



# SENIOR SPIRIT



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

Ginger Quarles, Director  
Lynne Sookikian, Administrative Assistant  
Pat Boudrot, Office Assistant  
Susan Hoole, Wellness Coordinator  
Jim Gentile & Neil Cadogan, Custodians  
Judy Fernberg, Outreach Coordinator

Bonny Wilbur, Program Supervisor  
Carol Dromgoole, Volunteer Coordinator  
Sally Lopez: Outreach  
Terry Abdalian, Activities Coordinator

1276 Main Street, Concord MA 01742

Telephone (978) 318-3020

## OCTOBER 2011

### MEDICARE OVERVIEW

A Medicare 2012 overview will be presented in the Clock Tower Room on October 20, 2011 at 1:30 p.m. Come and learn Medicare 2012 basics. This will provide the first step for evaluating your 2012 drug and medical coverage. Please call the COA office to preregister.

### MEDICARE ANNUAL OPEN ENROLLMENT

For Medicare Part D and Medicare Supplements

October 15 through December 7, 2011

Drug and medical insurance plans change nearly every year. Is your plan still serving you appropriately? Is there a better plan for your particular drug and medical needs? Please consider making an appointment with one of our SHINE (Serving Health Information Needs of Elders) counselors and explore what is available. Call the COA office at 978-318-3020 and ask for a SHINE counselor to call you. One of the counselors will return your call and arrange an appointment for your personalized plan review. Our SHINE counselors are volunteers and there is no charge for this service.

You have or will soon receive information from your current plan(s) regarding any changes in coverage for 2012. Bring this information, your Medicare card, Medicare supplement card, Part D plan card, and all prescription drug bottles to the appointment. If you are a member of Prescription Advantage, please call them at 1-800-AGE-INFO – option 2 – and learn which S category you are in. All these things will help us explain your options and estimate the yearly cost, so that you can make an informed decision.

Please note that OPEN ENROLLMENT begins on October 15 and runs through December 7. This is an earlier start and later ending time period this year so don't wait to explore your options. You should have completed your exploration and made any plan changes by December 1<sup>st</sup>.

### ASK THE TOWN MANAGER

**Wednesday, October 19, at 11:00 a.m.**

Concord's Town Manager, Christopher Whelan, has graciously agreed to answer any questions you may have about the behind-the-scenes working of our town. Mr. Whelan has served as Concord's Town Manager since 1993 and is a wealth of information. This is a rare opportunity to ask questions about all the things you may have wondered about! Please call and sign up, so that we can be sure to have enough seating (but, of course, all are welcome whether or not you sign up in advance).

*Please Remember: Monday, October 10<sup>th</sup> we are closed for Columbus Day! There will be no programs or van service. Have a wonderful holiday!!!*

## Volunteer Coordinator News

By Carol Dromgoole

***The COA thanks the Concord Carlisle Community Chest for the funding that makes the Volunteer Coordinator position possible.***

The Council on Aging sincerely regrets the accidental misspelling of Beatrice Blacksmith's name in our September issue and offers a heartfelt apology. Many individuals have expressed how much they value her art and enjoyed her exhibit at Harvey Wheeler, as did we!

### **Harvey's Treasure Chest**

Reduce clutter by dropping off gently used household items at the gift shop managed by the Concord Friends of the Aging. We welcome jewelry, collectibles, pottery and fine china, candles, candlesticks, silver, bronze etc. We do not accept clothes, electronics, household appliances, furniture, or children's games or toys. *During the month of October we will have a metal and silver sale!*

### **Art Space**

This is a wonderful opportunity for local artists to display their creative art work at the Harvey Wheeler Community Center where the Concord COA is located. We rotate art exhibits about every six weeks. This creates a warm, inviting, and interesting climate for the seniors who use the facility, as well as members of the public who attend a variety of meetings and events held here. An art committee makes all of the selections for display. During the month of October, we will be exhibiting Stitchery Art. Our artist is local resident, Maggie Stern, who has written children's books for the past several years. Her current series is titled "Hankie Stories." She uses a stack of handkerchiefs that she inherited; each handkerchief tells a story and each has a story to tell. She also stitches colorful birds and combines them with birch bark. Please plan to take time to view this exciting display.

