

SENIOR SPIRIT

NEWSLETTER OF THE CONCORD COUNCIL ON AGING

July/August 2019

This is a double newsletter for the months of July and August. Please save your copy for future reference. Starting Monday, July 2nd you may sign up for all events mentioned in this newsletter, unless otherwise noted.

Majesty and Mystery of Crop Circles Presented by John Root Thursday, July 11th at 1:00 PM



Join John Root for a presentation about mysterious crop circles that have appeared during the past three decades in farmers' fields around the world. Layered weaving of plants in the fields as well as anatomical changes in the plants will be presented as evidence of mysterious and powerful energies at work. Various interpretations of these exquisite formations will also be discussed. Join us on Thursday, July 11th at 1:00 PM. Thanks to proceeds generated from the Harvey's Treasure Chest Gift Shop this program is offered free of charge. Please call to secure your spot!

Annual Ice Cream Social Thursday, July 18th at 2:30 PM

You are cordially invited to attend the annual Ice Cream Social on July 18th at 2:30 PM. We will serve delicious homemade ice cream while Gerry Hurley and the Music Makers entertain us! There will be plenty of ice cream and toppings to "Make Your Own Sundae." Thanks to the support of Harvey's Treasure Chest Gift Shop, this event is offered free of charge. Space is limited to 90 people, so please call to reserve your spot!



Scam Me Not! Thursday, July 25th at 2:00 PM

It is estimated that older adults lose billions of dollars to scammers each year on Thursday, July 25th at 2:00 PM. Join District Attorney Marian Ryan for an educational presentation regarding scams. Find out what the most common scams are, how they work, how to avoid them and what the DA's office is doing to prevent additional victims. With a significant number of scams directed at the senior population, education is your best line of defense. Please call the COA to reserve a spot.

Richard's Traveling Silent Movie Show Tuesday, August 6th at 1:00 PM

Pianist Richard Hughes has collected some of the best silent movies made. On August 6th at 1:00 PM, he presents *Safety Last* (1923, 70 minutes), a romantic comedy film starring Harold Lloyd. It includes one of the most famous images from the silent film era: Lloyd clutching the hands of a large clock as he dangles from the outside of a skyscraper above moving traffic. And of course Richard Hughes will accompany the film with the original score on the piano. This show is funded through the proceeds of the Harvey's Treasure Chest Gift Shop, so there is no charge. Please call to reserve your seat. Enjoy the show!!

COA Annual Summer Barbeque Wednesday, August 21st at 5:00 PM



Join us for our Annual Summer BBQ on Wednesday, August 21st at 5:00 PM. The Concord Rotary Club will be grilling hamburgers and hot dogs on the patio, and we will have all the fixings! This year David Polansky will entertain you with *Great Movie Songs*. The event will cost \$5 per person, cash, payable at the door. Thanks to Harvey's Treasure Chest Gift Shop for funding the entertainment. **Please note that due to this event, lunch will not be served on Wednesday, August 21st and we will not have Bingo.** Limited transportation will be available to bring people to and from the barbeque, so we encourage you to carpool if you can. Please call to reserve your seat.

The Concord Town Offices will be closed on Thursday, July 4th and Friday, July 5th to observe Independence Day. There will be no Council on Aging programs or van service on those days.

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

ART SPACE

Please be sure to stop in and see the marvelous photos by Bill Anderson before the exhibition ends on July 12th. You'll see one-of-a-kind aerials of Concord plus some historic faces and places. In mid-July the eclectic works of Lisa B. Corfman will be hung. Lisa uses a variety of mediums to create her distinctive works, like nothing you have seen before!

Continuing Seeking Arts & Exhibition Committee Members for 2019-2020

We have received some interest but we are still scouting for new members. As you know, some of our talented and dedicated volunteers have reached the end of their tenures on the COA's Art Space. Committee members curate eight art exhibits annually. It's helpful if you have experience in arts management or administration, but if you have a "good eye" and enjoy art, you have something wonderful and needed to offer. The committee's big meeting is in the fall then further communiques happen by phone or email. Your strong interpersonal and communication skill to reach out to local artisans is a plus. Please let Vikki Jacobson know if you have interest or questions: 978-318-3023 or vjacobson@concordma.gov.

