



SENIOR SPIRIT
NEWSLETTER OF THE CONCORD COUNCIL ON AGING
March 2022

Passport Club - A Monthly Live Virtual Travel Experience!
"The Highlights of Amsterdam" Walking Tour

Tuesday, March 15th from 10:30 AM to 11:30 AM – View it at the COA!

Join us on a live walking tour of Amsterdam in partnership with the tour company Beeyonder on Tuesday, March 15th from 10:30 AM to 11:30 AM in the COA auditorium. Our guide will show us around the old town of Amsterdam to tour the main highlights and beautiful canals. We start at the mouth of the Amstel River and weave around the Red-Light District through China Town, Nieuwmarkt Square and on to Dam Square. The views are great and the stories along the way are a good introduction to Amsterdam's history and culture. The program is sponsored by Harvey's Treasure Chest Gift Shop and is **free of charge!** We are limited to 50 viewers, so please call the COA office to reserve your spot for this month's tour.



Concord Carlisle High School Students Present:
The Annual St. Patrick's Day Lunch – Grab & Go
Saturday, March 12th between 11:00 AM and 1:00 PM

The Concord-Carlisle High School students will be serving Concord and Carlisle seniors their annual St. Patrick's Day luncheon as a drive-through event on Saturday, March 12th. You may pick up your meal from the CCHS parking lot between 11:00 AM and 1:00 PM. Students will package a traditional boiled dinner of corned beef and cabbage, potatoes, and carrots. Traditional Irish soda bread and sweets will round out the meal. The lunch will be served cold for you to reheat at home. Reservations are required. Please call the COA to sign up. If you are unable to get to the high school for pick up, you may request that your meal be delivered.



"Masterclass" – Jan van Eyck (1393-1441) - Facilitated by Jan Muir - In-Person
Mondays, March 7th to April 11th from 10:30 AM to 11:30 AM

This Masterclass will be a "deep dive" into the life and times of Jan van Eyck, the innovative Northern Renaissance painter of the 15th century. We will explore works including the Ghent altarpiece, religious paintings, portraits, and manuscripts. This class will utilize a mix of DVDs, discussions, and homework assignments. This class is limited to 12 students to maximize involvement. Please call the COA office to reserve.

Memory Training – In-person
Mondays, March 21st, 28th, April 4th and April 11th from 2:00 PM to 4:00 PM

This four-week memory training program is designed to improve or maintain your memory ability. The course targets the four most common memory complaints: forgetting names and faces, forgetting to do things, forgetting where you put things, and "tip of the tongue" memory challenges. This program will aid those experiencing normal age-related memory challenges and is not designed for folks with a diagnosis of cognitive impairment or dementia. There are just a few spots remaining, so please call to inquire about availability.

Massachusetts Launches Tool for Residents to Access COVID-19 Digital Vaccine Card

My VAX Records allows you access to your own vaccination history and to generate a COVID-19 digital SMART Health vaccine card. Access the new tool at www.myvaxrecords.mass.gov The electronic card it generates includes all the same information as your paper CDC card along with a QR code that make some details readable by a QR scanner. Save the information or your phone or print out a copy for your records. The system follows national standards for security and privacy.

VOLUNTEER NEWS & OPPORTUNITIES

The COA Volunteer Coordinator position is funded in part by the Concord Carlisle Community Chest
Contact Vikki Jacobson to volunteer or ask questions: 978-318-3020 |
vjacobson@concordma.gov



Wanted: Pen Pals!

The COA is looking for senior volunteers to participate in a rewarding Pen Pal Project with local elementary school students. The trend of making **PEN PALS** started in the 1930s. Pen pals are people who regularly write to each other, particularly via postal mail. Pen pals are usually strangers whose relationship is based primarily, or even solely, on their exchange of

letters. **Concord's ALCOTT SCHOOL wants you!** There are few more worthy efforts than taking time out to educate and engage an elementary student. The school is not looking for lengthy notes, a few lines will suffice or even a lively greeting card. Your assignment would be a letter delivered to the COA each month from March to June to be passed on to your pen pal. In exchange, you will receive a letter from a student. Please call us with your YES: 978-318-3020.

Continue to Engage as Covid Carries On! "e-VOLV senior connections" is a streaming service for older adults chock full of amazing, fun, and fascinating programs/activities. Through your laptop, desktop or tablet you can bring all sorts of connections into your home. There is something for everyone on the e-Volv platform. Some of the mature-audience programs going on now: "A History of Boston's Combat Zone," "The History of Chocolate from Aztecs On...", "Makeup for Mature Skin," and Boston's own Advice Columnist, Meredith Goldstein, joins a panel about the dating scene for older adults! Pandemic or not, this type of virtual platform is here to stay, so consider getting friendly with it! You can find "eVolv" at www.evolvsc.com.

