



# 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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## FEBRUARY 2012

### LIONS CLUB ANNUAL SPAGHETTI LUNCH FOR SENIORS

On **Saturday, February 11<sup>th</sup>** the Concord Lions Club is pleased to offer their annual Spaghetti Lunch for Concord seniors. The doors at Harvey Wheeler will open at 11:30 A.M. and the meal will be served at 12:00 noon. You must call the COA to sign up in advance; total reservations are limited to 110 people due to room capacity. If you will need a van ride, please let us know when you make your reservation.

### BEACON HILL LEGISLATIVE UPDATE by Senator Susan Fargo

Join Senator Susan Fargo and Brian Lynch from the Massachusetts Department of Revenue to learn the details of the Senior Circuit Breaker Tax Law. Seniors who qualify can receive up to \$980 in tax credit for 2011. Senator Fargo will also be speaking on recently enacted legislation and upcoming legislation that may still be in the hearing process. Come and learn what our elected officials are discussing up on Beacon Hill and how you might qualify for a tax credit. Mark your calendars for Senator Fargo's visit here at the COA on **Wednesday, February 15**, from 11:00am – 11:45am. Coffee and doughnuts will be served. If you have not already called to let us know you plan to attend, please do so!

### PROPERTY TAX RELIEF

Do you qualify for an exemption from part of your real estate tax? Please join us on **Wednesday, February 8** at 11:00am here at the COA to learn more about what exemptions are available in Concord for qualified applicants. Town Assessor, Lane Partridge, and Sr. Administration Assistant, Carolyn Dee, will be talking about the various programs that seniors can benefit from with regard to their property taxes. There will be an opportunity to ask questions and pick up forms. Please call to sign up!

### New This Month:

**LINE DANCING: Tuesdays from 10:30am – 11:30am, beginning Tuesday, February 14<sup>th</sup>**

If you would like to keep healthy and fit and have some fun at the same time – try line dancing! Come dance to beautiful music and feel your spirits lift! Our instructor is Louise Dorian who is accomplished in a number of dance forms. Louise says of line dancing, "The choreography gets into the dancer's body and mind, and allows participants to have some fun with it, to really move to the music!" Cost will be \$5/class, payable to the instructor. Please call to sign up (for the first class only) so we can get an idea of how many dancers we will have.

The **Concord Friends of the Aging** graciously distributed their most recent pocket calendar at the Christmas Luncheon in December. If you haven't received a calendar and would like one, please drop by the COA office and inquire; we have some extras.

### RIDES AVAILABLE FOR PRESIDENTIAL PRIMARY AND LOCAL ELECTIONS

The COA will be making van transportation available from 10:00am – 12:00pm to the polls on **Tuesday, March 6<sup>th</sup>** for Concord seniors who would like to vote. Please call the COA office to arrange a ride in advance.

*Please Remember: Monday, February 20<sup>th</sup> we are closed. There will be no programs or vans that day.*

## Volunteer News

*The COA Volunteer Coordinator position is funded in part by the Concord Carlisle Community Chest.*

**Harvey's Treasure Chest** – Dishes and Odds & Ends is the theme for sale items at the Harvey Wheeler Gift Shop during the month of February. Stop by for the perfect card and the perfect gift for a loved one on Valentine's Day.

**Art Space News** – Thank you once again to the Children's Center and the Carousel Preschool for their exhibit in December/January. We welcome all ages to show their many talents here at the Harvey Wheeler Community Center. If you have missed any of our exhibitors, please tune into Concord Carlisle Television (CCTV), Channel 8, where you will see our artists' exhibits from September through December.

Piecemakers (a local quilting group) will be our exhibitor through February 17. The Concord Piecemakers Guild was founded in 1980 by 17 women with the intention of sponsoring an exhibit of items which would encourage interest in quilting in the community. They welcome both beginner and experienced quilters to join their guild. Please plan to stop by and be amazed by their skill and creativity.

