



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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JANUARY 2012

THANK YOU – The COA would like to thank both the Concord Elks Lodge and the Concord Friends of the Aging for making the holidays special for Concord seniors by sponsoring two spectacular holiday events. We are very fortunate to have the support of these two generous groups.

ASK YOUR STATE REPRESENTATIVE by Representative Cory Atkins

Representative Cory Atkins will be speaking at the COA this month to bring you up to date on pending legislative issues and answer any questions you may have. Representative Atkins was elected to the office of State Representative in 1999 in a special election. She has been an active member of international, national, and local organizations. She hosts a cable TV show called *Discussing the Issues with Representative Cory Atkins* which addresses a wide range of issues such as elder protective services, money management programs, and environmental issues. Representative Atkins is the Vice-Chair of the House Rules Committee and House Chair of the Caucus of Women Legislators, and she resides in Concord. Please join Representative Atkins here on Friday, January 6, from 11:00am - 12:00pm. Please call to sign up!

Scam Precautions for 2012

As we begin a new year, it is often a good time to remind seniors to be very cautious and avoid situations where you can be taken advantage of or become a scam victim. Unscrupulous persons can be very creative with the stories and lies that they tell to get you to trust them. Please remember to be cautious and skeptical of any phone call or visit to your home that you did not initiate. Persons with ill intent know that many seniors trust the COA and might even say that the COA told them to call you about some sort of "good deal". Please remember that the COA will not ever ask anyone to contact you about purchasing or investing in anything. Sadly, many scam artists will purposely upset you by implying that something has happened to a member of your family (such as telling you someone is stranded or been arrested) and try to make you feel that you must send money right away to assist them. Do not hesitate to ask the Concord Police to help you verify the validity of the information before taking any action.

NEWSLETTER DISTRIBUTION

Seniors who sign up to receive the newsletter have several readership choices: 1) you may elect to receive your newsletter online (our preference) by providing your email address, 2) you may elect to receive it in the mail, but please note that while we make every effort to mail the newsletter in a timely manner, we have no control over the ultimate delivery date to your home by the US Postal Service, 3) we provide the Town library with copies of the Senior Spirit which you can read there, 4) you may read and return a copy at the COA office.

PHOTO PROJECT

During the winter months, the COA would like to take photos of our seniors to help the staff learn who you are. Many of us are new or only here part time and we would appreciate some help in matching names to faces. Photos will be for office use only. Please consider saying "yes" if a friendly volunteer asks to take your photo, but you are under no obligation to participate.

Please Remember: Monday, January 2nd, as well as Monday, January 16th, we are closed. There will be no programs or van service.

Volunteer Coordinator News

By Carol Dromgoole

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

Harvey's Treasure Chest -- The Chest will open on Tuesday, January 3, 2012 for its 9th season. During the month of January we will be offering odds and ends that will include jewelry, dishes, gifts and cards. Stop by the Chest and check out some of our wonderful bargains.

Art Space -- If you tune into Concord Carlisle Television (CCTV), Channel 8, you will see our artists' exhibits from September, October and November and our children's exhibit from December. Also included will be some personal interviews with the artists. The times are Saturdays at 2pm, Mondays at 1pm, Tuesdays at 7pm, and Wednesdays at 10am. Our January through February 17th exhibitor will be the Peacemakers (a local quilting group). Do not miss this display of quilts in all different shapes and forms.

Computer Classes -- We have several times available for computer tutor classes: Mondays at 3:00pm, Tuesdays at 1:30pm and 2:30pm, Wednesdays at 12:30pm and 1:30pm, Thursdays at 1:30pm and 2:30pm, and Fridays at 3:00pm. Call to express your interest and we will call you to schedule an appointment time.

Skype, Cell Phone and Facebook Classes

Classes continue to be offered here at the COA on Facebook, Skype and Cell Phone. Call to get your name on the list for our next scheduled classes; we will call you back to make your specific appointment. Classes will be taught by Marianne Staknis, our veteran student/teacher. It is so important to keep yourself in the 21st Century where things are changing so rapidly.

