



# SENIOR SPIRIT



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

Mary Anne Mortenson, Administrator  
Shirley Conradt, Administrative Assistant  
Pat Boudrot, Office Assistant  
Susan Hoole, Wellness Coordinator  
Jim Gentile & Neil Cadogan, Custodians

Lori Kalinoski, Program Supervisor  
Virginia McCoubrey, Program Coordinator  
Muffie FitzPatrick, Outreach Coordinator  
Donna Carey, Outreach Counselor

1276 Main Street, Concord MA 0174

Telephone (978) 318-3020



January 2010



Hello All!

I hope that your holidays have been everything you wished for! Now it is time to look forward to and to welcome 2010! I hope you all know that the COA staff will be here for you throughout the coming year.

I wish the staff and I could raise glasses of champagne to you but we'll have to settle for coffee! That doesn't mean that this toast is any less sincere!

"Here's to the New Year! And a warm adieu to the old! Here's to happiness, good times, good cheer and the many joys yet to unfold!" (Author unknown)

Hugs,  
Mary Anne and the entire COA Staff

## 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 [lkalinowski@concordma.gov](mailto:lkalinowski@concordma.gov)

**January 16, at 5:30 Dinner Club at** Stella Blue. It has been a year since we went to Anne's restaurant. Over the past year they have received The Platinum Plate from TV dinner! We already new it was a great place. Let's leave the HWCC at 4:45, Van fee is \$5.00. Call to save your spot.

### **Are you looking for a way to say Thank you to our Troops?**

Go to this website and you can send a free Thank You card to them: the website is:

[www.LetsSayThanks.com](http://www.LetsSayThanks.com)

**Give it a try --- the price is right and you will make someone very happy that they are appreciated.**



CHEERS TO A NEW YEAR  
AND  
ANOTHER CHANCE TO GET IT RIGHT.....  
Oprah Winfrey

**DOES YOUR HOUSE FEEL COLD?**

January has arrived and with it comes the COLD weather. If you need help with fuel assistance, please call the COA to see if you are eligible. If so, we will help you with the Fuel Assistance application. The SOONER the BETTER!

**ARE YOU OKAY?**

This is a new program so it's not too late to join--- either as a volunteer who makes the calls or as someone who would welcome getting a friendly call --- or both.

Just let us know--- call Lori or Muffie.

There will be an orientation meeting for all those who are interested on Monday, January 25, 2010 at 10A.M. We look forward to seeing you and enjoying coffee, goodies and a good chat.

**JANUARY REMINDERS:**

Notify the COA if you would like a lockbox installed on your door. Refer to December Newsletter which explains how the lockbox works and how it may save a life without damaging your door or windows.

**DO YOU LIVE ALONE?**

What if you fell and could not get to your phone, how long would you be on the floor before someone came by. We have heard this story; we have had seniors on the floor for hours before they could get help. Do not let this happen to you. Call and let us tell you about LIFE LINE.

**WE WISH OUR SENIORS A HAPPY, HEALTHY 2010!!!!**

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## 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

The wait is over we have a new Volunteer Coordinator!!!, She is a Concord resident, and you will love her energy and can do attitude. Join the staff in welcoming her for a coffee tea and snacks on **January 15, at 10:00**

### The Art Space Gallery in December

**Acey Welch** studied drawing and painting at the Museum of Fine Arts in Boston. Upon retirement, she finally found time to paint. Exhibiting is new for her. Her work that is hanging combines two great loves the US Southwest and the Ocean. However, as you will see, rocks tend to dominate.

**Kathleen Manley** considers herself a late-blooming, "self-taught" painter. She first picked up a paint brush after graduating from Bates College with a degree in psychology. She works with a paintbrush or a palette knife; she documents the essence of a place in her oil painting. "I especially enjoy trying to capture the play of light and sense of place in my painting.

### INCOME TAX PREPARATION

Free Tax Help: Volunteers certified under the AARP Tax Aide Program will prepare your Federal and Massachusetts personal income tax returns or answer your questions. This free service can answer most of the tax issues faced by low and middle income taxpayers with special attention to those over 60. Call the COA office to schedule a confidential appointment at 978-318-3020. Call early to set up your appointment.