Tech Tutors... we've added additional tutors, so please call the COA to set an appointment. If you want to check out "e-volv" (see above) or to access your Covid vaccine smart card for instance, our tutors are ready to help! Tech tutors can help with laptops, general computer knowledge, phones, tablets, and e-readers.

Harvey's Treasure Chest Gift Shop. New items online have just been added. To shop, go to the shop site at concordma.gov/COAgiftshop. Then call the COA if you see something you like and pay and pick it up the next time you're here. The *Treasure Chest* is presently **in need of donations!** Please pass the word and remind anyone that all proceeds go directly to the cost of activities and programs here. Continued thanks for all our wonderful gift shop volunteers for keeping the store in tip top shape!



Yard Help - SAVE THE DATE: Sign up will begin in April. The First Day of Spring 2022 is March 20th. By then, if you are looking at your lawn with snow or mud, go ahead and envision it neat, tidy and clean. In April look out for "yard clean-up" in this newsletter to sign up for volunteers to lend a hand. We have volunteer students, led by teachers and adults, that will come to your home for one hour of help.



Our **COA Library** is open and in excellent order, thanks to COA Volunteer Jill Colpak. Please stop in to find a classic you've always wanted to read or a new best-seller. We're eager for donations of books that have been published after 2016.

Lock boxes: A small metal key safe, could be the difference between a broken door or window! Lock boxes allow access to by Concord Fire and Police Departments in the case of an emergency. If you are interested in having one installed please let us know. Volunteer Peter Boeing, has been installing them for the COA for many years and will help you decide the best place to put it. There is no charge for this COA-sponsored program, but donations are accepted.

The Inn at Robbins Brook
 ASSISTED LIVING • MEMORY CARE
Where We Treat You Like Family
 10 Devon Drive, Acton, MA 01720
Call Today! 978-264-4666

EH & O ECKEL, HOAG & O'CONNOR
 ATTORNEYS AT LAW

G. MITCHELL ECKEL, III, J.D., LL.M. (RET.)
 MARGARET A. HOAG, J.D.
 KATHLEEN M. O'CONNOR, J.D., LL.M.
 KATHRYN E. KOCHENOUR, J.D.

Estate Planning • Elder Law • Long Term Care • Medicaid
 Guardianship • Conservatorship • Real Estate
 Estate, Probate, and Trust Administration

ACTON, MA www.eckel-law.com 978-266-0101

At the time of this writing, the Concord Board of Health has lifted its indoor mask mandate. The policy at the COA will be as follows: if you can provide proof of vaccination status including a booster shot, you may be in the building without your mask. Please note that the Department of Health still recommends masking for those who are at increased risk for severe disease due to age or underlying health conditions and for individuals with weakened immune systems.

**Ask A Lawyer – In-person
Thursday, March 24th – by appointment**

In this program, local attorneys volunteer their time to answer your individual legal questions during a complimentary 30-minute consultation. This month appointments will be available Thursday, March 24th from 9:00 AM to 12:00 noon. We ask that you only take advantage of this once a year so that many can benefit. Please call the COA to make an appointment.

New (to you) Computers

We continue to offer re-purposed computers from laptops to desktops. Many of the refurbished computers require new parts to update and we may need to charge a small fee, usually between \$10 - \$30, to cover the cost of parts. If you are interested in receiving a low-cost computer, please call to be added to the wait list. If you need a no-cost computer, let us know when you call, and we'll keep you on a wait list for a device with no fees.

Computer Donations If someone you know recently bought a new computer, consider asking them if they will donate their old device to the COA. As long as the old device is under 10 years of age, we would be keen to repurpose it. All computers are wiped of any personal information.

Please note: The COA carefully selects program topics and presenters after receiving a recommendation from a trusted source or checking references. Speakers bring expertise as well as opinions; the Town of Concord and the COA do not necessarily endorse speaker's viewpoints. We invite audiences to use their own judgement as they listen and learn. In addition, while we appreciate the advertisers who support this newsletter, we do not endorse products or services.

Dee Funeral & Cremation Service

Caring Service to Families Since 1868

Charles W. Dee



Susan M. Dee

www.deefuneralhome.com

978.369.2030 800.942.1868



In-home Mac or PC Help
Hardware & Software Install
Training | Upgrades
Virus & Malware Removal
Remote assistance and pickup & drop-off
Brian@The-IT-Man.com
978-369-3348 | www.the-it-man.com

REMEMBER ♣ HONOR ♣ CELEBRATE

Life Celebration[®] by



CONCORD

Funeral HomeSM

& CREMATION SERVICE

*We are proud to be family owned, operated,
and occupied since 1936*

(978) 369-3388

Glenn D. Burlamachi, CFSP

Owner, Funeral Director
(Mass. License 7582 - Type 3)

Email: glennb@concordfuneral.com

47 Belknap Street, Concord, Massachusetts



www.concordfuneral.com

TRAIN WITH SHAIN

IN HOME BALANCE THERAPY AND
FITNESS TRAINING FOR SENIORS

Steven R. Shain • (508) 231-6378

www.trainwithshain.net

trainwithshain@gmail.com

ACSM certified cpt/hfi

CPR/AED certified

Fully Insured

LIFE CARE CENTER
OF ACTON



To us, life is
everything.

