



May 2015 Announcements **Bedford Council on Aging**

Saturday May 2 at 12:00 PM

Meet 'Celeste the Rock Star' and 'Moonshine's Lil Candy'

On Saturday May 2 at 12 PM bring your family and meet mini horses 'Celeste the Rock Star' and 'Moonshine's Lil Candy'! These two little ladies came from tough beginnings... Rescued by Kathy Murcurio and Holly Saari, these tiny gals have learned to trust and love again and now perform in costume at parades, kindergarten classes, nursing homes, birthday parties, library events, horse shows and more! Come to the Bedford Council on Aging to meet these beautiful girls and enjoy their show! Please let the COA know if you'll be attending by calling (781) 275-6825.

Monday May 4 at 1:00 PM

Real Estate Round Table

with Barbara Aldoriso of The Higgins Group Realtors and Wendy Plansky of A Clean Transition. These lovely ladies will be here to discuss real estate questions you may have and to help evaluate options for the future. Please let COA staff know if you will attend this lively discussion!

Wednesday May 6 at 12:30 PM

What is Acupuncture? Its Role in the Control of Pain

Acupuncture is the oldest continuously practiced medical system in the world and is used by one third of the world's population as a primary health care system. It is an effective and safe method of treatment with very few side-effects. Dr. Suraja Roychowdhury, owner of Crossing Point Acupuncture and Chinese Herbal Medicine in Lexington will give an overview of acupuncture and how it can help in relieving pain from various causes.

Wednesday May 6 at 6:00 PM

Movie: *The Identical*

Join COA staff on Wednesday, May 6 at 6:00 PM for a viewing of *The Identical*. This movie tells the compelling story of twin brothers unknowingly separated at birth during the Great Depression. Drexel Hemsley becomes an iconic 50's rock 'n' roll star, while Ryan Wade (Blake Rayne) struggles to balance his love for music and pleasing his father. The Reverend Wade (Ray Liotta) and his wife (Ashley Judd) are sure their adopted son has been gifted and called by God to be a preacher. But Ryan challenges his parents' vision for his life, and unflinchingly chooses to launch his own music career with his best friend (Seth Green).

Encouraged by his wife (Erin Cottrell) and employer (Joe Pantoliano), Ryan embarks on an unpredictable, provocative path – performing the legendary music of Drexel Hemsley in sold out venues all across the country. As the brothers' destinies tragically collide, Ryan discovers that Drexel is his identical twin which leads him to question everything he's ever believed about God, family and his own identity.

Thursday May 7 at 8:30 AM

Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on Thursday, May 7 at 8:30 AM for a delicious pancake breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.

Friday May 8 at 12:30 PM

Wizard Music

John Kienzle from Wizard Music will provide music by Jerome Kern on keyboard for easy listening. Come in for lunch, relax and enjoy John's music!

Monday May 11 at 6:30 PM

Far East Lecture Series: Korea

~presented by Professor John F. Kienzle, History Educator.

Please register by calling the Council on Aging at (781) 275-6825. Don't miss this fascinating series! Now a divided nation, Communist North and Democratic South, Korea is neither a copy of China nor Japan. Distinct in its history, influenced by its neighbors, this "bridge nation" stands alone. Though different politically, North and South Korea share an ancient and honorable culture. Come analyze and understand Korea-yesterday, today and tomorrow with Professor Kienzle.

Tuesday May 12 at 9:30 AM

Breakfast & BINGO

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

Wednesday May 13 at 1:30 PM

Ken Pruyn on Guitar

Back by popular demand and with surprise musical selections. Our very own Ken Pruyn will entertain and delight us. Come relax and enjoy the afternoon! Of course, we will have sweet treats to munch on!

Wednesday May 13 at 6:45 PM

Irish Voices

Stephen Collins is back on Wednesday May 13 at 6:45 pm for a performance of his Irish

Voices. "They call it The Norton Anthology of English Literature and yet many of the writers included were born in Ireland. The commonality of course is the English language but there are vast cultural differences which will be explored in this performance. A great deal of Irish writing deals with the land, the past, the church, and the changing political landscape. Yeats, Joyce, Heaney, McCourt, and other prominent writers are represented in this dramatic offering." Please call the Council on Aging at (781) 275-6825 to sign up!

Thursday May 14 at 11:00 AM

How to be Happy!

Join Michaela from Atria Longmeadow Place of Burlington on *Thursday May 14 at 11:00AM*. We'll be discussing 'How to be happy!' Light refreshments provided by the Bedford Council on Aging. Please let us know if you will be attending this lively discussion!

Monday May 18 at 10:00 AM

Science & Technology Club

Will be meeting Monday May 18 at 10:00 AM to view and discuss *How We Got To Now* with Steven Johnson, Episode 3: Glass. Uncover a link between art, science, and global communication. Bring your ideas for future meetings! We would love to hear about your interests!

Monday May 18 at 12:30 PM

Name That Tune!

Becoming a monthly favorite at the Council on Aging, Laura Blair from Concord Health Care, will be back to present an afternoon of music and fun on Monday May 18 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.

Monday May 18 at 6:30 PM

Far East Lecture Series: Southeast Asia

~presented by Professor John F. Kienzle, History Educator.

Please register by calling the Council on Aging at (781) 275-6825. Don't miss this fascinating series! Professor Kienzle presents a survey of key Mainland Southeast Asian Nations: Vietnam, Laos, Cambodia, Myanmar (Burma) and Thailand-Looking at the common threads which unite them culturally AND examining what makes each nation distinct. Much has happened since the Vietnam War and the US is still involved in this region. Come find out how and why.

