



SENIOR SPIRIT
NEWSLETTER OF THE CONCORD COUNCIL ON AGING
March 2023

“Eight Weeks in Ukraine” – Presentation by Tania Vitvitsky – In-Person at the COA
Tuesday, March 7th from 10:00 AM to 11:00 AM

In October and November of 2022, Tania Vitvitsky, a Sudbury resident, spent eight weeks in Lviv, Ukraine volunteering at the Ukrainian Education Platform (UEP), a Ukrainian non-profit assisting Internally Displaced Persons (IDPs). As of December 5, 2022, there were 5,914,000 IDPs in Ukraine due to the Russian invasion. Lviv, has avoided large-scale destruction but has frequent power blackouts and often a lack of water. How do Lviv city residents manage to keep going while Russian missiles and Iranian drones cut power and water, and lay waste to villages, and towns? Tania will share her photos and show how she managed a daily routine during frequent air raid sirens while working with the neediest of families and children. There is no charge. Please call the COA office to reserve a seat.



Ruth Bader Ginsburg – “I Dissent”
A One-Woman Show Performed by Sheryl Faye – Live at the Concord COA!
Tuesday, March 7th from 2:00 PM to 3:00 PM

“Fight for the things that you care about but do it in a way that will lead others to join you.” ~ Ruth Bader Ginsburg



Ruth Bader Ginsburg was an American lawyer and jurist who served as an associate justice of the Supreme Court of the United States from 1993 until her death in September 2020. She was the second woman and the first Jewish woman ever appointed to the Court. She championed fairness and equality and objected to different expectations for men and women, prejudice against minority groups, and women having fewer job opportunities than men. This show tells the inspiring story of how Ruth Bader Ginsburg changed her life and ours. Join us on Tuesday, March 7th at 2:00 PM for this solo performance by Sheryl Faye. The show is free of charge thanks to funds generated by Harvey’s Treasure Chest Gift Shop funding. Please call the COA office to reserve your seat.

Concord Carlisle High School Students Present Their Annual St. Patrick’s Day Grab & Go Lunch
Saturday, March 11th; Pick-up at CCHS from 11:30 AM to 1:00 PM

Reserve your meal for the Concord-Carlisle High School St. Patrick’s Day luncheon! The high school students will be distributing meals to Concord and Carlisle seniors as drive-through event on Saturday, March 11th. Students will package a traditional boiled dinner of corned beef and cabbage, potatoes, and carrots. Traditional Irish soda bread and sweets will round out the meal. The lunch will be served cold for you to reheat at home. You may pick up your meal from the CCHS parking lot between 11:30 AM and 1:00 PM. Reservations are required. Please call the COA to sign up. If you are unable to get to the high school for pick up, you may request that your meal be delivered.



Stephen Collins – “Irish Voices” – Live at the COA
Tuesday, March 21st at 11:00 AM

Actor, teacher and lecturer, Stephen Collins, gives his one-man show on Irish writers on Tuesday, March 21st at 11:00 AM. He starts the show by presenting the book *The Norton Anthology of English Literature*, noting that many of the writers included were born in Ireland. The commonality, of course, is the English language but there are vast cultural differences that are explored in this performance. Much of Irish writing deals with the land, the past, the church, and the changing political landscape. Yeats, Joyce, Heaney, McCourt, and other prominent writers are represented. This show is sponsored by Harvey’s Treasure Chest Gift Shop and is free of charge. Please call the COA office to sign up.



VOLUNTEER NEWS & OPPORTUNITIES

*The COA Volunteer Coordinator position is funded in part by the Concord Carlisle Community Chest
Contact Vikki Jacobson to volunteer/ask questions: 978-318-3020 vjacobson@concordma.gov*



WELCOME _____ (Name?) _____ !

Here kitty, kitty, kitty! Meet the COA's newest member – he or she is an animatronic cat and can purr, roll over, tap, and meow with you, and will reside in the COA lounge. Our new kitty does not have a name and we need your help! Please put your suggestions for a name in the box next to the kitty's bed. Maybe when you see our COA kitty a name will strike you!

