

SENIOR SPIRIT

BROUGHT TO YOU BY THE CONCORD COUNCIL ON AGING WITH THE FINANCIAL SUPPORT OF THE CONCORD FRIENDS OF THE AGING

November 2016

Town of Concord Website

The Town of Concord has revamped its website. Those of you that were familiar with the old version will have noticed a number of changes. You can now go directly to the page for the Council on Aging by using www.concordma.gov/COA. The COA calendar on our page is an excellent resource to stay connected to all that is happening with the COA. Please check it out and let us know how user friendly you find it. We rely on your feedback to make improvements; we want to hear what you think!

Concord COA Facebook Page

The Council on Aging is moving with the times! We now have a Facebook page to share our upcoming events and to keep you in touch with everything that is going on here at the Harvey Wheeler Community Center. We will also share interesting and informative articles. If you want to follow all the updates, just log on to www.facebook/ConcordCOA and like our page.

Veterans Day Breakfast Friday, November 4th at 9:00 AM

The Council on Aging cordially invites all Concord veterans and their spouses to attend our annual Veterans Day Breakfast on Friday, November 4th at 9:00 AM at the Harvey Wheeler Community Center. The breakfast is a special event to honor and thank veterans for their dedicated and loyal service to our country. It is a time of fellowship, sharing, and remembering those who served and those who continue to defend our freedom. This is a tradition we look forward to all year long. As in past years, Ray Snay will emcee the program, there will be a delicious and abundant catered buffet breakfast, and entertainment provided by the children of the Carousel Preschool. The breakfast is free of charge thanks to the funds generated by the Harvey Wheeler Gift Shop. Please call 978-318-3020 to inquire about availability.

Thanksgiving Luncheon at the Concord Carlisle High School Saturday, November 19th at 12:00 noon

The Concord Carlisle High School students will be sponsoring a delicious Thanksgiving meal, free of charge, to the seniors of Concord and Carlisle. Plan to attend this delicious turkey luncheon with all the fixings, and enjoy pie with coffee and tea for dessert, served to you by the Junior Class. This special luncheon will be served on Saturday, November 19th between noon and 2:00 PM (doors open at 11:30 AM). Limited van transportation will be available to take people to the luncheon and home again. Please call the COA by Thursday, November 10th to sign up for this special annual event, and be sure to let us know if you will need a ride to the high school.

Concord Museum Family Tree Exhibit Committee Meeting Wednesday, November 2nd at 10:30 AM

The Concord Museum Family Tree exhibition is focused on children's literature and every tree has its own book. The illustrations, the characters or setting of a particular children's story, will serve as inspiration for the decorations. Those interested in joining the COA's tree decorating committee are invited to the next committee meeting, Wednesday, November 2nd at 10:30 AM, here at the Council on Aging.

The Council on Aging will be closed on Friday, November 11th to observe Veterans Day and Thursday and Friday, November 24th and 25th for the Thanksgiving holiday. There will be no programs or van service on these days.

Volunteer News & Opportunities

The COA Volunteer Coordinator position is funded in part by the Concord Carlisle Community Chest.

Harvey Wheeler Gift Shop

For holiday shopping, the gift shop at the COA should be among your first stops! From November 7th to December 22nd there will be a special Holiday Sale featuring many lovely items for purchase that are appropriate for the season. **November Silent Auction:** Al Dente (Classic Italian Kitchenware) creates 5 types of fresh Pasta – it is a brand new item valued at \$160.00. Opening bid set a \$50.00. The draw will be held on December 6th. The Gift Shop is open Monday through Thursday 10:30 AM to 2:00 PM.

Art Space

Our exhibit of Marty Lehman's work will continue through December 2nd. Marty had a 50 year professional career as a corporate architect working in Stockholm, Boston, and Cambridge. He recently discovered the joy of watercolor painting. It may come as no surprise that his favorite themes are buildings, cityscapes, landscapes, and all things Swedish. Be sure to come and see Marty's BEST of SHOW won at the recent Massachusetts State exhibit this fall. Marty would like to invite everyone to his artist's reception on November, 4th from 5:00 PM to 7:30 PM.

