



July 2015

## Bedford Council on Aging Events

### **Anytime, Any Day 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!**

### **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.)*

### **Tuesday July 7 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 July 8 at 6:30 PM**

**Movie: *American Graffiti***

(1973) PG Showcasing then Hollywood newcomers Harrison Ford, Richard Dreyfuss and Ron Howard, director George Lucas weaves together the stories of a disparate group of teenagers as they struggle with adolescent rites of passage in 1962.

**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 July 11 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 July 11 if your birthday is in July, or August 1 if your special day is in August!

**Saturday July 11 at 1:15 PM**

**Movie: *Amira & Sam***

(2015) R Still struggling to readjust to American culture, Iraq War veteran Sam visits his former translator and is mesmerized by the man's attractive niece, Amira. But if Sam wants to capture her heart, he must first find a way to prevent her deportation.

**Tuesday July 14 at 10:00 AM**

***Clear Captions***

Come to the Council on Aging on Tuesday July 14 at 10AM 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.*

**Wednesday July 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 1/2 years. All are welcome. Please call to RSVP 781-275-6825.

**Friday July 17 at 10:30 AM**

***Communicating with Friends and Loved Ones with Dementia***

Join Jenn Quinn, Owner/President of ComForCare Home Care to learn the best ways to communicate with loved ones with dementia. She will be at the COA on **Friday July 17 at 10:30 AM**. Participants will leave with a better understanding of how to use certain techniques to increase positive, enjoyable interactions. Our goal is to create better days by being educated on how to best support those with dementia. Please sign-up so we know how many people to expect.

**Saturday July 18 at 12:30 PM**

***Pizza Party***

Join Vicky at the Bedford Council on Aging for a slice of your favorite pizza!

**Saturday July 18 at 1:15 PM**

***Movie: Cake***

(2015) R Saddled with chronic pain, Claire Simmons has kept a sense of humor, even if it's of the acidic, angry variety. Upset but gripped by curiosity when a member of her support group kills herself, Claire decides to excavate the truths behind the suicide.

**Monday July 20 at 10:00 AM**

***Science & Technology Club***

All are welcome! Will be meeting Monday July 20 at 10:00 AM to view and discuss How We Got To Now with Steven Johnson, Episode 5: Cold. Examine the effects of man's mastery of cold on food, Hollywood, and even politics. 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 July 20 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 July 20 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 July 21 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 July 22 at 1:00 PM**

***Taking Control of Your Future***

Attorney Dale Tamburro will return to the Bedford COA on Wednesday July 22 at 1:00 PM to present a discussion on Elder Law: The Important Differences Between Revocable and Irrevocable Trusts, and more. 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!

Stay tuned for upcoming lectures this fall regarding: Basic Estate Planning, Use of Revocable and Irrevocable Trusts in Estate Planning, and Housing Options for Elders.

**Friday July 24 at 1:00 PM*****Trail Walk***

Join Alissa on Friday, July 24 at 1:00 PM for a walk to Two Brothers Rocks. This year, we will park at the trail-head on Old Causeway Rd., just before the gate to the 'Concord Field Station'. This will be a 1½+ mile walk with some uneven ground. Please call the COA to register by Thursday, July 23. 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 July 25 at 1:15 PM****Movie: *Seven Brides for Seven Brothers***

(1954) G Set on a ranch in the Oregon Territory, this rousing musical tells the story of Adam (Howard Keel) and his six unruly brothers. Adam marries Milly (Jane Powell), who's appalled by the motley crew and takes it upon herself to tame them. Longing to become husbands like their brother, the boys go into town and kidnap six lovely women for themselves. Not without chaos and uproar, the boys and their wives eventually find happiness.

**Monday July 27 at 10:00 AM*****Japan Travelogue***

Please join Hal Ward for another interesting travelogue! Hal will talk about his trip to Japan and show us some breathtakingly beautiful scenery. Hal has traveled extensively and has a wealth of knowledge to share.

**Tuesday July 28 at 10:30 AM*****Liver Health with Joyce!***

Joyce Cheng, the Community Health Nurse of the Bedford Board of Health will give a presentation on Liver Health. Signs and symptoms of liver diseases and tips of prevention will be discussed. An assessment tool will be used to evaluate everyone's risk of Hepatitis. The presentation is scheduled on July 28th, 10:30 AM- 11:30 AM in the Flint Room. Please let us know if you will attend!

**Wednesday July 29 at 10:30 AM*****SongFest***

We will meet on Wednesday July 29 at 10:30 AM for cold drinks, goodies, S'Mores and your favorite camp songs! Join us for the festivities! Please call ahead so we know how many to expect.

**Wednesday July 29 at 6:30 PM****Movie: *The Theory of Everything***

(2014) PG-13 With his body progressively ravaged by ALS, world-famous physicist Stephen Hawking must rely on his wife, Jane, to continue his life's work as he faces various challenges. He and Jane defy terrible odds and break new ground in the fields of medicine and science, achieving more than either could hope to imagine.

**Thursday July 30 at 1:00 PM*****Ice Cream!!***

Atria Longmeadow Place will be returning to the COA on Thursday July 30 at 1PM for a special summertime treat! Please call to sign up so we know how many will attend.

## **Trips!**

### **Monday July 13**

#### ***Concord River Summer Lunch Cruise - \$35***

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. Served with iced tea or lemonade. Full payment is due upon sign up. \*\*Please meet at 11:00 at the South Bridge Boat House in Concord (496 Main St.) The cruise leaves at 11:15 AM and will return at about 12:30. Space is limited to 20 so reserve your spot today!

### **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.**