**Computer Tutoring:** Computer classes will resume on Mondays and Tuesdays from 3:00 – 4:00 p.m. We also have a new teacher who will be available during the day on Tuesdays and Thursdays from 1:30 p.m. - 3:30 p.m. Please call for an appointment. We are hoping to be able to add a Friday class, as well as a late morning class and will offer more details by phone as we know them.

**Skype and Cell Phone and Facebook classes:** will resume on Thursdays from 3 – 4 p.m. Please sign up with our wonderful high school volunteers by calling the COA at (978) 318-3020.

**Help Getting Window A/C Units Out:** We have help available for those seniors who would like assistance in removing their window air conditioners. Cost will be \$10.00 per air conditioner. Please have cash ready to pay the handyman. Please call the COA at (978) 318-3020 to sign up.

### **COA WELCOMES TWO NEW STAFF MEMBERS**

The COA is pleased to announce two new additions to the staff. Terry Abdalian is our new Activities Coordinator. Terry lives in Bolton and has been very active with the Friends of Bolton Seniors. Judy Fernberg is our new Outreach Coordinator. Judy is from Acton and is currently working on her M.S.W. degree at Boston University. A warm welcome to both!

### **Concord Friends of the Aging 30th ANNIVERSARY CELEBRATION !!!**

The Concord Friends of the Aging, Inc. was founded in 1981. Thirty years later, the Friends continue to work hard to support and enhance the lives of Concord Seniors. It is time to celebrate! Please join us for a 30th Anniversary Dinner at the HWCC on **Wednesday, November 9th at 12:00 p.m.** All Concord Seniors are invited as guests of the Friends and there will be no charge. Please sign up at the COA by Friday, November 4<sup>th</sup> so that we will know how many people are to be served. Please mark your calendars. We look forward to seeing you and enjoying a wonderful dinner and 30th anniversary celebration!

### **Council on Aging Library**

Have you used the COA library downstairs? Would you like to be able to sit and read here? Would you like to take a book home and return it whenever you're finished with it? Do you have ideas about what a library at the COA could be? Please join Sally Montgomery, our new Library Volunteer, on Monday, October 17<sup>th</sup> from 1:00 – 2:00 p.m. to discuss these possibilities, and/or write suggestions and leave them at the COA office. Looking forward to seeing you and hearing from you!

**Bucket Brigade:** A bucket of sand from the Concord landfill can be delivered to you on November 20, after 2:30 pm. This sand is intended for your use throughout the winter to assist in helping to reduce ice buildup and decrease the possibility of a fall. Please call the COA and get on the list if interested.

## WELLNESS

### By Susan Hoole, RN

**FLU CLINIC:** The COA will hold a flu clinic here at the Harvey Wheeler Building on Friday, **October 14, from 9:30 a.m. – 12:00 p.m.**

- The clinic will be conducted by Emerson Hospital Home Care. Any Concord Resident age 65 and older is eligible.
- ***People who are allergic to eggs, people with a history of Guillian-Barre Syndrome, and people with febrile illness should not be vaccinated.***
- Please bring your Medicare Part B card or any other insurance card with you.
- Pneumonia shots, generally given once in a lifetime, will be available.
- Please wear a short sleeve shirt.

This is a very popular event; please consider car pooling.

**October 6, 2011: 10:00 a.m.** A Dental Hygienist, Marcy Foreman, RDH, BS, also known as *The Traveling Tooth Fairy*, will explain the need for good oral health, the importance of dental and oral cancer screenings, as well as the need for dental cleanings. This will be followed up with a day of Teeth Cleanings on November 3, starting at 10:00 a.m. **Sign up now** for the October presentation and/or the November teeth cleanings. Marcy will explain the fee schedule at the October meeting.