Concord Recreation's **Carousel Preschool** is pleased to announce a display of children's art at the Harvey Wheeler Community Center from **December 2nd to January 6th, 2017**. The excited artists range in age from three to five years. Young children's art focuses on the process of creating rather than the final project. To develop skills and appreciation for art, the children in this program are given an opportunity to create based on their imaginations and developmental level. The works on display will showcase this creativity with creations based on the book 'Beautiful Hands' by Kathryn Otoshi and Bret Baumgarten. Every child will create a masterpiece on canvas using their own handprints. The display will be grouped by age, and visitors may notice how children's art develops and changes as they grow older. These same artists are the decorators for the Children's Museum of Family Trees exhibit. This year's tree will focus on the same theme and will be decorated with children's handprints. We hope you'll take the opportunity to visit both of these delightful exhibits.

Volunteers Needed

Friendly Visitors

The COA is looking for volunteers to join our Friendly Visitors Program. The COA's friendly visitors make social visits to lonely or isolated seniors, who would like a little extra sunshine brought to their week. The volunteer is asked to visit their assigned senior in the senior's home on a regular basis to chat, share a cup of tea, or perhaps read aloud from a favorite book or newspaper. We ask for an initial commitment of 1-2 hours at least every other week, for a period of six months. For more information on volunteering, or to express interest in having the pleasure of friendly visitors come to your home, please call the COA at 978-318-3020.

Digital Photography Teacher

The COA would like to offer a class on digital photography. If you are experienced or skilled in this area and would be willing to offer a short instruction class, we would love to hear from you.

Bucket Brigade

Would you like a bucket of sand delivered to your door step? The sand is intended for your use throughout the winter to assist in helping to reduce ice buildup and decrease the risk of a fall. Please note that the sand is from the Town of Concord landfill and is treated with rock salt. We do not yet have a confirmed delivery date, but please call to let us know you are interested and where on your property you would like the bucket to be left. Once a date has been set, we will get back to you to let you know when to expect delivery.

Smoke Detectors and Carbon Monoxide Alarms Installation Available for Your Home

Please remember that the Concord Fire Department is available to install smoke and carbon monoxide alarms in your home, free of charge. Smoke detectors and carbon monoxide alarms are available for purchase at local hardware stores. Please call Lt. Sean Murphy with the Concord Fire Department at 978-318-3471 for assistance. This is a joint effort by the Concord Fire Department and the Concord Council on Aging to insure that all seniors in town have working fire and carbon monoxide alarms in their homes.

Important Notice: If you do not have a smoke detector or carbon monoxide detector and cannot afford to buy them, please call the COA to discuss financial assistance to do so. A smoke and carbon monoxide alarm could save your life!

Holiday Recipes

We are putting together some favorite holiday recipes to share! We will start collecting recipes at the Wednesday lunch on November 16th. These can be for a holiday dinner, appetizer, dessert or any other holiday favorite. Bring them in, we will copy them and possibly even publish them if we get a large enough collection. If you cannot make it to lunch that day, drop off a copy of your recipe to the office anytime.

HEALTH & WELLNESS

Listen & Learn

“Keep the Beat” – Lessons from Real Life
Thursday, November 3rd at 1:00 PM

Ginny Dow, a board certified cardiac rehab nurse, will discuss how to prevent heart disease individually, locally and globally. Ginny manages the Emerson Hospital Cardiac Rehab and Prevention Program. She is passionate about preventing and treating heart disease, and has been giving talks to the community since 1990 on this topic. Ginny is prepared to answer all your questions about cardiac care. This is a “not to be missed” educational opportunity. Please sign up!

“Ask the Pharmacist”

Tuesday, November 15th from 1:30 PM to 3:30 PM
By Appointment

Diane Briner, RPh, from West Concord Pharmacy will offer individual (regardless of your pharmacy affiliation) private, twenty-minute medication counseling appointments at no charge. Diane is happy to answer all of your medication-related questions. This is a great opportunity to review all of your medications with a professional to be sure you know what each medication is for and confirm that there are no medications that should not be taken together. Call now to sign up, no need to wait until the first of the month.

