

HARVEST HAPPENINGS

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

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JUNE 2007



Hello Everyone!

Here we are in the busy month of June and on the doorstep of the summer season! With the summer officially arriving later this month, many of you are anxious to get out and enjoy the nice weather. I hope you will look over all of the wonderful activities in this month's news letter. Take advantage of them to get out and about with your friends and to enjoy the sunshine and warm breezes.

One thing is always in season, being a good citizen and being involved in your community. You have some very important opportunities to do so in June. There is a Special Finance Committee Meeting on June 6 at 7:30 PM at the Alcott School. There is also a **Special Town Meeting on June 13**, also at 7 PM at CCHS regarding the playing fields. The COA van will be available for those who need it. In addition you are urged to participate in a focus group, facilitated by Joan Whitney, about community values. Several questions will be posed to the group about what makes a good, healthy community. I hope 12 to 15 seniors will come forward to participate. It will meet right here at HWCC. Please see details on page 5.

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

Friday June 8, at 7:00 p.m. Deja Vu

Denzel Washington who plays Federal agent Doug Carlin will thrill you in this explosive and intriguing thrill ride you'll want to experience again and again. What if you could change the past?

Friday June 22, at 7:00 p.m. Good Shepherd

This is a very powerful thriller about the birth of the CIA. Edward Wilson believes in America, and will sacrifice everything he loves to protect it.

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. Mary Anne and Lori are happy to try anything just let us know!

WELLNESS EVENTS

Call the COA to sign-up for any Wellness Events

Beat the Heat - Thursday, June 14, 12:30 – 1:30 pm

Hot weather is particularly dangerous for older adults, who can quite suddenly experience the ill effects of heat and sun. "Beat the Heat" focuses on the signs, symptoms and prevention of dehydration and heat stroke. Presented by Karen Breehey of Visiting Nurse and Community Health. *Light lunch included.*

Avoiding Temptation: Triggers that lure us to Overeat - Wednesday, June 20, 11 am – 12 noon

What causes are there in our daily environment that tempt us to overeat? How can we avoid these temptations and the overindulgence that lead to weight gain? Part of the Diabetic Table Talk Series; everyone is invited whether you have diabetes or not. Presented by Diane Campanella, RD.

Low Vision Group – Wednesday, June 20, leaving Harvey Wheeler Community Center at 9:30 am

Come join us for our annual luncheon at Lantana. Please call to register for the event and van ride.

Vitamins, Supplements, and Over-the-Counter Medications – Friday, June 29, 10 – 11 am

Join us to hear Dr. Alla Stepanets, pharmacist at Acton Pharmacy, discuss the actions and interactions of the nonprescription medicines we take. Do we need vitamins and supplements? Are there certain over-the-counter medicines that interfere with prescription medicines? Come learn the latest.

*Please call to sign up for the above Wellness Events. Last month we cancelled a program due to lack of response, but several people who did not call to register showed up for the program. We don't want to disappoint you or the speakers, so please call to reserve a seat, even if it's the day before the event.



Wellness Clinic Schedule

Harvey Wheeler Community Center	Peter Buckley Terrace
Blood Pressure Screening: Wednesdays June 6, 13, 20 from 10 am to 12 noon Diabetes Screening: June 20	Coffee Social; learn more about the Council on Aging, June 14, 9-10:30 am Blood Pressure Screening, June 27, 10 am to 12 noon

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!

June is Home Safety Month

Come take a look at the Wellness bulletin board, and pick up a tip sheet to help keep you and your home safe at all times.

Coordinator's Corner

Ellen Sathe, Volunteer Coordinator

“As a rule of thumb, involve everyone in everything.” *(Tom Peters)*

Handy Helper gets Help... Good news! The Greater Lowell Community Foundation has awarded the COA with a \$350 grant! If you have been holding off on requesting a Handy Helper due to the cost of supplies, this is your chance. The \$350 is intended to offset the cost of materials, so feel free to give the COA a call and we'll try to help you out with the cost.

Art Space Presents... From June 1-29, Art Space is pleased to present the work of Sudbury artist Jeanne Smith. Known for her portraits and landscapes in pastels, Jeanne's work will amaze you. An artist's reception will take place on June 8, from 7-9 PM. Come in out of the heat for this delightful show!

