

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

February 2022

Volume 3 No. 2

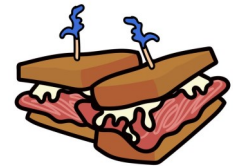
## The Month of Februiarius (Latin)

It's the shortest month, but it can feel long if winter storms keep us inside. The month has 28 days in common years or 29 in leap years. It was bright & sunny when the Lions roared into the COA parking lot to pass out *delizioso* spaghetti lunches with the trimmings. The Concord Lions Club has been a long-time supporter of the COA and we couldn't be more grateful!



## St. Pat's Day Lunch

'Tis another year when the students at CCHS are inviting you to pick up a St. Patrick's Day lunch. There's NO COST and you must RSVP:



**Saturday, March 12<sup>th</sup>**

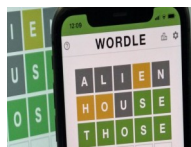
**11:00 AM—1:00 PM (Grab & Go)**

**CCHS Parking Lot**

**If you do not have transportation your lunch can be delivered to you**

## What in the world in Wordle?

It's the hot new word game where players need to guess a five-letter word in six tries. If you have the right letter in the right spot, it shows up green. A correct letter in the wrong spot shows up yellow. A letter that isn't in the word in any spot shows up gray.



Find it online and soon in the NY Times, because they bought Wordle on Feb. 1<sup>st</sup>!



Please call the COA at 978-318-3020 to say you're coming and we'll let the students know. They always put together a *bia maith bag o' goods* for you, so be sure not to miss this grand event!

## Your Top 9...

### UNFORSEEN THINGS TO DO BEFORE MARCH ARRIVES!

#### 9 Scrub the windows

Yes, it's too cold to do the outsides, but give the insides a good hard scrub and you'll let in all the light. At this time of year, every little bit helps!

#### 8 Clean out your medicine cabinet

Look for stale-dated over-the-counter remedies, make-up you don't even remember buying and bottles that are almost empty. Be smart, don't toss medications into the water system, drop them off at the Concord Police Station.

#### 7 Go through old letters

Everyone has a shoe box full of memories, pictures, movie ticket stubs, dried flowers... Can you think of a better time to review them? There's a reason you're hanging on to them. Sit and get comfortable then spend some quality time with your past.

#### 6 Clean your desktop

Even though it's not very exciting, plan to sit down at your desk for an hour, sift through your files, purge what's irrelevant and organize the rest. Do the same with your e-mail account and your system may run faster.

#### 5 Buy flowers

Treat yourself to a colorful, bright, stunning bouquet since the prices have gone down from Valentine's Day. Give them place of honor in your home.

#### 4 Send a Greeting Card

Valentine cards are back in storage, so send a pretty or funny greeting card to someone who does not expect to hear from you! Or sign up to be a Pen Pal with a 4<sup>th</sup> grade student at the Alcott School. Only four, simple notes between now and June. Call the COA to get started.

#### 3 Read a manual

Admit it – there's an appliance or piece of equipment in your home that you just don't understand. Do you know all the features your flat screen TV or smart phone have to offer? If you're feeling really ambitious, pick up your car manual!

#### 2 Turn off the TV

It's simple to plunk yourself in front of the tube. Don't get sucked into the abyss, it's too easy on your brain and hard on your waistline. You don't have to give it up altogether, but if you flick on the TV every night, plan to do something different for two of those evenings. Read, listen to music or meditate on your own or consider a meditation class with the COA's Ed LeClair, currently Thursdays at 4:00 PM.

#### 1 Plan a Summer Outing

Even if you can't actually go, you need a fantasy to get you through the day so why not build yours? Pull out maps and pick a destination. There are so many beautiful places, this may be hard. Once you have the locale think about what side trips and excursions you'd like to take? Plot an itinerary. So what if you can't go, travel in your mind or with the COA's **Passport Club!**

## Tech Corner

### What is the Metaverse?

The *metaverse* generally refers to the concept of a highly immersive virtual world where people gather to socialize, play, and work. Awareness of this term surged on October 29, 2021, when Facebook rebranded itself “Meta” and released a video in which CEO Mark Zuckerberg says, “I believe the metaverse is the next chapter for the internet.

You've probably seen the goggles (pictured below) somewhere—on TV, in a magazine, etc. Kids wear these now to play video games. The goggles are what will connect you to the Metaverse and someday, you might do your shopping, medical appointments, work day, and entertainment by slipping on your goggles. You will be able to connect with any person and anything via the Metaverse. The future is arriving sooner than expected!



## Comedy Corner



“Don't believe everything you read on the Internet just because there's a picture with a quote next to it.”

—Abraham Lincoln

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