

# SENIOR SPIRIT

NEWSLETTER OF THE CONCORD COUNCIL ON AGING

May 2019

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

The Junior Rotary Club, known as Interact, invites all Concord seniors to its annual ice cream social! Interact clubs bring together young people to develop leadership skills while discovering the power of Service Above Self. Join local students for a fun-filled afternoon of trivia, games and ice cream! This event is free and will be held at the Concord Carlisle High School. Please call the COA to sign up. No COA van transportation will be available.



Ice Cream Social

## New CMLP Billing Explained Monday, May 20<sup>th</sup> at 11:00 AM



Get ready - changes are coming! The Concord Municipal Light Plant is implementing a new billing system that will combine all your town utilities – electric, water, sewer and internet on one bill. Come to the Council on Aging on May 20<sup>th</sup> at 11:00 AM to see what the changes will be and what to expect. We will go over the new bill format and how to interpret all the information that will now be included on your bill. You will now have the choice to go paperless or not. CMLP will also start accepting payments via credit cards to make paying your bill easier. Smart Hub, a web and mobile app, will be explained and demonstrated to help you take control of your account. Call the COA to reserve your seat.

## Monthly Drum Circle Jam Friday, May 24<sup>th</sup> at 11:00 AM Meets the 4<sup>th</sup> Friday of Each Month at 11:00 AM

Tim Kane, a Massachusetts-based drummer, percussionist and music educator, will lead his second monthly Drum Circle Jam on May 24<sup>th</sup> at 11:00 AM at the Concord COA. New drummers are welcome!! The drumming group meets 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 is \$15 payable directly to Tim Kane. Ten people are needed to run the monthly group, and it is limited to 16 participants, so please call the COA to sign up.

## “Jerome Kern – All the Things You Are” Presented by Bruce Hambro - Friday, May 24<sup>th</sup> at 2:00 PM

Jerome Kern was the dean of American Broadway musical composers during the early part of the 20<sup>th</sup> century. This presentation celebrates the life and career of the “Legend of the Great American Songbook.” Jerry Kern is remembered as the composer of the landmark play, *Showboat*, whose score featured *Old Man River* and *Can’t Help Lovin’ Dat Man of Mine*. But Kern also composed a myriad of other classic songs such as *The Last Time I Saw Paris*, *Smoke Gets in Your Eyes*, *The Way You Look Tonight* and *All the Things You Are*. During this one-hour audio-visual presentation, the audience will hear all these great songs and more. The lyrics to some of Kern’s hit songs will be projected on the big screen, and lecture attendees are encouraged to *sing along!* Bruce Hambro is a music and motion picture historian. He was a Social Studies teacher in the Massachusetts public school system, and was formerly a business manager and booking agent in the entertainment industry. This event is free of charge thanks to proceeds generated from the Harvey Wheeler Gift Shop. Please call the COA to reserve your seat.



*The Council on Aging will be closed on Monday, May 27<sup>th</sup> for Memorial Day. 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.

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### ART SPACE

*"... in the future, I will live by my watercolors."* – Winslow Homer. Now through May 31<sup>st</sup>, come view the works from a collaborative effort of local watercolor artists. They've been honing their skills for several years under the direction of Kat O'Connor. Each painting is uniquely expressive.



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### Harvey's Treasure Chest Gift Shop

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

The merry month of **May** – **May Day**, **Mother's Day**, and **Memorial Day** – many reasons to select magnificent merchandise for modest moolah! Harvey's also boasts the best greeting cards for \$1.25 ea.



**Donated Items Are Always Wanted & Appreciated** - please remember the gift shop accepts donations of new/like-new crystal, china, decorative items, scarves & pocketbooks, pictures and jewelry! Kindly drop them off, get a receipt, make space at home and feel good that you're contributing to the programs at the COA.



