

SENIOR SPIRIT

NEWSLETTER OF THE CONCORD COUNCIL ON AGING

January 2020

Ron Bernard Presents: *Buddy Holly: An Appreciation*

Thursdays, January 9th, 16th, 23rd, and 30th from 1:00 PM to 3:00 PM



Buddy Holly became known to American teenagers in the middle of 1957 with his hit record "That'll Be the Day." Eighteen months later, his life ended in a plane crash. Yet, in spite of his brief period of popularity, his legacy lives on from his influence on Lennon and McCartney to the present day where his songs can be heard on movie sound-tracks and documentaries. *Buddy Holly: An Appreciation*, will study Holly's path to popularity and the people he was associated with. Using audio and video aids to stimulate memory and inspire conversation, we will appreciate why Buddy Holly's music still attracts aficionados of a certain age to forever rave on and not fade away. *Buddy*

Holly: An Appreciation is a spin-off of his well-received presentation "The Evolution of American Popular Music: 1945 – 1959." This series is offered free of charge. Please call the COA office to sign up.

Massive Yarn Sale

Monday, January 13th and Tuesday, January 14th from 10:00 AM to 3:00 PM

Calling all fiber artists! Thanks to a very large donation of high quality yarns, we are hosting a two-day yarn sale, January 13th and 14th from 10:00 AM to 3:00 PM. Whether you knit, crochet, or weave, we have a beautiful selection of unique, specialty, quality yarns at excellent prices. Come check out our selection of wool, acrylic, cotton, mohair and mixed blends, and find what you need for your next project!



Stephen Collins Presents: *Unlaunch'd Voices - An Evening with Walt Whitman*

Friday, January 17th at 1:00 PM

Stephen Collins returns to the COA with his one-man show, *Unlaunch'd Voices: an Evening with Walt Whitman*. The show opens as the elderly Whitman celebrates his 70th birthday. He begins to reminisce and to question his success as a man and a poet. Whitman transforms into his younger self and we learn the story behind his seminal work, "Leaves of Grass." *Unlaunch'd Voices* relies on as much of Whitman's actual words and dialogue as possible. Whitman made invaluable contributions to modern poetry and free verse. His worth lies in his humanity, his struggles, and his joyful view of life. The audience will gain insight into this great man and poet, and an appreciation of Whitman as an eternally free spirit. This production is presented free of charge thanks to proceeds from the Harvey Treasure Chest Gift Shop. Please call the COA office to reserve your seat.

Paperclay Crafting Class

Tuesday, January 21st from 12:30 PM to 3:00 PM



Please join Betsi Mandrioli for a lesson in Paperclay! You will be crafting a little brown owl. Betsi leads this 2 ½ hour class on Tuesday, January 21st starting at 12:30 PM. You will do some clay work, and then sand, paint and glaze the owl! All supplies are included in the \$25.00 class fee. Your check for \$25, made out to the Town of Concord, is due by January 14th. The class is perfect for beginners and a great way to try Paperclay crafting. Please wear a smock or old shirt, to protect your clothing, and don't forget your reading glasses! The class is limited to 6 people. Please call the COA to reserve your seat.

The Concord Town Offices will be closed on Wednesday, January 1st and Monday, January 20th for the holidays. 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

Ho, Ho, Host: If you think of yourself as friendly and helpful, we could use your help at our Host Desk. We are looking for someone to staff the desk on Tuesday afternoons from 12:00 Noon – 3:00 PM. Opportunities exist for weekly, biweekly or monthly shifts. Please let Vikki know!

Harvey Treasure Chest Gift Shop – Thank you to all friends and customers for your support this year. The Gift Shop had a *banner* year and proceeds provided over 30 programs and activities “at no charge” to Concord seniors. The new year has arrived and so have new items in the shop! After a holiday break, the gift shop reopens on Monday, January, 6th. Look for Asian themed trinkets, porcelains, specialty goods as the Year of the Rat begins.

