



September, 2015

## Bedford Council on Aging Events

### Weekly Activities

#### **Cycling for Seniors**

A series of bicycle rides for active seniors. All rides will start in front of the COA at 10AM. If you would like to be put on a list to be notified of upcoming rides send an email to Jack Donohue ([jmdonohue@alum.mit.edu](mailto:jmdonohue@alum.mit.edu)). Rides will be 15-20 miles long, depending on the preference of the riders. You should be able to maintain an average pace (including hills) of at least 10mph, and have a multispeed bike in good condition. We'll try to stay mostly on back roads, but we will spend some time on busy roads, so you should be comfortable riding with traffic. After the ride, we'll have coffee and snacks at the COA.

#### **Dog B.O.N.E.S. Visits**

Dog B.O.N.E.S. is an acronym for Dogs Building Opportunities for Nurturing and Emotional Support Stop in and visit with Reika & Kramer every Wednesday at 10:00. Mara & her dog Max will be here Thursdays from 11-noon. Ann & her dog Kobi drop by every Saturday 11:30-12:30! Also, keep your eyes open for impromptu visits all week by other volunteers!

#### **Thursdays in September at 10:00 AM**

##### **Grands & Me**

Are you a caretaker for your grandchildren or someone else's? Join us in the Kitchen at the Bedford COA on Thursdays at 10 AM 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.

#### **Thursdays in September at 1:00 PM**

##### **Current Events**

Come join us and let's talk about Current Events! Not just the media sound bites, but what people think is really going on. We provide a friendly social environment within which a variety of local, national and international topics are introduced and discussed with the goal of coming away each week better informed and better able to articulate on a variety of subjects! The floor is open to all attendees and all discussion topics come from the floor. Coffee and light snacks are generally available before the meeting in the COA's main room. We hope you will join us and

we look forward to seeing you!

## Day by Day

### **Wednesday, September 2 at 7:00 PM**

#### **Movie: *Ida***

Join Wendy for a viewing of *Ida* (2014) PG-13. Raised in a Catholic orphanage during the Nazi occupation of Poland, Anna is poised to join the order when she learns she has a surviving aunt. But visiting the woman before taking her vows uncovers some inconvenient truths about her heritage.

### **Saturday, September 5 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 September 5 if your special day is in September!

### **Saturday, September 5 at 1:15 PM**

#### **Movie: *My Favorite Wife***

(1940) NR A funny thing happens to Nick (Cary Grant) on his way to his honeymoon suite. He meets his wife (Irene Dunne). No, not his bride (Gail Patrick). He meets the wife that was lost at sea seven years ago, and presumed dead. In reality, she was stranded on an island, with a handsome man (Randolph Scott).

### **Tuesday, September 8 at 11:30 AM**

#### **Newbury Court Autumn Lunch**

Please enjoy a gourmet lunch catered by Newbury Court Retirement Community in Concord! Jane Taylor, Bedford resident and Marketing Director at Newbury Court, will be here to greet you and serve lunch. Lunch is complimentary. Limit of 40 participants. Please call the COA to sign up by Friday, September 4. See you there!

### **Wednesdays at 6:30 PM**

#### **Learn to Stitch**

Bring a project or your questions with you. Whether you want to knit, crochet, bead or embroider, this group can teach you what you need to know!

### **Wednesday, September 9 at 10:30 AM**

#### **Irving Berlin Tribute!**

Come and sing along, hum, listen, clap, dance or whatever you choose! Refreshments will be served. *Irving Berlin has no place in American music...he is American Music—Jerome Kern*

### **Wednesday, September 9 at 7:00 PM**

#### **Looking Good, Feeling Good: *Reiki, Getting and Staying Healthy***

Taking care of yourself has benefits in all aspects of your life: physical, emotional, psychological and spiritual. Sometimes relatively easy changes can enhance one aspect of your life which in turn has a positive effect upon another aspect: it's a win-win situation! Honor yourself, enjoy your uniqueness and have fun in the process of being the best 'you' you can be! Join us for a series of Looking Good – Feeling Good interactive presentations. Bring your questions and receive answers from experts in their respective fields. *Reiki: Getting & Staying Healthy*

presented by Denise Gilbert, Usui Shiki Reiki Master, of Calm Core Reiki. Come learn about Reiki treatment and all its many benefits.

