

CONCORD PARK

A Community Established by the Nonprofit



UPCOMING EVENTS

THURSDAY, JANUARY 6

Fun Songs with Alan Brandt at 2:00 P.M.

FRIDAY, JANUARY 8

Celebrate all our January birthdays
with Steve Staines at 2:00 P.M.



TUESDAY, JANUARY 12

Tim Barrett's Country Tunes at 2:00 P.M.

TUESDAY, JANUARY 19

Pianist Matt McCabe at 2:00 P.M.

THURSDAY, JANUARY 21

Winter Tea Party at 2:30 P.M.

MONDAY, JANUARY 25

Travel to Cape Cod via slideshow at 2:30 P.M.



RESIDENT PROFILE

Meet **Nancy Callander**, who has lived at Concord Park for a year now. Nancy is originally from West Virginia. She met her husband of 54 years, Dr. Douglas Callander, while they were both students at Ohio Wesleyan University. The couple was married just before Douglas was drafted into the Army. When Douglas completed his service, he and Nancy moved to Baltimore, where Douglas attended Johns Hopkins University. After living in Detroit for a while, the Callanders moved to Groton, Massachusetts. They had two daughters, Lee and Natalie, and once the girls were in school Nancy went back to school herself. She studied at Simmons College and got her librarian degree. Nancy worked in the medical library at Emerson Hospital for 30 years. Now, Nancy is a grandmother of three girls and two boys!

Nancy likes the people at Concord Park. She especially enjoys our location, as she likes to ride the train, shop locally, and if you can believe it, walk to the library!

COMMUNITY WELCOME!

Come and ring in the New Year with

JAZZ TRIO "STRING SWING"

Friday, January 1st

2:00 p.m.

Please Join Us!



Questions about making a tax-deductible gift?

Contact **Nancy Crowley**, executive director of Concord Park at 978-369-4728 or **George Mathieson**, director of development of Volunteers of America, Massachusetts at 617-390-0228.

TAKE CARE OF YOUR BACK

Lift correctly; let your legs power the lift.

Bend at the knees, not the waist.

Keep heavy items you are lifting close to your body.

Sit up straight; use a cushion to help support your lower back. Keep both feet on the floor.

Maintain your weight.

CONCORD PARK PIE BUFFET!



*Enjoying our Pie Buffet were (top row, left to right): **Ben and Elinor Lynch; Liz and Maureen Blodgett; and Dining Room Servers Felipe Eugenio, Susanna Hamilton, Andrew Gaudet,***



Aili Gillespie, Elide and Bruna Gomez.** Middle row, left to right: **Marge Shea and Barbara Davidson; Mary Sanderson with her daughters Linda and Kathy and granddaughter Allison; and Mary Scalleri's granddaughter, Rena and her great-granddaughter, Arianna.** Bottom row, left to right: **the George family (Lisa, Christopher, Peter and Diane); and Laird and Laurie Foster.