

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

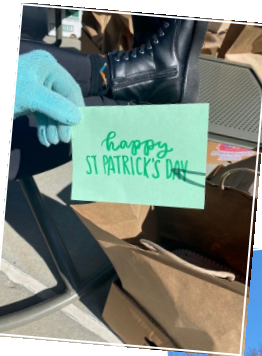
March 2021

Volume 2 No. 3

“Everybody is Irish on St. Patrick’s Day, but if your name is Eisenhower, you’ve got to wear something green to show it.” - **Dwight D. Eisenhower**



March 12 @ 2:00 PM: Roger Tincknell performed traditional & contemporary Irish music for many of you on Zoom.



March 14 @ 12 Noon: over 100 of you picked up St. Patrick’s Day Lunch at CCHS. Thank you to Classes of 2021, ‘22 & ‘23!



INTRIGUING FACTS ABOUT ST. PATRICK’S DAY

- * THE IRISH *TAOISEACH*, OR PRIME MINISTER, PRESENTS THE US PRESIDENT WITH A CRYSTAL BOWL OF FIVE SHAMROCKS AS A SYMBOL OF CLOSE TIES ON OR AROUND MARCH 17.
- * ACCORDING TO FOSSIL RECORD, IRELAND HAS NEVER BEEN HOME TO SNAKES AS IT WAS TOO COLD TO HOST REPTILES DURING THE ICE AGE.
- * ST. PATRICK’S COLOR WAS BLUE. HE NEVER WORE THE COLOR GREEN WHICH BECAME ASSOCIATED WITH IRISH INDEPENDENCE IN THE 18TH CENTURY.
- * IRISH IMMIGRANTS BEGAN OBSERVING ST. PATRICK’S DAY IN BOSTON IN 1737.
- * SAINT PATRICK WAS BORN “MAEWYN SUCCAT” TO ROMAN PARENTS IN SCOTLAND IN 387 A.D.

WEATHER CORNER

On St. Patrick’s Day expect bright sunshine and a high of 47, darlin’! Friday will be wet, the weekend will be cooler. Spring leaps in on Saturday!



Your Top 8 ...

THINGS TO DO ON THE FIRST DAY OF SPRING (MAR. 20)

8. **Start your spring cleaning!** Cleanout your cupboards and garage. Consider donating unused or unwanted items to charity including Harvey's Treasure Chest Gift Shop!
7. **Purchase baseball tickets!** Fenway can now allow 4,500 fans in the house.
6. **Buy a new book.** Or check one out at the Concord Free Library to read outside on a sunny day.
5. **Put out your birdfeeders...** and start leaving snacks for squirrels, rabbits, ducks and deer.
4. **Keep a candy dish** filled with jelly beans!
3. **Plant a family tree**—apple, plum or pear. Mark it as a Near-End to the Pandemic tree!
2. **Start taking walks**—good for your circulation and you can enjoy the warmer days.
1. **Bring spring into the outdoors**—keep a steady bouquet of fresh flowers in your kitchen.

Coming Up:

Mar 21 "Poetry At The Library" LIVE on Zoom, 3:00–4:00 PM (978-318-3301)

Mar 26 "Friday Sock Hop Radio" with DJ OldSkool LIVE on Zoom, 1:00 –2:30 PM
Call the COA for the Zoom invitation!

Anytime [Shop Until You Drop at Harvey's Treasure Chest Gift Shop](#) online.

If you wish to unsubscribe contact: Laurie: 978-318-3020 or
laustin@concordma.gov

Concord Council on Aging ♦ 1276 Main Street ♦ 978 318 3020

Tech Corner



The Concord Police Wants All Seniors to Protect Themselves and Not Be Scammed!

Be on the outlook for emails or phone calls that ask you for a "favor" or come from a stranger who says you've won a prize. Also beware of strangers who claim to be Apple or Microsoft, or, who pose as law enforcement or government agencies. The most common scams are:

GIFT CARD SCAM

GRANDPARENT SCAM

LOTTERY SCAM

COMPUTER WARRANTY/VIRUS SCAM

If you have questions please contact the
Concord PD:

978-318-3400

Comedy Corner 😄

Zoom meetings are just modern seances



"There's someone who wants to join us."
"Elizabeth, are you there?"
"We can't hear you."
"Can you hear us?"