**October 13, 2011: 10:00 a.m.** Do you love to laugh? Join us to hear a presentation by Community Educator Shana Hermans, from Affinity Hospice of Life, on how “Humor Can Heal.” Please sign up!

**Lunch & Learn: Thursday, October 27, 12:00-1:00 p.m.** Debbie Elliott, a Speech and Language Pathologist from Emerson Home Care, will be presenting a program called “Mind Games” in which she will present strategies to improve memory. This is an interactive presentation and is lots of fun! Sign Up!!!

### **Clinics @ Harvey Wheeler Community Center**

*For both of these drop-in Clinics No sign up is necessary. Please bring your list of medications. Thank you!*

**Blood Pressure Screening: Every Wednesday, 10 am - 12:00 pm: Oct. 5, Oct. 12, Oct. 19, Oct. 26**

**Diabetes Screening: Wednesday, Oct.19, 10 a.m. - 12:00 p.m.**

**Podiatry Clinic: Wednesday, Oct. 12, beginning at 8:30 a.m.** Please call the office to **make an appointment.** *Please bring insurance information with you. Thank you!*

The student nurses from Regis College will again be joining us at the Wednesday Blood Pressure Clinics. The students are studying to become nurse practitioners. They are currently learning about community nursing and so would be most interested in talking with you.

**Future Speakers in November . . . (No Sign Up until November):**

November 17: Mary Bannon, Diabetes Care Coordinator presents “Diabetes Bingo”

November 18: Dr. Green, a pulmonary specialist from Emerson Hospital, will present advice on good respiratory care during the winter, as well as answer any questions that you may have.

## OUTREACH TEAM

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

### **Concord Emergency Services and the COA need your help!**

Concord Emergency Services and the COA have designed a one-page questionnaire that can provide vital information in an emergency. We are asking all Concord seniors to place one of these on file. Answers to these questions will help us understand your unique and special needs during an emergency. All information is kept confidential and is only used in an emergency situation.

We have a supply of forms in the office. Please feel free to stop by and pick one up. If this is not convenient for you, you may send a request to have the form sent to you via e-mail by contacting our Administrative Assistant, Lynne Sookikian at lsookikian@concordma.gov.

### **File of Life**

The File of Life is a small card with vital information that is kept in a bright red, easily identifiable case. It is placed on your refrigerator using a magnetic strip and emergency personnel know to look for it in your home. We have a new supply of forms for the File of Life in the office. Please come by and take one home. We also have smaller ones for your pocket or purse, for when you are out. We request that anyone using COA transportation, or taking a trip with us, have one with you in order to provide for your safety in an emergency.

### **A Caregivers' Support Group**

A group for those caring for loved ones with Alzheimers or related dementia will meet at the COA on the third Tuesday of each month. Please call Sally (978) 318-3020 with any questions. **We will meet on Tuesday, October 18<sup>th</sup> from 10:30 a.m. – 11:30 a.m.**

### **Bereavement Support Group**

A group for those who have experienced the recent death (within the past two years) of a spouse or partner will meet at the COA on the first Wednesday of each month. Please call Sally (978) 318-3020 to voice interest or ask questions. **We will meet on Wednesday, October 5<sup>th</sup> from 10:30 a.m. – 11:30 a.m.**

### **Lockboxes**

Would you like to be part of the 80-90 seniors who are living more safely in their Concord homes? The local emergency services and the COA have collaborated on this wonderful program. A lockbox will be installed by a COA volunteer near your most used entrance. The lockbox holds an extra key. Only emergency service personnel have a key to the lockbox. Therefore, 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. Please call to get on our next installation list.

### **Senior Legal Helpline**

The Massachusetts Senior Legal Helpline is a new service funded by the US Administration on Aging to provide free legal advice, information and referral. Please feel free to contact the intake staff at 866-778-0939 with any questions you may have.