Harvey's Treasure Chest Gift Shop Closed for July & August but ACCEPTING Donations Throughout the Summer Opening for the 2019-20 Year on September 3rd

Did you know that Harvey's Treasure Chest Gift Shop earned nearly \$8,000 this year and, it all -100% - goes to COA programs and activities? What a treasure for all.

Donated Items Are Always Wanted & Appreciated - Despite the fact that the gift shop will be closed during July and August, donations are accepted throughout the summer! 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.



Do You Consider Yourself a Man (or Woman) About Town? If so, we could use your help. We post flyers around town that promote COA activities and programs. We have a list of locales around Concord that accept our flyers and with your help in dropping those off we get the COA word out. This volunteer spot can be done at your convenience. Please contact Vikki: vjacobson@concordma.gov or call 978-319-3023.

Thank you Girl Scout Troop 88054!

Thank you to troop 88054 for the beautiful job they did planting our flower boxes. They really brighten up the outside of the HWCC. Many thanks also to the Garden Club of Concord for funding the project and to Verrill Farm for their continued support.

Good-bye Michael

By the time you read this newsletter most of you will have heard that Michael Scott has resigned in the position of part-time van driver to move to Maine. We are grateful for his contribution to the Council on Aging and wish him success in the next chapter. He will be missed.

Welcome Don!

We are pleased to announce that Don McKinney has joined the COA staff as a part-time van driver. Don is excited to be working for the town and looks forward to meeting all the seniors who use the van for their transportation needs. Please seek him out, introduce yourself and welcome him to the COA team!

Individual Technical Tutoring

Having trouble with your email? Not quite sure how to work your smart phone? Our dedicated technical tutors are here to help! If you have computer, smart phone, iPad or Kindle questions that need answering, just call the COA and set up a one-on-one tutoring session with one of our great CCHS student volunteers.

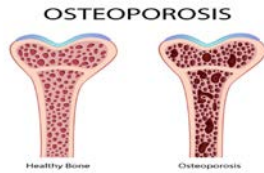
Let Us Know What Computer Classes Interest You

What classes would you be interested in taking next fall? We have offered computer classes in Microsoft Word Processing, Microsoft Excel Spreadsheet, Selling on Craigslist, Getting Started Using Facebook, and On-line Yard Sales (Facebook Marketplace, Letgo, OfferUp). What class would you like to attend? Or have an application you would like to learn how to use? Or want to increase your knowledge on your computer or tablet? Possible class suggestions: Buying & Selling on eBay or Amazon; Sending and Receiving Emails, Documents and Photos; Using Google for Internet Searches; or Creating a Photo Presentation. Please call the COA office or stop by and let us know.

Thank you!

Thank you, Tim First and Sheila Finnegan First, for installing the A/C units in the lead up to the warmer weather. Your efforts are greatly appreciated by all.

HEALTH & WELLNESS



Osteoporosis & Bone Density **Tuesday, July 16th at 1:00PM**

Dr. Pam DeLuca and Nurse Practitioner Kayla DiTommaso from Lincoln Physician Practice in Concord will offer a presentation on what osteoporosis is, how to detect it, preventive measures and what treatments are available. An explanation of bone density examinations & equipment used will be discussed. Please call the COA to sign up.



Hearing Loss Information **Thursday, August 8th at 1:00 PM**

Paul Dole from Flynn Associates of Concord will offer a hearing loss presentation. He will focus on understanding what is hearing loss, as well as the causes and current solutions. He will talk about how to prevent social isolation with hearing loss. Please bring your concerns/questions for a discussion following the presentation. Please call the COA to sign up.



Eating well to Prevent Malnutrition **Tuesday, August 13th at 1:00 PM**

Please join Denise Mercury, the Registered Dietician Nutritionist from Minuteman Senior Services, for an informative talk on nutrition. Denise will talk about the causes and signs of malnutrition, ways to prevent it and what foods are helpful and necessary to prevent malnutrition. Please call the COA to sign up.

Blood Pressure Screening
Wednesdays, July 3rd, 10th, 17th, 31st
August 7th, 14th, 28th
10:00 AM to 12:00 PM
No appointment necessary.
No Clinic July 24th and August 21st

Diabetic Clinic
Wednesday, July 10th & August 14th
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, July 17th
10:30 AM – 11:30 AM
No Pharmacist in August.