From **February 17<sup>th</sup>- March 30<sup>th</sup>** we will be featuring the work of Mary Margaret Alvarez de Toledo, a Concord resident, in our Art Gallery. Mary Margaret paints from her studio here in Concord, as well as her studio in Capri, Italy. Mark your calendars for this all important exhibit.

**A Huge Thank You to Trinity Episcopal Church and their Youth Group!** The week after Christmas they delivered a bucket of sand to over 38 Concord seniors. Thank you from all of us!

**Computer Classes** -- We have several times available for computer tutor classes: Mondays at 3:00pm, Tuesdays at 1:30pm and 2:30pm, Wednesdays at 12:30pm and 1:30pm, Thursdays at 1:30pm and 2:30pm, and Fridays at 3:00pm. Call to express your interest and we will call you to schedule an appointment time.

**Skype, Cell Phone and Facebook Classes** – Classes continue to be offered here at the COA on Facebook, Skype and Cell Phone. Call to get your name on the list for our next scheduled classes; we will call you back to make your specific appointment.

**Basics of Scanning** – We will be offering this very popular class again this month. Those on the wait list from last month's class will be given preference, but there are still some openings. Please call to sign-up.

### **GENEALOGY**

Would you like to learn the basic skills for exploring your family history? Sign up to discover exciting things using on-line research. This free course will meet once a month here at HWCC. In addition, we will explore databases at the Concord Library, and offer some fun field trips to other genealogical sites in the area (any fees associated with field trips will be explained to class participants.) Course dates: Wednesdays, February 8<sup>th</sup>, March 7<sup>th</sup>, April 4<sup>th</sup>, May 9<sup>th</sup> from 9:30-11am. Please plan to attend all four classes, class is limited to 8. Call to sign-up.

### **REACHING THE COA OFFICE**

We understand that sometimes folks have called and not gotten an answer during normal business hours. Although this does not happen very often, there are times, especially at the beginning of the month when the newsletter has just come out that we can be very busy with multiple phone lines ringing at once and sometimes not enough staff or volunteers to answer all the calls. If you get the answering machine, please feel free to leave a message and we will retrieve it as soon as we can or you are welcome to hang up and call back later.

### **HEALTH INFORMATION ASSISTANCE AVAILABLE**

SHINE ("Serving the Health Information Needs of Elders") volunteers are trained and certified by the state to help answer questions about Medicare and other health plans. If you would like to meet or speak with one of the SHINE counselors serving Concord, call the COA office at 978-318-3020.

### **WINTER CANCELLATION POLICY**

If the Concord Carlisle Public Schools are closed due to snow or ice, the COA will be closed and there will be NO ACTIVITIES or VAN SERVICE. If storms develop during the business day, the van may be taken off the road at the discretion of the Director.

# WELLNESS CORNER

Medical Qigong: Thursdays in February: 2, 9, 16, 23 at 2:00 p.m.

Medical Qigong (pronounced "chee-gung") is a practice of aligning breath, movement, sound, visualization, and awareness for exercise, healing and meditation. With roots in Chinese medicine, martial arts, and philosophy, qigong is traditionally viewed as a practice to balance qi (chi) or what has been translated as "intrinsic life energy." Typically a qigong practice involves rhythmic breathing, coordinated with movement, and a calm mindful state. Please join Mr. Henry Oliveras as he teaches a class every Thursday from 2:00–3:00pm here at the COA. Cost is \$5.00 per class, payable to the instructor. Please join us, no need to sign-up.

Digestive Disorders Educational Support Group: Monday, February 6 at 10:00 a.m.

Our digestive disorders educational support group continues on the first Monday of each month. Our leader, Ms. Angela DeGrazia-DiTucci is President/Patient/Founder of the Association of Gastrointestinal Motility Disorders, Inc. She is warm and empathetic and also experiences digestive issues. We are very happy to welcome her as she offers her support, knowledge and encouragement to those facing the challenge of living a full life with a digestive disorder. No need to sign-up.

