

Plenty of activities going on in March at Bedford's Senior Center

Tuesday March 3 at 10:30 AM

Trivia & Pizza

Join Under My Roof In Home Care for a morning of trivia and a slice of pizza! Please call the COA at (781) 275-6825 to sign-up! This agency provides in-home care services that allow people to stay in their homes with the greatest level of independence possible. "Our goal is to help you stay under your roof with respect and dignity. Now it's up to us to deliver on what we have promised."

Wednesday, March 4 at 7:00 PM

Get On Up- The James Brown Story

Join Diane at the COA on Wednesday, March 4 at 7:00 PM for a viewing of Get On Up. Based on the incredible life story of James Brown, the Godfather of Soul, the film will give a fearless look inside the music, moves and moods of Brown, taking audiences on the journey from his impoverished childhood to his evolution into one of the most influential figures of the 20th century. Boseman is joined in the drama by Viola Davis, Octavia Spencer, Nelsan Ellis, Lennie James, Tika Sumpter, Jill Scott and Dan Aykroyd.

Thursday March 5 at 11:30 AM

Lunch & BINGO

Lisa Honka 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.

Friday March 6 at 12:30 PM

Wizard Music

John Kienzle from Wizard Music will provide keyboard "Irish Songs" for easy listening. Come in for lunch, relax and enjoy John's music!

Monday March 9 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 1: Clean*. Learn how clean water has changed our world and the way we live our lives. (REPEAT due to snow) Bring your ideas for future meetings! We would love to hear about your interests!

Monday March 9 at 12:30 PM

Prescription Advantage

Kathy Devine, Outreach Coordinator for the Prescription Advantage Program, will be here to talk with you about Prescription Advantage and how it works with your Medicare or other prescription drug coverage. This is a good time of year to talk about this program, particularly if you have reached the Donut Hole in 2014. It will give you peace of mind to know that with Prescription Advantage you could potentially avoid those sky-rocketing drug costs in 2015! Please call the Council on Aging at (781) 275-6825 to sign up.

Tuesday March 10 at 8:30 AM

Police Coffee

Join Bedford Police Chief Bongiorno and Elder Affairs Officer Kristen Dineen for coffee and conversation on Tuesday March 10 at 8:30 AM. Bring your questions, or just come to visit!

Tuesday March 10 at 11:30 AM

Measles: What You Need to Know

The Measles Outbreak!! Are you at risk?? Come learn what you should know about this contagious disease. Presented by Nancy Carney RN, BSN, Clinical Liaison for VNA of Middlesex-East Home Health & Hospice. Light lunch provided by Right At Home In Home Care & Assistance of Bedford. Please call the Bedford COA to RSVP (781) 275-6825.

Tuesday March 10 at 1:00 PM

Diabetes Management

Diabetes can be managed through diet and exercise. However, many people need help managing this disease with medication. Join Megan Soucy, Walgreens pharmacist from Lexington, to learn about diabetes and how to manage this condition through lifestyle modifications and blood glucose monitoring. We will also do an overview on medication guidelines to ensure you are meeting your diabetic goals.

Wednesday March 11 at 11:00 AM

Meet Our DPW Director!

Join Roy Sorenson, our new DPW director on March 11 at 11 AM (weather permitting) to answer any questions you may have! Please let us know that you are attending by calling (781) 275-6825.

Wednesday March 11 at 1:00 PM

Dale Tamburro

Back by popular demand! Attorney Dale Tamburro returns to the Bedford COA on Wednesday, March 11 at 1:00 PM to present on MassHealth (Medicaid), estate taxes and trusts available to seniors, and also answer any questions you may have. 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 March 11 at 7:00 PM

Author Discussion (Repeat due to snow)

Do you have a favorite author? A favorite book? Join Diane for a monthly gathering to discuss various authors and their respective works. This new and exciting group will begin on Wednesday, March 11 at 7 p.m. We will begin with author John Steinbeck. Come share your ideas, opinions and/or insights about this talented and much respected author! Come and join us as we discuss his inspirational, informative and interesting novels. Prior knowledge or reading of the author's works are not essential but are welcomed. Some of Steinbeck's works include: Of Mice and Men (1937), The Grapes of Wrath (1939) and Travels with Charlie: In

Search of America (1960). Please feel free to bring your dinner if you are arriving straight from work; the COA kitchen has a microwave, coffee/tea and a relaxing atmosphere.

