



Bedford Council on Aging Announcements

October 2014

Volunteer with AARP Foundation Tax-Aide for 2015!

Help people and give your mind a workout, too!

Are you recently retired? Looking for a way to put your skills to good use? The Bedford Council on Aging AARP Tax Aid program is seeking volunteers to aid in filling out tax returns for seniors and help them seek a refund. Experience isn't necessary; we'll train you on the latest tax preparation forms and software. Flexible scheduling is available during daytime hours (Mon-Fri) from February to April. If you are interested please call the COA at 781-275-6825. For many, a tax refund could mean they won't have to choose between paying for groceries and keeping the lights on.

Monday, October 6 & 20 from 6:30-8:30 PM

Middle East Lecture Series

Come and join us at the Bedford COA (in the Town Center Multi-Purpose Room) as we explore this exciting region! Professor John Kienzle, is an experienced Educator, Lecturer and Lifelong student of the Middle East. He has earned a BA in History, State University of NY at Albany; MA History, New York University (NYU); PhD Oriental History, Princeton University. Professor Kienzle taught High School World History in New York for 36 years, receiving awards from Schodack Central Schools, Capital District Council for the Social Studies and New York State for excellence in Teaching. In recent years, he has travelled extensively as a visiting adjunct professor, working in the areas of teacher education and Middle East History. In eastern Massachusetts, Professor Kienzle has lectured at the Chelmsford Senior Center and for the LIRA Program at U Mass Lowell. Professor Kienzle will present a four-session interactive presentation on the Middle East, drawing on his 40 years of study and teaching on this vital world area. Please register by calling the Council on Aging at (781) 275-6825. Professor Kienzle will present as follows:

- **October 6:** ISRAEL and the Palestinians: Is there a Solution?
- **October 20:** The "Arab Spring" and EGYPT: What Went Wrong?

Wednesday October 8 at 10:30 AM

Songfest Happy Hour

Enjoy music? Come to the Bedford Council on Aging on Wednesday October 8th for a Songfest Happy Hour from 10:30-11:30. There will be snacks, friendly faces, and information on the wide variety of songs we sing. Bring a friend, bring a smile, bring an instrument if you like! No rehearsals, no stage, no big crowds to worry about! This is a casual and fun social group of people who just like to get together each week and enjoy music.

Thursdays at 9:00 AM

Muscle Care Clinic

\$10 for 10 minutes with Wayne Durante, LMT. Thursdays at the Bedford Council on Aging beginning at 9:00 AM. Please call for an appointment 781-275-6825.

Beginning Tuesday October 7 at 11:00 AM

Clap Your Hands Workshop

Do your hands hurt? This workshop is for painful, stiff hands and fingers. Learn self-care techniques to manage hand pain and improve movement. This 4-week workshop will begin on October 7 and will meet on Tuesdays from 11:00 AM -12:00 PM. This workshop is \$76 (Members of OsteoFitness \$60). Several sessions may be needed to experience the full benefits. Please bring your favorite lotion and remove as much jewelry as comfortable. Please register in advance by calling the Bedford COA at (781) 275-6825. *Beverley Ikier is the hand therapist for many of Boston's professional musicians, as well as students of music at BU's College of Fine Arts.*

Wednesday October 8 at 1:00 PM

Back to Basics with Attorney Dale Tamburro

Attorney Dale Tamburro will be giving a seminar at the Bedford Council on Aging on the basics of Estate Planning, including:

- Non-Legal Actions to make things easier
- Documents and Information to keep updated and available
- Terminology to try to understand
- Last Will and Testaments
- Health Care Proxies and Durable Power of Attorneys
- Disability Planning
- Avoidance of Probate and the Ramifications
- Trusts Basics

Dale will also be offering three 45-minute individual consultations that day beginning at 9:00 AM. Please call the Council on Aging at (781) 275- 6825 to register for the seminar or to make an individual appointment.

Thursday October 9 at 9:00-11:00 AM

High Dose Flu Vaccines

By appointment only (must be a Bedford Senior age 65+). Please call the Bedford COA at (781) 275-6825 to make an appointment.

