

HARVEST HAPPENINGS

A SENIOR NEWSLETTER FROM THE CONCORD FRIENDS OF THE AGING VOL. XI, ISSUE IV

Mary Anne Mortenson, Administrator
Shirley Conradt, Administrative Assistant
Anne Stevens, Administrative Assistant
Pat Boudrot, Office Assistant
Jim Gentile, Custodian
Neil Cadogan, part-time custodian

Lori Kalinoski, Program Supervisor
Paula Lawrence, Wellness Coordinator
Paula Bright, Outreach Coordinator
Ellen Sathe, Volunteer Coordinator
Virginia McCoubrey, Program Coordinator

1276 Main Street, Concord MA 01742

Telephone (978) 318-3020



May 2007

Dear Seniors,

May is a busy and exciting month! First of all it is National Older Americans Month. For 44 years our country has set aside May as a month to honor the contributions of senior citizens to our society. I'll take this moment to say that Concord seniors are terrific, I feel lucky to be working with you all and "Happy Older Americans Month!"

May is also the month that we honor our **COA Volunteers!** The COA could not provide all the services and activities that we do without them! They give of themselves generously and with a smile! We will be honoring them at our annual volunteer luncheon on May 31. The theme this year is "Our Volunteers Have Class!", and that is an understatement! Volunteers, watch for your invitations in the mail early this month! See details on page 3

Finally, I have to apologize for giving you all bad information about **Comcast Cable**. I was told that Comcast gave a substantial discount to seniors. I should have checked the information with the company. I've been told by several people who called Comcast and found out that the discount is very small and that you have to be in a low income bracket. I apologize for the error. I'll be more careful about checking information before printing it in the future!

Sincerely,
Mary Anne



Y.E.S. CLUB EVENING PROGRAMS



ARE YOU A YOUNG ENERGETIC CONCORD SENIOR? (60 YRS. OLD & OLDER) Then join the **Y.E.S. Club!** Do you think you are too young for the COA's activities? The Y.E.S. Club is for you. Throughout the coming year we will be presenting evening & weekend programs geared towards the "younger" crowd. For more information call 978-318-3111 or email lkalinoski@concordnet.org

Let us know what night activities you would like. Game night, maybe a dinner club, what about yoga? Cooking classes, health topics, maybe a walking club or singles dance? Lori and Mary Anne look forward to hearing from you!

Movie - Friday May 11, at 7:00 p.m. NOTES FROM A SCANDAL

Barbara Covett is a teacher who rules with an iron fist, yet leads a desperate life. That is until she meets radiant new art teacher Sheba Hart. Although at first overjoyed with her newfound friend, when Barbara discovers that Sheba is having an affair with a student, her jealousy and rage spiral out of control.

Movie - Friday May 18, at 7:00 p.m. HISTORY BOYS

From award-winning playwright Alan Bennett this delightfully witty comedy of eight boisterous yet talented schoolboys hoping to gain admittance to England's most prestigious universities. The boys confront the true meaning of education and the relative values of happiness and success.

WELLNESS EVENTS

Call the COA to sign-up for any Wellness Events

Healthcare Frustrations – Thursday, May 10, 12:30 pm to 1:30

Your doctor isn't going to accept your insurance any longer. You never seem to get your questions answered in a 15 minute appointment. You need information, but don't know where to turn. Come to this program to learn how to choose a doctor, how to get the most out of a short appointment, and where to get reputable healthcare information. Paula Lawrence, RN, Wellness Coordinator speaking. You will receive a health history organizer, and File of Life. **Includes a light lunch.**

Diabetic Table Talk – Wednesday, May 16, 11:00 am to 12:00

Join Diane Campanella, RD, for a discussion of canola oil, olive oil, fish oil versus palm oil, coconut oil and animal fat. What's the difference and why does it matter? Come and find out! For diabetics, friends, and anyone interested.

Look Good! Feel Good! – Friday, May 18, from 9:00 to 2:00

This day long event is meant to help you Look Good and Feel Good. We all know health is important but how do we get ourselves to get moving! Life is short and we need to make the most of it. Let's get you on the right path. SEE page 5 for all the FUN things planned.