Experience our collaborative approach to post-hospital care. We offer physical, occupational and speech therapy including our rehab-to-home program.

Skilled Nursing and Rehabilitation

www.lcca.com/acton

1 Great Road Acton MA 01720 + 978-263-9101



HEALTH & WELLNESS



The Truth about Shingles - In-person Tuesday, March 15th at 1:00 PM

Shingles is a viral infection that causes a painful rash. Shingles can occur anywhere on your body and although it is not a life-threatening condition, it can be very painful. It is caused by the varicella-zoster virus. Prevention is key to avoiding shingles. Please join Geriatric Health Nurse Valerie Boggia on Tuesday, March 15th at 1:00 PM for a Listen & Learn on shingles. Valerie will discuss the symptoms, causes, risk factors, and complications of shingles, how shingles is diagnosed, and treatment options. She will also discuss preventive measures. Please call the COA to sign up for this in-person presentation.



“What’s New in Health Care” – In-person Thursday, March 24th at 1:00 PM

Health care is forever changing in our society, and it is important to keep up with those changes! The pandemic has certainly affected the overall health care provided. Please join Dr. Susanna Bedell on Thursday, March 24th at 1:00 PM to hear her talk about “2022 What’s New in Health Care: What You Need to Know to Live Longer and Healthier.” Dr. Bedell will discuss advocacy, prevention, diet/exercise, and hypertension. Please bring your questions and concerns to discuss. Please call the COA to register for this in-person presentation.

Make Sure You Get the Help You Need in an Emergency!

The COA and Concord Police Department encourage all seniors to complete a Resident Emergency Services Form with basic health and contact information. The forms are available at either department and are shared by both town departments for use in the event of an emergency.

Blood Pressure Screening

Wednesdays, March 2nd, 9th, 16th, 23rd & 30th
9:30 AM – 11:30 AM

Appointments are required. Please call to register for a 15-minute appointment with our Geriatric nurse, Valerie Boggia.

Ask the Pharmacist with Diane Briner RPh of West Concord Pharmacy

Wednesday, March 23rd
9:30 AM – 11:30 AM

Appointments are required. Please call to register for a 15-minute appointment.

Podiatry Clinic

Dr. Ayleen Gregorian
Friday, March 11th
8:45 AM to 1:30 PM
by Appointment

Dr. Gregorian can accept two different forms of payment for her services at the COA. 1) Direct pay of \$35 per visit and she will provide you with a receipt upon request to submit to your insurance company for possible reimbursement or 2) You may schedule a one-time appointment with her in either her Sudbury or Bedford office to get established for her to bill your insurance directly for all future appointments at the COA. If interested in this option, please contact Dr. Gregorian’s office directly at 978-501-7176.

Dr. Dan Seligman
Monday, April 11th
9:00 AM to 11:30 AM
by Appointment

Direct pay only, for a fee of \$35. You may ask for a receipt to submit to your insurance for reimbursement, if eligible.

Fuel Assistance

The South Middlesex Opportunity Council (SMOC) continues to take applications for the Federal Low Income Home Energy Assistance Program (LIHEAP). This program provides financial assistance to low-income households to help with heating bills throughout the winter season. As an intake site for seniors living in Concord, the COA is able to help you complete your application. Applications are accepted throughout the winter. For those with income between 60%-80% of the State Median Income Level, the COA is able to help eligible seniors apply for The Salvation Army Good Neighbor Energy Fund (GNEF). Please call the COA to inquire about eligibility and to make an appointment.

**Hearing Loss Support Group – on Zoom
Tuesday, March 8th from 1:00 PM to 2:00 PM**

The Hearing Loss Support Group, facilitated by COA volunteer Bob Andrews, provides an opportunity for people with diminished hearing to share and discuss the impact that hearing problems have on their lives. This group meets the **2nd Tuesday of each month at 1:00 PM**. Come for peer support, tips and tricks and an opportunity to meet others with similar concerns. If you have not participated in this group before, please contact the COA at 978-318-3020 to sign up and we will send you the Zoom link.

**Six-session Chronic Illness Education and Support Group – Hybrid In-person & on Zoom
March 3rd & 17th, April 7th & 21st, May 5th & 19th from 10:00 AM to 11:00 AM**

Living with a chronic illness offers many challenges. Peer support and sharing your feelings and experiences can help with your journey. COA Geriatric Health Nurse Valerie Boggia will facilitate a six-session program focusing on education and peer support. Valerie will begin each group with a short presentation on a topic relevant to living with a chronic illness and then allow time for discussion and peer support. Topics will include physical care & nutrition, mobility & safety, loss & grief, stress management & anger, loneliness & social isolation, and leisure & relaxation. The group will meet on the first and third Thursday of the month from 10:00 AM to 11:00 AM on March 3rd, March 17th, April 7th, April 21st, May 5th, and May 19th. This group is limited to 10 participants. Please call the COA to sign up and let us know if you will come in person or would like to receive a Zoom invitation.

