:00 Mat Yoga (\$10)<br>9:30 Aerobics (\$5)<br>10:00 Harvard Museum<br>10:30 Men's Mtg<br>10:45 Strength & Flex (\$5)<br>1:00 Music Appreciation<br>1:00 Hand & Foot<br>2:00 50+ Job Seekers<br>2:00 Music Makers<br>2:00 Chess Club<br>3:00 Tai Chi (\$5) | 23<br>9:15 Chair Yoga (\$5)<br>9:30 Quilting<br>10:30 Caregiver STGP<br>10:30 Coffee & Conversation<br>1:00 Bridge<br>1:00 Hand Crafts<br>2:00 The Beatles<br>2:30 Line Dancing (\$5)                                                   | 24<br>8:00 Mat & Chair Yoga (\$5)<br>10:30 Ask a Pharmacist<br>10:00 BP Clinic<br>12:00 LUNCH (\$2)<br>1:00 Bingo<br>1:00 Low Vision<br>1:00 Int'l Current Events<br>1:15 Mahjong<br>3:15 Ping Pong    | 25<br>9:30 Aerobics (\$5)<br>10:00 Acrylics<br>10:45 Strength & Flex (\$5)<br>1:00 Cribbage<br>1:30 Conversation Circle                     | 26<br>9:30 Mat Yoga (\$5)<br>9:45 Games Group<br>11:00 Drum Circle<br>11:30 Lunch Bunch<br>1:00 Cinema – A Streetcar Named Desire<br>1:00 Poker<br>2:30 Ping Pong | 27                   |
| 28  | 29<br>2:00 Ice Cream & Trivia<br>5:30 YES Group<br>9:00 Mat Yoga (\$10)<br>9:30 Aerobics (\$5)<br>10:30 Men's Mtg<br>10:45 Strength & Flex (\$5)<br>1:00 Hand & Foot<br>2:00 TEDtalk<br>2:00 Music Makers<br>2:00 Chess Club<br>3:00 Tai Chi (\$5)               | 30<br>9:15 Chair Yoga (\$5)<br>9:30 Quilting<br>10:30 Coffee & Conversation<br>1:00 Bridge<br>1:00 Hand Crafts<br>2:30 Line Dancing (\$5)                                                                                               | Ongoing Classes:<br>Line Dancing – Tuesdays from 2:30 PM to 3:30 PM (\$5 per class)<br>Acrylics – Thursdays from 10:00 AM to 12:00 Noon (\$30 per class or \$138 for six classes)                      |                                                                                                                                             |                                                                                                                                                                   |                      |

**Ukulele Classes**



Would you like to learn to play the Ukulele? Small, light and manageable, this four-stringed instrument is easy and fun to learn. Learning a new instrument boosts focus, memory and coordination as well. The Ukulele seems to be all the rage at the moment, so if you would like to stay on trend and learn to play let us know. Classes will start in May if sufficient interest is expressed.

**50+ Job Seekers Regional Network Group**

**Monday, April 22<sup>nd</sup> 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).*

**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.

|                        |                                                           |                        |                                     |
|------------------------|-----------------------------------------------------------|------------------------|-------------------------------------|
| April 3 <sup>rd</sup>  | Minuteman Senior Services<br>(April Birthday Celebration) | April 17 <sup>th</sup> | Milldames/Minuteman Senior Services |
| April 10 <sup>th</sup> | Life Care of Acton                                        | April 24 <sup>th</sup> | The Commons                         |

**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:** 2<sup>nd</sup> & 4<sup>th</sup> Monday - Roche Brothers Plaza or Kmart – Pickups start at 1:00 PM.

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

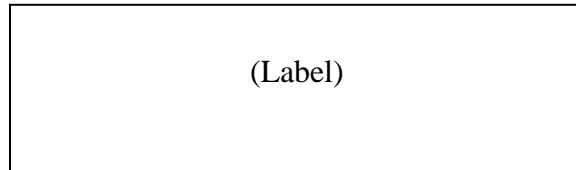
**Thursdays:** 1<sup>st</sup> & 3<sup>rd</sup> Thursday – Market Basket, Littleton - Pickups start at 12:15 PM.

4<sup>th</sup> 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  
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Concord, MA 01742

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