Podiatry Clinic

Dr. Ayleen Gregorian
Monday, July 22nd & September 16th
8:30 AM to 2:30 PM

Dr. Russell Hamilton
Wednesday, August, 21st
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.

Food Safety During the Summer Months

Summer is the perfect time for outdoor picnics, barbeques and outdoor dining. It is also a time to be aware of proper food handling and food preparation. Foodborne illnesses do increase during the summer months. The reason why is twofold: Bacteria multiply faster in warmer temperatures, and preparing food outdoors makes safe food handling more difficult. Some tips to keep yourself & your food safe are: wash your hands thoroughly, separate meats & other food items, do not reuse marinades, defrost meats properly, keep items properly refrigerated, keep your kitchen utensils & surfaces clean, and refrigerate leftovers immediately. When in doubt, always throw out to prevent food poisoning.

Remember to stay hydrated during the summer months.

OUTREACH/SOCIAL SERVICES

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

Concord Memory Café

Mondays, July 8th & August 12th 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 and focus on strengths. We ask attendees to bring their care partners. Each month we offer a complimentary lunch and an activity or entertainment. In July, piano player Jerry Hurley will entertain us with songs old and new. August entertainment has yet to be confirmed. The Concord Memory Café is sponsored by Right at Home Bedford, CareOne at Concord and Concord Park. Please visit www.jfcsboston.org/memoryCafeDirectory for a listing of memory cafes in Massachusetts. Please call the Concord COA at 978-318-3020 if you plan to attend.

“Buried in Treasures” – Changing Cluttering Behaviors

Tuesdays, through September 24th from 4:00 PM to 6:00 PM

This is a FREE group for seniors that identify themselves as having excessive clutter. Research has shown that working through the book “Buried in Treasures” by Tolin, Steketee and Frost in a structured group is one of the most effective ways of addressing excessive cluttering and compulsive acquiring behaviors. This workshop series is now closed to new members, but if you are interested in joining us please let us know and we will add you to a waitlist for a group starting later in the year.

Caregivers’ Support Group

Tuesday, July 23rd 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. Please call Nicole with any questions or to register at 978-318-3012. Please note there will be no group meeting in the month of August.

Aging Mastery Program Information

Thursday, August 22nd at 1:00 PM

Please join Geriatric Health Nurse Valerie Boggia for an information session on the Aging Mastery Program (AMP). The AMP is a 10 week course that provides a holistic approach to life as we age. It combines knowledge sharing, goal setting, daily practices and peer support. The core curriculum covers 10 valuable topics. Please come & learn more about the program. Call the COA to sign up.

SAVE THE DATE - THE AGING MASTERY PROGRAM

We will offer The Aging Mastery Program starting on Thursday, October 10th through Thursday, December 19th from 1:00 PM to 2:30 PM (NO Class on Thursday, November 28th). The cost of the 10-week program is \$6 per session totally \$60.00, to cover the cost of supplies. Financial scholarships are available; please ask to speak to the director. You may call the COA and sign up for the Program starting July 1st. Your check for \$60 is due within a week of registration. More details will be included in the September COA Newsletter.

COA CINEMA

NEW TIME!!! - Friday Afternoons at 12:30 PM - No need to sign up. (FREE)

The COA will be closed on Friday, July 5th to celebrate the Independence Day weekend

July 12th *Queen of the Desert* This historical drama charts the life of Gertrude Bell, British adventurer and spy, who played a key role in reshaping the Middle East after World War I. Cast: Nicole Kidman, James Franco, Damian Lewis, Jenny Agutter and more. (2017; Real-Life Drama; 2 hrs, 8 mins; PG-13)

July 19th *True Grit* A teenage girl enlists the help of a crusty lawman to track down the hired hand who murdered her father. Cast: John Wayne, Glen Campbell, Kim Darby; Jeremy Slate, Robert Duvall, Dennis Hopper and more. (1969; Western Drama; 2 hrs, 7 mins; Rated G)

