

# HARVEST HAPPENINGS

## A SENIOR NEWSLETTER FROM THE CONCORD FRIENDS OF THE AGING

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## October 2007

Hello Everyone! Hope you are all well and happy!

In case you didn't know, the COA works cooperatively with many other organizations in the area to support "good works" throughout the community. Thought I'd share a few with you.

The COA is a member of the Liberty Alzheimer's Partnership. Each year the partnership has a major fund raiser that helps with research and education by the State Alzheimer's Association. This year we are presenting an evening of jazz featuring Dr. Elliot Steiger on the evening of October 12 at 51 Walden Street in Concord. I hope all you jazz lovers will support this event. Tickets are available by calling Sally Lopez at 978-287-3173.

Working with the Community Ed. Dept. is another thing we do. We provide space at HWCC for their wonderful Armchair Travel Program. This fall's presentations are all on Monday nights at 7 PM. They are as follows: Oct. 1, Tuscany and Rome; Oct. 15, The Road Less Traveled; Oct. 22, Isle Royale National Park; Oct. 29, Sedona and the Grand Canyon; Nov. 5, Biking and Hiking in Ireland; Nov. 19, Hokkaido Japan; Nov. 26, South Africa. Details about the programs are available in the Community Ed. Brochure (at HWCC) and are also posted on the bulletin board at HWCC.

Finally, here is a reminder about the Concord Prison Outreach Holiday Gift Bag Project. A list of items needed for the project is posted at HWCC. The drop-off dates for your donations are: Nov. 19 – Dec. 2 at the River St. entrance of Trinity Church. If you have questions call Beverly at 978-562-5075 or Carol at 978-369-3755.

Have a happy October!

Hugs,

Mary Anne

**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](mailto:lkalinoski@concordma.gov)**

### Y.E.S. CLUB EVENING PROGRAMS

**Wednesday October 10, at 7:00** Let's get into shape in a fun way! **Karate exercise class** it's not the type of karate you remember, tone muscles loosen tight spots and have fun. Sean Denmark is offering us this great opportunity for a 6 week class for \$90. Call to sign up.

**Friday October 12, at 7:00 Dinner Club:** Out Look Restaurant in Westford Ma. This is a great spot with many choices on the menu, not to mention the atmosphere. Call to sign up. Help us plan up-coming month events.

**Friday October 19, at 7:00 Movie Night:** 'GEORGIA RULES'. I think you will love this one. Three generations of women and the unbreakable bonds of motherhood.

**Saturday October 27, 5:00 – 7:00pm Cocktail Party** Meet me at the Club House at Concord Green. Let's have drinks and snacks and plan out future night and day events. . Everyone, 55+, is welcome to come. This YES Club is for folks who want to be very active and try different things. Come check it out. Call to sign up.

## WELLNESS EVENTS

### Call the COA to sign-up for any Wellness Events

**“Let’s Beat the Blues”** October 11, 9:00 a.m. to 11:30 a.m.

October is National Depression Screening Month. Depression isn’t always easy to recognize, but it is easy to treat. Many older adults have depression without realizing it. This 15 question, “yes/no” test will let you know if you have symptoms that indicate depression. Depending on the severity of symptoms, depression can be treated by exercise, therapy, and or medication, so don’t be afraid to be screened!

**Cholesterol screening** October 9, 8:30 a.m. to 10:00 a.m.

Were you turned away from last month’s cholesterol screening because it was full? Here’s a repeat test for those who were not screened in September. It only takes a few minutes to check your total cholesterol, “good” and “bad” cholesterol, and triglycerides. For best results, don’t eat or drink anything but water for 12 hours prior to the test. You may take medicines.

**“Breast Cancer: Power in Knowledge”** Friday, October 26, 10:00 a.m.

October is “Breast Cancer Awareness Month” and Stefanie Bilowich, formally of Amoena Breast Care, will talk about breast cancer, the insurance benefits available to you, and show some of the newest products that help women get on with their lives. A brief question and answer period will follow. There will also be a surprise “giveaway” and refreshments. Sponsored by A & A Medical in Acton. Bring a friend - support the cause.

**Support Group** Early Stage Alzheimer’s. The Association has a group for folks who have just been diagnosed. Come and meet and get support from your peers. Call Lori or Mary Anne for information.



