



Newsletter

For the
Harvard Council on Aging
978-456-4120
Monday through Friday, 9 am to 3 pm
FEBRUARY 2024

Director's Message—Hello Winter!

With the winter weather here, it is important to remember that if the meals on wheels volunteer cannot safely drive up your driveway or get access to the entrance, we may not be able to deliver your meal. It is the responsibility of the homeowner to make sure the driveway is plowed and sanded, and there is a clear path to the door. We want you and our volunteers to be safe.

Stay well, Debbie



Tony Funches formerly of The Platters Wednesday, February 14, 1pm

For more than a decade, Tony Funches graced stages around the world with the legendary Hall of Fame music group, The Platters, performing classic hits such as 'Only You', 'Smoke Gets In Your Eyes', 'The Great Pretender', and many more. His voice has a variety and range that provided The Platters with a singing style that was uniquely their own.

Tony will perform not only the songs of the Platters but many other timeless songs from the 50's, 60's, and Motown including from artists such as The Drifters, Nat King Cole, The Temptations and more! Join us as we marvel at the vocal range of this incredible singer, and enjoy his stage personality, style, and charismatic smile. Call to sign up for this **FREE** event. You will not want to miss this performance! 978-456-4120.

*Come celebrate **Valentine's Day** with us!!!*

Antiques Estimates Tuesday, February 6, 1pm



How much could that old lamp on your table be worth? What about your old books that have been gathering dust?

RHR Real Estate will be bringing an appraiser to the Senior Center to help you answer those questions. Bring an item and get an estimated* value. They will also discuss your options for selling your treasures. **No more than 1 item permitted** per family. Space is limited. Call to sign up for this free service. 978-456-4120 ***Estimates are not appraisals.**



Mary Cosgrove Dolphin Gallery Thursday, February 15, 10:30am

Located inside Worcester State University, the M.C Dolphin Gallery invites artists in all stages of their careers, along with faculty and staff, to exhibit their works.

Currently on exhibit is "The Glow Show", a juried exhibition showcasing light as a source, visual effect, or subject. Come see this show that has transformed the gallery into a beautiful luminous space. After we will stop for lunch at Scruffy Murphy's Irish Pub. Gallery is free, van fee is \$5 and bring money for lunch. Call to sing up 978-456-4120

FEBRUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9 Tai Chi 10:30 Singing 12 Lunch 1 Fiber Arts 1 Mahjong 1 Movie Day	2 10 Women's Coffee 10:30 MB Shopping	3
4	5 9 Aerobics <i>No Line Dancing</i>	6 9:30 Yoga 12 Lunch 1 Antiques 4:30 Zumba Gold	7 9 Men's Coffee 9 Aerobics 11:30 Outlook 12:30 Afternoon Bridge 7:30 Men's Bridge	8 9 Tai Chi 10:30 Bingo 12 Lunch 1 Fiber Arts 1 Mahjong	9 10 Women's Coffee 10:30 MB Shopping	10
11	12 9 Aerobics <i>No Line Dancing</i> 2 Grief Support Group	13 9 Vet Café 9:30 Yoga 12 Lunch 1 Karen Campbell 4:30 Zumba Gold	14  9 Men's Coffee 9 Aerobics 10:30 Memory Cafe 12:30 No Bridge 1 Tony Funches 7:30 Men's Bridge	15 9 Tai Chi 10:30 Singing 10:30 Dolphin Gallery 12 Lunch 1 Fiber Arts 1 Mahjong	16 10 Women's Coffee 10:30 MB Shopping	17
18	19 Closed 	20 9:30 Yoga 12 Lunch 12:30 BP clinic 1 Debbie music 4:30 Zumba Gold 4 COA Board	21 9 Men's Coffee 9 Aerobics 12:30 Afternoon Bridge 4 Gentle Yoga 7:30 Men's Bridge	22 9 Tai Chi 12 Lunch 1 Fiber Arts 1 Mahjong	23 10 Women's Coffee 10:30 MB Shopping	24
25	26 9 Aerobics <i>No Line Dancing</i>	27 9:30 Yoga 12 Lunch 1 Allan Kuong 4:30 Zumba Gold	28 9 Men's Coffee 9 Aerobics 12:30 Afternoon Bridge 7:30 Men's Bridge	29 9 Tai Chi 10:30 Bingo 12 Lunch 1 Fiber Arts 1 Mahjong	Call the COA to reserve your spot for zoom classes and events 978-456-4120	

Events and Information

Sign up for ALL PROGRAMS

Join us each week !



