



June, 2015

Bedford Council on Aging Events

Weekly Activities

Wednesdays in June at 7-9 PM

One on One Computer Help

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)

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 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!

Thursdays in June at 2:00 PM

Chess

Do you like playing RISK or Chess? The COA now has a chess group! They meet on Thursdays at 2:00 PM! If you are interested in playing, or learning, please join us! Risk is also available at anytime!

Day by Day

Friday June 3 at 4:00 PM

Spring Recital with Ballet Classic

Please join us for our end of year performance, where our first and second year students (4yrs old to 16yrs old) will be showing their skills in short ballet themed pieces. We believe sharing our performances and providing a place where members

of our community are welcome to learn the art of dance, we add to the depth and diversity that makes up our community. We hope to see you there!

Tuesdays & Fridays in June at 6:00 PM

Tuesdays 6:30-dusk, JGMS Tennis Courts; Fridays, 6:00-7:30pm Lane School Gym.

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.

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

Saturday June 4 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 June 4 if your special day is in June!

Saturday June 4 at 1:15 PM

Movie: Concussion

(2015) PG-13 When Dr. Bennet Omalu's autopsy studies lead him to conclude that multiple concussions could be the underlying cause of the brain disorders suffered by many U.S. football players, he encounters harsh resistance from the NFL establishment.

Monday June 6 at 10:00 AM

Science & Tech

We will be continuing our series, How the Universe Works, Season 2. Please join us on Monday, June 6 at 10:00 AM for episode 7, Asteroids. *From icy worlds with more fresh water than Earth to flying mountains of pure metal, asteroids shaped our past and promise much for the future. Could these enigmatic space rocks hold the key to how life in the Universe arises and is extinguished?* We will also meet on Monday, June 20 at 10:00 AM for episode 8, Birth of the Earth. *The Earth was formed by a series of cosmic*

*cataclysms including the most powerful blast in the Universe. Yet amid the turmoil our world was born. Could the same chain of events have created other earths elsewhere, inhabited by creatures like us? **This group is a general interest group...No need to feel intimidated. If you have an interest in science, we would love you to join us!*** Next month, we will begin the series, *Your Inner Fish*. This PBS series is based on a book by Neil Shubin. Stop in the COA for more information!

Monday June 6 at 1:00 PM

Coffee with Emerson: "Back Pain and Treatment Options"

Back pain is the number one reason patients visit their doctor. There are many options and opinions that can be confusing and often times discouraging to patients. At the Emerson Spine Program, our team is committed to first correctly diagnosing and explaining to patients about their condition and giving realistic expectations. A team of spine specialists involving physiatrists and a spine surgeon offer treatment options from physical therapy to surgery, if and only if needed. Our goal is not just to reduce pain but to focus on improving patient's function and quality of life. In an internet age where there is no shortage of information and infomercials about spine care, let us give you our expert opinions on what is safe and effective for you. Emerson Hospital will provide dessert for this presentation on Monday, June 6 at 1:00 PM. Please call the COA to sign up for this event. Arthur Lee, D.O. is an Interventional Physiatrist and Pain Management Specialist and Chief of Physician Medicine and Rehabilitation at the Emerson Spine Program. James Spinelli, DO will be joining Dr. Lee for this presentation. The Emerson Spine Program is located at the Emerson Hospital Center for Specialty Care, 54 Baker Ave. Ext. suite 203, 978-287-3194.

Mondays in June 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 June 7 & June 21 at 1:00 PM

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!

Wednesday June 8 at 1:00 PM

CPAP and APNEA Support Group

This support group is to help those trying to adapt to the use of CPAP machines. While it will be moderated, it will not normally include medical professionals. It is designed to let users share their solutions and experiences with the object of letting new users know that they are not alone and that others have found solutions that have enabled them to benefit from CPAP. The moderator, a CPAP user, is an experienced designer of medical equipment and has found many places for useful information and purchase of inexpensive supplies and masks. Come join us Wednesday June 8 at 1:00 PM and feel at home among CPAP friends.

Wednesday June 8 at 6:45 PM

Movie: *Spotlight*

(2015) R Revealing a string of cover-ups stretching back decades, a team of "Boston Globe" reporters exposes the Catholic Archdiocese's history of keeping reports about child molestation and other priest-initiated abuse under wraps.

