



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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SEPTEMBER 2011

If this is the first time you have received or read the Concord COA newsletter, we send you our most heartfelt “welcome.” We hope that you will take a few minutes to learn about all that the COA offers residents over the age of 60 and consider signing up to receive our monthly newsletter on a regular basis. Thanks to the generous financial support of the Concord Friends of the Aging, we are able to send this newsletter out to all seniors for one month only. If you should wish to continue to receive it and are not already on the COA mailing list, please contact the COA office to arrange to be added to the mailing list.

The COA is a department of municipal government that is responsible for providing comprehensive services to all persons age 60 and over. There is no need to join or pay a fee, if you are a senior living in Concord you are eligible for everything we offer. There are many preconceived ideas about what a senior center is, what services they offer and who “goes” there. We encourage you to read the newsletter to learn more about us, or better yet, come to the Harvey Wheeler Community Center where we are located and talk to the staff, take a tour and see for yourself how much we offer and how we might be able to enhance your life in some way.

The COA works hard to plan programming and activities that appeal to men and woman over the very wide age span of 40+ years. There are exercise programs, lectures, meals, social events, support groups, computer and cell phone classes, music groups, and day trips to name a few. We can provide van transportation within the town of Concord and to nearby shopping centers. The facility is top notch with an auditorium that can seat up to 110 people and many additional rooms for smaller gatherings. There is a fully equipped kitchen, a pool table, a lending library, a computer lab, a gift shop and a comfortable lounge for casual conversation. There is a full complement of staff members who manage and operate the programing and support systems that we offer including a full social service staff, nurse, volunteer coordinator, activity coordinator, van drivers and a support staff consisting of an administrative assistant, custodians and a receptionist and many volunteers who assist us every day.

How we respond to being a “senior” as society defines it, is as unique as we are as individuals. The number of people age 60 and over in Concord is growing all the time and likely will be over 5000 within the next year or so. We seek to offer services that appeal to and assist as many seniors as we can, and we are always open to new ideas and suggestions on how we can serve you better.

We look forward to continuing to serve those of you that we already know and look forward to meeting many new folks in the months to come.

Ginger Quarles

Please Remember: Monday, September 5th we are closed for Labor 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

Harvey's Treasure Chest is a gift shop operated by the Concord Friends of the Aging. The shop is stocked with gently used, donated items. All proceeds benefit the many programs and activities that the Friends group supports at the COA. After a summer break, the shop is re-opening on Tuesday, September 6, 2011. The store has been newly stocked with a fresh supply of greeting cards as well as a new assortment of jewelry. We are having a special sale on small treasures. Please come in! New pocketbooks, belts and lovely gift items await you. We look forward to seeing our longtime customers and meeting some new ones.

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.

Our next exhibitors will be Jack Skinner and Beatrice Blacksmith. Jack is a police officer with the Concord Police Department, who has been in our community since 1972. He will exhibit many of our local scenes. Jack is also a Composite Sketch Artist. He says that after being placed in the middle of life's "little problems" on a daily basis, it is nice to come home and escape to his art work for relaxation. Beatrice Blacksmith, a local citizen, will exhibit "A glimpse of creative hands, with the passage of years". One of her pieces will include a reproduction of "Vase of Flowers" which has been done on velvet with the aid of special cut stencils, using techniques taught to young ladies during the early 1800's. **On display: September 2nd thru October 7th.**

Computer Tutoring: Computer classes will resume tentatively on Mondays and Tuesdays. Time to be determined at the opening of school. If interested, please call and get on a list (978) 318-3020.

Skype and Cell phone and Facebook classes will resume on Wednesdays and Thursdays. Times will also be determined at the opening of school.

Help Getting Window A/C Units Out: This fall we expect to have help available for those seniors who would like assistance in removing their window air conditioners. Cost will be \$10. Please call the COA at (978) 318-3020, to sign up if interested.

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. If interested, please call to get on our next installation list in September.