July 26th *The Upside* An ex-convict strikes up an unlikely friendship with a quadriplegic billionaire, forming a bond that bridges their differences and gives each a renewed sense of passion for life. Cast: Kevin Hart, Bryan Cranston, Nicole Kidman, and more. (2018; Drama based on Real Life; 2 hrs, 6 mins; PG-13)

Aug 2nd *Atlantic City* An Atlantic City mobster is fading and past his prime until he meets and falls for a casino employee named Sally who needs his help. Cast: Burt Lancaster, Susan Sarandon, Kate Reid, Michel Piccolo, Al Waxman, Robert Goulet, and more. (1980; Crime Drama; 1 hr, 44 mins; Rated R for violence)

Aug 9th *Their Finest* A screenwriter hired to pen scripts for films intended to boost Britain's spirits during WWII finds drama and comedy off-screen as she contends with co-workers. Cast: Gemma Arterton, Sam Claflin, Bill Nighy and more. (2017; Romantic Comedy 1 hr, 57 mins; Rated R for language/sexuality)

Aug 16th *The Old Man and the Gun* Based on the true-life exploits of bank robber Forrest Tucker, this film recounts his escape from prison at age 70 and the string of heists that led to his final arrest at age 78. Cast: Robert Redford, Casey Affleck, Danny Glover and more. (2018; Drama; 1 hr; 33 mins; PG-13)

Aug 23rd *An American in Paris* An American painter living in Paris falls in love with a willowy street urchin, not knowing she is engaged to a famous French singer. This classic musical won seven Oscars. Cast: Leslie Caron, Nina Foch, Gene Kelly, Oscar Levant, Georges Guetary. (1951; Musical; 1 hr; 55 mins; NR)

Aug 30th *On the Basis of Sex* Inspired by the true story of a young Ruth Bader Ginsburg, the movie depicts a struggling attorney and new mother facing adversity in her fight for equal rights. Cast: Felicity Jones, Armie Hammer, Justin Theroux, Sam Waterston, Kathy Bates, more. (2018; Drama/Biography) 2 hrs; PG-13)

Sept 6th *Letters to Juliet* By responding to a letter addressed to Shakespeare's heroine Juliet Capulet, a young woman vacationing in Verona sets in motion a series of events that lead her to romance. Cast: Amanda Seyfried, Christopher Egan, Venessa Redgrave and more. (2010; Romance; 1 hr, 45 mins; Rated PG)

Special Showing of *The Railway Man*: For those of you who saw *The Railway Man* on the scratched DVD last month, or if you missed it, we are showing it again on Monday, July 15th at 1:00 PM in the Lecture Room.

DVD Lecture Series - *Gropius is in the House!*

Tuesdays, June 25th through July 30th from 2:00 PM to 3:30 PM

It's not too late to start attending this *Gropius* lecture series that started at the end of June. In 1919, Walter Gropius founded the Bauhaus School in Weimar, Germany, and this year, we celebrate its 100th anniversary. Join us to learn more about this school, its founder, and the impact it had on the art world at large. The series is facilitated by Janice and Doug Muir. Please call the COA to reserve your seat.

TEDtalk Series
Mondays, July 22nd and August 19th at 2:00 PM

Please join us for this unique 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). After each video a discussion is facilitated by Beth Roberts. This program is free of charge. Please call the COA to sign up.

July 22nd – “What Makes a Good Life? Lessons from the Largest Study on Happiness”

What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone – but, according to psychiatrist Robert Waldinger, you're mistaken. As the director of a 75-year-old study on adult development, Waldinger has unprecedented access to data on true happiness and satisfaction. In this talk, he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life.

August 19th – “Lessons From Past Presidents”

Historian Doris Kearns Goodwin writes insightful books on US Presidencies telling each president's personal story against the backdrop of history. This talk is about what we can learn from American presidents, including Abraham Lincoln and Lyndon Johnson. She also shares a moving memory of her own father, and of their shared love of baseball.

Paperclay Class – Make a Swallowtail Butterfly Plant Stick
Thursday, July 25th from 12:30 to 3:00 PM



Join Betsi Mandrioli for a lesson in Paperclay! You will be crafting a Swallowtail Butterfly plant stick. Betsi leads this 2½ hour class on Thursday, July 25th starting at 12:30 PM. You will sand and paint the butterfly, then glaze it. All supplies are included in the \$25.00 class fee. The class is good for beginners or those with Paperclay experience. Please bring an old shirt to protect your clothing, and don't forget to bring your reading glasses! The class is limited to 10. Please make your check payable to Betsi Mandrioli. The signup deadline is July 19th. Call the COA office to save your spot!