Adding Exercise to Your Life – Friday, May 25, 10:00 to 11:00

Julie Medjanis, Fitness Instructor at the Council on Aging, will present a program about exercise. If you've never exercised before, and want to know how to start, this class is for you. If you already exercise, learn some tips for improving your routine. You'll also learn the many ways exercise benefits our health and well-being.

Low Vision Group – Wednesday, May 30, 1:00

Is your failing sight presenting a challenge to you? Come and meet with your peers and find out what other folks are doing to deal with the problem. Call Joe Syiek at (978) 369-5322 for more information or call the COA if you need a van ride. New members are always welcome!

Safe Meds at Home Are you having trouble managing your medications, and have no one to help you with them? **"Safe Meds at Home"** is a new program offered by the Council on Aging to assist you with managing your medicine. A trained volunteer will visit to assist you to set up pill boxes every other week. Call the Council on Aging to see if you're eligible for this program!



Wellness Clinic Schedule

Harvey Wheeler Community Center	Peter Buckley Terrace
Podiatry, May 2, 8:30 am to 10 am (appointment required) Blood Pressure Screening: Wednesdays May 2, 9, 16, 30 from 10 am to 12 noon Diabetes Screening: May 16	Podiatry, May 2, 11:00 am to 12:15 pm (appt. required) Coffee Social; learn more about the Council on Aging, May 16, 9-10 am Blood Pressure Screening, May 23, 10 am to 12 noon

Found: the "Fountain of Youth" It's exercise! Exercise improves energy and strength. You don't need any special equipment or to belong to a gym. Come to the May wellness program "Adding Exercise to Your Life" for more information about beginning an exercise program (see above). Join us at the Council on Aging for a fitness program developed for seniors. Check in with your doctor before you start, and start slowly. May is the perfect time to reap the benefits of exercise. The weather is warmer and flowers are blooming. So get out there and get moving!



Our Volunteers Have CLASS!



This month, we honor our cadre of caring and committed volunteers. Their hard work is the backbone of the Concord COA, and without your dedication the COA would not be able to provide as much service as it does. We respect, celebrate and thank each and every one of you for everything you do!

On Thursday, May 31, 2007 we will honor our COA volunteers at our Annual Volunteer Appreciation Luncheon (**by invitation only**). As you may have guessed, this year's theme is "A Touch of Class". If you volunteer, please watch the mail for your invite! We hope to see as many of you as possible and thank you in person for the high class job you do.

Elaine Adams, Samantha Adams, Dorothy Adler, Mary Aldrich, Mary Ann Allen, Bob Andrews, Carol Barron, Melvin M. Barron, Doris Beutel, Beatrice Blacksmith, Lucky Blanchette, Bettye Ann Blatman, Kettee Boling, Court Booth, Mary Allen Bramhall, Paul Bruning, Val Bruning, Diane Campanella, Bill Campbell, Pat Carey, Eileen Carr, Nancy Coughlin, Marilyn Cousins, Mary Cucinotta, Eleanor Cullinane, Jean Cushman, Frances Daly, Charles Dee, Jo Delfino, Anna D'Italia, Kathleen Elcox, Betty Farfaras, Jean Farmer, Dan Farmer, Evelyn Finneran, Jeanne Fitzgibbons, Michael Fitzmorris, Nataly Fitzmorris, Stephanie Flavin, Helen Ford, Jim Fox, Sarah Franklin, Tara Franklin, Gaetana Freniere, George Funk, Fran Gardella, Evelyn Gardner, Joel Garrellick, Chris Golench, Mariann Goslovich, Barbara Granger, Bob Gravel, Barbara Green, Pauline Greenstein, Margaret Gruskowski, Louise Guertin, Corky Hall, Elaine Hardie, Flora Haskett, Mary Hayes, Margaret Hoag, Nan Hoeflich, Kathleen Horgan, Betty Horne, Barbara Howell, Rose Hutchinson, Lillie Invernezzi, Berni Jenkins, Lindsay Smith Kafka, Janet Kenneally, John Langan, Helen Lapusata, Carol Latham, Virginia Lemire, Pat LeVan, Ruth Lifner, Marilyn Lindstrom, Annette Lissauer, Charles Lowell, Rebecca Lynch, Elinor Lynch, Charlotte Magurn, Francis Magurn, Nancy Manson, Nancy McCarthy, Belle McDonald, Dave McGillivary, Kenneth McKenna, Di McQueen, Eileen Meehan, Julie Melly, Bill Mercaldi, Jane Mercaldi, Walter Miles, Shelagh Muyskens, Clara Myette, Trish Nadeau, Joan Neisser, Frank Nelson, Fran Neville, Natalie Niles, Dorothy Nuzzo, Margaret O'Brien, Harriet Onello, Shirley Osterholm, Gene Parish, Harriet Parish, Paul Perry, Ruth Pierson, Mary Lou Powers, Nelson Powers, Faith Pulis, Libby Read, Eve Rempalakis, Bill Ritchie, Kenneth Ritchie, Carol Robichaud, Shirley Rohan, Martha Rohan, Briana Rohan, Florence Ross, Isabel Rush, Barbara Sayward, Peggy Schmertzler, Mary Jane Schmidt, Ann Schummers, Meryl Schwartz, Tina Signoretta, Gladys Sillars, Marion Simm, Beverly Simmons, Janice Smith, Jun Smith, Kim Smith, Thelma Soberg, Warren Spence, Marguerite Spitzak, Thelma Steinberg, Marge Stetson, Art Stetson, Jim Stoessel, Tillie Sweet, Joe Syiek, Ink Traulsen, Jean Turkington, Lil Vaccarello, Edna Wagner, Avis Waite, Peg Waller, Barbara Wheeler, Ginny Whitney, Hank Wilayto, Helen Wilayto, Allie Williams, Don Williams, Janet Williams

