

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

September 2020

Volume 1 No. 4

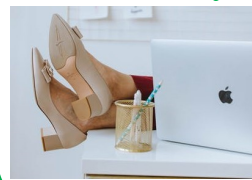
**Bewitched: Fall Fun at Your COA!**

From costumes & candy to fall clean-ups, it's been a busy and fun month at the Concord COA! Take a minute to look at our November offerings and try something new! Even masked and distanced, we are always happy to see you!



**COMING SOON!**

**The Harvey Wheeler Treasure Chest**



**Gift Shop** is going online!  
You'll be able to shop the finest inventory from the comfort and safety of home! Stay tuned...

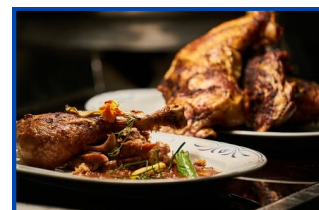
**WEATHER CORNER**

**The 2020 Farmer's Almanac is predicting a rainy end to November and a less snowy winter!**



Please call the COA to sign up for a Thanksgiving Grab & Go Meal at Concord-Carlisle High School Saturday, November 21<sup>st</sup> from 10:00 AM—2:00 PM  
Reservations Required. Free of Charge.  
(978) 318-3020

Please Note: There is limited availability to have meals delivered to home-bound seniors. Please let us know if you'll need delivery when you call to register.



## Your Top 5...

### THINGS TO

#### MAKE THE MOST OF COVID HOLIDAYS

The pandemic is still raging and the holidays are fast approaching. Public health experts are advising against travel and group gatherings, and they're recommending drastic changes to the way we spend time together. No need to despair. You can create new traditions, find new ways to engage in old traditions, and still make the human connections that are so important to all of us.

**5. Be kind but firm** if family members or friends feel rebuffed by your decision to stay away. Help them to feel that you've heard their concerns, but stay confident in your decision and make some suggestions to help them feel connected. (Conversely, if you have decided to gather with family, check out the CDC holiday recommendations and keep your chances of infection low!)

**4. Connect virtually.** You'll find the technology for video conferencing more user friendly than ever. Try Zoom, Google Meet, FaceTime, or any of the other choices. Gather online and cook 'together,' have a centerpiece decorating contest, or just chat after a holiday meal. Or, pick up the phone and call them all, including the smallest grandkids!

**3. Make that Holiday family photo innovative!** Have each person or family group take a photo and email or text it to one family member. Have that person use a photo app to create a collage of all the photographs and send one to each family group. Or, meet online and take a 'screenshot family photo' to remember these unique times.

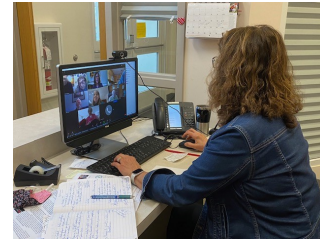
**2. Share Recipes.** Have each family member or friend send their best holiday recipes. Make up a booklet and send them out to everybody. Even better, have people add stories about where the recipe came from, the first time they made it, or a quick anecdote about the person who created it. Share those along with the recipes. Or, send out a recipe for your favorite holiday treat or cocktail with an ingredients list and set up a time for everybody to make the recipe and join up online to enjoy and share stories about their efforts. Sounds like a lot of work? That's the point – this year we'll all have to work a little harder to feel connected!

**1. Have a scavenger hunt.** Send out scavenger hunt check lists to the family or friends. Have everybody scramble to find as many of the items as possible before the deadline. Use FaceBook, email, or online meetings to share your finds. Encourage creativity by leaving some items open to interpretation. (Instead of putting "red sock" on the list, put "beef cake" or "cosmic candy" and see what folks come up with!) Designate one person to be the ultimate judge of which person or team has done the best. Offer different awards - the more awards, the better!

*One last note: for many reasons, the holidays can be very difficult for many of us even in the best of times. If you find yourself lonely or feeling blue, please call the COA for help in finding support to get you through.*

## Tech Corner

The Concord Free Public Library and the Fowler branch are now open for browsing. Register online or at the door. Thursday hours at the Main Branch are expanded on Thursdays from 10:00 AM—8:00 PM. Curbside service continues by appointment, and book drops are open for overnight returns Monday through Friday and all day on weekends. Enjoy a return to nearly-normal!



Tina is enjoying her Zoom "TEDtalk" session with many seniors. The COA continues to offer dozens of programs that you loved when our doors could be open. Open your own door and Zoom into the future—we can help you make the leap. Did you know you can join in without a computer, tablet or smart phone just by phoning in? Don't hesitate to give us a call. We'd be glad to help!

## Comedy Corner



*If I had only known in March it would be my last time inside a restaurant, I would have ordered dessert!*

*If you wish to unsubscribe, please email Laurie at [laurin@concordma.gov](mailto:laurin@concordma.gov) or call 978 318 3020.*