The **ArtSpace Committee**, composed of committee veterans and new recruits both with a keen sense of the aesthetic, debuts the 2020 season on January 3rd with the work of Louise Arnold. Louise is a landscape painter with a background in landscape architecture. Her subject matter ranges from mountains & streams to barns and abandoned farm machinery & cars, with an interest in capturing the character and spirit of a place. Please make a point to see and appreciate Louise’s talent. Last month, everyone enjoyed the heartwarming kites and moons that donned the HWCC halls by the talented artists of Concord Carousel Preschool. The students were inspired by the book “A Kite for Moon” by Jane Yolen.

The body of troops that formed the **Bucket Brigade** was out and about in December delivering near 40 buckets of sand to senior’s doors. The “Bucket Brigade” was again formed by the Neighboring Activists from First Parish Church – a student and parent group that decorated the buckets, filled them and brought them to your door. Thank you to Rev. Amy Freedman for her continued support of this annual project.

No *false alarm* intended... many of you were kind enough to call to offer your services for quarterly fresh flower pick-up in Bedford. That opportunity for the COA has temporarily fizzled out. Thank you for offering your time. We hope to be able to revive the effort and ask again for your help.

For any questions or concerns, please contact Vikki Jacobson 978-318-3023 / vjacobson@concordma.gov

Seamstress Service

Thursday, January 16th from 9:30 AM – 12:00 Noon

Calling all rips, tears and loose buttons!! The COA is pleased to announce that a drop-in SEAMSTRESS SERVICE is now being offered. Each third Thursday of the month, 9:30 AM – 12:00 Noon, one of our new team of seamstresses will be available to take your garments in need of light repair. Each item you bring in must be clean and fresh. If the seamstress is not able to make your repair immediately, she will take your item and return it to the COA in a week to ten days. This service is offered on a first come first serve basis, limited to three items per visit, and is free of charge. No need to sign up.



Concord after 60

Please join Concord after 60, an all-volunteer organization to meet people, make new friends and share knowledge and information with each other. They meet the 3rd Sunday afternoon of each month, usually at the Hunt Gym on Stow Street. For more information go to our web site at concordafter60.org or call Ann Schummers at 978 369-5651.

Theater Group

Some many moons ago the COA had an active theater group that met regularly to read scripts and enjoy the fellowship of others. We would love to revive this group if there is sufficient interest. If you are interested in joining a senior theater group please call the COA.

**Eyeglass Cleaning and Adjustment
Wednesday, January 15th from 11:00 AM**

An optician from Look Optical will be here on Wednesday, January 11th at 11:00 AM for a free drop-in clinic for eyeglass cleaning and adjustments.

Open Walk at the Hunt Gym through March 27th

The Hunt Gym at 90 Stow Street will have gym time available for walkers on Wednesdays and Fridays from 2:00 PM to 3:00 PM through the winter months. Upon arriving at the Hunt Building, please use the side entrance and sign in at the front desk. Why not invite a friend for a walk? Proper footwear is required; sneakers only please! Please call 978-287-1050 with any questions.

Seniors & Dogs

There are many tips for caring for senior dogs, but what if you are a senior dog owner? Pet ownership offers many physical and emotional benefits, although practical matters should be considered. If your balance is compromised, walking a dog can put you at risk of falls. Having your dog trained to walk on a leash without tugging or wearing a waist leash can help reduce the risks. Wear appropriate shoes that grip and avoid walking where it is icy can also make dog walking safer. Dog walking is associated with lower body mass index, fewer doctors' visits and more frequent exercise - all added benefits to the companionship of a dog. If you are considering adopting a dog, speak with a trusted veterinarian about finding a dog that is the right match for you.

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.

HEALTH & WELLNESS



Nutrition Facts Labels: What do these labels mean and what changes are coming?

Tuesday, January 14th from 1:00 PM to 2:00 PM

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. Please join Denise Mercury, the Registered Dietician Nutritionist from Minuteman Senior Services, as she talks about these changes and helps you to understand the information provided on the Nutrition Facts labels. Come with questions and leave with answers. Please call the COA to sign up.