Harvey's Treasure Chest announces a Spring Sale! Come in and take a look at new spring merchandise - and get a jump on summer entertaining. Call the COA for hours...**Art Space Presents** the work of our own Cynthia Durost. Cynthia is our watercolor instructor, and has quite a following! Her work is inspiring and thought provoking, and we are fortunate to have her showing here at the COA. Cynthia's exhibit runs from May 4 through June 1, 2007.

MAY EVENTS



Please call 978-318-3020 to register for all events

IDENTITY THEFT AND FRAUD -- Wednesday, May 9, at 10:30

Ryan Carney of the Better Business Bureau will present some tips on how NOT to be the victim of scam artists and unscrupulous companies who are looking to make a quick buck. Being alert and informed is your best protection. Call COA to reserve your place.



TRIP TO JOHNSON AND WALES INN - Friday, May 11, at 10:00

Join us for this exciting trip and have a lunch prepared by students from the country's leading culinary program. Choose between an Herb Encrusted Salmon or Grilled Sirloin Beef. After lunch, there will be a guided tour. Was there really a Fanny Farmer? Or a Betty Crocker? The \$55.00 fee includes all expenses. Make check payable to **ROYAL TOURS**.

THE "O" GROUP- Tuesday May 15, at 1:30

"O" stands for Octogenarian and if you are in this category, please come for a lively conversation about life. Mildred Roberts leads the discussion and your peers will welcome you.



FRIENDS ANNUAL MEETING – Wednesday May 16, at 12:00

You are cordially invited to attend the Concord Friends of the Aging Annual Luncheon Meeting at HWCC. A catered meal of stuffed chicken breast, rice, roasted vegetables, and peach crisp will be served. Diners will be serenaded during the meal by harpist, Rebecca Swett. A brief business meeting will follow the meal and then guests will be entertained by pianist, Jean Kelly. There is no charge for this event but you must make a reservation by calling the COA no later than May 10.

CONCORD TRAVELING SENIORS

Registrations are still open for the "Sunny Portugal" trip in November and the Tanglewood trip in August 2007. For further information call Bob or Berni at 978-369-2876



LOOK GOOD ! FEEL GOOD ! - Friday, May 18, from 9:00- 2:00

This day long event is meant to help you feel better and look better, we all know health is important but how do we get ourselves to get up and get moving. Head to the COA and we can get you on the right road to a long healthy life.

At 9:00 – 12:00, Cholesterol screening, Blood sugar test, Find out your Body Fat count, and Balance testing. Blood pressure clinic.

At 12:30, Live Entertainment You will learn to have fun and exercise at the same time! Mike and Elaine from M-Ecountry will demonstrate how to move to the tunes! Its mind over matter you will Look Good and Feel Good !