Harvey's Treasure Chest Odds & Ends Sale... Come help Harvey's Treasure Chest close out the season! Get your summer gifts and cards purchased in advance – there is always a unique collection of items on display. The Gift Shop will be closed for July and August, so get your “oar in the water” now!

Fire Department Available to Check Smoke Alarms - We are starting a new list for people who would like the Fire Department to check on their smoke alarms and CO detectors...a limited number of batteries and detectors are available through the CFD. Call the COA to get on the list, which will be forwarded to the Fire Department.

E-Mail Directory Kicks Off Do you have an e-mail address that you check regularly? Would you like to receive updates or the newsletter from the COA via e-mail? Give us your address! We will create a directory, for use only within the COA, as an additional means of contacting people when there is a change to a scheduled program. This is not meant to replace phone calling, but to augment it. There is a collection box in the COA office for your convenience, or call or email it to COA_volunteer@concordma.gov.

Community Outreach

As many of you may have heard Paula Bright no longer works at the COA, she has decided to go back to school full time. We wish her luck.

The outreach department is very important part of the COA. We should be your first call in a time of need. Give Lori a call if you need anything.

Spring Time is here! Please be careful if you call different workmen to work in your homes. Always ask the price before work is done, and always ask for references. Do not pay total up front. We have a new updated list of different work men; many companies will give a discount to seniors.



JUNE EVENTS

THE SECRET GARDEN - Sunday, June 3, at 1:00 p.m.

Call COA to find out if there are any tickets left for this musical performance at the Turtle Lane Playhouse in Auburndale. Tickets are \$19.00 and Van is \$6.00. Make your check for \$25.00 payable to Concord Friends of the Aging and call immediately.

MEMOIR GROUP - Tuesdays, June 5 and June 19 at 10:00 a.m.

Join this small group in recalling & writing about our lives. An informal atmosphere prevails.

COA CINEMA - Friday, June 8 at 1:00 p.m.

The White House isn't the only place to entertain THE QUEEN! At long last, we will view Helen Mirren's interpretation of the Monarch. She won an Academy Award for this performance of Queen Elizabeth's response to the death of Diana. Come and share a cup of tea and a scone following the viewing. Be sure to call to secure your place as we can seat just 28 in the room.

BOAT RIDE - Tuesday, June 12, July 10 and August 14 at 2:30 p.m.



Once again the Rohans of the South Bridge Boat House will host a ride on the river as a gift to Concord seniors. It is a lovely way to spend a relaxing summer hour on our beautiful river. You must call COA to sign up to participate in this activity. Be sure to state if you need the Van for a ride from home. Others, meet at the Boat House for 2:00 p.m. departure. Any questions about the weather, call COA that day.

LUNCH BUNCH - Friday, June 15, AT 11:30

This is our third annual "lunch bunch" at the Colonial Inn right here in Concord. It is a wonderful chance to enjoy the special atmosphere of our own back yard. The price of \$16.00 includes choice of chicken pot pie or Reuben Sandwich, dessert, beverage, tax and gratuity. Meet at the Inn at NOON. Please call to sign up for this special occasion and indicate if you need a Van ride from home.

THE "O" GROUP- Tuesday June 19th at 1:30

The "O" group is extending an invitation to Octogenarians and other seniors to join us June 19 at 1:30 PM. We talk about issues that concern each of us and that overlap age groups. Mildred Roberts facilitates this relaxed discussion group.

WOLFEBORO, N.H. - Friday, June 22. AT 9:30

This outing includes lunch at THE WOLFEBORO INN located on Lake Winnepesaukee. Choice of Chicken Chardonnay or Broiled Haddock. Then a visit to the WRIGHT MUSEUM, a unique place that showcases America at War and The Home Front, 1939-1945. The inclusive price for this day is \$55.00. Make check payable to **ROYAL TOURS**. We must have 35 people to make the trip, and the deadline is FRIDAY, JUNE 8 so you must CALL NOW.

PLEASE CALL 978-318-3020 TO REGISTER FOR ALL EVENTS

WE NEED YOUR HELP TO BUILD A BETTER COMMUNITY FOR EVERYONE: 15 seniors are needed to participate in a focus group to share your views about living in the Concord Community. Please give one hour of your time for this important community project. PLEASE SIGN UP BY CALLING THE COA AT 978-318-3020, if you can attend the meeting on June 14th at 1:30 PM at the Harvey Wheeler Community Center. This is sponsored by the Community Youth Alliance, Inc.



