

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

July 2022

Volume 7 No. 3

“July is hot afternoons and sultry nights and mornings when its joy just to be alive. July is a picnic and a red canoe and a sunburned neck and a softball game and ice tinkling in a tall glass. July is a blind date with summer. ” – Hal Borland. Our most recent newsletter is a double issue so be sure to look at all our goings-on in July & August. To kick off July we got back to our annual Ice Cream Social where over 70 of you scooped up chocolate chip, vanilla or strawberry with sprinkles, hot fudge and cherries! And you listened to Jerry Hurley’s dulcet tones on the ivories!



TV Corner

HOME RUN DERBY

Mon. 7/18 8:00 PM ET on ESPN

MLB ALL-STAR GAME

Tue. 7/19 7:30 PM ET on FOX

The 2022 Major League Baseball All-Star Game is next week! The game pits the American League against the National League with the previous season's pennant-winning managers leading their league. As-tros manager Dusty Baker helms the AL while Braves skipper Brian Snitker leads the NL. The Red Sox's Rafael Devers will start for the AL at 3rd base.



COA Road Trip!

American Heritage Museum/Hudson

Thurs. Aug. 25, 9:30 AM

\$25 pp for Tour & Van Ride


(Lunch following, paid on your own)

At the American Heritage Museum you will explore America's conflicts, beginning with the Revolutionary War to today. Discover & interact with our heritage, the national effort to developing new technologies of warfare, and the human impact of America's fight to preserve our freedom. The museum is housed in a 66,000 + square foot building located at the Collings Foundation's headquarters. Please call us to RSVP: 978-318-3020.



Your Top Five Random Facts About Coca-Cola

5. The original product was not all that “soft.” Confederate Colonel John Stith Pemberton had become addicted to morphine after being wounded in the Civil War, and sought a pain-relief substitute. Pemberton, who had a medical degree, developed a beverage whose active ingredients were cocaine – from coca leaves – and kola nuts, a caffeine source. Taking advantage of prohibition legislation in the Atlanta area in 1886, he marketed Coca-Cola as a “temperance drink” and a patent medicine.

4. The cocaine was removed beginning in 1905. Cocaine-free coca leaf extract is prepared even now at a plant in Maywood, NJ. 

3. The price of a bottle of Coke was five cents from 1886 to 1959!

2. During the Great Depression, banker Pat Munroe of Quincy, Florida urged everyone in town to buy shares of Coca-Cola at its then-beaten down price. The company’s dividends helped farmers weather the Depression, and created at least 67 millionaires in the town, making it one of the wealthiest towns per capita in the nation.

1. The original version of the 1970 Kinks song “Lola” included the line “...where they drink champagne and it tastes just like Coca-Cola.” But the British Broadcasting Corporation refused to play any song that mentioned a commercial product. The Kinks were on tour in the U. S. at the time. Ray Davies, who composed the song, finished a concert in Minnesota and flew immediately to the London studio to re-



record “Lola,” **substituting “cherry cola” for “Coca-Cola.”** He could not get a satisfactory take, however, and had to fly to Chicago for the next gig. After that show, he flew *again* to London,

nailed the “cherry cola” version, then flew back to the States. **He had traveled over 16,000 miles to satisfy the BBC.**

Tech Corner

Maintaining proper nutrition is key to preventing disease and supplying our body with the nutrients it needs to function. Whether you’re a kitchen pro or would rather have someone else do the cooking, food delivery services make it easy for seniors to have groceries & meals brought right to their doorstep. Some of the most popular food delivery apps are:

- ◆ Instacart *HelloFresh *Blue Apron
- ◆ Home Chef *Uber Eats *DoorDash
- ◆ Grubhub * Silver Cuisine

Meal kits like HelloFresh and Blue Apron cost approx. \$10 per serving. Grubhub and DoorDash, which deliver food from your favorite restaurant, run a couple dollars for a delivery fee. You will also pay the cost of the food you order from the restaurant. Instacart lets you purchase your groceries and have them delivered just a few hours later. The delivery fee for orders over \$35 is \$3.99. A COA Tech Tutor can help you get these apps on your phone or laptop!

Shop *Harvey’s Treasure Gift Shop* online for unexpected summer goodies! The solid store is closed July–August but your donations will be gladly received at the COA anytime. Thank you!



Comedy Corner



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