

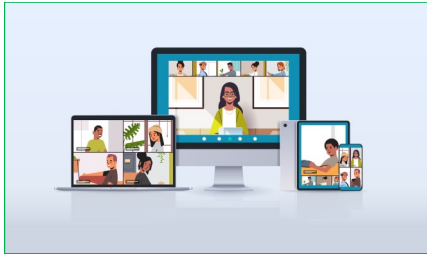
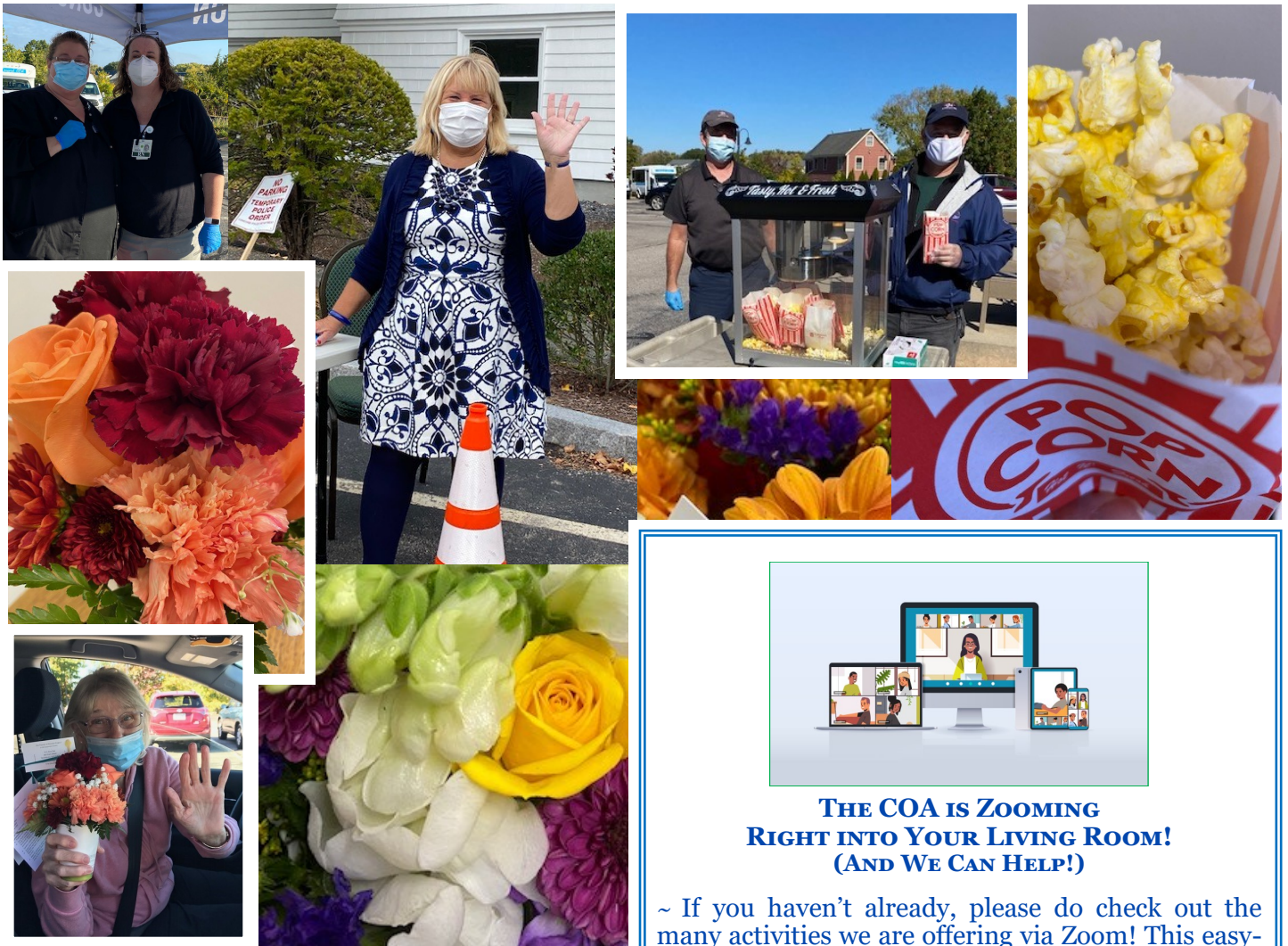
Concord Council on Aging
HIGH SPIRITS
Mid-Month Notes from Your COA

October 2020

Volume 1 No. 3

A Parade of Events at Your COA!

