



SENIOR SPIRIT



A SENIOR NEWSLETTER FROM THE CONCORD FRIENDS OF THE AGING

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SEPTEMBER 2008



Hello All,

Summer has passed by swiftly. Labor Day and back to school for the kids have arrived! Please read the newsletter thoroughly and note all the great things coming up this month. There are two things I want to make sure you don't miss. First of all, our friend, Gerry Moscareillo, started up his Thursday Afternoon Games at the end of July and this will continue through the fall. Those of you who have been away for the summer, come on down and join a card game, scrabble or bring a new game to share!

Secondly, I want to remind you of our Monday afternoon Tai Chi classes with Bill Barron. Bill is a great teacher and he welcomes both new and experienced students. Taking Tai Chi for a few months will boost your energy and improve your balance. Then, come December, you will breeze through your holiday shopping and safely navigate slippery sidewalks!!! You'll enjoy Tai Chi so much that you'll be back for more after the holidays to work off all the indulgences of the season!

When you read this, I will probably still be at home recovering from my knee replacement. Rest assured that the COA is in good hands with the highly competent COA staff. If you need help they will be there for you! Thanks to all of you for your good wishes and prayers!

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

Saturday September 20, at 5:30 Dinner Club - Moonstones is the sister restaurant to Cobblestone. This is a new place; the menu begins with a wide array of small plates and tapas. Fresh baked breads and a wildly creative cocktail menu. Don't miss this fun trip. \$5.00 for the van. Call to save a spot.

Saturday September 27, at 6:00 at Concord Greene - Let's meet for drinks and snacks and plan out events for the upcoming months.

Be sure to read about the new town wide Health Program

Health Eating Active Living

H.E.A.L

This is a Town-Wide Program

The COA and the Board of Health has joined forces! The town of Concord is on the road to good health. And everyone is welcome. Most of the programs are free, with the exception of the exercise classes.

- We will be having monthly day and night educational program
- Full health screening BP, blood sugar, cholesterol, weight and bone density monthly.
- Aerobics, Strength & Flex, Yoga classes, Tai Chi and Tone with Weights
- Weekly walking group

Tuesday October 21, at 7:00 - Dr Susan Bedell and Debra Stark

Get ready for a night of information! Demystifying Healthy Eating. Enjoy some healthy snacks from Debra's Natural Gourmet.

Kathy Mandrioli will be teaching a Yoga class on Fridays at noontime.

Michelle Laura will be our Thursday night at 7:00 pm teacher.

Walking Group Every Saturday

- **October 4, at 9:00 am Great Meadows National Wildlife Refuge**
End of Mosen Road (off Rt. 62) Meet in parking lot.
- **October 11, at 9:00 am Sleepy Hollow Cemetery**
Meet in Parking Lot behind Holy Family Church
- **October 18, at 9:00 am Estabrook Woods**
Meet in Parking Lot at the Butterick Mansion, Minuteman National Park
- **October 25, at 9:00 am Town Forest, Walden St**
Meet in parking lot opposite High School.

NOVEMBER: *Shop Smart for your heart* is a program from the American Heart Association. Take a tour of Crosby's with Marianne Heffrin, nutritionist Who will explain how you can use it to improve your health.

Also enjoy many tasty samples!

Monday

Aerobics 9:30 am - \$3.00
Strength & Flex 10:45 am - \$3.00
Tai chi 3:00 p.m. -\$5.00

Thursday

Aerobics 9:30 am - \$3.00
Strength & Flex 10:45 - \$3.00
Yoga 7:00 pm
\$6.00 SENIOR DISCOUNT
\$12.00 drop in/ \$55.00 prepay5x
\$100 prepay 10x

Friday

Tone with Weights 9:00am - \$3.00
Yoga 12:00 - \$6.00

Coordinator's Corner

Ellen Sathe, Volunteer Coordinator

Dream Team Date - Do you want to get your yard work tackled this fall? Let our volunteers help you out! We have two faith groups helping us out this year: **Temple Kerem Shalom** will be sending us families on its Mitzvah Day, October 26th, and **Holy Family Parish** will be doing their day of service on November 8th. We'll have lots of extra kids this year – don't hesitate to sign up! Sign-ups are beginning now, so please call as soon as possible – it helps us budget our volunteers!

Sign Up For "A/C Out" Day in October – Don't try this one yourself! Let's let the Thoreau Club help you wrangle that heavy A/C unit into storage for the winter. The Thoreau Club First Friday season kicks off with this A/C unit removal day on October 3rd, so call the COA now to get on the sign-up list.

Harvey's Treasure Chest reopens for the season on Tuesday, September 9th with a Picture Frame sale! Come in and have a first look at this terrific collection of one of a kind finds. Think of Harvey's Treasure Chest for all your gift giving needs – cards, too! All stock is new and ready for you to browse. Harvey's Treasure Chest is open from 11AM-2PM, Tuesday, Wednesday, and Thursday.