### Drop in Wellness Clinic Schedule

Harvey Wheeler Community Center	Peter Bulkeley Terrace
<b>Blood Pressure Screening:</b> 10 a.m. to noon October 3, 10, 17, 31 <b>Diabetes Screening:</b> October 17, 10 a.m. to noon	<b>Blood Pressure Screening:</b> 10 a.m. to noon October 24 <b>Note change in location for screening!</b>

## Other Programs

Low Vision Group, Wednesday, October 24, 1:00 p.m.

New members are always welcome to the Low Vision Group! Call the Council on Aging if you need a van ride or more information.

Need to monitor your blood pressure for a short time? Often your healthcare provider asks you to take your blood pressure frequently when you start a new medication. The Council on Aging has several automatic blood pressure machines that we can lend you to help monitor your blood pressure. Call the Council on Aging if you'd like to borrow a machine.

Equipment taking up space? The Council on Aging welcomes donations of medical equipment in good repair. We're currently in need of adjustable canes, wheelchairs, and tub seats. Also, if you've borrowed equipment you no longer need, please return it for someone else who may need it. Thanks!

### **Coordinator's Corner** **Ellen Sathe, Volunteer Coordinator**

There are many wonderful things that will never be done if you don't do them. - **Charles D. Gill**

**Fall Dream Teams Are Here!** We have a *limited* number of volunteers ready and willing to help you out with your outdoor fall clean up! Teams will be assigned based on order of sign ups. Please call the COA to get on the list.

**Art Space is Pleased to Present** "Hokkaido Pioneers" through November 2. This is a fascinating glimpse into Japan of the 1870s, through a collection of photographs compiled by Concord's own William Wheeler. Digitally enhanced by Charles Lowell, these period photographs reveal textures, features and faces never seen before.

**Calling All Needle Workers...** Come to the Big Yarn and Needlework Sale on Wednesday, October 3rd! Harvey's Treasure Chest is holding a huge yarn sale at the COA from 10-2. There are loads of patterns and books to choose from, and lots of yarn, needles, canvas and accessories too. Many thanks to Needle Arts of Concord for donating their stock.

**Computer Program...** we have two Computer Tutor formats for you to choose from – a "small group" environment or a one-on-one lesson. We also offer an on-call Computer Handyman to help fix your computer hardware needs. Call Ellen for more info or to sign up.

**Get Your A/C Unit Moved!** The Thoreau Club will be available on Friday, Oct 12 to move your ACs into storage. *This is a one day only event; call the COA by October 5<sup>th</sup> to sign up.*

### **Community Outreach** **Muffie FitzPatrick, New Outreach Coordinator**

Fall is here this is a good time to start thinking about snow removal and who is going to do that for you. As fuel prices go up it may become harder to pay the fuel bill THE COA CAN HELP, just give us a call.

This is a fun time of year we are heading into. The COA has many things planned from fun events to wellness programs. If you are home alone or feeling like you want to do something *make yourself call us* and join in on all the great activities.

## OCTOBER EVENTS

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

### INTERNATIONAL CURRENT EVENTS – Wednesdays, October 3 at 1:30

International Current Events is a weekly meeting of people who are interested in what is happening world wide. We meet on Wednesdays from 1-3pm. Discussion of current topics, opinions on the world news, the discovery of news that didn't make the papers, evening news, or weekly magazines is at times very lively. This group is moderated by Barbara Howell.



### COA CINEMA - Thursday, October 4 at 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.

### **NEW EXERCISE CLASS OCTOBER 5, AT 8:30 AM - see page 7 for information**

### ENGLISH AT LARGE – Friday, October 5 at 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.

### MEMOIR GROUP – Tuesdays, October 9 and 23 at 10:00 am

This is an on-going group and is open to anyone interested in recording past experiences in a way that is satisfying to the individual. Come and see if it is for you. Call COA to sign up.

### MEET THE CANDIDATE – Wednesday, October 10 at 10:00 am

Come meet Kurt Hayes at HWCC, independent candidate for Congressman, 5<sup>th</sup> District.

### WINNIPESAUKEE 'TURKEY TRAIN' – Thursday, October 11 at 8:00 am

This was announced in September with full information in the September newsletter. Hopefully, by the time you read this, the trip will be full but you can call to get on the wait list in case of cancellations. The cost is \$60.00 with the check made out to Royal Tours. To those who have signed up, we will leave HWCC at 8:00am and return about 4:30 pm.



