

HARVEST HAPPENINGS

A SENIOR NEWSLETTER FROM THE CONCORD FRIENDS OF THE AGING

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July and August 2007

Hello Everyone!

Well summer is here! As I write this note, the temperature is creeping up to 90 degrees! Summer can be a real challenge for everyone. Some folks can't tolerate air conditioning. These people need to take a light sweater when they go to air conditioned places. Being too warm can be equally troublesome and dangerous, too! Getting over heated and dehydrated can make you very sick. Please remember to drink plenty of water, keep your activity level low and if you don't have air conditioning in your home, you are welcome to "hang out" at HWCC.

The Harvey Wheeler building is air conditioned and it is open from 8:30 AM until 4:30 PM, Monday through Friday. Bring a friend, play cards, read a book, listen to music etc. in our nice cool HWCC. If it gets REALLY HOT for an extended period of time, we will work with the Fire Department and the Red Cross to make the building into an Emergency Cooling Center and the building will be open for extended hours.

Our programs will be in full swing throughout July and August. We are continuing our Wellness programs all summer. We are also having our 3rd Annual Clam Bake on August 9th. Those of you who have attended before know what a great evening it is! Read through the whole news letter! There is a lot of great summer fun in store at the COA!

Sincerely, 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

Let us know what night activities you would like. Game night, maybe a dinner club, what about yoga? Cooking classes, Health topics, maybe a walking club or Singles dance. Mary Anne and Lori are happy to try anything just let us know!

Friday July 20, at 7:00 pm Dinner Club. Do you like to go to dinner but don't want to go alone. Let's meet at Walden Grill, Walden St and have a great dinner and talk about where we want to go and how often this new club would like to meet? Call to sign up.

Friday August 3, at 7:00pm. Dust off your leather jacket, pull out your chaps with fringe and get ready to ride. Come and see a slide show of breath taking views of New Zealand. Shirley and Ric Conradt rode a motorcycle across the country side. This program is for the group I met at lunch who want to start a **MOTORCYCLE CLUB**. You know who you are! This could become a new club! This club will be open to anyone who has "wind in their hair and bugs in their teeth".

Friday August 17, at 7:00 PM Movie Night. Freedom Writers This is based on the book. Gruwell teaches us all an important lesson about tolerance. An inspiring, uplifting movie. The popcorn is waiting!

WELLNESS EVENTS

Call the COA to sign up for these Wellness Events

Podiatry Clinic, Wednesday, July 11, HWCC 8:30 to 10:30 a.m.; PBT 11:00 a.m. to 12:15 p.m.
Podiatry care provided by Dr. Hamilton. \$20 charge if you are not covered by Medex or Medicare. Appointments required.

"Tips for Healthy Aging", Thursday, July 12, 12:30 to 1:30 pm
Aging is inevitable; disease is not. Wellness is more than not being ill, it is taking responsibility for our own well-being. Come hear tips about diet, exercise, safety habits, immunizations, record keeping and more. The summer is a great time to focus on wellness! *Includes a light lunch.* Presented by Paula Lawrence, APRN, Wellness Coordinator at the Council on Aging.

Hearing Screening, Friday, August 24, 9 a.m. to noon.
Are you constantly asking people to repeat what they've said? Does your spouse or friend tell you that you have a hearing problem? Come to this screening and see if they're right! Provided by Flynn Associates, Concord.

***Please call to sign up for the above Wellness Events. We have had to cancel programs due to lack of response, but several people who did not call to register showed up for the programs. We don't want to disappoint you or the speakers, so please call to reserve a seat, even if it's the day before the event!**

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.



Drop in Wellness Clinic Schedule

Harvey Wheeler Community Center	Peter Bulkeley Terrace
Blood Pressure Screening: 10 a.m. to noon July 11, 18 August 1, 8, 15, 29 Diabetes Screening: July 18; August 15 10 a.m. to noon	Blood Pressure Screening: 10 a.m. to noon July 25 August 22 Diabetes and Cholesterol Screening: August 22, 10 a.m. to noon

Other Programs

Low Vision Group, Wednesdays, July 25 and August 29, 1 p.m.
Please join us for information and conversation. New members are always welcome! Call the Council on Aging if you need a van ride or for more information.