Handy Person - Might you know of anyone who is good with a screwdriver, a hammer, and a pair of pliers? Or can install a window air conditioner? We are lucky to live in a town where so many people care and donate their time, but we need of a handy person. Please spread the word to neighbors and friends. A person does not need to be a Concord resident to volunteer.



Our **COA Library** is open and in excellent order thanks to our volunteer librarian, Jill Colpak. Please stop in to find a classic you've always wanted to read or a new best-seller. We're eager for donations of books that have been published after 2016.

Harvey's Treasure Chest Gift Shop – New items have just been added to the online store. To shop all you need to do is type in Harvey's Treasure Chest Gift Shop and the link will pop up in your search page. The colorful plate (\$8) is featured for sale right now. Harvey's is pleased to accept your donations; all proceeds benefit the COA.



Technology Tutors – Having trouble with your email or not sure how to work your smart phone? Help is at hand! Just call the COA and set up a one-on-one tutoring session with one of our great volunteers!!

MMN-TV Concord Television – Local Access Cable Television is alive and airing strong! Go to the Town of Concord webpage, then to MMN-TV, and you can find many recorded programs with a link to YouTube, including COA programs. It's easy to get them by just clicking the link provided. **REMEMBER:** If you live in Concord, you can request programming, borrow equipment, and submit works of art to be shown on TV. The staff at MMN [welcome your feedback!](#) Help them make MMN more useful for YOU!

ArtSpace – we bid adieu to Barbara Aiello's magnificent photos on our walls. Up next is the Carousel Preschool from just down the hall. They love seniors to appreciate their artwork 😊

Buddy Up!

We always have new seniors joining the COA, and we are looking for volunteers to buddy with a new member during their first few activities and events. Are you interested in sitting with someone at the Wednesday lunch, one of our card games, Bingo, or any other of our many activities to help them feel comfortable and get more acquainted with us? If so, please contact our Volunteer and Public Relations Coordinator, Vikki Jacobson, at the COA and ask to be matched with a buddy.

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Ask a Lawyer

Thursday, March 23rd – By Appointment

In this program, local attorneys volunteer their time to answer your individual legal questions during a complimentary 30-minute consultation. We ask that you make use of this service only once a year. This month appointments will be available Thursday, March 23rd from 9:00 AM to 12:00 Noon. Please call the COA to make an appointment.

Drop-In Seamstress Service

Tuesday, March 14th, from 10:00 AM to 12:00 PM

Due to increasing demand, we are limiting the service to TWO items per visit. Drop-in seamstress service is offered on the second Tuesday of each month, from 10:00 AM to Noon. Volunteers, Tina Z and Lisa B, are available to repair garments in need of light mending and may refuse jobs that are too complicated. Items brought for repair must be clean and fresh. Repairs are typically completed within one week. The service is offered on a first come, first serve basis, and free of charge. However, if new items like buttons or zippers are required to complete the job you will be charged for the supplies. Appointments are not required. Just drop in!!

Tax Preparation Assistance

Volunteers certified under the AARP Foundation Tax-Aide Program will be at the COA throughout March to help you prepare your Massachusetts and Federal personal income tax returns or answer you tax questions. One-hour sessions are offered free of charge. Office hours are on Tuesdays, Wednesday, and Thursdays. Please call the COA for an appointment at 978-318-3020.

Please note: The Town of Concord and the COA do not necessarily endorse speaker's viewpoints. In addition, while we appreciate the advertisers who support this newsletter, we do not specifically endorse any products or services.

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HEALTH & WELLNESS

Diabetes Care

The Importance of Diet & Involving Your Pharmacist

Tuesday, March 7th at 1:00 PM



Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It can lead to health problems related to your eyes, kidneys, nerves, heart, and vascular system. The importance of managing your diabetes is key. Please join Silky Kaur, one of the clinical pharmacists from West Concord Pharmacy, on Tuesday, March 7th at 1:00 PM for a presentation on diabetes and the importance of a balanced diet. Silky will discuss the definition of diabetes, how to use diabetes related medications as adjunctive therapy to diet, and how to utilize a pharmacist in diabetes care. She will also discuss the importance of increasing diabetes awareness in the community. Please call the COA to sign up for this in-person presentation.