Tuesday October 14 at 1:00 PM

David Polansky Presents: Fifty Years + Of Broadway

Using his expressive trumpet, versatile voice, and "sure to please" keyboard, David takes us on a music journey made up of most of America's favorite Broadway hits over an almost sixty year period that goes from 1921 to 1978. The shows include the Ziegfeld Follies of 1921 which introduced Second Hand Rose; Lady Be Good from 1923 which included Fascinatin' Rhythm; Show Boat from 1927 with Old Man River; Some of the others are Girl Crazy, Oklahoma, West Side Story, Fiddler on the Roof, Ain't Misbehavin'. It's lots of fun. In addition to the music, David always has a warm, wonderful way with the audience! Join us at the Bedford Council on Aging for this wonderful program!

Wednesday October 15 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 ½ years. All are welcome. Please call the Bedford Council on Aging to RSVP 781-275-6825.

Wednesday October 15 at 5:30 PM

Dinner at the CoA, sponsored by Atria Longmeadow Place

Enjoy Dinner Sponsored by Atria Longmeadow Place at the Bedford Council on Aging on Wednesday October 15 5:30 PM Please RSVP by calling 781-275-6825.

Thursday October 16 at 1:00 PM

Trail Walk

Join Alissa for our last trail walk this season, at the Bedford/Massport Trail off the Minuteman Bikeway Extension. Let's get some fresh air and exercise before winter comes! This will be a 1+ mile walk with some uneven ground. Please wear appropriate footwear. We will meet at the end of Caesar Jones Way on Thursday October 16 at 1:00 PM. Please call the Bedford Council on Aging at (781) 275-6825 to register by October 15th.

Tuesday October 21 at 5:30-7:00 PM

A Survival Guide for the Sandwich Generation: Balancing Work, Family and Caring for your Aging Parents

Over 14 million working Americans struggle to manage professional and familial responsibilities while caring for their aging parents. Join us for a free seminar to learn how the "sandwich generation" can bring balance to their lives. Registration is required as space is limited. Please call the Bedford Council on Aging at (781) 275-6825 or email coa@bedfordma.gov. Presented by Jo-Ann Thibault, The Elder Insider, LLC

Wednesday October 22 at 1:00 PM

Medicare Open Enrollment Info Session

It's that time of year again! Medicare open enrollment starts on October 15 and ends December 7, 2012. SHINE representatives from Minuteman Senior Services will be providing an information session at the Bedford Council on Aging on Wednesday October 22 at 1:00 pm. SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling. Please RSVP by Friday October 17 so that we know how many people to expect. If you need assistance before then, please contact the Bedford COA at 781-275-6825 to make an individual appointment with our SHINE counselors.

Wednesday October 22 at 5:00-7:00 PM

The Need of Association and Companionship in Life ETERNAL SEARCH FORUM, A group that discusses life in the universe

Every human being is gifted with a "clear, distinct personality" and an "aura" which interacts with other people every day in life. When the chemistry is appealing and conducive, the result is a "pleasant feeling" in both parties. If you are interested in attending, please contact Bijoy Misra 617-864-5121 or Mool Raj Mathur 617-429-7095. All are welcome!

Wednesday October 22 at 6:00 PM

Hear All About It! Newbury Court Special Programs

Please join us for a light dinner and "round table" with Newbury Court residents, Sue & Jerry Rardin. They'll share their experience as residents at Newbury Court (Concord, MA), highlighting The Parkinson's Support Group and our Diversity Committee; programs in which they have both played a major role. This informative session will include time for questions and answers. Please call the Bedford COA 781-275-6825 to register.

Thursday October 23 at 8:30 AM

Breakfast

Enjoy a light breakfast at the Bedford Council on Aging beginning at 8:30 on the 23rd sponsored by Brightview Concord River!

Thursday October 23 at 9:00-11:00 AM

2014 Senior Flu Clinic

Flu Vaccines will be available for Bedford seniors (ages 65+) at the Town Center Building. Please bring your Medicare cards as well as any other supplemental insurance you may have. Please call the Bedford Council on Aging to sign up.

Monday October 27 at 12:30 PM

Name That Tune!

Laura Blair from Concord Health Care returns this month for an afternoon of music and fun on Monday October 27 at 12:30 PM. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling the Bedford COA at (781) 275-6825.

Tuesday October 28 at 1:00 PM

Library Book Discussion

Staff from the Bedford Free Public Library will be leading a book discussion at the Bedford COA on “The Giver” by Lois Lowry. Jonas's world is perfect. Everything is under control. There is no war or fear or pain. There are no choices. Every person is assigned a role in the Community. When Jonas turns 12, he is singled out to receive special training from The Giver. The Giver alone holds the memories of the true pain and pleasure of life. Now, it is time for Jonas to receive the truth.