TANGLEWOOD--SUNDAY, AUGUST 26

The afternoon will feature Keith Lockhart and the Boston Pops with Jean-Yves Thibaudet on piano, soprano Marin Mazzie and baritone Brian Stokes Mitchell in an all-Gershwin program. Only lawn seats are available (bring a chair) and you must bring your own lunch or purchase one at a concession on the grounds. We are sharing this trip with Sudbury seniors. There will be 28 places for Concord. The cost is \$44.00 which includes coach and lawn ticket. Check should be made payable to SUDBURY SENIOR TRIPS. Sign-ups must be completed by July 13 so start planning today if you wish to go. Departure and return times will be announced later.



COMING UP IN JULY AND AUGUST

MBTA SENIOR CHARLIECARD - Friday, July 6. 11:00 a.m. to 2:00 p.m.

This is another chance to get your new Senior and Transportation Access Pass (T.A.P.) CharlieCard ID. New ID's will be processed for customers exchanging their old Senior/TAP ID's (issued before May 2005) and to first-time senior customers (65+ with PROOF OF AGE). The new Senior Photo ID will arrive by mail. Make plans to be at HWCC on Friday, July 6, 11:00 a.m. to 2:00 p.m.

MUSEUM OF FINE ARTS - Friday, July 13, 10:00 a.m. to 4:00 p.m.

This Van trip will be an opportunity see the featured exhibition of American artist Edward Hopper as well as visit your old favorites. Admission to the Museum and to the Hopper exhibit is \$21.00. Admission to Museum only is \$15.00. We will purchase tickets at the Museum. Lunch will be your choice. Van charge will be \$10.00 payable by check made out to Town of Concord when you sign up for the trip. There will be 13 places available on the Van. Be sure to indicate if you will need a ride from home when you register. Leave HWCC at 10:00 a.m. Return about 4:00 p.m.

TALBOT'S SHOPPING TRIP - Friday, July 27. Details in July/August Newsletter

ANNUAL CLAMBAKE – Thursday, August 9

INSTITUTE OF CONTEMPORARY ART - Friday, August 17. Details in July/August Newsletter

COLLECTIONS

The month of May has seen the FAN Collection of Marilyn Cousins in the glass case in the Living Room. Marilyn began her interest in fans with one found in the house where her husband grew up and where they now live in West Concord. It is black with a delicate stencil design which she says must be at least 100 years old. She also has an ivory fan of that age, plus many others of great variety and beauty. Thank you for sharing, Marilyn.

In June, Marilyn Demers will arrange her collection of EGGS for all of us to admire. They include a stone-shaped egg which she found, a four- inch china egg, plus a variety of sizes created in many materials. Thank you also, Marilyn.

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.**

June 6 - Recreation Dept. – Pizza Party

June 13 - Carlson GMCA - JUNE BIRTHDAY CELEBRATION



June 20- Emerson Hospital

June 27- New England Deaconess Assoc.

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.

June 7 - 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, June 5, 2007 at 6:00 PM at HWCC. As always the public is welcome.

THE CONCORD FRIENDS OF THE AGING BOARD will meet Tuesday, June 5, 2007 at 4:00 PM, at HWCC

ONGOING MEETINGS & EVENTS

COA BOOK DISCUSSION club 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: will resume in September! Tillie Sweet will be back to direct the group!!

SENIOR "SHAKERS" will rehearse on August 20 and August 27. Call Marge Stetson 978-369-9084 for info.

MUSIC MAKERS: will resume in September. Call Nancy @ 978-369-4216 for info.



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.

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.

CONCORD TRAVELING SENIORS Reservations are still being accepted for the overnight trip to Tanglewood and the Williams Inn on August 12-13. Call Bob or Bernie at 978-369-2876 for more information.

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



"NIP & TUCK" SEAMSTRESS AVAILABLE: On Tues. June 5 & June 19 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 have their final luncheon in June (Date and time to be announced). For further information call Helen Wilayto at 978-369-2696.

RETIRED MEN'S GROUP: The Retired Men's Group will resume their lunches in September. 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.

TAI CHI AT HWCC: Weekly one-hour lessons on Thursday. No classes in July & August. Call Paul at 978-369-9939 for information.

"ASK A LAWYER": Thursday, June 28 Atty. Dudley Goar 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.

