

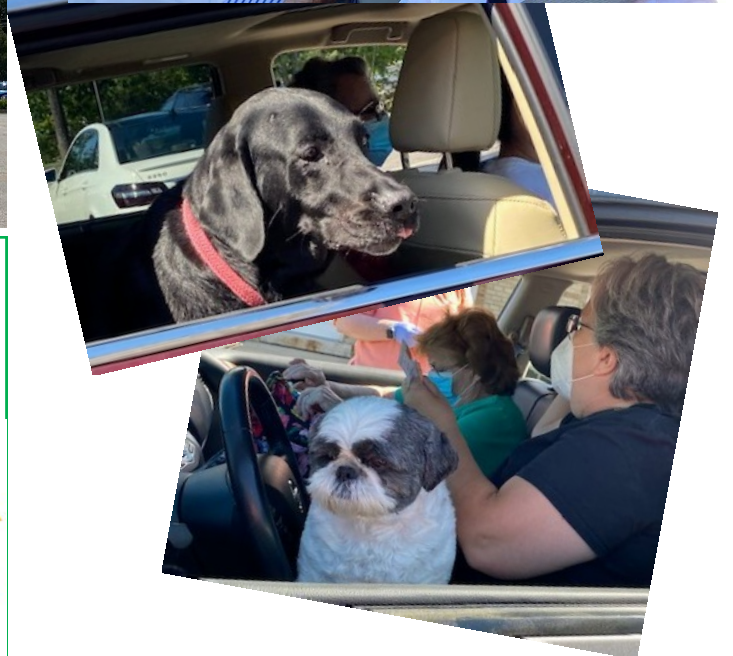
Concord Council on Aging
HIGH SPIRITS
Mid-Month Notes from Your COA

August 2020

Volume 1 No. 1

**A Beautiful Afternoon for an Ice Cream Truck
at the COA!**

Thursday, Aug. 20th—We can't get together the same way we used to, but we can still get together! Happy seniors and even a few furry friends stopped by the COA for our drive through Ice Cream Truck event. Masked, distanced, and in cars, everyone still shared smiles, the sun and breeze, and of course, a sweet treat. Keep an eye out for our next drive through events and come along to join the fun! Even at a safe distance, it's heartwarming that genuine smiles and good humor can be seen even from behind a mask. We'd love to see you.



WEATHER CORNER

It's a temperate Aug. 20 and you can count on mild and dry weather sticking around until after the weekend.



Your Top 5... REASONS TO READ:



Did you know the Concord Library has curbside pick-up, and can even make personalized book and movie recommendations?!

Here are the TOP 5 reasons to grab a book and get your cranium clicking, keep your coconut cogitating, and needle your noggin into action:

5. Reading helps connect different regions of your brain to improve memory, increase vocabulary, and boost your ability to generate ‘theory of mind’ and understand how different people may think and feel. It may even keep you happier!
4. Reading helps you learn...find a new hobby, improve your golf game, or find new pathways to health, wealth & happiness!
3. When you’re stuck at home, books can take you anywhere. (Try a travelogue or a thriller set in an exotic location!)
2. Reading at night instead of watching TV or browsing social media can improve your sleep by cutting down on blue light that’s stimulating to the brain.
1. Whether you need to gain a few pounds or lose a few, no matter — a book ALWAYS looks good on you!

Call the Concord Library today and order a stack of summer reading, pick a movie, or download an e-book today!

Concord Free Public Library 978 318 3350.

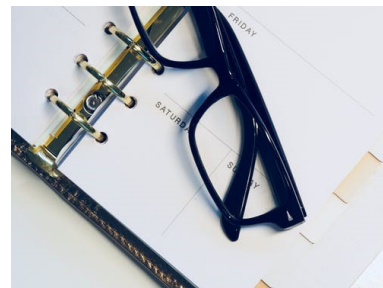
State Elections are Approaching!



Here are the dates you need to know for the State Primary Elections:

- ◆ **Sat. Aug. 22**—Voter Registration Deadline
- ◆ **Aug. 22—28**—Early Voting at Town House
- ◆ **Aug. 25**—Deadline for Early Voting and to request Absentee Ballot by mail
- ◆ **Aug. 31**—Deadline for Absentee Ballot request in person
- ◆ **Sept. 1**—State Primary Voting Day, voting in person at regular polling places AND all mail-in ballots due to Town Clerk’s office by 8:00 PM.

If you have questions, please contact the Town Clerk at 978 318 3080.



UNTIL FURTHER NOTICE:
The days of the week are now called
Thisday, Thatday, Otherday, Someday,
Yesterday, Today, and Nextday.

If you wish to unsubscribe, please email Laurie at laustin@concordma.gov or call 978 318 3020.

Concord Council on Aging
1276 Main Street
978 318 3020