



Newsletter

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

JANUARY 2024

Director's Message

SINGERS WANTED ! We are planning to start up a sing-a-long group in February if there is enough interest. Whether you would like to lead a group, or join us for the singing, we want to hear from you! Give us a call and talk to either Pam or Maria and let them know if this is something you would like to do. We could meet every other Thursday or Friday morning for our sing-a-longs! *Stay well, Debbie*

Denis Cormier Songs of Yesteryear Tuesday, January 2, 12:30



Join us as we usher in the New Year with Denis Cormier's "Songs of Yesteryear". Come enjoy an afternoon of nostalgia and music. Denis entertained us last year at Hildreth House and we are excited to welcome him to our new Center. He will be performing while we enjoy lunch, so you **MUST** sign up. Call 978-456-4120.

Fife & Drum Restaurant Concord Prison Wednesday, January 10, 11am



Are you up for an adventurous lunch...in prison? Join us for a trip to the Fife and Drum restaurant in the Northeastern Correctional Center, in Concord. Get a 3-course meal for \$3.21 prepared by culinary students at the facility. Only bring enough money to pay for your meal and do not tip the inmates. You must have a State Issued photo ID to get in. No purses, wallets, cell phones, or jeans allowed. Van fee is \$2. **Space is limited**, call to sign up 978-456-4120.

Funniest Moments in Film Presented by Marty Gitlin Tuesday, January 16, 1pm



Join award-winning author and pop culture historian Marty Gitlin for "The Funniest Moments in Film" - the biggest belly-laughs in movie history. This interactive presentation highlights the best of the best from the silent era to the modern era. Marty will show videos of the best laugh-out-loud scenes from the 1920s to today. You will be entertained by the funniest moments in such comedies as Night at the Opera, The Pink Panther, Naked Gun, Planes, Trains and Automobiles and The Birdcage. Learn why they are considered the funniest ever and the impact they made on pop culture. This program will include plenty of laughs, fun trivia questions, and will be followed by a question-and-answer period. Call to sign up 978-456-4120.

Meet the New Comfort Dog at the Harvard Senior Center! Monday, January 22, 1pm

Joining Officer Tim Schaeffer will be our newest member of the Harvard Police Department: our new comfort dog. We all are looking forward to meeting this little nugget who has come to fill the shoes of Dusty who departed with her handler to Millbury.



The pup, whose name is Franny, will be sworn in by our Town Clerk, Rose Miranda, and we will get a chance to get to know this newest town employee. Light refreshments will be served.

JANUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED 	2 9:30 Yoga 10:30 Chair Yoga 12 Lunch 12:30 Denis Cormier 4:30 Zumba Gold	3 9 Men's Coffee 9 Aerobics 12:30 Afternoon Bridge 7:30 Men's Bridge	4 9 Tai Chi 12 Lunch 1 Fiber Arts 1 Mahjong 1 Movie Day	5 10 Women's Coffee 10 MB Shopping	6
7	8 9 Aerobics 10:15 Line Dancing 2 Grief Support Group	9 9 Vet Café 9:30 Yoga 10:30 Chair Yoga 12 Lunch 1-3 Election Worker Training 4:30 Zumba Gold	10 9 Men's Coffee 9 Aerobics 10:30 Memory Café 11 Fife & Drum 12:30 Afternoon Bridge 7:30 Men's Bridge	11 9 Tai Chi 10:30 Bingo 12 Lunch 1 Fiber Arts 1 Mahjong	12 10 Women's Coffee 10 MB Shopping	13
14	15 CLOSED 	16 9:30 Yoga 10:30 Chair Yoga 12 Lunch 12:30 BP clinic 1 Movie Moments 4:30 Zumba Gold	17 9 Men's Coffee 9 Aerobics 10:30 Corcoran House 12:30 Afternoon Bridge 7:30 Men's Bridge	18 9 Tai Chi 12 Lunch 1 Registry of Deeds 1 Fiber Arts 1 Mahjong	19 10 Women's Coffee 10 MB Shopping	20
21	22 9 Aerobics 10:15 Line Dancing 1 Meet Franny 1 Movie at library	23 9:30 Yoga 10:30 Chair Yoga 12 Lunch 4:30 Zumba Gold	24 9 Men's Coffee 9 Aerobics 12:30 Afternoon Bridge 7:30 Men's Bridge	25 9 Tai Chi 10:30 Bingo 12 Lunch 1 Fiber Arts 1 Mahjong	26 9 Podiatry 10 Women's Coffee 10 MB Shopping	27
28	29 9 Aerobics 10:15 Line Dancing	30 9:30 Yoga 10:30 Chair Yoga 12 Lunch 1 Redefining Life after Loss 4:30 Zumba Gold	31 9 Men's Coffee 9 Aerobics 12:30 Afternoon Bridge 7:30 Men's Bridge		Call the COA to reserve your spot for zoom classes and events 978-456-4120	

Events and Information

Sign up for ALL PROGRAMS

Make sure you sign up !



