

HARVEST HAPPENINGS

A SENIOR NEWSLETTER FROM THE CONCORD FRIENDS OF THE AGING

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

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

1276 Main Street, Concord MA 01742

Telephone (978) 318-3020



September 2007



Greetings Everyone!

It is hard to believe that the summer months are behind us! Although we are sure to have more hot days, it is September! The kids are heading back to school and people are back from vacations! We are all working on getting back into our routines! I urge you all to read the newsletter thoroughly. Special events are planned for **National Senior Center Week September 9 – 15**. Also, our regular activities will all be back!

On a more serious note, our wonderful S.H.I.N.E. Volunteer, Virginia Lamire has asked me to let you all know that she is looking for a volunteer to act as her "assistant". Virginia is a marvelous person, with a heart of gold who has been helping seniors in Concord with their insurance issues for several years. With health insurance and Medicare becoming more complicated, Virginia has become VERY busy and could use someone with a good head on their shoulders to work along side of her! Call me at the COA and I'll put you in touch with Virginia. Remember, we always have all kinds of volunteer opportunities at the COA.

Hugs

Mary Anne

P.S. Just a reminder that there will be no COA activities in the building on September 4th because of voting. The office will be open and the van will run!!!! **THE COA OFFICE, PROGRAMS, EVENTS AND TRANSPORTATION WILL BE CLOSED MONDAY, SEPT. 3 FOR LABOR DAY.**

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@concordma.gov

Y.E.S. CLUB EVENING PROGRAMS

Sunday September 9, at 9:30 am Bike Ride Let's try it. For you brave bikers let's meet at the bikeway in Bedford on South St. You must call to sign up.

Friday September 21, at 7:00pm Dinner Club. Big Hit last month! This month we are meeting at Atlantic Seafood Grill in Acton on Rt. 27. Call to sign up and bring ideas for the next month.

Friday September 28, at 7:00pm Movie Night. Wild Hogs. Don't miss this movie!! Four guys, four motorcycles & 2000 miles. How wild can it get? This movie just came out; trust me you will laugh out loud.

COMING IN OCTOBER Karate exercise class - let's get into shape. This is a fun way to tone and even lose weight. Also, planning a cocktail party on a Saturday, hope to see you there.

Thank you for all the emails and phone calls with your ideas for the night time programs. Keep them coming.

WELLNESS EVENTS

Call the COA to sign-up for any Wellness Events

Cholesterol Screening, Wednesday, September 12, 8:30 to 10:30 a.m.

Our new "cholesterol machine" will give you total cholesterol, HDLs ("good" cholesterol), LDLs ("bad" cholesterol), and triglycerides while you wait, from just a couple drops of blood. This test is as accurate as a blood test at the laboratory. For best results, don't eat or drink anything but water for 12 hours prior to the test. You may take medicines. Appointments required.



Podiatry Clinic, Wednesday, September 19, HWCC 8:30 to 10:30 a.m.; PBT 11:00 a.m. to 12:15 p.m.

Podiatry care provided by Dr. Hamilton. \$20 charge if you are not covered by Medex or Medicare. Appointments required.

Conversations for Caregivers: Communication, Friday, September 28, 10 a.m.

Are you the caregiver for someone with Alzheimer's disease or another type of memory problem? Sometimes interactions can be frustrating, with misunderstandings or needing to repeat things many times. Joanne Fontaine of Proactive Elder Care will facilitate a discussion on tips for communicating. Please RSVP to the Council on Aging.

Please note: Our Thursday luncheon Wellness Program is postponed until next month in honor of those celebrating Rosh Hashanah. Read the Harvest Happenings for October's topic!

*Please call to sign up for the above Wellness Events. We have had to cancel programs due to lack of response, but several people who did not call to register showed up for the programs. 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!



Drop in Wellness Clinic Schedule

Harvey Wheeler Community Center	Peter Bulkeley Terrace
Blood Pressure Screening: 10 a.m. to noon September 5, 12, 19	Blood Pressure Screening: 10 a.m. to noon September 26
Diabetes Screening: September 19, 10 a.m. to noon	

Other Programs

Low Vision Group, Wednesday, September 26, 1 p.m.

The Perkins Commission for the Blind will present a program on the "Talking Book Library". New members are always welcome to the Low Vision Group! Call the Council on Aging if you need a van ride or more information.

Prescription Advantage Now Open Year Around

If you qualify for this state subsidized prescription drug program will work with your Part D plan in several ways – can help lower co pays. There is no premium for Prescription Advantage. There is no reason NOT to apply. Call the COA to speak to the SHINE counselor.

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Coordinator's Corner

Ellen Sathe, Volunteer Coordinator

You may not be able to turn back the clock, but you can always wind it up again!