Lunch and Learn: Home Safety - Monday, February 6<sup>th</sup> at 11:30 a.m.

Come for a scrumptious lunch, and learn some ideas on how to live safely in your home for as long as possible. Ms. Karen DeRosas, a physical therapist with the company Independent Living Innovations, will be here to explain how a home evaluation can help seniors prevent falls and possible injuries in their own homes. Falls occur 75% of the time at home, and 40% of adults 65 years and older fall each year. Many companies perform these evaluations, Ms. DeRosas will be here to provide an overview of what to expect from a home safety evaluation, and what the benefits might be. Please call to sign-up.

## Clinics @ Harvey Wheeler Community Center

For these drop-in screenings no sign up is necessary. Please bring your list of medications. Thank you!

Blood Pressure Screening: Every Wednesday from 10am - 12:00pm. February 1, 8, 15, 22, 29.

Diabetes Screening: Wednesday February 15, 10am - 12:00pm. Please bring your medication list.

## Podiatry Clinics @ Harvey Wheeler Community Center

For these clinics, please call to make an appointment. Thank you!

**Wednesday, February 15, beginning at 8:30am with Dr. Hamilton**

*(please remember to bring your insurance information with you)*

**Tuesday, February 28, beginning at 9:30am with Dr. Gregorian**

*(charge of \$25, cash or check to be paid directly to Dr. Ayleen Gregorian at time of visit)*

Beginning this month, we will be adding one additional podiatry clinic to the schedule. Our long-time podiatrist, Dr. Russell Hamilton, will continue to see patients on the 3<sup>rd</sup> Wednesday of every other month. Appointments take just five minutes, beginning at 8:30 a.m. and running until 12:15pm. As always, Dr. Hamilton accepts health insurance; please be sure to bring your insurance information with you.

Our new podiatrist, Dr. Ayleen Gregorian, will be seeing patients on the 4<sup>th</sup> Tuesday of the month, in the same month as Dr. Hamilton. Dr. Gregorian's appointments take 10 minutes each, beginning at 9:30am and running until 2:15pm. Dr. Gregorian is unable to accept insurance; the cost to see her is \$25 per visit.

Diabetes Support Group at Concord Health Care Center Thursday, February 2<sup>nd</sup>, 1:30 - 2:30 p.m.

## OUTREACH TEAM

*The COA Outreach program is funded in part by the Concord Carlisle Community Chest.*

### Income Tax Preparation Help

Volunteers certified under the AARP Tax Aide program will be at the COA on Tuesdays and Fridays during the months of February and March to help you prepare your Federal and Massachusetts personal income tax returns or to answer your tax questions. Each senior will meet with a team of two tax counselors for an hour and a half session. This free service can answer most of the tax issues faced by low and middle income taxpayers, with special attention to those over age 60. The tax counselors will be holding office hours beginning Friday, February 10<sup>th</sup>. Call 978-318-3020 to schedule a confidential appointment.

### Fuel Assistance Program

The South Middlesex Opportunity Council Program (SMOC) continues to accept applications for their Fuel Assistance Program. SMOC provides financial assistance to low income households to help with heating bills throughout the winter season. The COA is an intake site for low-income seniors living in Concord. As such, we will help you to complete your application. Once we have your name and address, an application packet will be put in the mail to you. The instructions specify what supporting documents must be submitted with your application (i.e. utility bills, social security benefit letter, homeowner's insurance form, copy of signed lease, etc.). Please complete all forms as fully as possible, and be sure to gather all the required supporting documents to bring with you to your appointment. For more information or to schedule an appointment, please call the COA at 978-318-3020.

### Lockbox Program

Would you like to be living more safely in your home? Concord's local emergency services and the Council on Aging have collaborated on a lockbox program. A lockbox can be installed by a COA volunteer on the outside of your home near your most used entrance. The lockbox holds an extra key to your home, and only emergency service personnel have a key to the lockbox. Should it ever be necessary to enter your home in an emergency, there will be no need to break any windows or doors to get you the help you need. If you would like to have a lockbox installed on your home, please call to get on our next installation list.

