

CONCORD PARK

A Community Established by the Nonprofit



UPCOMING EVENTS

WEDNESDAY, APRIL 6

Soft country tunes with Tim Barrett
at 2:00 P.M.

WEDNESDAY, APRIL 13

“Two for the Show” with Jake and
Ellen at 2:00 P.M.



FRIDAY, APRIL 15

Volunteer Luncheon at 12:30 P.M. We
will honor our dedicated volunteers who
generously give time to our community!

FRIDAY, APRIL 22

“The New Fogies” Richard and Liza at
2:00 P.M.

MONDAY, APRIL 25

Old-time favorites with Archie Richards
at 2:00 P.M.



RESIDENT PROFILE



Meet **Alice Boyce**! Alice has been here at Concord Park for nearly a year. She was born and raised in Lincoln, where she eventually retired to as well. After graduating from Simmons College, Alice went to work as a secretary at Columbia University. Although she claims to have had an uneventful past, as you speak with Alice you learn that she served on the staff of three United States Presidents (Eisenhower, Kennedy, and Johnson) and has traveled all over Europe. She has visited Russia,

Germany, England, France, Spain, and Ireland. During her tenure with President Eisenhower, Alice lived in Paris, New York, and Washington, D.C. She says her workdays with the government were long and hard but they also gave her the opportunity to meet some very interesting people. Alice has lots of family who take great care of her: her sister, Betty, and brother-in-law, Earl, who live in Harwichport; and her nephew, Manley and his family who live on the family farm in Lincoln.

Now that spring is here, Alice says she is interested in attending more exercise classes!

ST. PATRICK'S DAY FUN



Lucky O' Clover

*(a.k.a. Dining
Room Manager*

Lisa Astbury) gets a

chuckle out of Peg Grason.

*For more St. Patrick's Day
photos, see page 2.*



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.



MORE ST. PATRICK'S DAY FUN!



Our Pot O' Gold Auction was filled with Irish fun! Clockwise, from top left: Certified Nursing Assistant **Paula Doyle** as our Irish Fairy Godmother; new resident **Mary Murphy** enjoys a laugh; **Lucky O' Clover** and **Fairy Godmother**; server **Susanna Hamilton** and **Lucky**; center: **Godmother** sharing her booty with **Natalie Durkin**.

HEALTH TIP

Weight Training for Women

Weight training can help you burn more fat by increasing your metabolism. Don't worry about building bulky muscles; most women don't have the amount of hormones it takes to do that. Weight training will help you look leaner and improve your strength, balance, and bone density. If you have been shy about picking up those weights, spring is the time to try them out!

Please join us for an
ALZHEIMER'S ASSOCIATION
CAREGIVER EDUCATION CONFERENCE
PRESENTED BY THE LIBERTY ALZHEIMER'S PARTNERSHIP

Keynote Speaker
Joanne Fontaine, RN, BSN, CCM will present
"Creating a Meaningful Day"

Saturday, April 9, 2011
9:00 A.M.-12:00 P.M.
at the Concord Council on Aging
1276 Main Street, Concord
\$10 donation per individual or household

8:30 Registration & Refreshments
Topics include activities, communications,
behaviors, and home safety

Concord Park welcomes
the community to our
Spring Jewelry Show!

Monday, April 18 at 2:00 P.M.