

Bedford Council on Aging
April 2015 Announcements

Wednesday April 1 at 6:00 PM

Movie: Pollock

April 1st film, Mr. Turner, is not available for showing. In its place at 6PM we will show the film, Pollock, another great film about an artist and the impact his personal life had upon his artistic creations. This riveting biopic follows abstract painter Jackson Pollock -- who's alternately neurotic, misogynistic and brilliant -- from the start of his career through his marriage to fellow artist Lee Krasner, a union tested by his adultery and alcoholism. Pollock is a 2000 biographical film depicting the life story of American painter Jackson Pollock. Starring Ed Harris, Marcia Gay Harden, Jennifer Connelly, Robert Knott, Bud Cort, Molly Regan and Sada Thompson. The film was directed by Harris who received an Academy Award for Best Supporting Actress for portraying Lee Krasner, Pollock's wife. This is one of those movies that generates questions within the viewers as to whether or not there is a correlation between substantial personal pain and artistic expression.

Tuesday April 7 at 10:30 AM

Self Defense Class

Whether you're at home in Bedford or traveling to another place, you need to know how to prevent crime, or if you find yourself in a dangerous situation, know how to get away unharmed. Find out the best ways to secure your home and your vehicle as well as learn strikes, blocks, kicks and patterns of movement to get you out of a situation in which you are being attacked when the Lincoln Police comes to the Bedford COA on Tuesday, April 7th at 10:30 AM. The methods you learn will use minimal energy, with the goal being escape. Please call the Bedford Council on Aging to sign up.

Wednesday April 8 at 10:00 AM

Genealogy

Curious about your own history?? Join the Genealogy Club on Wednesday April 8 at 10:00 AM. This is a welcoming group of people who share an interest in genealogy... and would love you to join them!

Wednesday April 8 at 1:00 PM

Taking Control of Your Future

Attorney Dale Tamburro will return to the Bedford COA on **Wednesday, April 8 at 1:00 PM** to present a discussion on Housing Options for Elders. 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!

Wednesday April 8 at 7:00 PM

Sleep, Sleep Disorders & Aging

Do you find that your sleep pattern and/or sleep quality is changing as you age? Are you finding it difficult to fall asleep? Remain asleep? Are you snoring? Are you a shift worker? Sleeping is one of the most important aspects of health yet we tend to ignore its impact upon our well-being. The Bedford Council on Aging is pleased to have Evan D. Chinoy, Ph.D. present "Sleep, Sleep

Disorders, and Aging”. Dr. Chinoy is a post-doctoral research fellow in the Division of Sleep and Circadian Disorders at Brigham and Women’s Hospital and the Division of Sleep Medicine at Harvard Medical School. Dr. Chinoy’s research focuses on how sleep and circadian rhythms are affected by aging and nighttime light exposure, and their impacts on performance and health. The presentation will take place on Wednesday, April 8th at 7 pm.

Thursday April 9 at 8:30 AM

Fire Safety Breakfast

February is Burn Awareness Month. Join Fire and Life Safety Educator Nick Anderson on Thursday April 9 at 8:30 AM for a delicious breakfast and more information on fire safety in the home! Please call (781)275-6825 to sign up!

Thursday April 9 at 10:00 AM

Portrait Class - Start of a six-week, two-hour class

Come join us as we explore, re-explore, and/or further our exploration of portraits. This class is for any student looking to work on personal skills in rendering a human face. We will work on “how to” draw a basic head from 3 different positions - Front, profile and 3/4 , utilizing line; facial elements (eyes, nose, mouth); hair texture; shading, etc.. Using whatever medium you choose, from any personal photos or images I bring to class, we will practice observing, measuring and shading a beloved grandchild, handsome stranger or relative’s image. Prior experience is not required, but a sense of humor is appreciated! This course will be 6 two-hour classes, Thursday mornings, 10am to noon, beginning April 9. Please remember to bring a Sketch book, #2 Pencils & erasers, colored pencils or any medium that you would like to work in, and images that you would like to draw from. Cost for the 6 weeks course: \$45. Sign-up ahead of time is required.

Thursday April 9 at 1:00 PM

Meet With Your State Representative!

Our State Representative, Ken Gordon, will be at the COA on Thursday April 9 to chat with you about state issues. This will be an informal opportunity for you to ask questions and hear about what is going on at the State House. Please call the Bedford Council on Aging at (781) 275-6825 for more information.

Friday April 10 at 10:00 AM

Memory Red Flags

Jenn Quinn, a longtime Bedford resident and owner of ComForCare Home Care, will be continuing the discussion from her program at the COA on Red flags and concerns about Dementia and memory loss in February. She will be here at 10:45AM on Friday April 10. These questions pop up all the time for most of us at some point in our lives. “Knowledge is power” and information and strategies are changing constantly. Please join us whether you attended the first session, or not. Sign up is encouraged!

Friday April 10 at 12:30 PM

Wizard Music

John Kienzle of Wizard Music will provide music by Irving Berlin on keyboard for easy listening. Come in for lunch, relax and enjoy John’s music!

