



MAY, 2016

COA EVENTS

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

Dog B.O.N.E.S. is an acronym for DogsBuilding Opportunities for Nurturing and Emotional Support. Stop in and visit with Mara & her dog Max who 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!

Monday May 2 at 10:00 AM

Science & Tech

We will be continuing our series, How the Universe Works, Season 2. Please join us on Monday, May 2 at 10:00 AM for episode 5, Extreme Orbits. The only reason life on Earth is possible is because of our stable orbit around the Sun. Elsewhere in the Universe, orbits are chaotic, violent and destructive. On the largest scale, orbits are a creative force and construct the fabric of the Universe.

We will also meet on Monday, May 16 at 10:00 AM for episode 6, Comets. We follow the odyssey of a comet as it sails through space, watching every move as it evolves from a chunk of ice and rock into an active nucleus engulfed in a gaseous haze. What we learn is a revelation; comets are even more mysterious than we imagined.

This is a general interest group...No need to feel intimidated. If you have an interest in science, we would love you to join us!

Mondays in May 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. We'll teach you from the first step! Soft-soled shoes preferable. Jim Banks is offering these classes free of charge! Please join us!

Tuesday May 3 at 8-10 AM

Coffee with a Cop

Building relationships. One cup at a time. Coffee with a Cop brings police officers and the community members they serve together—over coffee—to discuss issues and learn more about each other. Please join officers from the Bedford Police Department on Tuesday, May 3 from 8-10 AM for a cup of coffee and a chat!

Tuesdays May 3-June 7 at 10:30 AM

Shakespeare with Stephen Collins~\$10 per class

To make sense of The Bard, a reader of Shakespeare's works must approach the text much like an actor to make it come alive. In Elizabethan England, the plays were meant to be heard, performed - not read. The First Folio of his work wasn't ever printed until 8 years after his death!

We will work together to demystify the language. We will study some of the famous soliloquies. Whether he is persuading, seducing and cajoling, or philosophizing, he is always fascinating! Stephen would like to have class members do dramatic readings of some of the scenes. Finally, in addition to the plays, we will study at least 8 of his sonnets. Please sign up at the Council on Aging by April 29.

Tuesday May 3 & May 17 at 1:00PM

Nom de Plume Writing Group

Have you ever thought you might like to try your hand at writing? Perhaps leave stories for your children or grandchildren ...or just to see if you can put a poem on paper! If so, come join us at the Nom de Plume writing group on the first and third Tuesday of the month from 1-3 PM. We are a friendly, fun and non-threatening group of people. All you need is the willingness to try, a note book and a pen! Who knows it might just open up your world anew? Hope to see you there!

Tuesdays & Fridays in May at 6:00 PM

Pickleball

What is Pickleball? It's a fun sport that combines many elements of tennis, badminton and ping-pong. It is played with a paddle and plastic ball on a badminton-sized court and slightly modified tennis net. Check out www.usapa.org for detailed information. Some paddles will be available on a first-come basis. Changes in the location and 'no

play dates' will be emailed to participants. Please include an email address in your registration at Bedford Recreation or at www.bedfordrecreation.org No Fee. Tuesdays 6:30-dusk, JGMS Tennis Courts; Fridays, 6:00-7:30pm Lane School Gym. Pickleball is very popular for seniors in surrounding towns. The COA is able to provide instruction as this program grows in popularity in Bedford. This program is in collaboration with Bedford Recreation Department.

Wednesday May 4 at 10:30 AM

Planning Your Next Move

Planning for housing in later years, should you downsize or stay in your current home? This presentation will also cover how to be ready for that choice and how to set a health care plan. *Presented by Joan Sweeney CFP and Michael Franco of Boston Partners Financial.*

Wednesdays beginning in May at 7-9PM

NEW!! Evening Computer Drop-In

By appointment only. Please sign-up at the Council on Aging. Bring your questions, laptop, ipad, kindle. (whatever you need help with)

Thursdays in May at 10:00 AM

Take a Hike!

The Community Of Active folks (aka the COA) has a very active hiking group! This month, we will continue explore the conservation trails in Bedford, Carlisle, Concord, Lexington and Lincoln. The walks will start at 10:00AM, take 2 hours and will cover 4 to 6 miles. The walks are lead 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. Susan will send out an email each week to let you know the plan for that week.

Thursday May 5 at 11:00 AM

To Cook or Not to Cook, That is the Question!

You've had enough of cooking after doing it for 60 or 70 years. You're looking for an easier way to provide yourself with nourishment ...healthy if you can! You have diet restrictions because of your high blood pressure, diabetes, and your physician telling you to lose weight. Your income is limited thus you're searching for the most cost-effective way to nourish yourself and maybe your family. Or you now live alone or maybe with one other person. How do you cook for one or two people? This

workshop will attempt to share some ideas on how to address these issues. Please join us in answering these issues! Maybe together we can both learn something! Please sign up at the COA for this great new program!