Wednesday, October 14th — From Grab & Go Lunches, to brightly striped bags of popcorn, and from a Pocketful of Posies to a Flu Vaccine Clinic, the COA is working hard to bring fun, interesting, and useful drive-through events to our seniors! You never know what's going to happen next—so sign up and pop through the parking lot for some smiles even though they're still behind masks. We'd love to see you!



**THE COA IS ZOOMING
RIGHT INTO YOUR LIVING ROOM!
(AND WE CAN HELP!)**

~ If you haven't already, please do check out the many activities we are offering via Zoom! This easy-to-use video meeting service has made it possible for us to continue to provide stimulating exercise classes, clever craft workshops, support groups, and fascinating lectures on art and history. If you'd like to try, but have never used Zoom, go ahead and sign up for what interests you—staff will be available to help talk you through it. It works best with a tablet, smart phone, or computer, but if you don't have high-tech gadgets about, you can call in by phone!

WEATHER CORNER

The 2020 Farmer's Almanac says mild October temperatures will follow a brief period of rainy weather, then even out in a mild, temperate Halloween!



Your Top 5... OCCUPATIONS FOR QUARANTINE



Covid-19 threatens, and seniors are still to stay at home. But, it's been months and there are only so many puzzles or solitaire games a person can do! Here are a few ideas to keep you motivated, learning and growing while we wait for better days. The trick is to use what you have and find joy in little things!

6. Try your hand at flower arranging, but only use found items - wildflowers by the side of the road, twigs, or dried seed pods.

5. Try meditation. If you never had time for that, well, now you just might. Smartphone apps like Calm and Headspace make it easier even for a novice!

4. Start a Virtual Book Club or any kind of club that lets you enjoy a shared experience with others. FaceTime, Skype, Google Meet, and Zoom are all easy platforms that help you meet with friends and still stay safely apart.

3. Write your story. It can be overwhelming, or it can feel like nobody wants to hear about your first time driving a car. But, you can do it, and many people do want your stories! Start small. Just write about one thing from your childhood, or one house you lived in. You don't have to chew the whole apple in one bite.

2. Try the rabbit hole that is YouTube. YouTube is an open platform that hosts videos of all kinds, from everybody, and from all over the world! Try a make-up tutorial, learn a magic trick, or discover the secrets of the universe.

1. Learn a Language. With a smartphone, tablet, or computer, you can learn a new language without an awkward class or feeling silly giving a new accent a go! Try the free app DuoLingo to learn 30+ languages in bite sized lessons, or The Concord Library has an app called Mango available free to help you do just that and the friendly Librarians can get you started! Don't waste another minute! Dépêche-toi!



Tech Corner

Did you know you have magic in your wallet? Your library card! No longer just for checking out books, your Concord Free Public Library card along with any computer, tablet, or smartphone gains you access to amazing digital resources!

HOOPLA—This app lets you stream an enormous library of TV shows, music and audiobooks.

OVERDRIVE—This app lets you borrow e-books, videos (including Great Courses lectures), and audiobooks, and it's partner app Libby lets you reserve, read, and renew items without ever going to the library.

NYT DIGITAL—Your Concord library card also grants you unlimited article access to the New York Times with an access code you can get from the library website.

THIS LIST just scratches the surface, search your library remotely and see what fun you can find! Librarians are on hand to help you figure out the tech. Don't be shy!

MAKE SURE TO CATCH THESE GREAT UPCOMING PROGRAMS!

Both on the Zoom video meeting platform!
Please call the COA for tech advice if you need help!

Backyard Wildlife
With Wildlife Expert Joy Marzolf
Wednesday, October 21st at 2:00 PM

Sea Songs and Stories with Davis Bates
Wednesday, October 28th at 1:00 PM

Please Call the COA at 978 318 3020 to register!

Comedy Corner



THE DUMBEST THING I EVER BOUGHT WAS A 2020 PLANNER!

*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



A BONUS FOR OUR CLEVER COA READERS!
 CAN YOU TELL WHAT'S SPECIAL ABOUT THIS
 COVID-19 BOOKSHELF?

(HINT: READ THE TITLES ACROSS AS A STORY.)