



SENIOR SPIRIT



A SENIOR NEWSLETTER BROUGHT TO YOU BY THE COUNCIL ON AGING WITH THE SUPPORT OF THE CONCORD FRIENDS OF THE AGING

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Happy Holidays



Hello All,

I wish that during this holiday season I could write to you about something cheerful but I have a couple of warnings for you about, yes you guessed it, **SCAMS!** It seems that every time something is going on that involves seniors some unscrupulous individual comes up with a way to rip you off!!!

It is the time of year when your medical insurance plans will advise you about changes in your prescription coverage and it is also open enrollment for Medicare so beware of people who call you and say they will give you large prizes or cash for signing up for their prescription plans. Then they ask you for your Social Security number or bank account and credit card numbers. There are also callers who will say that you may lose your Medicare coverage unless you give them your personal information so they can make sure you remain signed up! This is a hoax! There are also callers claiming to be from the Social Security Administration asking for your Social Security number, bank account number, etc. The SSA does NOT do this! Beware!

The first phase of the 2010 U.S. Census process is beginning soon. Census workers will come to your door. You will recognize the "real thing" because the worker will have a badge, a hand held device, a Census Bureau canvas bag, a confidentiality notice and they will not try to get into your home! They will NOT ask for your Social Security number, credit card or banking information! Please heed these warnings! Don't let "crooks" spoil your holidays!

Whatever holiday you are celebrating, please accept sincere wishes from me and the COA staff for peace, love and joy for you and those you love during this special season!

Hugs!
Mary Anne

Y.E.S. CLUB EVENING PROGRAMS

ARE YOU A YOUNG ENERGETIC CONCORD SENIOR? (55 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

December 3, at 4:30 let's meet at Walden Grill for a light snack and then head out for the Christmas Stroll. Last year we had such a great time at dinner, we did not make it out to shop! Van will leave HWCC at 4:00 or meet us at Walden.



IS IT TIME FOR THE WINTER BLUES???

With December almost upon us we need to gear up to tackle the Winter Blues and for some - Seasonal Affective Disorder (SAD). SAD is a form of depression that occurs with a change of season, most commonly in the winter.

Symptoms of SAD:

- Decreased energy and concentration
- Carbohydrate cravings
- Decreased interest in work or other activities
- Depression that starts in fall or winter
- Increased appetite with weight gain
- Increased sleep and excessive daytime sleepiness
- Lack of energy
- Social withdrawal

NOTE: Symptoms commonly get better on their own with the change of seasons and more daylight hours. If symptoms progress to a major depression, you should consult with your health care provider.

U.S. National Library of Medicine

Simple Steps to stave off the Winter Blues:

- ...Come to the COA for any programs that interest you
-Use the COA van for trips around town
- Invite a friend over for tea or coffee and a chat
-Lend a helping hand whenever able
- Check in with family and friends often
- Eat healthy, balanced meals
- Try to get at least ten minutes of sunshine each day.
-Don't let negative thoughts overtake the positive ones
-**THINK SPRING!**

Coordinator's Corner

Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary.

Margaret Cousins

Let's Extend our Sincere Thanks

It's time to say a big **thank you** to the students from the Middlesex School for all their help this fall with weatherization and leaf raking. Please bake a dozen cookies, bars, brownies or any favorite finger goodie you would like to share with our youthful helpers. Drop them by the COA on Monday, December 14th for delivery that week. These kids are so great – it's nice to be able to pay them back for their time and effort.

The Art Space Gallery in December

Our exhibit for December will feature artwork by Acey Welch. Acey studied at the Museum of Fine Arts in Boston and majored in Architectural Sciences at Radcliffe. Her career was in the Graphic Arts at the MIT Lincoln Lab, Mitre and Haley and Aldrich Geotechnical Firm. She found time to paint in her retirement. Acey's exhibit features work of her two great loves...the US Southwest and the Ocean. Be sure to stop by during the month to view her exhibit.

THE COA/HW WILL HAVE A BOX TO COLLECT YOUR DONATED CHILDREN'S BOOKS

Concord Prison Outreach, Inc. is a local group of volunteers who run educational and spiritual programs with inmates at our two local prisons. During their Family Days, the children will be able to select a book from an assortment of books that have been donated. If you have not already brought in a children's book, you still have time to drop one off at the COA. The box is clearly marked in the COA vestibule.

CONSIDER BEING A CHERISHED VOLUNTEER AS YOUR NEW YEAR'S RESOLUTION FOR 2010!!