Friday May 6 at 12:15 PM

Nutrition for Strong, Healthy Bones

When we think about nutrition for bones, most people think about meeting calcium needs. But, your bones need many nutrients to be strong! Besides calcium, including other nutrients such as vitamin D, Vitamin K, and magnesium in the diet can help prevent osteoporosis, a deterioration of bone tissue. Helen Long, a Registered Dietitian, will be speaking about the many ways that nutrition and exercise play a role in bone health as we get older. Learn about calcium needs and food sources, reading food labels, supplements, milk substitutes, and other nutrients essential for healthy bones.

Saturday May 7 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 May 7 if your special day is in May!

Saturday May 7 at 1:15 PM

Movie: *Trumbo*

(2015) R Bryan Cranston stars as famed 1940s screenwriter Dalton Trumbo, whose refusal to testify before the congressional House Un-American Activities Committee resulted in a prison sentence and being blacklisted as a communist.

Monday May 9 at 10:00 AM

BINGO

All are welcome to the COA on Monday, May 9 at 10:00 AM for a chance to win token gifts.

Monday May 9 at 12:45 PM

Save Your House: Avoiding Financial Downsizing

You have worked your entire life to garner and keep the assets you currently have. Michael Healey specializes in helping people plan, keep and protect their assets from hospitals and nursing homes. In the seminar we will go over ways how to protect

your hard earned assets from being taken to pay Hospital and Nursing Home bills, and getting those assets into the hands of your loved ones instead. Contrary to what many Lawyers and Financial Advisors like to tell you, you do not need to downsize your estate if you do not want to. This seminar will teach you all the options you have to keep and protect all that you have worked so hard to attain. Michael will also have time available to speak with you one on one for review of your plan and to discuss how you can save your assets for your loved ones. Please call ahead to sign up for this important program!

Monday May 9 at 6:45 PM

Movie:*The Danish Girl*

(2015) R In 1930, Danish painter Einar Wegener elects to have gender-reassignment surgery, with the blessing of his wife, Gerda. This true-life narrative of personal courage also sheds light on the medical origins of transsexual surgery.

Tuesday May 10 at 7-8 PM

Grow a Strong Family - YES! Your Family & Friends CAN Support YOU!

When a family member is diagnosed with cancer, heart disease, diabetes, even addiction, we talk about it. Mental illness? Not so. Let's open the conversation. Join Mara Briere from Grow a Strong Family, Inc. and give your family and friends the opportunity to understand and support you and your loved ones. Strategies include how and when and with whom to develop an open dialogue. Please join us at the COA!

Wednesday May 11 at 10:00 AM

Genealogy

Join us every month for a trip down memory lane. Meet with other folks that enjoy researching their family tree! This club meets on the 2nd Wednesday of each month.

Wednesday May 11 at 12:15 PM

Quick and Nutritious Meals for Low Energy Days

Please come with your nutrition questions for this discussion on Wednesday, May 11 at 12:15 PM. How do you make sure you are getting adequate nutrition on days you really don't have the energy to cook or prepare meals? Peg Mikkola, of Minuteman Senior Services, will discuss easy meal ideas and foods you can keep on hand to prepare.

Wednesday May 11 at 6:45 PM**Justice Denied: A Personal Perspective**

Join us at the COA on Wednesday, May 11 at 6:45 PM for a moving presentation. Justice Denied tells the story of the Japanese incarceration during World War II as seen through the eyes of a Japanese American family. It follows their passage from immigration in the 1890s through imprisonment during the war years, and documents how they rebuilt their lives thereafter. The presentation is richly illustrated with family and historic WWII photographs, many of the latter obtained from U.S. government archives. The speaker, Margaret Yamamoto, is a member of the family featured in the presentation and was incarcerated at the age of two months. Margie has addressed many audiences on this subject, providing an historical summary of its events and relating their consequences to the personal experiences of her family as it coped with incarceration and subsequent return to a normal life.

Thursday May 12 at 9:30 AM**Bicycle Orientation and Tune-up For the Beginner Bicyclist**

Join us at the COA, Thurs May 12 (rain date May 13) morning at 9:30 when members of the Bedford Friends of the Minuteman Bikeway will offer a short orientation class on basic bicycle skills, etiquette on the bike path, recommended gear and clothing, and a mechanical check. Does your bike have a strange noise or a flat tire - bring your bike in and get a minor tune-up. At the end of the orientation, we will ride to the bike path for a short group ride. Advance registration recommended due to limited space. Please sign-up at the COA or send email to BedfordBike@gmail.com.