Men's Coffee
Wednesdays 9am

Women's Coffee
Fridays 10am

Vet Café 2nd Tuesday
9-10am



Bingo
Thursday, February 8
& 29, 10:30am

Mahjong Thursdays 1pm



Fiber Arts/Knitting
Thursdays 1pm

Afternoon Bridge
Wednesdays 12:30-3:30pm

Men's Bridge
Wednesdays 7:30pm



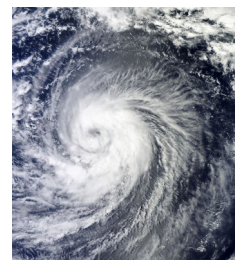
Grief Support Group **Monday, February 12, 2pm**



The Nashoba Associated Boards of Health welcomes adults who are experiencing grief to participate in this monthly Grief & Healing Support Group at the Harvard Senior Center. Facilitated by grief counselor Karen Campbell, this support group offers a safe space to share experiences, an opportunity to learn more about the grief process, and strategies for managing grief. All types of grief, including grief due to loss, change and transitions are welcome. No one is required to commit to consistent attendance and confidentiality is always respected and honored. Drop-ins welcome.

Inclement Weather Policy:

If the schools are closed due to inclement weather the COA programs are cancelled and the van may be taken off the road for your safety. If there is a school delay, please call for more information. We want you to be safe on the roads.



If you would like to be placed on our **STORM ALERT LIST** to be contacted in the event of a weather emergency, call us. When a storm is predicted, our outreach team can call you to let you know, and see if there is anything you need to be prepared. We are here to help you any way we can, so give us a call. 978-456-4120.



Movies for Grownups **at Harvard Public Library** **Monday, February 26, 1pm**

This month the library will show: My Big Fat Greek Wedding 3 starring Lainie Kazan, John Corbett, and Elena Kampouris, along with a talented cast.

Weekly Grocery Shopping Friday

10am pickup time

Call the COA at **978-456-4120** to reserve a place on the van. There is a \$2 fee per person. We go to Market Basket in Littleton. Van is disinfected daily and between rides.



For Your Mind, Body, and Soul
Make sure you sign up for classes!

**Fitness classes are being offered
online via Zoom and in person**

Aerobics/ Weight Strengthening
Monday and Wednesday
9-10am Zoom

Instructor: **Katrina Rotondi**
 Fee \$36 per 12 class session

No Line Dancing in February

Instructor: **Katrina Rotondi**
 Fee \$4 per class

Zumba Gold Tuesday, 4:30pm
Senior Center - 16 Lancaster Cty. Rd

Instructor: **Deb Oliva** In-person
 Fee \$5 per class

Yoga for Everybody
Tuesday 9:30am Zoom and In-person
at Congregational Church

Instructor: **Nancy Webber**
 Fee \$48/6 class session, \$10 drop-in
All in-person members must prove vaccination

Tai Chi Thursday 9am
at Congregational Church in-person

Instructor: **Jeff Cote**
 Fee \$25/month, \$7/class

**Please contact the COA to find out more
about our fitness classes.**

978-456-4120



***Call 978-456-4120 to sign up 24 hours in
advance for congregate meals at
12 noon Tuesdays and Thursdays at
The Harvard Senior Center***
Meals include bread, milk, and dessert

*Meals on wheels lunch delivered between
11:30-12:30*

Tuesday

6th Breaded chicken w/gravy, mashed potatoes,
creamed spinach, low salt bread

13th Hot dog (beef/pork), hot dog roll, baked
beans, coleslaw

20th Turkey w/gravy, butternut squash, Brussels
sprouts, low salt wheat bread

27th Stuffed shells, marinara, broccoli, whole wheat
dinner roll

Thursday

1st Baked ham w/brown sugar glaze, au gratin
potatoes, garden salad, low salt wheat bread

8th Turkey & sweet potato chili, green beans, whole
wheat bread

15th Cobb salad, potato salad, whole wheat Pita
bread

22nd Beef stew, mashed potatoes, cornbread

29th LEAP YEAR Lunch sandwiches



Notes from the Outreach Office

Maria Holland & Jen Schoenberg - Outreach Coordinators



Healthy Boundaries for Healthy Living with Ourselves and Others with Karen Campbell, MSMHC Tuesday, February 13, 1pm

Enjoying healthy living and healthy relationships requires setting healthy boundaries.

- Setting boundaries with ourselves is a great strategy for recognizing our strengths, our needs and for avoiding burnout.
- Setting boundaries with others promotes clear communication, reasonable expectations, and positive interactions.

