

SENIOR SPIRIT

NEWSLETTER OF THE CONCORD COUNCIL ON AGING

April 2020

At the time of printing, due to risk of exposure to the novel coronavirus that causes COVID-19, the Council on Aging has suspended all programs and activities until further notice. There has been a mandatory closure of the Harvey Wheeler Community Center building to the public. We are certain that no programming will happen until after April 6th, but that date may be extended depending on further developments. Please call in advance to confirm we are open before leaving your home. At this time, limited COA staff are working and taking calls. We are available to help you formulate a plan to cope with the pandemic and assist with potential resources. Please do not hesitate to call us at 978-318-3020

Dr. Gary Hylander Presents - "American Scripture"

Mondays, April 13th, 27th and May 4th from 1:00 to 2:00 PM

We welcome back professor and historian Gary Hylander who will present a three part lecture-discussion series on the American Scripture: The Declaration of Independence, The Constitution, and The Bill of Rights. All Concord seniors are invited to attend on Mondays April 13th, 27th and May 4th at 1:00 PM. Seats are limited so please call the COA office to make your reservation.



Art Matters - "Mary Cassatt and Edgar Degas"

Thursday, April 16th at 1:00 PM

ArtMatters

An American woman and a French Chauvinist, as unlikely a pair as you can find, were friends (and some say lovers) at the very heart of a radical revolution in the Impressionism art movement. They changed the art world forever. Cassatt and Degas influenced the times almost as much as they affected each other. Please join ArtMatters on Thursday, April 16th at 1:00 PM for a look at their mirrored careers, their relationship with each other and the times in which they lived. Art Matters displays oversized copies of paintings in a salon style to encourage comparison, discussion and reflection. The reproductions can also be held by individuals who may have some vision impairment. Please watch our upcoming newsletters for information about ArtMatters presentations in May and June. ArtMatters is presented free of charge thanks to a generous gift from Bullocks Nursing Service. Please call the COA to reserve for April!

Annual COA Afternoon Tea Party

Friday, April 17th at 2:00 PM

All Concord seniors are cordially invited to attend the Annual COA Tea Party on Friday, April 17th at 2:00 PM. We will bring out our beautiful china tea cups, plates and tea pots for this special event. This year background music will be a flute duo performed by Kristine Kirby and Alex Andrews. They will create a soft magical atmosphere as you sip your tea, nibble homemade tea sandwiches and sweets, and enjoy the company of friends. The Tea Party is sponsored by our own Harvey's Treasure Chest Gift Shop, and is free of charge. Please call the COA office to sign up for this popular event!



SAVE THE DATE!!

COA Fashion Show - Coming on May 14th - Models and Volunteers Needed!!

We are putting the finishing touches on the COA Summer Fashion Show. We need both men and women to model clothing and accessories from local merchants, as well as some volunteers to communicate with shopkeepers, drive models to the stores for fittings, and to assist during the show. Please call the COA office to let us know if you are interested in helping. For those of you who would like to attend the Fashion Show, please look for information in the May COA newsletter.



The Council on Aging will be closed on Monday, April 20th to commemorate the Patriot's Day holiday. There will be no programs or van service that day.

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 – thank you.

WE NEED A NEW LOGO and we are asking for your assistance! We know there are many creative ideas out there.

Here's the current logo: >>>>>>>>>>



1) Must incorporate "Concord, MA" and Council on Aging

2) Must be successful in Black & White and Color

3) Must be easy for anyone to understand & 'get' who we are

If you are unable to put a prototype together, just tell us your idea! You may include new icons. Please see Vikki for pages of examples from other COAs across the country. Chicken scratchings accepted and there is no such thing as a bad idea!

This is a fun contest - fame and fortune await the winner! Submissions due by May 29th.