Memory and the Brain

Tuesday, March 21st at 1:00 PM

What is memory? Memory is our ability to encode, store, retain and recall information and past experiences. Memory is the sum of what we remember; it gives us the ability to learn and adapt from previous experiences, as well as to build relationships. The human brain and memory are complex. Please join Geriatric Health Nurse, Valerie Boggia, on Tuesday, March 21st at 1:00 PM for a listen & learn on memory and the brain. Valerie will discuss what memory is, as well as aspects of short and long-term memory. She will review the functions of the brain and how they affect memory. Tips to improve your memory and how to boost brain power will be provided. Valerie will conclude with fun facts about your brain, ways to keep your memory active, and a fun memory game. Please call the COA to sign up for this in-person presentation.



Blood Pressure Screening

Wednesdays, March 1st, 8th, 15th, 22nd and 29th
10:00 AM – 12:00 Noon

Podiatry Clinic

Dr. Alissa Kuizinas
Friday, March 10th
9:00 AM to 1:00 PM
by Appointment

Direct pay only, for a fee of \$35. You may ask for a receipt to submit to your insurance for reimbursement, if eligible.

Dr. Dan Seligman
Monday, April 3rd
8:30 AM to 11:50 AM
by Appointment

Direct pay only, for a fee of \$35. You may ask for a receipt to submit to your insurance for reimbursement, if eligible.

Ask a Nurse
Tuesday, March 14th
1:30 PM to 3:00 PM - Drop-in

Geriatric Health Nurse, Valerie Boggia, will be available on Tuesday, March 14th from 1:30 PM to 3:00 PM to discuss your individual health care concerns and questions. You may have a new medical diagnosis you want more information about, a current health concern, lab or medical information to review, or an upcoming doctor's appointment you want to prepare questions for. Please feel free to drop in and discuss your needs. Appointments are on a first come, first served basis.

March has Arrived!

This month brings Daylight Savings time on March 12th and the start of spring on March 20th. As we "Spring Ahead", it is also a good time to spring clean! Spring cleaning is not only for your home, but also a time to spring clean your health! Clean out your cabinets, clean your refrigerator, open the windows, and let the fresh air in. Take inventory of all your medications: ointments, eye drops, vitamins. It is important to dispose of all expired medications or those that you no longer use. Keep all your medications secured and stored properly. Review all your medications with your primary care doctor. Keep an updated record of your current medications and health status. Update your File of Life or fill one out if you do not have one. Spring ahead with the planning of your health appointments. Schedule a spring check-up with your doctor, dentist, eye doctor or any other health professionals for screening tests. Let your healthy body bloom with the spring!



Support Group Series

The current support group, Sadness and Depression, began in February and meets Fridays March 3rd, 10th, 17th, 24th from 10:00 AM to 11:30 AM. This group is closed to new members. The next group in this series will be Coping with Challenging Family Relationship Dynamics and will be held Fridays 10:00 AM to 11:30 AM starting April 14th. This series of support groups are facilitated by COA Social Services Supervisor, Nicole Saia. More details will be in the April newsletter.

**Hearing Loss Support Group – on Zoom
Tuesday, March 14th, from 1:00 PM to 2:00 PM**

The Hearing Loss Support Group, facilitated by COA volunteer Bob Andrews, provides an opportunity for people with diminished hearing to share and discuss the impact that hearing impairments have on their lives. This group meets the **2nd Tuesday of each month at 1:00 PM.** Join for peer support, tips and tricks, and an opportunity to meet others with similar experiences. If you have not participated in this group before, please contact the COA at 978-318-3020 to sign up, and we will send you the Zoom link.



**Coping with a Partner with Hearing Loss – In-person
Thursday, March 23rd from 11:00 AM to Noon**

Do you live with a hard of hearing senior? We are seeking spouses and life partners of people with hearing loss to attend a meeting led by Bernie Jenkins. Bernie is a retired geriatric social worker, mental health administrator, educator, and former Director of the Concord COA. She will hold a one-time special meeting at the COA on March 23rd at 11:00 AM, where she will facilitate a discussion of what it is like to live with a hard-of-hearing senior. She says, based on living with a hearing challenged husband, that it isn't easy! All are invited to the meeting. Please call the COA office to let us know if you plan to attend.