**Thursday, September 10 at 9:30 AM**

**Take a Hike!**

The Community Of Active folks (aka the COA) is starting a hiking group. We will explore the conservation trails in Bedford, Carlisle, Concord, Lexington and Lincoln. The walks will take 2 hours and will cover 4 to 6 miles. We will meet at the Bedford COA at 9:30 and carpool to the start of the hike. The walks will initially be led by Susan Grieb who is a long time Appalachian Mountain Club trip leader. If interested in any of the hikes you can sign up with the Bedford COA or directly with Susan Grieb at [slgrieb@comcast.net](mailto:slgrieb@comcast.net). Great Meadows, Concord. This walk combines some beautiful quiet roads into the sanctuary along river views and wooded areas. Terrain is gentle. Distance is around 4 or 5 miles. Lunch could follow at the Trailside Café.

**Thursday, September 10 at 12:30 PM**

**What is Acupuncture? An Introduction**

'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 symptoms from various causes. Dr. Roychowdhury will be offering weekly acupuncture treatments at the Bedford COA starting Tuesday, September 15 at 6PM.

**Friday, September 11 at 1:00 PM**

**Taking Control of Your Future**

Attorney Dale Tamburro will return to the Bedford COA on Friday, September 11 at 1:00 PM to present 'Understanding Basic Estate Planning'. This will include: organizing paperwork...just in case; estate planning terminology; health care proxies, power of attorneys, wills and much much 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! Dale will have an encore presentation on Wednesday, September 30 at 6:30 PM.

**Saturday, September 12 at 12:30 PM**

**Apple Fest**

Join us at the Council on Aging on Saturday, September 12 at 12:30 PM for everything apples!

**Saturday, September 12 at 1:15 PM**

**Movie: *Selma***

(2014) PG-13 Commemorating the 50<sup>th</sup> anniversary of the 1965 civil rights march from Selma, Ala., to Montgomery, this stirring historical drama highlights the courage of the marchers as they withstand racist and violent attacks by the police.

**Tuesday, September 15 at 12:00 PM**

**Lunch with Northbridge!**

Join us for soup, sandwiches and a chance to ask any questions about senior living including social programming, financial options. Prizes awarded for the best questions! The Carriage

House at Lee's Farm is a new choice for independent and assisted living, and a safe and secure community for support for memory impairment. Please call the Council on Aging by Friday, September 11 to sign up.

**Tuesday, September 15 at 5:00 PM**

**Brain Healthy Cooking**

Join Concord Park Senior Living for an educational program that allows individuals to learn and experience a way of eating and cooking that promotes a healthy brain! Current research shows that diet CAN boost your brain health, at any age. This presentation will show how easy nutrition guidelines and recipes can get you started on the road to a healthier mind and improved memory! This is about a one hour presentation followed by a sampling of the food. Please let us know if you will join us at the Bedford Council on Aging on Tuesday, September 15 at 5PM or Thursday, September 24 at noon!

**Wednesday, September 16 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, September 16 at 1:00 PM**

**Travelogue: The Grand Tetons and Yellowstone**

Join Carol and Ron Reynolds on Wednesday, September 16 at 1PM as they share video and photos of their trip to the Grand Tetons and Yellowstone National Park. Come on a float trip down the Snake River below snowcapped mountains in the Grand Tetons National Park. Explore the roads and hiking trails of Yellowstone National Park which contains about half of the world's geysers. Visit the Grand Canyon of the Yellowstone. See black bear, elk, mule deer and many, many bison along the roads and trails. See you there!!

**Wednesday, September 16 at 7:00 PM**

**Looking Good, Feeling Good: *Foods' Effect upon Mood, Fitness, and Physical Appearance***

by Cindy Carroll, MS, RD, LDN, RN of [cindy@nutritiontofityou.com](mailto:cindy@nutritiontofityou.com) Learn the most updated and easily explained information about this sometimes mind-boggling field of nutrition. Taking care of yourself has benefits in all aspects of your life: physical, emotional, psychological and spiritual. Sometimes relatively easy changes can enhance one aspect of your life which in turn has a positive effect upon another aspect: it's a win-win situation! Honor yourself, enjoy your uniqueness and have fun in the process of being the best 'you' you can be! Join us for a series of Looking Good – Feeling Good interactive presentations. Bring your questions and receive answers from experts in their respective fields.