At 1:15 Fashion Show produced by Sue Burgess, manager of the Dress Barn on Powder Mill Road in Acton. Fresh spring outfits will be modeled by members of our COA community who will be transformed into professional models with Sue's magic touch. You will learn the tips of the trade, what to wear to fit your body shape, and what colors look good with your skin tones.

LUNCH BUNCH - Thursday, May 24, Van will leave at 11:30

Enjoy the fresh spring greenery as you travel to Stephen Anthony's Restaurant and Sausage Company which is located at the famous Henry Ford's Wayside Country Store. (There will be time for a visit.) The restaurant is on Rt. 20 on the edge of Marlboro overlooking Hager Pond. The ambiance is Victorian and the menu is varied and reasonable in price. Van charge is \$6.00 to be paid when you register. Don't forget to indicate if you need to be picked up at home.

THE SECRET GARDEN - Sunday, June 3, at 2:00, Van will leave at 1:00 SIGN UP NOW

This musical version of the classic Frances Hodgson Burnett novel is being presented by the Turtle Lane Playhouse which is tucked into an obscure corner of Auburndale. We have TEN tickets available for this performance at the price of \$19.00, \$6.00 for the Van, Make your check for \$25.00 payable to **Concord Friends of the Aging** Call NOW to secure your place.

WOLFEBORO, N.H. -- Friday, June 22, Van will leave at 9:30 SIGN UP NOW

Join your friends for a summer outing to "America's First Summer Resort". We will lunch at THE WOLFEBORO INN located on Lake Winnepesaukee. Make your choice between Chicken Chardonnay and Broiled Haddock. Both are served with a variety of vegetables, beverage and dessert. Following lunch, we will visit the WRIGHT MUSEUM, a unique place that showcases America at War and The Home Front, 1939--1945. The collection of memorabilia, including tanks, a plane and other vehicles, demonstrates the efforts that the American people brought to this time of crisis. The inclusive price for this day is \$55.00. We must have 35 people to make the trip so call in today. Deadline is June 8. **Make your check payable to Royal Tours.**

WEDNESDAY LUNCH and BINGO SCHEDULE

Lunch is prepared by local churches, service organizations or Town Departments and served at 12:00 noon at the **Harvey Wheeler Community Center** unless otherwise noted. Stay for **Bingo**, which begins at 12:45 PM. There is a \$2 donation for lunch. **Please call the COA, 978-318-3020 at least three days (Friday) in advance to make your reservations.**

- | | |
|---------|---|
| May 2 - | Walden Rehab
Nashoba Brook School Singers at 11:30 |
| May 9 - | Life Care Center of Acton <u>MAY BIRTHDAY CELEBRATION</u> |
| May 16- | Friends of the Council on Aging Annual Meeting
Special catered lunch and entertainment. See pg. 5 for details. |
| May 23 | Concord Finance Department – Rep. Cory Atkins to speak before lunch. |
| May 30 | Concord Police Department |



VAN SHOPPING TRIPS

CALL FOR RESERVATIONS

Burlington Mall, 1st Thursday of the Month - Limit 13 Pick-ups at HWCC @ 9:00 AM and PBT @ 9:15AM (Note The New Pick Up Time For The Burlington Mall)

You may sign up before the first of the month. Please specify if you need a van ride to the pick-up locations.

May 3 - Burlington Mall - \$4.00 round trip

GROCERY AND OTHER SHOPPING TRIPS

* Each shopper is limited to five (5) grocery bags. The van driver will help carry your groceries, but please carry what you are able. PLEASE, no more than one gallon jug of liquid (water, detergent, etc.) or packages over 10 lbs. (kitty litter, potatoes, etc.)

Monday through Friday: Crosby's Marketplace and other Concord stores – By appointment as usual

Monday and Thursday: Pickups start 1:00PM, Door to Door, Limit 8 riders.

Mondays: 1st Monday of the month - Donelan's or Trader Joe's (and other shops), \$2
 Remaining Mondays – Roche Brothers (and other shops) or Kmart, \$2

Thursdays: 1st Thursday – AM, Burlington Mall, \$4
 2nd & 4th (& 5th) Thursday, - Stop & Shop plaza, \$2
 3rd Thursday, - Market Basket, Westford - (Pickups will start at 12:45PM), \$3

THE SUGGESTED DONATION FOR ROUTINE VAN PICKUPS IS \$2.00 ROUNDRIP

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)!!