**Caregivers’ Support Group – Hybrid In-person & on Zoom
Tuesday, March 22nd from 10:30 AM to 12:00 PM**

This group is open to all caregivers, regardless of diagnosis, and meets the fourth Tuesday of each month. There will be time designated for caregivers to share experiences and gain support. Group size is limited to 15. Eligible group members include Concord residents who are over age 60 or the caregiver for someone who is over age 60. The group will be hybrid style, in-person and via Zoom. The group is facilitated by COA Social Services Supervisor, Nicole Saia. Pre-registration is required. Please contact Nicole by emailing nsaia@concordma.gov or call the COA at 978-318-3020.



**Low Vision Support Group –On Zoom!
Wednesday, March 30th at 1:00 PM**

The low vision support group, facilitated by Jeff Lowe - a volunteer supported by the Massachusetts Association for the Blind and Visually Impaired (MABVI), meets the last Wednesday of each month. This month, guest speaker Scott Simundza of the Mass Senior Medicare Patrol Program will be on hand to discuss how to prevent and report healthcare fraud. Please call the COA to register and to receive the zoom invitation.


Minuteman Senior Services – Know Us Before You Need Us!



Did you know Minuteman Senior services (MMSS) is a non-profit agency serving 16 communities? Their mission is to empower and advocate for those impacted by aging and disability. They provide up-to-date resource information and referrals to community services, care management and

in-home care, Meals on Wheels, elder protective services, assistance with budgeting and bill paying, Medicare benefits counseling, caregiver support and much more. Many of the services are free of charge; others are available on a sliding fee or private pay basis. Contact MMSS at 888-222-6171 or elderinfo@minutemansenior.org Additional info on www.minutemansenior.org

Newbury Court
Distinctive Retirement Living
Suites Now Available
978-369-5155
www.newburycourt.org
A DEACONESSE **Abundant Life** COMMUNITY


The Timothy Wheeler House of Concord
www.timothywheelerhouse.com
110 Walden Street
Concord, MA 01742
978-369-3771
Independent Living
for Senior Citizens

THE DiGIOVANNI FAMILY
Guy P. DiGiovanni, Trustee

PERIOD
FOR QUALITY RESIDENTIAL AND
COMMERCIAL RENTALS

REALTY

144 Sudbury Road
PO Box 1130
Concord, MA 01742
(978) 369-1827
www.periodrealtytrust.com

TRUST

COA Cinema – In-Person

Fridays at 12:00 Noon

Pre-registration is required. Please call the COA office to reserve.



March 4th – *Minari* – A Korean-American family moves to an Arkansas farm in search of their American Dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they find the undeniable resilience of family and what really makes a home. Cast: Steven Yeun, Ye-ri Han, Alan Kim, Noel Kate Cho, Yeo-jung Yoon, Ben Hall, Scott Haze, Eric Starkey. (Drama, 2020, Rated PG, 1h 55m)

March 11th – *Quigley Down Under* – In this outback Western, American Matt Quigley answers Australian land baron Elliott Marston's ad for a sharpshooter to kill the dingoes on his property. But Quigley hits the road when he learns that Marston's real target is the aborigines. Cast: Tom Selleck, Laura San Giacomo, Alan Rickman, Chris Haywood, Ron Haddrick. (Western Action, 1990, Rated PG-13, 2h 0m)

March 18th – *Free Guy* – A bank teller discovers he is actually a background player in an open-world video game, and decides to become the hero of his own story. Now, in a world where there are no limits, he is determined to be the guy who saves his world his way before it's too late. Cast: Ryan Reynolds, Jodie Comer, LilRel Howery, Utkarsh Ambudkar, Channing Tatum. (Comedy, 2021, Rated PG-13, 1h 55m)

March 25th – *Adrift* – *Adrift* is based on the inspiring true story of two free spirits whose chance encounter leads them first to love, and then to the adventure of a lifetime. As two sailors set out on a journey across the ocean, they couldn't anticipate they would be sailing directly into one of the most catastrophic hurricanes in recorded history. Cast: Shailene Woodley, Sam Claflin, Jeffrey Thomas, Elizabeth Hawthorne. (Real-life drama, 2018, Rated PG-13, 1h 37m)

Looking Ahead: April 1st – *Cruella* (Comedy, 2021, PG-13, 2h 14m)

**Broadway Musical Series (Cinematic Version)**

March's Musical: *The Music Man* – Showing March 22nd from 12:30 PM to 3:00 PM

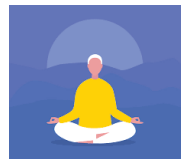
Plan to come to the COA to watch a Broadway musical on the fourth Tuesday of each month! This month's classic musical is *The Music Man*. In this production, charming con man Harold Hill (Robert Preston) wants to steal River City citizens' money with a "boys' band" scam but finds it hard to skip town when lovely librarian Marian Paroo (Shirley Jones) steals his heart. Composer Meredith Wilson's love letter to his hometown packs great songs and wonderful performances from Buddy Hackett, a young Ron Howard, and others. (Broadway Musical, 1962, Rated G, 2h 31m). Please call to let us know you plan to attend.