Thursdays Beginning June 9 at 9:15 AM

Yoga for Osteoporosis

In this 8 week session, you will engage in a practice to support bone strength. You will learn 12 poses that specifically help to regain and maintain bone strength. These poses are based on the scientific research of Dr. Loren Fishman, which has been shown to enhance bone strength, improve balance, aid in co-ordination, increase range of motion and reduce anxiety. There is also a breathing and meditation component to this session, which aids in alleviating stress and centering mind and body to support bone health too. You will be guided in setting up a daily home practice of these poses for maximum benefit. **\$65 for 8-weeks beginning Thursday June 9, limit 8.**

Thursday June 9 at 11:00 AM

Verizon Tech Support

Do you have any questions or concerns about your phone, laptop or tablet? There are no stupid questions. Bring your tablet, laptop or cell phone with you for one on one

assistance. This program is an interactive question and answer, program! Please let us know if you will attend.

Friday June 10 at 12:30 PM

Wizard Music

John Kienzle from Wizard Music will provide Rogers & Hammerstein music on keyboard for your entertainment! Come in for lunch, then join us to experience John's music!

Saturday June 11 at 1:15 PM

Movie: *Steve Jobs*

(2015) R Everyone knows about the products Steve Jobs designed, but few people really knew the man behind the technology. This revealing biopic focuses on a few key incidents and relationships to tell the story of a digital visionary who changed the world.

Monday June 13 at 10:00 AM

BINGO

All are welcome to the COA on Monday, June 13 at 10:00 AM for a chance to win token gifts.

Monday June 13 at 12:45 PM

Know the 10 Signs: Early Detection Matters

As we age, there can be changes to our memory. Yet, memory loss or behavior changes severe enough to disrupt daily life are not a typical part of aging. Knowing the 10 Warning Signs can help determine if it's important to speak to your doctor and get a diagnosis for yourself or someone you care about. Robin Bromberg, Regional Manager, Greater Boston for the Alzheimer's Association, will be at the Bedford Council on Aging on Monday, June 13 at 12:45 PM to teach you the "10 Signs" because early detection matters! Please call (781) 275-6825 with any questions.

Monday June 13 at 1:00 PM

Talk to Your State Representative!

Ken Gordon will be at the COA on Monday June 13 at 1:00 PM to talk with you about state issues. Bring your questions!

Monday June 13 at 6:45 PM

Movie: Romeo & Juliet

(1968) PG Falling in love against the wishes of their feuding families, star-crossed lovers Romeo Montague and Juliet Capulet defy their destiny and elope in secret, only to suffer the ultimate tragedy.

Tuesday June 14 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.

Tuesday June 14 at 1:00 PM

FBCOA Summer Send Off

Join the FBCOA for a Send Off to Summer after the monthly meeting on Tuesday June 14 at 1:00PM! Wear your Red, White & Blue to celebrate Flag Day with us!

Wednesday June 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 to RSVP 781-275-6825.

Wednesday June 15 at 10:30 AM

Send off to Summer: Irving Berlin Tribute

Come join SingFest on Wednesday June 15 at 10:30 AM 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 June 15 at 10:30 AM

Tick Talk

When the weather gets warmer, we spend more time outdoors. The chances of getting tick bites and mosquitoes bites are higher. Ticks and mosquitoes are not just nuisances, they can cause severe diseases. Deer ticks in Massachusetts can also carry the germs that cause Lyme disease, babesiosis, and human granulocytic anaplasmosis. There are emerging tick-borne diseases such as Powassan virus and *Borrelia miyamotoi* that also can be carried by the same infected deer tick. In addition, the new Zika virus carried by mosquitoes becomes a new threat to North

America. The Community Health Nurse, Joyce Cheng RN will discuss the emerging diseases, the threat on our health and how we can prevent them. The talk will be held on Wednesday, June 15 at 10:30 AM.

Wednesday June 15 at 12:45 PM

Talking Books

The Perkins Braille and Talking Book Library provides audio and large print books as well as access to hundreds of newspapers, movies and TV shows. The library is part of the federally funded National Library Service. Gayle Yarnall will be at the Bedford Council on Aging to demonstrate the free, easy to use digital player and explain how all of these services can be delivered to your home at no cost. Most people think the library is only for people who are blind but we serve anyone who can't read standard size print easily for any physical reason. We will bring applications for people who might be interested in joining. All services are free. Nothing can keep you connected with the world like reading!

