SENIOR SPIRIT

BROUGHT TO YOU BY THE CONCORD COUNCIL ON AGING WITH THE FINANCIAL SUPPORT OF THE CONCORD FRIENDS OF THE AGING

July/August 2015

Please note that this is a double newsletter covering the months of July and August. Please save your copy for future reference. Starting Wednesday, July 1st you may sign up for any event mentioned in the newsletter, unless otherwise noted.

Community Chest Annual Day of Giving

At the annual "Day of Giving" recently held in Concord, the COA was honored to again be the recipient of a grant from the Concord Carlisle Community Chest. This grant helps to fund three different staff positions here at the COA: Social Services Coordinator, Outreach Worker, and Volunteer Coordinator. These positions are key to our operation here and we are very grateful to the Chest for supporting the work that we do with Concord seniors. Thank you to all of the generous donors to the Community Chest and to the many volunteers who make these grants possible. We truly appreciate your part in providing the best service possible to our great senior population!

Thank You to The Garden Club of Concord & The West Concord Green Thumbs!

The Garden Club of Concord has once again approved a Community Project Grant which paid for the cost of the flowers in the many planters around the Harvey Wheeler Community Center. Carol Aronson, with the West Concord Green Thumbs, purchased the plants and did all of the planting this year. The West Concord Green Thumbs is a non-profit organization dedicated to enhancing the beauty of West Concord. Many thanks to the Concord Garden Club for their generosity, and to Carol for all of her hard work! The beautiful flowers will be enjoyed by many all season long.

You're invited to the COA Ice Cream Social
Thursday, July 23rd at 2:30 PM

Please stop by the HWCC for our annual Ice Cream Social on July 23rd at 2:30 PM. We will have delicious homemade style ice cream from Bedford Farms while Gerry Hurley entertains us on the piano! There will be plenty of ice cream and toppings to "Make Your Own Sundae." Thanks to the Concord Friends of the Aging, this event is free of charge. The event is limited to 90 people, so please call to reserve you spot!

Don't Miss the COA Summer Barbeque
Wednesday, August 19th at 5:00 PM

Join us for our annual summer barbeque at the HWCC on Wednesday, August 19th at 5:00 PM. As always, there will be delicious food and wonderful entertainment. Once again, the Concord Rotary Club will be grilling our hamburgers and hotdogs on the patio, and there will be salads and yummy desserts. Steve Beckwith and his guitar will be here to spice up the evening. This event will cost just $5 (cash) per person, payable at the door. Thank you to the Concord Friends of the Aging who have agreed to pay for the entertainment. **Please note that due to this event, lunch will not be served on Wednesday, August 19th.** Limited transportation will be available to take people to the barbeque and home again. Please carpool if you can. This event is limited to 90 people, so please call to sign up.

Extra Thursday Van

The need for transportation continues to rise and we are doing our best to meet this increased demand. We are pleased to announce that we will be adding an additional van on Thursdays, beginning on September 3rd. When scheduling appointments for the fall, keep in mind this extra capacity!

The Council on Aging will remain open Monday–Friday, from 8:30 AM to 4:30 PM, through the summer. We will be closed on Friday, July 3rd to observe the 4th of July holiday. There will be no programs or van service that day.

Volunteer News & Opportunities

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

Harvey Wheeler Gift Shop

Harvey's Treasure Chest Gift Shop will be closed for the summer months. Donations for the gift shop, as well as for their big Christmas Sale, will be accepted throughout the summer. If you would like a tax receipt for your donation, please see the office staff. The shop will open again on Tuesday, September 8th. Plan to stop by in the fall to see the new inventory!

Art Space at the Harvey Wheeler

Our current exhibit, now through July 16th, features painter Frederic Berthoff, an artist and musician from Concord. Frederic is self-taught with an affinity for historic sites and public figures. His oil paintings focus on Concord and New England. Be sure to stop by to see his work.