Safe Meds at Home

Are you having trouble managing your medications, and have no one to help you with them? **"Safe Meds at Home"** is a new program offered by the Council on Aging to assist you with managing your medicine. We work with your doctor and pharmacist to provide the help you need. A trained volunteer will visit to assist you to set up pill boxes every other week, and our program pharmacist from Acton Pharmacy will review the medications you are taking if there are any concerns or questions. Call the Council on Aging to see if you're eligible for this program!

Coordinator's Corner

Ellen Sathe, Volunteer Coordinator

No person was ever honored for what he received. Honor is given by what he gave. -- *Calvin Coolidge*

This summer we have several "two-fers" to offer you! Read on...

2 Car Washes – pick your date and get your car cleaned! We'll be running a car wash on June 26th and then again on August 9th...this will be done in conjunction with the Concord Academy Teen Leadership Camp, and all money raised will benefit the Friends of the Council on Aging. Two locations each day to choose from – HWCC and the Concord Academy. Call the COA for details.

2 Summer Spiff Up Days – We have designated July 12th and 26th for Summer Spiff Up. Once again, the teens from the Concord Academy Teen Leadership Camp will be available to help out with weeding, sweeping, painting, and other outdoor summer clean up chores. These kids come fully chaperoned! Call the COA to get on this mini Dream Team list, or ask to speak with Ellen for answers to your questions.

2 Computer Tutors – take your choice of formats to learn the basics of computers here at HWCC! We have a very nice boy from the High School who would like to meet *one- on- one* with a senior, and proceed at *your* pace. He'll go over it all, from turning the machine on to surfing the web. We also have another volunteer – a senior himself – who would like to lead a *small group (2-3 people)* through the same process, with emphasis on moving at a comfortable pace. Both programs are designed with YOU in mind. Either program is available to you - sign up with a friend or two by calling the COA!

2 Artists – Come in out of the heat for "The Fabric of Our Lives." This mother/daughter show will present a unique collection from Nobuko and Kimi Maeda, Concord residents and accomplished artists. Art Space is open from 8:30-4:30, so come in and be inspired!

COMMUNITY OUTREACH

If it's about seniors ask us!

- Do you need a hand around the house?
- Do you have trouble getting out?
- Do you have a hard time speaking to your Dr. or getting him/ her to listen?



PLEASE CALL 978-318-3020 TO REGISTER FOR ALL EVENTS

MEMOIR GROUP - Tuesdays, July 3 and July 17 at 10:00 a.m.

This activity is meant to provide inspiration and motivation to recall and record memories from long ago for your own satisfaction and for your family and friends in future times. Newcomers are welcome.

COA CINEMA - Thursday, July 5 at 1:00 p.m.

The feature today is BILLY ELLIOT. The film is set in a British coal mining town during the miner's strikes of 1984. Billy trudges off to boxing lessons each week for which he is ill-equipped. Jamie Bell is an engaging Billy, earnest and high-spirited. Come and see what happens to Billy. Call to reserve a place.

MBTA SENIOR CHARLIE CARD - Friday, July 6. 11:00 am. to 2:00 p.m.

This is another chance to get your new Senior and Transportation Access Pass (T.A.P.) CharlieCard ID. New ID's will be processed for customers exchanging their old Senior/TAP ID's (issued before May 2005) and to first-time senior customers (65+ with PROOF OF AGE). The new Senior Photo ID will arrive by mail. Make plans to be at HWCC on Friday, July 6, 11:00 a.m. to 2:00 p.m.

BOAT RIDE- Tuesday, July 10 at 2:30 p.m.

Once again the Rohans of the South Bridge Boat House will host a ride on the river as a gift to Concord seniors. It is a lovely way to spend a relaxing summer hour on our beautiful river. You must call COA to sign up to participate in this activity. Be sure to state if you need the Van for a ride from home. Any questions about the weather, call COA that day.