**SAVE THE DATE:** We can't wait to say **"THANK YOU"** to all our Volunteers! Our annual Volunteer Luncheon will take place Friday, June 28<sup>th</sup>. Back by popular demand will be the "Sarah Gardner Trio" – dulcet tones, smooth jazz, classic songs and original offerings. Mark your calendars and keep a look out for an invitation in the mail.

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### Memorial Day - May 27, 2019

Memorial Day is a poignant reminder of the tenacity of life. We post the flag on this day and we all should know American flag rules. Here are a few basics:

- Display Flag only from sunrise to sunset or lit at night
- Union (blue) field to observer's left when horizontal or vertical
- No other flag should be placed above the United States flag
- The flag should be hoisted briskly and lowered ceremoniously without touching the ground.



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### Virtual Yard Sales

**Wednesday, May 29<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.

### **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.

### **Ask a Lawyer Thursday, May 30<sup>th</sup>**

Local attorneys volunteer their time to answer your individual legal questions during a complimentary 30-minute consultation. This month, appointments will be available on Thursday, May 30<sup>th</sup>, from 9:30 AM to 12:30 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.

### **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.

### **Do you qualify for the Town of Concord Senior Property Tax Reduction?**

The goal of this exemption is to reduce an eligible homeowner's property tax to 10% of their income. However, they must pay at least 50% of their assessed tax. To qualify for this tax reduction you must be:

- Age 65 or older (co-owner must be 60 or older)
- Resident of Concord for 10 consecutive years or more
- Maximum income: Currently \$57,000 single owner, \$86,000 joint owners
- Assessed value of property – at or below Concord's median, currently \$881,550
- Maximum assets: \$250,000

For more information, please call the Assessors Office at 978-318-3070.

## HEALTH & WELLNESS

### Get the Most out of Your Doctor's Appointment Thursday, May 23<sup>rd</sup> at 1:00 PM

Dr. Susanna Bedell will lead a round table discussion on what to ask your doctor. Dr. Bedell will talk about common problems in medical care. She will also provide information on how to plan for your doctor's visit, the importance of medication list review, and how to get the most out of your consultation. Please bring your questions for Dr. Bedell and be ready to share your insights & concerns. Please call the COA to sign up.



*National Council on Aging*

### Aging Mastery Program Information Thursday, May 30<sup>th</sup> at 1:00 PM

Please join Geriatric Health Nurse Valerie Boggia in an information session on the Aging Mastery Program. The Aging Mastery Program is a 10 week course that provides a holistic approach to life as we age. The program combines knowledge sharing, goal-setting, daily practices and peer support. The core curriculum for the Aging Mastery Program covers 10 valuable topics. Please come and learn more about this program that will be offered at the COA in the fall. Valerie will provide an overview of the program and answer any of your questions. Please call the COA to sign up.

### SAVE THE DATE: Health Fair at the Concord COA Wednesday, June 19<sup>th</sup> from 9:30 AM to 11:30 AM

A variety of booths will provide you with health information and safety education, including: fire safety, sun safety, fall prevention, health screenings and more. Additional information will be included in the June newsletter. No sign up necessary, just show up!

### Blood Pressure Screening

Wednesdays, May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>,  
and 29<sup>th</sup>

10:00 AM to 12:00 PM

No appointment necessary.

### Diabetic Clinic

Wednesday, May 8<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**  
No Pharmacist this Month

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### Podiatry Clinic

**Dr. Ayleen Gregorian**

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

8:30 AM to 2:30 PM

**Dr. Russell Hamilton**

Wednesday, June 19<sup>th</sup>

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.