**Low Vision Support Group – on Zoom
Wednesday, March 29th at 1:00 PM**


The low vision support group, facilitated by Jeff Lowe - a volunteer supported by the Massachusetts Association for the Blind and Visually Impaired (MABVI), meets the last Wednesday of each month. The group meets on Zoom to share experiences and support. Please call the COA for more information, and to register to receive your Zoom link.

**Caregivers' Support Group – Hybrid in-person & on Zoom
Tuesday, March 28th from 10:30 AM to 12:00 PM**

This group is open to all caregivers, regardless of diagnosis, and meets the fourth Tuesday of each month. There will be time designated for caregivers to share experiences and gain support. Eligible group members include Concord residents who are over age 60 or the caregiver for someone who is over age 60. The group will be hybrid style, in-person and on Zoom. The group is facilitated by COA Social Services Supervisor, Nicole Saia. Pre-registration is required. Please contact Nicole by emailing nsaia@concordma.gov or call Nicole at 978-318-3020.



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COA Cinema

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Fridays at 12:00 Noon, Reservations are not Required. Just show up!

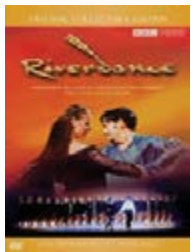
March 3rd – *The Duke* - In 1961, Kempton Bunton, a 60-year-old taxi driver, stole Goya's portrait of the Duke of Wellington from the National Gallery in London. Kempton sent ransom notes saying that he would return the painting on condition that the government agreed to provide television for free to the elderly. What happened next became the stuff of legends. Cast: Jim Broadbent, Helen Mirren, Fionn Whitehead, Anna Maxwell Martin, Matthew Goode, Jack Bandeira. (Comedy/Drama based on real life; 2021; Rated R; 1h 36m)

March 10th – *Belfast* – In the 1960s, Buddy's family lives in a largely Protestant district of Belfast with a few Catholic families. But one day his community and everything he thought he understood about life is suddenly turned upside down. Buddy's family gets caught in the mayhem and must decide to stay or leave their home. Through it all, his passionate parents and quick-witted grandparents keep the joy alive through music and the magic of movies. Cast: Judi Dench, Caitriona Balfe, Jamie Dornan. (Drama; 2021; PG-13; 1h 37m)

March 17th – *Waking Ed Devine* – After discovering that lucky local Ned Devine croaked from the shock of hitting the jackpot in the national lottery, two men mastermind a scheme to impersonate him and collect his prize money. Cast: Ian Bannen, David Kelly, Fionnula Flanagan, Susan Lynch. (Comedy; 1998; PG; 1hr 31m)

March 24th – *Ryan's Daughter* – Set in 1916 amid political unrest on Ireland's Dingle Peninsula, this epic tale stars Sarah Miles as Rosy Ryan, a naïve girl trapped in a loveless marriage to a schoolmaster (Robert Mitchum). When a handsome British officer arrives in town, his tryst with Rosy sets tongues wagging and leads the locals to suspect Rosy of being an informant after a rebel operation is sabotaged. Cast: Robert Mitchum, Sarah Miles, Trevor Howard, Christopher Jones. (Classics/Romance; 1970; Rated R; 1h 48m)

March 31st – *Brooklyn* – After emigrating from Ireland, Ellis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations - and two men. Cast: Saoirse Ronan, Domhnall Gleeson, Emory Cohen, Jim Broadbent, Julie Walters. (Romance; 2015; PG-13; 1h 52m)



Monthly Broadway Musical Series

View a Broadway Musical on the 4th Tuesday of each month at 12:30 PM

March 28th – *Riverdance: Live from Radio City Music Hall*

Irish music and dance sensation Riverdance bring its legendary energy to New York's Radio City Music Hall in this show starring Jean Butler, Maria Pages, and Colin Dunne, and featuring 70 dancers and musicians performing pieces such as "American Wake," "Harbour of the New World," "Trading Taps," and "Homecoming", as well as revealing behind-the-scenes footage. (Dance; 1996; Not Rate; 1h 42m)

Book Discussion Group

Tuesday, March 21st at 9:30 AM

The book group, led by COA Volunteer Phyllis DiMarzio, meets on the third Tuesday of each month. The March book will be *A Most Clever Girl* by Stephanie Marie Thornton. A thrilling novel of love, loyalty, and espionage, based on the true story of Elizabeth Bentley, a Cold War double agent spying for the Russians and the United States. New members are always welcome, please call the COA to sign up.