COA WELCOMES NEW PROGRAM SUPERVISOR

The COA is happy to announce an addition to our staff! Bonny Wilbur has been hired as the Program Supervisor. Bonny grew up in Concord, but has been living away in Maine for the past 15 years. She has a master's degree in Counseling Psychology and a certificate in Gerontology. She has a passion for working with seniors and looks forward to meeting all of you! Please come by to meet her!

WHO ARE "THE FRIENDS"

THE CONCORD FRIENDS OF THE AGING, INC. (the Friends) is a non-profit Massachusetts corporation managed by a Board of Directors. Concord residents currently serving on the Board are: June Miles, Nelson Powers, Marguerite Spitzak, William Haynes, Joan Wright, Jerry and Jean Moscariello, Ann Schummers, John Alden Hall, Claire Lawton, James Hackett, Al Robichaud and Tupper Webster.

The mission of THE FRIENDS is: to foster close relations between the Council of Aging, and the senior community it serves, to stimulate public awareness of the services and needs of the aging in Concord, to sponsor cultural, educational and other events for our senior community, to assist and support in the development of services and resources needed by the aging in Concord, to assist in the raising and collecting of funds for special needs, including the encouragement of gifts and bequests.

The Friends conduct an annual appeal, but will accept donations anytime. It is through the generosity of many that the financial support for services and resources can be provided to enhance the quality of life for all Concord senior citizens. If you wish to provide support, please send your donations to the Concord Friends of the Aging, Inc., 1276 Main St, Concord, Ma 01742.

CONCORD SENIORS DESERVE THE VERY BEST !!!

WELLNESS

By Susan Hoole, RN

The Big Secret: Living a Life with Digestive Problems, Thursday, Sept. 8, 10:30-11:30 a.m.

Please plan to come to hear Mary-Angela DeGrazia-DiTucci President/Patient/Founder of the Association of Gastric Motility Disorders. Ms. DeGrazia-DiTucci will talk about what gastrointestinal motility disorders are, as well as some strategies and available resources for patients to live life as fully as possible with these disorders. More info about this speaker and her organization is available on the Health and Wellness Bulletin Board, located outside of Conference Room A. All are Welcome!!! **Please Sign Up.**

LUNCH & LEARN: Thursday, Sept. 15, 12:00-1:00 p.m. Frank Mastroangelo was 43 years old when he had a stroke; he has a great story of survival and shares a lot of information on stroke prevention. Frank is also an E.M.T. and is a very engaging speaker. Please plan on attending! **Please Sign Up.**

Joe Sarofeen from Apex Hearing: Thursday, Sept. 22, 10:00 a.m.-1:00 p.m. Mr. Sarofeen will conduct hearing tests in 30 minute increments. 6 appointments are available on this day. If necessary, he will take any overflow appointments on the next day, Sept. 23rd. **Sign Up Required.**

FLU Clinic: We are planning on hosting a flu clinic here at the C.O.A, but we are unable to name a date until we receive news from the Board of Health that the vaccines have arrived. Feel free to receive one from your Primary Doctor's office, if recommended. We hope to have more information for the October newsletter.

Coming later in the fall season:

October 6, 2011: A Dental Hygienist will explain the need for good oral health, importance of screening as well as cleanings. She will set up appointments for November 3rd starting at 10:00 a.m. for teeth cleanings.

October 27, 2011: 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 interactive and lots of fun!

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 a.m. - 12:00 p.m.

Sept. 7, Sept. 14, Sept. 21 and Sept. 28

Diabetes Screening: Wednesday, Sept. 21. 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!*

Volunteers needed for Safe Meds At Home Program

We offer a helpful program, to our seniors, called Safe Meds at Home. This program pairs seniors needing help managing their medications with other seniors who are trained to help. We are inviting volunteers who wish to learn more about this program to call Susan Hoole R.N. at the COA. This program enables seniors to stay in their homes longer.

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, September 20th 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, September 7th from 10:30 a.m. – 11:30 a.m.**

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 for any questions you may have.