COA Wellness Clinics

Blood Pressure Screening

Wednesdays, 10:00 AM to 11:45 AM
November 2nd, 16th and 30th
No Clinic on November 9th or 23rd

Diabetic Clinic

Wednesday, November 16th
10:00 AM to 11:45 AM
No appointment necessary.

Podiatry Clinics

Dr. Russell Hamilton

Wednesday, November 9th
8:30 AM - 12:00 PM

Dr. Ayleen Gregorian

Monday, December 19th
8:30 AM – 2:30 PM

Please be sure to bring your insurance cards with you. If you have HMO insurance, be aware that you will need to bring a referral from your PCP in order for insurance to cover the visit. If Medicare does not cover your visit, the fee is \$30. Please call the office to sign up for the podiatry clinics. Sign-ups are being taken for both of these times.

Medicare Open Enrollment

Individual Appointments Available for Insurance Assistance

The annual Medicare Open Enrollment period continues until December 7th. Drug and medical insurance plans change nearly every year. Is your plan still serving you appropriately? Is there a better plan for your particular drug and medical needs? Please consider making an appointment with one of our S.H.I.N.E. (Serving the Health Information Needs of Everyone) counselors and explore what is available. Call the COA and ask for a S.H.I.N.E. counselor to call you. One of the counselors will return your call and arrange an appointment for your personalized plan review. Our S.H.I.N.E. counselors are volunteers and there is no charge for this service.

Fuel Assistance Program Begins this Month

The South Middlesex Opportunity Council Program (SMOC) will begin taking new applications for its Fuel Assistance Program beginning November 1st. This program provides financial assistance to low income households to help with heating bills throughout the winter season. The COA is an intake site for low-income seniors living in Concord. As such, we will help you to complete your application. For more information or to express interest in completing an application, please call the Council on Aging at 978-318-3020.

OUTREACH/SOCIAL SERVICES

A portion of the COA Outreach staffing is funded by the Concord Carlisle Community Chest.

Caregivers' Support Group Tuesday, November 15th from 10:30 AM to Noon

Our Caregivers' Support Group is for those caring for loved ones with Alzheimer's or related dementias. The group is facilitated by COA Social Services Coordinator, Sally Lopez, and Courtney Koumjian, Service Coordinator for Cooperative Elder Services. The group will be meeting on Tuesday, November 15th at 10:30 AM. Please call Sally at 978-318-3012 for more information and to register for the group.

Support Group for Bereavement and Coping with Loss Wednesday, November 16th and December 21st 1:00 PM to 2:30 PM

The COA will continue offering a free, time-limited support group for seniors who have lost a spouse or partner. The group will offer support for those experiencing challenges with grief and loss, as well as focused discussion on various topics such as "coping with loss over the holidays." The group will be facilitated by Anne Marie Rowse, Chaplain, Geriatric Care Manager and Principal of Senior Care Advisors, LLC. Anne Marie has over 30 years of experience in the health care field and is chaplain at her local hospital. The group will be held on Wednesdays, November 16th, and December 21st from 1:00 PM to 2:30 PM at HWCC. Although the group began in September, you may sign up now, but we are requesting a commitment to all of the remaining meetings. For additional information, please contact Sally Lopez at 978-318-3012.

Gentlemen Are You Looking For an Opportunity to Socialize? Every Monday Morning, at 10:30 AM

A small group of men have been meeting every Monday morning at 10:30 AM, to get together and socialize over coffee and donut holes. The men share stories, talk about current events, and just enjoy light conversation. They would love to have new additional men join them. No need to sign up just stop in and stay for a while.

What is a Lockbox and Do I Need One?

A lockbox is a small, metal locked box that can be attached to your home near your front or side door. Your house key is kept locked inside and is accessible only to the Concord Fire Department during an emergency. Should the Fire Department need to enter your home and find your door locked, they are able to access the lockbox and use the key inside to open your door, preventing possible damage to your home. Lockboxes are offered free of charge and installed by a COA volunteer. Donations accepted. If you have questions, would like more information, or would like to schedule a time to have a lockbox attached to your home, please call the COA.

