

Concord Council on Aging
HIGH SPIRITS
Mid-Month Notes from Your COA

August 2021

Volume 2 No. 8

The month of **August** had turned into a griddle where the days just lay there and sizzled.” – **Sue Monk Kidd**

Many of you turned out to hear Concord Police Chief Joseph O'Connor and COA liaison officer, Derek Rodriguez, at a 'square' table discussion about the past pandemic year and its impacts on the CPD. And next time you're in HWCC, you'll be greeted by this new monitor—goodbye white board!



Senior Citizen Day 8/21/21

Scientific studies show 'play is important' and has major benefits:

Improve how your brain works. Engaging in play on a regular basis can enhance your creativity and mental sharpness.

Heal, establish, or maintain relationships. Having fun can enable you to make new friends or improve existing relationships. Things like laughter and friendly competition are known to increase harmony, trust, empathy, and intimacy.

Improve your mental and emotional well-being. Do you like the way you feel when you have a brighter outlook on life and your sense of time recedes into the background? Engaging in activities you enjoy can expand your optimism, multiply your joy, reduce your stress and help prevent depression.

Extend your life and improve your physical vitality. Who doesn't want to feel younger or more energetic? Creating plenty of fun can be a good way to boost your immune system, reduce your risk of illness, and minimize your perception of any pain you might already have.

2021 Census Corner



census
2021

The data released on Aug. 12th showed our Bay State has become older, less white and more populated since 2010. There are now 7+ million people living in MA ranking it the 15th most populous state and ensuring all nine of our existing U.S. House seats. The fastest growing city in 10 years? - Revere!

Your Top 6...

THINGS TO DO TO GET READY FOR FALL

6. Clean gutters
5. Wash windows inside & out
4. Make a batch of chili
3. Clean the chimney
2. Order firewood
1. Buy spicy candles



Your Top 6...

FAVORITE LATE SUMMER ACTIVITIES FOR DAY AND NIGHT

6. Day: Play outdoors
5. Night: Camp outdoors
4. Day: Cookout
3. Night: Light a bonfire
2. Day: Last sunny beach vacation
1. Night: Watching the sunset

HARVEY'S TREASURE CHEST GIFT SHOP

Open Sept. 7 | M—Th. 10 AM—2 PM

Donations
are now
accepted.

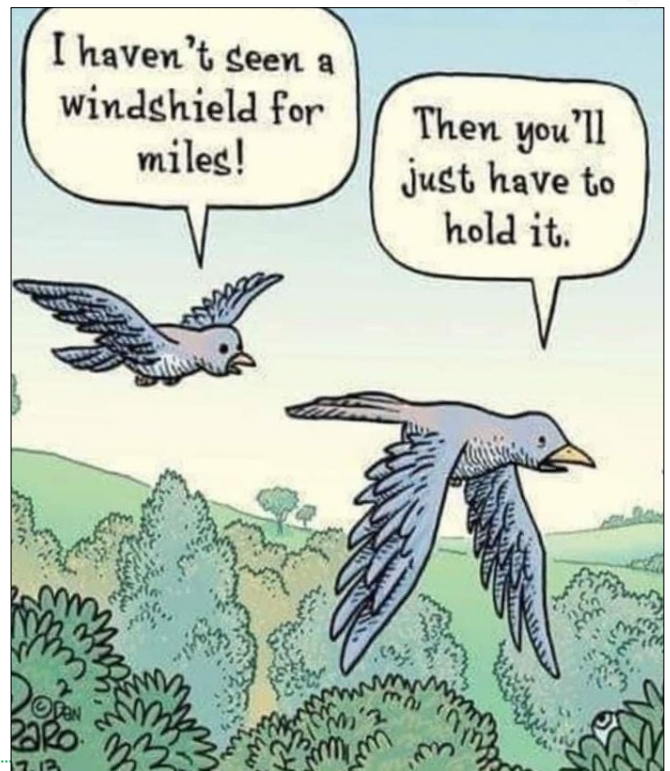


(Low) Tech Corner

Cooking is technical and the new documentary “Julia” gives an intimate look at one of the most trailblazing chefs of all time. Julia Child was so easy to relate to and this was a huge part of her charm. The documentary had access to all sorts of archival footage, personal photos, and interviews that you may not have seen before. The material was provided by those who know and love her best, making for a viewing experience that is unparalleled. The documentary release date has yet to be announced.



Comedy Corner



If you wish to unsubscribe, please email Laurie at laustin@concordma.gov or call 978 318 3020.