Calling All BINGO Callers! Wednesdays at 1:00 PM following LUNCH service – we can use a few more enthusiastic voices. The game hasn't changed since the Italians started it in 1530 - and it's fun to spin the cage, grab a ball, announce a number & letter then declare a winner. We could use your help monthly, bi monthly, quarterly. Please contact Vikki Jacobson to volunteer or with any questions: 978-318-3023 | vjacobson@concordma.gov

Harvey's Treasure Chest Gift Shop / Open Monday – Thursday, 10:00 AM – 2:00 PM There is a unique 'Patriot's Day' plate/tray going on sale in the Gift shop in April. Also on sale will be spring scarves & pocketbooks, floral dishes and Easter items. Don't forget in addition to casual jewelry and accessories there are two fine jewelry boxes on display with precious and distinctive pieces including necklaces, bracelets, rings and earrings. Prices cannot be beat!



ArtSpace ~ Wayne Geehan

The imaginative world of illustrator WAYNE GEEHAN comes in sweeping color to the halls of the Harvey Wheeler building in April. You'll find fantasy, adventure, humor and history in brushstrokes that will take you back to your fondest dreams. Wayne has been a commercial artist and illustrator for over 40 years, originally from Connecticut, but for a long-time based in Boston.

Instagram

We're now on the Town's Instagram! You can find great pictures from your COA on the Town of Concord's Instagram feed. Just add the Instagram 'app' on your phone, laptop or desktop. If you need help – come see one of our friendly Tech Tutors who love helping you. And don't forget to check out our Facebook page. We keep it up to date on all our activities plus you might see some pictures of yourself or friends!



Speaking of media – here's another reminder that many of our lectures and programs can be found on MMN-TV (Minuteman Media Network) Channel 8. "On Demand" programs can also be found on YouTube or check the Town website for listing times. Get to YouTube or the Town on your smart phone, lap or desk top. We can help you, just ask!

SCAMS, SCAMS, SCAMS

During this global COVID-19 pandemic, scammers have been using people's fears as a way of getting access to their personal and financial information. Be cautious of giving out any personal information over the phone or internet. Check the validity of products and services offered, and when in doubt, please don't give your information out.

Eyeglass Cleaning and Adjustment**Wednesday, April 22nd****From 10:30 AM to 11:30 AM**

Optician Trish Finlay from Look Optical will be here on Wednesday, April 22nd at 10:30 AM for a free drop-in clinic for eyeglass cleaning and adjustments.

Ask A Lawyer**Thursday, April 30th - By appointment only**

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

Transportation to Town Meeting

The COA will be making van transportation available for the Annual Town Meeting, scheduled this year to begin on Monday, April 27th, at 7:00 PM at the Concord Carlisle High School. Should additional sessions be necessary, van service will be available to each session. There are limited seats available and reservations are taken on a first come, first served basis. Please call the COA by Thursday, April 23rd, to make reservations for the van.

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 to schedule an appointment.

HEALTH & WELLNESS



LSVT BIG and Parkinson's Disease **Thursday, April 16th from 1:00PM to 2:00PM**

LSVT Big is a treatment program that trains people with Parkinson's Disease (and other neurological disorders) to use their body more normally. The treatment improves walking, self-care and other tasks by helping people recalibrate how they perceive their movements with what others actually see. LSVT treatments are supported by research and protocols that have been scientifically studied over the past 25 years. Please join Ali Cronin as she presents the information, demonstrates the techniques and encourages questions about the Program. Ali has been a practicing Physical Therapist for over 10 years, with most of her experience in acute and home care settings. Please call the COA to sign up.



Incontinence

Tuesday, April 28th from 1:30 PM to 2:30 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, April 8th, 15th, 22nd, 29th,
10:00 AM to 12:00 PM
No appointment necessary.

Diabetic Clinic

Wednesday, April 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

Wednesday, April 22nd
10:30 AM to 11:30 AM

Podiatry Clinic NO Podiatry Clinic in April

Dr. Russell Hamilton

Wednesday, May 13th
8:30 AM to 12:00 PM

Dr. Ayleen Gregorian

Monday, May 18th
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.

***** GENTLE REMINDERS *****

As we welcome spring and all the beauty it brings, just a couple of reminders; please protect yourself from the sun and wear sunscreen, cover exposed skin and remember to stay well hydrated. With the blooming of flowers, also comes the appearance of many bugs and ticks. Please check your clothes and body daily for bugs. Protect yourself from bug bites by using appropriate sprays that ward the bugs off.