### MAY IS NATIONAL SKIN CANCER / MELANOMA AWARENESS MONTH

Skin cancer is one of the most common types of cancer, with over one million people diagnosed each year. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths or sunlamps. Other risks for skin cancer are: fair skin, abnormal moles, a personal or family history of skin cancer, and having had radiation therapy for skin cancer. Skin cancer is divided into two categories: melanoma and non-melanoma cancers. Some symptoms of skin cancer are: rough & scaly patches of skin, flat scaly areas of the skin that are red or brown, a suspicious growth, a small lump that is shiny, waxy, pale in color and smooth in texture, a red lump (spot or mole) that is firm, a sore that bleeds or becomes crusty or will not heal. If you detect any of these symptoms, consult your doctor for further evaluation of the area noted. Early detection is very important! Examine your skin weekly and have a thorough yearly clinical skin exam by a healthcare professional. Skin cancer is one of the more preventable types of cancer. What can you do to prevent skin cancer? Here are a few tips: Seek shade when appropriate (the sun is strongest between 10:00 AM – 2:00 PM), Wear protective clothing (long sleeve shirt, hat & sunglasses), apply a broad-spectrum & water-resistant sunscreen with a SPF of 30 or higher (even on cloudy days) and perform a regular skin self-exam. Make the month of May a time to raise awareness of skin cancer, both for yourself and those that you know.

## OUTREACH/SOCIAL SERVICES

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

### **Assisted Living Community Tour - Carriage House at Lee's Farm Tuesday, May 7<sup>th</sup> - Leaving HWCC at 11:15 AM**

Join us for lunch and a tour of Carriage House at Lee's Farm in Wayland, MA. We will tour this senior living community and sample a farm-to-table meal prepared by the executive chef. This will be your chance to get your questions answered about assisted living, and to see for yourself how much is happening at an assisted living community such as Carriage House. The van will be leaving HWCC at 11:15 AM and will return at approximately 2:00 PM. There is no charge, but please do call the COA to sign up, as space is limited.



### **Memory Café**

**Monday, May 13<sup>th</sup> from 11:00 AM to 1:00 PM**

The Concord COA offers a monthly Memory Café on the second Monday of each 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. At the Concord Memory Café, there is a complimentary lunch and an activity or entertainment. On May 13<sup>th</sup>, the guest artist is Maria Ramsey, music therapist. We ask that attendees bring their care partners. The Concord Memory Café is sponsored by Right at Home Bedford, Concord Park and CareOne at Concord. 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 list of Massachusetts Memory Cafés.

### **Caregivers' Support Group**

**Tuesday, May 28<sup>th</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, May 28<sup>th</sup>, at 10:30 AM. Please call Nicole with any questions or to register at 978-318-3012.

### **Low Vision Support Group**

**Wednesday, May 29<sup>th</sup> at 1:00 PM**

The low vision support group meets the last Wednesday of the month at 1:00 PM. The guest speaker for the Wednesday, May 29<sup>th</sup> meeting is still to be determined, but please come with your questions and experiences to share.

### **TEDTalks Series – "Let's End Ageism"**

**Monday, May 20<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 ageism. It's not the passage of time that makes it so hard to get older. It's ageism, a prejudice that pits us against our future selves -- and each other. Ashton Applewhite urges us to dismantle the dread and mobilize against the last socially acceptable prejudice. "Aging is not a problem to be fixed or a disease to be cured," she says. "It is a natural, powerful, lifelong process that unites us all." This series is facilitated by Beth Roberts and is free of charge. Please call the COA to sign up.

## COA CINEMA

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



**May 3<sup>rd</sup>** ***Christopher Robin*** – Christopher Robin, the boy who had many adventures in the Hundred Acre Wood, has grown up and lost his way. Now Winnie the Pooh, Tigger, Piglet and the gang have to get him back on track. Cast: Ewan McGregor, Hayley Atwell, Mark Gatiss, Adrian Scarborough. (2018; Family Drama; 1hr, 44min; Rated PG)

**May 10<sup>th</sup>** ***Green Book*** – When an Italian-American bouncer from the Bronx, is hired to drive a world-class Black pianist on a concert tour to the Deep South **in the 1960's**, they must rely on "The Green Book" to guide them to the few establishments that were safe for African-Americans. Cast: Viggo Mortensen, Mahershala Ali, Linda Cardellini, Don Stark, Sebastian Maniscalco, more. (2018; Drama; 2hrs, 10mins; Rated PG-13)