COMPUTER LAB NOW RE-OPENED:

Thanks to a generous gift from the Concord Friends of the Aging, we now have 3 beautiful new Personal Computers and an Apple I MAC in our Computer lab, which is located on the lower level of the Harvey Wheeler Community Center in the COA Library. These computers will be available for use by Concord seniors during scheduled instructional classes and on a drop-in basis for those already familiar with computer use. The lab's computers will have full internet access so that it will be easy for seniors, who do not have this technology at home, to check their e-mail or do research on the web. Please watch the October issue of the Senior Spirit for the full schedule of classes!

MEDICARE 2012 OPEN ENROLLMENT:

Open enrollment for 2012 Medicare drug and health plans will begin and end earlier than in prior years. It will start on October 15th and end on December 7th.

Medicare drug and health plans often change from year to year. The plan that may have been best for you for 2011 may not be best for 2012; it might even be considerably more expensive than other choices. All Medicare health and Part D drug plans must inform you in September about how their plans are going to change and what, if any, those changes will be for 2012. You should be watching for notification of changes in a September mailing.

Our S.H.I.N.E (Serving Health Information Needs of Elders) counselors provide free health insurance counseling for seniors and Medicare beneficiaries of all ages through a network of highly trained volunteers and staff. We strive to insure that Medicare beneficiaries have access to accurate, unbiased and up-to-date information about their health care options.

S.H.I.N.E will be holding Part D informational meetings in October (check the October newsletter for exact times), and then be available, by appointment, for one-on-one counseling on how to identify which plan may be best for you in 2012. Hold onto the letter you receive from your medical and/or drug plan, and have it in hand when you come to one of the October presentations. In addition, through the end of the year, a S.H.I.N.E. counselor will be available at the COA on the second Wednesday of the month, from 1:00-3:00 p.m., to answer any questions you may have. No appointment is necessary on these Wednesday dates; feel free to drop-in with your questions.

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 to see if a scholarship might be available.

WHALE WATCH: Thursday, September 15th

We'll be aboard the Privateer IV, departing from Seven Seas Wharf in Gloucester, with a marine biologist onboard to provide insight into the lives and behaviors of the whales we'll observe. The trip runs 3 1/2 to 4 hours. Wear comfortable, rubber-soled shoes, and a jacket or sweater (even if it's a warm day, it gets chilly out at sea!). Plan to have an early lunch at home; a variety of food and drinks are available to purchase for an early dinner onboard, inside the enclosed cabin. Cost is \$45 per person (includes van fee), please have your money ready as you board the van. Departure time is 11:45 a.m. Estimated return time is between 6:30-7:00 p.m. Please sign up!

LUNCH BUNCH: Thursday, September 22nd

We'll be taking a short trip to an old favorite, Le Lyonnais Restaurant Francais, at 416 Great Road in Acton. Chef Gerard Labrosse offers a \$22.95 "prix fixe" menu of hearty country fare. Diners may choose from fish, chicken, or a vegetarian entrée, offered along with soup, salad, and dessert. Van fee is \$3.00. Departure time is 11:45 a.m. Sign up!

Y.E.S. Club: Dinner at Vincenzo's - Friday, September 16th at 5:30 p.m.

Our Young Energetic Seniors club will be meeting for dinner at Vincenzo's Restaurant, very close by at 1200 Main Street in West Concord. Come to this first meeting of the fall and treat yourself to an appetizer or soup and salad (starting at \$4.95) or to an entire meal (entrees start at \$15). We're hoping to have some informal discussion over dinner on the future of the group, followed by a more formal meeting the following Tuesday, September 20th at 5:30 at the COA. Please call to sign-up.

PEABODY ESSEX MUSEUM: Tuesday, September 27th

Join us for a tour of the museum's special exhibit PAINTING THE AMERICAN VISION. This will be a wonderful conclusion to the DVD lecture series on Great Paintings of the World that was offered at the COA this summer. All are welcome to sign up, of course, whether or not you enjoyed the lecture series. We will take a guided tour upon arrival at the museum, followed by some free time to explore the museum on our own. Then we'll head to the Green Land Café for lunch featuring locally-grown food from Salem's Farmer's Market. Lunch starts at \$8 and up. Admission to the museum is \$15.00 for seniors, and the van fee is \$3.00. Please try to have your exact change of \$18.00 available to be collected before you get on the van. Departure time is 9:00 a.m., return mid-afternoon. Sign up!