From July 17th through August 28th Joan Chasan will be showing her "Mostly Birds" exhibit here at the HWCC. Joan focuses primarily on nature and landscape photography with an emphasis on birds and other wildlife. She loves action shots such as birds building nests, feeding their young, or capturing a meal. The birds in this exhibit are from Florida, as well as New England areas such as Great Meadows Wildlife Refuge and Plum Island Nature Preserve. Joan has exhibited her photographs at several local venues. Please stop in to see her photos.

Volunteer Opportunities

The Council on Aging offers a Friendly Visitor program to seniors in town who have few, if any, supports in the community. The volunteer is asked to visit their assigned senior, in the senior's home, on a regular basis to chat, share a cup of tea, or perhaps go for a walk. We ask for an initial commitment of 1 – 2 hours at least every other week, for a period of six months. For more information or to express interest in volunteering as a Friendly Visitor, please call Bonny Wilbur at the COA at 978-318-3020.

The Massachusetts Association for the Blind and Visually Impaired has volunteer opportunities for people who would like to read to or shop with a blind person. Volunteer partnerships allow blind people to remain as independent as possible in their homes. No special skills needed; flexible schedule (volunteer during the day, evening or weekend); a six-month commitment is required. Two trainings are offered each month, if you are unsure whether this is the right kind of volunteering position for you, register for a training and decide for yourself! For the date of the next training and/or for more information call Jen Buchanan at 617-972-9119.

Minuteman Senior Services Meals on Wheels Program provides a hot lunch to homebound seniors 5 days a week, 52 weeks a year. These meals assist older adults who are not capable of preparing at least one hot meal a day. In many cases, Meals on Wheels allows seniors to live in the dignity and comfort of their own homes. Volunteer drivers are needed in the Concord area. For information about volunteering, or to apply, please call 781-272-7177.

Minuteman Senior Services Money Management Program provides seniors with assistance with their monthly bill paying and related paperwork. Volunteers help with the mechanics of monthly bill paying and check writing. For more information about volunteering for this program, please call 781-272-7177.

Musketaquid Sportsman Club Luncheon
Wednesday, July 29th at Noon

The Concord Musketaquid Club, located on Old Mill Road in Concord, is once again inviting **regular COA lunch attendees** to a luncheon on Wednesday, July 29th at the club. Advance sign-ups are required, as there is a limit of 80 people due to space constraints at the club. Please call the COA to sign-up. Limited transportation is available for those who need it, so be sure to make a reservation for the van when you sign up for the luncheon. There is a $2 suggested donation for this lunch. This will replace the usual Wednesday lunch held at the HWCC, and there will be no Bingo.

Concord Academy Car Wash
Monday, July 6th from 1:00 PM to 3:00 PM

Campers at the Concord Academy Teen Adventure Summer Camp Program will be at the HWCC once again this summer to wash cars on Monday, July 6th from 1:00 PM to 3:00 PM. The campers will be charging $5 per car, which will be donated to the Concord Council on Aging at the end of the day. No appointment is necessary; please just plan to come by that Monday afternoon to keep your car looking its best this summer! Unfortunately, the car wash will be cancelled in the event of rain and will not be rescheduled.

Picnic in the Park
Saturday, July 4th from 10:00 AM to 4:00 PM

For over 30 years the Town of Concord has celebrated Independence Day with a day-long event, Picnic in the Park! All are invited to Emerson Field in Concord on Saturday, July 4th from 10:00 AM to 4:00 PM. There will be something for everyone with music, food, field games, as well as a tethered balloon ride (weather permitting). In case of rain all music performances will be moved to 51 Walden Street, and all kids' events will be moved to the Hunt Gym. Picnic in the Park is made possible by donations from individuals as well as corporate sponsors. Don't miss it!

HEALTH & WELLNESS

Listen and Learn
on
Women's Pelvic Health
Tuesday, July 14th at 2:00 PM

Urinary incontinence affects one in four adult women at some point in their lives. For many women it is embarrassing and they are reluctant to mention problems to anyone. They may have tried Kegel exercises that didn't work, or just assumed that it was part of the aging process and they had to put up with it. Please join Judy Curless and Eileen Maloney, Women's Pelvic Health Physical Therapists from Emerson Hospital, as they discuss the five types of incontinence, pelvic muscle and bladder anatomy, and how changing fluid intake and gentle physical therapy techniques can improve pelvic muscle health and prevent the need for surgery. Please call to sign up!