**May 17<sup>th</sup>** ***The Courageous Heart of Irena Sendler*** – During WWII, social worker Irena Sendler devised a plan to disguise herself and some colleagues as nurses to gain access to the Warsaw Jewish ghetto. They were able to smuggle 2,500 Jewish children to safety, and Sendler received a Nobel Prize nomination. Cast: Anna Paquin, Marcia Gay Harden, Goran Visnjic, and more. (2009; Real-Life Drama; 1hr, 35mins; Rated PG)

**May 24<sup>th</sup>** ***Mary Poppins Returns*** – This Walt Disney production is a sequel to the original *Mary Poppins* of 1964. In it, Mary Poppins returns to London to bring fun back to the city with her friend Jack the Lamplighter. Cast: Emily Blunt, Lin-Manuel Miranda, Ben Whishaw, Dick Van Dyke, Angela Lansbury, Coliin Firth, Meryl Streep, and more. (2018; Musical/Fantasy; 2hrs, 10m; Rated PG)

**May 31<sup>st</sup>** ***Driving Miss Daisy*** – After wealthy and strong-willed Atlanta widow Miss Daisy Werthan crashes her car, her son insists she hire a chauffeur. Miss Daisy's stubborn reluctance gives way as she slowly warms up to her new driver, and the two strike up an enduring friendship. Cast: Morgan Freeman, Jessica Tandy, Dan Aykroyd, and more. (1989; Social Issues Drama, 1hr, 39min; Rated PG)

**June 7<sup>th</sup>** ***The Railway Man*** – Decades after his brutal captivity under the Japanese in World War II, Eric Lomax still has nightmares about the ordeal. But when he unexpectedly meets and falls for Patti, a bizarre coincidence brings his past back into focus. Cast: Nicole Kidman, Stellan Skarsgard, Colin Firth, Hiroyuki Sanada, and more. (2014; Drama/Biography; 1h, 58m; Rated R)

## New DVD Lecture Series - Coming in June!!

***Gropius is in the House!***

In 1919, Walter Gropius founded the Bauhaus School in Weimar, Germany. This year, we celebrate the 100<sup>th</sup> anniversary of that achievement. We have a special connection with Gropius, for he worked at Harvard and built his home in Lincoln, MA. Join us to learn more about this school and its founder. Janice and Doug Muir facilitate the series on Tuesdays from June 25<sup>th</sup> through July 30<sup>th</sup>. Reservations will be taken starting June 1<sup>st</sup>.

History Lecture – ***The Middle East*** - Presented by John GardellaThursday, May 9<sup>th</sup> from 1:30 PM to 3:30 PM

John Gardella's monthly history series continues on Thursday, May 9<sup>th</sup> with *The Middle East: Colonialism, Nationalism, Independence and Conflict*. Come hear about the Middle East's history that shaped the region as we know it today. Please see the COA Events Bulletin Board for the schedule of John's topics through June, 2019. Please call the COA to sign up for this month's lecture.

## Taking Control of Your Future: A Legal Checkup Thursday, May 9<sup>th</sup> at 10:00 AM

Elder Law is “legal life care planning” that ensures your needs are addressed from a multi-disciplinary perspective. Join us here at the Council on Aging on Thursday, May 9<sup>th</sup> for a presentation by attorney James V. Tabner on a number of aspects of elder law. If there is a topic of special interest to you or if you have a specific question, inform us in advance and we will pass that information along to the presenter. This annual, no-cost program is sponsored by the Massachusetts Bar Association and is presented with the generous assistance and cooperation of the Massachusetts Chapter of the National Academy of Elder Law Attorneys. Please call to let us know you will be attending.

### Older Americans Month

Every May, the Administration for Community Living leads our nation’s observance of Older Americans Month. The 2019 theme, **Connect, Create, Contribute**, encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

In recognition of this year’s theme we have several ways for you to get involved and participation in any of them earns you an invitation to a special event! (See details below.)