Incontinence

Tuesday, January 28th from 1:00 PM to 2:00 PM

Incontinence is inconvenient at the least, and if not properly managed, can lead to painful urinary tract infections. What causes incontinence and how is it treated? Dr. Betty Pomerleau, Internist with Lincoln Physicians in West Concord, will explain what causes incontinence and discuss treatment options as well as realistic strategies for managing it to maintain an active lifestyle. Please bring your concerns and questions to discuss with Dr. Pomerleau. Please call the COA to sign up.

Blood Pressure Screening

Wednesday, January 15th, 22nd and 29th

10:00 AM to 12:00 PM

No appointment necessary.

No Blood Pressure Clinic - January 1st or 8th

Diabetic Clinic

Wednesday, January 15th

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 in January

Podiatry Clinic

Dr. Russell Hamilton

Wednesday, January 8th

8:30 AM to 12:00 PM

Dr. Ayleen Gregorian

Monday, January 13th

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 clinic.

Balance and Mobility

Research shows that as we age, our risk for falls and loss of balance increases. While we cannot do anything about our advancing age, we can continue to improve our balance, mobility, strength and self-assurance. Balance is the ability to distribute your weight in a way that lets you stand or move without falling. Balance also assists you if you trip or slip. Good balance requires the coordination of several parts of the body: the central nervous system, inner ear, eyes, muscles, bones and joints. If you have a problem in any one of these areas, it can affect your balance. Other things that can affect your balance are medications, pain, anxiety, and alcohol or drug misuse. A medical exam with your primary care physician can identify conditions that may impair your balance. Improving muscle strength in the legs and the core can help. Your primary care physician may suggest exercises or a balance program. Balance is a skill; it gets better with practice & deteriorates without it. So practice, practice, practice!!

OUTREACH/SOCIAL SERVICES

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

Concord Memory Café

Monday, January 13th from 11:00 AM to 1:00 PM

A Memory Café is a welcoming and safe place for people with forgetfulness or other changes in their thinking, and for their family and friends to come together to focus on strengths. The Concord Memory Café provides a complimentary lunch and a creative activity or entertainment on the second Monday of each month. Our Memory Café is sponsored by Right at Home, Bedford, Concord Park and CareOne at Concord. We ask that attendees please bring their care partners. For a listing of all Massachusetts Memory Cafes please visit www.jfcsboston.org/memoryCafeDirectory. Please call the Concord COA at 978-318-3020 to reserve your place.

Caregivers' Support Group

Tuesday, January 28th from 10:30 AM to 12:00 Noon

Our monthly Caregivers' Support Group meets on the fourth Tuesday of the month, at 10:30 AM. This group is designed 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 at 978-318-3012 with any questions or to inquire about availability.

Low Vision Support Group

Wednesday, January 29th at 1:00 PM

The low vision support group, facilitated by Jini McCoubrey, meets the last Wednesday of each month. Join them Wednesday, January 29th at 1:00 PM for guest speaker Evan George from the Massachusetts Office of Disability. He will talk about emergency preparedness and the specific needs in planning for those with impaired vision. For more information, or to sign up call the COA at 978-318-3020.

Fuel Assistance

The South Middlesex Opportunity Council (SMOC) will be taking applications for the Federal Low-Income Home Energy Assistance program through the winter months. This program provides financial assistance to low income households to help with heating bills throughout the winter season. As an intake site for seniors living in Concord, the COA is able to help you complete your application. Please call the COA for more information at 978-318-3020.



Small Grants Program

The Concord Housing Development Corporation (CHDC) is pleased to announce that the Small Grants Program is now accepting applications. The CHDC awards Small Grant Funds to help income-eligible households make small home repairs for health and safety reasons. Concord residents may apply for funds to cover plumbing and carpentry work, heating upgrades, window and door replacement, bathroom adaptations, roofing, masonry, siding and other necessary home repairs. The application form is available online at the town website, at the Planning Division Office at 141 Keyes Road, and at the COA. Applicants are required to provide the completed form, three estimates of the work to be completed, and copies of recent tax returns (for income verification). Maximum grant award is \$5,000 per household. Applications will be accepted through Thursday, January 31st, 2020. For more information, please contact Lara Plaskon, Program Administrator, at 978-287-1092.