Assisted Living Community Tour
Carriage House at Lee's Farm
Tuesday, August 18th
Leaving HWCC at 11:30 AM

Join us for lunch and a tour of Carriage House at Lee's Farm in Wayland, MA. We will tour this senior living community and sample a farm-to-table meal prepared by the executive chef. This will be your chance to get your questions answered about assisted living, and to see for yourself how much is happening at an assisted living community such as Carriage House. The van will be leaving HWCC at 11:30 AM and returning at approximately 2:00 PM. There is no charge, but please do call the COA to sign up, as space is limited.

COA Wellness Clinics

Blood Pressure Screening
Wednesdays, 10:00 AM to 11:45 AM
July 1st, 8th, 15th, and 22nd
August 5th, 12th, and 26th
No clinics on July 29th and Aug. 19th due to off-site events on both dates.

Diabetic Clinic
Wednesday, July 15th (3rd Wed) and Wednesday, Aug 12th (2nd Wed)
10:00 AM to 11:45 AM
No appointment necessary.

Podiatry Clinics
Dr. Ayleen Gregorian
Monday, July 6th
8:30 AM to 2:30 PM

Dr. Russell Hamilton
Wednesday, August 26th
8:00 AM to 11:45 AM

Call the office to sign up for a podiatry clinic. Insurance is accepted per Medicare guidelines. Please be sure to bring your insurance cards with you.

Screening of The Genius of Marian
Tuesday, August 11th at 10:00 AM

Please join us for a showing of the 90-minute documentary, The Genius of Marian. This film is an intimate family portrait that explores the heartbreak of Alzheimer's disease, the power of art and the meaning of family. The Genius of Marian follows Pam White in the early stages of Alzheimer's disease as her son, the filmmaker, documents her struggle to hang on to a sense of self. Following the film COA Social Services Coordinator, Sally Lopez, will be available for questions and answers. The film was graciously donated to the COA by the Acton Pharmacy. Please call to sign up.

Don't Forget Your Payment for Trips and Programs

Once you call the COA office to sign-up for a trip or event, please do not forget to get us your payment if there is a cost involved. Some events attract a large number of sign-ups, but some of those people expressing interest never follow through with a check. This could result in our having to cancel an event, as many trips and entertainers require payment before the event. Starting this month, we will no longer be able to call to remind you that you have not paid. If we do not receive your payment by the date specified in the newsletter announcement, your name will be removed from the participant list and someone on the wait list will be offered your spot. Don't let this happen to you, don't forget your payment!

OUTREACH/SOCIAL SERVICES

A portion of the COA Outreach staffing is funded by the Concord Carlisle Community Chest.

Loss of Spouse or Partner Grief Support Group

The loss of a spouse or partner can be a very painful experience. Many have found that being able to share their fears, concerns, and even the practicalities of the grieving process can be helpful. We offer a Support Group for those who have lost a spouse or partner, facilitated by COA Social Services Coordinator, Sally Lopez. The group will be meeting this summer on **Tuesday, July 14th at 10:00 AM.** There will be no meeting in August. All are welcome. Please call Sally Lopez at 978-318-3012 for more information.

Caregivers' Support Group

Our Caregivers' Support Group is for those caring for loved ones with Alzheimer's or related dementias. The group is facilitated by COA Social Services Coordinator, Sally Lopez, and Cooperative Elder Services Social Worker, Eileen Lawson. This summer the group will be meeting on **Tuesday, July 21st at 10:30 AM.** The group will not be meeting in August. Please call Sally Lopez at 978-318-3012 with any questions.

Important Information Regarding Your Right to Appeal Medicare Decisions

Did you know that any Medicare subscriber may appeal Medicare decisions? However, all steps in the appeal process have specific time frames and requirements. Be sure to pay close attention to the time limits for appeals.