THE NEXT COUNCIL ON AGING BOARD will meet on **Tuesday, May 1, 2007** at **6:00 PM** at HWCC. As always the public is welcome.

THE CONCORD FRIENDS OF THE AGING BOARD will meet **Tuesday, May 1, 2007** at 4:00 PM, at HWCC

ONGOING MEETINGS & EVENTS

COA BOOK DISCUSSION club will meet on Tuesday, May 15 at 9:15AM at HWCC to discuss "Digging to America" by Anne Tyler. The group will not meet over the summer: June, July, and August.

COFFEE & CONVERSATION meets every Tuesday, 10:30AM-11:30AM at HWCC. Join us for a cup of coffee or tea, enjoy a snack and meet a new friend. Call the COA for more information, or just come.

S.H.I.N.E. Counselor, Virginia Lemire may be able to answer your health insurance questions directly over the phone. Call the COA office, 978-318-3020, and we will contact her to give you a call. She will arrange a time to meet with you if it is necessary.

SENIOR DRAMA CLUB: See you in September!

SENIOR "SHAKERS" will meet on Mondays at 2:00PM at HWCC to rehearse. Call Marge Stetson 978-369-9084 for info. No rehearsal on May 28, Memorial Day

MUSIC MAKERS: Please join us at 1PM on Mondays at HWCC. No special talents or auditions required. We sing all your favorites from the past. Call Nancy @ 978-369-4216 for info. No rehearsal on May 28, Memorial Day



FITNESS CLASSES at HWCC on Mondays & Thursdays. Aerobics class at 9:30AM & Strength & Flex at 10:45AM, Classes with Julie are \$3 – classes with video are 50 cents. No classes on May 28, Memorial Day or May 31.

BRIDGE GROUP meets every Tuesday at 1:00PM at HWCC. We are a social group (not competitive) playing Contract Bridge. Come join the group, no reservation needed.

BOWLING: Join us for bowling at Acton Bowling lanes on Tuesdays at 9:00AM.



"NIP & TUCK" SEAMSTRESS AVAILABLE:
On Tues. May 8 & 22 from 10:30AM - 12:30PM (note the new times) Please call the COA to confirm the dates before coming to HWCC.

POOL, PUZZLES, PC'S and BOOKS – Be sure to stop by Harvey Wheeler and check out our lower level attractions. Open for senior use Mon.-Fri. 8:30-4:30PM. Come browse our Library and/or use our computers.

CENTER CLUB: The Center Club will meet on May 11, 2007 at 1:00pm at the Everett Gardens clubhouse. Following a short business meeting we will celebrate everybody's birthdates and make plans for our final meeting and luncheon in June. For further information call Helen Wilayto at 978-369-2696.

RETIRED MEN'S GROUP: The Retired Men's Group meets for lunch (\$8) on Wednesday, May 9 at 12 noon in the Trinitarian Congregational Church lower dining room. Reservations are required. The Yankee Stompers Jazz Band will provide entertainment. This will be the last meeting until fall. If you would like to attend please call Ellis Walker at (978) 369-5757.

"TWICE TOLD TALES" (OPEN MIKE) AT HWCC ON THE THIRD TUESDAY (unplugged acoustic music and refreshments) Come share your music or enjoy the talents of others. Performers must sign in before 7:30 PM. Admission is free for seniors.

CONCORD ORCHESTRA POPS, GOTTA DANCE May 18, 19, 25 and 26. Fri. & Sat, 8 PM. Wonderful music, sing-a-long, door prizes and tables for any number. Tickets \$20. call 978-369-4967 or www.concordorchestra.com

TAI CHI AT HWCC: Weekly one-hour lessons on Thursday. Call Paul at 978-369-9939 for information. No class May 31.

"ASK A LAWYER": Thursday, May 31 Atty. James Tabner will be at HWCC to answer your questions. Appointments will be from 9:00 AM to 12Noon. **You must make an appointment, call the COA 978-318-3020.** Bring any information/documents that you will need to address your questions. If your question cannot be answered fully during the brief appointment, you will be given a list of lawyers participating in the program.