



August, 2015

## Bedford Council on Aging Events

### **Any Day /Any Time this Summer!**

#### **“Rainy Day” Grands & Me**

Are you a caretaker for your grandchildren or someone else's? Need a place to go during the day when it's too hot or raining?? Join us in the Kitchen at the Bedford COA for an hour of playtime with your little one. We will provide toys and a great space to visit with one another!

Grandparents will have the opportunity to meet other ‘grandparents’ and children can enjoy playing with peers while also enjoying their special adult person. **Stop in anytime!**

### **Saturdays in July & August at 11:30 AM**

#### **Dog B.O.N.E.S.**

Stop in and visit with Ann & her dog Kobi every Saturday 11:30-12:30! Mara & her dog Max will be here Thursdays from 11-noon. Also, keep your eyes open for impromptu visits all summer by other volunteers! *(Dog B.O.N.E.S. is an acronym for Dogs Building Opportunities for Nurturing and Emotional Support. We are a Massachusetts non-profit. Volunteer based organization whose primary purpose is to provide well trained, affectionate, obedient, registered and insured therapy dog teams for visitations to hospitals, nursing facilities, schools, rehabilitation centers and any other Massachusetts location where they may provide therapeutic contact with the elderly, the disabled or the young. We bring a little fun into someone's day as they recuperate, rehabilitate, or simply live life.)*

### **Saturday August 1 at 1:00 PM**

#### **Happy Birthday to YOU!**

Join us at the Council on Aging for YOUR birthday! Each month, Vicky honors every senior who has a birthday that month. Join us for cake on August 1 if your special day is in August!

### **Saturday August 1 at 1:15 PM**

#### **Movie: *The Cobbler* (2015) PG-13**

New York shoe repairman Max Simkin (Adam Sandler) has become weary of his drab existence when he discovers that an old stitching machine in his shop has magical properties, enabling Max to fully inhabit the lives of his customers simply by trying on their shoes.

**Tuesday August 4 at 10:00 AM****Cycling for Seniors**

They say you never forget how to ride a bike. If you're a bit rusty but would like to try it again, or you've been riding on your own and would like some company, we're having a monthly ride starting at the COA! (If we get enough interest, we may expand this in the Fall.) We're not out to break any land speed records, but you should be able to maintain an average speed of 10mph or so. We'll try to stay mostly on flat roads, but there will be hills, so you should have a multi-speed bike in good condition. If you're uncertain about this, you can contact Jack at the email address below. The rides will be roughly 15 miles long starting at 10AM, but we'll be there early if you have questions. We'll try to stay mostly on back roads, but you should be comfortable riding with traffic. After the ride, we'll have coffee and snacks at the COA! All rides start at the parking lot in front of the COA. Register by emailing: Jack Donohue (jmdonohue@alum.mit.edu) or call the COA at (781) 275-6825.

**Wednesday August 5 at 6:30 PM****Movie: *American Sniper* (2014) R**

Based on his memoir of the same name, this military biopic centers on legendary sniper Chris Kyle, who amassed a record number of kills on the battlefield during his 10-year career as a Navy SEAL.

**Thursdays in July & August at 11:00 AM****Dog B.O.N.E.S.**

Stop in and visit with Mara & her dog Max every Thursday from 11-noon. Ann and her dog Kobi will be here Saturdays at 11:30. Also, keep your eyes open for impromptu visits all summer by other volunteers! (*Dog B.O.N.E.S. is an acronym for Dogs Building Opportunities for Nurturing and Emotional Support. We are a Massachusetts non-profit. Volunteer based organization whose primary purpose is to provide well trained, affectionate, obedient, registered and insured therapy dog teams for visitations to hospitals, nursing facilities, schools, rehabilitation centers and any other Massachusetts location where they may provide therapeutic contact with the elderly, the disabled or the young. We bring a little fun into someone's day as they recuperate, rehabilitate, or simply live life.*)

**Thursday August 6 at 9:00 AM****Fire Safety Breakfast**

Join Fire and Life Safety Educator Nick Anderson on Thursday, August 6 at 9:00 AM for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.

**Saturday August 8 at 1:15 PM****Movie: *American Sniper* (2014) R**

Based on his memoir of the same name, this military biopic centers on legendary sniper Chris Kyle, who amassed a record number of kills on the battlefield during his 10-year career as a Navy SEAL.

**Wednesday August 12 at 12:15 PM****Probiotics: *Getting a Little Culture with Peg!***

What are they and where are they found in your diet? Are they necessary? Please come with your questions about probiotics and other nutrition concerns! Peg Mikkola, RD, LDN of Minuteman Senior Services will be here to give you answers!

**Wednesday August 12 at 6:00 PM****Peace of Mind on a Fixed Income**

After working hard for a lifetime many seniors find themselves with a list of assets to protect, however making sure your needs are being met on a fixed income can be a challenge! Join Jessica Wrigley of Liberty Mutual for an educational seminar at the Bedford COA on August 12th, starting at 6pm where she will share her favorite tips for seniors. You will learn about Auto, Home, Liability and Life insurance, and you will have the opportunity to ask any questions you might have about your specific circumstances. Light refreshments will be served, and there will be a few fun giveaways. You won't want to miss it. Please call the COA at (781) 275-6825 to sign up.