**Harvey's Treasure Chest Re-Opens for the Season January 5th!** Come and take a look at our new stock of early spring merchandise – full of unique gifts, Harvey's Treasure Chest will make you think of warmer days to come. And don't forget - Valentines Day is coming, the sale begins on the 26th! Take a look at our fabulous card selection.

**Was Your New Year's Goal to Learn?** Do you have zero experience with computers? Would you like to learn web browsing and/or e-mail? Call the COA to sign up for a Computer Tutor – small group and one-on-one formats available.

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## READ YOUR MAIL

Reminder for Prescription Advantage **Drug Plan** Folks, if this is your plan. This plan has changed; you may now be required to pay the premium **CALL SHINE** for help. 978-318-3020

Reminder for Prescription Advantage **Health Insurance** You must read all the papers that have come in. Many of the plans have been dropped. **January is the last month** to make changes. You may be without health insurance. Do not let this happen. **CALL SHINE** for help. 978-318-3020

## WELLNESS EVENTS

Sign up for all programs

The Wellness Program was designed to educate the seniors in subjects that are most interesting and informative. Please let me know if there is a topic that you would care to see a program about. Thank you.

**Tuesday, January 5, at 1p.m.** Come in for a free Hearing Screening and/or a Hearing aide cleaning and check-up by Mass Audiology. This is a wonderful opportunity to get this testing done.

**Friday, January 8, at 1p.m.** What is Elder Abuse? Come learn how to identify abuse, what are some of the myths and obstacles to reporting abuse. Find out what resources are available to prevent abuse and assist caregivers. Join us after for a light snack.

**Tuesday, January 12, at 11 a.m.** Have you ever experienced blurred vision? Do you want to know what cataracts are all about? Learn about the latest technology in cataract surgery. Come to hear Dr. Kwon, an expert in both cataract and refractive surgery from the Eye Associates of Burlington; then enjoy coffee and snacks during the question and answer session immediately following this presentation

**Thursday, January 14, at 12:30 LUNCH AND LEARN** - Dr. Alan Marks, a rheumatologist from Emerson Hospital enlighten us with a program entitled: A Joint Effort: Understanding Rheumatoid Arthritis. This program will go over the differences between osteoarthritis and rheumatoid arthritis, who it affects, how severity is measured, questions to ask your physician etc. Dr. Marks has been practicing for years and is extremely knowledgeable, so bring your questions to this program.

**February 11, Lunch and Learn** – What your living choices? Concord Park, Newbury Court or Home Care, Come meet the panel.

**February 12, Lunch and Learn** - Emerson Physical Therapist will present a program on **Pelvic Health**. What is happening to our body as we age.

**February 18, Lunch and Learn Keys to Balance** - Emerson Physical Therapist will also present what you really need to know to prevent falls in the home.

Harvey Wheeler Community  
Wellness Clinics

Blood Pressure Screening:  
Every Wednesday, 10-12  
*Bring your medication list with you.*

Diabetic Screening: January 20, 10-12  
Podiatry Clinic : January 20, 2010, 9-12



## EVENTS

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



### **COA CINEMA Friday, January 8, 1:00 p.m.**

Here is the one you have been waiting for—JULIE AND JULIA. Of course, Julia is Julia Childs whom we have all seen instructing us in the art of French cooking on the TV screen. She is played by Meryl Streep who won great acclaim for her performance. If you did not catch this at the theater, now is your chance. Sign up.



### **ROSE ART MUSEUM Thursday, January 14, 1:30 p.m.**

This museum, on the campus of Brandeis University in Waltham, was in the news this past year when officials wanted to sell part of the collection to raise money. For now, this idea has been shelved and their show “Works from the Collection” provides a look at the scope, coherence, and sheer distinction of their permanent collection. There is no admission fee. Van fee is \$3.00. Leave HWCC at 1:30 p.m. Be sure to sign up.

### **SPANISH LANGUAGE INSTRUCTION Friday, January 15,**

9:00 a.m.

Continue your studies with Angela Herrera. If you haven't participated, stop in and see if this is for you.