Tuesday May 19 at 10:30 AM

Protect Yourself From Skin Cancer

Skin cancer is disfiguring and can be deadly. Knowing how to prevent skin cancer or detect the skin cancer in early stage will give you the greatest chance for success in its treatment. Please come to a program provided by the community health nurse Joyce Cheng, RN. You

will learn the signs and symptoms of skin cancer, and ways to check your skin for suspicious changes. You will also learn ways to protect yourself from the ultraviolet radiation. Come to this informative presentation on Tuesday May 19, from 10:30 to 11:30 AM at the Bedford Council on Aging.

Tuesday May 19 at 6:00 PM

Eternal Search Forum

The Need of Association and Companionship in Life ETERNAL SEARCH FORUM A group that discusses life in the universe. Conveners: Mool Raj Mathur & Bijoy Misra "Ambition towards Achievement" Join us to discuss the role of elders dealing with depression. We share views... Refreshments will be provided. If you are interested in attending, please contact Bijoy Misra 617-864-5121 or Mool Raj Mathur 617-429-7095. All are welcome!

Tuesday May 19 at 6:30 PM

Project Coyote

Join us at the COA to welcome representatives from this compassionate organization! Please call to sign up! Project Coyote promotes educated coexistence between people and coyotes; we do this by championing progressive management policies that reduce human-coyote conflict, supporting innovative scientific research, and by fostering respect for and understanding of America's native wild "song dog." We believe coyotes are a vital component of rural and urban communities, deserving of respect for their adaptability, resilience, and intelligence. We aim to create a shift in attitudes toward coyotes and other native carnivores by replacing ignorance and fear with understanding and appreciation. Please call 781-275-6825 to sign up!

Wednesday May 20 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 May 20 at 1:00 PM

Estate Planning Series

On Wednesday, May 20 at 1:00 PM, in the second of a three part series, Attorney Eric Prichard from Brown & Brown PC will discuss estate and gift taxation on both the state and federal level. Attorney Prichard will address common misconceptions surrounding annual gifting limits and filing requirements and will also describe ways to reduce or even avoid estate taxation. In the third part of this estate planning series, which will take place in June, Attorney Prichard will discuss long-term care planning and Medicaid. We hope you will attend! Please call the Council on Aging at (781) 275-6825 to sign up.

Friday May 22 at 1:00 PM

Trail Walk

Join Alissa for the first Trail Walk this spring! We'll kick things off by exploring one of Bedford's hidden gems, Fawn Lake Conservation Area. We'll explore our local flora and fauna while getting some fresh air and exercise! Last year, we were lucky enough to see the pink lady's slippers in bloom. This will be a ½ -1 mile walk with some uneven ground. Please wear appropriate footwear. We will meet at the Fawn Lake parking area on Sweetwater Ave. on Friday, May 22 at 1:00 PM. Please call the COA at (781) 275-6825 to register by May 21.

Wednesday May 27 at 7:00 PM

Comedy Night

Join Diane on Wednesday May 27 for an evening of laughs! We'll be watching classic comedy this evening such as: Victor Borge, Bill Cosby: As Himself, I Love Lucy or Gallagher. Join us for light refreshments and a great show! The fun begins at 7 PM. See you there! Call ahead for details and to sign up.

Friday May 29 at 1:00 PM

Taking Control of Your Future

Attorney Dale Tamburro will return to the Bedford COA on Friday, May 29 at 1:00 PM to present a discussion on Commonly Asked Questions in Elder Law. He will discuss questions like: What is Elder Law? What are the essential estate planning documents I should know about? And If I already have some of these documents, why should I review and update them? Please sign-up for this lecture so we know you are coming! He will also offer (free of charge) three individual 45-min. appointments beginning at 9:30. Please call the Bedford Council on Aging at 781-275-6825 to schedule your appointment or for more information!

Tuesday June 2 at 1:00 PM

Library Book Discussion

Staff from the Bedford Free Public Library will be leading a book discussion at the COA on *Love Anthony* by Lisa Genova. "After 14 years of marriage and three children, Beth Ellis discovers her husband is having an affair with a local waitress. Feeling heartbroken, rejected, and alone, Beth wants to recapture the independent, creative spirit she used to be and finds the inspiration to pick up pen and paper once again. What emerges is a startling new voice, one that will become a balm for her wounded soul. Newly separated Olivia Donatelli has just moved into her family's rental cottage. Struggling to understand the unraveling of her marriage, she is also desperate to make sense of her 8 year old autistic son Anthony's short life and accidental death. A chance encounter between these two women develops into an unexpected and meaningful friendship, giving one writer the opportunity to find her voice and a grieving mother a chance to finally understand her son. In *Love Anthony*, readers will discover a unique portrayal of autism that is highly accessible and, at times, deeply profound. Writing with deep empathy and insight, Genova has created an engaging story that fearlessly asks the big questions." --Gladstein, Carol © 2010

Booklist

Trips!

World War II Museum

Tuesday May 26

Join us for a unique experience touring the World War II Museum in Natick. “In addition to being the most comprehensive collection of original WWII artifacts anywhere in the world, the exhibition- nearly 7,000 pieces- integrates the human, political and military stories. It is an intense experience made more so by the fact most artifacts are not behind or under glass. Most can be touched.” “The Museum’s mission is to preserve the reality of those who fought on home fronts and battle fronts to destroy evil and to make this reality part of today’s education. It is the mission of the Museum to make the lessons of the causes and events of World War II understood, and their relevance to today’s events appreciated. An understanding of the future is found in the history of human events. The Museum uniquely shows the human story interwoven with the military and political events through all of the artifacts that made up life, from everyday, to the most momentous decisions during the war. Education, through the Museum’s exhibitions and our Education Center, is the fundamental mission in preserving the reality of World War II.”

After our visit, we will head out to the Wayside Inn for a lovely afternoon luncheon. Payment of \$62 pp and meal choice due at sign up. *Sign up today!*

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