#### Intergenerational Gardening

Connect with the children from Carousel preschool, help them to engage in planting and tending to our four raised beds, share your green thumbs and teach the little ones about where their food comes from!

#### Food Drive for Open Table

Supporting our neighbors is important to the COA. Bring in any non-perishable goods to be donated to our friends at Open Table. Open Table offers a weekly community meal here in Concord as well as stocking the food pantry in Maynard. A collection box will be in the lounge starting May 1<sup>st</sup>.

#### Have your Portrait Taken

Put on your Sunday best and have your portrait taken! It will help us update our database and will give you a chance to share your photograph with your family and friends. We will be offering an afternoon session Monday, May 13<sup>th</sup> starting at 1:00 PM and a morning session on Thursday, May 16<sup>th</sup> at 10:00 AM. Please call to make an appointment.

#### Tell us a Story

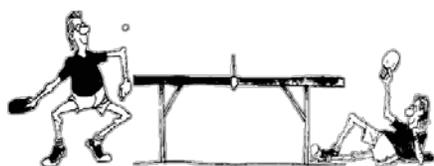
Each of us has a story, what is yours? Share a short story about an event in your life that you consider “a learning experience” and let other benefit from your experiences. Make us laugh, make us cry or make us question “what the heck?” One of our high school volunteers can help you capture the story if you would like to tell it, or submit a written story up to a page long.

#### Community Fabric

Would you like to contribute to something bigger than yourself? Take part in a collaborative quilting project. Pick up a kit from the lounge and join in by decorating a square of fabric in a way that is inspiring to you. Don’t quilt? Not a problem, decorate your square in a different way, with paints, pens or dyes. The completed quilt will be a tribute to Older American Month and hung for the Concord community to enjoy.

#### Celebrate!

What better way to end the month of May than to celebrate the advantages of aging in a town as vibrant as Concord! If you contribute to any of the above projects, you will be invited to come and connect with your peers as we create an afternoon of fun memories! Join us Friday, May 31<sup>st</sup> at 12:30 PM for a Pizza Party! Lunch and entertainment will be provided free of charge, thanks to the proceeds of Harvey’s Treasure Chest Gift Shop.



**Ping- Pong - New times and more tables!**  
**Wednesdays 1:30 PM to 3:30 PM**  
**& Fridays 3:00 PM to 4:30 PM**

**Mother's Day Tea Cup Floral Arrangements  
Tuesday, May 7<sup>th</sup> from 10:00 AM to 11:30 AM**

Join for a fun spring flower arranging activity on Tuesday, May 7<sup>th</sup> at 10:00 AM at the COA. Sharyn Baker, a COA volunteer, will instruct the class on how to make a beautiful fresh flower arrangement in a tea cup. We will have all the materials needed to make the arrangements, including cups and saucers, oasis, fresh flowers and ribbons. You may bring your own tea cup if you wish. Please register early as attendance is limited to 12. The cost of the class is \$10 per person, due in cash on the day of the class. Reservations open May 1<sup>st</sup>. This workshop will sell out quickly, so please call to save your spot!

**Genealogy News: Workshop & Research Methods Wednesdays, May 1<sup>st</sup> & 15<sup>th</sup> respectively  
Trip to the New England Historic Genealogical Society**

**Friday, May 10<sup>th</sup> - Leaving Harvey Wheeler Community Center at 9:30 AM; Returning at 3:00 PM**

Our volunteer-led genealogy group will be visiting the New England Historic Genealogical Society on Newbury Street in Boston on Friday, May 10<sup>th</sup>. The NEHGS library is one of the nation's leading research centers for genealogists of every skill level. In it are housed millions of documents, records, artifacts, and other items that preserve and reveal our history. The group will leave the HWCC at 9:30 AM. There will be a presentation when we arrive, and we'll have lunch nearby. There is a \$10 entrance fee for non-members of NEGHS and \$5 payable to the COA van driver for transportation. The cost of lunch is on your own. This trip is open to 13 people; please call to sign up!