OUTREACH/SOCIAL SERVICES

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

Concord Memory Café

Monday, April 13th from 11:00 AM to 12:45 PM

A Memory Café is a welcoming and safe place for people with forgetfulness or other cognitive changes and for their family and friends to come together to focus on strengths. The Concord Memory Café provides a complimentary lunch and an activity or entertainment on the second Monday of each month. In April, there will be an interactive creative program with ElderPlay Specialist CC King. The Concord Memory Café is sponsored by Right at Home of Bedford, Concord Park, and CareOne at Concord. We ask that attendees bring their care partners. Please call the Concord COA to reserve at 978-318-3020.

Hearing Impaired Support Group

Tuesdays, April 14th and 28th from 1:00 PM to 2:00 PM



The new hearing-impaired support group, facilitated by Bob Andrews, meets on the 2nd and 4th Tuesday of each month at 1:00 PM. It provides an opportunity for people with diminished hearing to share and discuss the impact that hearing problems have on their lives. Topics will vary depending on the needs of the group, but include discussions about the effect of hearing loss on mood, family relationships, social communication, participation in events, and about finding the right hearing aids and devices. Please call the Council on Aging at 978-318-3020 to sign up for the group or to get more information.

Caregivers' Support Group

Tuesday, April 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 questions or to inquire about availability.

Low Vision Support Group

Wednesday, April 29th at 1:00 PM

The low vision support group, facilitated by Jini McCoubrey, meets the last Wednesday of each month at 1:00 PM. On Wednesday, April 29th, Jeff Hill, Peer Support Specialist from the Mass. Association for the Blind, will come share information with the group. Please call the COA at 978-318-3020 to sign up.



Laughing Yoga

Wednesday, April 22nd at 1:30 PM



Did you know that laughter IS the best medicine? Join us Wednesday, April 22nd at 1:30 PM for an informative talk about the five health benefits of laughter and why it is so good for you. Organized laughter sessions have been growing in popularity around the world, and now you can learn why at Concord COA. Denise A Gilbert RMT, Reiki Liaison at Emerson Hospital and now a newly minted Laughter Yoga Leader is happy to present a talk and demonstration of Laughter Yoga. Be prepared to laugh! Please call the COA to reserve a spot at 978-318-3020.

COA CINEMA
Friday Afternoons at 12:30 PM - No need to sign up. Free of charge!

April 3rd *No movie. COA is closed to the public.*

April 10th *Harriet (2019)* Based on the life of American freedom fighter Harriet Tubman, this tells of her escape from slavery and her transformation into an American hero. Haunted by memories of those she left behind, Harriet ventures on a mission to lead others to freedom. With allies like abolitionist William Still and the entrepreneur Marie Buchanan, Harriet risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad. Cast: Cynthia Erivo, Leslie Odom Jr., Janelle Monae, Joe Alwyn, Jennifer Nettles, and more. (Biography; 2h 5min; Rated PG-13)

April 17th *The Bucket List (2007)* When corporate mogul Edward Cole and mechanic Carter Chambers wind up in the same hospital room, the two terminally ill men bust out of the cancer ward with a plan to experience life to the fullest before they "kick the bucket." Cast: Jack Nicholson, Morgan Freeman, Sean Hayes, Beverly Todd, Rob Morrow, and more. (Comedy; 1h 37min; Rated PG-13)

April 24th *Ford V Ferrari (2019)* American car designer Carroll Shelby and the fearless British-born driver Ken Miles together battle Ford corporate interference and the laws of physics to build a revolutionary racecar and take on Enzo Ferrari and the 24 hours of the Le Mans car race in France in 1966. Cast: Christian Bale, Matt Damon, Caitiona Balfe, Josh Lucas, and more. (Action/Adventure Based on Real Life; 2h 32min; Rated PG-13)

May 1st *The Biggest Little Farm (2019)* *The Biggest Little Farm* chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature. Through dogged perseverance and by embracing the opportunity provided by nature's conflicts, the Chesters unlock and uncover a biodiverse design for living that exists far beyond their farm, its seasons, and our wildest imagination. Narrated and directed by John Chester. (Nature Documentary; 1h 31min; Rated PG)