MUSEUM OF FINE ARTS - Friday, July 13, 10:00 a.m. to 4:00 p.m.

This Van trip will be an opportunity see the featured exhibition of American artist Edward Hopper as well as visit your old favorites. Admission to the Museum and to the Hopper exhibit is \$21.00. Admission to Museum only is \$15.00. **We will purchase tickets at the Museum.** Lunch will be your choice. Van charge will be \$10.00 payable by check made out to **Town of Concord** when you sign up for the trip. There will be 13 places available on the Van. Be sure to indicate if you will need a ride from home when you register. Leave HWCC at 10:00 a.m. Return about 4:00 p.m.

'O' GROUP – Tuesday, July 17, 1:30 pm

The "80 and over" group welcomes you to a discussion of your joys and sorrows under the leadership of Mildred Roberts.

COA CINEMA - Thursday, July 19 at 1:00 p.m.

THE PAINTED VEIL is an adaptation of a Somerset Maugham story about a troubled English couple in 1920's China. It was shot on location and has been called "emotionally and historically astute". Call to reserve your place.

LUNCH BUNCH- Friday, July 20, 10:30 a.m.

Today will be a variation on our usual lunch "out" as it will be combined with a visit to the NATIONAL HERITAGE MUSEUM in Lexington. The Museum is not large but it is packed with interesting exhibits. The permanent display called "Sowing the Seeds of Liberty: Lexington and the American Revolution" has just been re-done. The two traveling exhibits are "Pets in America", the American love affair with our pets, and "The Art of the Needle: Masterpiece Quilts from the Shelburne Museum". After wandering through the Museum, we will have lunch at the Heritage Cafe and a browse through the Gift Shop. There is no admission charge to the Museum, Cafe prices are reasonable and the Van charge is \$6.00 payable when you sign up. There will be 13 places on the Van or you may drive yourself. Directions available when you call. Please be sure to indicate if you need to be picked up at home. We will leave HWCC at 10:30 a.m. and return around 2:30.

SHOPPING AT TALBOT'S OUTLET - Friday, July 27, 10:30 a.m.

All aboard for another search for bargains at Talbot's Outlet Store in Hingham with Lori as escort and advisor. A "Mystery Lunch" will be found along the way. (You pay.) Van charge is \$8.00 payable when you register. Be sure to indicate if you need to be picked up at home. Van will leave HWCC at 10:30 a.m. and return around 3:00 p.m. (As usual, 13 places on the Van.)

PARTY ON THE PATIO - Tuesday, July 31, 3:00 p.m. to 4:30 p.m.

Celebrate summer under the new umbrellas on the HWCC front Patio. Drop by for some delicious tid-bits and summer drinks, meet your friends, old and new, and listen to some great jazz piano by Jean Kelly. Be sure to put this on your calendar and call today to let us know you will be coming. If you need a Van ride, please reserve for that.

AUGUST EVENTS



COA CINEMA- Thursday, August 2, 1:00 p.m.

Remember Mr. McGregor and Peter Rabbit, the little blue coat lost in the garden? The author of this saga is MISS POTTER, the title of the film for today. "The film does justice to a singular imagination, a mind that conjured lovely, benign images that have spoken to people for more than 100 years." Mick LaSalle, Renee Zellweger plays Beatrix Potter and much of the movie is filmed in the beautiful 'lake country' of England where she vacationed and eventually lived. Call to save your place.

MEMOIR GROUP – Tuesday, August 7 & August 21 at 10:00AM

SUMMER CLAM BAKE AT HWCC - Thursday, August 9, 5:00 p.m.

Here it comes again! Clam chowder, steamed clams, corn on the cob and more. This year made even more special with the renowned GOLDEN TONES of Wayland, a seniors' chorus. Their 60 minute program includes choral numbers, solos, duets and trios, humorous skits, fun costumes and lively dancing. This grand evening is brought to you for only \$4.00 per person as the Friends of the Aging are generously underwriting the expenses. You must sign up by Friday, July 27 for this event. The Van will be available so be sure to let us know if you need transportation. Call to save your place.