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Passport Club - A Live Virtual Travel Experience! On Zoom At the COA
Live Walking Tour of the City Center of Bologna, Italy
Wednesday, March 8th from 10:00 AM to 11:00 AM

Bologna is a city characterized by arcades and warm colors; a city with medieval architecture, rich in churches and cultural sites not to be missed. On this tour we will visit the historic center, the beating heart of Bologna, with its famous seven secrets. This is a live, hour-long, on-location walking tour with a professional guide organized by our travel partner, Beeyonder. The tour takes place on Zoom and is projected onto a large screen at the COA. Thanks to the funds generated by the Harvey's Treasure Chest Gift Shop, this program is offered free of charge. Please call the COA to sign up.



A Storytelling Class with Sal Lopes
Thursdays, March 9th, 16th, 23rd, and 30th from 10:30 AM to Noon

Want to tell a story? What's your story? Telling stories is as old as the beginning of humanity. It is a method of social connection to share personal experiences and entertain a live audience. Four 90-minute classes with COA volunteer, Sal Lopes, will provide the opportunity to engage with others and present your story to an audience. This will be Sal's second Storytelling workshop at the Concord COA. To maximize the experience, we would like a minimum of 5 people to attend. Please call us at the Concord COA if you would like to join this free class.

"Natural Beauties" Painting Workshop
March 13th and 20th from 1:00 PM to 3:00 PM – At the COA

"Natural Beauties" are paintings of the local landscape and its inhabitants. At this two-workshop series, you will make an 8 by 10-inch painting that will be eligible to be shown at a painting exhibit at Fowler Library in May. All materials and painting supplies will be provided. Also, some of the paintings will be selected to become part of a mural at the Bruce Freeman Rail Trail. These workshops are presented by Art for All and the West Concord Junction Cultural District Committee, and are funded by the Massachusetts Cultural Council, a state agency. There is no charge. Space is limited. Please call the COA office to reserve your spot.

Virtual Sock Hop with DJ OldSkool – On Zoom
Thursday, March 16th from 2:30 PM to 3:30 PM



Hear you favorite big band, rock and roll, doo-wop, and 50s and 60s tunes for your listening and dancing pleasure. There will be an interactive chat to share memories too. Tune in to Zoom on Thursday, March 16th from 2:30 PM to 3:30 PM. Please let the other kids on the block know it's happening. Please call the COA to reserve your spot on the dance floor and get a Zoom link for the party! And don't forget your virtual dancing shoes!

Great Decisions 2023 – Hybrid – In-person and on Zoom
Thursdays, through April 6th, 1:00 PM to 2:30 PM

Join John Gardella for Great Decisions, America's largest discussion program on world affairs. It involves reading the briefing book, watching the DVD, and attending a discussion group. This year's topics are Energy Geopolitics, War Crimes, China and the US, Economic Warfare, Politics in Latin America, Global Famine, Iran at a Crossroads, and Climate Migration. The 8-week Great Decisions group started on February 9th and meets on Thursdays from 1:00 PM to 2:30 PM. The cost of the briefing book is \$35, check payable to the Town of Concord. Please call the COA to inquire about availability. The group meets in-person at the COA and on Zoom.

Dragon and Tiger Medical Qigong 10-week Series
Fridays, through April 28th from 1:30 PM to 2:30 PM



If you missed your chance to enroll in Dragon and Tiger Medical Qigong in December, you have another opportunity! A new class started on February 24th, beginning with the very first movement of the 7 movement form. Would you like greater ease in your body, with less pain and restriction, better balance, greater lower body strength—reducing the risk of falls and other injuries—more energy to get through your day, reduced stress, and a clear, calm, mental focus? Dragon and Tiger Medical Qigong has been used for these and other health benefits for over 1,500 years. Join experienced Chinese medicine doctor, Steven Cardoza for a 10-

week series of Dragon & Tiger Qigong. \$120 for this ten-week series is due at registration, with a minimum of 8 students. (No drop-ins for this class series after week 1). Please call the COA to register.