Computer Tutor -Do you have your own home computer? Do you have a basic knowledge of how to use it? Concord Senior Rip Parmelee is now available for more "advanced" computer lessons. **Call the COA to sign up.**

Computer Handyman – Does this sound like you; "I can't get my new printer to work!" or "Help! I suddenly can't get on the internet!" Rip Parmelee is also helping us out by being our "on call" computer trouble shooter! **Call the COA to sign up** for Rip to come out and take a look at your computer.

Harvey's Treasure Chest Re-Opens for the Season on September 11 – Think about the COA Gift Shop for all your cards and gifts. Always a unique and changing selection, you are sure to find just the right thing. Open Tues, Wed, and Thurs. from 11AM – 2 PM.

Calling all Needle Workers – Come to our **BIG Yarn Sale on Wednesday, October 3rd**! Harvey's Treasure Chest is holding a huge yarn sale here at the HWCC from 10-2. Many thanks to Needle Arts of Concord for donating their stock. There are loads of patterns and books to choose from and lots of yarn, needles, canvas and accessories too. Gift items galore! Get your holiday yarn crafts done in advance.

Art Space Presents –Engaging Trails, an exciting one-woman show by Phyllis Hughes, will be on display through September 26th here at the Harvey Wheeler Center. Don't miss this beautiful collection of oils and acrylics by this classically trained artist.

Handymen wanted! Are you handy around the house? Can you help out a friend or neighbor? We need more handymen to assist seniors with minor household repairs. Call Ellen for more information on how to volunteer.

Community Outreach

Muffie FitzPatrick, New Outreach Coordinator

I am delighted to be at COA as your Outreach Coordinator. I am a Concord native and look forward to seeing some familiar faces and meeting all of you eventually. I will be working eighteen hours per week and I hope that you will call me at (978) 318-3020 to find out about the services that COA may be able to provide for you.

In only two weeks, I have found that the staff and the volunteers are remarkable in their willingness to share and help the "new kid on the block". It is a great place – let's get acquainted.

SEPTEMBER EVENTS



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

MEMOIR GROUP - Tuesdays, Sept. 4 and 18 at 10:00 am

Here is your opportunity to record some special moments of your past, memories your family or spin a tale about a special travel experience. The group is open to new members so join us this month.

COA CINEMA – Thursday, September 6 at 1:00 pm

REMAINS OF THE DAY is a 1993 film with Anthony Hopkins and Emma Thompson. This is for people who appreciate wonderful dialogue, beautiful scenery and superb acting. This is a story about an English butler, who is very “buttoned up” and a housekeeper who tries to reach him as they work together in an elegant country house in the time just before WW II.

LUNCH BUNCH – Friday, September 7, 11:30 am

This month we are heading west to revisit the Atlantic Seafood Grill in Acton. The atmosphere is hospitable and the seafood is very good and comfortably priced. The van fee is \$6.00 payable WHEN YOU SIGN UP. Be sure to let us know if you need a van pick up from home. You may wish to drive yourself but call to sign up today.

BREAKFAST PARTY – Monday, September 10 at 9:30 am

Kick off National Senior Center Week with a tasty breakfast made by the staff. Start your day off at HWCC. Let us know if you need the van. Call to sign up.

PARTY ON THE PATIO – ONE MORE TIME – September 13, 3:00 to 4:30 pm

Everyone enjoyed the first one so let's do it one more time and enjoy “Indian Summer” with another Patio Party with the gracious and talented Jean Kelly entertaining at the piano. Another round of delicious morsels will be provided with assorted beverages. Come and listen, chat with your friends, old and new and sample the goodies. Let us know if you need a van pick-up.

TRIP TO LOWELL – Friday, September 14, 11:00 am

Have you been to Lowell lately? This is your day to board the van at 11:00am for a day beginning with lunch at the FOUR SISTERS OWL DINER which serves a variety of wholesome home-style American meals as well as delicious hot coffee at 244 Appleton Street in Lowell. Then on to Lowell National Historical Park for a 2:30 to 4:00 VIEWS OF LOWELL tour led by a park ranger who says “dress for the weather as all programs require some outside walking, rain or shine.” We should be back in Concord by 5:00 pm. There is no charge for the tour; van fee is \$8.00 payable when you sign up. As always, let us know if you need a pick-up at home.

“O” GROUP – Tuesday, September 18 at 1:30 pm

Mildred welcomes all to this group. Please join us.

WATERCOLOR PAINTING – Thursday, September 20 1:00 – 3:00 pm

Cynthia Durost will again offer her watercolor class in an eight week session (September 20 through November 8) for the fee of \$100.00 payable to Cynthia at the first class. She always attracts an enthusiastic group of students so call the COA to sign up today.

COMING IN OCTOBER - - SIGN UP TODAY !

Be sure to check out the new fun way to get in shape. Details on page 7.