Basics of Scanning

The digital camera classes with Bob Bratzler were extremely popular. We are pleased to announce that Bob will be returning to teach two new sessions in January on the basics of scanning photos and documents. We will practice scanning photos and documents and saving them on a computer, printing them out, or sending them via email. You must sign up for Session I to do Session II. Choose either the Tuesday or Wednesday class in Session I, and then either the Tuesday or Wednesday class in Session II. There will be a 5 person limit in each class.

Session I: Tuesday, January 10th and Wednesday, January 11th from 9:30am to 11:00am.

Session II: Tuesday, January 17th and Wednesday, January 18th from 9:30am to 11:00am.

Please bring a photo to scan and come and learn this high tech process.

Genealogy

Have you always wanted to do Genealogy but did not know where to start? We will be offering classes starting in February. Check next month's newsletter for more information.

REACHING THE COA OFFICE

We understand that sometimes folks have called and not gotten an answer during normal business hours. Although this does not happen very often, there are times, especially at the beginning of the month when the newsletter has just come out that we can be very busy with multiple phone lines ringing at once and sometimes not enough staff or volunteers to answer all the calls. If you get the answering machine, please feel free to leave a message and we will retrieve it as soon as we can or you are welcome to hang up and call back again later.

HEALTH INFORMATION ASSISTANCE AVAILABLE

SHINE ("Serving the Health Information Needs of Seniors") volunteers are trained and certified by the state to help answer questions about Medicare and other health plans. Although the annual drug plan "open enrollment" has ended, there are many things that can be changed or taken advantage of during the year. For example, people can switch from a Medicare Advantage plan to other coverage through February 14th, Medicare Supplement plans (e.g., Medex Bronze) have continuous open enrollment throughout the year, and various state and federal programs can help with prescription and other medical costs for qualifying individuals (and in some cases even allow a change to prescription drug plan coverage outside of the "open enrollment" period). Individuals turning 65 who want Medicare to start at 65 should apply before the month in which they become 65, as well as consider their options for drug and other coverage to cover costs that basic Medicare does not pay. If you would like to meet or speak with one of the SHINE counselors serving Concord, call the COA office at 978-318-3020.

WINTER CANCELLATION POLICY

If the Concord Carlisle Public Schools are closed due to snow or ice, the COA will be closed and there will be NO ACTIVITIES or VAN SERVICE. If storms develop during the business day, the van may be taken off the road at the discretion of the Director.

WELLNESS

By Susan Hoole, RN

Workshop on Healthy Eating for Successful Living

The COA and Minuteman Senior Services will be offering a 6-week workshop for people who want to learn about nutrition and how lifestyle changes can promote better health. The program stresses heart and bone health strategies that are important for preventing or managing most chronic health conditions and help maintain independence. The workshop is offered at no cost; funding comes from a grant from the Northwest Suburban Health Alliance/CHNA 15. The workshop will be held on the following six Thursdays: **January 5, 12, 19, 26, February 2, and 9th from 1:00pm – 3:30pm**. Participants must commit to attending all six sessions, and the workshop is limited to 15 people. Please call the COA to sign-up.

Chi Gong: January 5, 12, 19, 26 at 2:00 p.m.

Mr. Oliveras teaches Chi Gong class every Thursday from 2:00–3:00pm. Classes are relaxing and informative. Cost is \$5.00 per class payable to the instructor. Please call the COA to sign up for this great program.

Digestive Disorders Educational Support Group: Monday, January 9th at 10:00 a.m.

We are pleased to announce the second meeting of our digestive disorders educational support group. Held most months on the first Monday, due to the New Year's holiday our facilitator, Mary-Angela DeGrazia-DiTucci will be here on the second Monday, January 9th, instead. Mary-Angela DeGrazia-DiTucci is President/Patient/Founder of the Association of Gastrointestinal Motility Disorders, Inc. We are very happy to welcome her as she offers her support, knowledge and encouragement to those facing the challenge of living a full life with a digestive disorder. Please call the COA to let us know you will be attending.

