

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

October 2021

Volume 2 No. 10

**“ I’m so glad we live in a world where there are Octobers. “**

L. M. Montgomery from *Anne of Green Gables*

It’s a real Texas Two-Step this weekend with the Sox vs Houston Astros on Friday & the Patriots vs Dallas Cowboys on Sunday! Meanwhile at the COA we continue with Drive-Through lunches; Pfizer Covid boosters & flu shots; Sock Hop with DJ OldSkool on Oct. 22, and Harvey’s Treasure Chest Gift Shop is open!



## Media Corner

### The Beatles Breakup

10/11/2021: “That was our Johnny,” Paul McCartney a few days ago declaring it was John Lennon who instigated the Beatles split in 1970. “The point of it really was John was making a new life with Yoko Ono, had always wanted to sort of break loose from society... he found the idea of leaving the band quite thrilling.”



Do you recall where you were when The Beatles first appeared on The Ed Sullivan show on February 9, 1964?

## Pfizer Clinic

### Slots Available:

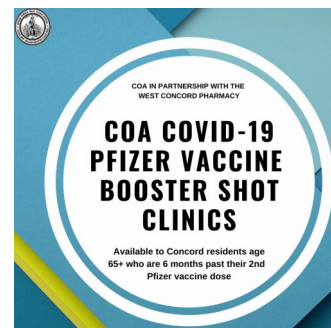
Thurs. Oct. 28 1–4 PM

You must:

- 1) Be over 65 yrs.
- 2) Received the 2<sup>nd</sup> dose of the Pfizer vaccine at least 6 months ago.

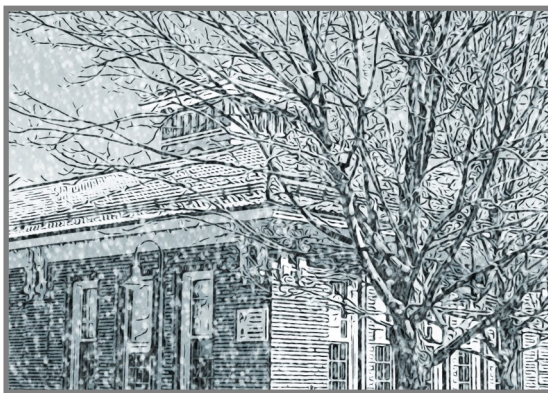
Click below:

### [Booster Clinic Registration](#)



## Top 5 Tips for Cold Weather Prep

5. Prepare to Bundle Up—Piling on extra layers of warm clothes is a sure thing. If you feel bulky, buy cold weather gear from an outdoor store - it's often thinner.
4. Eat Foods That Keep You Warm—Add extra healthy fats to your diet in addition to your regular meals.
3. Prepare a Wood Fireplace—Stock up enough wood to last the entire season. Always ensure embers are out. Use a metal or glass fire screen.
2. Insulate Water Pipes— You don't want the pipes to freeze & burst! Insulated pipes save \$ in the long run.
1. Insulate Your Attic—a lot of heat can be lost through your roof. Insulate the walls of your house, too, to prevent overall heat loss.



### Trunk or Treat at Beede Center Be Young at Heart!

The annual Trunk or Treat is Oct. 31st, 2:00—3:30 PM so come to the Beede Center parking lot and host a trunk! You must register your car to join in the fun . Call 978 -287-1000. This way kids can safely Trick or Treat!



## Nature Corner



No you are not seeing double! This diamond-back terrapin hatchling has 2 heads & 6 legs. This condition is bicephalic and is an anomaly that can occur from genetic & environmental factors affecting the embryo. “They” hatched from a nesting site in Barnstable and brought to the hospital by the Dept. of Natural Resources. Like human conjoined twins, “they” share parts of their body but have some parts that are independent. On admission ‘they’ were alert & active!

## Comedy Corner



*If you wish to unsubscribe, please email Laurie at [laustin@concordma.gov](mailto:laustin@concordma.gov) or call 978 318 3020.*