

CONCORD PARK

A Community Established by the Nonprofit



UPCOMING EVENTS

THURSDAY, JUNE 9

Crafts with Helen at 2:00 P.M.

FRIDAY, JUNE 10

Happy Songs with Heather
Marie Ralston at 2:00 P.M.



MONDAY, JUNE 13

Musical duo Freeana and Rosen
at 2:00 P.M.

THURSDAY, JUNE 16

The Yankee Stompers Jazz Band
at 2:00 P.M.

WEDNESDAY, JUNE 22

The Singing Trooper Dan Clark at 6:30 P.M.

THURSDAY, JUNE 23

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



RESIDENT PROFILE



Meet **Henry Niels**! Henry was born in New York City and at the age of 10, he and his family moved to Cleveland, Ohio. Henry was the youngest of four. During World War II, he attended the Navy's V-12 Program at Yale University, where he learned the Japanese language. Henry went on to Yale Graduate School and Yale Law School. After graduation, he became a patent attorney in the Boston area.

It was around this time that Henry met his future wife, Olivia. The two were happily married for over 48 years, and had two children: daughter, Nancy, and son, Henry. Nancy now lives in Groton with her husband Michael, and Henry lives in Carlisle with his wife Liz and their two sons. Henry and Olivia traveled extensively for business and pleasure, visiting places like Japan, Holland, and England. They shared a love of music, and enjoyed playing in many of the local orchestras and choral groups.

COMMUNITY EVENT



Concord Park's
Annual Strawberry Festival

Sunday, June 26th

2:00 P.M. - 4:00 P.M.

with jazz trio String Swing

Questions about making a tax-deductible gift?

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

CONCORD PARK HELPS WITH MINUTE MAN ARC MARCH

Residents and associates of Concord Park recently helped out at the Minute Man Arc March, a walk to benefit Minute Man Arc for Human Services, a non-profit agency that supports people with developmental and intellectual disabilities. The event was held on Saturday, May 7th under beautifully sunny skies!



HEALTH TIP

With a little work you can enjoy the **pomegranate fruit**, which is loaded with vitamin C, potassium, and antioxidants. Cut the crown end (where the stem is) and lightly score the rind in several places. Immerse the fruit in a bowl of water and soak for five minutes. Hold the fruit under water and break it into sections, separating the seeds from the membrane. The seeds will sink and the membrane will float. Skim and discard the membranes and rind. Pour the seeds into a strainer, drain and pat dry. Enjoy!

from BCBS "Choices," Winter 2008 edition



Concord Park would like to wish all dads a very **Happy Father's Day!**