The Forgotten Settlement Colonies of 17th Century New England
History Lecture by John Gardella
Thursday, April 30th from 1:30 to 3:30 PM

Most students study Jamestown, Plymouth Plantation and Massachusetts Bay Colony in school. In this lecture, on April 30th at 1:30 PM, John Gardella will examine the many lesser known colonies of New England. Some of these colonies were established for religious reasons while others were commercial enterprises. Special attention will be given to the individuals and joint stock companies who received the charters, grants or patents from the kings of England. The success, failure and outcome for these long forgotten enterprises will be covered. A group discussion will follow the lecture. Please call the office to reserve your spot.

Unfortunately, we are not able to reschedule the remainder of the DVD series on African-American Art. Please keep an eye out for the next DVD series in upcoming newsletters. If you signed up for Resiliency Training or Great Decisions, you will continue to have your reservation for the remainder of the program. Please call the COA for an updated schedule for these programs.

Great Decisions

Wednesdays, April 8th through May 20th from 1:00 PM to 2:30 PM

Please note that dates may change depending on when we resume programs.

The 2020 "Great Decisions" program is published by the Foreign Policy Association and highlights eight of the most thought-provoking foreign policy challenges facing Americans today. Each week a video is followed by a discussion facilitated by John Gardella. The program is FULL and is not taking new members.

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

Public policy affects our daily lives and impacts our health care, our education systems, and regulates everything from housing to the economy. This group will 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 meet weekly on Fridays at 11:00 AM. If you are interested in joining this group, or have questions, please call the COA.

TEDTalks Series – "We Need Better Drugs Now" Monday, April 27th at 2:30 PM

TED is a nonprofit organization devoted to spreading ideas. Join us for this program where a range of ideas are explored through a short video and guided discussion. This month we look at drug research. Today we know the molecular cause of 4,000 diseases, but treatments are available for only 250 of them. So what's taking so long? Geneticist and physician Francis Collins explains why systematic drug discovery is imperative, even for rare and complex diseases, and offers a few solutions -- like teaching old drugs new tricks. This series is facilitated by Beth Roberts and is free of charge. Please call the COA to sign up.

Paperclay Crafting Class – Bird Series Tuesday, April 21st from 12:30 PM to 3:00 PM



Join Betsi Mandrioli for another Paperclay crafting class at the COA! This time she will teach you to make an English Robin! Betsi leads this 2 ½ hour class on Tuesday, April 21st starting at 12:30 PM. You will do some clay work, and then sand, paint and glaze the robin! All supplies are included in the \$25.00 class fee. Your check for \$25, made payable to Betsi Mandrioli, is due by April 10th. 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 by April 10th to reserve your seat.

Photography Composition Lecture by Steve McGrath Tuesday, April 14th from 1:00 to 2:30

For those of you who enjoy taking photos, whether it be with a digital single lens reflex (DSLR), a point and shoot camera, or a smart phone, you will enjoy this lecture by professional freelance photographer, Steve McGrath. Steve will discuss the rules of photography composition and also talk about how to control motion and depth of field. Participants are encouraged to bring your camera! This lecture is open to all and is free of charge thanks to proceeds generated from the Harvey's Treasure Chest Gift Shop. Seats are limited. Please call the COA office to sign up.



"The Riddle of Thoreau's Religion"

Presented by Richard Higgins; Tuesday, April 28th at 1:00 PM

Join Richard Higgins on Tuesday April 28th at 1:00 PM for the sequel to his popular lecture "Thoreau and the Language of Trees". When Thoreau called trees spires that lifted his vision to "heaven," the woods his "sanctum," or the forest a "sacred place," he revealed a part of him that is often misunderstood. He rejected meetinghouses and railed against formal religion, but he had a deep religious sensibility and a palpable sense of the holy. Thoreau sought a "truer" religion in and through nature. He said his vocation was to "find God in nature." Thanks to proceeds generated from the Harvey's Treasure Chest Gift Shop, this presentation is offered free of charge. Please call the COA office to reserve your seat at 978-318-3020.

Intermediate French Lessons
Tuesdays, from 10:00 AM to 12:00 Noon

Please call in advance to be sure we have resumed programs & classes.