ZUMBA GOLD®: Friday, September 16th at 2:00 p.m. - Demonstration Class

Exercise can be fun! With its upbeat music and simple dance moves, Zumba Gold is a dynamic blend of fitness and dance designed specifically with the mature active adult in mind. The routines involve Latin and international rhythms such as Salsa, Cha Cha, Tango and more. No experience necessary. Try out a demo class on Friday, September 16th at 2 p.m. (wear comfortable clothing). Classes will be held each Friday at 2 p.m., beginning September 30th for a six-week session, if we have enough interest. Cost will be determined by how many dancers sign up (if we get 10 dancers, it will be \$4 per class, for example). Please call the COA at (978) 318-3020 to let us know if you are interested.

MEMOIR WRITING WORKSHOP

This great group will resume on Monday, September 12th from 2:00 p.m. until 3:30 p.m. We will 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.

GREAT PAINTINGS: DVD“MAKE UPS”

If you missed a particular series of lectures during our offering of the Great Painter Series, you may call the COA and schedule a time when the lecture hall is available to view any missed sessions.

MUSIC APPRECIATION COURSE TO BE OFFERED BY THE CONCORD CONSERVATORY OF MUSIC AND THE COA

Join concert pianist and composer, Keith Kirchoff, and explore 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. Everyone is welcome, and no musical background is required. This 8-week course will be offered on Tuesdays from 1:00 – 2:30 p.m. beginning on October 4, 2011 at the Harvey Wheeler Community Center. Cost will be \$60 per person payable to CCM. Minimum of 8 people needed to offer the class. Please sign up soon!

OCTOGENARIAN (and Older!) GROUP – Tuesday, September 20, at 1:30 p.m.

The Octogenarian+ group will be hosting an “ASK THE DOCTOR” session featuring Dr. Norman B. Thomson, Jr. The doctor, an octogenarian himself, will share his own experiences and answer any medical questions you may have about growing older. Dr. Thomson is a retired physician, Concord resident, and a Member of the Board of Corporators at Emerson Hospital. Seniors of all ages are invited to attend. Come to the COA, enjoy some refreshments and have your questions answered! Please call to sign-up.

LIVING WITH CHRONIC HEALTH CONDITONS

Minuteman Senior Services and Emerson Hospital have partnered to offer a six-week self-management program developed by Stanford University that will help people live life more fully while dealing with chronic health conditions. The cost is \$75 for a six-week session and includes a workbook and relaxation CD. Sessions will be held at the Emerson Hospital Integrative Health & Wellness Center, 310 Baker Ave Ext, Concord, on Tuesdays from 6:00 p.m-8:30 p.m. Sessions begin on October 4th. For more information or to pre-register, please call (978) 287-3777.

MARY QUEEN OF SCOTS – Friday, September 23, at 2:00 p.m.

Come see Mary, Queen of Scots, as she shares her fascinating life as infant Queen of Scotland, teenage Queen of France, and rival of her cousin, Elizabeth I. Join us to see Muriel Dyas perform as the monarch often described as one of the most tragic queens in history, and see why ruling with your heart can sometimes lead to losing your head. Please sign-up.

COA CINEMA: Friday, September 9, at 1:00 p.m.

Our first film, A ROOM WITH A VIEW, won three academy awards! It stars Helena Bonham Carter as Lucy Honeychurch, a young woman living in the restrictive Edwardian culture of turn-of-the-century England, and her love for a free-spirited young man she meets while on holiday in Italy. Maggie Smith plays Charlotte, Miss Honeychurch's much older cousin and chaperone. Sign up by calling the COA at (978) 318-3020.

COA CINEMA: Friday, September 30, at 1:00 p.m.