Wednesday June 15 at 6:45 PM

Antique Appraisals

Peter Yvanovich, Senior Professional Appraiser, will be at the Council on Aging on Wednesday, June 15 at 6:30PM to speak about ways to sell, donate or bequeath your valuable heirlooms. Everyone is welcome to bring an item to be appraised! No firearms, coins or stamps please. Seating is limited and a light dinner will be served. RSVP by June 8th. Sponsored by Right at Home and CareOne of Concord.

Thursday June 16 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, June 16 from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

Friday June 17 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 June 18 at 12:00 PM

SummerFest BBQ

Meet up with your friends on Saturday, June 18 for a delicious BBQ catered by Lester's Roadside BBQ. Please sign up by June 14 so we know you are coming! Just \$8 per person, due at sign-up.

Saturday June 18 at 1:15 PM

Movie: *A Midsummer Night's Dream*

(1999) PG-13 Four star-crossed lovers -- Hermia (Anna Friel), Lysander (Dominic West), Demetrius (Christian Bale) and Helena (Calista Flockhart) -- run into the forest in pursuit of one another in director Michael Hoffman's adaptation of William Shakespeare's comedic love story. Amid the feuding fairies Oberon (Rupert Everett) and Titania (Michelle Pfeiffer), mischievous Puck (Stanley Tucci) sets loose a potion that wreaks romantic havoc on everyone.

Monday June 20 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, June 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.

Monday June 20 at 1:00 PM

Ask Your Pharmacist: Medication Safety

Please join us on Monday, June 20th at 1:00 PM to learn more about: Tips for taking your medication safely; High risk medications; The relationship between medication safety, having many healthcare professionals, and your overall health. Following our presentation, a registered pharmacist from MCPHS University Pharmacy Outreach Program will be available to meet with you individually for a Medication Review Session to answer questions regarding your medications. This service is provided free of charge. Please bring your medications and/or medication list with you for this review. Each session with the pharmacist will last 20 minutes and slots will fill up fast.

Call the Council on Aging to sign up. Coordinated by the New England Quality Innovation Network – Quality Improvement Organization.

Mondays, beginning June 20 at 1:30 PM

History of Hitler's Empire: Great Courses DVD Series

Know thy enemy. That's what the wisdom of history teaches us. And Adolf Hitler was surely the greatest enemy ever faced by modern civilization. Over half a century later, the horror and fascination still linger. No one is better able to explain the unexplainable about this man and his movement than Professor Thomas Childers. In these lectures, you will see what great teaching is all about. This course attempts to answer questions about the rise of Nazism that have been talked and studied about for decades. We will meet 6 times on Mondays, beginning June 20th at 1:30 PM. Join us for one or all DVD presentations. Sign up is appreciated.

Monday June 20 at 6:30 PM

Celebrate the 400th Anniversary of Shakespeare

Join Stephen Collins on Monday, June 20 at 6:30 PM. Who had more effect on the English language than William Shakespeare? He created over 1700 common words that before him were either used in a different manner or didn't exist at all. He did this by changing nouns into verbs, changing verbs into adjectives, connecting words never before used together, adding prefixes and suffixes, or just invented entirely new words from scratch. Let actor Stephen Collins make Shakespeare's words come alive for you as he performs as King Lear, Edmund, Prospero and others. Please RSVP by calling the COA for this evening performance. Refreshments will be provided.

Tuesday June 21 at 10:00 AM – 2:30 PM

AAA Driver Improvement: Safe Driving for Mature Operators

Do you know the Top 5 Most Dangerous Driving Situations for Seniors? How can you maintain your driving skills and remain driving as safely as possible, for as long as possible? Join AAA for this workshop with practical advice on how individuals can compensate for changes that occur as we age! Aging is inevitable, but growing older doesn't have to mean giving up an active lifestyle. AAA has created this important program based on statistical data from the National Highway Safety Administration to raise awareness on how Senior drivers can be proactive about their own driving safety. Please sign up as space is limited. This presentation is given by Eleanor Baker of AAA Northeast who has worked for 20 years in AAA Public Affairs. She is a certified instructor for AAA's Driver Improvement Program. Ms. Baker has been involved with

roadway safety throughout her AAA career – from AAA’s Driving School and Dare to Prepare classes for teens as they begin their driver education process to Senior Mobility – helping to keep everyone driving as safe as possible for as long as possible. (Participants should bring lunch)