Join experienced French teacher Kristen Cooley for intermediate French lessons. Each 2-hour class will give the basic vocabulary needed to ease communication. All learning materials will be provided. Each class is \$15 paid directly to the instructor. Call to join now. Bien s'amuser! (Have fun!)

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

Please call in advance to be sure we have resumed programs & classes.



Quilting is more than putting pieces of fabric together. Quilting is community, friendship, learning, enjoyment and fulfillment. The COA Quilting Group has been going strong for many years, meeting on Tuesdays from 9:30 AM to 12:00 Noon. Some participants are highly skilled and others strive to become better. They are looking for new members! If you have basic sewing skills please consider joining, and call the COA to express your interest.

Book Discussion Group
Tuesday, April 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 group has chosen "Olive Again" by Elizabeth Strout for the month of April. Due to the COA closure, there was no book group in March, so last month's books will also be discussed. The group is open to everyone. New members are always welcome!

Genealogy Workshop & Research Methods
Wednesday, April 15th 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 the 1st and 3rd Wednesday of each month. Please just drop in!

Acrylic Painting
Thursdays, from 10:00 AM to 12:00 Noon

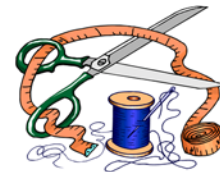
Please call in advance to be sure we have resumed programs & classes.



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 any 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.

DROP-IN Seamstress Service
Thursday, April 16th from 9:30 AM to 12 Noon

Our skilled volunteer seamstresses are on hand for light mending, hemming, and button replacing the third Thursday of each month. Your garments need to be clean and fresh. If a seamstress is not able to make your repair immediately, she will take the items home and return them to the COA in a week to ten days. When the mending is done we will call you to pick it up. This service is offered on a first come first serve basis, is limited to three items per visit, and is free of charge.



Games Group
Fridays, April 10th and 24th from 9:45 to 10:45 AM

Love to play games? Then this is the group for you! Playing games is good for your brain and keeps your mind sharp! The group meets on the second and fourth Friday of each month at 9:45 AM and is facilitated by Jerry Hurley. New members are always welcome!

CONCORD COA OUTINGS

Attention Please! The caller ID number that you see when we send a “RoboCall” recorded message about events has changed. The new number is 617-397-3800, and it originates in Cambridge.

YES Group to Bullfinchs Sudbury Sunday, April 26th at 6:00 PM

Please join the YES Group for dinner at Bullfinchs restaurant on Sunday, April 26th at 6:00 PM. Bullfinchs is proud to offer a creative American menu with the very best ingredients from the most reliable and highest quality purveyors. 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 sign up so we can give the restaurant an accurate head count.

Lunch Bunch to IKEA in Stoughton with Lunch at their Café Tuesday, April 21st Leaving HWCC at 10:45 AM; Returning by 3:00 PM

Join us for a lunch and shopping trip to the IKEA store in Stoughton on Tuesday April 21st. IKEA is a Swedish company that designs and sells ready-to-assemble furniture, appliances and home accessories. The store is huge and has designated paths on the floor to help you navigate through multiple showrooms. People have made field trips out of an IKEA visit! There is a cafeteria-style restaurant inside, as well as a snack bar. If you purchase large items you can not take them on the van, but you can have them shipped to your home. Please note that because of the vastness of the space, this outing is not appropriate for anyone with mobility issues. You will have about 2 1/2 hours inside the store, which will be enough time to browse, shop and have lunch. At least 8 people are needed to run this trip. Please call the COA to sign up.