**DVD Series with Jan Muir – “Into the Volcano” – In Person
Tuesdays, March 14th to May 2nd (No Class on 3/28)**

According to our virtual host, Simon Schama, on the DVD *Simon Schama’s Power of Art*, “This is not a saunter through the gallery on a drowsy Sunday afternoon or a Grand Tour of Beauty through the ages. Instead, it is a descent into the volcano of the creative imagination, into the fires, where some of the greatest things humans have ever wrought were fashioned.” Each session, we will watch a thought-provoking DVD followed by a discussion led by Jan Muir about the artist and what we have seen. The artists include Caravaggio, Bernini, Rembrandt, David, Turner, Van Gogh, Picasso, and Rothko. There is no charge. Please call the COA to reserve.

**REPEAT PRESENTATION - Principles of Long-Term Investing Resilience
Thursday, March 16th from 12:00 PM to 1:30 PM**

The investing program in January was so popular that we have invited the presenters back for a repeat! Jerry Breen, Financial Advisor from Edward Jones, and Graham Kimmerer, a consultant for MFS Investment Management, will help you understand what is driving the markets today. You’ll learn about strategies to protect portfolios and retirement income streams. Priority will be given to those on the January waitlist. Lunch is provided. Please call the COA office to reserve. There is no charge.

**John Clark – “History of Feminism in Music” – Hybrid – In-Person and on Zoom
Thursday, March 30th at 2:30 PM**

This is a 100-year history (1870 to 1970) of the music that played a vital part in American women’s struggles for equal status and equal rights. It begins in the late 19th and early 20th centuries with the music of women’s suffrage, then moves on to early songs of female independence associated with the “flappers” of the Roaring Twenties, then to tunes from World War II and modern feminist anthems. John Clark is a frequent presenter at the COA. This PowerPoint presentation with music is sponsored by Harvey’s Treasure Chest Gift shop and is free of charge. Please call the COA to sign up or request a Zoom link if you are tuning in from home.

ONGOING EXERCISE CLASSES

Exercise with Julie - Aerobics and Strength & Flex - Mondays & Thursdays, 9:30 AM & 10:45 AM.

Each class is \$5 paid directly to the instructor. Please call the COA to sign up even if you are a regular student.

Tai Chi - Mondays at 3:00 PM. Tai Chi is a system of gentle exercise performed in a series of movements in a flowing, slow, graceful manner combined with breathing to achieve inner calm and well-being, moving the force of chi through the body. Each class is \$5 paid directly to the instructor. Please call the COA to sign up.

Yoga with Annie – Hybrid In-person at the COA & on Zoom

Mat Yoga, Mondays from 9:00 AM to 10:15 AM. Each class will focus on an area such as digestion, hips and pelvis, or a theme, as in transition. Level: beginner-intermediate, weekly practice is great for stretching, strengthening, and optimizing brain function and balance. Monthly enrollment for this 75-minute class is \$40.

Chair Yoga, Tuesdays from 9:00 AM to 10:00 AM. Weekly practice is intended to stretch, strengthen, and to cultivate brain function, balance, and equanimity. Wear loose fitting clothes and bring a friend for in person practice, although online class is available with registration. Monthly enrollment \$20 (no class on November 8th). A minimum of 12 participants are needed to run these classes. Please call the COA to sign up.

Yoga with Kathy – on Zoom Only - Wednesdays, at 8:00 AM. Kathy continues to offer her early morning class online. If you would like to join via Zoom, please call the COA to sign up.