The Medicare Advocacy Project (MAP) provides free advice, assistance with appeals, and legal representation. MAP can help anyone with Original Medicare or a Medicare Advantage Plan. To reach MAP, call the Massachusetts Senior Legal Helpline at (866)778-0939. To understand and access Medicare benefits, give us a call at the Council on Aging, and ask for a S.H.I.N.E. (Serving the Health Information Needs of Everyone) appointment. Trained S.H.I.N.E. volunteers offer free, confidential counseling on all aspects of health insurance.

New Technology Class Offerings

Melody Orfei has offered to teach new classes in the fall on Microsoft Word, Excel, eBay, and Amazon. Please call over the summer to let us know which of these classes you might be interested in taking. Once we determine which classes generate the most interest, Melody will offer classes on those subjects. Be sure to check the September newsletter for new class descriptions, dates, and times.

Bob Bratzler will be adding two new classes in the fall: Scanning and Digital Photography. Check your September newsletter for information on all of our course offerings.

Genealogy: Researching Your Family Tree

Our Genealogy Workshop and Genealogy Research Methods will both be on hiatus this summer. We hope you will use the summer to continue your family research. Some of you are organizing family reunions this summer; when we return in the fall you can share what you learned with the group! Check the September newsletter for dates and times for both classes.

Computer Tutoring Continues this Summer

Computer tutoring will continue throughout the summer. Please call the COA office for dates and times.

COA CINEMA

Friday Afternoons in the Lecture Hall - No need to sign up. (FREE)

Join us on Friday afternoons at 2:00 PM. Please note: If any movie draws a bigger audience than we can seat, we will automatically offer a second showing of the movie on the following Monday at 2:00 PM.

July 10th – *Winter's Tale* - Mark Helprin's novel provides the basis for this film about a thief who breaks into an ill girl's home and falls for her. As the action shifts between past and present, the burglar acquires a flying-horse guardian angel. Cast: Colin Farrell, Russell Crowe, Will Smith, Jessica Brown Findley. (Romance; 118 minutes; 2014; PG-13)

July 17th – *About Time* - A young man who comes from a family of time-travelers changes history for the better in this romantic comedy from director Richard Curtis. During one of his trips to the past, he falls for a captivating woman. Cast: Domhnall Gleeson, Rachel McAdams, Bill Nighy. (Romantic Comedy; 123 minutes; 2013; Rated R for adult content)

July 24th – *Begin Again* - Moving to NYC proves disastrous for a young singer after her boyfriend leaves her. But opportunity knocks when she meets a music producer looking to launch her career and save his own. Cast: Keira Knightley, Mark Ruffalo, Hailee Steinfeld.(Drama; 105 minutes; 2014; Rated R for profanity)

July 31st – *Big Eyes* - This biographical movie tells the story of Margaret Keane, the American painter who came to prominence in the 1950s and was known for her pop art paintings that often featured children with large doe eyes. Cast: Amy Adams, Christoph Waltz, Krysten Ritter. (Drama; 105 minutes; 2014; PG-13)

August 7th – *The Rewrite* - After a divorce and a string of unsuccessful films, an award-winning Hollywood screenwriter finds himself with nothing but bad debts and blank pages. So when his agent arranges a teaching job, he can't say no. He unexpectedly finds himself invested in his students' lives, including a single mom. Cast: Hugh Grant, Marisa Tomei, Bella Heathcote. (Comedy; 120 minutes; 2015; Not Rated)

August 14th – *On a Clear Day* - When Frank loses his job at the docks, he realizes that he's too old to start a new career but too young to simply stop working. So he decides to take on the ultimate challenge: swim the English Channel. Cast: Peter Mullan, Brenda Blethyn, Sean McGinley. (Drama; 99 minutes; 2005; PG-13)

August 21st – *When the Game Stands Tall* –The journey of legendary football coach, Bob Ladouceur, who took the De La Salle High School Spartans from obscurity to a 151-game winning streak that shattered all records for any American sport. Cast: Jim Caviezel, Michael Chiklis, Alexander Ludwig, Laura Durn. (Sports Drama; 115 minutes; 2014; PG)

August 28th – *Annie* - Adapting the Broadway musical for the big screen, this tale charts the sad childhood of spirited little orphan Annie. But after tycoon Benjamin Stacks rescues her, Annie's life is transformed in ways she never imagined. Cast: Cameron Diaz, Rose Byrne, Jamie Foxx. (Musical; 118 minutes; 2014; PG)

Senior Walking Group
Wednesdays at 10:00 AM – No Need to Sign Up – Just Show Up!!