Boch Center Wang Theater Tour Followed by Lunch at Bertucci's, Waltham Tuesday, April 14th; Van Leaving Harvey Wheeler Community Center at 9:30 AM

Join the COA for a tour of the historic Boch Center Wang Theatre on Tuesday, April 14th, leaving at 9:30 AM by van from the COA. The tour will last one hour and will include a detailed history of the theatre going back to its time as a “Movie Palace” in the 20s. We will soak in the details without the crowds. Please note that some areas of the theater are not accessible and you can expect to be on your feet for the whole tour. After the tour, we will go to Bertucci's in Waltham for pizza, salad and dessert. The cost of the trip is \$50 per person, due at the time of reservation. **Please call the COA office to inquire about availability.**

Behind the Scenes Little Women Tour at Fruitlands Museum with Lunch at the Fruitlands Café Thursday, May 21st; Van Leaving Harvey Wheeler Community Center at 9:15 AM

In 1843, ten year old Louisa May Alcott moved to Fruitlands in Harvard with her family. Twenty-five years later she wrote her classic novel, drawing from her memories at Fruitlands and in Concord. Join us on May 21st as we go Behind the Scenes of the newest film directed by Greta Gerwig that was partially filmed at Fruitlands. After the tour we will have lunch at the Fruitlands Café. The tour involves an hour of walking and standing on uneven ground. The cost of this trip is \$20 per person for tour and transportation. The cost of lunch will be on your own. Payment is due at reservation. **Please call the COA to inquire about availability.**

Old Town Trolley Tour with Lunch at Quincy Market in Boston Thursday, June 4th; Leaving CareOne at Concord at 9:30 AM

Join the COA on an Old Town Trolley Tour of Boston! As we ride in an authentically styled, all-weather trolley, the conductor will entertain and inform us about the rich history of Boston. And the best part is that the trolley will pick us up in Concord! We will have 2 hours of sightseeing with a stop at Quincy Market where will purchase our own lunch!! The fully narrated tour encompasses the important historic sites, major attractions, museums, and parks. The cost of this trip is \$50 per person plus the cost of your meal. This tour is limited to 40 people. **Please call the COA to inquire about availability.**

APRIL COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			NO COA PROGRAMS OR ACTIVITIES			
5	6 Please call in advance to be sure we have resumed programs & classes.	7 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 Canasta 10:00 French 10:30 Coffee & Conversation 1:00 Bridge	8 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Great Decisions 1:00 Bingo 1:15 Mahjong 1:30 Ping Pong	9 9:00 Shuffleboard 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 3:30 Resiliency Training	10 9:30 Mat Yoga 9:45 Games Group 11:00 Public Policy 12:30 Cinema - Harriet 1:00 Poker 2:30 Ping Pong	11
12	13 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Men's Mtg 10:45 Strength & Flex (\$5) 11:00 Memory Cafe 1:00 American Scripture 1:00 Hand & Foot 1:00 Music App. 2:00 Music Makers 2:00 Chess Club 3:00 Tai Chi 5:30 COA Board Mtg	14 9:15 Chair Yoga (\$5) 9:30 Wang Theater 9:30 Quilting 10:00 Canasta 10:00 French 10:30 Coffee & Conversation 1:00 Bridge 1:00 Photography Comp 1:00 Hearing Support Grp	15 8:00 Mat & Chair Yoga (\$5) 9:30 Genealogy 10:00 BP Clinic 10:00 Diabetic Clinic 12:00 LUNCH (\$2) 1:00 Great Decisions 1:00 Bingo 1:15 Mahjong 1:30 Ping Pong	16 9:00 Shuffleboard 9:30 Aerobics (\$5) 9:30 Seamstress 9:30 Genealogy 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Art Matters 1:00 Parkinson's 1:00 Cribbage 2:00 Ukulele Practice 3:30 Resiliency Training	17 9:30 Mat Yoga (\$5) 11:00 Public Policy 12:30 Cinema - The Bucket List 1:00 Poker 2:00 Tea Party 2:30 Ping Pong	18
19	20 Patriots's Day COA CLOSED	21 9:15 Chair Yoga (\$5) 9:15 Book Group 9:30 Quilting 10:00 French 10:00 Canasta 10:30 Coffee & Conversation 10:45 IKEA Trip 12:30 Paperclay Craft 1:00 Bridge	22 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 10:30 Eyeglass Clinic 12:00 LUNCH (\$2) 1:00 Great Decisions 1:30 Laughing Yoga 1:00 Bingo 1:15 Mahjong 1:30 Ping Pong	23 9:00 Shuffleboard 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 2:00 Ukulele Practice 3:30 Resiliency Training	24 9:30 Mat Yoga 9:45 Games Group 11:00 Public Policy 12:30 Cinema - Ford V Ferrari 1:00 Poker 2:30 Ping Pong	25
26 6:00 YES GROUP	27 9:00 Mat Yoga (\$10) 9:30 Aerobics 10:30 Men's Mtg 10:45 Strength & Flex - 1:00 American Scripture 1:00 Hand & Foot 1:00 Music App. 2:30 TEDtalk 2:00 Music Makers 2:00 Chess Club 3:00 Tai Chi 7:00 Town Meeting Starts	28 9:15 Chair Yoga (\$5) 9:30 Quilting 10:00 Canasta 10:00 French 10:30 Caregiver Support 1:00 Thoreau's Religion 1:00 Bridge 1:00 Hearing Support Grp 1:30 Incontinence	29 8:00 Mat & Chair Yoga (\$5) 10:00 BP Clinic 12:00 LUNCH (\$2) 1:00 Great Decisions 1:00 Bingo 1:00 Low Vision 1:15 Mahjong 1:30 Ping Pong	30 9:00 Shuffleboard 9:00 Ask a Lawyer 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 2:00 Ukulele Practice 3:30 Resiliency Training		