### Family Assistance with Aging Parents

Are you trying to help your parents or other aging relatives with resources to help them remain safe and independent? Did you know that the COA Outreach Team is here to help you? Many questions and concerns emerge as we try to assist our loved ones as they age. The Outreach workers are more than happy to speak with you about your situation and offer suggestions, advice and support. Feel free to call during normal business hours and ask to speak to one of the outreach workers. If no one is available, please leave a message and someone will call you back.

**Bereavement Support Group** - A group for those who have experienced the death of a spouse or partner meets at the COA on the first Wednesday of each month from 10:30am to 11:30am. **The next meeting will be held on February 1<sup>st</sup>**. Please note the group is now meeting once a month. Please call Sally (978) 318-3020 to voice interest or ask questions.

**A Caregivers' Support Group** - A group for those caring for loved ones with Alzheimer's or related dementia will meet at the COA on the third Tuesday of each month from 10:30am to 11:30 am. **The next caregivers support group will be meeting on February 21<sup>st</sup>**. Please call Sally (978) 318-3020 with any questions.

### **TIME TO QUILT WITH FRIENDS**

The Adult Community Education quilting class has a long time tradition of continuing to meet at the HWCC as a COA quilting group in between adult education semesters. If you are a quilter and would enjoy the company of fellow quilters while you work on your individual projects, you are most welcome to join them from 9:30-12:30 on Tuesday mornings. The next Adult Community Education Quilting class is scheduled to begin on March 13. To sign up for the class, please call 978-318-1432.

The Council on Aging **Music Makers** is looking for new members. The group meets at the COA each Monday at 1:00pm to sing songs from the past. They practice weekly and perform occasionally at nursing homes in the area. This is a fun group of people who would like to increase their numbers. If you are interested, please join them any Monday afternoon!

### **NEWSLETTER DISTRIBUTION**

Seniors who sign up to receive the newsletter have several readership choices: 1) you may elect to receive your newsletter online (our preference) by providing your email address to lsookikian@concordma.gov, 2) you may elect to receive it in the mail, but please note that while we make every effort to mail the newsletter in a timely manner, we have no control over the ultimate delivery date to your home by the US Postal Service, 3) we provide the Town library with copies of the Senior Spirit which you can read there, 4) you may read and return a copy at the COA office.

### **PHOTO PROJECT**

During the winter months, the COA would like to take photos of our seniors to help the staff learn who you are. Many of us are new or only here part time and we would appreciate some help in matching names to faces. Photos will be for office use only. Please consider saying "yes" if a friendly volunteer asks to take your photo, but you are under no obligation to participate.

### **CHARLIECARD EVENT COMING IN MARCH 2012**

Many of you have heard of the MBTA's CharlieCard. But do you know how it can benefit you? The Senior CharlieCard is a pass that allows you to ride buses, subways, and regional trains at reduced-fares. It is named after a fictional character in a song who was trapped forever on the Boston subway system because he couldn't pay the 5-cent surcharge required to leave the train! Now you can make sure that you are never in his position by having your own Senior CharlieCard. In March, the Concord Council on Aging will be hosting an enrollment session to help residents ages 65 and older sign up for these reduced-fare MBTA passes. Watch for details in next month's newsletter.

## EVENTS, TRIPS AND OUTINGS

*We work hard to keep our programs, trips and events free or at a low cost, but if there is ever an activity that you wish to participate in and you find that you cannot afford it, please speak to the Director or Program Supervisor to see if a scholarship might be available.*

### **COA CINEMA: Friday, February 3<sup>rd</sup> at 2:00 p.m.**

MRS. PALFREY AT THE CLAREMONT is a 2005 comedy-drama film about an older woman who is all but abandoned by her family in a London retirement hotel. There, Mrs. Palfrey (Joan Plowright) strikes up a curious friendship with a young writer, Ludovic Meyer (Rupert Friend). The two newly found friends discover they have a lot more in common with each other than they do with other people their own age. There is no need to sign up for the cinema; simply come and enjoy.