Five Wishes

Five Wishes is a document that lets you plan how you want to be cared for in case you become seriously ill and unable to speak for yourself. It speaks to all of one's needs: emotional, medical, personal and spiritual. The Five Wishes are 1) The person I want to make health care decisions for me when I can't 2) The kind of medical treatment I want or don't want 3) How comfortable I want to be 4) How I want people to treat me 5) What I want my loved ones to know. Five Wishes can help encourage discussions with your family and physician. The COA has copies of the Five Wishes document available and you are welcome to come in and request one.

COA CINEMA

Friday Afternoons at 1:00 PM in the Lecture Hall - No need to sign up. (FREE)

Join us for a movie on Friday afternoons at 1:00 PM. Limited van service will be available to transport seniors to the movies and home afterwards. If any movie draws a bigger audience than we can seat, we will offer a second showing of the movie the following Monday at 10:00 AM.

November 4th - *My Big Fat Greek Wedding II* – In this screwball sequel to the 2002 hit romantic comedy, there's a new wedding on the horizon for the wacky Portokalos clan – and with it comes a new assortment of family crises and secrets. Cast: Nia Vardalos, John Corbell, Lainie Kazan, Michael Constantine. (Comedy; 1hr, 34 mins; 2016; Rated PG-13)

November 11th – No Movie - COA Closed for Holiday

November 18th – *Miracles from Heaven* – Based on real-life events, this intriguing drama recounts the story of young Annabel Beam, who suffers from an incurable digestive disorder. But when a string of miracles leads to a complete recovery, her family and doctors are mystified. Cast: Jennifer Garner, Kylie Rogers, Martin Henderson (Drama; 1 hr, 45 mins; 2016; Rated PG)

November 25th – No Movie - COA Closed for Holiday

December 2nd – *Eddie The Eagle* – Forever endearing himself to the British public, Eddie “the Eagle” Edwards becomes the first Englishman to compete in the Winter Olympics ski jump, relying on valor to make up for his lack of experience and bad eyesight. Cast: Taron Egerton, Hugh Jackman, Christoher Walken. (Drama; 1 hr, 45 mins; 2016; Rated PG-13)

DVD Series – Series II - Dutch Masters: The Age of Rembrandt Tuesdays, November 1st, 8th, 15th, 22nd, and 29th at 2:00 PM

This is a continuation of the lectures of Professor William Kloss on the Dutch Masters every Tuesday in November at 2:00 PM. The series will continue with the work of the Delft artists, including Vermeer. Lectures will be devoted to still life painting. Jini McCoubrey will facilitate the series. There were still a few openings in this class when the newsletter went to press, so if you are interested in attending please call the COA office to inquire about availability. Free of charge.

North American Early Colonial Period Presentation by John Gardella

Tuesday, November 15th from 1:30 PM to 3:30 PM

John Gardella will be back at the Council on Aging and will present “The North American Settlement and Early Colonial Period: 1600-1754” on Tuesday, November 15th at 1:30 PM. This lecture will discuss the Spanish, French, Dutch and British Settlements in North America. The Massachusetts and Virginia colonies will be compared and emphasized. To accommodate the large number of folks interested in attending, John's classes have been moved to the larger space in the Auditorium. If hearing is an issue please ask for an assistive listening device ahead of time. There is no charge, but please call the COA to reserve your seat.

Lunch Bunch to Fishbones in Chelmsford
Monday, November 7th; Departing the HWCC at 11:15 AM

Join us for a delicious seafood lunch at Fishbones in Chelmsford on Monday, November 7th. This little place is known for its fresh fish and creative cuisine – “fresh, simple, and uncomplicated.” You can choose from sandwiches, salads and entrees. The van will leave the COA at 11:15 AM for our 11:45 PM reservation. The charge for the van is \$5.00, and the cost of the meal is on your own. Call the COA office to reserve your place!

