



## Newsletter

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

APRIL 2024

### Director's Message

Many Thanks to our own Sue Barber for the new sketch of the Senior Center building!!

### **Frances Perkins' – The Unsung Heroine Part 1** **Presented by Janet Parnes** **Tuesday, April 16, 1pm**



She was the architect of Social Security, the first female in the US Cabinet, and an object of admiration and contempt from her male colleagues. Frances Perkins was an unstoppable force in advocating safety and justice for working adults, children, and retirees. Discover how this Massachusetts native celebrated hard-won victories, ploughed through political quagmires, and finessed gender-related quandaries in her mission to make the government an ally of exploited workers and forgotten retirees. Janet Parnes has been taking delight in educating audiences with portrayals of underappreciated American women (and events) for more than 15 years. Her portrayals whisk audiences back into the life of the Colonial, Federalist, Victorian, and World War eras. Her extensive research, attention to detail, and writing talent result in historically accurate performances that inform audiences and make them feel as if they are chatting with a friend. Join us for Part 1 of this wonderful, historical performance. Please call to sign up. 978-456-4120.

*This program is supported by a grant from the Harvard Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*



### **Funniest Moments in Film** **Presented by Marty Gitlin** **Tuesday, April 9, 1pm**

Join award-winning author and pop culture historian Marty Gitlin for "The Funniest Moments in Film". This interactive presentation highlights the best of the best from the silent era 1920's to the modern era. Funniest moments in such comedies as Night at the Opera, The Pink Panther, Naked Gun, Planes, Trains and Automobiles and The Birdcage will entertain you. Learn why they are considered the funniest ever and the impact they made on pop culture. This 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.

### **Health Fair**

**Monday, April 8, 11am-2pm**

Do you need a hearing screening? Covid vaccine & information? How about a balance assessment or blood pressure check? Are you hard of hearing and need phone modifications? Or maybe you are considering assisted living and have questions. Come to our health fair. We will have a dozen vendors here to answer your questions and to give you some quick health assessments. Refreshments will be served and COVID vaccine booster shots will be available. Call ahead to sign up 978-456-4120. . **If you would like your hearing checked, you MUST SIGN UP and schedule.**



# APRIL 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 9 Aerobics <b>9:30 Coffee With a Cop</b> 10:15 Line Dancing	<b>2</b> 9:30 Yoga <b>9:30 Electronics Give-Away</b> <b>10:30 Singing Group</b> 12 Lunch <b>4:30 Zumba Gold</b>	<b>3</b> 9 Men's Coffee 9 Aerobics 12:30 Afternoon Bridge 7:30 Men's Bridge	<b>4</b> 9 Tai Chi 12 Lunch 1 Fiber Arts <b>1 Movie Day</b> 1 Mahjong <b>4</b>	<b>5</b> 10 Women's Coffee 10:30 MB Shopping	<b>6</b> <b>Town Meeting 12</b>
<b>7</b>	<b>8</b> 9 Aerobics 10:15 Line Dancing <b>11-2 Health Fair</b> <b>2 Grief Support</b>	<b>9</b> <b>9 Vet Café</b> 9:30 Yoga <b>10:30 Singing Group</b> 12 Lunch <b>1 Funny Movie Moments</b> <b>4:30 Zumba Gold</b>	<b>10</b> 9 Men's Coffee 9 Aerobics <b>10:30 Memory Café</b> <b>10:30 Devens</b> 12:30 Afternoon Bridge <b>1:30 Reiki</b> 7:30 Men's Bridge	<b>11</b> 9 Tai Chi <b>10:30 Bingo</b> 12 Lunch 1 Fiber Arts 1 Mahjong	<b>12</b> 10 Women's Coffee 10:30 MB Shopping	<b>13</b>
<b>14</b>	<b>15</b>  <b>COA CLOSED</b>	<b>16</b> 9:30 Yoga <b>10:30 Singing</b> 12 Lunch <b>12:30 BP Clinic</b> <b>1 Janet Parnes as Frances Perkins</b> <b>4:30 Zumba Gold</b>	<b>17</b> 9 Men's Coffee 9 Aerobics 12:30 Afternoon Bridge <b>4 Gentle Yoga</b> 7:30 Men's Bridge	<b>18</b> 9 Tai Chi <b>10 New Horizons</b> 12 Lunch 1 Fiber Arts 1 Mahjong <b>1 Boundaries talk</b>	<b>19</b> 10 Women's Coffee 10:30 MB Shopping	<b>20</b>
<b>21</b>	<b>22</b>  9 Aerobics 10:15 Line Dancing 	<b>23</b> 9:30 Yoga <b>10:30 Singing Group</b> 12 Lunch <b>1 Hawkeye Home Inspections</b> <b>4:30 Zumba Gold</b>	<b>24</b> 9 Men's Coffee 9 Aerobics <b>10:30 Rose Art</b> 12:30 Afternoon Bridge <b>1:30 Reiki</b> 7:30 Men's Bridge	<b>25</b> 9 Tai Chi <b>10:30 Bingo</b> 12 Lunch 1 Fiber Arts 1 Mahjong	<b>26</b> 10 Women's Coffee 10:30 MB Shopping <b>11 NE Auto Show</b>	<b>27</b>
<b>28</b>	<b>29</b> 9 Aerobics 10:15 Line Dancing	<b>30</b> 9:30 Yoga <b>10:30 Singing Group</b> 12 Lunch <b>1 Jack Whelan</b> <b>1:30-2:30 Library book donations</b> <b>4:30 Zumba Gold</b>			<b>Call the COA to reserve your spot for zoom classes and events</b> <b>978-456-4120</b>	