COA CINEMA

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

January 3rd *National Treasure (2004)* Modern treasure hunters, led by archaeologist Ben Gates, search for a chest of riches rumored to have been stashed away by George Washington, Thomas Jefferson and Benjamin Franklin during the Revolutionary War. Cast: Nicolas Cage, Diane Kruger, Justin Bartha, Sean Bean, Jon Voight, and more. Directed by Ron Howard. (Action, Adventure; 2 hrs 11 mins; Rated PG)

January 10th *The Lion King (2019)* This Disney treasure, directed by Jon Favreau, journeys to the African Savanna, where a future king overcomes betrayal and tragedy. Through pioneering filmmaking techniques, The Lion King brings treasured characters to life in a new way. Cast: Donald Glover, Seth Rogen, Chiwetel Ejiofor, Billy Eichner, Beyoncé Knowles, James Earl Jones, more. (Animation; 1 hr 58 mins; Rated PG)

January 17th *Coal Miner's Daughter (1980)* Sissy Spacek shines in her Oscar-winning role as country singer Loretta Lynn in this biopic that charts the Queen of Country Music's rise from her hardscrabble upbringing in Appalachia to stardom at the Grand Ole Opry. Cast: Sissy Spacek, Tommy Lee Jones, Levon Helm, Phyllis Boyens, William Sanderson and more. (Biography; 2 hrs 5 mins; Rated PG)

January 24th *The Art of Racing in the Rain (2019)* Based on the novel by Garth Stein, this is a heartwarming tale narrated by a witty and philosophical dog named Enzo. Through his unique insight into the human condition, Enzo helps his owners navigate life with a refreshing perspective on friendship and unconditional love. Cast: Milo Ventimiglia, Amanda Seyfried, Martin Donovan, Kevin Costner, and more. (Drama; 1 hr 49 mins; Rated PG)

January 31st *Unfinished Song (2012)* With his wife Marion terminally ill, 72-year-old Arthur sees a future that's nothing but grim. But when he takes Marion's place in their church's very unconventional choir, he begins to find joy in life again. Cast: Terence Stamp, Gemma Arterton, Christopher Eccleston, Vanessa Redgrave, and more. (Drama; 1hr 33 mins; Rated PG13)

February 7th *The Straight Story (1999)* When his brother falls ill, an Iowa farmer pledges to go to his side despite being unable to drive. Armed with a riding lawnmower, a tent and unshakable determination Alvin sets out to cover the 300 miles to his brother's house in a long journey of healing and remembrance. Cast: Richard Farnsworth, Sissy Spacek, Harry Dean Stanton, Jane Galloway, and more. (Drama; 1 hr 53 mins; Rated G)

New DVD Series on African-American Art

Tuesdays, February 4th through March 31st from 2:00 PM to 3:30 PM

The Emergence of African *American Artists*, facilitated by Janice and Doug Muir, will run from February 4th through March 31st. The artists we are studying powerfully reflect the tremendous social and political change that occurred from the early Republic to the Civil War, through the rise of industry, the Jazz Age and the Harlem Renaissance, the post-war years, and the Civil Rights movement to the present day. Join us to look at this fascinating subject. On Tuesday, February 4th, Laura McDonald, from Tufts University Art Gallery will be our guest speaker. Free of Charge. Reservations will be taken starting January 2nd.

SNEEK PEEK!

Next History Lecture by John Gardella Thursday, February 13th from 1:30 PM to 3:30 PM

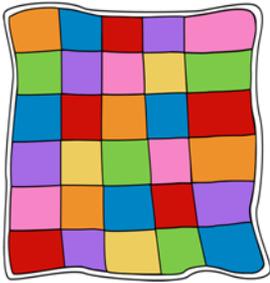
John's next lecture will be about Ghengis Khan and the Mongol Empire. You will find more information in the February COA Newsletter. Reservations will be taken starting on February 1st.