Monday April 13 at 1:00 PM

Antarctica

Antarctica is Earth's southernmost continent, containing the geographic South Pole. Join COA Local Hal Ward on Monday, April 13 at 1:00 PM for a presentation and slideshow of his travels through this icy landscape.

Monday April 13 at 6:30 PM

Far East Lecture Series: China: Past & Present

~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! Join Prof. John Kienzle (of the Fall Middle East Series) for a look at "CHINA: Past and Present." One of the oldest continuous civilizations on earth, an intelligent people who gave us gunpowder, paper, the magnetic compass, marvelous art and architecture, philosophy and science. Today China stands as a major Economic and Military power and a major player on the world stage.

Wednesday April 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 April 15 at 1:00 PM

Estate Planning Series

On Wednesday, April 15 at 1:00 PM, in the first of a three part series, Attorney Eric Prichard from Brown & Brown PC will discuss the basics of estate planning, familiarizing you with typical estate planning documents like Wills and Trusts and providing real-life examples of how they work. In the second in third parts, which will be held in May and June, Attorney Prichard will discuss estate taxation and long-term care planning. We hope you will attend! Please call the Council on Aging at (781) 275-6825 to sign up.

Wednesday April 15 at 7:00 PM

Fun & Games

Do you like exercising your mind? Meeting new people? Being in a warm and comfortable environment during the cold of winter? Do you enjoy sharing the fun and laughter afforded by board games, card games or billiards? Come and join us on Wednesday, April 15 at 7:00 PM as we begin a fun time of getting those synapses firing and enjoying inside warmth during winter's cold. Come for a fun evening of cribbage, puzzles, backgammon, poker, billiards, etc. If anyone would like to bring their dinner and utilize the convenience of our café, equipped with ample fresh coffee and tea, please feel welcome to arrive earlier if this is more convenient.

Wednesday April 22 at 1:00 PM

Travelogue: Exploring Southern Florida

Join Carol and Ron Reynolds at 1:00 on April 22 as they present a program on their travels in Southern Florida. Come and see Everglades, Biscayne, and Dry Tortugas National Parks as well as several wildlife refuges. You'll see the wonderful birds and other wildlife of the parks as well as learn about some of the natural history of the area.

Thursday April 22 at 7:00 PM

Meet & Greet Gina Rada, Veterans Services Director

Come join us as we ‘Meet and Greet’ our new Veterans Services Director, Gina Rada on Wednesday, April 22 at 7:00 PM at the Bedford COA. Gina will provide services to veterans and their families in Bedford and Lexington. She has a fascinating professional path which brought her to this new and exciting position where she continues her history of helping veterans. Gina is the recipient of numerous awards for her investment in the well-being of our service men and women. As the district director, Gina will be working as a liaison between veterans and the Department of Veterans Affairs. She will assist veterans and their families who need assistance with claims and benefits including disability claims and health care benefits.

Thursday April 23 at 12:30 PM

Stress Management

Who doesn't have STRESS? Sometimes, stress is helpful to get work done or in a survival situation. However, stress can be harmful when it becomes overwhelming. It will interrupt the healthy status of your nervous system and disrupt the normal processes within your body. This can put you at increased risk of numerous health problems, such as digestive problems, heart disease, sleep problems, weight gain, and mental distress such as anxiety and depression. Unfortunately, overwhelming stress has become an increasingly common characteristic of our life. When stress overwhelms your nervous system, your body is flooded with chemicals that prepare you for “fight or flight”. The stress response can be lifesaving in emergency situations where you need to act quickly, but it can also wear your body down when you are constantly under stress. On the other hand, the relaxation response puts the brakes on this heightened state and brings your body and mind back into a state of equilibrium. Come to the presentation on Thursday, April 23 at 10:30AM at the Bedford Council on Aging. Joyce Cheng, the Community Health Nurse will talk about how stress impacts the health and teach some relaxation techniques to cope with it.

Thursday April 23 at 11:30 AM

“Spring Has Sprung” Lunch

Please be our guests and enjoy a gourmet lunch catered by Newbury Court Retirement Community, Concord. Jane Taylor, Bedford resident and Marketing Director at Newbury Court will be there to greet you and serve lunch! Limit of 40 participants. Please call the Bedford Council on Aging to sign up. See you there!

Monday April 27 at 10:00 AM

Science & Technology Club

This club will be meeting to view and discuss How We Got To Now with Steven Johnson, Episode 2: Time. Discover how time advanced navigation, technology, travel and the way we work. Bring your ideas for future meetings! We would love to hear about your interests!

Monday April 27 at 12:30PM

Name That Tune!

Laura Blair from Concord Health Care returns this month for an afternoon of music and fun on Monday March 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.