ID Fraud & Internet Safety
Thursday, August 22nd at 11:00 AM

Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, will present on identity theft and internet safety. The presentation will include information about the office and what they do. It will also cover how to prevent identity theft and online safety tips. Join us on Thursday, August 22nd at 11:00 AM to learn how to keep your information safe.

Monthly Drum Circle Jam
Will not meet in July or August

Join Tim Kane again in September for the monthly Drum Circle Jam at the Concord COA. No drumming experience is necessary! The cost is \$15 per session. Look for more information in the September newsletter!

WEDNESDAY LUNCH

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.

July 3 rd	Minuteman Senior Services Celebrate July Birthdays	August 7 th	Minuteman Senior Services Celebrate August Birthdays
July 10 th	Brightview Concord River	August 14 th	CareOne of Concord
July 17 th	Pizza Party	August 21 st	NO LUNCH - COA BBQ @ 5:00 PM
July 24 th	NO LUNCH – Musketaquid Lunch Friday July 26th	August 28 th	Concord Park
July 31 st	Newbury Court		

**Thoreau and the Language of Trees – An Illustrated Talk by Richard Higgins
Tuesday, August 27th at 1:00 PM**

Trees were central to Henry David Thoreau's creativity as a writer, his work as a naturalist and his inner life. He loved their beauty, studied their growth, took them as spiritual companions and wrote about them as few have. Concord resident Rich Higgins examines Thoreau's deep connections to trees in this talk. He is the author of *Thoreau and the Language of Trees*. A photographer, writer and lecturer, Rich Higgins is a former Boston Globe writer and co-author/editor of several books. This talk is funded by the Harvey's Treasure Chest Gift Shop and is free of charge. Please call the COA to sign up.



**Musketaquid Sportsmen's Club Luncheon
Friday, July 26th at Noon**

The Musketaquid Sportsmen's Club, located on Old Mill Road in Concord, is inviting **regular COA lunch attendees** to a luncheon on Friday, July 26th at the club. Advance sign-ups are required, as there is a limit of 80 people due to space constraints at the venue. Please call the COA to sign up. Limited transportation is available for those who need it, so be sure to make a reservation for the van when you sign up for the luncheon. There is a \$2 suggested donation for this lunch. This will replace the usual Wednesday lunch held at the HWCC on July 24th, and there will be no lunch or bingo that day.

**Modern American Canasta
Tuesdays, through July 30th 10:00 AM to 12:00 Noon**

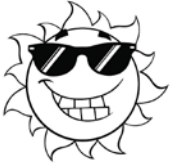
Join canasta enthusiast Pat Grainger for instruction on the more uniform set of rules of Modern American Canasta. Brush up your skills or learn from scratch. Pat will be on hand to offer guidance for new members, but all levels are welcome to come and play. Please call the COA to sign up.

**Ukulele Meet Ups
Thursdays, July 11th, 18th, & 25th, August 1st, 8th, 15th, 22nd & 29th from 2:00 PM to 3:00 PM**

For an hour a week, come and feel 16 again as we play beautiful tunes from yesteryear. Willie Nelson, Peter, Paul and Mary, Johnny Cash and so many others. The ukulele is a small, inexpensive and relatively easy to learn instrument. No knowledge of the music or the instrument is necessary; our instructor Daniel Metraux will teach you. Come and enjoy the music and the singing, the camaraderie and fun. Each series is made up of four sessions for \$36 paid to the Town of Concord on registration. Please purchase a Ukulele before your first class if you do not already own one. We need a minimum of 8 people to continue to offer this activity so please call the COA to sign up!