**MEN'S MONDAY MID-MORNING MUNCHKIN MEETING** continues on the following Mondays at 10:30 a.m. – February 6<sup>th</sup>, 13<sup>th</sup>, and 27<sup>th</sup> (the COA is closed on February 20<sup>th</sup> for Presidents Day). Join your friends for lively conversation! We are asking for a donation of \$1.00 to cover the treats. Please call 978-318-3020 to sign up.

### **MEET YOUR TRANSCENDENTALIST NEIGHBORS: Thursday, February 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>rd</sup> at 1:30 p.m.**

We share our Concord history with the familiar names of Emerson, Thoreau, and Alcott. But how much do we really know of the philosophy they struggled to develop as the guiding principles of their lives? Professor Ashton Nichols, Dickinson College, presents a series of lectures on DVD about these three transcendentalists. Each Thursday will feature two half-hour lectures with time to discuss and ask questions of each other. We are thrilled that Jini McCoubrey has offered to facilitate this series. You may come to one or all three. Please call 978-318-3020 to sign up.

### **BOSTON SYMPHONY ORCHESTRA: February 10<sup>th</sup>**

For those who have signed up and purchased tickets for the first program in our Boston Symphony series, please remember to be at HWCC on February 10<sup>th</sup> no later than 10:15 a.m. to catch the COA van for the First Parish Church. For those who are being picked up at home, we will contact you the day before to let you know the time the van will arrive. Regrettably, we have no tickets left for this performance.

### **JUSTICE DENIED -- A PERSONAL PERSPECTIVE: Friday, February 10<sup>th</sup> at 11:00 a.m.**

Margaret Yamamoto will be here to tell the story of Japanese internment during World War II as seen through the eyes of a Japanese-American family. Her talk follows their passage from immigration in the 1890s through imprisonment during the war years, and documents how they rebuilt their lives thereafter. Margaret is a member of the family featured in the presentation and was incarcerated at the age of 2 months. Margaret's talk will be richly illustrated with family and historic WWII photographs, many of the latter obtained from U.S. government archives. Plan to join us for this moving talk. Please call to sign up.

**VALENTINE GARDENING with Ellen Matheson: Monday, February 13<sup>th</sup> at 1:30**

Even though the skies are grey and the temperature is cold, you can still enjoy gardening. Join Garden Club of Concord Horticultural and Education Co-Chair Ellen Matheson and other club members in making a beautiful floral arrangement for Valentine's Day. The fee for supplies is \$5.00, which you can bring with you on February 13<sup>th</sup>. Please call the COA at 978-318-3020 to sign up. Limit 12.

**LUNCH BUNCH: Tuesday, February 14<sup>th</sup> at 11:15 a.m.**

Join us for a delightful Valentine's Day lunch at the Wayside Inn. A Massachusetts Historic Landmark, the Wayside Inn is the oldest inn still operating in the United States and has served travelers for almost 300 years. The food that is served for lunch reflects the Inn's colonial history. From the Innkeeper's Salad to Yankee Pot Roast, you will find a delicious way to make this year's Valentine's Day memorable. Lunch fare generally ranges in price from \$9.00 to \$12.00. The van fee is \$3. Please call to sign up.

**COA CINEMA: Friday, February 17<sup>th</sup> at 2:00 p.m.**

The Woody Allen film MIDNIGHT IN PARIS is a romantic comedy about a family that goes to Paris for business. There, two young people, who are engaged to be married in the fall, have experiences that change their lives. It's about a young man's great love for a city, Paris, and the illusion people have that a life different from their own would be much better. The movie stars Owen Wilson, Rachel McAdams, Marion Cotillard, Kathy Bates, and Carla Bruni, and has been nominated for a Golden Globe award, among others. There is no need to sign up for the cinema; simply come and enjoy.