For information about parking and trail maps, please go to the Concord Council on Aging webpage at http://www.concordma.gov/pages/ConcordMA_COA/index and choose the Senior Walking Group link. In bad weather please use your best judgment. The Senior Walking Group always welcomes new members! Walks are held every Wednesday at 10:00 AM. Walkers - please be at the meeting spot five to ten minutes before the walk begins. Carpooling is recommended. For more information, contact Tina Close at 978-318-3197.

July 1st – Punkatasset/Estabrook Woods – Richard Schriefer – Street parking in front of 851 Monument St.

July 8th – Reformatory Branch – Bob White - Meet at the parking lot at 141 Keyes Road.

July 15th – Sleepy Hollow to Old Manse – Winslow Pettingell - Meet at the front steps of the First Parish.

July 22nd - Hapgood Wright Town Forest – Bob White - Meet at Town Forest parking Lot, 55A Walden St.

July 29th – Battle Road East – Murray Nicolson - Meet/Park at Hartwell Tavern.

August 5th – Wright Woods (Concord Land Trust) – John Snelling - Meet on Fairhaven Road at the corner of Arena Terrace - Accessible from Route 2 Eastbound. Parking is available on Arena Terrace.

August 12th – Great Meadows – Self-Guided – Meet at the parking lot off Monsen Road.

August 19th – Thoreau's Path – Self-Guided – Meet at the Town Forest Parking Lot; 55A Walden Street.

August 26th – Battle Road West – Self Guided - Meet/Park at Hartwell Tavern.

Summer Hair Care
Tuesday, July 7th at 2:00 PM

Come learn some tips on how to blow dry your hair and how to keep it healthy in the summer sun! MaryAnn Wilkins, a professional stylist from Bella-Anya Salon, will be here to demonstrate. After the presentation, she will stay to do nails in Vinylux for a cost of $12, payable directly to Mary Ann. Please call now to sign up for this demonstration, and let us know if you wish to have your nails shaped (no clippers) and painted.

Lunch Bunch to Woodman's in Essex
Friday, July 24th; Leaving HWCC at 11:00 AM

Board the COA van and travel with us to the beautiful North Shore to Woodman's of Essex, the world-famous clam and lobster shack. For over 100 years, Woodman's has been serving traditional New England lobsters, fried clams, and other seafood to locals and visitors alike. You will order your own meal at the take-out window and carry it to one of the picnic tables to eat. After lunch you can get ice cream and admire the sea views. We will return to Concord by 4:00 PM. There is a $5 van charge. Lunch is on your own. Please call to sign up!

YES Group to Wayside Inn
Sunday, August 9th at 5:30 PM

Join the YES Group for a delicious dinner in one of the historic rooms at Longfellow's Wayside Inn on Sunday, August 9th at 5:30 PM. The Wayside Inn is proud to be the oldest operating inn in the country, offering comfort and hospitality to travelers along the Boston Post Road since 1716. After dinner you can stroll through their manicured gardens or walk to the picturesque grist mill down the road. The YES Group is open to all Youthful Energetic Seniors. Transportation and the cost of dinner are on your own. Please be aware that the COA does not send staff to YES group events. Please call the COA to reserve your spot!