Date: Saturday May 14 at 1:15 PM**Movie:** *Roman Holiday*

(1953) NR Princess Ann leaves her guardians, and while in Rome, she's taken under the wing of tabloid writer Joe and his photographer sidekick. She thinks the boys don't know who she really is, but they're onto her – and sense a sensational story.

Monday May 16 at 12:30 PM**Name That Tune!**

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, May 16 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.

Monday May 16 at 1:00 PM

Home Modifications for Safety

Join representatives from Access Now to learn about safe and comfortable living in your home. Remodeling kitchens and bathrooms or widening doorways and installing grab bars can solve your safety needs at home! Join us to learn about available options. Access Now can also provide you with a FREE in-home consultations to ensure you are getting the most for your budget. Please sign up at the COA so we know how many people to expect. Access Now is a licensed and insured disability contractor that specializes in handicap modifications for homes and businesses. Visit their website www.accessnowma.com or call 339-224-8666.

Monday May 16 at 6:30 PM

Music Jam

Bring your favorite instrument and play some tunes with others. Any instrument welcome and singers also encouraged to come join in. Refreshments provided!

Tuesday May 17 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 May 18 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 to RSVP 781-275-6825.

Wednesday May 18 at 6:45 PM

Game Night!

Come play some favorites like Risk, Chess, Poker and Monopoly or learn a new game like Quiddler! We will have several tables set up with games, adult coloring, crafts and of course delicious refreshments!

Thursday May 19 at 10:00 AM

Free Hearing Clinic

Apex Hearing Care, LLC Custom Fit and Service Hearing Aids Owner, Joseph J. Sarofeen, is offering free hearing screenings and checks on existing hearing aids and

instruments. Appointments are available on Thursday, May 19 from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

Thursday May 19 at 1:00 PM

How to Avoid Losing Your Money and House if You Need Nursing Home Care or Extended Home Care

Please join Dale Tamburro on Thursday, May 19 at 1:00 PM for a presentation on: The biggest estate and asset protection planning mistakes; How to avoid having your life savings wiped out by a nursing home “spend down”; Protecting your home for your spouse and children; How gifting money to your children or grandchildren can disqualify you from Medicaid; Eliminating or minimize Massachusetts Estate Tax. (In Mass., if your estate is over \$1.0M the entire estate is taxed); Basic Medicaid Rules; Special Rules related to spouses; Exceptions to the five year look back; 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 info!

Friday May 20 at 12:30 PM

Adult Coloring: For Therapy ...or Just for Fun!

Come and join our volunteer, Louise St. Germain for this therapeutic (just for fun) adult coloring session. Recently adults have rediscovered this most universal childhood activity and many are finding it therapeutic and relaxing! Come and be a kid again with your peers and embrace the new craze. Not only will we create unique art on printed sheets, but also build up those fine motor muscles and be able to do more with our hands. Pre-printed pages will be provided along with coloring pencils. Use ours or bring your own! Come and relax with us!

Saturday May 21 at 1:15 PM

Movie: *Brooklyn*

(2015) PG-13 After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations -- and two men.

Monday May 23 at 12:45 PM

Car Leasing Simplified

More people every day are beginning to lease their next car purchase. Car leasing, while not very complicated, involves basic principles and procedures that you must know about when considering to lease a car. The discussion in Car Leasing Simplified will give you the basic understanding, of what the Car Dealership already knows, and uses for every car that they lease. Mr. Arthur Walsh (BSEE, MSAM) and town resident for greater than 30 years will discuss why you should lease versus purchase your next car. He will cover the most critical aspects of the car leasing process from the beginning to the end. Participation in this discussion will benefit everyone who ever thought about leasing a car, is currently leasing a car, or has specific questions about car leasing. We hope this discussion will make everyone who attends a more informed consumer, and be much better prepared to negotiate a fair and equitable car lease arrangement. Please sign up at the COA!

Monday May 23 at 6:30 PM

Home Modification for Safety

Join representatives from Access Now to learn about safe and comfortable living in your home. Remodeling kitchens and bathrooms or widening doorways and installing grab bars can solve your safety needs at home! Join us to learn about available options. Access Now can also provide you with a FREE in-home consultations to ensure you are getting the most for your budget. Please sign up at the COA so we know how many people to expect. Access Now is a licensed and insured disability contractor that specializes in handicap modifications for homes and businesses. Visit their website www.accessnowma.com or call 339-224-8666.

Tuesday May 24 at 10:30 AM

Billerica Crossings Lunch

Meet the team from Billerica Crossings and enjoy a delicious lunch prepared by their Chef! Bring your appetite and whatever questions or concerns you have about assisted living. Please sign up to reserve your seat!