Call Lori at the COA to find out what volunteering opportunities await you!!! You'd be surprised how rewarding the volunteering experience can be!!!!!!!!!!

WELLNESS EVENTS

Sign up for all programs



Tuesday, December 1, at 10 a.m.

The Importance of Laughter in Healing. Come to hear The Community Hospice's most important view on the Therapeutic Value of laughter. Sounds like FUN!!! Please sign up now!

Friday, December 11, at 11a.m.

Come to hear another holistic Nurse, who works in Oncology, speak and share her knowledge about the best words and phrases to use when we approach our friends and loved ones who have a form of Cancer.

Thursday, December 17, at 10:00am.

The Holiday Blues...Once again we will receive a most informative and meaningful lecture on avoiding the blues this winter from Karen Breehey, Arlington Visiting Nurses. **CALL THE COA TO REGISTER.**

Wellness Clinic Schedule

Harvey Wheeler Community Center

**Blood Pressure Screening:
Every Wednesday, 10-12**

Diabetic Screening: December 16, 10-12

Podiatry Clinic : January 20, 2010

OUTREACH CORNER

GRATITUDE: A lively sense of future benefit by An Unknown French Author

This is an important Time of Year to **WATCH YOUR MAIL!**

This is the time of year your Health Insurance Company will inform you of any changes in your coverage. You might get something from Medicare, Social Security or Mass Health or your Private Insurance.

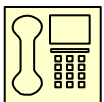
YOU MUST READ AND SAVE ALL PAPERS.
Then make an appointment with our **SHINE Volunteer!**



The cold weather is here! Are you worried about the cost of heating your home? Remember a cold house is a sick house. Call the outreach team for help.

Fuel Assistance.....Now is the time to call about help with your fuel costs; if you are responsible for paying for your heat and are having trouble doing so, call the COA and see if you are eligible for fuel assistance. We will help you to complete your application. Do not wait!

Lock Box Program.....These boxes allow the Police or Fire Departments to enter your home without damaging doors, windows etc. We would like to make lock boxes available to those who are interested; however we need to know how many seniors would like to have one installed on their door. In the event of a fall or other emergency, when you are alone in the house, the lockbox can be invaluable. We are taking a poll—please call and let us know if you are interested in this free protection and peace of mind. Call Lori 978-318-3111.



Are You Okay?? Would you like a phone call several times a week for a chat about this or that? Call the COA and let us know. Maybe you would like to volunteer making the calls, just let us know. Call Lori or Muffie.

EVENTS

Please call (978) 318-3020 to register
for Programs



LIGHT UP THE NIGHT, Thursday, December 3, at 5:00 p.m. This is our annual pizza and Christmas Lights Tour event. If you haven't signed up already, there might still be a space on the van. Be on hand at 5:00 p.m. for pizza followed by cruising. \$6.00 for van and supper.

Concord Elks Annual Holiday Roast Beef Dinner Sunday December 6, at 12:00 p.m. Concord seniors should head on over to the Elks Club. Doors open at 11:00a.m. Seating is limited so call the COA and sign up ALSO let us know if you need the van.

CHRISTMAS EXPLOSION, Thursday, December 10, 1:00 p.m. Have you ever visited "Cataldo's Garden Center" in Littleton at Christmas? Their extensive shop is decorated with a capital 'D' with every variation on the Christmas theme. The plan is to ride the van over, wander around and look (shop if you want to), have a cup of coffee or hot cider and a munchie and come home. An easy way to participate in the holiday festival. Leave HWCC at 1:00 p.m; \$2.00 van fee; sign up now.



COA HOLIDAY LUNCH, Wednesday, Dec. 16, 12:00 p.m. Each year when December rolls around, the **Friends of the Concord COA** treat everyone to a very special lunch. Everyone puts on a favorite holiday sweater and arrives hungry and full of good cheer. This year, there will be a special appearance of two favorite personalities plus an extra-special treat. Ray Snay, experienced Toast Master and talented teller of tales, will entertain us with his unique holiday stories. Must call to sign up.

December Events



COA CINEMA, Friday, December 18, 1:00 p.m.

Come and relax with a film that has been called “witty, sentimental, romantic and goofy” and, indeed, it is. The title is LOVE, ACTUALLY with Hugh Grant playing the Prime minister of England and living at no. 10 Downing Street. Naturally there is a girl involved but that is only one of the several love stories featuring well-known actors too numerous to mention! Please sign up.



