

## CONCORD PARK

A Community Established by the Nonprofit



### UPCOMING EVENTS

#### WEDNESDAY, MAY 5

Jazzy piano music with Ethan Stone  
at 2:00 P.M.

#### FRIDAY, MAY 13

“Trip Around the World,” a music  
program with Mel and Alice  
Springer, at 2:00 P.M.



#### MONDAY, MAY 23

Visit the Naval Aviation Museum in  
Pensacola, Florida via a slide presentation  
by Meg Gaudet at 2:00 P.M.

#### TUESDAY, MAY 24

The Silent Movie Entertainment Guy  
at 2:00 P.M.

#### FRIDAY, MAY 27

Music is Love with Dick and Dawn at 2:00 P.M.



## RESIDENT PROFILE



Meet **Ann Sbardella**! Ann grew up in the small town of Harrisville, Rhode Island. She went on to nursing school at Massachusetts General Hospital and later did her post-graduate neurology work in Chicago. For most of her nursing career, Ann worked at Miriam Hospital in Rhode Island, where she was an operating room nurse and a nurse supervisor. She met her future husband, Pat, a home goods salesman, through mutual friends, and the two were married for more than 60 years.

Together, they enjoyed dancing, tennis and watching sports. Ann and Pat raised their two sons in Johnston and Cranston, Rhode Island. David now lives in North Carolina and Steven and his wife Josephine live here in Concord. Ann used to love to sew, knit, and paint. She says leaving Rhode Island and her friends was an adjustment but she likes it here at Concord Park because she feels at home. Ann, Happy Mother's Day and thanks for sharing your story!

## COMMUNITY EVENTS



Celebrate Mother's Day with  
**Classical pianist Rick Scalise**  
Sunday, May 8 at 2:00 P.M.



**Dan Clark, The Singing Trooper**  
Tuesday, May 17 at 6:30 P.M.

## Questions about making a tax-deductible gift?

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


## GETTING CRAFTY WITH SPRING FLOWERS!



Proudly displaying their silk floral creations are (top row, left to right): **Betty Galinat** and **Lois Schuster**; bottom row, left to right:  
**Nancy Morazzi**, instructor **Helen Powers**, and **Richard Mahoney** and **Barbara On**.

## HEALTH TIP

Whole grains are a great way to fuel your body and provide fiber. Incorporating whole grain into your diet will help keep your blood sugars in good range, thus lessening the risk of type 2 diabetes and cardiovascular disease. Try barley, oats, buckwheat, corn, millet, brown rice, spelt, farro or whole wheat when adjusting your meal plan.

Concord Park would like to  
wish all moms a very  
**Happy and Healthy**  
 **Mother's Day!**