**Thursday, September 17 at 9:30 AM**

**Take a Hike!**

The Community Of Active folks (aka the COA) is starting a hiking group. We will explore the conservation trails in Bedford, Carlisle, Concord, Lexington and Lincoln. The walks will take 2 hours and will cover 4 to 6 miles. We will meet at the Bedford COA at 9:30 and carpool to the start of the hike. The walks will initially be led by Susan Grieb who is a long time Appalachian Mountain Club trip leader. If interested in any of the following hikes you can sign up with the Bedford COA or directly with Susan Grieb at [slgrieb@comcast.net](mailto:slgrieb@comcast.net). Great Brook Farm, Carlisle could be followed by lunch at Ferns. We will walk on a combination of carriage roads and wood

trails, across beautiful open fields around ponds and along a river. 5ish miles some hills and rocky terrain.

**Thursday, September 17 at 10:30 AM**

**Staying Safe at Home**

with Kathy Cuddy, ACP and Jenn Quinn, ComForCare Home Care Come hear stories and be introduced to the many products making it possible for people to remain independent. You'll have fun while learning simple ways to stay safe at home, helping you to be pro-active financially, emotionally and physically! Join in the conversation on Thursday, September 17 at 10:30 AM.

**Friday, September 18 at 12:30 PM**

**Wizard Music**

John Kienzle from Wizard Music will provide music by the Beatles on keyboard for your entertainment! Come in for lunch, relax and enjoy John's music!

**Friday, September 18 at 1:00 PM**

**Trail Walk**

Join Alissa on Friday, September 18 at 1:00 PM for a walk at the Bedford/ Massport Trails. We will meet at the end of Caesar Jones Rd, and will begin our walk on the Minuteman Bikeway Extension. This will be a 1½+ mile walk with some uneven ground. Please call the COA to register by Thursday, September 17. 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, September 19 at 1:15 PM**

**Movie: *Annie***

(2014) PG Adapting the blockbuster Broadway musical for the big screen, this heartwarming tale charts the sad childhood of spirited little orphan Annie. But after tycoon Benjamin Stacks rescues her, Annie's life is transformed in ways she never imagined.

**Monday, September 21 at 12:30 PM**

**Talk to Your State Representative!**

Ken Gordon will be at the COA on Monday, September 21 at 12:30 PM to talk with you about state issues. Bring your questions!

**Monday, September 21 at 1:00 PM**

**Science & Technology Club**

We will be kicking off the fall with the first episode of *How the Universe Works: Big Bang*. This series has been described as "a user's guide to the cosmos from the big bang to galaxies, stars, planets and moons. Where did it all come from and how does it all fit together. A primer for anyone who has ever looked up and wondered." This group is a general interest group...No need to feel intimidated! Beginning in October, this group will meet on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of each month.

**Monday, September 21 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, September 21 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.

**Mondays Beginning September 21 at 5:00 PM**

**\*New\* Toning & Conditioning**

Co-ed class. Join Madeline Mondays 5-6PM. Beginning September 21 for strength toning and conditioning. We will be using resistance bands and hand weights. \$65 per 8 week session.

**Monday, September 21 at 6:30 PM**

**Russia and Her Neighbors**

Join us at Town Center in the Flint Room at 6:30PM on the following dates:

PART I: September 21 Russian Heartland: We will explore the history of Russia itself, from Viking and Byzantine origins through Czarist centuries and the Russian Revolution, leading to the formation of the Soviet Union. After 1991, Russia re-invented itself as the Russian Federation. How did Putin rise?

PART II: October 5 Eastern Europe, Poland and Ukraine.

PART III: October 19 Baltic Nations: Estonia, Latvia, Lithuania.

