

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

April 2022

Volume 3 No. 4

April showers bring May flowers, but April also brought back Wednesday Lunches! We started with two lunches in April, but we'll have four lunches in May. Pull up for a yummy grab & go lunch (from Trail's End Restaurant) with fresh flowers called the *Spring Fling*. It's sponsored by Concord Friends of the Aging on May 11 - call us to sign up. Finally, a reminder we're closed April 18th for Patriots' Day!



TULIP POWER

Holland was an economic power in 17th Century Europe. Beautiful tulips imported from Turkey became status symbols. As cultivation techniques improved, people collected bulbs and traded them.

Prices and demand rose. The commodities exchanges in Amsterdam, Rotterdam and Haarlem saw the profit potential, and got involved. Suddenly, tulips were a top export, right behind gin, herrings, and cheese.

Finally in 1637, buyers balked and the bubble burst. Those who had paid \$150,000+ in today's dollars for ONE bulb could not sell their bulbs for close to that. A fellow who traded 12 acres of land for a single "Semper Augustus" bulb got hammered! Thankfully, most speculators had the equivalent of today's futures contracts. They had promised to pay a certain amount once bulbs had grown from seed (a process of 7-10 yrs.) but no money changed hands. After the tulip "bubble" burst, the Dutch parliament let most speculators off the hook by reclassifying contracts executed after Nov 30, 1636 as mere "options." For a fraction of what you promised to pay you could walk away.

COA Covid '2nd Booster' Clinic

The Council on Aging is partnering with West Concord Pharmacy to offer the 2nd Covid booster clinic to Concord residents age 60+

MODERNA CLINIC - Thursday, April 21, from 1:00 PM to 4:00 PM.

PFIZER CLINIC - Tuesday, May 3, from 1:00 PM to 3:00 PM.



Go to Concord MA/Official Website to register. If you are unable to register online, please call the COA at 978-318-3020 for assistance.

Your Top 12

WORDS TO DUST-OFF

Words

1. abricity
2. elflocks
3. degust
4. gorgonize
5. deliciate
6. constellate
7. illecebrous
8. hugger-mugger
9. kench
10. osculable
11. caparison
12. twattle

Definitions

- a. to cluster together
- b. vegetables with a puff-pastry topping
- c. warmth of the sun on a winter day
- d. gossip or other idle talk
- e. state of confusion, disorder, or secrecy
- f. capstan, used for raising an anchor
- g. dismal
- h. ornamental covering for a horse
- i. tangled hair, as if matted by an elf
- j. to delight oneself
- k. attractive
- l. to taste carefully or with relish
- m. to stupefy or spellbind someone
- n. kissable
- o. a bin where animal skins and fish are salted

Answers

1. c 2. i 3. l 4. m 5. j 6. a
7. k 8. e 9. o 10. n 11. h 12. d

Book /Tech Corner

In E-reader or Hard Cover Lessons from Lucy: The Simple Joys of an Old, Happy Dog

Pulitzer-prize winning columnist and humorist **Dave Barry** will inspire you to live joyously in old age while making you laugh all the way through. In his 70s, Dave realizes his dog Lucy is dealing better with growing old than he is and sets out to discover why.

Keep it Moving: Lessons for the Rest of Your Life

Bestselling author and famous choreographer **Twyla Tharp** combines personal stories with a sort of “how-to” book on aging well. She shares lessons on finding purpose and growth as you get older.

Ikigai: The Japanese Secret to a Long and Happy Life

This book explores the idea that everyone has an ikigai, meaning reason for living, and explores how finding it leads to a long and happy life. Through interviews with people on the Japanese island known for its long-life expectancy, authors **Hector Garcia & Francesca Miralles** give you tools to find your own ikigai and greater happiness.



Comedy Corner



If you wish to unsubscribe, please email Vikki at vjacobson@concordma.gov or call 978 318 3023