Tuesday May 24 at 1:00 PM

Library Book Discussion: We Were Liars

Cadence Sinclair Eastman is the oldest grandchild of a preeminent family. The Sinclairs have the height, the blondness, and the money to distinguish them, as well as a private island off the coast of Massachusetts called Beechwood. Harris, the

family patriarch, has three daughters: Bess, Carrie, and Penny, who is Cadence's mother. And then there is the next generation, the Liars : Cadence; Johnny, the first grandson; Mirren, sweet and curious; and outsider Gat, an Indian boy and the nephew of Carrie's boyfriend. Cadence, Johnny, Mirren, and Gat are a unit, especially during summer 15, the phrase they use to mark their fifteenth year on Beechwood the summer that Cady and Gat fall in love. When Lockhart's mysterious, haunting novel opens, readers learn that Cady, during this summer, has been involved in a mysterious accident, in which she sustained a blow to the head, and now suffers from debilitating migraines and memory loss. She doesn't return to Beechwood until summer 17, when she recovers snippets of memory, and secrets and lies as well as issues of guilt and blame, love and truth all come into play. Throughout the narrative, Lockhart weaves in additional fairy tales, mostly about three beautiful daughters, a king, and misfortune. Surprising, thrilling, and beautifully executed in spare, precise, and lyrical prose, Lockhart spins a tragic family drama, the roots of which go back generations. And the ending? Shhhh. Not telling. (But it's a doozy). HIGH-DEMAND BACKSTORY: Lockhart's latest is unlike anything she's done before. With a Printz Honor to back her, plus a major marketing campaign and a promotional quote from John Green this is poised to be big.--Kelley, Ann © 2010 Booklist

Date:Wednesday May 25 at 9:00 AM

Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on Wednesday, May 25 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 May 25 at 12:30 PM

Trivia!

Are ready for some laughs? If yes, then bring your sense of humor and come enjoy Trivia Time on Wednesday, May 25 at 12:30 PM! Join Jenn Quinn, Owner/ President of ComForCare Home Care, for a fun game about Entertainment, Sports, Music, History (including Bedford History) and much, much more! Truly anything goes so everyone has the chance to contribute in their area of expertise. Let's see who is tops in trivia at the Bedford Senior Center! Please call the COA to sign up!

Wednesday May 25 at 6:45 PM

Car Leasing Simplified

More people every day are beginning to lease their next car purchase. Car leasing, while not very complicated, involves basic principles and procedures that you must know about when considering to lease a car. The discussion in Car Leasing Simplified will give you the basic understanding, of what the Car Dealership already knows, and uses for every car that they lease. Mr. Arthur Walsh (BSEE, MSAM) and town resident for greater than 30 years will discuss why you should lease versus purchase your next car. He will cover the most critical aspects of the car leasing process from the beginning to the end. Participation in this discussion will benefit everyone who ever thought about leasing a car, is currently leasing a car, or has specific questions about car leasing. We hope this discussion will make everyone who attends a more informed consumer, and be much better prepared to negotiate a fair and equitable car lease arrangement. Please sign up at the COA!

Friday May 27 at 10:30 AM

Living with Arthritis

Some arthritis can cause permanent change in joints over time. There are more than 100 types of arthritis and related conditions. Based on the causes, they can be grouped into degenerative arthritis, inflammatory arthritis, infectious arthritis and metabolic arthritis. There are many things that can be done to preserve joint function, the mobility and quality of life in the early stage of the disease. Joyce Cheng, the Community Health Nurse of the Bedford Board of Health will give a presentation on “Living with Arthritis” on Friday May 27th at 10:30 AM at the COA. Please join us to learn about the disease, the treatment options and tips to live with arthritis.

Saturday May 28 at 1:15 PM

Movie: *In the Heart of the Sea*

(2015) PG-13 Revisiting the incredible true tale of the whaling ship Essex, which was rammed and sunk by a sperm whale in 1820, this historical dramachronicles the crew's horrific 90-day struggle to survive amid storms, hunger and despair.

Tuesday May 31 at 12:00 PM

Brightview Lunch

Join us for a delicious seasonal luncheon hosted by Janna Barry of Brightview Concord River! Please sign up in advance for this event.

TRIPS!

Public Health Museum~ \$55 ea

Thursday, May 26, 9:30AM-1:30PM

The Public Health Museum houses a wide variety of historic artifacts, memorabilia, and archival material. There are exhibits on Tuberculosis, Polio, Patent Medicines, Dentistry, and much more. While visiting the Museum you will also see remarkably preserved 1930s Works Progress Administration (WPA) murals which highlight the industries of Massachusetts. Lunch at the Chateau Restaurant in Andover. Please make your lunch selection at sign up. ***Sign Up Today!***