Peabody Essex Museum
Friday August 14th; Leaving HWCC at 10:00 AM; Returning by 3:30 PM

We are pleased to have the opportunity to visit the Peabody Essex Museum on Friday August 14th to view American Epics: Thomas Hart Benton and Hollywood. This is the first major exhibition on Thomas Hart Benton (1889-1975) in over 25 years, and the first to explore important connections between Benton's art and the movies. In paintings, drawings, and illustrations, Benton reinvented national narratives for twentieth-century America and captivated the public with his visual storytelling. The cost of this trip is $43, which covers museum entry, a guided tour of the exhibit, and coach transportation. A non-refundable check for $43 payable to the Town of Concord within one week of your reservation will guarantee your spot on this trip. Lunch is on your own at the museum's cafe. The museum is handicapped accessible and the tour is slow paced, so this trip is appropriate for all seniors. Reservations will be taken starting July 1st, so please call to reserve your spot!

Newport Playhouse and Cabaret
Thursday, August 20th; Leaving HWCC at 9:30 AM and Returning at Approximately 4:30 PM

Plan to join us for a production of "Flamingo Court" at the Newport Playhouse on Thursday, August 20th in Newport, Rhode Island. This tale of a greedy daughter, an aging hooker, and the residents of Flamingo Court will have you howling with laughter. This trip includes the play, a buffet lunch, and a cabaret performance. It will be a fun-filled day! The bus will leave the HWCC at 9:30 AM; returning around 4:30 PM. The cost is $78 per person which includes transportation, shows, lunch, and gratuities. A non-refundable check for $78, payable to the Town of Concord, is due within a week of signing up to guarantee your spot. There is very limited walking involved on this trip so it is appropriate for all levels of mobility; however please keep in mind that it is a very long day. We are taking reservations now, so please call to reserve since space is limited.

Lunch Bunch to The Great Wall Restaurant, Bedford
Monday, August 24th; Leaving HWCC at 11:30 AM

Come with the COA to partake in the Chinese buffet at The Great Wall Restaurant on August 24th. We will leave the HWCC at 11:30 AM by COA van and return by 2:30 PM. The Great Wall is known to have one of the area's best Chinese lunch buffets, offering the finest and freshest ingredients. The buffet menu varies daily, but always includes a soup, and an assortment of appetizers, entrees and desserts. Space on the van is limited to 13 seniors, but you also have the option of driving yourself. The cost of the buffet is $14 including taxes and gratuities and the van fee is $5. Please indicate if you need transportation. Bring cash on the day of the trip; exact amount preferred. Please call to reserve!

Introduction to Charcoal Drawing Classes
Fridays, July 10th, 17th, 24th, and August 7th from 1:30 PM to 3:00 PM.

Acton High School student, Neha Kavi, continues to teach a series of classes this month in Introduction to Charcoal. No need for any past drawing experience. Neha has been taking classes at Acton Art for many years, and she is a very talented artist who is excited to share her skills. Earlier this year Neha taught a very popular "Introduction to Drawing" class here at the COA. The classes are free of charge, and the cost of materials is $24 (only $12 for students who have sketchbooks from Neha's first class). A check made payable to Neha Kavi is due when you sign up. All materials will be provided by the instructor. Please call to let us know you are interested!

Flower Arrangement in a Tea Cup
Tuesday, July 21st at 1:00 PM

Create a special arrangement to take home. Bring your own tea cup (or bring $3 to class to purchase a tea cup available from the Harvey Wheeler Gift Shop) and florist Dixie from The Bronze Bell will bring the fresh flowers, including roses. An example of the arrangements will be on display at the COA Hostess Desk two weeks before the class. A check for $20, made payable to The Bronze Bell, is due within one week of signing up. Please be sure to let us know you are coming, as space is limited.

The Tanglewood Trip is SOLD OUT!
Sunday, July 26th Leaving Concord Health Care Center at 10:00 AM; Returning at 9:30 PM

This trip is sold out. However you may put your name on a wait list in the event of cancellations. The cost of the trip is $119 per person, which includes transportation, a concert ticket, dinner, and all gratuities. A non-refundable check for $119, payable to the Town of Concord is due when you sign up. Please note that people attending this trip must be able to walk and stand for substantial intervals of time on uneven ground; this trip is not appropriate for those with mobility issues.