Lunch and Learn with Susan Rask: Thursday, January 12th from Noon to 1:00 p.m.

Join us as the Director of Public Health for the Town of Concord speaks at the COA on two important topics: #1: The importance of Caring for your Skin, and #2: What to do with Unwanted Medications? Susan Rask will speak on the importance of monitoring your skin and having annual dermatology check-ups. She will also be discussing the danger of too much sun exposure. (Is anybody going south this winter?) Her second topic deals with the disposal of unwanted medications. Please call to sign up!

Seminar on Dementia: Friday, January 13th at 10:00 a.m.

Dr. Christine Beck will be here to present a broad overview on the topic of dementia. Dementia is a loss of brain function that occurs with certain diseases, including Alzheimer's disease. It affects memory, thinking, language, judgment, and behavior. Dr. Beck will discuss the symptoms and diagnosis of dementia and treatment options. She will also provide information about community resources for individuals with dementia and for their caregivers. This presentation has been rescheduled from last month. Please call to sign up.

Joe Sarofeen, Hearing Specialist: Thursday, January 26th from 10:00 a.m. to 2:00 p.m.

Mr. Sarofeen will be at the COA to perform hearing tests every half hour beginning at 10:00a.m. Please call the COA at 978-318-3020 to set up an appointment.

Clinics @ Harvey Wheeler Community Center

For these drop-in screenings no sign up is necessary. Please bring your list of medications. Thank you!

Blood Pressure Screening: Every Wednesday from 10am - 12:00pm. January 4, 11, 18, 25.

Diabetes Screening: Wednesday January 18, 10am - 12:00pm. *Please bring your medication list.*

OUTREACH TEAM

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

CALLING ALL VOLUNTEERS!

Concord is home to many seniors who are living alone and who would welcome a friendly visitor into their home. The Council on Aging runs a **Friendly Visitor Program** that pairs seniors wishing to provide direct service to others, with seniors who are no longer able to get out and about. The time commitment involved can be as little as an occasional home visit for a cup of tea, or as steady as a weekly shopping run.

Another volunteer program run by the Council on Aging involves a twice monthly commitment to visit a senior's home as a volunteer with our **Safe Meds at Home** (SMAH) program. Volunteers are assigned a senior who needs help organizing his or her medications into a pillbox. Volunteers receive training, and a COA staff member accompanies the volunteer to the senior's home until all involved feel confident that the volunteer can handle the medication organization independently.

The Council on Aging also keeps a list of volunteers who are willing to be called when a senior in town is in need of transportation that the COA van cannot accommodate. When we learn of a senior who is unable to find a ride, **Concord On Call** volunteers are contacted in the hope that they will be able to help. There are no typical requests, but volunteers might be asked to drive someone to and from a doctor's appointment, perhaps to a rehab appointment at the hospital, or maybe even to the grocery store with a senior who has been away and needs to replenish his or her pantry. COA staff receives the request, makes a call to the volunteer asking if they are available, and the volunteer then calls the senior directly to make arrangements. If any of the above opportunities sounds like something you might enjoy, please give us a call!

Fuel Assistance Program

The South Middlesex Opportunity Council Program (SMOC) continues this month (and right through the winter) to accept applications for their Fuel Assistance Program. SMOC provides financial assistance to low income households to help with heating bills throughout the winter season. The COA is an intake site for low-income seniors living in Concord. As such, we will help you to complete your application. Once we have your name and address, an application packet will be put in the mail to you. The instructions specify what supporting documents must be submitted with your application (i.e. utility bills, social security benefit letter, homeowner's insurance form, copy of signed lease, etc.). Please complete all forms as fully as possible, and be sure to gather all the required supporting documents to bring with you to your appointment. For more information or to schedule an appointment, please call the COA at 978-318-3020.

Bereavement Support Group - A group for those who have experienced the death of a spouse or partner meets at the COA twice a month on the first and third Wednesdays at 10:30 a.m. **Upcoming meetings are January 4th and 18th.** The group will be facilitated by Carole Butler, board certified chaplain. She has facilitated bereavement groups with Parmenter/Wayside Hospice and the Stow COA. Please call Sally (978-318-3020) to voice interest or ask questions.