Concord Friends of the Aging “Spring Fling”/Senior Services Summit

Usher in the springtime warmth by joining the *Concord Friends of the Aging* for its annual **Spring Fling** luncheon. In addition to the usual delicious complimentary lunch and festive entertainment, the event will feature a “**Senior Services Summit**” where representatives from local service groups with missions dedicated to serving our elder Concord community will be in attendance to provide information and answer questions on their offerings. This will be a great opportunity to spend an afternoon with old and new friends while learning about services that are available here in Concord.

Reservations are required. Please RSVP to us by Friday, May 1, at **978-341-8853**; leave your name, phone number, and the names of all the people in your party. We will call you back to confirm your reservations. If you are seeking a ride, please contact the Concord Council on Aging (COA) at (978) 318-3020 to make arrangements. ***Please note that we will be closely monitoring the current COVID-19 situation and will provide any potential updates/changes to this event as appropriate to ensure the safety of our guests.***

Tentative Date: Wednesday, May 13th from 11:00-2:00
Location: Maynard Elks, 34 Powder Mill Road, Maynard, MA

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.

April 1st No Lunch – COA Closed

April 22nd Life Care of Acton

April 8th Timothy Wheeler House

April 30th Brightview Concord River

April 15th Rivercourt Residences

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, 2nd & 3rd Thursday – Market Basket, Littleton - Pickups start at 12:15 PM.

4th Thursday - Trader Joe’s Plaza – Pickups start at 1:00 PM.

Fridays: Crosby’s Marketplace Plaza and CVS – Pickups starting at 12:00 Noon.

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

PRSRT STD
 U.S. Postage Paid
 Permit No. 51

(Label)

All Households with at least one resident over the age of 60 should have received a letter in the mail from Public Health Director Susan Rask related to the Corona Virus (COVID-19) pandemic. This letter outlined everyday precautions on how to protect yourself, suggestions on how to prepare, supplies that you should have on hand and the importance of having a plan if you become sick or need to stay in your home. If you did not receive this letter you can find it online. For the most up to date information, please check the town website: <https://concordma.gov/2561/Coronavirus-2019-COVID19>. The CDC is also an excellent source of up to date information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html> If you have questions or would like more information, please contact the Concord Health Division at 978-318-3275.

Fill out the US 2020 Census - It is Easy, Safe, and Important

Easy:

- It takes about 10 minutes to complete.
- If a member of your household is computer-savvy, you can complete the Census online—by PC or on a smart phone at <https://my2020census.gov/>
- Otherwise, you can talk to a friendly Census worker by phone, who will help you complete the form. Just dial your preferred language:
 - English: 844-330-2020
 - Spanish: 844-468-2020
 - Chinese (Mandarin): 844-391-2020
 - French: 844-494-2020

Safe:

- By law, your individual data will never be shared
- All data is combined, with your name and individual identification information removed

Important:

- Census counts determine funding for libraries, schools, health clinics, public transportation, head start, and family nutrition programs for the next ten years