**New Evening Class! - Opera Appreciation
Tuesdays, September, 10th & 24th, October, 8th & 22nd, November 12th & 26th and December 10th
From 6:30 PM to 8:00 PM**

Focused on the relationships between the many different philosophies of music making, this opera appreciation class will span the earliest examples of western opera in Germany and Italy all the way to contemporary folk and rock opera, with most of the time devoted to becoming familiar with the most beautiful music in every era and style. Each class will focus on a specific time period, genre, or musician and explore the common themes that link even the most different-sounding works to answer the question: "What is opera?" Join Concord Academy Junior, Henry Patton the second and fourth Tuesdays of the month for this 7-part series of classes starting September 10th at 6:30 PM. Henry is a professional actor and singer with a passion for musical theatre and opera. This series is free of charge, please call the COA to reserve your spot.



UPCOMING CONCORD COA OUTINGS

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

When this newsletter went to press, there were still a few tickets available for the Tanglewood concert on Sunday, July 14th. This year's program features Andris Nelsons conducting Beethoven, Gruber and Strauss. Dinner follows at the nearby Apple Tree Inn. The non-refundable cost is \$142 per person; checks payable to the Town of Concord. For more information please call the COA office.

July Lunch Bunch to Bahama Breeze, Tyngsboro Tuesday, July 30th; Leaving the COA at 11:15 AM

Come with the COA to Bahama Breeze, where they serve Caribbean-inspired food and American favorites in a laid-back island atmosphere. Their motto is "Make time to visit the islands, and we'll make something delicious for you." The van will leave the COA on Tuesday, July 30th at 11:15 AM. The cost of van transportation is \$5. Please call the COA to reserve your spot.

YES Group to Ken's Steak House, Framingham Sunday, August 11th at 5:30 PM

Join the YES Group for dinner at Ken's Steak House in Framingham. Ken's serves choice prime beef and other quality fare at reasonable prices. The YES Group is open to all Youthful Energetic Seniors. Your dinner and transportation 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!

August Lunch Bunch to Atlantic Sea Grill, Acton Friday, August 23rd; Lunch Reservation is at 12:00 PM

Join Lunch Bunch on Friday, August 23rd at the Atlantic Sea Grill at 12:00 Noon, where you will enjoy fresh fish at reasonable prices. From lobster rolls to seafood marinara, everything is delicious! Van transportation to the restaurant is \$2 or you may meet us there! Please call the COA to reserve your seat!

"Cabaret" at the Ogunquit Playhouse with Lunch at Warren's Thursday, August 8th – Please call to inquire about the waitlist.

Stage Fort Park in Gloucester with a Lunch at Woodman's of Essex

Thursday, September 5th; Leaving CareOne of Concord at 9:30 AM; Returning at 4:30 PM

Celebrate the end of summer with a visit to Gloucester's ocean-front Stage Fort Park on Thursday, September 5th. We depart at 9:30 AM from CareOne and return at 4:30 PM. There are picnic tables, a sandy beach, a snack bar, and a paved path along on the shoreline. After the park you will purchase your own lunch at Woodman's. Participants must be able to walk on uneven ground. The cost is \$30, and includes transportation, park entry and driver gratuity. Please make your non-refundable check for \$30 payable to the Town of Concord. Reservations open July 1st.





All Aboard Hart's Turkey Train!

Thursday, October 10th; Departing CareOne of Concord at 8:00 AM; Returning by 5:30 PM

Join us for a fun day in scenic New Hampshire on Thursday, October 10th, leaving at 8:00 AM. Traveling north you'll enjoy the colors of sugar maples that signal the change of seasons. Upon arrival in Meredith you'll board the train for a picturesque ride along Lake Winnepesaukee, while feasting on a luncheon of Hart's Turkey Farm roast turkey with all the fixings. Return to Concord is at 5:30 PM. The cost of the trip is \$91 per person, including transportation, train ride, turkey dinner and gratuities. This trip is appropriate for seniors with all levels of mobility. A non-refundable check for \$91, payable to the Town of Concord, is due within a week of signing up to guarantee your spot. Reservations open July 1st. Please call to reserve!