A Caregivers' Support Group - A group for those caring for loved ones with Alzheimer's or related dementia will meet at the COA on the third Tuesday at 10:30 a.m. of each month. Please call Sally (978) 318-3020 with any questions. **We will meet on Tuesday, January 17th from 10:30 a.m. – 11:30 a.m.**

Lockbox Program

Would you like to be living more safely in your Concord home? The local emergency services and the COA have collaborated on a lockbox program. A lockbox can 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. 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 if interested.

WHAT IS AN OUTREACH WORKER:

A COA Outreach worker literally reaches out to seniors in our community who might need assistance with a variety of issues as they grow older. Services range from information and referral, to home visits and assessments, to advocacy, crisis counseling and case management. Our COA Outreach staff would be more than happy to meet with you to talk about the issues you are facing and offer appropriate suggestions and support. Please call the office to speak with someone or set up an appointment for a home visit.

SIGN-UP POLICIES EXPLAINED

Over the past few months a number of Concord seniors have “discovered” the Council on Aging and are regularly joining in on our activities. We’ve had some questions regarding sign-up policies and so, for our COA veterans and new folks alike, we’d like to explain how the system works.

- If an event or trip is announced in the *Senior Spirit* newsletter, you may call to sign-up beginning on the first of the month (978-318-3020). Please note: You may sign up yourself and your spouse ONLY.
- Due to van capacity, COA day trips are limited to 13 people. We do keep a wait list if needed, and it’s not uncommon for some folks on the wait list to get the chance to join the trip due to last-minute cancellations.
- Unfortunately, we must limit some events simply due to room capacity. For example, the HWCC Auditorium’s maximum capacity is 110 people.
- In the past, we have asked that anyone interested in watching the COA Cinema to call to sign-up. However, we are finding that we consistently have enough room to seat everyone who comes, so please feel free just to show up!
- Wednesday Lunch – You must call to make a reservation by the preceding Friday.
- Van Rides – Please see policy on page 10.

BEACON HILL LEGISLATIVE UPDATE by Senator Susan Fargo

Join Senator Susan Fargo and Brian Lynch from the Massachusetts Department of Revenue to learn the details of the Senior Circuit Breaker Tax Law. Seniors who qualify can receive up to \$980 in tax credit for 2011. Senator Fargo will also be speaking on recently enacted legislation and upcoming legislation that may still be in the hearing process. Come and learn what our elected officials are discussing up on Beacon Hill and how you might qualify for a tax credit. Mark your calendars for Senator Fargo’s visit here at the COA next month, on Wednesday, February 15, from 11:00am – 11:45am. Please call to sign up!

COA LIBRARY

Many thanks to all who have donated books and to the individuals who donated bookcases. Book donations are always welcome – particularly new fiction and biographies.

Volunteer Drivers for FISH

FISH is an all-volunteer organization that provides rides for medical appointments for Concord residents. They offer this essential service free of charge and are in need of some additional volunteer drivers. If you can offer your time to this worthwhile cause that provides such essential help to those who are unable to drive themselves, please call FISH president, Louise Haldeman at 978-369-8562.

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.

COA CINEMA: Friday, January 6th at 2:00 p.m.

Starting in the New Year, we will be showing movies the 1st & 3rd Friday of each month at 2:00pm.

Our first movie of 2012 is SEVEN BRIDES FOR SEVEN BROTHERS, which many critics site as the best MGM musical ever made. Adam, the eldest of seven brothers, goes to town to get a wife. He convinces Milly to marry him that same day. They return to his backwoods home. Only then does she discover he has six brothers -- all living in his cabin. Milly sets out to reform the uncouth siblings, who are anxious to get wives of their own. Then, after reading about the Roman capture of the Sabine women, Adam develops an inspired solution to his brothers' loneliness . . . kidnap the women they want! There is no need to sign up for the cinema; simply come and enjoy.