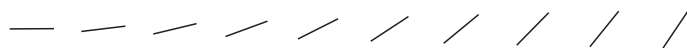
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MARCH COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:00 Yoga - Zoom 9:30 Genealogy 10:00 BP Clinic 11:30 Nashoba Brooks Concert 12:00 LUNCH 1:00 Bingo 2:00 Ping Pong	2 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:00 Great Decisions	3 10:00 Sadness SPTG 11:00 Public Policy 12:00 Cinema – The Duke 12:30 Poker 1:30 D&T Qigong	4
5	6 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:45 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Hand & Foot 1:00 Musical Quiz 3:00 Tai Chi (\$5)	7 9:00 Chair Yoga (\$5) 9:30 Drama 10:00 Ukraine 10:30 Quilting 10:30 Coffee & Conversation 11:30 Ping Pong 1:00 Bridge 1:00 Diabetes Care 2:00 Ruth Bader Ginsburg	8 8:00 Yoga – Zoom 10:00 BP Clinic 10:00 Passport Club - Italy 12:00 LUNCH 1:00 Bingo 2:00 Ping Pong	9 9:30 Aerobics (\$5) 10:00 Acrylics 10:30 Storytelling 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:00 Great Decisions	10 10:00 Sadness SPTG 9:00 Podiatry – Dr. Kuisinas 11:00 Public Policy 12:00 Cinema – Belfast 12:30 Poker 1:30 D&T Qigong	11 11:30 CCHS Grab & Go Lunch
12	13 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:45 Men's Mtg 10:45 Strength & Flex (\$5) 11:45 Lunch Bunch 1:00 Hand & Foot 1:00 Musical Quiz 1:00 Painting Workshop 3:00 Tai Chi (\$5)	14 9:00 Chair Yoga (\$5) 9:30 Drama 10:00 Seamstress 10:30 Quilting 10:30 Coffee & Conversation 11:30 Ping Pong 1:00 Bridge 1:00 Hearing Loss SPTG 1:30 Ask A Nurse 2:00 DVD Lecture Series	15 8:00 Yoga – Zoom 9:30 Genealogy 10:00 BP Clinic 12:00 LUNCH 1:00 Bingo 2:00 Ping Pong	16 9:30 Aerobics (\$5) 10:00 Acrylics 10:30 Storytelling 10:45 Strength & Flex (\$5) 12:00 Investing Resilience 1:00 Cribbage 1:00 Great Decisions 2:30 Sock Hop	17 10:00 Sadness SPTG 11:00 Public Policy 12:00 Cinema – Waking Ed Devine 12:30 Poker 1:30 D&T Qigong	18
19	20 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:45 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Hand & Foot 1:00 Musical Quiz 1:00 Painting Workshop 3:00 Tai Chi (\$5)	21 9:00 Chair Yoga (\$5) 9:30 Drama 9:30 Book Group 10:30 Quilting 10:30 Coffee & Conversation 11:00 "Irish Voices" 11:30 Ping Pong - Cancelled 1:00 Memory & Brain 1:00 Bridge 2:00 DVD Lecture Series	22 8:00 Yoga - Zoom 10:00 BP Clinic 12:00 LUNCH 1:00 Bingo 2:00 Ping Pong	23 9:00 Ask A Lawyer 9:30 Aerobics (\$5) 10:00 Acrylics 10:30 Storytelling 10:45 Strength & Flex (\$5) 11:00 Partner Hearing Loss 1:00 Cribbage 1:00 Great Decisions	24 10:00 Sadness SPTG 11:00 Public Policy 12:00 Cinema – Ryan's Daughter 12:30 Poker 1:30 D&T Qigong 5:30 YES Group	25
26	27 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:45 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Hand & Foot 1:00 Musical Quiz - Cancelled 3:00 Tai Chi - Cancelled	28 <u>Town Election</u> 9:00 Chair Yoga - Cancelled 9:30 Drama - Cancelled 10:30 Quilting 10:30 Caregivers SPTG 10:30 Coffee & Conversation - Cancelled 11:30 Ping Pong – Cancelled 12:30 Musical –Riverdance 1:00 Bridge	29 8:00 Yoga - Zoom 10:00 BP Clinic 12:00 LUNCH - Cancelled 1:00 Bingo 1:00 Low Vision 2:00 Ping Pong	30 9:30 Aerobics (\$5) 10:00 Acrylics 10:30 Storytelling 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:00 Great Decisions 2:30 Feminism in Music	31 11:00 Public Policy 12:00 Cinema – Brooklyn 12:30 Poker 1:30 D&T Qigong	



Rides to the Polls

Annual Town Election – Tuesday, March 28th

The COA will provide transportation to and from the polls. Please call the COA at 978-318-3020 to request a ride by Thursday, March 23rd. Note: Due to the election, no programs will be held on the main floor of the COA from noon on Monday, March 27th to noon Wednesday, March 29th.