**Thursday August 13 at 10:00 AM****Talking Books**

The Perkins Braille and Talking Book Library provides audio and large print books as well as access to hundreds of newspapers, movies and TV shows. The library is part of the federally funded National Library Service. Gayle Yarnall will be at the Bedford Council on Aging to demonstrate the free, easy to use digital player and explain how all of these services can be delivered to your home at no cost. Most people think the library is only for people who are blind but we serve anyone who can't read standard size print easily for any physical reason. We will bring applications for people who might be interested in joining. All services are free. Nothing can keep you connected with the world like reading!

**Friday August 14 at 12:30 PM****Coffee with Emerson**

Come enjoy coffee and dessert with Emerson Hospital Representatives, Diane Forte and Patti Salvatore. This informal get together will help you explore the services at Emerson Hospital as well as answer any questions you may have regarding their services. Emerson Hospital would also like to hear from you how they could better meet your needs. Please call the COA to sign up!

**Saturday August 15 at 12:30 PM****Luau!**

Join us at the COA on Saturday August 15 starting at 12:30 for a festive summer luau! Vicky will be hosting this fun event for just \$5. Come a grab a bite or dance the hula! Please sign up at the Council on Aging by Thursday August 13.

**Saturday August 15 at 1:15 PM****Movie: *Black or White* (2014) PG-13**

Still reeling from his wife's death, Elliot Anderson (Kevin Costner) struggles to maintain custody of his biracial granddaughter when her grandmother begins pushing to have the girl sent back to her father -- a crack addict Elliot blames for his daughter's demise.

**Monday August 17 at 10:00 AM****Science & Technology Club**

All are welcome!

Will be meeting Monday August 17 at 10:00 AM to view and discuss *How We Got To Now* with Steven Johnson, *Episode 6: Sound*. Explore the impact of sound in the world of medicine and our lives today. Bring your ideas for future meetings! We would love to hear about your interests! This group is a general interest group...No need to feel intimidated!

**Monday August 17 at 12:30 PM****Name That Tune**

Becoming a monthly favorite at the Council on Aging, Karen from Concord Health Care, will be back to present an afternoon of music and fun on Monday August 17 at 12:30 PM. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling (781) 275-6825.

**Tuesday August 18 at 9:30 AM****Breakfast & BINGO**

Brightview is back at the COA! Come play for a chance to win some GREAT prizes! Breakfast and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.

**Wednesday August 19 at 10:00 AM****Veterans' Coffee**

Join Tom Moran, Veteran Liaison with Compassionate Care Hospice to have coffee and to converse about years in the service. Tom was in the Army branch and was in The National Guard for 13 1/2 years. All are welcome. Please call to RSVP 781-275-6825.

**Wednesday August 19 at 1:00 PM****Estate Planning with Eric Prichard**

In this seminar, Attorney Eric Prichard from Brown & Brown, PC in Bedford will discuss federal disability benefits including Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). He will also talk about specific estate planning options for people with special needs and for families of children (or grandchildren) with special needs, including the use of special needs trusts. We hope you will attend! Please call the Council on Aging at (781) 275-6825 to sign up.

**Friday August 21 at 12:30 PM****Clear Captions**

Come to the Council on Aging on Friday August 21 at 12:30 PM to see the Ensemble phone in action! Ensemble is a captioned phone that displays text of conversations in near real-time on a large color touchscreen so you can see and hear what callers are saying. *Clear Captions is a federally funded national telecommunications company that provides captioned telephones and service for the hard of hearing per citizens per The Americans with Disabilities Act of 1990, Title 1.4 Telecommunications.*

**Friday August 21 at 1:00 PM****Trail Walk**

Join Alissa on Friday, August 21 at 1:00 PM, we will meet at the parking area on Railroad Ave, adjacent to the JGMS fields to walk through the Elmbrook Conservation Area. This will be a nice walk in the woods to cool down from the summer heat! Please call the COA to register by Thursday, August 20. For all trail walks, please wear appropriate footwear for possible uneven ground. If you would like a trail map ahead of time, please see Alissa at the COA.

**Saturday August 22 at 1:15 PM**

**Movie:** *McFarland, USA* (2015) PG

Track coach Jim White's search for work leads him to a high school in California's Central Valley with a largely Latino student body. After White and his determined athletes establish a bond of trust, remarkable achievements are on the horizon.

**Wednesday August 26 at 6:30 PM**

**Movie:** *American Hustle* (2013) R

This fictionalization of the "Abscam" scandal of the early 1980s follows con man Irving Rosenfeld and his lover, Sydney Prosser, as they help an eccentric FBI agent expose corruption among several members of Congress in New Jersey and Pennsylvania.

**Saturday August 29 at 1:15 PM**

**Movie:** *To Catch a Thief* (1955) NR

Suspected in a series of gem heists in the French Riviera, reformed thief John Robie sets out to catch the real culprit with the help of pampered heiress Frances Stevens. Robie's plan backfires, but Frances, who believes him guilty, plots an escape.

## **Trips!**

**Wednesday August 26**

**Marblehead Day Trip - \$70**

Marblehead, MA is a beautiful, coastal New England community. Come with us for a delicious lunch overlooking picturesque Marblehead Harbor at the Landing restaurant. Relax in the sunshine, watch the sailboats, visit the lighthouse and do a little shopping. We will also be visiting Abbott Hall, where the original "Spirit of '76" painting is displayed. Some walking is required on this trip. Meal choices available upon sign up! This trip will depart Bedford at 9:15 AM, and will return by 4 PM. Full payment is due upon sign-up. Call today to reserve your seat!

**All trips depart from the Bedford Town Hall parking lot in front of the police station unless otherwise noted.**