The COA is Cruising the Charles River!
Friday, September 11th; Leaving HWCC at 9:30 AM; Returning by 4:00 PM

Plan to come with us for a fun-filled day that includes a delicious lunch at the Cheesecake Factory and a cruise on the Charles River. We will be leaving the HWCC at 9:30 AM on Friday, September 11th and travelling to the Cambridgeside Galleria by luxury coach. Once there we will have time to explore the stores at the mall before being seated for lunch at the Cheesecake Factory. Lunch includes choice of entrée, beverage and a slice of scrumptious cheesecake dessert. Then we will enjoy the day's special treat – a delightful narrated cruise up the Charles River! The cost of the tour is $75 per person and includes transportation, lunch, cruise and gratuities. A non-refundable check for $75, payable to the Town of Concord, is due within a week of signing up to guarantee your spot. This trip is appropriate for all seniors as walking is limited; however please keep in mind that it is a very long day. Reservations open July 1st. Please call to reserve your spot!

New Hampshire Turkey Train
Friday, October 9th; Departing HWCC at 7:45 AM and Returning by 5:30 PM

Travel north to the White Mountains via luxury motor coach, enjoying the autumn foliage along the way. Upon arrival at the station in Meredith, NH, you will board the train's scenic railroad dining car for a picturesque train ride. On the train you will be served a full course luncheon featuring Hart's Turkey Farm roast turkey with all the fixings. Arrival back to Concord is around 5:30 PM. The cost of this trip is $75 per person, including transportation, train ride, turkey dinner and all gratuities. This trip is appropriate for seniors with all levels of mobility; however please remember that it is a very long day. A non-refundable check for $75, payable to the Town of Concord, is due within a week of signing up to guarantee your spot. Reservations open July 1st. Please call to reserve!

THE COA VAN

The COA provides 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 $2.00 donation and require an advance reservation to ride the van. Additionally, we offer shopping trips at the designated times listed below. You do not need to wait until the first business day of the month to book a van ride, please call as soon as you know you need a ride (the sooner the better chance to get the time you need)! Please be aware of the following requirements for your safety:

- Our van is considered to be "curb to curb" service. You should be able to get on and off independently or bring along a family member or aide.
- All riders must have emergency contact information listed with the COA office.
- We ask that all van riders carry a copy of the File of Life with them. Please stop at the office and pick one up if you do not have one.
- All of our van riders must use their seatbelts when riding our vans.
- Due to high demand for rides, we ask that you limit non-medical appointments to twice a week.

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. To save room, each shopper is limited to five (5) shopping bags. The van driver will help carry your bags if you are unable to do so. Limit seven (7) people on each shopping trip. There is a suggested donation of $2.00 on all shopping trips.

Mondays: 2nd and 4th Monday - Roche Brothers Plaza or Kmart – Pickups start at 1:00 PM.

Thursdays: 3rd Thursday, – Market Basket, Littleton – Pickups start at 12:45 PM.
4th Thursday, – Trader Joe's Plaza – Pickups start at 1:00 PM.

Fridays: Crosby's Marketplace Plaza and CVS – Pickups start at 12:40 PM.
(Due to the holiday, shopping will be cancelled on July 3rd; the COA van will go to Crosby's and CVS in the afternoon on Thursday, July 2nd instead.)

WEDNESDAY LUNCH SCHEDULE

Lunch is served at 12:00 noon at the Harvey Wheeler Community Center in the auditorium. There is a $2.00 fee for lunch. Please call the COA at (978) 318-3020 to make your reservation. If you have a reservation and find you are unable to attend, please call to let us know you cannot make it. If you fail to make a reservation, you will be asked to wait in the lounge to determine if there is enough room.

July 1st	Minuteman Senior Services JULY BIRTHDAY CELEBRATION	August 5th	Minuteman Senior Services AUGUST BIRTHDAY CELEBRATION
July 8th	Newbury Court	August 12th	Brightview Concord River
July 15th	Redeemer Presbyterian Church	August 19th	NO LUNCH DUE TO BBQ @ 5:00 PM (see page 1 for details, no Bingo)
July 22nd	Concord Fire Department	August 26th	Concord Park
July 29th	Held at Musketaquid Sportsmen Club ADVANCED SIGNUP REQUIRED (see article on page 3; no BINGO)		

ONGOING MEETINGS AND EVENTS AT THE COA

DISCUSSION GROUPS

COA BOOK DISCUSSION – The book group will be taking the summer off and will return in September. To learn more, call Phyllis Di Marzio at 978-369-1558.