Join an Exercise Class in 2020!

The COA offers a number of fitness classes, why not resolve to start the new year by trying a new class? How about some gentle stretching at one of our yoga classes that meet Mondays, Tuesdays, Wednesdays and Fridays? We offer both chair and mat yoga classes. Or try Aerobics, offered at 9:30 AM on Mondays and Thursdays for some fun group exercise! Give the Strength & Flex class a try, offered on Monday and Thursday mornings at 10:45 AM. In addition, we offer Tai Chi on Monday afternoons at 3:00 PM and Ping-Pong Wednesdays at 1:30 PM and Fridays at 2:30 PM. See Page 10 of this newsletter for the complete calendar of programs.

Quilting

Tuesdays, from 9:30 AM to 12:00 Noon



Quilting is much more than putting pieces of fabric together to make an attractive pattern. Quilting is community, friendship, learning, enjoyment and fulfillment. The COA Quilt Group has been going strong for many years every Tuesday from 9:30 AM – 12:00 Noon. It has participants who are highly skilled and those who are looking to become better skilled. There is always room for more! If you already have basic sewing skills please consider joining in. You may bring your own project or Liz Malsky, de facto group leader, will create a curriculum for you and get you started with easy patterns like Irish Chain or Lost Nine-Patch. You can learn and build up your skills by hand or by machine. Please call the COA to let us know you are interested!

Restorative Yoga

Tuesday, January 7th at 4:30 PM to 5:30 PM

Let the layers of tension melt away as you practice a gentle flow yoga class. Enjoy the serenity and warmth of our inviting candlelit room. Restorative Yoga centers on your breath and aligning the physical and mental by practicing stillness or gentle movement for extended periods of time. Props are used to help you to hold certain poses and postures longer without effort or straining. Restorative Yoga calms and heals the body and mind. This hour-long class is \$10, paid directly to the instructor. Take the time to offer tenderness and care for yourself. Please call the COA to sign up.

Book Discussion Group

Tuesday, January 21st 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 January is "The Soul of America: The Battle for our Better Angels" by Jon Meacham. In this book, Meacham brings vividly to life turning points in American history. The group is open to everyone. New members are welcome!

Winter Blues

Wednesday, January 15th at 1:00 PM

What is cold, icy, really uncomfortable, and sometimes makes you sad? Good grief it is winter that is what. These are especially hard days for people whose minds are burdened with the fatigues of grief due to the death of a loved one or loss of one's own health. Weather can have a real impact on mood and coping, whether we like it or not and getting through the winter months is tough, even without grief. Join Lucia Camara, Bereavement Minsiter for Nashoba Nursing Service & Hospice, for refreshments and a conversation about tips and thoughts about dealing with grief and the winter blues. Please call the COA to sign up.

Long Term Care Insurance 101

Thursday, January 23rd at 11:00 AM

Have you wondered if buying Long Term Care insurance is the right decision for you? Learn more about the basics of LTCI - what is it (and what it isn't), what it covers and how much it costs. You will leave understanding how benefits are paid, how your health affects eligibility, who the major Massachusetts insurers are, and whether or not it is something you should consider. Presenter Hans Hug is the owner of The LTC Insurance Group and is a regular speaker at Councils on Aging as well as a periodic columnist for newspapers and trade journals. Please call the COA to reserve a seat.

Genealogy Workshop & Research Methods
Wednesday, January 8th and 22nd from 9:30 AM to 11:30 AM

If you want an informative and welcoming place to explore your roots, join our group of curious genealogists and learn the skills it takes to compile your family history or to write stories for future generations to enjoy! The group typically meets on the 1st and 3rd Wednesday of every month, due to the holiday this month they will meet Wednesday, January 8th and 22nd. Please just drop in!

