

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

April 2023

Volume 4 No. 4

Enjoy the display of West Concord's Industrial Past exhibited on our ArtSpace walls thru May 11th. The year 2025 marks the 250th anniversary of the battles of Concord & Lexington and 2026 marks the 250th anniversary of the signing of the Declaration of Independence. The town formed an executive committee to coordinate celebratory events and welcomes volunteers to any sub-committees. To inquire: 250celebration@concordma.gov call the Town at 978-318-3100.



Sleep Hollow Cemetery
Monday, April 24, 2:00 PM
In-Person or Zoom

Learn more of the history, accomplishments and third decade planning of this very New England-y rural cemetery. Listed on the National Register of Historic Places, Kevin Thomas Plodzick, president of The Friends of Sleep Hollow is the presenter. Call the COA to sign up for this no charge event: 978-318-3020.



TV CORNER

Boston Sports This Weekend

B's Last game of regular Season!

4/13 Bruins vs Canadiens 7:00 PM NESN

Red Sox Four Games Series at LA!

4/14 7:10 PM All games on NESN

4/15 4:10 PM

4/16 1:35 PM

4/17 11:10 AM

Celtics 1st NBA Champ. Round #1

4/15 Celtics vs Hawks 3:30 PM ESPN



**Your Top 5 Facts How
Trees Grow Buds &
Where the Big Trees Are...**



5. The last leaves the tree makes in summer have everything the tree needs to make buds pop out in spring. When the weather gets cold and the nights get long, and all the leaves have fallen, those last leaves turn into what are called **“terminal buds”** on the tree’s branches. They are like a winter coat, to protect the tree until the weather gets warm again. The tree won’t dare take that coat off, even if there’s a warm spell during the winter.

4. When the nights get longer in the fall, the tree knows that **“chill hours” have started, and there are jobs to do.** 1) Drain the water from cells and drop leaves. 2) Make antifreeze, like cars have...check. Make fatty acids to keep cells soft so they don’t break 3) Make antioxidants and Vitamin C like you get when you eat fruit.

3. **When the weather gets warmer and the nights get shorter, the tree knows it’s OK to open those buds.** Some of them have tiny, preformed flowers. Others have tiny leaves, and some have both. All winter, those buds have been protecting the tree from the cold like a warm coat, and now the tree can take off the coat, and let those buds blossom. When that happens, the cells in the tree’s trunk and branches know it’s time to divide, and grow, and the tree gets a little bigger.

2. **Where to find really big trees.** A "champion" is the largest of a particular tree species. The conservation group American Forests has identified the champion of nearly 600 species. Size is calculated by height, trunk circumference, and canopy spread.

1. **The greatest champion of them all** is “General Sherman,” a giant sequoia in Sequoia National Park, Tulare County, CA. It’s 274 feet tall, with a circumference of 85 feet and a canopy that would shade every inch of a basketball court. The general is estimated to be 2,200 to 2,700 years old. Another giant sequoia, in Del Norte County, CA, is the tallest known tree in the U. S., at 321 feet.

Concord Friends of the Aging

SPRING FLING! Luncheon, May 17th, 12:00pm

Musketaquid Club on Old Mill Rd.

Call Connie at 978-341-8853 to RSVP
Limited COA Van Service: Call 978-318-3020



Tech Corner

Senior News Daily
Part of the **National Digital News Network**

Senior News Daily (SND) is written by and for active seniors that believes seniors have a sense of humor and can laugh at themselves. SND knows its readers are intelligent, influential, have active lives and get their news from a variety of national sources, both left and right of the political center. Each day SND scours the internet for articles that interest and benefit seniors. SND publishes health and financial news for seniors, breaking political news, retirement and community news of value to seniors.

The National Digital Newspaper Program (NDNP), a partnership between the National Endowment for the Humanities (NEH) and the Library of Congress (LC), is a long-term effort to develop an Internet-based, searchable database of U.S. newspapers with descriptive information and select digitization of historic pages.



Comedy Corner

Leaked photo of NASA taking the Sun
down for maintenance



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