Wednesday October 29

Time: 1:00 PM

Author talk: Taking a walk in the wilds of contemporary education

Marguerite Morris Willis is not your regular grandmother. Although she does cook and quilt, Willis is a former 30-year school committee member, longtime elected town government official, and volunteer who drives a truck because she likes to, EMT student at age 48, and author of her first book at age 64. Like many grandmothers, Willis is passionate about education, but Willis has also been willing to speak up and “keep it real”, frequently questioning our current system. In her second self-published book, A Grandmother’s Essays on Education, Willis offers an important challenge to American education today. Willis, the oldest of ten children and a baby boomer, looks at past and present day education from her perspectives as sister, mother, and grandmother. Please join us at the Bedford Council on Aging for this exciting presentation!

Trips!

Concord River Autumn Lunch Cruise-Tuesday October 7 (\$30)

Enjoy a unique dining experience aboard a pontoon boat while viewing the homes of the 1800's and nature at its best. Watch for turtles, blue herons, geese, ducks and other wildlife along the river banks. Cruise to Fairhaven Bay, where Thoreau and Hawthorne spent time composing their renowned writings. See the Old North Bridge where the shot heard around the world was fired. Lunch includes a side salad, fruit, dessert and your choice of sandwich: chicken salad, tuna, sliced turkey, ham and cheese, or vegetarian. Full payment is due upon sign up. **Please meet at 1:00 at the South Bridge Boat House in Concord (496 Main St.) The cruise leaves at 1:15 PM and will return at about 2:30. Space is limited to 20 so reserve your spot today!

Sleepy Hollow Tour - Tuesday October 21 (\$39)

Join us for a 90-minute guided walking tour through Concord’s Sleepy Hollow Cemetery. While we can’t claim you will see any headless fellas (this is not a ghost tour), this cemetery is home to some of the most legendary names in early American Literature and boasts a staggering amount of history. Take some time to stroll around Concord Center after the tour. The cost of this trip is \$39 and includes transportation to the cemetery, and a light boxed lunch (your choice of tuna, egg salad, chicken salad). Please meet at the Town Hall parking lot at 10 AM. You will return at about 2 PM. *Be sure to wear comfortable walking shoes and weather-appropriate clothing! The tour will only be cancelled if it is pouring rain (or dare we say snowing!)

Murder Mystery Matinee - October 30 (\$79)

Lantana’s Function Facility in Randolph

When the SEC is closing in on a corporate money laundering scheme, the lead witness turns up dead and all the evidence destroyed. An elaborate string of murders will follow. Who is committing them and why they are

doing it will need to be solved by you, but be careful, the murderer could be sitting right next to you! The cost of this interactive murder mystery matinee is \$79 which also includes transportation and your meal. The menu is comprised of Minestrone soup, a holiday roast turkey dinner with all the fixings, coffee and dessert. The bus departs from the Bedford Town Hall Parking area at 10:00 AM and returns at about 6:30 PM.

The Lettermen-Thursday November 13 (\$79)

The Lettermen name first appeared in February 1958 on the marquee of the Desert Inn Hotel Resort Show Room in Las Vegas Nevada. Today the voices of Tony Butala, Bobby Poynton, and Donovan Tea make up the voices of this legendary group. Come see them live in concert performing their greatest hits at the Garde Arts Theatre in New London, CT! You will stop at Mohegan Sun before the show where each person will receive a \$30 casino gaming package (\$20 free slot/bet and \$10 meal voucher). Bus will depart from the Bedford Town Hall Parking area at 8:00 AM and will return at about 6:30 PM. The cost of this trip is \$79 which must be paid in full upon sign up. Please note: this is a ticketed event so no refunds will be given after October 10.

A Very Merry Christmas with The Sicilian Tenors- Thursday December 4 (\$79)

After a sell-out show at Carnegie Hall, the Sicilian Tenors are ready to bring the joy of all our favorite Christmas songs to life at Demetri's in Foxborough! The show is typically described as "The Three Tenors meets the Rat Pack". They are known to take their audience from tears to laughter with warm nostalgia and soaring voices. For lunch you will enjoy a choice of roasted stuffed chicken breast or baked Atlantic scrod. Meal choice and full payment of \$79 is due upon sign up. Bus will depart from the Bedford Town Hall Parking area at 10 AM and will return at about 6:30 PM.