JULY COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Mat Yoga (\$10) 9:30 Aerobics - Video 10:30 Men's Mtg 10:45 Strength & Flex - Video 1:00 Hand & Foot 2:00 Chess Club 3:00 Tai Chi	2 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French 10:00 Canasta 10:30 Coffee & Conversation 1:00 Bridge 1:00 Creative Writing 2:00 DVD Series 3:00 Line Dancing (\$5) 4:00 Buried in Treasures	3 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:15 Mahjong 1:30 Ping Pong	4  COA CLOSED	5 COA CLOSED 	6
7	8 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 11:00 Memory Café 1:00 Hand & Foot 2:00 Chess Club 3:00 Tai Chi	9 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French 10:00 Canasta 10:30 Coffee & Conversation 1:00 Bridge 1:00 Creative Writing 2:00 DVD Series 3:00 Line Dancing (\$5) 4:00 Buried in Treasures	10 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 10:00 Diabetic Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:15 Mahjong 1:30 Ping Pong	11 9:30 Aerobics (\$5) 10:45 Strength & Flex (\$5) 1:00 Crop Circles 1:00 Cribbage 2:00 Ukulele	12 9:30 Mat Yoga (\$5) 9:45 Games Group 12:30 Cinema - Queen of the Desert 1:00 Poker 2:30 Ping Pong	13
14	15 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Cinema - The Railway Man 1:00 Hand & Foot 2:00 Chess Club 3:00 Tai Chi	16 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French 10:00 Canasta 10:30 Coffee & Conversation 1:00 Bone Health 1:00 Bridge 1:00 Creative Writing 2:00 DVD Series 3:00 Line Dancing (\$5) 4:00 Buried in Treasures	17 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 10:30 Ask the Pharmacist 12:00 LUNCH (\$2) 1:00 Bingo 1:15 Mahjong 1:30 Ping Pong	18 9:30 Aerobics - Video 10:45 Strength & Flex - Video 1:00 Cribbage 2:00 Ukulele 2:30 Ice Cream Social	19 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 12:30 Cinema - True Grit 1:00 Poker 2:30 Ping Pong	20
21	22 8:30 Podiatry 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Hand & Foot 2:00 TedTalk 2:00 Chess Club 3:00 Tai Chi	23 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French 10:00 Canasta 10:30 Caregiver Support 10:30 Coffee & Conversation 1:00 Bridge 1:00 Creative Writing 2:00 DVD Series 3:00 Line Dancing (\$5) 4:00 Buried in Treasures	24 8:00 Mat & Chair Yoga (\$5) ***NO BP Clinic*** ***NO LUNCH*** *** NO Bingo *** 1:15 Mahjong 1:30 Ping Pong	25 9:30 Aerobics (\$5) 10:45 Strength & Flex (\$5) 12:30 Paperclay Butterfly 1:00 Cribbage 2:00 Ukulele 2:00 Scam Me Not! 2:30 Boat Trip	26 9:30 Mat Yoga 9:45 Games Group 12:00 Musketaquid Lunch 12:30 Cinema - The Upside 1:00 Poker 2:30 Ping Pong	27
28	29 9:00 Mat Yoga (\$10) 9:30 Aerobics - Video 10:30 Men's Mtg 10:45 Strength & Flex - Video 1:00 Hand & Foot 2:00 Chess Club 3:00 Tai Chi	30 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French 10:00 Canasta 10:30 Coffee & Conversation 11:15 Lunch Bunch 1:00 Bridge 1:00 Creative Writing 2:00 DVD Series 3:00 Line Dancing (\$5) 4:00 Buried in Treasures	31 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:15 Mahjong 1:30 Ping Pong	ONGOING CLASSES Intermediate French - Tuesdays at 10:00 AM (\$10) If you are interested in a beginner's class please let us know. Creative Writing – Tuesdays at 1:00 PM (\$10) New students welcome!		