PART IV: November 2 The Caucasus

**Mondays beginning September 21 at 7:00 PM**

**Recorder Lessons**

Carroll Ann Bottino of Lexington is teaching a Recorder class to beginners! She has recorders that students can use. If interested please contact the Council on Aging! The class begins Monday, September 21 at 7PM. \$80 for the 8-week series. For more info please call (781)862-3337.

**Mondays Beginning September 21 at 7:00 PM**

**Beginner's Folk & Line Dance**

Have you ever wanted to try line dancing but didn't think you could do it? Join Jim at the Council on Aging Café on Mondays exactly at 7:00 PM with your 'two left feet' for folk & line dance lessons. Each 8-week session costs just \$65! (\$10 drop-in rate) We'll teach you from the first step! Soft-soled shoes preferable. Please call the Council on Aging to sign up, limit 20. Session begins September 21.

**Tuesday, September 22 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, September 23 at 9:00 AM**

**Fire Safety Breakfast**

Join Fire and Life Safety Educator Nick Anderson on Wednesday, September 23 at 9:00 AM for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.

**Wednesday, September 23 at 7:00 PM**

### **Looking Good Feeling Good: *Great Smiles!***

Increase confidence and enhance health making you feel good from the inside out. Join Dr. Dianne Bridgeman DDS, 41 North Road, Bedford, MA for an informative evening. Taking care of yourself has benefits in all aspects of your life: physical, emotional, psychological and spiritual. Sometimes relatively easy changes can enhance one aspect of your life which in turn has a positive effect upon another aspect: it's a win-win situation! Honor yourself, enjoy your uniqueness and have fun in the process of being the best 'you' you can be! Join us for a series of Looking Good – Feeling Good interactive presentations. Bring your questions and receive answers from experts in their respective fields.

### **Thursday, September 24 at 9:30 AM**

#### **Take a Hike!**

The Community Of Active folks (aka the COA) is starting a hiking group. We will explore the conservation trails in Bedford, Carlisle, Concord, Lexington and Lincoln. The walks will take 2 hours and will cover 4 to 6 miles. We will meet at the Bedford COA at 9:30 and carpool to the start of the hike. The walks will initially be led by Susan Grieb who is a long time Appalachian Mountain Club trip leader. If interested in any of the following hikes you can sign up with the Bedford COA or directly with Susan Grieb at [slgrieb@comcast.net](mailto:slgrieb@comcast.net). Multiple conservation lands in Lincoln. This is one of my favorite hikes! We travel through farm fields, by horses, through woods and to Fair Haven. 6 miles with varied terrain. Possible lunch at Verrill Farm.

### **Beginning Thursday, September 24 at 10:00 AM**

#### **Drawing the Figure Through Line**

These classes will enhance your knowledge of how to draw a figure through line, shading to create a figure of depth, and colors to add to the beauty of the figure. Please note that we do not work from a live model. We work with supplied photos, images of clothed figures. Please feel free to come if you have done this before or would like to learn a new technique. Please bring the following supplies for each class- Sketch book, #2 pencils and erasers, colored pencils or any medium that you would like to draw from. **\$45 for 6-week class.**

### **Thursday, September 24 at 11:00 AM**

#### **Hidden Sugars**

Over consumption of sugar has led to obesity and associated chronic diseases in America today. In addition, the use of fructose as an additive in the food industry drives the problem further. How to avoid the harm of overdose on sugar? How to detect the hidden sugar in our diet? The Community Health Nurse of Bedford Board of Health, Joyce Cheng will discuss this primary concern of our health and give practical tips for food choices. The presentation will be held on Thursday, September 24, at 11AM at the Council on Aging.

### **Thursday, September 24 at 12:00 PM**

#### **Brain Healthy Cooking**

Join Concord Park Senior Living for an educational program that allows individuals to learn and experience a way of eating and cooking that promotes a healthy brain! Current research shows that diet CAN boost your brain health, at any age. This presentation will show how easy nutrition guidelines and recipes can get you started on the road to a healthier mind and improved memory! This is about a one hour presentation followed by a sampling of the food. Please let us know if you will join us at the Bedford Council on Aging Thursday, September 24 at noon!