WELCOME THE NEW YEAR, Wednesday, December 30, 11:15 a.m.

This is a special Lunch Bunch trip to a very small B&B in Barre, MA called “The Jenkins Inn”. David and Joseph, the Innkeepers, have created a unique establishment just on the corner of Barre Common. The food is prepared with great care. The dining room and parlors are filled with their artfully arranged collection of variety of objects. There are three entrees from which to choose: Maryland Crab Cakes, Chicken and Spinach Cannelloni and Chopped Beef in Puff Pastry. The meal will include a salad, vegetable, potato, dessert (Crème Brulee) and Coffee or Tea. The price is \$24.00 which includes tax and gratuity. Van fee is \$5.00. To sign up, **make a check out to THE JENKINS INN for \$24.00**. Bring/mail your check to the COA. Van fee due that day. Also, indicate your choice of entrée. Barre is about an hour’s drive out Rt. 2. We will LEAVE AT 11:15 A.M. IF BAD WEATHER THREATENS OR IS PRESENT, TRIP CANCELLED.



DANCE CHAMPIONSHIPS, Friday, January 22, at 12:30 p.m.

Here is something new and different. The Eastern U.S. Dancesport Championships are being held at the Boston Renaissance Waterfront Hotel. Seniors have been given the opportunity to purchase tickets for the Friday Matinee for \$15.00. You will be seeing world class ballroom dance competition and great entertainment with some of the best professional ballroom dancers from around the country. Please make out a check for \$15.00 payable to **CONCORD FRIENDS OF COA** when you sign up. Van fee is \$5.00 payable on day of trip. We will leave HWCC at 12:30 p.m. You may sign up now if you wish.

FOR YOUR INFORMATION

Bridge class will be finished in December. Anyone who would like to meet at HWCC to play is very welcome. Just let us know when you would like to come.

Spanish class taught by Angela Jimenez will resume on FRIDAY, JANUARY 15, 2010. Same time, same place. A very large "Thank You" to Angela for volunteering her time and knowledge to this group.



Notes on a Christmas Tree. The COA is again participating in the Concord Museum Holiday Tree Project. Each tree is decorated to interpret a childrens' book. This year, our book is OLIVIA FORMS A BAND, Olivia being a very energetic little pig! Our committee has once again produced a tree bursting with creativity, charm and color.

THANK YOU to Helen Ford, Jean Fitzgibbon, Jill Colpak, Jean Farmer, Jean Moscariello and Sally Montgomery. Take a grandchild to see this very special exhibit and look for OLIVIA.

SYMPHONY SEASON 2010



Here are the dates and programs for the Friday-Spring A series.

February 5

James Levine, conductor
 Elizabeth Rowe, Flute
 Schubert: Rosamunde Overture
 Carter: Flute Concerto
 Brahms: Symphony No. 4
BOS COACH
From First Parish Church

March 12

Rafael Fruhbeck de Burgos, Conductor
 Hilary Hahn, Violin
 Albeniz: Excerpts from Iberia
 Prokofiev: Violin Concerto No. 1
 Rimsky-Korsakov: Scheherazade
BOS COACH
From First Parish Church

April 16

Julian Kuerti, Conductor
 Marc-Andre Hamelin, Piano
 Ligeti: Concert Romanese
 Shostakovich: Piano Concerto No. 1
 Tchaikovsky: Symphony No. 2
COA VAN
 From HWCC

April 30

Bernard Haitink, Conductor
 Emanuel Ax, Piano
 Beethoven: Leonore Overture No. 2
 Beethoven: Piano Concerto No. 4
 Bartok: Concerto for Orchestra
COA VAN
 From HWCC

This year, we have thirteen tickets for each concert at \$44.00 each. **Your check should be made out to FRIENDS OF THE CONCORD COA** for the correct number of tickets you wish. Please put concert date(s) on each check.

TRANSPORTATION: For the **Feb. 5** and **Mar. 12** concerts, we will use the **BSO Friday Afternoon Bus Program**. The coach will leave from the front of First Parish Church on Lexington St. in Concord at 10:30 a.m. The cost is \$23.00 per concert with the check made out to **BOSTON SYMPHONY ORCHESTRA payable when you sign up with your ticket check**. We must have these checks three weeks before the performance.

ATTENTION: If you prefer to park at HWCC, the van will be available at no charge to take you to First Parish Church. The van will also return you to HWCC when we return. The van will leave HWCC at 10:15 a.m. sharp.