Monday April 27 at 6:30 PM

Far East Lecture Series: Japan: Old & New

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

Once our enemy at Pearl Harbor, now Japan is our strongest ally in the Far East. A special history stretching back thousands of years, with the oldest continuous monarchy on earth, Japan rose from atomic ashes after WW II to be an economic powerhouse. Japan is modern, yet preserves a unique culture as an island nation. Come explore Japan and the “Japanese Way” with Sensei Kienzle. Please register by calling the Council on Aging at (781) 275-6825. Don't miss this fascinating series!

Tuesday April 28 at 1:00 PM

Library Book Discussion

Staff from the Bedford Free Public Library will be leading a book discussion at the COA on *The Wife, the Maid, and the Mistress* by Ariel Lawhon. In this tale of Jazz Age New York, Lawhon walks one of fiction's trickiest tightropes, creating a novel that is both genuinely moving and full of pulpy fun. It's 1930, and a corrupt judge has gone missing. Newly promoted police officer Jude Simon is assigned the case and hunts among the speakeasies, Broadway theaters, and wealthy apartments of New York, only to be blocked at every turn. He's stymied in particular by the three women in the judge's life: his jaded wife; his sly mistress; and worst of all, his frightened maid, who happens to be Simon's wife. The women's stories throw a harsh light on New York in the 1930s, when gangsters ruled the city and women were pawns in their games. The imagined events of the novel become even more poignant when the reader discovers that the story is based on the real-life disappearance of Joseph Crater and that most of the characters were real people, like the notorious madam Vivian Gordon and the vile gangster Owney Madden. It's a great story, told with verve and feeling.

Wednesday April 29 at 1:00 PM

Why Your Story Matters

Thatcher Freund, a journalist and memoir writer, will be here at the Council on Aging to talk about the importance of stories in our lives both to ourselves and to the culture we live in, and why it matters so much that we preserve them. Thatcher is a graduate of Stanford University with a B.A. in History, and the Columbia School of Journalism, and has lived in New England off and on for the last twenty years. His published work includes a book, *Objects of Desire: The Lives of Antiques and Those Who Pursue Them*, which follows the lives of three pieces of American furniture from their creation in the 18th Century to their sales at Sotheby's some 250 years later. Besides his speaking engagements, Thatcher helps people to write their own memoirs and teaches workshops on memoir writing. Please join us on Wednesday April 29 at 1:00 PM for this interesting presentation!

Wednesday April 29 at 5:30 PM

BLT Info with Dottie

Join Dottie from the BLT (Bedford Local Transit) on Wednesday, April 29 at 5:30 for BLT sandwiches and info on the bus service she provides to Bedford! Please call to sign up so we know how many people to expect!

Wednesday April 29 at 7:00 PM

Make Your Own Hand Lotion!

Would you like to do something kind for yourself while at the same time learn something new? After this especially challenging, albeit beautiful, winter our skin is begging for attention. Come to the Bedford Council on Aging on Wednesday, April 29 from 7:00 – 8:30 p.m. and learn how to make customized skin care lotion and lip balm specific for your skin care needs. Join Susan Grieb and Mary Johannessen as they teach us a new way to care for ourselves while at the same

time tapping into our creative energy. We will be making moisturizer and lip balm from natural ingredients most of which can be found in our kitchen while Mary and Susan share their knowledge of herbs and ingredients for happier and healthier skin. Many years ago Mary began exploring the various uses of plants and herbs within her garden. During her experimentation, Mary found that she could make paper from flax and cough drops from horehound. She then broadened her interests and began exploring DIY recipes for moisturizers, cleansers, scrubs and toners. Susan and Mary have found the making of skin care products to be a fascinating and inexpensive interest with rewarding results, and are enthusiastic about sharing this with other women. Feel free to bring a friend and to bring your dinner if you are arriving directly from work. Our café is equipped to warm your dinner, provide a comfy atmosphere and serve a variety of teas and coffee. We look forward to seeing you at 7 p.m. (or earlier if that's more convenient). There is a \$15.00 fee to cover the cost of supplies which result in your 'take home' products. Please note that sign-up ahead of time is required.

Trips!

Garden in the Woods Tour & Luncheon on Thursday April 30

This has been a tough winter. It is time to enjoy the warmer weather! Please come with us to GARDEN IN THE WOODS in Framingham MA to welcome spring to New England!

“Only 21 miles from Boston, Garden in the Woods is a magical spot unlike any other botanic garden. With sharp, glacier-made ridges spilling into narrow valleys, its two miles of meandering paths lead through a towering canopy of trees to a pond, a wooded bog, numerous springs, and an ever-flowing brook. Set among 45 acres, this living museum displays a wide variety of common and rare native plants displayed in naturalistic settings. For families looking to teach their children about the natural world, for adults who can't decide between a stroll in the garden and a walk in the woods, and for anyone curious about the diversity of New England's wild flowers and woody plants, Garden in the Woods offers a unique experience in a tranquil and beautiful place.”

We will have a guided tour and will enjoy a boxed lunch in the Garden. Choices available when you sign up. The school bus will leave at 9:30 AM and return around 2:00 PM. Price is \$45.00 per person. Sign up TODAY!

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