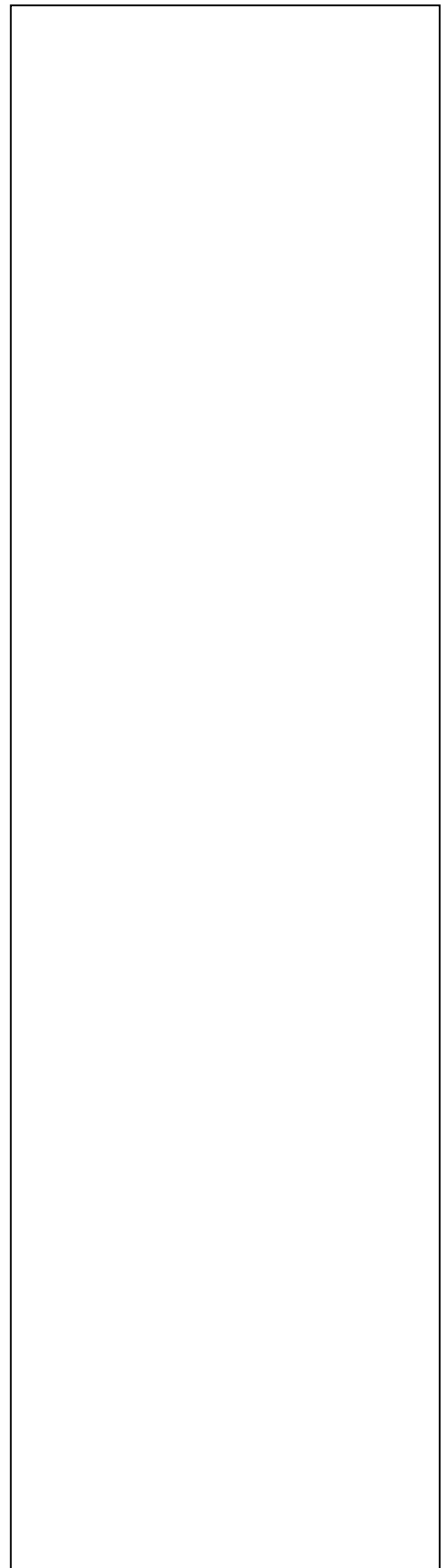
WELLNESS EVENTS

Sign up for all program

October Wellness Clinic Schedule



Harvey Wheeler Community Center
Podiatry Clinic, October 8, Sign up now Blood Pressure Screening: Every Wed. 10 -12 Diabetes Screening: Wed.
Peter Bulkeley Terrace
Blood Pressure Screening, 10:00-12:00 Wed



OUTREACH CORNER

The Outreach Team is here to help. *If it's about seniors ask us!*

That's true!! We are here to help the Concord seniors, as well as give support to families.

- Fall is here and we are all starting to think about oil prices! If you need help and are worried about winter heating bills, give a member of the COA Outreach team a call. We have many resources that we can call upon to give you a hand.
- Do you know about the Light Plant discount? Give us a call to find out if you are eligible.
- Do you know about the discount for your water bill? Give us a call to find out if you are eligible.

When is time to bring someone into your house to help you?

We can help you answer that question. Many seniors struggle around the house with personal care, as well as routine household chores. Hiring someone to come into your house can be a very overwhelming job. We can help you with this. We will sit down with you, and your family, to help determine what your needs are. We have a list of homecare agencies, which you can interview, in order to make sure that you are comfortable with them. We recommended that you go with an agency that is licensed. What does that mean? The agency will CORI (background) check and train everyone that works for them. The biggest bonus is that if your aid cannot come to work, the agency will send someone else. You will not be left without the help you need. The prices for an agency can vary depending on what your needs are.

We also have a list of handyman and skilled workers. We have contacted all the companies on the list and many have agreed to give a senior discount.

SEPTEMBER EVENTS

Please call 978 318-3020 to register for all events

COA CINEMA—Thursday, September 11. 1:00 p.m.

We have the Music Makers and the Shakers. Northampton has the YOUNG AT HEART chorus which has hit the big time with a nationally released movie. What began as a local endeavor turned into a world-wide success story with this special group of seniors giving concerts on an international scene. This documentary started as a British TV special several years ago. You will be surprised at how much fun (and sorrow) develops as these seniors prepare for a concert.



LUNCH BUNCH—Friday, September 12

We haven't been to NANCY'S AIRFIELD CAFÉ in several years so we will head west to enjoy her cooking and the view of the airplanes. After lunch, we will make a visit to HONEY POT ORCHARDS where the many varieties of apples and other fall produce create a great shopping opportunity. Leave HWCC at 11:30. Van fee is \$5.00 payable in advance when you sign up.

NORTH SHORE MUSIC THEATRE—Wednesday, September 24

All ticket holders for SHOW BOAT should be ready to leave HWCC at 12:30 p.m. If you are interested in going, call and leave your name as a ticket occasionally becomes available.