**Art Matters – Post Impressionism  
Tuesday, May 14<sup>th</sup> at 1:00 PM**

Like a stone dropped into a calm pond, the ripples from the Impressionist style of painting spread out and influenced a whole new generation of artists. Artists like Van Gogh, Gauguin, Rousseau and Cezanne, among others, took a small step away from Impressionism and influenced whole new movements of art. Join us on May 14<sup>th</sup> from 1:00 PM to 2:00 PM for a look at how other artists interpreted this new expressive way of painting and influenced art in the 20<sup>th</sup> century. Art Matters displays oversized copies of paintings in a salon style to encourage comparison, discussion and reflection. This presentation is free of charge thanks to proceeds from the Harvey Wheeler Gift Shop. Please call the COA to reserve your seat!

**Book Discussion Group  
Tuesday, May 21<sup>st</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 May is "The Children Act" by Ian McEwan. Fiona Maye is a leading High Court judge who presides over cases in the family court. She is called on to try an urgent case: Adam, a beautiful seventeen-year-old boy, is refusing for religious reasons the medical treatment that could save his life, and his devout parents echo his wishes. Time is running out. Should the secular court overrule sincerely expressed faith? Come chat and make new friends. New members are always welcome.

**Conversation Circle - Continuation of the theme "Woman-liness"  
Thursday, May 23<sup>rd</sup> at 1:30 PM**

Join volunteer facilitator Edmund Stori for the second Conversation Circle continuing on the theme from last month. 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 May conversation will continue to look at the implications of the evolution of the identity and status of women in American society. **There is no need to have participated in the first session to join in on the second conversation.** Groups are limited to 10 people so please call the COA to sign up.

## UPCOMING CONCORD COA OUTINGS



**Boston Red Sox vs the Oakland A's at Fenway Park  
Wednesday, May 1<sup>st</sup> - Sorry, This Trip is Full!**

**BSO Open Rehearsal with Lunch at Bertucci's  
Thursday, May 2<sup>nd</sup> - Sorry, This Trip is Full!**



**Lunch Bunch to Fishbones, Chelmsford  
Thursday, May 23<sup>rd</sup> – Leaving the COA at 11:15 AM**

Join the COA for a delicious seafood lunch at Fishbones in Chelmsford on Thursday, May 23<sup>rd</sup>. This little place is known for its fresh fish and creative cuisine – “fresh, simple, and uncomplicated.” You can choose from sandwiches, salads and entrees. The van will leave the COA at 11:15 AM. The charge for the van is \$5.00, and the cost of the meal is on your own. Due to seating limitations, the reservation is limited to those taking the van. Please call the COA office to reserve your seat!

**YES Group to Forge and Vine Restaurant, Groton  
Sunday, May 26<sup>th</sup> at 5:00 PM**

Drawing inspiration from the region's history and natural surroundings, the new Forge and Vine Restaurant, located behind the Groton Inn, has an eight-foot wood-fired grill as its centerpiece and offers seasonal farm to table menus. The YES Group is open to all Youthful Energetic Seniors. Transportation and the cost of dinner are on your own. Please be aware that the COA does not send staff to YES Group events. Please call the COA office to sign up so we can give the restaurant an accurate head count!

**Kennebunkport Lobster Cruise with Lobster Bake  
Thursday, June 20<sup>th</sup>; Leaving CareOne at Concord at 9:00 AM; Returning around 4:30 PM**

Join us for a Scenic Lobster Tour aboard Kylie's Chance, a 65 foot sightseeing boat out of Kennebunkport, Maine on Thursday, June 20<sup>th</sup>. We'll enjoy Kennebunkport from the water while learning how Maine lobsters are harvested, and we will see the Bush summer home and seals in their natural habitat. Afterwards we'll go to the Bull 'n Claw in Wells for a feast including lobster, clam chowder and steamed clams!! As an alternative you may choose prime rib or chicken supreme. This trip includes luxury coach transportation, boat tour, luncheon, and gratuities. The all-inclusive cost is \$95 per person, check payable to the Town of Concord. Payment is due within one week of reservation and is non-refundable. Please indicate meal choice when you sign up. There is limited walking on this trip. Reservations open May 1<sup>st</sup>.