LUNCH BUNCH: Tuesday, January 10th at 11:00 a.m.

Join us at 11:00 a.m. for a wonderful lunch at the Northeast Correctional Center's Fife and Drum restaurant in Concord. The restaurant is run by inmates in the minimum security facility and provides culinary training for them. The food is delicious and very reasonable -- \$3.21! No cell phones please, and you will need to show picture ID to get into the facility. Van fee is \$3.00 or you can meet us there. Please call 978-318-3020 to sign up.

Y.E.S. GROUP DINNER AND A MOVIE: Friday, January 13th at 5:00 p.m.

Join the Young Energetic Seniors for a little slice of Maine. First we will meet for dinner at 5:00 p.m. at the Atlantic Sea Grill, 77 Great Road, Acton. The restaurant is up and running again after a fire on November 5th. They have a large variety of fish dishes from mussels to lobster, from \$10 to \$25. After the meal, we'll return to HWCC and watch GONE: THE MYSTERY OF THE DON DISASTER which explores the strange disappearance in 1941 of the pleasure craft DON off the coast of Maine with 34 people aboard. Call the COA at 978-318-3020 to let us know you will be coming.

The Octogenarian Group Presents: THE YANKEE STOMPERS JAZZ BAND

Tuesday, January 17th at 2:00 p.m.

The Yankee Stompers, previously known as the Senior Stompers, began as a talent show act for the Concord Council on Aging in 1998. The show was designed to chase away "winter blues," and the group looks forward to continuing this tradition. Paul Perry, the Band's Music Director and Manager, says that the Yankee Stompers still observe their original slogan: "We don't stop playing because we get old. We get old because we stop playing." Join the Octogenarians and the Yankee Stompers on Tuesday, January 17 at 2:00 p.m. for an assortment of jazz tunes, ranging from the early 1900s to the 1940s, by signing up at the COA at 978-318-3020. Open to everyone; please come and enjoy musical memories of yesteryear.

Men's Monday Mid-Morning Muffin Meeting (MMMMM): Monday, January 23rd at 10:00 a.m.

CALLING ALL CONCORD SENIOR MEN! Join us for coffee and muffins at what we hope will become a regular opportunity to see old friends, meet new ones, and share ideas. We will ask for a \$1 donation to cover the treats. Call the Council on Aging at 978-318-3020 to sign up.

COA CINEMA: Friday, January 20th at 2:00 p.m.

The COA is happy to show THE HELP on January 20th. The #1 New York Times best-seller by Kathryn Stockett comes to vivid life through the powerful performances of a phenomenal ensemble cast. Led by Emma Stone, Academy Award®-nominated Viola Davis, Octavia Spencer and Bryce Dallas Howard, THE HELP is an inspirational, courageous and empowering story about very different, extraordinary women in the 1960s South who build an unlikely friendship around a secret writing project — one that breaks society's rules and puts them all at risk. Filled with poignancy, humor and hope — and complete with compelling, never-before-seen bonus features — THE HELP is a timeless, universal and triumphant story about the ability to create change. There is no need to sign up for the cinema; simply come and enjoy.

TAZA CHOCOLATE COMPANY FACTORY TOUR: Thursday, January 26th at 11:30 a.m.

Can you imagine a more fun day! First we will have lunch at S&S Restaurant in Inman Square, Cambridge, and then we'll be off for a scrumptious tour of Taza Chocolates. This company is a bean-to-bar chocolate factory located near Union Square in Somerville. During the 45-minute tour, which is \$5 per person (payable at the door), we will be able to sample chocolate, learn about cocoa beans and see the amazing machinery used to make traditional stone ground chocolate. We will be leaving HWCC at 11:30 a.m. and be returning around 4:00 p.m. The van fee is \$3.00. Please no perfume or cologne, and closed-toe shoes only. Call to sign up for this educational and fun trip.

PING PONG: A number of you called in to let us know that you would like to get together on a weekly basis to play Ping Pong. We hope to have a table here and ready for action sometime soon. If you are interested and have not yet called, please do so and we'll add your name to the list. Check February's newsletter for more information!

