

## CONCORD PARK

A Community Established by the Nonprofit



### UPCOMING EVENTS

#### THURSDAY, MARCH 3

Jazzy tunes with pianist Ethan Stone  
at 2:00 P.M.

#### TUESDAY, MARCH 8

Visit the parks of Manhattan with a slide  
show by Doug Wheeler at 2:00 P.M.



#### FRIDAY, MARCH 11

Travel to Alaska with a presentation by  
John Demos at 2:00 P.M.

#### TUESDAY, MARCH 15

Learn about the National Parks of the  
Northeast via a video presentation by Ron  
Reynolds at 2:00 P.M.

#### SUNDAY, MARCH 20

Celebrate the first day of spring with classical  
pianist Rick Scalise at 2:00 P.M. *Public is welcome!*



### RESIDENT PROFILE



Meet **Helenna Levenstein!** Helenna has been with us at Concord Park for nearly two years. She came to us from Manhattan, where she spent most of her adult life. Prior to Manhattan, Helenna lived in the hustle and bustle of the Bronx.

As a young woman, Helenna was a dancer. One day when she was in line to get tickets to a classical music concert she met her husband, Robert. Robert was a pianist and music teacher in the New York City schools. Helenna describes him as a talented artist with an easy temperament. They were married for more than 67 years and had a son, Fred. Fred and his wife, Mary, live nearby in Bedford and come to visit Helenna often. They have two children, Katie and Jake.

In her professional life, Helenna worked in the costume jewelry industry then later worked in the television industry. During her television career, she had the opportunity to work for all three major networks. Here at Concord Park, Helenna enjoys the exercise classes and educational programs. Though our community is much different than New York City, she appreciates what we offer!

### WINTER SCENE

*Here at Concord Park, we are eagerly awaiting a spring thaw!*



## COMMUNITY EVENT

Join us in celebrating  
**St. Patrick's Day!**

Thursday, March 17 at 2:00 P.M.  
Irish songs by musician Richard Hughes!



## WINTER BIRTHDAYS



We celebrated some very special winter birthdays recently! Clockwise, from top left: **Barbara On, Bob Macone, Nancy Morazzi, Pat Sbardella, Ruth Luke, and Josie Diliberto**

## HEALTH TIP

### Change of Pace

If you have been doing the same exercise routine without the same results, you may want to try interval training. Over time your body becomes very efficient, and more efficient movements burn fewer calories. By increasing the workload, you take your body out of the comfort zone. Bursts of high-intensity exercise will increase your cardiovascular capacity and your body's ability to burn fat. If you decide to add intervals, it is important that you do so safely. Make sure you warm up and do other forms of exercise to keep your routine well rounded.

*From Blue Cross Blue Shield "Choices"*



AS YOU PLAN FOR 2011,  
CONSIDER SHARING YOUR  
PASSION, HOBBIES, AND  
SPIRITUALITY WITH THE RESIDENTS HERE  
AT CONCORD PARK. CONTACT **MEG  
GAUDET** IF YOU ARE INTERESTED IN  
VOLUNTEERING YOUR TIME.



Volunteers of America®  
Massachusetts

## 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.

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