Y.E.S. Group to Filho’s Great Road Restaurant
Sunday, November 20th at 5:30 PM

Join the Y.E.S. Group for dinner at Filho’s in Acton on Sunday, November 20th at 5:30 PM. Filho’s, a popular Italian establishment in Groton for many years, has recently opened an additional location in Acton at 59 Great Road. Filho’s has made a splash on the local scene, offering pastas, pizzas, and delicious Italian entrees at reasonable prices. The Y.E.S. group is open to all Youthful Energetic Seniors. Transportation and the cost of dinner are on your own. Please be aware that the COA does not send staff to Y.E.S. group events. This reservation to Filho’s Great Road is limited to 16 people, so please call the COA to sign up!

Newport Christmas Mansion Tour and Lunch
Thursday, December 1st - Leaving CareOne at Concord at 9:00 AM; Returning by 5:30 PM

Come with the COA on this day trip which combines a visit to the Breakers mansion, decked out beautifully for the holidays, and a wonderful luncheon at The Pier Restaurant, with spectacular waterfront views on Howard Wharf. Christmas in Newport is truly special. The Breakers’ Great Hall features the iconic 15 foot tall poinsettia tree. Model trains, recalling the Vanderbilt family’s New York Central Railroad, traveling around three decorated trees will be on display on the second floor loggia. At the Pier you will have your choice of baked stuffed chicken breast, baked catch of the day, or pasta primavera. A cup of chowder, dessert and coffee are also included. After lunch you will have time to walk through downtown Newport to perhaps do some holiday shopping. Thanks to a financial contribution by an anonymous donor, the cost of this trip, including coach transportation, admission to the Breakers with audio-tour, a full-course luncheon, and all gratuities is just \$79 per person, check payable to the Town of Concord. Your check is due within one week of reservation to secure your spot. Sorry, payment is non-refundable. This trip involves a fair amount of walking at your own pace - The Breakers and The Pier are fully handicapped accessible. The trip is limited to 40 participants. Reservations will be taken starting on November 1st! Please specify your choice of meal when you call.

Shopping Trip to Burlington Mall
Monday, December 5th; Leaving Harvey Wheeler Community Center at 10:00 AM

Ride the COA van to the Burlington Mall to do some holiday shopping and perhaps treat yourself to lunch at the Food Court! The van will leave the HWCC at 10:00 AM Monday, December 5th, and will depart from Burlington for the trip back to Concord at 2:00 PM. Please note that no COA staff will be accompanying the participants on this trip. Everyone who signs up for this trip must be able to navigate the mall on their own, and they must be able to meet the van at the scheduled time for the ride back to the HWCC. The transportation fee is \$5.00 per person, payable as you board the van. A minimum of eight people is needed to run this trip, so please call to reserve your seat.

Art Matters Presentation

Thursdays, November 17th and December 15th – 2:00 PM to 3:00 PM

Jane Blair, of Art Matters returns to the COA bringing the art to you. Art communicates. Art has humor, adventure and passion. Art matters! Oversized prints are used to be viewed up close and personally. These lectures are brought to you thanks to generous funding by the Concord Friends of the Aging. There is no charge to participants. Please call the COA to reserve your place.

November 17th, 2:00 PM – The Italian Renaissance - After almost 1000 years of "dark ages", the genius of Leonardo da Vinci and Michelangelo led the way for a "Rebirth" of learning, art and humanity. They helped to cast a bright new light on culture and to rekindle a love of learning which encouraged science, new technology and a growing humanity. Join us for a look at their lives, their work, and a discussion of the Renaissance.

December 15th, 2:00 PM – Leonardo da Vinci - He was one of the greatest painters in the world, but painting was not what he did the best. Da Vinci was a scientist, a chemist, a mathematician, an engineer, a designer of military equipment and strategist, a sculptor, a concert level musician, and an inventor. He was The Renaissance Man. Join us for a look into all the works of Leonardo da Vinci and the vision that was his genius.