Mindful Meditation Classes with Ed LeClair – on Zoom

Four Sessions Left in this Series – Thursdays, March 3rd, 10th, 17th, and 24th from 4:00 PM to 5:00 PM

New 6-Session Class Starts on Thursday, April 7th!

The current session of Mindful Meditation ends on March 24th. If you are interested in joining, you may call the COA to ask about availability. Ed is pleased to offer another weekly 6-session Mindful Meditation class on Thursdays, April 7th through May 12th from 4:00 PM to 5:00 PM. Meditation and mindfulness are proven to have a positive impact on stress and anxiety, and these classes teach you to develop a personal practice to help you stay in the present and be calmer and more relaxed. Ed, a Concord resident, has meditated for 30 years and has taught many classes. Reservations are now open for both classes. Please call the COA to register and to receive a Zoom invitation. There is no charge.

**Our Residents** *are a lot of things*

- Involved
- Vibrant
- Interested
- Educated

Retired
isn't one of them.

We are a community of seniors living with vibrancy, dignity, engagement and *fun*.

Tour The Commons in Lincoln and discover our activities, volunteer opportunities and available programs.



The Commons
IN LINCOLN

Boston Red Sox History: The Agony & the Ecstasy! - In-person
Tuesday, March 29th from 1:00 PM to 2:00 PM



This year marks the 122nd Boston Red Sox season. During that time, the Red Sox have thrilled their fans with nine World Series wins. But there have also been years of heartbreak, ineptitude, and just plain irrelevance! It has been quite a roller-coaster for long-time Red Sox fans. But almost all of us feel that the ecstasy has been worth the agony. Our guest speaker **Herb Crehan** has written more feature articles for the Red Sox program, *Red Sox Magazine*, than anyone in the club's history and he has interviewed over 150 former key Red Sox players. Herb loves to share the great stories that he has heard during his 26 seasons with the Red Sox. He will lead us from the formation of the Red Sox in 1901 through the current team, drawing on a PowerPoint presentation with pictures that will bring back memories for all of us. Many of us enjoyed Herb's presentation on Red Sox history in the past and we look forward to welcoming him back! This talk is sponsored by Harvey's Treasure Chest Gift Shop and offered free of charge. Please call the COA to save your seat!



Great Decisions 2022 – In-person
Thursdays through March 31st from 1:00 PM to 2:30 PM
This class is full and closed to new participants.

John Gardella wraps up the 2022 Great Decisions discussion group this month. This year's nine topics have been particularly interesting and thought provoking. We thank John Gardella for his ongoing commitment to leading this annual discussion group on world affairs.

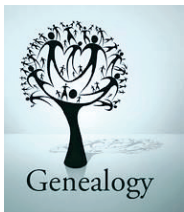
DVD Series – The Post-Impressionist Movement – In-person
Tuesdays at 2:00 PM through April 5th

The Muirs have returned with another dynamic DVD series. Post-Impressionism (roughly dated from 1886 to 1905) is a term coined in 1910 by the English art critic and painter Roger Fry as a reaction against the naturalistic depiction of light and color of Impressionism. Although Paul Cezanne, Paul Gauguin, and others each developed their own distinctive styles, they were unified by an interest in expressing their emotional and psychological responses to the world through bold colors and expressive images. Join us to delve deeper into this important period of art history. Although this series began in February, we are still enrolling additional students. In March we will discuss the works of Cezanne, Gauguin, Toulouse-Latrec, Rousseau and Munch. If you have not already reserved your place for the series please call the COA to sign up. There is no charge.



Genealogy

Wednesdays, March 2nd & 16th from 9:30 AM to 11:00 AM – In Person



If you're one of the millions of people who've caught the genealogy bug and are itching to learn more about your family's past, you'll want to join the COA Genealogy Group on the first and third Wednesdays of each month. The group's host, COA volunteer Bob Bratzler, will demonstrate how to fill in the gaps of your family tree by learning the skills to compile your family history. You will learn a lot from others in the group as well. Please call to sign up and bring your own laptop, if possible. And remember, ancestry.com is always available in our COA library if you want to explore your roots.

Virtual Sock Hop with DJ OldSkool – on Zoom
Thursday, March 17th from 2:30 PM to 3:30 PM

Join DJ OldSkool's Virtual Sock Hop on Zoom Thursday, March 17th from 2:30 PM to 3:30 PM to hear your favorite big band, rock and roll, doo-wop, 50s and 60s tunes, and other songs for your listening and dancing pleasure. There will be interactive chat to share memories too. Be sure to let the other kids on the block know it's happening and make your reservation at the COA so you will receive a Zoom link to get into the party.