**FALL DREAM TEAMS:** We have a limited number of volunteers ready and willing to help with your fall clean up. They can assist you with raking and yard clean up. The groups usually have 10-12 young folks supervised by adults. You must be at home, and it is always nice to have a cold drink available! Teams will be assigned based on order of sign up. You must sign up ahead of time, by calling the COA. If there is inclement weather, the event is cancelled until next year.

We have 3 days scheduled:

Kerem Shalom – work day will be October 30, 11-3 p.m.

Holy Family – work day will be November 5, 9 a.m.-3 p.m.

Kerem Shalom – work day Sunday November 6, 11-3 p.m.

### **DISPOSAL OF UNWANTED MEDICATIONS AND SHARPS**

SATURDAY, OCTOBER 15 from 9:30 a.m – 3:00 p.m.

135 Keyes Road, Concord

Expired or unwanted prescription and over-the-counter medications should never be disposed of by flushing them down the drain. This can contaminate the environment because wastewater treatment systems are not designed to remove many of these medications. Concord Public Work's semi-annual Drop Off Day for unwanted medications and SHARPS (hypodermic needles, syringes, etc.) is October 15<sup>th</sup>.

Expired or unwanted medications should be in original containers (it is permissible to blacken out your name, but the medication information must be legible). SHARPS must be in rigid, tight-sealing, capped containers (such as a used laundry detergent bottle). This is a free event, open to Concord residents only. Please contact Concord Public Works at 978-318-3240 with any questions.

### **MEALS ON WHEELS:**

Drivers are needed to deliver Meals on Wheels to frail, isolated seniors living in Concord. Applications are accepted for one day a week or one day a month. The time commitment is 1-1/2 hours a day. Please call/email Debbie Barr, Volunteer Services Coordinator at (781) 221-7023 or d.barr@minutemansenior.org.

### **INTERNATIONAL CURRENT EVENTS:**

On Wednesday, October 19<sup>th</sup> at 1:00 p.m., Jim Etwein will be a guest speaker at our ongoing International Current Events meeting. The topic will be the National Health System (NHS). Our speaker spent a year in England helping to rewrite the NHS. All are welcome, but there is a limit of 25 due to room constraints. Please call to sign up. Hope to see you then!

## EVENTS, TRIPS AND OUTINGS

### Activity and Trip Scholarships

*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.*

#### **FALL FOLIAGE: Thursday, October 13<sup>th</sup>**

Autumn in New England is voted by many as the most beautiful time of year. Join us for a trip to Barre, Massachusetts, and the lovely Jenkins Inn to see Fall Colors and enjoy a delicious lunch. The Jenkins Inn is noted on the National Register of Historic homes and is located in one of the most pristine areas in Central New England. After lunch we will visit Hartman's Herb Farm, which has beautiful display gardens for walking and a retail shop with dried herbs and other wonderful items. We will visit nearby covered bridges on the way home. Please let us know which entrée you wish when you call to sign up: baked stuffed pepper, Chicken ala King, or baked Pollock Florentine. All are served with a vegetable, salad and potato for a cost of \$21.00 plus the van fee of \$3.00. Departure time is 11:00. Please sign up!

#### **LUNCH BUNCH (PLUS!): Thursday, October 20<sup>th</sup>**

Join us for a trip to Littleton for lunch and a concert at Indian Hill Music. First, we'll have lunch at the new Italian restaurant— Tre Amici. They have an extensive lunch menu including appetizers, salads, sandwiches, and traditional Italian fare. Prices range from \$8.00 to \$12.00. You won't need to order dessert, because after lunch we will join the Indian Hill "Bach Concert" featuring the Irish guitar duo of Flynn Cohen and Matt Heaton. Cookies and beverages will be served, and admission is free. The van will be leaving at 11:00 a.m. and we should be returning before 3:00 p.m. The fee for the van is \$3.00. Please sign up for a fun, enriching day.

#### **Y.E.S. CLUB: November 5<sup>th</sup> (Save the date)**

The Young Energetic Seniors will be meeting for dinner at Atlantic Sea Grill in Acton (77 Great Road, Route 2A) at 5:30 p.m. on Saturday, November 5<sup>th</sup>. Please join us for conversation, a delicious meal, and to share your ideas of what form you would like this group to take: Are you interested in food, current events, museums, art, or plays? Please mark your calendars and call 978-318-3020 to sign up. We'll see you there!