Men's Coffee
Wednesdays 9am

Women's Coffee
Fridays 10am-12pm

Vet Café 2nd Tuesday
9-10am



Mahjong Thursdays 1pm



**Fiber Arts/
Knitting**
Thursdays 1pm



Afternoon Bridge
**Wednesdays 12:30-
3:30pm**



Men's Bridge
Wednesdays 7:30pm



Reiki with Rama
NO REIKI IN JANUARY

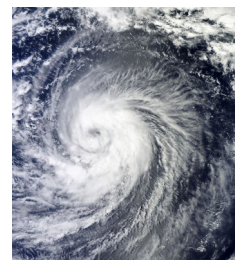
Grief Support Group **Monday, January 8, 2pm**



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, January 22, 1pm

This month the library will show: Book Club Next Chapter starring Jane Fonda, Diane Keaton, Candice Bergen, and Mary Steenburgen.

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

Line Dancing Monday
10:15am Zoom

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

Zumba Gold Tuesday, 4:30pm
(NEW time)

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
Senior Center -16 Lancaster Cty. Rd

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

2nd Chicken pot pie, mashed potatoes, whole
wheat dinner roll

9th Turkey w/gravy, mashed potatoes, carrots,
wheat bread

16th Turkey w/sweet potato chili, green beans,
whole wheat bread

23rd Baked cod w/crumb topping, rice pilaf,
Brussels sprouts, oat bread

30th Chicken meatball sub, corn, creamed spinach

Thursday

4th Hot dog (beef/pork), baked beans, coleslaw,
hot dog roll

11th Beef stew, mashed potatoes, cornbread

18th Chicken cordon bleu, sweet potato, beets,
multigrain bread

25th Sweet & sour pork, w/Asian vegetables,
vegetable fried rice, dinner roll



Notes from the Outreach Office

Maria Holland & Jen Schoenberg - Outreach Coordinators

Redefining Life after Loss with Karen Campbell Tuesday, January 30, 1pm

- Whether it is the loss of a loved one, a pet, or of bodily issues such as mobility, we all experience loss. How do you deal with that?
- What are some of the coping mechanisms people use after a loss in their life?
- How can we build healthy ways of dealing with life's losses into our daily habits?

Karen Campbell from Nashoba Associated Boards of Health will share with us some of these techniques to enable us to bring some kinds of joy back into our lives. Call to sign up.



Memory Café at Harvard COA Wednesday, January 10, 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, January 10, 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 starting on January 1. 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 beginning January 1st.



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



Bingo
Thursday, January 11 & 25,
10:30am

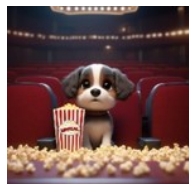
Join us for **FREE** Bingo. Collect "bingo cash" with every win and use it to purchase prizes such as grocery gift cards, mugs, bags, candy, and many other surprise items (prizes are subject to change). Call to sign up.



Podiatry Dr. Alissa Kuizinas
Friday, January 26, 9-1pm

Come see our podiatrist, Dr. Alissa Kuizinas. She will trim nails and treat corns and callouses. \$40 for 15 minute appointments. She accepts cash, check, and credit cards. Call early to sign up, 978-456-4120. Space is limited.

Movie Day
Thursday, January 4, 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.

Talk to Pam about what movies you would like to see. Would you like more recent movies, or make a trip back in time with classic movie suggestions. Let us know.

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



Worcester Registry of Deeds

- Kathryn A. Toomey | Register -

William Francis Galvin | Secretary of the Commonwealth | Massachusetts



Worcester Registry of Deeds
Thursday, January 18, 1pm

The Worcester District Registry of Deeds is responsible for the records of 55 cities and towns. Join us as Registers Katie Toomey and Stephanie Fattman give us a presentation about land ownership and how probate issues can legally affect what happens to your property. Introductory information and an overview about Deeds, Homestead Act, Trusts, and Estates will be provided. Please call to sign up. 978-456-4120

Corcoran House Assisted Living
Wednesday, January 17, 10:30am



Whether you prefer relaxing in the comfort of your private apartment, enjoying the company of new friends, or getting out and exploring local shops or nearby attractions, Corcoran House offers numerous options to nurture your body, mind, and spirit.

Corcoran House offers numerous options to nurture your body, mind, and spirit.

This cheerful community is located in Clinton, MA. Corcoran House's historic charm offers a warmth and familiarity that puts loved ones and families at ease.

Come take a tour of this assisted living facility, have lunch, and see if this is somewhere you can see yourself in. Call to sign up at 978-456-4120.

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

**Save the Dates****Tony Funches
of The Platters****Wednesday, February 14, 1pm**

For more than a decade, Tony Funches graced stages around the world as the lead singer of 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.

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

Come learn some tips and tricks about how to search with Google.

Adam will show you how to optimize this search engine and present the new features he has discovered. Make sure you sign up for this class.



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

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. The driver is not allowed to leave the van and enter a doctor's office, or a client's home.

We are working on adding a computerized phone reminder for rides, so be on the lookout for a message to come through on the morning of your ride.

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

**The Friends of the Harvard COA wishes all a
 very Happy, Healthy, and Productive**

NEW YEAR!!



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**

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

Chair: Guy Oliva,

Treasurer: Margaret Murphy,

Members: Chet Hooper, Kim Schwarz,
 Lynne Musto-Pesa, Wade Holtzman,
 Kelene Blumstein, Beth Williams,
 Ira Ockene