**BACH'S LUNCH CONCERT SERIES, Thursday, January 21, 11:15 a.m.**

It has been awhile since there has been a trip to Indian Hill Music School for their monthly concert at noon. The performer will be Paul Pampinella with "pop vocals". Pack a tasty lunch for yourself (they provide beverage and cookies) and spend a pleasant hour. Van fee: \$2.00. Leave HWCC at 11:15 a.m. Call to sign up.



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

This was announced in the December Newsletter but call and see if there are still places on the van. It is the Eastern U.S. Dancesport Championships held at the Boston Renaissance Waterfront Hotel. Tickets are \$15.00 made out to **CONCORD FRIENDS OF COA**. Van fee is \$5.00 payable on day of trip. Call now.

**MEMOIR GROUP, Monday, January 25, 2:00 p.m.**

After the brief recess, the group will meet under the direction of Mary Taylor while Sally Montgomery is away. She will return March 1. This is an on-going group and new members are always welcome. Call to sign up.



**A VALENTINE REMEMBRANCE, Thursday, January 28, 1:30 p.m.**

Come and spend an hour creating a Valentine Rose Sachet or Candy Favor for a special someone in your life. Barbara Comeau, who did the Card Workshop in November, will provide materials and instruction. She is doing this as a gift to the Concord. Sign up please



**LUNCH BUNCH, Friday, January 29, 11:30 a.m.**

The choice this month is Dalya's Restaurant in Bedford. Those who have been here in the past enjoy the rustic farmhouse look, antiques, fireplace and cozy atmosphere as well as the good food. If you have not visited here, join us this month. Van fee is \$2.00. Let us know if you need to be picked up at home. Leave HWCC at 11:30 a.m.



**ROCKY MOUNTAINS SLIDE SHOW, Thursday, February 11, 1:00 a.m.**

Included in this newsletter is information on the trips which are planned by Joanne Willen of Carlisle. All Concord seniors are welcome to participate in these adventures. On this date, the Rocky Mountains will be featured. Come and meet Joanne who will be happy to answer any questions you might have. Information on the trips is always available in the Lounge at HWCC. Sign up for this program.

**COLLECTIONS**

The Concord COA staff has the Collector of Collections in the person of Jim Gentile. December featured his assemblage of all things New Hampshire arranged to great advantage in the glass case. January brings the hand-woven baskets of Gerry Boyle. Be sure to take a look at these interesting pieces. And, let us know if you have a collection to share.

## 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.**

## 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.

January 6 – Recreation Dept.. - Pizza party

January 13 – Fire Department – January Birthday month

January 20 – Life Care of Acton

January 27 – Friends of the Aging

## VAN SHOPPING TRIPS

### CALL FOR RESERVATIONS

**Burlington Mall**, 1<sup>st</sup> 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.

January 7 - **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:** 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 – 8:40 A.M., **Burlington Mall**, \$4.  
2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Thursday, – **Stop & Shop plaza**, \$2  
3<sup>rd</sup> 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, January 5** at 6:00 P.M. at the HWCC. As always the public is welcome.

**THE CONCORD FRIENDS OF THE AGING BOARD** will meet **Tuesday, January 5** at 4:00 P.M. at the HWCC.

**The COA will be closed on Friday, January 1 and Monday, January 18 for the Holidays. There will be no COA activities or van transportation on those days.**

**REMEMBER OUR WINTER CANCELLATION POLICY: IF THE CONCORD CARLISLE SCHOOL SYSTEM IS CANCELLED, DUE TO WEATHER, THE COA WILL HAVE NO PROGRAMS, ACTIVITIES, OR VAN TRANSPORTATION FOR THE DAY.**

## ONGOING MEETINGS & EVENTS

**COA BOOK DISCUSSION:** On Jan 19<sup>th</sup> 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.

**OCTOGENARIAN GROUP:** Anyone interested in chatting with folks their own age and discussing life experiences and dilemmas. This group meets the 3<sup>rd</sup> Tues. of the month.

**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 January 11 & 25 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.

**S.H.I.N.E. :** Virginia Lemire or Pat Lancaster 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.

**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:** Call Bob Nelson at 978-369-3105 for information/reservations.

**"ASK A LAWYER"** on Thurs., January 28 Lindsay Smith Kafka 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.