



CONCORD PARK

A Community Established by the Nonprofit



UPCOMING EVENTS

WEDNESDAY, AUGUST 3

Musician Dave Andrews at 2:00 P.M.

MONDAY, AUGUST 15

It's Karaoke Time with Ann Marie and Ice at 2:00 P.M.



FRIDAY, AUGUST 19

Art Matters at 2:00 P.M. Learn about Monet!

TUESDAY, AUGUST 23

The Concord Traveling Players will perform skits at 2:00 P.M.

THURSDAY, AUGUST 25

The Yankee Stompers are back at 2:00 P.M.



**NEXT MONTH, CONCORD PARK
WILL BE CELEBRATING 10 WONDERFUL
YEARS! MORE DETAILS TO COME.**

RESIDENT PROFILE



Meet resident **Sonia Shea**! Sonia is relatively new to Concord Park but that doesn't stop her from making friends. She is always smiling and really enjoys meeting fellow residents. Sonia grew up in Mission Hill in Roxbury. Her father was a tailor, and her mother stayed home to raise her family. Sonia was an only child but had lots of cousins who were more like siblings to her. Sonia met her husband, John Shea, on Cape Cod at a popular club. They hit it off right away. Sonia went to nursing school in Boston and later worked as a nurse at Massachusetts General Hospital. John and Sonia made their home in Waltham. Presently John is at a rehabilitation center and Sonia visits him at least twice a week. She can't wait to show him the August newsletter!

COMMUNITY EVENTS

THE MODEL A CLUB

ANTIQUE AUTO SHOW

Tuesday, August 2nd at 6:30 P.M.



TROPICAL DAY AT CONCORD PARK!

Wednesday, August 10th • all day

Questions about making a tax-deductible gift?

Contact **Nancy Crowley**, executive director of Concord Park at 978-369-4728.

CONCORD PARK'S ANNUAL STRAWBERRY FESTIVAL!



Our annual Strawberry Festival was a wonderful celebration of our community! Top row, left to right: **Irene McCarthy** and daughter, **Pat**; **Mary Murphy** and family; second row, left to right: **Mary Rose Taubner** and family; **Nan Albano** and daughter, **Sandra**; **Richard Lowitt** and family; **Claire Young** and **Edythe Levine**; bottom row, left to right: **Peg Grayson** and family; **Ruth Lifner** and son, **Craig**



HEALTH TIP

The Importance of Staying Hydrated

Did you know...?

- 75% of Americans are chronically dehydrated
- even mild dehydration will slow down one's metabolism
- lack of water is the number one trigger of daytime fatigue
- a mere 2% drop in body water can trigger short-term memory loss
- 8-10 glasses of water a day can ease back and joint pain
- drinking 5 glasses of water a day can decrease the risk of colon cancer by 45%, breast cancer by 79% and bladder cancer by 50%