**OCTOGENARIAN PLUS GROUP ("O-Plus"): Tuesday, February 21, 1:30 p.m.**

O-Plus focuses on seniors who are 80 years old and above. Whether or not you have attended one of their meetings in the past, this is the month to do so. At February's meeting you will have the opportunity to participate in determining the mission of the group and plan for future activities. Are there activities that are especially appealing to you? A topic you would like to have a speaker on? Now is the time to help decide the activities and events for the next year. Please call 978-318-3020 to sign up.

**SPELLMAN MUSEUM OF STAMPS: Friday, February 24<sup>th</sup>**

We will travel to Weston to visit the SPELLMAN MUSEUM of Stamps and Postal History. Do you remember the 3-cent stamp or the Winged Globe airmail stamp? Upon our arrival, we will hear from the museum's director about the over 2,000,000 items contained in the museum. After our visit, we will have lunch at City Streets which has an extensive menu featuring American Cuisine at reasonable prices. The museum fee is \$6.00, which will be paid at the museum's entrance. The fee for the van is \$3.00. We will be leaving at 10:00 a.m. and should return before 3:00 p.m. Call the COA at 978-318-3020 to sign up.

**ROMEO AND JULIET AT THE STONEHAM THEATRE: Wednesday, March 7<sup>th</sup>**

We all know the story of ROMEO AND JULIET: Two households both alike in dignity; two families in conflict. Join us at Stoneham Theatre where ten professional actors team up with ten members of Stoneham's young company to explore this timeless story. We will be leaving HWCC at 1:00 p.m. for the 2:00 p.m. matinee. You will have time to have lunch at the COA (separate sign up required) if you wish, before we leave. The cost of the ticket is \$20 and the van fee is \$3. Please deliver or mail your \$20 check, made payable to Stoneham Theatre, to the COA no later than February 15<sup>th</sup>. Sign up now by calling 978-318-3020.

**ZUMBA GOLD: Fridays from 2:00pm – 3:00pm**

What a great way to kick off your weekend! Come join in on the fun on Friday afternoons with a group of dancers moving to upbeat Latin and international rhythms such as Salsa, Cha Cha, Tango and more. No experience necessary. Cost is \$5/class, payable to the instructor. No need to sign up, just show up!

**PING PONG** - Do you (or someone you know) have a perfectly good ping pong table gathering dust from lack of use? We had hoped to be announcing the arrival of a new ping pong table this month, but unfortunately our plans fell through. Does anyone have a table they would be willing to donate to the Council on Aging? We have the names of those of you who called to express interest in playing regularly; we'll give you a call to set a day and time to play if (when?) we're able to locate a table. If you would like to be added to our list of potential ping pong players, please just give us a call!

**DAYTIME MUSIC CONCERT SERIES**

The Council on Aging and the Concord Conservatory of Music (CCM) are pleased to bring you the third concert in a series which is being held at the West Concord Union Church on the 2<sup>nd</sup> Thursday of the month at 1:00 pm. This month's concert will be performed on February 9<sup>th</sup>. CCM faculty member Brian Friedland and fellow performers will be performing the sounds of Big Band for your listening enjoyment. There is no need to sign up in advance, please just plan to attend and enjoy!

**HAPPENING AROUND THE AREA****Food for Thought**

This winter (January-March 2012) graduate students from the Conway School of Landscape Design will produce a Community Food Report for Concord. Nothing is more basic than food! In every town, food is imported, distributed, bought, and at least in Concord, locally grown. This information will be used to create a detailed picture of Concord's food story.