COFFEE & CONVERSATION – Continues to meet on Tuesday mornings at 10:30 AM at HWCC throughout the summer. Join us for a cup of coffee or tea, and a snack. Call the COA for more information or just drop in.

INTERNATIONAL CURRENT EVENTS – The group will not be meeting in July and August but will reconvene mid-September. Check the upcoming newsletters for more information.

ACTIVITIES & MUSIC

Unless otherwise noted, groups will continue to meet throughout the summer.

BINGO – Wednesdays at 1:00 PM (no bingo on 7/29 or 8/19).

BRIDGE GROUP – Tuesdays at 1:00 PM.

CRIBBAGE – Thursdays at 1:00 PM.

HAND & FOOT CARD GAME – Mondays at 1:00 PM.

MAHJONG – Wednesdays from 1:15 PM to 3:30 PM.

MEMOIR WRITING GROUP – Mondays 2:00 PM to 3:30 PM.

MEN'S MEETING – Meets on Mondays at 10:30 AM. A donation of $1.00 is requested.

MUSIC MAKERS – Will not be meeting in July and August.

PING PONG – Meets Fridays at 3:00 PM.

POKER – Meets Fridays at 1:00 PM.

SENIOR DRAMA CLUB – Will not be meeting in July and August. If you are interested in more information, please call Tillie Sweet at (978) 369-7018.

WEDNESDAY LUNCH – Every Wednesday at 12:00 PM (Please note exceptions during summer months on page 10.)

FITNESS CLASSES

AEROBICS CLASS – Mondays & Thursdays at 9:30 AM $4/class.

SENIOR TAI CHI – Mondays, 3:00 PM to 4:00 PM, $5/class.

STRENGTH & FLEX – Mondays & Thursdays at 10:45 AM, $4/class.

YOGA – Class fee payable to the instructor.
Mondays at 9:00-10:30 AM (mat) $10/class
Tuesdays at 9:00 AM (chair) $5/class
Wednesdays at 8:00 AM (mat & chair) $5/class
Fridays at 9:30 AM (mat) $5/class

ADDITIONAL SERVICES

"NIP & TUCK" – Seamstress, Betty Farfaras, will be returning in September. Watch your upcoming newsletters for more information.

SUPPORT SERVICES

"ASK A LAWYER" – The program will be on hiatus until September.

EYEGLASS CLEANING & ADJUSTMENT– Optician Alex Thayer will be here on Wednesday, July 22nd and Wednesday, August 26th at 11:00 AM. Free of charge.

LOW VISION GROUP – Will be meeting the last Wednesday of the month at 1:00 PM in July and August.

S.H.I.N.E. COUNSELORS – Pat Lanchester, Clare Gordon, and Charles Atkinson are available to answer your health insurance questions. Please call the COA at 978-318-3020 to arrange a phone or in-person appointment.

MEETINGS

The COUNCIL ON AGING BOARD will take the summer off and reconvene in September.

Concord Council on Aging Staff
1276 Main Street, Concord MA 01742
Telephone (978) 318-3020

Ginger Quarles, Director
Claudia Curran, Administrative Assistant
Laurie Austin-Santry, Receptionist
Chris Choate, Custodian
Carol Dromgoole, Volunteer Coordinator
Dick LaBossiere, Van Driver
David Siskind, Van Driver
Steve Telsey, Van Driver
Stephen Grimes, Van Driver

Bonny Wilbur, Program Supervisor
Joyce McSweeney, Outreach Coordinator
Sally Lopez, Social Services Coordinator
Catherine Joyce, Wellness Coordinator
Tina Close, Activity Coordinator
Marcia Zaniboni, Activity Coordinator
Michael Henry, Van Driver
Charles Dutton, Van Driver
John Zonfrelli, Van Driver