Boston Symphony Orchestra

The Boston Symphony's 2012 season begins on Friday, February 10th with guest conductor Japp van Zweden joined by Emanuel Ax on the piano playing RACHMONINOFF Symphony No. 2 and BEETHOVEN Piano Concerto No. 2. There are thirteen tickets available for this performance at a cost of \$45. Transportation will be on the Boston Symphony Coach, which departs from the First Parish Church on Lexington Road. You will be able to park at HWCC and take the COA van to the First Parish. Please let us know if you plan to drive to the church yourself. Cost of the coach is \$23 round-trip and the van fee is \$3. Payment should be as follows: For the BSO tickets, please make out your check for \$45 to the Concord Friends of the Aging. For the Coach into Boston, please make out your check for \$23 to the Boston Symphony Orchestra. Please have your van fee of \$3 ready when you board the van at the COA. We will be leaving the COA at 10:15 a.m. and should be returning at 4:30 p.m. Please call 978-318-3020 to sign up.

CHAIR YOGA

Yoga instructor Anne Gray will be teaching a chair yoga class each Tuesday morning here at the COA from 9:00 – 9:50am. Chair Yoga will maintain, stretch, and strengthen your body. While yoga definitely helps to rejuvenate bodies, yoga benefits minds and spirits as well. Yoga helps to improve your musculoskeletal fitness and flexibility and elevate your overall health and well-being. No matter what age you are or what condition you are in, you can experience the health benefits of yoga. Cost will be \$5 per class to be paid directly to the instructor. No need to pay in advance and no need to sign up. All are welcome. **The first class will be held on Tuesday, January 3rd at 9:00am.** Don't miss it!

ZUMBA GOLD classes begin again on Friday, January 6th at 2:00pm: Dancer Terry Myers Coney will be back to offer her Zumba Gold class each Friday at 2:00pm beginning the first Friday in January. Zumba Gold is a dynamic blend of fitness and dance designed specifically with the mature active adult in mind with routines to Latin and international rhythms such as Salsa, Cha Cha, Tango and more. The cost will be \$5 per student for each class, to be paid directly to Terry. No need to register, if you feel like dancing on a Friday afternoon come to the COA!

THE ART OF BELLY DANCE: Tuesday, January 10th at 10:00am

Join Louise Dorian for a demonstration of belly dance, the traditional women's dance from the Middle East and North Africa. Louise has been celebrating the feminine spirit through the ancient art of belly dancing for over 10 years. Belly dance stretches and strengthens the body to promote women's health in a spirit of fun and joy. Belly dancing offers you the chance to get moving in a low impact, encouraging environment with a community of friends who share and celebrate joy in music. Due to instructor illness, we were unable to offer our free demonstration class last month, so please come join in the fun early in January! With enough interest we will offer hour-long, weekly classes on Tuesday mornings at 10:00am. Cost will be \$5 per class, to be paid directly to the instructor. Please sign up.

DAYTIME MUSIC CONCERT SERIES CONTINUES

The Council on Aging and the Concord Conservatory of Music (CCM) are pleased to report that the first of their daytime faculty concerts, which debuted last month, was a great success! The second concert in the series will be held once again at the West Concord Union Church on the 2nd Thursday of the month at 1:00 pm. The vocal faculty of the Concord Conservatory of Music will perform a variety of pieces ranging from Handel to Cole Porter, cabaret to opera, solos and trios, something for everyone! Please plan to attend on January 12th. There is no need to sign up.

INCOME TAX PREPARATION HELP

Volunteers certified under the AARP Tax Aide program will be at the COA on Tuesdays and Fridays during the months of February and March to help you prepare your Federal and Massachusetts personal income tax returns or to answer your tax questions. Each senior will meet with a team of two tax counselors for an hour and a half session. This free service can answer most of the tax issues faced by low and middle income taxpayers, with special attention to those over age 60. The tax counselors will be holding office hours beginning Friday, February 10th. Call 978-318-3020 to schedule a confidential appointment

HAPPENING AROUND THE AREA

Friday Flicks Series – the 18th season of The Friday Flicks at Fowler returns in 2012 at 7:00 pm at the Fowler branch of the Concord Library, 1322 Main Street, West Concord. On January 20th the library will present, *The Band's Visit*.