What are your questions or comments regarding issues of cost, access and need for healthy eating and good nutrition for seniors? There are two opportunities to voice your ideas and ask questions: first, at a public forum on February 2, 7-9 PM at Harvey Wheeler with treats by Trails End Cafe, and second, at a food party "Lunch for Dinner", prepared by Chef Alden, new Food Director for Concord Schools on March 8, 6:30-8:30 PM at Willard School followed by a presentation of the draft report.

A Community Food Report provides a starting point from which to grow, develop, and measure innovations in the food system. For details: [www.concordfood.ning.com](http://www.concordfood.ning.com).

**League of Women Voter's (LWV) Concord Candidates Forum**

Candidates running for public office in the Concord Town Election will answer questions from the LWV and audience members on Sunday, February 12th from 2-4pm at the Town House. This event is open to all and refreshments will be served. The COA will be offering transportation to any senior who needs it, but you must sign up in advance by calling the office at 978-318-3020.

The Concord Players Senior Dress Rehearsal of *Amateurs* will be held on Thursday, February 9<sup>th</sup> at 8:00pm at 51 Walden Street, Concord MA at the low price of \$5 per person.

Friday Flicks Series, 7:00pm, Fowler branch of the Concord Library, 1322 Main Street, West Concord. On February 10<sup>th</sup> the library will present, *Shall We Dance?* and on February 24<sup>th</sup> the movie will be *Le Quattro Volte*.

### WEDNESDAY LUNCH SCHEDULE

Lunch is served at 12:00 noon at the **Harvey Wheeler Community Center**. There is a \$2 suggested donation for lunch. **Please call the COA, (978) 318-3020, by the prior Friday to make your reservations. If you fail to sign up, you will be asked to wait, while those who did sign up are served first.**

February 1<sup>st</sup> Minuteman Senior Services

Menu: *Hamburger & Ziti Bake, veg, bread, fruit*  
FEBRUARY BIRTHDAY CELEBRATION!!!

February 22<sup>nd</sup> – Newbury Court

February 8<sup>th</sup> – Concord Police Department

February 29<sup>th</sup> – Walden Rehabilitation & Nursing Center

February 15<sup>th</sup> – Concord Finance Dept.

### THE COA VAN

The COA can provide transportation on a first come, first served basis to Concord seniors around town for doctor's appointments, trips to the bank, haircuts, visits to a friend, events at the COA and so on. We ask for a \$2 donation and require an advance reservation to ride the van. Additionally, we offer shopping trips at the designated times listed below. **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)!**

### VAN SHOPPING TRIPS

The COA is happy to provide a variety of shopping opportunities each month, but it is important that you call for a reservation in advance. You may sign up at any time. Fees listed are suggested donations. To save room, each shopper is limited to five (5) shopping bags. The van driver will help carry your bags if you are unable to do so.

**Mondays:** 2<sup>nd</sup> and 4<sup>th</sup> - **Roche Brothers** (and other stores within shopping plaza) **or Kmart, \$2. Limit 7, pickups start at 1:00 p.m.**

**Thursdays:** 1<sup>st</sup> Thursday – **Burlington Mall, \$4. Limit 7 people, pickups start at 8:40 a.m. (Trip must have a minimum of 4 people signed up to run) .**

4<sup>th</sup> and 5<sup>th</sup> Thursday, – **Stop & Shop plaza, \$2. Limit 7 people, pickups start at 1:00 p.m.**

3<sup>rd</sup> Thursday, – **Market Basket, Westford – \$3. Limit 7, pickups start at 1:30 p.m.**

**Friday:** **Crosby's Marketplace and CVS, \$2. . Limit 7 people, pickups start at 12:40 p.m.**

### Medical Equipment Loan:

The COA would like to remind you that we have a diverse quantity of medical equipment to loan free of charge on a first come first served basis. We usually have walkers, raised toilet seats, shower chairs, commodes, wheelchairs, and tub transfer benches. If you have need of any of these items on a temporary basis, it is not necessary to go out and purchase these things, we would be happy to loan them to you, just call the COA office to make the necessary arrangements. We only ask that items be returned properly cleaned so that they are ready for the next person to use.