#### **RUSSIAN ICON MUSEUM: Tuesday, October 25<sup>th</sup>**

Join us for a tour of the Russian Icon Museum in Clinton, MA which is opening a new exhibit on October 15<sup>th</sup> featuring cast metal icons and crosses. We will take a guided tour upon arrival at the museum, followed by some free time to explore the museum on our own. We will enjoy lunch at an old favorite – The Old Timer. Lunch prices start at \$9. Admission to the museum is \$4.00 for seniors, and the van fee is \$3.00. Please try to have your exact change of \$7.00 available to be collected before you get on the van. Departure time is 10:15 a.m. with our return scheduled for mid-afternoon. Sign up!

### **CONCORD MUSEUM Family Trees: A Celebration of Children's Literature**

This year will mark the 16<sup>th</sup> annual Family Trees exhibition at the Concord Museum. From November to January, the Museum's galleries are filled with trees of all shapes and sizes, decorated with original ornaments inspired by children's storybooks. Decorators let their imaginations take flight as they decorate the trees, taking their inspiration for ornaments from the illustrations, characters, and storylines of children's books.

The COA typically decorates a tree for the Family Trees exhibit, and we invite you to join the crew! This year's book is *Under the Snow* by Melissa Stewart. The Family Trees exhibit at the Concord Museum officially opens to the public on November 23<sup>rd</sup>, there is much work to be done before that date! We are hoping for 8 – 10 volunteers to work together to decorate the COA tree. Please sign up.

### **MEMOIR WRITING WORKSHOP**

This great group meets Mondays, from 2:00 p.m. until 3:30 p.m. We write short pieces and read them to each other (always optional). This is an opportunity to begin or continue writing about events and stories in your life. Please contact the leader, Sally Montgomery at (978) 254-5880, if you would like more information.

### **MUSIC APPRECIATION COURSE OFFERED BY THE CONCORD CONSERVATORY OF MUSIC AND THE COA**

Concert pianist and composer, Keith Kirchoff, is offering a course exploring the fascinating world of classical music. Whether you are an active concert goer, study an instrument, or just enjoy listening, these ninety minute classes are a wonderful way to increase your joy of music and expand your musical knowledge. Each of the eight sessions is highly interactive and will focus on important works in music history, place these works in a historical context, teach about the composers' lives, and explore new ways to listen to the masterworks. This 8-week course, which began in late September, is offered most Tuesdays from 1:00 – 2:30 p.m. at the Harvey Wheeler Community Center. Cost is \$60 per person payable to CCM. You may still join, please call the COA for class days and for more information.

### **A GAME OF POOL ANYONE? Thursday, October 13, at 9:00 a.m.**

Would you be interested in a game of pool (not to be confused with Billiards, which is a different game altogether)? Would you like to play, but could use a little help learning how? Mr. Lew Putney, resident pool shark at the Bedford COA, has agreed to come and lend some assistance. Bedford has a very active group of seniors who play pool regularly and even compete against other COAs. With enough interest, perhaps we could form a team and join in the fun! Please sign up!

### **ZUMBA GOLD®**

We had an enthusiastic group of more than 25 people try out the demo class of Zumba Gold last month. Exercise really can be fun! Classes will be held each Friday at 2:00 p.m. beginning in October. If you have not yet signed up, please call the COA for more information and to let us know you are interested!

### **COA SENIOR SHAKERS**

On Wednesday, October 26<sup>th</sup> the COA Senior Shakers Tambourine group will treat the Wednesday lunch group to a short concert before the meal is served. The tambourine players hope to recruit new members and will be happy to answer questions for anyone who is interested.

We now have teaching videos available in the form of either VHS or DVD which can be taken home to help you learn the various routines. We rehearse every Monday from 2:00 to 3:00 at the COA. We are a very friendly group and this is a fun way to get some exercise.