Join Karen Campbell from Nashoba Associated Boards of Health for this informative program. Call 978-456-4120 to sign up.

Memory Café at Harvard COA Wednesday, February 14, 10:30am-12pm

Memory cafés are designed to give clients with dementia and their caregivers an opportunity to socialize in a safe environment. They have food, invite guest artists, offer programs, and an opportunity to chat with others who are in similar situations. Each café is different, but they all have the same goal: to help guests feel comfortable and to know they are not alone.



Join us for our Memory Café on Wednesday, February 14, have refreshments and enjoy the program. Call 978-456-4120 to sign up.

We meet the **2nd Wednesday** of each month.

Fuel Assistance



The 2023-2024 heating season is here and applications for the state fuel assistance program can be made at any time. The state gross annual income limits for fuel assistance are as follows: for a household of one, \$45,392; for a household of two, \$59,359. You can apply even if you rent! Harvard also offers a HEAT (Harvard Energy Assistance Team) financial help program. Call 978-456-4120 and speak to our outreach team.

How to Protect Yourself from Winter Weather

Know your winter weather terms:



Winter Storm Warning

Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

***IF YOU ARE UNDER A WINTER STORM
WARNING, FIND SHELTER
RIGHT AWAY!!***

Winter Storm Watch

Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

Winter Weather Advisory

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

In Case of Emergency

Be prepared for winter weather at home, at work and in your car. Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water and non-perishable snacks. Keep a full tank of gas.

Program Coordinator, *Pamela McInnis*.

Remember to SIGN UP FOR ALL programs, classes and trips 978-456-4120



**Singing Group
February 1, 10:30am**

Whether you have a great voice, or just like to sing in the shower, this group is for you! Join this fun sing-along with your friends and neighbors. Led by our own Peter Mc Ardle, we will start on February 1st and see where it leads! Call 978-456-4120 to sign up.



**Outlook Restaurant
Nashoba Ski, Westford
Wednesday, February 7,
11:30am**

Enjoy a wonderful lunch in this rustic lodge featuring classic American meals, draft brews, & local live music amid mountain views all while watching people ski the slopes. Sign up early. Van fee \$2.

**Movie Day
Thursday, February 1, 1pm**



Come enjoy a movie on our big screen TV the 1st Thursday of every month. Lunch is served at 12pm and the movie will follow at 1pm.

February's movie will be **Green Book** starring Viggo Mortensen & Mahershala Ali.

Harvard Non-Emergency Numbers

(978)456-8276	Police Department Office
(978)456-1212	Devens Dispatcher
(978)456-3648	Fire Department
(978)456-4110	Ambulance

Emergency Dial 911



**Allan Kuong
Tuesday, February 27, 1pm**

Harvard's own Police Surgeon LCDR Allan Kuong, USNR (Ret), started his naval career at age 17. Weeks removed from high school, he left home for the United States Naval Academy, Annapolis, MD. Over the next 21 years his career took him around the world as a Surface Warfare Officer, Naval Flight Officer and, finally, as a Navy Medical Officer. Following his Navy career, Dr. Kuong has been an ER physician in civilian practice for 22 years. In addition, he currently serves as a tactical physician on a SWAT team and reserve police officer for over 20 years, as well as a member of the Harvard Ambulance Service. No doubt Dr Kuong's presentation will be filled with many colorful reflections and anecdotes. All are welcome. Call to sign up. 978-456-4120



**Musical Entertainment
with Debbie and friends
Tuesday, February 20, 1pm**

Join us for a good time as our director, Debbie, invites some friends to come and entertain us with music from the 60's to today. We're sure there will be plenty to sing along to as well.

Call to sign up 978-456-4120, and let us know if you plan to come to lunch beforehand at 12 noon so we have enough food for all.

**Harvard Public Library:
Books at Home**

If you are homebound and need books delivered to your home call the library at 978-456-4114 and ask for someone to bring the library to YOU! You can also email them at:

referce@harvardpubliclibrary.org.

Disclaimer: Information offered by presenters is for general informational purposes only.

Computers at the Senior Center

Adam and Doug are here to help, so if you need personal one-on-one computer training or just want to chat about anything computer/tech related, please do not hesitate to call the senior center. You can make an appointment with either of them for a Tuesday or Friday session in their brand new computer lab. In the meantime, please feel free to browse through their online computer resource center located at: sites.google.com/view/hcoa-lab

**Using Google with Adam
Harvard Senior Center
Friday, February 9, 11am**

Come join Adam at the Senior Center for a “refresher” workshop on using Google. Learn tips & tricks for searching the Web with this very popular search engine, explore some of Google’s numerous other FREE services & apps, have your Google-related questions answered, and, finally, get a sneak peek at what the future holds for search engines. Adam has revamped this presentation to keep it fresh for 2024.

