

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

June 2023

Volume 4 No. 6

There's something unique about all the months, but the start of summer, a new season in your life, makes June even more superior. History came alive on the COA stage when actors and Concord Visitor Center guides, Amy Cole and Stefanie Cloutier, presented their original play "Two Sisters" ... the account of the real relationship between sisters Louisa and May Alcott was a bravo performance. Our newsletter for both July and August is coming soon - keep an eye on your online and mailbox mail! Lastly, Nurse Valerie was on hand to tell you more about those nasty ticks!



COA Annual Ice Cream Social
Thursday | June 29 | 2:30 PM

Here's the scoop: it's not too late to sign up! Jerry Hurley on the keys and yummy Bedford Farms ice cream - you make your own sundae! What more could you ask for?!? Call 978-318-3020. Thank you Harvey's Treasure Chest Gift Shop for funding this event!



COA Cinema 12:30 PM Tuesdays
June 27 "Guys And Dolls"

Sinatra, Brando, Simmons & Blaine!



TV CORNER



Speaking of June, actress June Lockhart, the human mom of Timmy and Lassie, on TV from 1958 - 1964, turns 98 yrs. on June 25!

Your Top 11 Uses for Every Day

Items in Unexpected Ways

11. Use **tongs** and a **microfiber cloth** to clean your blinds.
10. Do you store your rolls of giftwrap in a box? Instead, keep them in a **garment bag** that hangs in your closet.
9. When you've finished a roll of giftwrap, the **cardboard tube** makes a great extension for your vacuum cleaner, to get to hard-to-reach corners.
8. Cut a **pool noodle** the same length as the bar of a clothes hanger, slice it lengthwise to fit over the bar, and it will keep your pants from creasing on the hanger.
7. If you have potted plants, water that collects in the bottom of the pot can cause root rot and overflow the saucer. The solution to both problems: **cut up sponges** and place the pieces in the bottom of the pot.
6. A piece of 4-6 inch diameter **PVC tube or sleeve** is a space-saving container for plastic bags.
5. **Nail polish** is good for repairing small tears in wire screen. Different colors of polish also can mark your similar-looking keys, and the locks they fit.
4. The uses for duct tape are legion. Here are two: 1) Instead of buying lint rollers that don't last very long, put **duct tape – sticky side out – on a paint roller**. 2) Duct tape on dog tags dampens the jangling sound.
3. Sore muscles? **Fill a sock with uncooked rice**, give it 2-3 minutes in the microwave, and apply it wherever you're hurting. You can put herbs in the rice if you want fragrance.
2. Wobbly table leg or chair leg? Cut a section of a **bottle cork** and glue it on.
1. **Suspenders** can do more than hold up pants. If the corners of your fitted sheets keep slipping off the mattress, attach each clip of the suspenders to a corner of the sheet, under the edge of the mattress.

Tech News



Late last month Apple announced a new computer that you wear on your face! Rather than view your computer through a physical screen, the VISION PRO's output is projected directly into your eyes. And, rather than control your computer with a mouse, keyboard or touch screen, you interface with eye tracking and hand gestures. So you can sit in your car, in any room of your house or where ever there is Wi-Fi and be on your computer. The cost of VISION PRO is \$3,499 and count on more developers jumping in with similar devices.



Comedy Corner

**I love asking kids
what they want to
be when they
grow up because
I'm still looking
for ideas.**

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