Thursday March 12 at 8:30 AM

Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on Wednesday, March 12 at 8:30 AM for a delicious breakfast and information on fire safety in the home! Please call (781)275-6825 to sign up.

Thursday March 12 at 1:00 PM

Ken Gordon

Our State Representative, Ken Gordon, will be at the COA on Thursday March 12 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.

Monday March 16 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 March 16 at 12:30 PM. Try to guess some old favorites for a chance to win some great prizes! Please sign up in advance by calling the COA at (781) 275-6825.

Tuesday March 17 at 11:30 AM

St. Patrick's Day Lunch

Join Atria Longmeadow Place at the COA for a St Patrick's Day Lunch on Tuesday March 17 at 11:30 AM. Please sign up at the COA by Friday, March 13.

Wednesday March 18 at 10:00 AM

Veterans Coffee

Join Tom Moran, Veteran Liaison with Compassionate Care Hospice, at the Bedford COA 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 to RSVP 781-275-6825.

Wednesday March 18 at 12:30 PM

Bedford Embraces Diversity

Bedford Embraces Diversity will be at the COA to speak about the Multicultural Festival on April 12, 2015. All are welcome. Please call to RSVP 781-275-6825.

Wednesday March 18 at 5:30 PM

Name That Tune!

Laura Blair from Concord Health Care is here again for an evening of music and fun on Wednesday March 18 at 5:30 PM. Try to guess some old favorites for a chance to win some great prizes. We'll be playing tunes from the 60s! There will be a light dinner for this event so please sign up by Friday March 13 by calling the COA at (781) 275-6825.

Wednesday March 18 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, March 18 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.

Thursday March 19 at 11:00 AM

Colon Health

March is the month for Colorectal Cancer Awareness. The Community Health Nurse, Joyce Cheng RN, will give a presentation on the risk factors, signs and symptoms, and ways to prevent colon cancer. She will also discuss the recommendation of routine screening. She will also discuss how diet, daily activities, and life style changes can enhance colon health. A hearty and tasty colon healthy homemade soup will be served. Please call the Council on Aging at (781) 275-6825 to sign up.

Monday March 23 at 1:00 PM

Local Author Jan Gifford

Author Jan Gifford from Concord will be here on Monday March 23 at 1:00 PM to discuss her book "Always A Pleasure" This is a story about friendship in later life and how age and gender do not matter when people share common interests. Sign up is preferred. Please call the COA for more information. Books are available on Amazon and from the author!

Tuesday March 24 at 1:00 PM

Library Book Discussion (repeat due to snow)

Staff from the Bedford Free Public Library will be leading a book discussion at the COA on *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. The first immortal human cells, code-named HeLa, have flourished by the trillions in labs all around the world for more than five decades, making possible the polio vaccine, chemotherapy, and many more crucial discoveries. But where did the HeLa cells come from? Science journalist Skloot spent 10 years arduously researching the complex, tragic, and profoundly revealing story of Henrietta Lacks, a 31-year-old African American mother of five who came to Johns Hopkins with cervical cancer in 1951, and from whom tumor samples were taken without her knowledge or that of her family. Henrietta died a cruel death and was all but forgotten, while her miraculous cells live on, growing with mythological intensity. Skloot travels to tiny Clover, Virginia; learns that Henrietta's family tree embraces black and white branches; becomes close to Henrietta's daughter, Deborah; and discovers that although the HeLa cells have improved countless lives, they have also engendered a legacy of pain, a litany of injustices, and a constellation of mysteries. Writing with a novelist's artistry, a biologist's expertise, and the zeal of an investigative reporter, Skloot tells a truly astonishing story of racism and poverty, science and

conscience, spirituality and family driven by a galvanizing inquiry into the sanctity of the body and the very nature of the life force.