For the April 16 and 30 concerts, we will take the van from HWCC leaving at 11:00 a.m. Charge will be \$15.00 payable that day. **PLEASE READ THIS INFORMATION CAREFULLY AND KEEP IT AT HAND**. You may sign up starting December 1.

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 P.M. There is a \$2 donation for lunch. Please call the COA, 978-318-3020 by the prior Friday to make your reservations.

December 2 - Hammond Real Estate – DECEMBER BIRTHDAY CELEBRATION

December 9 – Bag Lunch – you bring your lunch – we'll provide coffee and dessert

December 16 – HOLIDAY PARTY – You must sign up !!!!

December 23 – NO LUNCH – HOLIDAY WEEK

December 30 – NO LUNCH – HOLIDAY WEEK

VAN SHOPPING TRIPS

CALL FOR RESERVATIONS

Burlington Mall, 1st Thursday of the Month - Limit 13. Pick-ups at HWCC @ **9:00 A.M**

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

December 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 1:00 P.M., 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 – 8:40 A.M., Burlington Mall, \$4.
2nd, 4th and 5th Thursday, – Stop & Shop plaza, \$2
3rd Thursday, – Market Basket, Westford – (Pickups will start at 12:45P.M.), \$3.

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 COUNCIL ON AGING BOARD will meet on **Tuesday, December 1** at 6:00 P.M. at the HWCC. As always the public is welcome.

THE CONCORD FRIENDS OF THE AGING BOARD will meet **Tuesday, December 1** at 4:00 P.M. at the HWCC.

The COA will be closed on Friday December 25 and Friday, January 1 for the Holidays. There will be no COA activities or van transportation on those days.

ONGOING MEETINGS & EVENTS

COA BOOK DISCUSSION: The group will not meet in December. On Jan 19th we will discuss **City of Light** by Lauren Belfer at this meeting. For more info, contact Phyllis Di Marzio (978) 369-1558.

COFFEE & CONVERSATION: Meets every Tuesday, 10:30A.M.-11:30A.M. 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. COUNSELORS: Virginia Lemire or Pat Lanchester may be able to answer your health-insurance questions directly over the phone. Call the COA office, 978-318-3020. If necessary, one of them will set up an appointment to meet with you.

SENIOR DRAMA CLUB: They will meet on the 2nd and 4th Tuesdays. If you are interested please call Tillie Sweet at 978-369-7018.

SENIOR "SHAKERS": Meet Mondays at 2:00 P.M. at HWCC to rehearse. Call Marge Stetson 978-369-9084 for info.

MUSIC MAKERS: We will meet Mondays from 1:00-2:00 P.M.

FITNESS CLASSES: At HWCC on Mondays & Thursdays. Aerobics class at 9:30A.M. & Strength & Flex at 10:45A.M. Classes with Julie are \$4 – classes with video are 50 cents.

BILL IS HERE TO TEACH TAI CHI! Bill teaches at other COA's. The Tai Chi form he teaches is simplified and tailored to seniors. All students are invited. No need to sign up. \$5/class – Mondays 3:00-4:00 P.M.

INTERNATIONAL CURRENT EVENTS: We will meet on Wednesdays from 1:00-3:00 P.M., facilitated by Barbara Howell. Come and share your thoughts and experiences, while we try to solve the problems of the world.

FREE YOGA CLASSES: Fridays at 12:15 P.M. taught by Cathy Mandrioli. **Classes are free at the present time.**

"NIP & TUCK": On **December 8** our seamstress will be here from 10:30 A.M. - 12:30 P.M. **ANY ITEMS BROUGHT IN TO BE MENDED, MUST BE CLEAN OR THEY WILL NOT BE MENDED.** Please call the COA to confirm the dates before coming to HWCC.

"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 P.M. Admission is free for seniors.

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

OCTOGENARIAN GROUP : Anyone interested in chatting with folks their own age and discussing life experiences and dilemmas. This group meets the 3rd Tues. of the month at 1:30 P.M.

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

RETIRED MEN'S LUNCH meets Wed. Dec 9 at 12noon at Trinitarian Congregational Church. \$8 for lunch. Call Bob Nelson at 978-369-3105 for information/reservations.

"ASK A LAWYER" on Thurs., December 17 Attorney Tabner will be at HWCC to answer your questions. Half-hr. appts. will be from 9:00 A.M. to Noon. Call the COA to make an appt. Bring any information & documents that you will need to address your questions. If your question cannot be answered fully during the brief appt., you will be given a list of lawyers participating in the program.