## Events and Information

Sign up for ALL PROGRAMS

Make sure you sign up !



**Men's Coffee**  
**Wednesdays 9am**

**Women's Coffee**  
**Fridays 10am**

**Vet Café 2nd Tuesday**  
**9-10am**



**Mahjong Thursdays 1pm**



**Fiber Arts/Knitting**  
**Thursdays 1pm**



**Bingo 2nd & 4th**  
**Thursday 10:30am**



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



**Men's Bridge**  
**Wednesdays 7:30pm**



**Reiki with Rama**  
**Wednesday April 10, and**  
**24, 1:30pm**

### **Annual Town meeting** **Saturday, April 6, 12 noon**



The Town Meeting is being held Saturday, April 6th in the Bromfield School. The meeting will start at 12pm. Please arrive earlier to check in. You can find the warrant and the Finance Committee recommendations on the town website at [www.harvard-ma.gov](http://www.harvard-ma.gov). The **COA van** will be available as a shuttle service for all citizens. Those who wish may park up at the Senior Center (16 Lancaster County Rd. and the van will shuttle to the meeting. **Call by Thursday, April 4, 2pm to schedule.**



### **Coffee With a Cop** **Monday, April 1, 9:30-11:30am**

Join us as we enjoy a cup of coffee (or two) and some conversation with our own Harvard police officers here at the Senior Center. This is your chance to ask those burning questions you have had on your mind. Talk about being a police officer, what it is like to work in this bustling town of Harvard, and what are the biggest issues our First Responders face. Our newest police officer, Fran-ny, may even come! Refreshments will be served.



### **Movies for Grownups** **at Harvard Public Library** **Monday, April 22, 1pm**

This month's library movie for grownups is The Color Purple 2023. Celie faces many hardships in life but with support from a sultry singer named Shug Avery, as well as her stand-her-ground stepdaughter, Celie ultimately finds extraordinary strength in the unbreakable bonds of a new kind of sisterhood. Starring Fantasia Barrino, Taraji P Henson.

### **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**  
**Mondays 10:15am Zoom**

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**

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 Stuffed shells, cauliflower, Vienna bread
- 9th Hot dog/hot dog roll, baked beans, coleslaw
- 16th Broccoli egg bake, roasted potatoes, fruit loaf, yogurt
- 23rd Balsamic chicken, parmesan risotto, sauteed garlic kale, whole wheat dinner roll
- 30th Turkey, rice/ chickpeas & bell peppers, green beans, cornbread

**Thursday**

- 4th Chicken cordon bleu, sweet potatoes, Caesar salad
- 11th Egg salad on roll, quinoa, garden salad
- 18th Meatloaf w/gravy, mashed potatoes, peas, oat bread
- 25th BBQ pulled pork on bun, sweet potato tots, corn & bell peppers





## 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, April 18, 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, April 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 Each café is different, but they all have the same goal: to help guests feel comfortable and to know they are not alone. Call 978-456-4120 to sign up. We meet the **2nd Wednesday** of each month.

***Special thanks to Rollstone Bank for their donation to help us continue to offer our Memory Café!***

### **Home Inspections Safe Homes For Everyone Tuesday, April 23, 1pm**



Peter Ottowitz of Hawkeye Home Inspections will be joining us to discuss the importance of home inspections and how to keep yourself safe and live longer in your own home. He will teach us about trip and fall hazards, defective stairs and rails, electrical, fire issues, and so much more. Call to sign up 978-456-4120.

### **Gentle Yoga Meditation in Motion with Barbara Rich Wednesday, April 17, 4pm Zoom**

Join us 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. Remember to leave the self-judgment behind. Call 978-456-4120 to sign up



### **Grief Support Group Monday, April 8, 2pm**

This is facilitated by grief counselor Karen Campbell from Nashoba Associated Boards of Health. All types of grief, including grief due to loss, change and transitions are welcome. Drop-ins welcome. *All information is kept strictly confidential.*

### **New Horizons Support Group Thursday, April 18, 10-11:30am**

After a loss, some women have difficulty redefining themselves as their own person.

This is a **new** peer-led group at the Senior Center that can be an opportunity for women to redefine their lives after loss.

If you have experienced loss, join us on the third Thursday of the month. Call 978-456-4120.