**Drop-In Seamstress Service
Tuesday, March 8th from 10:00 AM to 12:00 Noon**

Drop-In Seamstress Service is offered at the COA each second Tuesday of the month, between 10:00 AM and Noon, COA volunteer seamstresses Tina Z and Lisa B will be available to repair garments in need of light mending. Each item brought for repair must be clean and fresh. If the seamstress is unable to make your repair immediately, she will take it and return it to the COA in about a week's time. Requests may be refused if the job is too complicated. This service is offered on a first come first serve basis, limited to three items per visit, and is free of charge. Just drop by, there is no need to sign up.



**Book Discussion Group – In-person
Tuesday, March 15th at 9:30 AM**

The book group, led by COA volunteer Phyllis DiMarzio, meets on the third Tuesday of the month. The book chosen for March is "The Dressmakers of Auschwitz" - A powerful chronicle of the women who used their sewing skills to survive the Holocaust by Lucy Adlington. April's selection is "The Authenticity Project" by Claire Pooley. New members are always welcome. Please call the COA to sign up.

**TEDtalks – Hybrid, In-person and on Zoom
"How to Green the World's Deserts & Reverse Climate Change" by Allan Savory
Wednesday, March 16th at 10:00 AM**

TED is a nonprofit corporation devoted to spreading ideas, usually in the form of short, powerful talks. TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. This month we will watch "How to Green the World's Deserts & Reverse Climate Change." Biologist Allan Savory offered a surprising solution to the spread of deserts around the globe: grazing. By reversing the transformation of grassland into desert, he said, such "holistic planned grazing" could help solve climate change. Following the talk, COA volunteer facilitator Pamela Dritt will lead a discussion. Please call the COA to sign up.

**Acrylics Paint Class – In-person
Thursdays 10:00 AM – 12:00 Noon**



Artist Linda Malone has returned to the COA to teach acrylic painting classes. Treat yourself to this creative pastime – you will be pleasantly surprised with the finished result! In this acrylic painting class you will be guided step by step on how to arrange your composition, mix colors, and complete a painting. This class is designed for beginners through intermediate students. All materials are provided by the instructor.

Drop-in classes are \$30 per class, or pay \$138 for any 6 classes. Please write checks directly to Linda Malone. You may join the class any time. Please call the COA to sign up.

**Celtic Angels of Ireland Performance and Luncheon
Thursday, March 10th – Pick-up Time to be Determined
SIGN UPS FOR THIS DAY TRIP ARE CLOSED**

This show, including the Celtic Knight Dancers and the Trinity Band of Dublin, will be at the Danvers Yacht Club on Wednesday, March 10th. The trip includes bus transportation, lunch, and the show, and costs \$99 per person. If you missed the registration deadline and you are still interested, please call to inquire about our wait list in case of a cancellation.



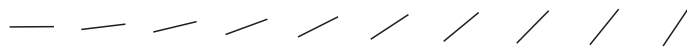
Helping you through your next home transition, every step of the way.