Our second film this month, HOWARD'S END, also won three academy awards! This film, also set in Edwardian England, is the story of three different families, representing three distinct classes: wealthy capitalists, the enlightened bourgeoisie, and the lower middle class. The movie explores the impact the families have on one another. The film stars Anthony Hopkins, Emma Thompson, and Helena Bonham Carter. Sign up!

Tips for Downsizing from A to Z: Friday, September 16, at 11:00 a.m.

Whether you are seriously considering a move, or just trying to de-clutter and reorganize your home or the home of a loved one, what do you do with all that STUFF? Downsizing Specialist, Marie LeBlanc, owner of Transitions Liquidation Services, will help you learn how to plan a manageable transition and give specific tips on how to deal with the accumulation of personal property. Following her presentation, Marie will answer questions and offer strategies for making decisions and planning well. Please call 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.

OPPORTUNITY TO DONATE

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

HAPPENINGS AROUND TOWN:**THEATRE III (FINAL DRESS REHEARSAL):**

The theater is again pleased to invite all senior citizens to the final dress rehearsal of "Jekyll & Hyde" the gothic musical thriller. The rehearsal will take place on Wednesday, September 14, 2011 at 7:30 p.m. at 250 Central Street, West Acton. The show dates are from September 16th – October 1st. For info, please call (978) 263-9070, or visit online at www.theatreiii.org.

CONCORD LIBRARY BOOK GROUP:

The Concord Free Public Library at 129 Main Street, invites you to their Monthly Reading Group which begins on September 6th from 9:30-11:15 a.m. The first selection is "The Widower's Tale" by Julia Glass, who will be at the library on September 8th at 7:30 p.m. The group is free and books are available in both regular and large print. For more information, please call the library at (978) 318-3300.

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.**

September 7th – Minuteman Senior Services
Menu: *Fiesta Fish, Vegetable Soup, dessert, etc.*
SEPTEMBER BIRTHDAY CELEBRATION!!!

September 21st – Life Care of Acton

September 14th – Newbury Court

September 28th – Walden Rehab.

THE COA VAN

The COA can provide transportation on a first come, first served basis to Concord seniors around town for doctors' 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 before the first of the month. 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: 1st Monday of the month – Donelan's or Trader Joe's (and other shops), \$2. Limit 8; pickups start at 1:00 p.m.

Remaining Mondays – Roche Brothers (and other stores within shopping plaza) or Kmart, \$2. Limit 8, pickups start at 1:00 p.m.

Thursdays: 1st 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) .

2nd, 4th and 5th Thursday, – Stop & Shop plaza, \$2. Limit 8 people, pickups start at 1:00 p.m.

3rd Thursday, – Market Basket, Westford – \$3. Limit 8, pickups start at 12:45 p.m.

Friday: Every Friday – Crosby's Marketplace and CVS, \$2. Limit 8 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 that 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, September 13th at 5:30 p.m. at the HWCC. As always, the public is welcome.

DISCUSSION GROUPS

COA BOOK DISCUSSION: On Tuesday, September 20th at 9:15 a.m. there will be a meeting during which the group will share what they have read during the summer. 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. beginning on September 14th. Come and join this lively discussion group. Join old friends and make new ones! Share your opinions on various world events with interesting and talented people. Moderated by Barbara Howell.

OCTOGENARIAN GROUP – The next meeting will take place on Tuesday, September 20th 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 will resume their Monday meetings starting after Labor Day. The group meets each week at 1:00 p.m. For further information, please call Nancy Manson at 978-369-4216.

SENIOR "SHAKERS"- Weekly Monday rehearsals will begin again on September 12th at 2:00 p.m. Anyone interested in learning to play the tambourine and becoming a member of the Shakers, please call Marge Stetson at 978-369-9084 for more information.

SENIOR DRAMA CLUB will begin meeting on September 13th at 1:00. Meetings will continue from that point on every 2nd and 4th Tuesday of the month. 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 NOT BE HERE DURING THE MONTH OF SEPTEMBER. Please check your October newsletter for her next availability!

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 and Jim Eastman 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.