COA CINEMA – Thursday, October 4, 1:00 pm

Critic Vincent Canby has this to say about THE AGE OF INNOCENCE: “Mr. Scorsese has made a big, intelligent movie that functions as if it were a world he had just discovered, and about which he can’t wait to spread the word.” This film comes from the novel by Edith Wharton and stars Daniel Day Lewis and Winona Ryder portraying a couple caught in the rigid confines of New York society of the 1870’s.

ENGLISH AT LARGE – Friday, October 5, 1:30 pm

Have you ever thought of volunteering your time to help an adult build English language skills? English at Large is an organization that delivers English literacy instruction to adults by recruiting and training volunteer tutors. Martine Thomas, program manager for the organization, will present more information and answer your questions. Training and work is done on a local basis. Come, listen and consider what you might do. Sign up, please.

ALL ABOARD!! – Thursday, October 11, 8:00 am

Here it is! A fall foliage day trip and a ride on the Winnepesaukee Scenic Railroad with lunch by Hart’s Turkey Farm served on board. A complete turnkey dinner with all the trimmings will be placed in front of you as the train progresses around a portion of the Lake on a two-hour journey. We will board the train at 10:30 and be off at 12:30 to board the coach again for a visit to Pepe Herrman’s Crystal Studio, a one of a kind place. Herrman is one of the few crystal glass cutters in the world and he is at work in his studio which is a combination of museum and shop with pieces ranging from \$10.00 to \$10,000.00. We should be back in Concord about 4:30. The cost of this day is \$60.00 with a **check made out to Royal Tours** when you sign up. We will need 35 people to make the trip. LAST DAY TO CALL IS SEPTEMBER 20. Let us know if you will be able to join our fall outing.

NEWS FROM THE GLASS DISPLAY CASE – In September, the shelves will feature the doll collection of Jean Moscariello and we have other collections waiting to be displayed in October and November. Thank you for your interest and let us know if you have a “collection” you would like to share.

TIME TO THINK ABOUT CHRISTMAS!! – The COA plans to decorate a tree to add to the annual display at the Concord Museum. The decorations will interpret the children’s book “Pennies and Hot Chocolate”. You don’t need to be artistic to be involved in this project, just come and have a good time. Please call the COA and indicate your interest in this project and we will call you to set a time for our first meeting.

Be sure to read the flyer insert about the **William Wheeler Forum** to be held at HWCC. This program is free to the public
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.

September 5 - Bag Lunch

September 12 – Fire Department
(September Birthday Celebration)



September 19- Concord Friends of the Aging

September 26- Town House – Town Manager's and Personnel offices

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.

Thursday, September 6 - 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. \$2.00 - Market Basket \$3.

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 ROUNDTrip

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, September 11, 2006 at 6:00 PM at HWCC. As always the public is welcome.

THE CONCORD FRIENDS OF THE AGING BOARD will meet Tuesday, September 4, 2006 at 4:00 PM, at HWCC

ONGOING MEETINGS & EVENTS

COA BOOK DISCUSSION club will meet on Tuesday, September 18th at 9:15AM at HWCC. We will discuss our summer reading and plan our readings for the fall.

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: Rehearsals on the second and fourth Tuesdays beginning September 11th at HWCC at 1:00 PM. If you are interested in joining please call Tillie Sweet at 978-369-7018.

SENIOR "SHAKERS": will meet on Monday 9/17 & 9/24 at 2:00PM at HWCC to rehearse. Call Marge Stetson 978-369-9084 for info.

MUSIC MAKERS: Do you enjoy singing around the piano? Please join us at 1PM on Mondays @ HWCC. No special talents or auditions required. We sing all your favorites from the past. 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.

TAI CHI AT HWCC: Weekly one-hour lessons on Thursday. Call Paul at 978-369-9939 for information.

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.

VOLUNTEER OPPORTUNITY: Seniors helping seniors. The Computer Club for Beginners, an all-volunteer program designed for older computer "novices", would like one or two additional volunteers to assist with the fall class. Offered through Concord/Carlisle Adult and Community Ed catalog, the class meets on six Thursday afternoons in the CCHS computer lab beginning on October 11. Contact: program coordinator Joan Turner, jpturn@verizon.net

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



"NIP & TUCK" SEAMSTRESS AVAILABLE: On Tues. Sept. 11 & 25 from 10:30AM - 12:30PM (note the new times) Please call the COA to confirm the dates before coming to HWCC.

RETIRED MEN'S GROUP call Ellis Walker at (978) 369-5757 for information.

"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.



KARATE EXERCISE CLASS:
A fun new way to get in shape! This program is designed to tone and strengthen muscle. If you need to tone or loose a few pounds this class is for you. Sean Denmark has been an instructor for 30 years. Class will be on Fridays at 8:30 am. Classes will be \$3.

"ASK A LAWYER": Thursday, September 27th - Atty. Margaret Hoag 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.