

Concord Council on Aging
HIGH SPIRITS

Mid-Month Notes from Your COA

January 2026

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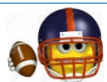
Unless you've been hiding out in an igloo, you already know it's a brand new year — and the Patriots are headed to the Super Bowl! The COA kicked things off with a Noon Year's Eve celebration, complete with a Chinese buffet and toe tapping tunes from The Steve Rudolph Trio. At 11:59 AM, we belted out Auld Lang Syne and counted down to 2026 like champs. The Old Time Music Group is still rocking — come jam or just soak it all in on Feb. 17 at 2:00 PM. And February is packed with more fun: Haiku for a Winter Afternoon, a Keep Moving dance class, and plenty of surprises. Will Punxsutawney Phil spot his shadow on the second? Who knows — but we hope to spot *you* soon!



Coming Soon

**Amanda and Nick's "Wedding" & Valentine
Jazz Brunch with Music by Brian Kane
Wed. / February / 10:30 AM - 12:00 Noon**

Join us for a very special Jazz Brunch that blends great food, live music, and a joyful community celebration. This festive morning will also feature a lighthearted mock wedding celebration for our Outreach Coordinator, Amanda, and her fiancé, Nick — a fun and loving preview ahead of their official wedding this May. Enjoy a delicious catered brunch from Buffet Way while listening to the rich melodies and lively rhythms of classic jazz expertly played by saxophonist Brian Kane. The cost is \$3, payable at the door, with funding provided in part by the Concord-Carlisle Foundation. Reservations are required.



Sports Corner

The 2026 Super Bowl kicks off at 6:30 PM ET on Feb. 8 — mark the date, grab your snacks, and get ready! The AFC champs, led by QB Drake Maye, are heading into Super Bowl LX to play the Seattle Seahawks, on NBC (Boston channel 10) or streaming on Peacock. IF that isn't enough excitement, the entertainment lineup is wild. *Bad Bunny* is taking over the halftime show, and the pre-game stage will be rocking with *Green Day*, *Charlie Puth*, *Brandi Carlile*, and *Coco Jones*. Yes... all of them. In one night. (We're still processing it, too!)

**Concord Lions Club Annual Spaghetti Lunch
Sat. / February 21 / 12:00 Noon**

The Concord Lions Club invites Concord seniors to attend its annual spaghetti lunch at the Harvey Wheeler Community Center on Saturday, Feb. 21, from 12:00 - 1:30 PM. There will be a delicious catered lunch of pasta, meatballs, salad, and cake! There is no charge. Please call the Concord COA office **by Fri., Feb. 13** for your seat. Some van rides are available.



Find the Top Four Facts About Four U.S. Vice Presidents

1. Calvin Coolidge 3. Martin Van Buren

2. Walter Mondale 4. Charles Fairbanks

a) When he was picked as the running mate, one writer dubbed the ticket “Hot Tamale and the Indiana Icicle.” (This V. P., known for his calm demeanor, was the icicle.) He campaigned for the reelection of incumbent Republicans with the slogan “Leave well enough alone.”

b) Born into relative poverty in Kinderhook, NY, this man worked in his father’s tavern as a boy. He worked his way up in politics as a state senator, governor, and U. S. secretary of state.

c) This Vice President was the first to have an office in the White House. He later served as ambassador to Japan. His mother, Claribel, was a part-time music teacher.

d) He was a Yankee, and born on the Fourth of July, but was by no means a “doodle dandy.”

Answers

1 d) “Silent Cal” became the 30th President after Warren Harding died suddenly, and was elected in his own right in 1924. The Vermont native graduated cum laude from Amherst College, where he was a star debater.

2 c) Mondale, Jimmy Carter’s running mate, was the first V. P. to have an office in the White House. He served in the Army, stationed at Fort Knox, during the Korean War.

3 b) Van Buren was Andrew Jackson’s second V. P., was later elected as the 8th President, and was the first to have been born after the American Revolution. He said, “As to the Presidency, the two happiest days of my life were those of my entrance upon the office and my surrender of it.”

4 a) Fairbanks, Theodore Roosevelt’s Veep, took just six months at Cleveland Law College to complete his studies and pass the bar exam. As a lawyer, he became wealthy representing the railroads.



Tech Corner

Our computer guru, Bob Supnik, warns about a scam going around that includes a FAKE e-vite (electronic invitation). A neighbor in Carlisle fell victim to it. Here’s how these scams work:

1. You receive a digital invitation that looks normal
2. The message prompts you to “view the invitation”
3. You’re redirected to a login or signup page
4. You enter your email, password, or personal info
5. The invitation never appears
6. Your credentials have now been stolen

Because this starts with something familiar and social, many people don’t realize it’s phishing until accounts are already compromised. **Plus, scammers then use your email and name to trick friends and family into trusting more fake e-vites from your account. Remember: never click on links in emails (like buttons), unless you can clearly see where it is going to take you.**



Comedy Corner

I DON'T CALL THEM
NEW YEAR'S RESOLUTIONS.

I PREFER THE TERM:
CASUAL PROMISES
TO MYSELF THAT
I AM UNDER NO LEGAL
OBLIGATION TO FULFILL

*If you wish to unsubscribe, please email Vikki at
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