Call the Senior Center at 978-456-4120 to sign up.

**Gentle Yoga
Meditation in Motion
with Barbara Rich
Wednesday, February 21,
4pm Zoom**

Join us on February 21 at 4pm, on ZOOM, as we offer this free class with Barbara Rich, certified yoga instructor. Barbara has a way to help us let go of the inner critic. We will connect breath, mind, senses, and body while paying attention to any judgmental thoughts and feelings. This class is being offered FREE. Join us, and remember to leave the self-judgment behind.

Call the COA at 978-456-4120 to sign up and get the link.

COA VAN TRANSPORTATION GUIDELINES

There is a nominal fee for the use of the van. Fee is expected at time of ride and please use exact change. To schedule COA van rides call: 978-456-4120. Please give the COA at least 48 hours notice for any ride.

The van is disinfected daily and between riders.

When four or more riders are on the van, masks are REQUIRED.

Unscheduled stops are not allowed. Please schedule any stops you need when you call.

If you are having a procedure that requires sedation or dilation of eyes, etc. please make sure you have a friend or family member escort you home. If you have any questions, please do not hesitate to ask. The driver is not allowed to leave the van and enter a doctor’s office, or into a client’s home.



With the winter weather here, it is important to remember that if the van cannot safely drive up your driveway or get access to the entrance, we may not be able to transport you. It is the responsibility of the homeowner to make sure the driveway is plowed and sanded, and there is a clear path to the door. We want you and our drivers to be safe.

REMEMBER Pick up your newsletter at: **General Store, Town Library, Town Hall, Carlson’s, and the COA.** If the newsletter is gone, call us at 978-456-4120.

Friends of the Harvard Council on Aging

Friends of the Harvard Council on Aging (FHCOA) is the fundraising arm of the COA. We are a 501(c)(3) organization. Any donations made to the Friends are tax-deductible. As you look into your charitable giving plans, please consider making a cash, stock, or mutual funds donation to the FHCOA.

Friends Board of Directors: Co-Chairs: Sue Barber and Heidi Siegrist **Treasurer:** Hank Fitek
Members: Mina Femino, Barbara Cerva, Bruce Dolimount, Carol Lee Tonge, Sheila Simollardes, and Sharon Briggs

Make a difference! Join the Friends of the Harvard Council on Aging

Our Friends are hard at work totaling up the money received during the December appeal, and will give an update once we have it.

Watch future newsletters for some fun Spring plans to celebrate the warm weather... perhaps a garden party?



Sketch by Sue Barber

COA in the Media!



Don't miss our series "**Senior Spotlight**" every morning at 9:30am on Channel 192. Enjoy the show with a cup of coffee before you start your day. You can also watch programs offered by the COA on HCTV Channel 192. For the schedule, go to www.harvardcabletv.com. You can find us on Facebook at: www.facebook.com/harvardcoa.

Our COA website is <https://www.harvard-ma.gov/council-aging>

HARVARD COA MISSION STATEMENT

The mission of the Council on Aging is to enhance the lives of Harvard residents age 60 and above. The Council identifies and addresses the ongoing social, recreational, educational, vocational, financial, transportation, and therapeutic needs of Harvard's senior population. This is accomplished through program development, advocacy, legislative awareness and involvement, and community linkages.

COUNCIL ON AGING STAFF

Director: Deborah Thompson, MS, LSW

E-mail: dthompson@harvard-ma.gov

Assistant Director: Lisa Rosen, M.Ed

E-mail: lrosen@harvard-ma.gov

Outreach Coordinator: Maria Holland

E-mail: mholland@harvard-ma.gov

Outreach Coordinator: Jen Schoenberg, MS

E-mail: jschoenberg@harvard-ma.gov

Program Coordinator: Pamela McInnis

E-mail: pmcinnis@harvard-ma.gov

COUNCIL ON AGING VAN DRIVERS

Peter Tenneson, Wayne Dwyer,
 Connie Woolcock, Dennis Bradley

Phone: 978-456-4120

16 Lancaster County Road

Mailing Address: 13 Ayer Rd., Harvard MA

Hours 9am-3pm

Council on Aging **BOARD OF DIRECTORS**

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Kelene Blumstein, Beth Williams,

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