**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 the works of Beethoven, Gruber and Strauss. Transportation is from CareOne at Concord; leaving at 10:00 AM and returning at 9:30 PM. After your packed lunch take your seats in the Music Shed for the 2:30 PM 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 all 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. Please indicate meal choice of salmon, chicken or pork when you sign up. Reservations are now open.

**“Cabaret” at the Ogunquit Playhouse with Lunch at Warren's  
Thursday, August 8<sup>th</sup>; Leaving CareOne at Concord at 10:15 AM; Returning around 7:00 PM**

We are so excited for the chance to see the iconic musical “Cabaret” on August 8th! The Ogunquit Playhouse is known for its Broadway-caliber shows. Before the show we will have lunch at Warren's in Kittery, Maine. Lunch includes their full salad bar, choice of entrée, dessert and beverage. Please call the COA to inquire about meal choices. The all-inclusive cost is \$125 per person, check payable to the Town of Concord - sorry there will be no refunds. This trip's activity level is low. Please call the COA office for more information. Reservations open May 1st.

## MAY COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Ongoing Classes:</b> <b>Line Dancing</b> – Tuesdays from 2:30 PM to 3:30 PM (\$5 per class) <b>Acrylics</b> – Thursdays from 10:00 AM to 12:00 Noon (\$30 per class or \$138 for six classes)			<b>1</b> 8:00 Mat & Chair Yoga (\$5) 9:30 Genealogy 10:00 BP Clinic <b>10:30 Red Sox</b> 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong 1:30 Ping Pong	<b>2</b> <b>8:30 BSO</b> 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage	<b>3</b> 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 1:00 Cinema – Christopher Robin 1:00 Poker 3:00 Ping Pong	<b>4</b>
<b>5</b> 2:00 Ice Cream Social CCHS	<b>6</b> 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)	<b>7</b> 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French 10:30 Coffee & Conversation <b>11:15 Carriage House Tour</b> <b>11:30 Flower Arrangements</b> 1:00 Bridge 1:00 Creative Writing 1:00 Hand Crafts 2:00 DVD series 2:30 Line Dancing (\$5)	<b>8</b> 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 10:00 Diabetic Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong 1:30 Ping Pong	<b>9</b> 9:30 Aerobics (\$5) <b>10:00 Legal Checkup</b> 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage <b>1:30 The Middle East</b>	<b>10</b> 9:30 Mat Yoga (\$5) <b>9:30 Genealogy Trip</b> 9:45 Games Group 1:00 Cinema – Green Book 1:00 Poker 3:00 Ping Pong	<b>11</b>
<b>12</b>	<b>13</b> 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) <b>11:00 Memory Café</b> <b>1:00 Photo Shoot</b> 1:00 Music Appreciation 1:00 Hand & Foot 2:00 Music Makers 2:00 Chess Club 3:00 Tai Chi (\$5)	<b>14</b> 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French 10:30 Coffee & Conversation <b>1:00 Art Matters</b> 1:00 Bridge 1:00 Creative Writing 1:00 Hand Crafts 2:00 DVD series 2:30 Line Dancing (\$5)	<b>15</b> 8:00 Mat & Chair Yoga (\$5) 9:30 Genealogy 10:00 BP Clinic <b>12:00 Spring Fling Lunch</b> 1:00 Int'l Current Events 1:15 Mahjong 1:30 Ping Pong	<b>16</b> 9:30 Aerobics (\$5) <b>10:00 Photo Shoot</b> 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage	<b>17</b> 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 1:00 Cinema – Courageous Heart 1:00 Poker 3:00 Ping Pong	<b>18</b>
<b>19</b>	<b>20</b> 8:30 Podiatry 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) <b>11:00 CMLP Billing</b> 1:00 Music Appreciation 1:00 Hand & Foot <b>2:00 TEDtalk – Ageism</b> 2:00 Music Makers 2:00 Chess Club 3:00 Tai Chi (\$5)	<b>21</b> <b>9:15 Book Discussion</b> 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French 10:30 Coffee & Conversation 1:00 Bridge 1:00 Creative Writing 1:00 Hand Crafts 2:30 Line Dancing (\$5)	<b>22</b> 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 1:30 Ping Pong	<b>23</b> 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage <b>1:00 What to Ask Your Dr</b> <b>1:30 Conversation Circle</b>	<b>24</b> 9:30 Mat Yoga (\$5) 9:45 Games Group <b>11:00 Drum Circle</b> 1:00 Cinema – Mary Poppins Returns 1:00 Poker <b>2:00 Jerome Kern</b> 3:00 Ping Pong	<b>25</b>
<b>26</b> 5:00 YES Group	<b>27</b> COA CLOSED Memorial Day Observed	<b>28</b> 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French <b>10:30 Caregiver Support</b> 10:30 Coffee & Conversation 1:00 Bridge 1:00 Creative Writing 1:00 Hand Crafts 2:30 Line Dancing (\$5)	<b>29</b> 8:00 Mat & Chair Yoga (\$5) <b>9:30 Virtual Yard Sale</b> 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Low Vision 1:00 Bingo 1:00 Int'l Current Events 1:15 Mahjong 1:30 Ping Pong	<b>30</b> 9:30 Aerobics (\$5) <b>9:30 Ask a Lawyer</b> 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage <b>1:00 Aging Mastery Info.</b>	<b>31</b> 9:30 Mat Yoga (\$5) 9:45 Games Group <b>12:30 Celebrate!</b> 1:00 Cinema – Driving Miss Daisy 1:00 Poker 3:00 Ping Pong	