Acrylic Painting
Thursdays, starting January 9th at 10:00 AM

Join experienced acrylics teacher Linda Malone and her group of beginner & intermediate art students for a morning of colorful expression. The instructor provides all materials. Linda will take drop-in students for \$30 per class, or you can sign up for three classes for a discounted rate of \$85. If you are ready to dip your paintbrushes in the paints, please call the COA to sign up.

Shuffleboard
Thursdays from 9:00 AM to 10:30 AM

Shuffleboard is a game in which players use cues to push weighted discs, sending them gliding down a narrow court, with the purpose of having them come to rest within a marked scoring area. If it sounds like fun, call the COA to sign up. No previous experience needed! This program is offered free of charge.

Ukulele Meet Ups
Thursdays, January 9th, 16th, 23rd and 30th from 2:00 PM to 3:00 PM

Join this group of ukulele enthusiasts for weekly meet ups to practice and enjoy the company of your peers. The ukulele is a small, inexpensive and easy to learn instrument. No knowledge of the music or the ukulele is necessary; our instructor Daniel Metraux will teach you. Enjoy the music and singing, the camaraderie and fun. This month is made up of four class for \$48 paid to the Town of Concord. We need a minimum of 6 people to continue to offer this class. Please call the COA to sign up!

Public Policy Discussion Group
Fridays from 11:00 AM to 12:30 PM

While it may not always be obvious, public policy affects our daily lives profoundly, from how clean the air we breathe is to whether our health insurance policies cover the care we actually need. Public policy impacts our health care, our education systems, & regulates everything from housing to the economy. This new group is designed to give you the opportunity to discuss current changes to public policies and help you stay informed. Each week the discussion will focus on aspects of current newsworthy changes to public policies, with facilitation being shared among group members. We will meet weekly on Fridays at 11:00 AM. If you are interested in joining this group, or have questions, please call the COA.

Music Appreciation Class with Aaron Myers
Mondays, January 13th and 27th, February 3rd, 10th and 24th, March 2nd, 9th, 16th, 23rd and 30th, and April 6th and 13th from 1:00 PM to 2:30 PM

Goodbye and thank you to Keith Kirchoff for his many years leading the music appreciation classes here at the COA. He was well liked and we wish him well on his new endeavors. This January, join Concord Conservatory of Music faculty member, composer, guitarist and teacher Aaron Myers for "The Evolution of the String Quartet: Haydn, Mozart, Beethoven, Bartók, Ligeti, and Beyond." Journey through the evolution of the string quartet as it became a standard chamber ensemble from its first appearances in the late 18th century through the present day. Listen to and learn about string quartets written by composers spanning two and a half centuries! Your check for \$156, payable to the Concord Conservatory of Music, is due on registration. Be sure to call the COA to let us know you plan to attend.

UPCOMING CONCORD COA OUTINGS

Lunch Bunch to Bamboo Westford

Tuesday, January 14th; Van Leaving the COA at 11:15 AM

Join the Lunch Bunch to celebrate Chinese New Year at Bamboo Restaurant in Westford on January 14th. It is "The Year of the Rat," and we will partake in Bamboo's fabulous luncheon buffet that includes soup, appetizers, sushi and entrees, tea and dessert. Please note that everyone attending must get the buffet. The per person cost including van transportation is \$25, payable in cash to the group leader on the day of the trip. Beverages may be purchased separately. The van will leave the COA at 11:15 AM for our 11:45 AM reservation. Please call the COA to reserve your spot.

YES Group to Fiorella's

Sunday, January 26th at 6:00 PM

Join the YES Group for dinner at Fiorella's on Walden St. in Concord on Sunday, January 26th at 6:00 PM. Fiorella's has Italian-inspired cuisine prepared with fresh locally sourced ingredients, "served with hospitality from the heart" in a cozy atmosphere. The YES group is open to all Youthful Energetic Seniors. Transportation and the cost of dinner are on your own. Please be aware that the COA does not send staff to YES Group events. Be sure to call the COA office to reserve, so we can get an accurate head count for the restaurant.