Tuesday March 24 at 7:00 PM

Movie: *The Quiet Man*

In an attempt to escape his past, Sean Thornton (John Wayne) returns to America to reclaim his homestead. Once he is home, his eye is caught by Mary (Maureen O'Hara), a poor maiden with an ill-tempered older brother named Will. Their relationship is constantly on attack by Will (Victor McLaglen), which forms the main plot line, with Sean's past as the undercurrent.

Wednesday March 25 at 6:00 PM

Eternal Search Forum

A group that discusses life in the universe Conveners: Mool Raj Mathur & Bijoy Misra "Ambition towards Achievement" Human ambition is towards a selective goal to achieve happiness. However all ambitions do not translate into achievements. 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!

Wednesday March 25 at 6:30 PM

Breaking Down the Walls of Resistance: Accepting Help with Caregiving

How many times has your mother or wife refused to bathe or to change her clothes? How often have you lost sleep or been late for work because of caregiving for a loved one with dementia? How many times have people offered caregiving help but you have refused their assistance? Whether it is the person with dementia refusing care or you are refusing help with caregiving, join us on Wednesday, March 25 at 6:30 PM to learn ways to effectively introduce help to your loved one and accept caregiving assistance. Please sign up by calling (781) 275-6825 as dinner will be provided by Right At Home In-Home Care & Assistance of Bedford.

Thursday March 26 at 10:30 AM

Taste & Tour of Atria

Hop on the van and take a Taste and Tour of Atria Longmeadow Place! Thursday, March 26 10:30 AM. Limit 11. Please sign up at the Council on Aging at (781) 275-6825!

Monday March 30 at 5:30 PM

Pizza & Conversation!

On Monday, March 30 at 5:30 PM, stop in to the Council on Aging for pizza and conversation about local senior living options! Presented by Always Best Care Senior Services. Please sign up by Friday, March 27 by calling (781) 275-6825.

Wednesday April 1 at 6:00 PM

Movie: *Mr. Turner*

Join COA staff for a viewing of *Mr. Turner* (2014) on Wednesday April 1 at 6:00 PM. This movie explores the last quarter century of the life of famed 19th-century painter J.M.W. Turner. This film spotlights his artistic genius, along with the eccentric and frequently insensitive behavior that he exhibited in his private life. *"Mr. Turner is about the tensions and contrasts between this very mortal man and his timeless work, between his fragility and his strength. It is also an attempt to evoke the dramatic changes in the world over the last quarter century of his life."* ~ Director Mike Leigh

Trips!

Redhook Brewery Tour- \$60 Join us on **Monday, March 16** for a trip to Portsmouth NH to visit and tour the Redhook Brewery for **just \$60 per person!** The tour includes a guided walk through the brewery, some Redhook history, an explanation of just how we make our fine beers, and a sampling session with three to four samples of beer and a souvenir pint glass. We will also be staying for an exceptional lunch at the Cataqua Pub, named after the Piscataqua River that divides New Hampshire and Maine, the third fastest flowing navigable river in the world. "Piscataqua" is a Native American term, metaphorically translated to "a place where people come together, and where they part on their separate ways." **Meal choices upon sign-up... Many options for lunch, plus dessert!** *Price includes transportation, lunch, tour, and a souvenir glass!*

Old Schwamb Mill- \$44 On **Tuesday, March 31** jump on the bus for a trip to the historic Old Schwamb Mill in Arlington for **only \$44 per person!** We'll take a tour and see how they produce hand-turned museum quality oval frames. The historic Old Schwamb Mill site itself survives as a continuously operating site where, for more than 300 years, immigrant Puritan, Yankee, and German entrepreneurs harnessed the free water power of a narrow, fast moving brook to run machines and develop a series of family-owned businesses. The Mill's story is as compelling as the beauty of the frames produced here for the most recent 137 years. We'll stay local and have a hearty lunch at Not Your Average Joe's. **Meal choices upon sign-up... Many options for lunch, plus dessert!** *Price includes transportation, lunch and tour!*

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