**PUMPKIN DECORATING – Friday, October 28, at 2:00 p.m.**

October is a wonderful month for many reasons: the weather becomes crisper and cooler, the leaves change colors, and it is the month that we get to enjoy HALLOWEEN! Please join us on the Friday before Halloween for pumpkin decorating. We will be using no-carve techniques to make our spooky pumpkins—magic markers, tape, stencils, and glitter. We will have an official pumpkin judge and prizes. Put your most creative, ghoulish hats on and sign up!

**COA CINEMA: Friday, October 7, at 2:00 p.m.** (please note new start time)

Keeping in the Fall theme, our first film is Alfred Hitchcock's THE TROUBLE WITH HARRY, starring Shirley MacLaine in her first movie role. This black comedy is set in rural Vermont and is a great way to start off the scary month of October. Sign up by calling the COA at (978) 318-3020.

**COA CINEMA: Friday October 21, at 2:00 p.m.** (please note new start time)

Our second film this month is PRACTICAL MAGIC, which continues this month's Halloween theme. The wry, comic tale follows the Owen sisters, Sally and Gillian, as they struggle to use their hereditary gift to overcome the obstacles to discovering true love. You can't beat the actresses in this film – Sandra Bullock, Nicole Kidman, Stockard Channing and Dianne Wiest. Sign up!

**DIGITAL PHOTOGRAPHY WORKSHOPS – Workshop One: Wednesday, October 12 & 19  
Workshop Two: October 26 & November 2**

Bob Bratzler will be teaching two workshops on digital photography at the COA on Wednesdays from 9:30 a.m. – 11:00 a.m. Mr. Bratzler, a long-time resident of Concord, has been involved in photography his entire life. Each workshop will consist of one Wednesday class offered for two consecutive weeks. Each will be open to six people. Participants should bring their digital cameras and the accompanying instruction manual. Please call the COA to sign up.

**HELP US GO GREEN**

Please consider helping us "go green" and save money on printing and postage by agreeing to have your newsletter sent to you by email each month. If you would be willing to consider this option, please email our administrative assistant, Lynne Sookikian at: [lsookikian@concordma.gov](mailto:lsookikian@concordma.gov).

**OPPORTUNITY TO DONATE**

Please remember to save and donate your excess paper goods (plates, bowls, cups, plastic silverware, etc.) to the COA. Thanks!

**HAPPENINGS AROUND TOWN:**

**THE CONCORD PLAYERS** will hold their Senior Open Dress Rehearsal for **The Drowsy Chaperone** on Thursday, November 3, 2011 at 8:00 p.m. Bring your friends to 51 Walden Street in Concord, MA to see this cleverly gleeful Musical-within-a-comedy. It comes complete with thrills and surprises that take both the cast and the audience soaring into the rafters. The usual bargain price of \$5.00 prevails. For more information, please contact Joanne Hines at [jbhines@gmail.com](mailto:jbhines@gmail.com) or 978-254-5578

**JAZZ QUARTET**

The Liberty Alzheimer's Partnership will present their 9<sup>th</sup> concert to benefit the Alzheimer's Association - MA Chapter, with the Dr. Elliot Steger Jazz Quartet performing. The concert will be Sunday, Nov. 20 at 2 pm at the Indian Hill Music Center, Littleton. For tickets (\$20 each) contact Nancy Crowley (978) 402-0088. The LAP gives over 90% of the proceeds to the Alzheimer's Association.

## WEDNESDAY LUNCH SCHEDULE

Lunch is prepared by local churches, service organizations, businesses or Town Departments and 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.**

October 5 <sup>th</sup> – Minuteman Senior Services Menu: <i>Stuffed Shells w/Tomato Sauce, bread, etc.</i> OCTOBER BIRTHDAY CELEBRATION!!!	October 19 <sup>th</sup> – Newbury Court
October 12 <sup>th</sup> – Concord Municipal Light Plant	October 26 <sup>th</sup> – Milldames

### 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.

### 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. Please specify if you need a van ride to HWCC for pickup.

\* 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.)