Microsoft Excel

Wednesday, November 9th, 9:30 AM to 11:30 AM

Volunteer Melody Orfei will be offering hands-on instruction to use Microsoft Excel 2013 on Wednesday, November 9th from 9:30 AM to 11:30 AM. If you are dealing with numbers, learning how to use spreadsheets can make the task easier. A spreadsheet is an excellent tool for managing your financial calculations of stock shares, events, budgets, sport scores and so much more. Excel will calculate numbers, totals and counts all automatically! You will learn how to create a spreadsheet, perform calculations, use built-in formulas, and how to format, sort, and summarize data. If you would like to attend this class call the COA to sign up.

Windows 8 – Windows 10

Thursday, November 17th, 9:30 AM to 11:30 AM

Learn the difference between Windows 8 and Windows 10 with computer guru John Bottoms. In this course you will take a look at the new features of Microsoft Windows 10 and learn how to install it on your computer. We will explore some of the features to make it easier to operate. Finally, if you have problems we will look at how to find a solution and some of the online resources for help. Class will be held November 17th in our computer lab 9:30 AM -11: 30 AM. Call to reserve your seat and bring your own laptop if possible.

Individual Technical Tutoring

Our very reliable technical tutors are back for another year. If you have any computer, cell phone, iPad or Kindle questions that need answering, just call the COA and set up a one on one tutoring session with one of our great CCHS student volunteers. Thank you Lukas, Emily, Jeffrey, and Eleanor!

Genealogy Workshop and Research Methods

Wednesday, November 2nd and November 16th, 9:30 AM to 11:30 AM

For the month of November two classes led by Bob Bratzler are scheduled for November 2nd, Genealogy 101, and November 16th, Research Methods. Both classes run from 9:30 AM to 11:00 AM. You may attend one or both classes. Please be sure to call to sign up and bring your laptop if possible.

Acrylics Painting Classes

Thursdays, November 3rd, 10th, and 17th, December 1st, 8th, and 15th from 10:00 AM to Noon

Artist Linda Malone will once again be offering her popular Acrylics Painting Classes here at the COA. This series of six classes is appropriate for anyone who is a beginner or advanced beginner painter. Linda will teach the art of color mixing, brush strokes, glazing, and other painting techniques. Acrylic paint is a great way to build confidence, as it is a very forgiving medium. Be sure to wear old clothes to class! All materials will be provided by the instructor. The cost for a six class series, including materials, is \$138 per person. Your check, payable to Linda Malone, is due within one week of signing up. You can sign up for a series of six classes anytime for the discounted rate. Linda will also take drop in students, but the price will be \$30 per class. Please call to sign up.

Coffee with State Senator Mike Barrett

Thursday, November 10th at 10:30 AM

Mike Barrett is serving his second term as State Senator for nine Massachusetts communities, including Concord. He serves as Chair of the Senate Committee on Post Audit and Oversight, a special Senate body charged with examining the performance of Executive branch programs and agencies. He leads a major initiative to combat climate change in Massachusetts. He favors increasing the prices of fossil fuels to reflect the health and environmental expense they cause, an idea finding favor among both progressive and conservative economists. He is open to discussing all concerns over coffee, November 10th at 10:30 AM. Please sign up in advance.

GO TO JAIL!

Friday, November 18th at 9:30 AM

Here is your chance to experience what it is like to be in jail. The Concord Police Department has arranged to give our seniors a special tour of the station, including the lock-up, on Friday, November 18th. This should be a lot of fun and they promise to let you back out! The tour starts at 9:30 AM and will last about 30 minutes. The van is available to drop you off and pick you up, or you can drive yourself. Remember to sign up for the van if you need it. The station is wheelchair accessible, and there is an elevator accessing all levels.

HAPPENING AROUND THE AREA

Emerson Hospital Hosts the AARP Smart Driver Course

Wednesday, November 9th from 10:00 AM to 3:00 PM

To help drivers stay safe, the Emerson Hospital Center for Rehabilitative and Sport Therapies is hosting an AARP Smart Driver Course on Wednesday, November 9th from 10:00 AM to 3:00 PM, at the Concord Meadows Corporate Center, 300 Baker Avenue, Concord, in the Normandy conference room. This five-hour classroom refresher course encourages drivers to review the rules of the road, better understand the updated technology in new vehicles and learn strategies to compensate for age-related changes in vision, hearing, and response time. Materials, including a textbook, cost \$15 for AARP members and \$20 for non-members, with coffee and light lunch included. Participants will receive a certificate of completion. For more information and to register, **call Kristen Dixon Keilty at (978) 287-8244.** Class size is limited so please call to register.