### **Saturday, September 26 at 11:15 AM**



## **Portrait 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. Using whatever medium you choose, from any personal photos or images I bring to class, we will discuss the “how-to’s” of observing, measuring and shading a beloved grandchild, handsome stranger, or relative’s image. Please bring the following supplies for each class- Sketch book, #2 pencils and erasers, colored pencils or any medium that you would like to draw from. **\$45 for 6-week class.**

## **Saturday, September 26 at 1:15 PM**

**Movie:** *The Second Best Exotic Marigold Hotel*

(2015) PG In a sequel to the Golden Globe-nominated film, hotel owner Sonny is overwhelmed with the task of finding a second property to accommodate the influx of new residents, while his upcoming wedding plans may be too much for the hotel’s staff to handle.

## **Monday, September 28 at 1:00 PM**

### **Iceland Travelogue**

Join Hal Ward for another of his exciting travelogues! This ‘trip’ will be to the ever-changing Iceland. *Visit Iceland* describes it as ‘*a country of sharp contrasts. A place where fire and ice co-exist. Where dark winters are offset by the summer’s midnight sun. A country where insular existence has spurred a rich and vibrant culture.*’

## **Beginning Monday, September 28 at 6:45 PM**

### **Humor Writing Workshop**

Join local humor columnist Robert ‘Robear’ Isenberg for a 6-week workshop on writing humor. Please contact the COA to sign up for this entertaining class!

## **Tuesday, September 29 at 1:00 PM**

### **Library Book Discussion**

Staff from the Bedford Free Public Library will be leading a book discussion at the Council on Aging on *Unbroken: A World War II Story of Survival, Resilience, and Redemption*. This “is a 2010 non-fiction book by Laura Hillenbrand, author of the best-selling book *Seabiscuit: An American Legend* (2001). *Unbroken* is a biography of World War II hero Louis Zamperini, a former Olympic track star who survived a plane crash in the Pacific theater, spent 47 days drifting on a raft, and then survived more than two and a half years as a prisoner of war in three brutal Japanese prisoner-of-war camps (Wikipedia, 2015).”

## **Wednesday, September 30 at 6:30 PM**

### **Taking Control of Your Future**

Attorney Dale Tamburro will return to the Bedford COA on Wednesday, September 30 at 6:30 PM to present ‘Understanding Basic Estate Planning’. This will include: organizing paperwork...just in case; estate planning terminology; health care proxies, power of attorneys, wills and much much more! Please sign-up for this lecture so we know you are coming! Please call the Bedford Council on Aging at 781-275-6825 for more information!

## **Wednesday, September 30 at 12:00 PM**

### **Looking Good, Feeling Good: *Make Stress a Successful Strategy: A New Take on Stress Management***

Join Gail Mishara, LICSW of AAD Counseling Center as she shares insights into successful strategies that empower you. Taking care of yourself has benefits in all aspects of your life:



physical, emotional, psychological and spiritual. Sometimes relatively easy changes can enhance one aspect of your life which in turn has a positive effect upon another aspect: it's a win-win situation! Honor yourself, enjoy your uniqueness and have fun in the process of being the best 'you' you can be! Join us for a series of Looking Good – Feeling Good interactive presentations. Bring your questions and receive answers from experts in their respective fields.

## **Trips !**

### **Thursday, September 17**

#### **Peabody Essex Museum Trip - \$49 per person**

The Peabody Essex Museum experience like no other. For almost two hundred years, Salem was one of North America's richest and most important seaports. The Salem merchants who founded the Peabody Essex Museum in 1799 sailed the globe in search of international trade, collecting extraordinary works of art and culture along the way. This began what is today the country's oldest continuously operating museum and one of the largest in the nation. Discover amazing examples of art and culture from around the world, including rare and precious works never before seen by the public, showcased in nearly 50 state-of-the-art galleries.

Lunch will be on your own at Pickering Wharf. Enjoy the ocean, visit the shops, and have a bite to eat! The bus will leave Bedford at 8:45 AM and return at about 3:30 PM.

### **Monday, September 29**

#### **Concord River Fall Lunch Cruise - \$35 per person**

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 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!

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