**Mondays:** 1<sup>st</sup> Monday of the month – Donelan's or Trader Joe's (and other shops), \$2. Limit 7; pickups start at 1:00 p.m.  
 Remaining Mondays – 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 13 people, pickups start at 8:40 a.m. (Trip must have a minimum of 4 people signed up to run).  
 2<sup>nd</sup>, 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 12:45 p.m.

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

**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)!**

### DO YOU HAVE YOUR COA SCANNER KEY TAG?

The COA uses a key tag system (similar to those used in grocery stores) to manage our attendance records at the various COA events. Each senior who uses the COA is assigned a key tag that can be carried on a key ring to sign in at the lobby entrance using a computer touch screen. You scan your tag, your name pops up, you touch those activities you are planning to attend that day, press "Done" and you are all checked in. It is a simple process, but the records it produces are vitally important to us. We use these statistics to track attendance which helps us determine the popularity of various activities. This information is also used to produce required annual reports to the Executive Office of Elder Affairs as well as to support various funding requests to the town and other granting agencies. Lastly, but perhaps most important, registering will give us an emergency contact person should you become injured or sick at the COA. If you have not yet registered and received your key tag, please stop at the office and fill out the necessary form. You will then be entered into the system and a key tag will be assigned to you.

## ONGOING MEETINGS & EVENTS

### MEETINGS

The COUNCIL ON AGING BOARD will meet on Tuesday, October 11<sup>th</sup> at 5:30 p.m. at the HWCC. The public is always welcome!

### DISCUSSION GROUPS

**COA BOOK DISCUSSION:** On Tuesday, October 18<sup>th</sup> at 9:15 a.m. there will be a meeting during which the group will discuss Edmund de Waal's *The Hare with Amber Eyes*. In November, the group will talk about the *Winter Garden* by Kristen Hannah. For more information, contact Phyllis Di Marzio at 978-369-1558.

**COFFEE & CONVERSATION** meets every Tuesday, 10:30 a.m. - 11:30 a.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!!

**INTERNATIONAL CURRENT EVENTS** meets every Wednesday at 1:00 p.m. Come and join this lively discussion group. See old friends and make new ones! Share your opinions on various world events with interesting and talented people. Moderated by Barbara Howell.

**OCTOGENARIAN PLUS GROUP** – The next meeting will take place on Tuesday, October 18<sup>th</sup> at 1:30 p.m.

**RETIRED MEN'S LUNCH** – Please call Bob Nelson at 978-369-3105 for information/reservations.

### ACTIVITIES & MUSIC

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

**BINGO** - We play Bingo every Wednesday at 12:45 p.m. Come join the fun!

**CRIBBAGE** - Join us 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 further information, please call Nancy Manson at (978) 369-4216.

**SENIOR "SHAKERS"**- Weekly rehearsals on Mondays from 2:00 – 3:00 p.m. Anyone interested in learning to play the tambourine and becoming a member of the Shakers, please call Jerry Moscariello at (978) 369-3099 for more information.

**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.

**MEMOIR WRITING GROUP** meets Mondays from 2:00 p.m – 3:30 p.m. Newcomers are always welcome.

### 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.

**TAI CHI CLASS** The Tai Chi form Judy Stokey 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.

**YOGA CLASSES** Taught by Cathy Mandrioli on Fridays at 9:30 a.m. for \$5.00 a class. Everyone is welcome.

### ADDITIONAL SERVICES

**"NIP & TUCK" - BETTY FARFARAS** will be here on both Tuesday, October 4<sup>th</sup> and 18<sup>th</sup> from 10:30 – 12:30. ANY ITEMS BROUGHT IN FOR MENDING MUST BE CLEAN OR THEY WILL NOT BE MENDED. Please call the COA to confirm prior to bringing in your items.

### SUPPORT SERVICES

**"ASK A LAWYER"**. Last Thursday of the month from 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. Everyone is welcome.

**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.