Theatre III - 25 Central Street, West Acton Ma 978-263-9070 www.theatre3.org Neil Simon's "*Barefoot in the Park*" dress rehearsal (free to seniors), Wednesday, January 25th at 7:30 pm.

WEDNESDAY LUNCH SCHEDULE

Lunch is 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.

January 4th – Minuteman Senior Services

Menu: *Chicken w/Cog Au Vin Sauce, Soup, etc.*

JANUARY BIRTHDAY CELEBRATION!!!

January 18th – Thoreau School

January 11th – Concord Park Assisted Living

January 25th – Concord Healthcare Center

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. 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)!

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. Fees listed are suggested donations. 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.

****Mondays:** 2nd and 4th - Roche Brothers (and other stores within shopping plaza) or Kmart, \$2. Limit 7, pickups start at 1:00 p.m.

Thursdays: 1st Thursday – Burlington Mall, \$4. Limit 7 people, pickups start at 8:40 a.m. (Trip must have a minimum of 4 people signed up to run) .
4th and 5th Thursday, – Stop & Shop plaza, \$2. Limit 7 people, pickups start at 1:00 p.m.
3rd Thursday, – Market Basket, Westford – \$3. Limit 7, pickups start at 1:30 p.m.

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

****Please note:** Due to decreased interest, beginning in February we will be discontinuing the DONELANS shopping trip. Instead, this day will be devoted to medical and other appointments. We will re-adjust the Roche Brothers/K-Mart shopping trips to the 2nd and 4th Mondays of the month to spread out the shopping opportunities.

Get Your Newsletter Online

Make this one of your New Year's resolutions! 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.

ONGOING MEETINGS & EVENTS

MEETINGS

The COUNCIL ON AGING BOARD will meet on Tuesday, January 10th at 5:30 p.m. at the HWCC. The public is always welcome!

DISCUSSION GROUPS

COA BOOK DISCUSSION: On Tuesday, January 17th at 9:15 a.m. there will be a meeting during which the group will discuss Rebecca Skloot's *The Immortal Life of Henrietta Lacks*. In February, the group will talk about *The Glass Castle* by Jeannette Walls. 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. 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, January 17th at 1:30 p.m. See note on page 7.

ACTIVITIES & MUSIC

BRIDGE GROUP meets every Tuesday at 1:00 p.m. at HWCC. We play Contract Bridge. Please come join us!

WEDNESDAY LUNCH – Every Wednesday at 12:00 p.m. Please see page 10 for more info.

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.

MAH JONG meets on Wednesdays from 1:30 – 2:30 p.m. in the recreation room. Please come!!!

MEMOIR WRITING GROUP - Mondays at 2:00 p.m. for one hour. All newcomers welcome!

SENIOR "SHAKERS" Tambourine group - meets on Mondays from 2:00 – 3:00 p.m. Anyone interested in learning to play the tambourine or needing further information should please call Jerry Moscardiello at (978) 369-3099.

SENIOR DRAMA CLUB Meets every 2nd and 4th Tuesday of the month at 1:00. If you are interested, please call Tillie Sweet at (978) 369-7018.

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.

CHI GONG Thursdays at 2:00 p.m. \$5 a class (page 4).

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. and Wednesdays 8 – 9:00 a.m. for \$5.00 a class. Everyone is welcome.

ZUMBA GOLD® Taught by Terry Myers Coney on Fridays at 2:00 p.m.

ADDITIONAL SERVICES

"NIP & TUCK" - **BETTY FARFARAS** will be here Tuesday, January 10th and 24th from 10:30 – 12:30. **ANY ITEMS BROUGHT IN FOR MENDING MUST BE CLEAN.**

Note: Betty will be on vacation in February.

SUPPORT SERVICES

"ASK A LAWYER". Thursday, January 26th, 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.