Carrie Hines
M 978.505.1678

Nancy Allam
M 978.505.8865

carrie.hines@compass.com

nancy.allam@compass.com



MARCH COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00 Chair Yoga (\$5) 10:30 Quilting 10:30 Coffee & Conversation 2:00 DVD Series	2 8:00 Yoga (\$5) 9:30 BP Clinic – BY APPT. ONLY 9:30 Genealogy 11:30 Grab & Go Lunch 1:00 Bingo 2:00 Ping Pong	3 9:30 Aerobics (\$5) 10:00 Chronic Illness Support 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:00 Great Decisions 4:00 Meditation	4 11:00 Public Policy 12:00 Cinema – Minari 12:30 Poker	5
6	7 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Masterclass 10:45 Men’s Mtg 10:45 Strength & Flex (\$5) 1:00 Hand & Foot 1:00 Musical Quiz 3:00 Tai Chi (\$5)	8 9:00 Chair Yoga (\$5) 10:00 Seamstress 10:30 Quilting 10:30 Coffee & Conversation 1:00 Hearing Loss SPTGP 2:00 DVD Series	9 8:00 Yoga (\$5) 9:30 BP Clinic – BY APPT. ONLY 11:30 Grab & Go Lunch 2:00 Ping Pong	10 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:00 Great Decisions 4:00 Meditation Celtic Angels Trip	11 8:45 Podiatry Clinic – Dr. Gregorian 11:00 Public Policy 12:00 Cinema – Quigley Down Under 12:30 Poker	12 11:00 CCHS St. Patrick’s Lunch
13	14 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Masterclass 10:45 Men’s Mtg 10:45 Strength & Flex (\$5) 1:00 Musical Quiz 1:00 Hand & Foot 3:00 Tai Chi (\$5)	15 9:00 Chair Yoga (\$5) 9:30 Book Group 10:30 Passport Club – Amsterdam 10:30 Quilting 10:30 Coffee & Conversation 1:00 Shingles 2:00 DVD Series 4:30 COA Board MTG - Zoom	16 8:00 Yoga (\$5) 9:30 BP Clinic – BY APPT. ONLY 9:30 Genealogy 10:00 TEDtalk 11:30 Grab & Go Lunch 1:00 Bingo 2:00 Ping Pong	17 9:30 Aerobics (\$5) 10:00 Chronic Illness Support 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:00 Great Decisions 2:30 Sock Hop 4:00 Meditation	18 11:00 Public Policy 12:00 Cinema – Free Guy 12:30 Poker	19
20	21 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Masterclass 10:45 Men’s Mtg 10:45 Strength & Flex (\$5) 1:00 Musical Quiz 1:00 Hand & Foot 2:00 Memory Training 3:00 Tai Chi (\$5)	22 9:00 Chair Yoga (\$5) 10:30 Quilting 10:30 Coffee & Conversation 10:30 Caregivers SPTGP 12:30 Classic Movie – The Music Man 2:00 DVD Series	23 8:00 Yoga (\$5) 9:30 BP Clinic – BY APPT. ONLY 11:30 Grab & Go Lunch 2:00 Ping Pong	24 9:00 Ask A Lawyer 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 New in Health Care 1:00 Cribbage 1:00 Great Decisions 4:00 Meditation	25 11:00 Public Policy 12:00 Cinema – Adrift 12:30 Poker	26
27	28 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Masterclass 10:45 Men’s Mtg 10:45 Strength & Flex (\$5) 1:00 Musical Quiz 1:00 Hand & Foot 2:00 Memory Training 3:00 Tai Chi (\$5)	29 9:00 Chair Yoga (\$5) 10:30 Quilting 10:30 Coffee & Conversation 1:00 Red Sox Hx 2:00 DVD Series	30 8:00 Yoga (\$5) 9:30 BP Clinic – BY APPT. ONLY 11:30 Grab & Go Lunch 1:00 Low Vision SPTGP 2:00 Ping Pong	31 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:00 Great Decisions		

Seeking Chess and Bridge Players!

Calling all Chess and Bridge players! The Concord COA is looking to rebuild these two groups with experienced players as well as “newbies.” For Bridge, we have a volunteer who can teach the game to new players and give a refresher to those who haven’t played for a while. Bridge will be offered Tuesdays at 1:00 PM and the Chess meeting time is to be determined. Please give us a call and let us know that you are interested.

Mondays

Hand and Foot – In-person at 1:00 PM – Similar to the game rummy, the objective is to get rid of all your cards.

Monday Men’s Meeting – In-person from 10:45 AM to 11:45 AM – Note New Start Time!

This is a free informal group of men that chat and enjoy each other’s company.

Musical Quiz Show with COA volunteer Jerry Hurley – In-person from 1:00 PM to 2:00 PM

Jerry is at his piano to play melodies and ask musical questions of the group. Build points as you float down memory lane.

Tuesdays

Coffee and Conversation – In-person from 10:30 AM to 11:30 AM

This a friendly group of men and women that get together weekly to have lively conversation

Quilting Group – In-person from 10:30 AM to 12:00 Noon

Share ideas, get or give quilting advice or just come to chat while you work on your individual project.

Wednesdays

BINGO! – March 2nd and March 16th – In-person from 1:00 PM to 3:00 PM

Due to low attendance, we are offering Bingo just twice a month. At only 25 cents per card and cash prizes it’s a great deal, lots of fun and a way to spend a few hours with friends at the COA.

Looking for more Bingo players!



Ping-Pong – 2:00 PM to 4:30 PM – Also known as table tennis, 2-4 players hit a lightweight ball back and forth.

Thursdays

Cribbage – In-person at 1:00 PM – A game of strategy and tactics, you collect points by making runs or scoring combinations in cribbage.

Fridays

Poker – In-person from 12:30 to 2:00 PM – A game of luck and skill. Put your poker face on and play!

Public Policy – on Zoom from 11:00 AM – 12:30 PM

Join a group of lively conversationalists to discuss a range of topics related to current public policy. Please call for your Zoom invitation.

Ongoing Exercise Classes

Exercise with Julie - Aerobics and Strength & Flex – In-person

Mondays & Thursdays, 9:30 AM & 10:45 AM

Each class is \$5 paid directly to the instructor. Please call the COA to sign up even if you are a regular student.

Tai Chi – In-person

Mondays at 3:00 PM

Each class is \$5 paid directly to the instructor. Please call the COA to sign up.

Yoga with Annie – Hybrid In-person & on Zoom

Mondays at 9:00 AM, and Tuesdays at 9:00 AM

On Mondays, the 75-minute mat yoga classes are \$10, paid for a series of 6 classes in advance (\$60). On Tuesdays, the 60-minute chair yoga classes are \$5 each paid in advance for a series of 6 classes (\$30). A minimum of 12 participants are needed to run these classes. Please call the COA to sign up.