Celebrate St. Patrick's Day with "Emmet Cahill's Ireland" at the Venus De Milo, Swansea, MA Thursday, March 12th; Bus Leaving from CareOne of Concord - Time TBD

Come with the Concord COA on a musical journey to Ireland with Emmet Cahill, Ireland's most exciting young tenor and star of PBS's *Celtic Thunder*. Emmet takes audiences on a Irish musical journey through beautiful songs like *Danny Boy*, *When Irish Eyes are Smiling* and *My Wild Irish Rose*, to name a few. Joined by the Emerald String Quartet and the Dublin City Dancers, this show has everything a St. Patrick's Day Celebration calls for! We will travel to the Venus De Milo by luxury coach from CareOne of Concord - We will let you know the times of departure and return once the details have been decided. In addition to the concert, this outing also includes a plated luncheon of corned beef and cabbage or baked haddock. The activity level is low and is therefore appropriate for most seniors. The cost of \$92 per person includes bus transportation, luncheon and show. Please make your check for \$92 payable to **Best of Times Travel**. Payment is due within one week of reservation and is non-refundable. Please call the Concord COA office to make your reservation and let us know if you prefer corned beef or fish for lunch!

Tax Preparation Assistance



Volunteers certified under the AARP Foundation Tax-Aide Program will be at the Council on Aging starting mid-February through the beginning of April to help you prepare your Federal and Massachusetts personal income tax returns or to answer your tax questions. You can meet with tax counselors for an hour and a half session. This free service can answer most tax issues faced by low and middle income taxpayers, with special attention to those over age 60. The tax counselors will be holding office hours, on Tuesdays, Thursdays and Fridays, beginning Tuesday

February 11th. Please call the COA to make an appointment at 978-318-3020.

New Year's Resolution to Go Green!

Please consider helping us "Go Green" this year and save money on printing and postage by agreeing to have your newsletter sent to you by e-mail each month. To take advantage of this option, please e-mail Laurie Austin at laustin@concordma.gov.



Winter Cancelation Policy



If the Concord Public Schools are closed due to snow or ice, there will be NO ACTIVITIES or VAN SERVICE at the COA. The office will remain open unless the Town Manager has closed town offices for safety. If storms develop during the business day, programs and van service may be canceled to ensure everyone’s safety. If school is delayed, please call the COA to find out if any programs have been canceled or if the van is running.

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. <u>If you have not made a reservation, you may be asked to wait in the lounge to determine if there is enough room.</u>			
January 8 th	Minuteman Senior Services Celebrate December Birthdays	January 22 nd	Pizza Party
January 15 th	Newbury Court	January 29 th	CareOne at Concord

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 nd & 4 th Monday - <u>Roche Brothers Plaza</u> or <u>Kmart</u> – Pickups start at 1:00 PM.	
Tuesdays: 1 st Tuesday – <u>OpenTable Food Pantry and Stop & Shop/Powder Mill Plaza</u> – Pickups start at 12:15 PM.	
Thursdays: 1 st & 3 rd Thursday — <u>Market Basket</u> , Littleton - Pickups start at 12:15 PM. 4 th Thursday - <u>Trader Joe’s Plaza</u> – Pickups start at 1:00 PM.	
Fridays: <u>Crosby’s Marketplace Plaza</u> and <u>CVS</u> – Pickups starting at 12:00 Noon.	

MEDICAL EQUIPMENT LOAN

The COA would like to remind you that we have a diverse quantity of medical equipment to loan free of charge on a first come first served basis. We usually have walkers, raised toilet seats, shower chairs, commodes, wheelchairs, and tub transfer benches. If you have need of any of these items on a temporary basis, it is not necessary to go out and purchase these things; we would be happy to loan them to you. Please call the COA office to make the necessary arrangements before coming in. We ask only that items be returned properly cleaned, so that they are ready for the next person to use.

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

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(Label)

**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