**TRAGEDY TOMORROW, COMEDY TONIGHT!** – Fridays, October 12, 26 & Nov. 9 from 1:30 to 3:00 pm

This workshop presented by Jim Fox will offer a playful look at great comic moments in the theatre, film and radio using videos, recordings and scripts featuring the classic and contemporary comedic repertoire from “Twelfth Night” to “Some Like it Hot”. Come and share your ideas of comedy.



**LUNCH BUNCH** - Friday, October 19 at 11:30 am

Destination Maynard to try the fairly new restaurant, CHRISTOPHER'S, which won the 26<sup>th</sup> annual Chowder Fest in Boston this past July. They also feature elegant pizzas, signature sandwiches and, of course, chowder. Prices are in the \$10 - \$12 range. Van fee is \$6:00 when you sign up and, as always, let us know if you need a ride from home. Van will leave HWCC at 11:30. Sign up today.

**MYSTERY RIDE** - Thursday October 25, at 12:30am

When was the last time you just went for a ride? See the sights and enjoy the company we will stop for a little snack on the way. \$4.00 for the van. Walter Miles is excited to be your guide on this trip.

**WEST CONCORD WOMAN'S CLUB ANNUAL FAIR** – Saturday, October 27 from 9:30 am – 3:00 pm

The Women's Club will feature vintage jewelry, sweets, books, Christmas items and much more. After shopping, have a lunch of quiche or a sandwich served from 11:00 am – 1:00 pm. Please join us at HWCC for this event.

**MUSEUM CHRISTMAS TREE** – Please call if you have an interest in helping create decorations to interpret the book “Pennies and Hot Chocolate”. We will have our first meeting in October and you will be called with the date.

## COMING IN NOVEMBER



**THE 'BIG BAND' ERA** – Friday, November 2 at 1:30 pm

Put the above date on your calendar today and plan to enjoy an afternoon remembering the days of “The Totem Pole” and the tunes of the “Big Band” era. Bill Patten will present music and pictures which will send you swinging back to your dancing days. Refreshments will follow. Call the COA to sign up.

## **LOOKING AHEAD TO DECEMBER**

An early alert for our Christmas trip which will be an excursion to Newport, RI to see several of the mansions in all their Christmas finery. Save the date: Friday, December 7. Details will be in the November newsletter.

**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.

October 3 – Life Care of Acton

October 10 - COA Surprise  
(OCTOBER Birthday Celebration)

October 17 – Concord Children’s Center

October 24 – Mildames

October 31 – Holy Family

**VAN SHOPPING TRIPS**

**CALL FOR RESERVATIONS**

**Burlington Mall**, 1<sup>st</sup> 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, October 4th - 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:** 1<sup>st</sup> 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:** 1<sup>st</sup> Thursday – AM, Burlington Mall, \$4  
2<sup>nd</sup> & 4<sup>th</sup> (& 5<sup>th</sup>) Thursday, - Stop & Shop plaza, \$2  
3<sup>rd</sup> 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, October 2, 2006 at 6:00 PM at HWCC. As always the public is welcome.

THE CONCORD FRIENDS OF THE AGING BOARD will meet Tuesday, October 2, 2006 at 4:00 PM, at HWCC

## ONGOING MEETINGS & EVENTS

**COA BOOK DISCUSSION** club will meet on Tuesday, October 16 at 9:15AM at HWCC. We will discuss "Three Cups of Tea" by Greg Mortenson & David Relin.

**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:** If you are interested in joining please call Tillie Sweet at 978-369-7018.

**SENIOR "SHAKERS":** Mondays 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 Thursdays at 2:00 PM. Call Paul at 978-369-9939 for information.

**BRIDGE GROUP** meets every Tuesday at 1:00PM at HWCC. We play Contract Bridge. Come join the group, no reservation needed.



**"NIP & TUCK" SEAMSTRESS AVAILABLE:** On Tues. October 16 and 30<sup>th</sup> 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** meets for lunch on Weds. Oct 10 at 12 noon in the Trinitarian Congregational Church. The speaker will be Lynn Masson, Town Assessor who will talk about the work of the Board of Assessors. Cost for lunch is \$8.00. Reservations are required. Call Ellis Walker at (978) 369-5757 for reservation or more 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.

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



**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.

**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, [jturn@verizon.net](mailto:jturn@verizon.net)

**"ASK A LAWYER":** - Atty. 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.