Wednesday June 22 at 12:45 PM

Tea Tasting

Join us while we explore the world of tea! Tea is a versatile beverage and is becoming an increasingly popular ingredient at chef’s tables, local bakeries and behind your favorite bar. See what the hype is all about and feel good, too by joining us for tea and conversation! This seminar will teach you about the origins of tea, tea and health, tea processing and tea preparation. There will be samples of all the major tea varieties; White, Green, Oolong, Black and Pu-Erh as well as an assortment of Herbal infusions! This fun and informative seminar can help highlight teas for your own enjoyment based on the flavor and benefits they provide. This program last 1 hour and includes a tea tasting. Please call the COA to sign up for this exciting program! *MEM Tea Imports has been sourcing, blending and distributing teas from around the world since 1999. They serve over 500 restaurants, hotels, cafes and bakeries in Boston and beyond. Owned by Gilbert Tsang, a Bedford Graduate.*

Thursday June 23 at 9:00 AM

Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on Thursday June 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.

Thursday June 23 at 1:00 PM

Housing Options and Trusts for Seniors

Dale Tamburro returns this month for this informative lecture on these topics: Staying home issues & solutions, benefits & disadvantages; irrevocable trust; mortgage options; downsizing in general; Homestead Act; issues related to selling; renting or moving in with children; assisted living or continued care communities basics; creative asset protection. Many other topics will be touched on. Dale will also answer any questions you have. Please sign-up for this lecture so we know you are coming! He will also offer (free of charge) three individual 45min. appointments beginning at 9:30AM. Please call the Bedford Council on Aging at 781-275-6825 to schedule your appointment or for more info!

Friday June 24 & Saturday June 25 at 8:00 AM – 4:00 PM**Mass. Senior Games Pool Tournament**

Bedford has been chosen to host the Mass Senior Games Pool Tournament once again! All are welcome to watch and you may even compete if you wish! The tournament will be held here on Friday June 24 from 8 AM to 4 PM and continues on Saturday June 25 from 8 AM 'til a winner is announced. Refreshments will be served and a good time will be had by all. If you wish to compete, please sign up at the COA by June 18. The cost to compete is \$15 and there is no cost for spectators.

Saturday June 25 at 1:15 PM**Movie:** *Joy*

(2015) PG-13 After 10 years of trying to mass-market the revolutionary floor mop she had invented, housewife Joy Mangano strikes gold with a personal pitch on QVC that turns her Miracle Mop into an overnight marketing miracle.

Monday June 27 at 6:45 PM**How to Declutter (Yes, You Can!)**

Are you feeling weighed down by a lot of possessions? You're not alone! Whether you are contemplating a move, or just wishing to simplify your surroundings, this program will leave you feeling energized and welled-equipped to get started. Learn how to get rid of stuff, preserve memories, and even make money in the process. Karen Zweig, founder of The Move Maven, will share organizing tips, offer strategies to overcome procrastination, and provide you with checklists and resources to help you make the changes you want in your life. Please call the COA to sign up.

Tuesday June 28**Time:** 11:45 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!

Wednesday June 29 at 10:00 AM– 12:00 PM**Zounds Free Hearing Screening**

Please sign up for your spot by calling the COA. Zounds is offering free hearing exams because they have a passion to deliver excellent service and education and they wish

to improve the lives of people who are affected by hearing loss.

Wednesday June 29 at 6:45 PM

Movie: *Alive Inside: A Story of Music & Memory*

(2014) NR This moving documentary follows social worker Dan Cohen as he uses music to unlock memory in nursing-home patients with Alzheimer's disease. Aided by well-known neurologist Oliver Sacks, Cohen aims to transform the quality of life for the afflicted.

Trips

Peabody Essex Museum~ \$65 ea

Thursday, June 16, 10:00 AM – 4:00 PM

Please sign up for a day of fine food and wonderful art. Join us for a lovely meal at the Causeway, which has been a local favorite restaurant serving Italian and seafood entrees for over ten years! Order off the extensive menu and pay for lunch on the day of the trip. After lunch we visit the Peabody Essex Museum, we will have a one hour guided tour of the Rodin “Transforming Sculpture” exhibit. After which you are free to visit the other exhibits throughout the museum.

Cost of the trip is \$65.00 per person, including transportation and entrance to the museum. Please sign up today as attendance is limited to 13 people.

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