BOAT RIDE- Tuesday, August 14, 2:30

Once again the Rohans of the South Bridge Boat House will host a ride on the river as a gift to Concord seniors. It is a lovely way to spend a relaxing summer hour on our beautiful river. You must call COA to sign up to participate in this activity. Be sure to state if you need the Van for a ride from home. Any questions about the weather, call COA that day.

COA CINEMA - Thursday, August 16, 1:00 p.m.

Since the days of "Lawrence of Arabia" Peter O'Toole has been a force on stage and screen. He emerges now in the film VENUS which critic K. Turan says is "Told with wit, genuine poignancy and all kinds of humor. The film charts the unlikely relationship between a man in his 70's and a young woman more than half a century his junior". Call to reserve your place.

INSTITUTE OF CONTEMPORARY ART - Friday, August 17, 10:00 a.m.

We have all seen spectacular pictures of Boston's newest museum cantilevered over Boston harbor. In addition to housing art of the 21st century (of a sometimes startling nature) the view of the harbor from inside on the top floor is truly special. Admission to the Museum is \$10.00 (**payable there**), Van charge is \$10.00 payable when you sign up (13 places available) and we will have lunch in the Water Cafe in the Museum. We will leave HWCC at 10:00 a.m. and return around 3:00 p.m. Be sure to indicate if you need a ride from home when you sign up.

'O' GROUP- Tuesday, August 21, 1:30 p.m.

The "80 and over" group welcomes you to a discussion of your joys and sorrows under the leadership of Mildred Roberts. Call to let us know you will be coming.

LUNCH BUNCH - Friday, August 24, 11:30 a.m.

Today we will go west to Littleton and KEN'S AMERICAN CAFE. The menu is large, varied and reasonable (Marinated Sirloin Salad, \$6.50). The van will leave HWCC at 11:30 (let us know if you need a ride from home) with a fee of \$6.00 payable when you register. If you wish to drive yourself, directions available but please let us know if you are coming

TANGLEWOOD - Sunday, August 26

The afternoon will feature Keith Lockhart and the Boston Pops with Jean-Yves Thibaudet on piano, soprano Marin Mazzie and baritone Brian Stokes Mitchell in an all-Gershwin program. Only lawn seats are available (bring a chair) and you must bring your own lunch or purchase one at a concession on the grounds. We are sharing this trip with Sudbury seniors. There will be 28 places for Concord. The cost is \$44.00 which includes coach and lawn ticket. **Check should be made payable to SUDBURY**

SENIOR TRIPS. Sign-ups must be completed by July 13 so start planning today if you wish to go.

The coach will leave from the Sudbury Senior Center, 40 Fairbank Rd. Sudbury at 10:00 a.m. We will carpool from HWCC to the Sudbury Senior Center and should arrive at Tanglewood between 12:30 and 1:00 so that there is time to picnic or buy your lunch. Return to Sudbury will be around 7:00 p.m.

**All other on going Meeting and Events will resume in Sept.
If you have a question about a Meeting or Group just CALL US.**

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.

July 4 - NO LUNCH TODAY – HOLIDAY

Aug 1 – Carlson GMAC
AUGUST BIRTHDAY CELEBRATION

July 11 - COA Surprise
JULY BIRTHDAY CELEBRATION

Aug 8 – Bag lunch

July 18- Bag Lunch

Aug 15 – Lunch at the Muskataquid Club

July 25- Tri Con Church

Aug 22 – Lunch at the Northeast Correctional Institute

Aug 29 - Bag Lunch

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.

July 5 - Burlington Mall - \$4.00 round trip

Aug 2 – 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 riders.

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 (& 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 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 next meeting will be on Tuesday, Sept. 11, 2007 at 6:00 PM at HWCC. As always the public is welcome.

THE CONCORD FRIENDS OF THE AGING BOARD will meet Tuesday, Sept.. 4, 2007 at 4:00 PM, at HWCC