Creating Successful Moments

Tuesday, November 15th 5:30 PM

Please join the Liberty Alzheimer Partnership for a free community education program. Dr. Charles Wasserman – Geriatric Psychiatrist will give tips and recommendations for responding to dementia related behaviors, followed by panel discussion. This program will be held on Tuesday, November 15th at Emerson Hospital in the Cheney Conference Room. Registration starts at 5:30 PM, followed by a light supper with the presentation starting at 6:00 PM. For more information contact Lori Kalinoski 978-866-4658.

WEDNESDAY LUNCH SCHEDULE

Lunch is served at 12:00 noon at the Harvey Wheeler Community Center in the auditorium. There is a \$2.00 fee for lunch. Please call the COA at (978) 318-3020 to make your reservation. If you have a reservation and find you are unable to attend, please call to let us know you cannot make it. If you fail to make a reservation, you will be asked to wait in the lounge to determine if there is enough room.

November 2 nd Minuteman Senior Services November Birthday Celebration	November 16 th Concord Light Department
November 9 th Newbury Court	November 23 rd No Lunch
	November 30 th Concord Park

THE COA VAN

The COA provides transportation on a first come, first served basis to Concord seniors around town for doctor's appointments, trips to the bank, haircuts, visits to a friend, events at the COA, and so on. We ask for a \$2.00 donation and require an advance reservation to ride the van. Additionally, we offer shopping trips at the designated times listed below. You do not need to wait until the first business day of the month to book a van ride, please call as soon as you know you need a ride (the sooner the better chance to get the time you need)! Please be aware of the following requirements for your safety:

- Our van is considered to be "curb to curb" service. You should be able to get on and off independently or bring along a family member or aide.
- All riders must have emergency contact information listed with the COA office.
- We ask that all van riders carry a copy of the File of Life with them. Please stop at the office and pick one up if you do not have one.
- All of our van riders must use their seatbelts when riding our vans.
- Due to high demand for rides, we ask that you limit non-medical appointments to twice a week.

VAN SHOPPING TRIPS

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 save room, each shopper is limited to five (5) shopping bags. The van driver will help carry your bags if you are unable to do so. Limit seven (7) people on each shopping trip. There is a suggested donation of \$2.00 on all shopping trips.

Mondays: 2nd and 4th Monday - **Roche Brothers Plaza** or **Kmart** – Pickups start at **1:00 PM**.

Thursdays: 1st Thursday – **Stop & Shop/Powder Mill Plaza** – Pickups start at **10:00 AM**

3rd Thursday – **Market Basket**, Littleton – Pickups start at **12:00 PM**.

4th Thursday – **Trader Joe's Plaza** – Pickups start at **1:00 PM**.

Fridays: **Crosby's Marketplace Plaza** and **CVS** – Pickups start at **12:40 PM**.

Due to the holidays Crosby's shopping has been changed from November 11th to November 10th at 10:00 AM
and from November 25th to November 22nd at 10:00 AM

Medical Equipment Loan

The COA would like to remind you that we have a diverse supply of medical equipment to loan free of charge on a first come first served basis. We usually have walkers, raised toilet seats, shower chairs, commodes, wheelchairs, and tub transfer benches. **We need donations of transport chairs, bed rails, and rollators. If you have medical equipment and are not using it, consider donating it to the COA!** Also, if you borrowed something and no longer need it, remember to bring it back clean for the next person's use.

ONGOING MEETINGS AND EVENTS AT THE COA

ACTIVITIES & MUSIC

BINGO – Wednesdays at 1:00 PM.

BRIDGE GROUP – Tuesdays at 1:00 PM.