## ONGOING MEETINGS & EVENTS

### MEETINGS

The COUNCIL ON AGING BOARD will meet on Tuesday, February 14<sup>th</sup> at 5:30 p.m. at the HWCC. The public is always welcome!

### DISCUSSION GROUPS

**COA BOOK DISCUSSION:** Tuesday, February 21 at 9:15 a.m. The group will talk about Jeannette Walls' *The Glass Castle*. For March: *The Widower's Tale* by Julia Glass. To learn more, call Phyllis Di Marzio at 978-369-1558.

**COFFEE & CONVERSATION** meets Tuesday mornings at 10:30 at HWCC for an hour. Join us for a cup of coffee or tea, and a snack. Call the COA for more info or just come!

**INTERNATIONAL CURRENT EVENTS** meets Wednesdays at 1:00pm for lively discussions! Share your opinions on world events with interesting and talented people. Moderated by Barbara Howell.

**OCTOGENARIAN PLUS GROUP** – The next meeting will take place on Tuesday, February 21<sup>st</sup> at 1:30 p.m. (See page 8).

### ACTIVITIES & MUSIC

**BRIDGE GROUP** meets every Tuesday at 1:00 p.m. at HWCC. We play Contract Bridge. Please come join us!

**WEDNESDAY LUNCH** – Every Wednesday at 12:00 p.m. (See page 10).

**BINGO** - Wednesdays at 12:45 p.m.

**CRIBBAGE** - Thursdays at 1:00 p.m. at HWCC for a relaxing afternoon playing cribbage with friends.

**MUSIC MAKERS** meets each Monday at 1:00 p.m. For more info, please call Nancy Manson at (978) 369-4216.

**MAH JONG** meets on Wednesdays from 1:30 – 2:30 p.m.

**MEMOIR WRITING GROUP** - Mondays at 2:00 p.m. for one hour.

**QUILTING** – Every Tuesday, 9:30am – 12:30pm (See page 6).

**SENIOR "SHAKERS" Tambourine group** - meets on Mondays from 2:00 – 3:00 p.m. For further information, please call Jerry Moscariello at (978) 369-3099.

**SENIOR DRAMA CLUB**- meets every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month at 1:00. If you are interested, please call Tillie Sweet at (978) 369-7018.

### FITNESS CLASSES

**AEROBICS CLASS** - Mondays & Thursdays at 9:30 a.m.

**STRENGTH & FLEX** at 10:45 a.m. Classes with the instructor are \$4; classes with video (if the instructor is absent) are only 50 cents.

**Medical Qigong** Thursdays at 2:00 p.m. \$5/class (See page 4).

**LINE DANCING** Tuesdays, 10:30 – 11:30 (See page 1).

**TAI CHI CLASS** This form of Tai Chi is simplified and tailored to seniors. All students are invited. No need to sign up. \$5/class – Mondays 3:00-4:00 p.m.

**YOGA CLASSES** Wednesdays 8:00 – 9:00am and Fridays 9:30am; \$5/class.

**ZUMBA GOLD®** Taught by Terry Myers Coney on Fridays at 2:00 p.m. \$5/class.

### ADDITIONAL SERVICES

**"NIP & TUCK" - BETTY FARFARAS** is on vacation this month. She will return next month. Please check your March newsletter for dates/times.

### SUPPORT SERVICES

**"ASK A LAWYER"**. Thursday, February 23<sup>rd</sup>, 9:00 a.m. to 12:00 p.m. Please call for an appointment.

**LOW VISION GROUP** meets the last Wednesday of the month at 1:00 p.m.

**S.H.I.N.E.COUNSELORS** Virginia Lemire, Pat Lanchester, Jim Eastman and Clare Gordon may be able to answer your health insurance questions directly over the phone. Please call the COA office at 978-318-3020. If necessary, one of them will set up an appointment to meet with you.