



The Concord Park Courier

68 Commonwealth Avenue · Concord, MA 01742 · 978-369-4728 · Fax 978-369-5381 · www.SeniorLivingResidences.com



You are cordially invited to our

January Special Events



**Ring in the New Year
with New Jazz Duo**
2:00PM on Thursday the 1st

**Music & Dance
with Art Matters**
2:00PM on Friday the 9th

**Classical Pianist
Rick Scalise**
2:00PM on Friday the 16th



**Karaoke Time
with Ann Marie & Ice**
2:00PM on Thursday the 22nd

**The Toe Tappin'
Yankee Stompers**
2:00pm Thursday the 29th

*Calendars are subject to change
Please call to confirm*

The Staff at Concord Park
wishes everyone a
Safe and Happy New Year.

Our Best to You in 2009!!

*Is your New Year's Resolution to get
stronger bones? If so ...*

1. Try weight bearing exercises: walking, jogging, dancing, stair climbing and hiking.
2. Eat more dairy and drink more milk. They are great sources of calcium.
3. Eat more greens and beans: spinach, kale, pinto, black or navy beans.
4. Include more vitamin D in your diet. Liver & saltwater fish help the body absorb calcium.



A Community Established by the Nonprofit



*Questions about
making a tax
deductible gift?*

Contact:

Nancy Crowley
Executive Director
Concord Park
978-369-4728

George Mathieson
Director of Development
Volunteers of America, MA
617-390-0228

SANTA & RUDOLPH VISIT CONCORD PARK