AUGUST COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p align="center">Powerful Tools for Caregivers Tuesdays, September, 10th & 24th, October, 8th & 22nd, November 12th & 26th from 6:30 PM to 8:00 PM</p> <p>We are again offering this 6-week series of evening classes for caregivers. This course is suitable for anyone who finds themselves in the role of caregiver, and it is not diagnosis specific. Powerful Tools for Caregivers is designed to provide tools and strategies to better handle the unique challenges faced by family caregivers - including self-care, management of emotions, self-efficacy and use of community resources. This program is offered free of charge thanks to the Treasure Chest Gift Shop. We need a minimum of 8 to run this class. Please call the COA to sign up.</p>				<p>1 9:30 Aerobics - Video 10:45 Strength & Flex - Video 1:00 Cribbage 2:00 Ukulele</p>	<p>2 9:30 Mat Yoga (\$5) 9:30 Chicago Bridge 12:30 Cinema - Atlantic City 1:00 Poker 2:30 Ping Pong</p>	<p>3</p>
<p>4</p>	<p>5 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Hand & Foot 2:00 Chess Club 3:00 Tai Chi</p>	<p>6 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French 10:30 Coffee & Conversation 1:00 Silent Movie 1:00 Bridge 1:00 Creative Writing 3:00 Line Dancing (\$5) 4:00 Buried in Treasures</p>	<p>7 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:15 Mahjong 1:30 Ping Pong</p>	<p>8 9:30 Aerobics (\$5) 10:15 Playhouse 10:45 Strength & Flex (\$5) 1:00 Hearing Loss 1:00 Cribbage 2:00 Ukulele</p>	<p>9 9:30 Mat Yoga (\$5) 9:45 Games Group 12:30 Cinema - Their Finest 1:00 Poker 2:30 Ping Pong</p>	<p>10</p>
<p>11 YES GROUP</p>	<p>12 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 11:00 Memory Café 1:00 Hand & Foot 2:00 Chess Club 3:00 Tai Chi</p>	<p>13 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French 10:30 Coffee & Conversation 1:00 Eating Well 1:00 Bridge 1:00 Creative Writing 3:00 Line Dancing (\$5) 4:00 Buried in Treasures</p>	<p>14 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 10:00 Diabetic Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:15 Mahjong 1:30 Ping Pong</p>	<p>15 9:30 Aerobics - Video 10:45 Strength & Flex - Video 1:00 Cribbage 2:00 Ukulele</p>	<p>16 9:30 Mat Yoga (\$5) 9:45 Chicago Bridge 12:30 Cinema - The Old Man & the Gun 1:00 Poker 2:30 Ping Pong</p>	<p>17</p>
<p>18</p>	<p>19 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Hand & Foot 2:00 TedTalk 2:00 Chess Club 3:00 Tai Chi</p>	<p>20 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French 10:30 Coffee & Conversation 1:00 Bridge 1:00 Creative Writing 3:00 Line Dancing (\$5) 4:00 Buried in Treasures</p>	<p>21 8:00 Podiatry 8:00 Mat & Chair Yoga (\$5) ***NO BP Clinic*** ***NO Lunch*** ***NO Bingo*** 1:15 Mahjong 1:00 Ping Pong (time change) 5:00 BBQ</p>	<p>22 9:30 Aerobics (\$5) 10:45 Strength & Flex (\$5) 11:00 ID Fraud & Internet Safety 1:00 Cribbage 1:00 AMP Info Session 2:00 Ukulele 2:30 Boat Trip</p>	<p>23 Mat Yoga 9:45 Games Group 12:00 Lunch Bunch 12:30 Cinema - An American in Paris 1:00 Poker 2:30 Ping Pong</p>	<p>24</p>
<p>25</p>	<p>26 9:00 Mat Yoga (\$10) 9:30 Aerobics - Video 10:30 Men's Mtg 10:45 Strength & Flex - Video 1:00 Hand & Foot 2:00 Chess Club 3:00 Tai Chi</p>	<p>27 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 French 10:30 Coffee & Conversation 1:00 The Language of Trees 1:00 Bridge 1:00 Creative Writing 3:00 Line Dancing (\$5) 4:00 Buried in Treasures</p>	<p>28 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Bingo 1:15 Mahjong 1:30 Ping Pong</p>	<p>29 9:30 Aerobics - Video 10:45 Strength & Flex - Video 1:00 Cribbage 2:00 Ukulele</p>	<p>30 9:30 Mat Yoga (\$5) 12:30 Cinema - On the Basis of Sex 1:00 Poker 2:30 Ping Pong</p>	<p>31</p>

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

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

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– 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 – *In July, Crosby's shopping will be on Tuesday, July 2nd starting at 10:00 AM, on Fridays, July 12th & July 19th, starting at 12:00 Noon, and on Wednesday, July 24th starting at 12:00 Noon. In August, we will shop all Fridays with pickups starting at 12:00 Noon.