### **Fuel Assistance**



Applications for the state fuel assistance program can still be made until April 30th. 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. Call 978-456-4120 for more information.

**Program Coordinator, *Pamela McInnis*.**

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



**Singing Group NEW DAY!!**  
**Every TUESDAY, 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-a-long with your friends and neighbors, led by our own Peter McArdle.

**Rose Art Museum**  
**Wednesday, April 24,**  
**10:30am**



The Rose Art Museum, founded in 1961, is a part of Brandeis University located in Waltham. This small museum named after benefactors Edward and Bertha Rose, offers temporary exhibitions, and displays and houses works of art from the permanent collection of 9,000 objects. The museum has one of the largest collections of modern and contemporary art in New England. After we will stop at the 99 restaurant for lunch. Admission is free. Van fee is \$5 and don't forget money for lunch. Call to sign up.



**Movie Day**  
**Thursday, April 4, 1pm**

Come enjoy a movie on our big screen tv the 1<sup>st</sup> Thursday of every month. Lunch is served at 12pm and the movie will follow at 1pm. April's movie will be **The Heiress** starring **Olivia DeHavilland, Montgomery Clift, and Ralph Rich-**

**Life Stories Project**

This initiative pairs you with a high school student eager to capture the essence of your life experiences in writing. Take a stroll down memory lane and share your personal history, life lessons, and the wisdom you've gathered along the way. You'll also be able to have your stories included in a cumulative book that will be published and printed to share with friends, family, or anyone interested!

Contact Jen for more information 978-456-4120.



**43rd Annual Senior Conference**  
**Thursday, April 18, 7:30am—2pm**

Don't miss out on the fun at this annual conference put on by Senator Jamie Eldridge. For more information: <https://www.senatoreldridge.com/seniors>.

**Devens Dispatch Center**  
**Wednesday, April 10, 10:30**

Come take a tour of the 911 Dispatch Center located in Devens. Enjoy a brief presentation to learn the basics of what everyday life is like and then head on over to the dispatch console and see firsthand how your 911 calls are handled. This presentation and tour will take about an hour and then we will head on over to Barber's Crossing North in Sterling for lunch. Enjoy a prime rib, burgers, soups, salads, and so much more. Devens Dispatch is under construction, so they have asked us that people only travel on our bus. There is not enough space for individual cars. Space is limited to 12. Call to sign up 978-456-4120.



**New England International Auto Show**  
**Friday, April 26, 11am**



Come get a glimpse of the future at the 2024 New England International Auto Show at the Boston Convention Center. Browse hundreds of the newest vehicles including cars, vans, crossovers, hybrids, electrics, light trucks, and SUVs. There will also be classic cars and exotics on display, plus a variety of automotive vendors to shop for supplies, accessories and more. **Pay when you sign up before April 19.** \$25 covers admission and van fee. We arrive there at noon and head back home by 3pm. Call to sign up 978-456-4120.

**Computers at the Senior Center**

Adam and Doug are here to help, so if you need one-on-one computer training, just want to chat about anything computer/tech related, or use our computer for personal use, please do not hesitate to call the senior center. Call for an appointment, and feel free to browse through their online computer resource center located: [sites.google.com/view/hcoa-lab](https://sites.google.com/view/hcoa-lab)

**Electronic and tech item giveaway for seniors: Tuesday, April 2, 9:30-1pm**

We will have a table with tech items for our seniors set up at the COA in the multipurpose room. This is an opportunity to try out or replace a tech item that you have always wanted. Items are available on a first come-first serve basis.

**Jack Whelan discusses Health Care Proxy Tuesday, April 30, 1pm**

What is a health care proxy? A health care proxy (also known as a representative, surrogate, or agent) is a person who can make health care decisions for you if you are unable to communicate these yourself.

Our own Jack Whelan, RN, CDP, will go over the importance of having this document prepared and kept up to date because it is always better to be prepared. You owe it to yourself and your family in the event you can't speak for yourself. Call 978-456-4120 to sign up.

*Book donations for the Library Book Sale will be taken on April 30th between 1:30-2:30 at the COA. Bring your books and someone can meet you at your car.*

**Celebrate Poetry at Fivesparks!**

April is National Poetry Month. Whether you love poetry or hate it, talking about it in a small group can lead to better understanding and deeper appreciation. Poems are containers of universal emotions, and in them we can find meaning that comes from affirmation and inspiration. The goal of the poetry group is to become better observers of the way language works to create a mood and convey an idea and to share personal responses.



Carlene Phillips, a retired high school English teacher, will facilitate the discussions. Friday mornings at 10, starting April 5.

For more information:

[carphillips01451@gmail.com](mailto:carphillips01451@gmail.com)

**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 RECOMMENDED.**

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.

**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***

**Watch future newsletters for some fun Spring plans to celebrate the warm weather...**

### **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](http://www.harvardcabletv.com). You can find us on Facebook at: [www.facebook.com/harvardcoa](https://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**

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#### **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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