CHICAGO BRIDGE – Meets every 1st and 3rd Friday from 9:45 AM to Noon.

HAND CRAFT GROUP – Tuesdays from 1:30 PM to 3:30 PM
(No meeting on 11/8)

CRIBBAGE – Thursdays at 1:00 PM.

HAND & FOOT CARD GAME – Mondays at 1:00 PM.

MAHJONG – Wednesdays from 1:00 PM to 3:30 PM.

MEMOIR WRITING GROUP – Mondays 2:00 PM to 3:30 PM.

MEN'S MEETING – Meets on Mondays at 10:30 AM. A donation of \$1.00 is requested.

MUSIC MAKERS – Meets on Mondays at 1:00 PM. For more information, call Nancy Manson at (978) 369-4216.

PING PONG – Meets Fridays at 3:00 PM.

POKER – Meets Fridays at 1:00 PM.

SENIOR DRAMA CLUB – Meets every 2nd and 4th Tuesday at 1:00 PM. If you are interested in more information, please call Tillie Sweet at (978) 369-7018.

DISCUSSION GROUPS

COA BOOK DISCUSSION – This month the group will be discussing Concord Climate for Freedom by Ruth Wheeler on Tuesday, November 15th at 9:15 AM. To learn more, call Phyllis Di Marzio at 978-369-1558.

COFFEE & CONVERSATION – Meets on Tuesday mornings at 10:30 AM at HWCC. Join us for a cup of coffee or tea, and a snack. Call the COA for more information or just drop in. (No meeting on 11/8)

INTERNATIONAL CURRENT EVENTS – The group meets on Wednesdays at 1:00 PM. Come weekly for lively discussion moderated by Barbara Howell.

WEDNESDAY LUNCH

Every Wednesday starting at noon. Please call to make a reservation. \$2 fee. **No lunch will be served November 23rd.**

FITNESS CLASSES

All fitness class fees are payable to the instructor.

YOGA – Mondays at 9:00-10:30 AM (mat) \$10/class

Tuesdays at 9:15 AM (chair) \$5/class

(No class on 11/8)

Wednesdays at 8:00 AM (mat & chair) \$5/class

Fridays at 9:30 AM (mat) \$5/class

AEROBICS CLASS – Mondays & Thursdays at 9:30 AM \$5/class.

SENIOR TAI CHI – Mondays from 3:00 PM to 4:00 PM, \$5/class.

STRENGTH & FLEX – Mondays & Thursdays at 10:45 AM \$5/class.

SUPPORT SERVICES

“ASK A LAWYER” – Thursday, November 17th from 9:00 AM to 12:00 PM. Please call for an appointment.

“ASK THE PHARMACIST” – Tuesday, November 15th from 1:30 PM to 3:30 PM (the third Tuesday of each month). Please call for an appointment.

EYEGLOSS CLEANING & ADJUSTMENT – Optician Alex Thayer will be here on Wednesday, November 30th at 11:00 AM. Free of charge.

LOW VISION GROUP – There will be no meeting the month of November.

S.H.I.N.E. COUNSELORS – Pat Lanchester, Clare Gordon, and Charles Atkinson are available to answer your health insurance questions. Please call the COA at 978-318-3020 to arrange a phone or in-person appointment.

MEETINGS

The **COUNCIL ON AGING BOARD** will meet on Monday, November 14th at 5:30 PM at the HWCC. The public is always welcome!

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

Ginger Quarles, Director
Lauren Barretta, Program Supervisor
Claudia Curran, Administrative Assistant
Laurie Austin Santry, Receptionist
Chris Choate, Custodian
Carol Dromgoole, Volunteer Coordinator
Dick LaBossiere, Van Driver
David Siskind, Van Driver

Joyce McSweeney, Outreach Coordinator
Sally Lopez, Social Services Coordinator
Laurel Kuipers, Outreach Coordinator
Tina Close, Activity Coordinator
Marcia Zaniboni, Activity Coordinator
John Zonfrelli, Van Driver
Stephen Grimes, Van Driver
Dave Barry, Van Driver