Yoga with Cathy – On Zoom

Wednesdays at 8:00 AM

Each class is \$5 paid directly to the instructor. Please call the COA to sign up.

Patient Navigator Program

The COA has volunteer Patient Navigators that can help you prepare for your in-person or telehealth visits. The Patient Navigator can provide transportation and will accompany you to your appointment. They will be on hand to help take notes and remind you of what questions you might have wanted to ask. After the appointment, the Patient Navigator will meet with you to make sure that all the doctor’s suggestions are clear and understood. Our volunteers understand the importance of confidentiality and are ready to help you! If you feel this program would be helpful to you, please reach out to the COA. There is no charge for this program.



Tax Preparation Assistance

Volunteers certified under the AARP Foundation Tax-Aide Program will be at the Council on Aging through the beginning of April to help you prepare your Federal and Massachusetts personal income tax returns. This free service can answer most tax issues faced by low and middle-income taxpayers, with special attention to those over age 60. Due to COVID, there have been some changes to how the AARP volunteers will be preparing tax return. Please call the COA to learn more or to make an appointment at 978-318-3020



WEDNESDAY LUNCH

Grab & Go lunches, provided by Minuteman Senior Services, will continue through March. Lunches are distributed from the Harvey Wheeler Community Center parking lot every Wednesday between 11:30 AM and noon. **Reservations are required.** Please call the COA office at (978) 318-3020 to reserve. There is a \$2.00 lunch fee. If you made a reservation and are unable to attend, please call the COA office to cancel.

March 2nd	Chicken Breast w/Vodka Sauce	March 23rd	Turkey Corn Stew
March 9th	Chicken Teriyaki	March 30th	Meatballs w/Tomato Basil Sauce
March 16th	Pollock w/Mediterranean Sauce		

Winter Cancellation Policy



If the Concord Public Schools are closed due to snow or ice, there will be NO IN-PERSON ACTIVITIES or VAN SERVICE at the COA. The office will remain open and Zoom programs will continue unless the Town Manager has closed town offices for safety. If storms develop during the business day, programs and van service may be canceled to ensure everyone’s safety. If school is delayed, please call the COA to find out if any programs have been canceled or if the van is running.

Van Shopping Schedule

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 ensure there is enough room, each shopper is limited to five (5) shopping bags. The van driver will help carry bags if you are unable to do so. There is a suggested donation of \$2.00 on all shopping trips. Masks are required on the van regardless of vaccination status.

- Market Basket Shopping:** Every Thursday starting at 12:30 PM
- Crosby’s Marketplace Plaza:** First (1st) and Third (3rd) Friday of the month starting at 10:00 AM
- Trader Joe’s Plaza:** Second (2nd) and Fourth (4th) Friday of the month starting at 10:00 AM



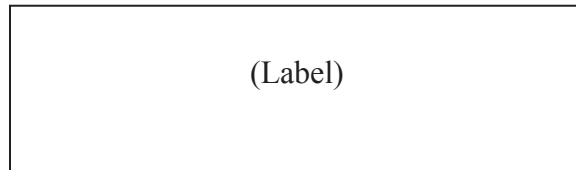
Happening Around Town: Come be part of our Garden of Verses! Paint a flower or a leaf and incorporate poetry for a mural that will adorn the side of the Fowler Library and welcome the community into the newly re-landscaped backyard. Attend a workshop in March, which will be held on Fridays starting March 11th from 1:00 PM – 2:30 PM at the Fowler Library. This project, led by ART for ALL, is funded by the Friends of CFPL, the CFPL Corporation, the Concord Local Cultural Council, and Middlesex Savings Bank. Sign up by visiting (<https://concordlibrary.org/news-events/events-calendar>) or by calling Fowler at 978-318-3350.

HOURS AT THE COUNCIL ON AGING

THE CONCORD COUNCIL ON AGING IS OPEN MONDAYS THROUGH THURSDAYS, 8:30 AM TO 4:30 PM, AND FRIDAYS 8:30 AM TO 2:30 PM.

Town of Concord
Council on Aging
1276 Main Street
Concord, MA 01742

PRSRT STD
U.S. Postage Paid
Permit No. 51



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

Ginger Quarles, Director
Lauren Barretta, Assistant Director
Valerie Bertsch, Outreach Coordinator
Valerie Boggia, Geriatric Health Nurse
Tina Close, Activity Coordinator
Claudia Curran, Administrative Assistant
Laurie Austin Santry, Administrative Assistant
Chris Choate, Custodian

Nicole Saia, Social Service Supervisor
Vikki Jacobson, Volunteer & PR Coordinator
Hilary Norris, Outreach Coordinator
Dave Barry, Van Driver
John Goshdigian, Van Driver
Don McKinney, Van Driver
Marty Burque, Van Driver
Dan Simons, Van Driver