Open Walk at the Hunt Gym

The Hunt Gym at 90 Stow Street has gym time available for walkers on Tuesdays from 8:00 AM to 9:00 AM and Thursdays & Fridays from 3:00 PM to 4:00 PM through the winter months. Upon arriving at the Hunt Building, please use the side entrance and sign in at the front desk. **Why not invite a friend for a walk?** Proper footwear is required, sneakers only please! Please call the Recreation Department at 978-287-1050 with any questions.



Upcoming Concord COA Outings

YES Group to the Colonial Inn

Friday, March 24th at 5:30 PM

Join the YES Group at the Colonial Inn for dinner on Friday, March 24th at 5:30 PM. Choose from soups and salads, burgers and sandwiches and traditional entrees. Concord's Colonial Inn carefully considers its food options and remains committed to bringing its guests the very best in fresh, local cuisine. The YES Group is open to all "Youthful Energetic Seniors." Transportation to the Colonial Inn and the cost of dinner are on your own. Please call the COA to sign up so we can give the restaurant an accurate head count. COA staff does not attend YES Group events.

Lunch Bunch at Paparazzi

Monday, March 13th at 11:45 AM

We are on a mission to successfully restart the COA's Lunch Bunch, a small group of seniors that have lunch together at a local restaurant monthly. Before the pandemic this activity was thriving, and we are hoping to make it a success once again. So please join us on Monday, March 13th at 11:45 AM at Paparazzi in Concord for a delicious Italian meal made with fresh, local ingredients. You can drive yourself to Paparazzi or request a ride in the COA van. If you have any questions, just give us a call. The COA Activity Coordinator, Tina Close, attends this event. Please call the COA to reserve your spot so we can give the restaurant an accurate count.

IN-PERSON WEDNESDAY LUNCH at the COA

Lunch Fee \$2 – Dollar Bills are Appreciated.

Reservations are Required

Join us for lunch at the COA on Wednesdays at noon. Please call the COA office (978) 318-2020 to reserve your meals each month, even if you are a "regular". Missing menus are usually available a few days before the lunch dates.

March 1st – Minuteman Senior Services – Macaroni & Cheese w/Birthday Cake

***On March 1st, please join us at 11:30 AM in the auditorium to hear the children of the**

Nashoba Brooks School sing for you. This is a yearly tradition, and we look forward to it!

March 8th – Newbury Court

March 15th – Minuteman Senior Services - Egg Salad/Sweet Potato Salad/Garden Salad

March 22nd – CareOne of Concord

March 29th – No Lunch due to Town Election break-down

Van Shopping Schedule

The COA is happy to provide a variety of shopping opportunities each month, but it is important that you call for a reservation in advance. You may sign up at any time. To ensure there is enough room, each shopper is limited to five (5) shopping bags. The van driver will help carry bags if you are unable to do so. There is a suggested donation of \$2.00 on all shopping trips. Masks are required on the van regardless of vaccination status.

Market Basket Shopping: Every Thursday starting at 12:30 PM

Trader Joe's Plaza: Second (2nd) and Fourth (4th) Tuesday of the month starting at 12:30 PM

Crosby's Marketplace Plaza: Every Friday starting at 10:00 AM

Town of Concord
Council on Aging
1276 Main Street
Concord, MA 01742

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**HOURS AT THE COUNCIL ON AGING
OPEN MONDAYS THROUGH THURSDAYS, 8:30 AM TO 4:30 PM, AND
FRIDAYS 8:30 AM TO 2:30 PM.**

**Concord Council on Aging
1276 Main Street, Concord MA 01742
Telephone (978) 318-3020**

Lauren Barretta, Director
Claudia Curran, Administrative Assistant
Lisa Bergemann, Office Clerk
Tina Close, Activity Coordinator
Vikki Jacobson, Volunteer & PR Coordinator
Chris Choate, Custodian
Dave Barry, Van Driver

Nicole Saia, Social Service Supervisor
Valerie Boggia, Geriatric Health Nurse
Valerie Bertsch, Outreach Coordinator
Hilary Norris, Outreach Coordinator
John Goshdigian, Van Driver
Marty Burque, Van Driver
Don McKinney, Van Driver