WORCESTER ART MUSEUM—Thursday, September 25

"Experience magnificent artwork from five millennia of world cultures." This quote from the Museum's brochure aptly describes what you will discover on a self-guided tour which will include favorites such as Cassatt, Gauguin, Monet, Sargent and Whistler. Admission for seniors is \$8.00 to be paid on arrival. Van fee is \$9.00 payable when you sign up. We have reservations for lunch in the Museum Café. We will leave HWCC at 9:30 a.m. and return at approximately 3:00 p.m.

PATIO PARTY—Friday, September 26, 3:00 – 4:30 p.m.

Say good-bye to summer, hello to autumn, with music, succulent tid-bits, visits with friends and enjoyment of our grand patio on this special afternoon occasion. Betsy Mandrioli, singer, songwriter and artist, will entertain with her guitar, her delightful voice and her unique songs. Please call to sign up.



SHALL WE WALK - Saturday, September 27

As part of a town-wide initiative, Concord COA is sponsoring a Walking Group which will meet each Saturday morning at 9:00 a.m. to walk for an hour to an hour and a half. These walks will all take place in Concord and all ages are welcome. Everyone is responsible for their own transportation to the meeting place. The first walk will meet at 9:00 a.m. at the Hartwell Tavern Parking Lot on Lexington Road where we will access the Minuteman Park Trail. Please call to sign up. Future walks will be announced in the October “Senior Spirit”.

COMING IN OCTOBER SIGN UP NOW!



PAINTING WITH CYNTHIA—Thursday, October 9


Stir your creative impulse with the challenge of watercolor painting. Cynthia Durost is an experienced and inspiring teacher who will lead you to your best work. Sessions are 1:00 to 3:00 p.m. The cost is \$75.00 for six weeks or \$14.00 per drop-in visit. Fee is payable to Cynthia at the first session. Call to sign up.

GREAT BROADWAY SONGWRITERS—Thursdays, October 16, 23, and 30.

Here is a new opportunity for Concord seniors and an out-of-town friend if you like. Ben Sears and Brad Conner, a cabaret duo and theatre historians, will present the works of Irving Berlin, George and Ira Gershwin, and Rodgers and Hart. Through lecture, video clips, vocal and piano demonstrations, they will showcase the music and words of these fabulous song writers. If any of you have witnessed a performance by Ben and Brad, you know that they are truly dynamic performers. These three performances will be \$30.00 payable to **Concord Friends of the Aging**. We must have a sign-up of a minimum of ten to make this series possible. You may sign up for these October events NOW. This program is sponsored in part by the Concord Friends of the Aging.

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.

Sept. 3 -	Bag Lunch	
Sept. 10-	Concord Friends of the Aging (SEPTEMBER BIRTHDAY CELEBRATION)	
Sept. 17 -	Carlson GMAC	
Sept. 24 -	Life Care of Acton	

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, Sept. 4 - 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 and 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, Sept. 9, 2008 at 6:00 PM at HWCC. As always the public is welcome.

THE CONCORD FRIENDS OF THE AGING BOARD will meet Tuesday, Sept. 9, 2008 at 4:00 PM, at HWCC

ONGOING MEETINGS & EVENTS

COA BOOK DISCUSSION: On Tuesday, Sept. 16th, we will discuss our summer reading. For more info contact Phyllis Di Marzio (978) 369-1558.

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

SENIOR "SHAKERS": Mondays at 2:00PM (beginning on September 8th) 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.

EXERCISE CLASS: Sean is back starting Sept. 12. This program is designed to tone and strengthen muscle. If you need to tone or lose a few pounds this class is for you. Sean Denmark has been an instructor for 30yrs. **Class will be on Fridays at 9:00am (new time).** Classes will be \$3.



BILL IS BACK TO TEACH TAI CHI !!!

William Barron III is a highly experienced instructor and

teaches at other COAs. The Tai Chi form he teaches is simplified and tailored to seniors. Experienced students & beginners are welcome. No need to sign up. \$5/class – Mondays 3-4PM.

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

"NIP & TUCK" SEAMSTRESS AVAILABLE: On Tuesday September 9th & 23rd from 10:30 am - 12:30 pm. **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.

RETIRED MEN'S GROUP: Call Ellis Walker at 978-369-5757 for a 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.

OCTOGENARIAN GROUP: For anyone interested in chatting with folks your own age and discussing life experiences and dilemmas, this group meets the 3rd Tues. of the month (September 16th) at 1:30 pm- Note the time change.

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

SUPPORT GROUP: Early Stage Alzheimer's. Have you just been diagnosed recently or in the past and would like to meet others in the same situation? This group meets monthly. Call Lori at 978-318-3111 for info.

CONCORD TRAVELING SENIORS: 2008 trips will include the following **October 15-18** -Lake George and Lake Placid. For info see fliers at the COA or call Bob & Berni at 978-369-2876.

"ASK A LAWYER": - Thursday, Sept. 25th Margaret Hoag will be at HWCC to answer your questions. Appointments will be from 9:00 AM to Noon. **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.

Concord Friends of the Aging
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