### Happening Around Town

**Drop Off – Swap Off Event: Saturday, May 4<sup>th</sup>** at Concord Public Works Department, 133 Keyes Road. DropOff from 9:30 AM to 3:00 PM; SwapOff from 9:30 AM to 12:30 PM only. Call the Concord Public Works Department at 978-318-3240 with any questions.

**Emerson Health And Wellness Expo: Saturday, May 4<sup>th</sup> from 9:00 AM to 1:00 PM.** Free screenings for health and certain cancers will be available (some require prior registration), as well as massage and reiki sessions. Bring the grandkids for fun activities like face painting and paramedic truck tours.

**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! 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.

#### 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.

May 1 <sup>st</sup>	Concord Park	May 22 <sup>nd</sup>	Life Care of Acton
May 8 <sup>th</sup>	Minuteman Senior Services (May Birthday Celebration)	May 29 <sup>th</sup>	Newbury Court
May 15 <sup>th</sup>	Friends of the Aging Spring Fling (off site see write up on above)		

#### 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.

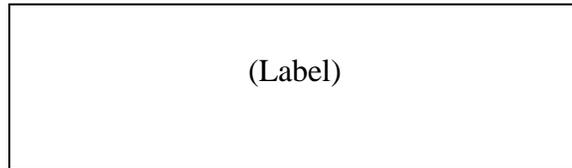
#### **Special Van Trip to Great Road Shopping Center, Bedford**

**Thursday, May 30<sup>th</sup> - Van Pickups start at 10:30 AM; Return Home by 2:30 PM**

By popular demand, the COA will be providing van service on Thursday, May 30<sup>th</sup> to the Great Road Shopping Center in Bedford. Pickups start at 10:30 AM. This shopping center has an Ocean State Job Lot, Super Stop and Shop, TJ Maxx, and Home Goods. There are also a couple of restaurants where you can get lunch. We need a minimum of 8 people to run this trip. There is a \$5 charge payable to the COA van driver for transportation. Please call the COA to reserve your spot on the van.

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

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Permit No. 51



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

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

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