



March 2017

## Bedford Council on Aging

### Weekly Activities

#### **Free Tax Preparation**

Starting on February 6, 2017 the Bedford COA and the Bedford Library are offering free tax assistance, primarily for low to moderate income seniors, prepared by qualified volunteers. Generally most appointments are 60-90 minutes in length depending on the complexity of the return. There are ten volunteers willing to assist you, every day at the COA as well as many Fridays and Saturdays at the Library. To schedule an appointment at the Council on Aging, call (781) 275-9440. To schedule an appointment at the Library, call (781) 275-9440 and ask to be connected with the Reference Librarian.

Mondays in March at 10:00AM

#### **Cycling for Seniors**

Rides are 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 multi-speed bike in good condition. We may spend some time on busy roads, so you should be comfortable riding with traffic. After the ride have coffee and snacks at the COA. If you would like to receive notifications about the rides e-mail Jack Donohue on [jmdonohue@alum.mit.edu](mailto:jmdonohue@alum.mit.edu).

Mondays, Wednesdays and Fridays in March at 6:30PM Mondays and Wednesdays and at 10:00AM Fridays

#### **Sit'n Stitch**

This group is for everyone, novice to expert, who is looking to get together and share the wonderful world of needle art. Even stop in to learn! Discuss current projects, swap yarn and patterns and of course do some knitting over a cup of coffee. All are welcome - crochet and beads too! This is a casual, social group! All you need to do is show up! The group will be meeting on Monday and Wednesday evenings from 6:30 to 9:00 PM and Fridays from 10:00 AM to 2:00 PM at the Bedford Council on Aging. So dig out that project you've been meaning to finish and join us!

Mondays in March 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!

Tuesdays in March

**Medicare Help - SHINE**

(Serving the Health Insurance Needs of Everyone) Counselors from Minuteman Senior Services will be available: from 9-12 on Tuesdays March 14, 21, and 28. Please call to make an appointment! If you cannot leave your home, they will call you.

Tuesday and Thursdays in March at 9:30 AM

**Take A Hike**

Tuesday and Thursday hikes will continue in March. Limit of 18 hikers per trip. Please contact Susan: slgrieb@comcast.net to get on the list.

Tuesdays in March at 1:00 PM

**Beginner Scottish Dancing**

Scottish dance, a form of folk and formal dancing is taught in Scotland and around the world. Think River dance with ballet moves. Performed in couples it is a great way to meet others! This class is a modified form, less strenuous but provides great physical and mental exercise. Wear comfortable clothing (kilt optional) and flat, soft-soled shoes. Come and have fun for this free class! Call us to add yourself to the growing list.

Tuesdays & Fridays in March at 6:00 PM

**Pickleball**

Please go to this website for latest updates on this growing and popular sport in Bedford. Games are played weekly indoor and outdoor and instruction with equipment is always available. Try something new, this might be for you! <http://www.usapa.org/places-to-play-pickleball/> Click on MA for state and the list is alphabetical by town.

Wednesdays in March at 10:30 AM

**SongFest**

Thanks to Joyce DeMoss & Ken Pruyn, the COA has an updated songbook!! Come to Songfest 10:30am on Wednesdays, peruse the new book, and sing the old songs as well as some of the newer ones!! For FUN & REMINISCING purposes only!!

Wednesdays in March at 6:30 PM to 9:00 PM

**Wood Carving with Award Winning Jane Layton:**

Calling artists and bird lovers. Learn to carve texture and paint a black-capped chickadee in 12 sessions. Tools and paints provided for use in class. \$15 per class. Call the COA to register!

Wednesdays in March at 6:30PM

### **Job and Career Networking**

We all know that Networking Works! Join the COA and MCOA for our first Job Seekers Networking Group. This group assists people, 50+ looking for new jobs or careers. If you are looking, unemployed, underemployed, or looking for a new career path this program is where to start. Participants will have a regular schedule in a supportive and comfortable environment. Call us to register.

Thursdays in March at 9:00 AM

### **Muscle Care Clinic**

With Wayne Durante, LMT \$10 for 10 minutes Thursdays beginning at 9:00 AM Please call the COA for an appointment 781-275-6825

Thursdays & Saturdays in March

### **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 March 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 any time!

Friday, March 10th & Monday, March, 27th at 1:00PM

### **Nurse's Hours**

Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

## **Day by Day**

Saturday, March 4 at 1:00PM

### **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 March 4th if your special day is in March!

Saturday, March 4 at 1:15PM

### **Movie - Sully (2016) PG-13**

Viewers around the world were astonished in 2009 when airline pilot Chesley Sullenberger safely landed an Airbus 320 on the Hudson River after both engines were disabled. This fact-based drama illuminates Sullenberger's life and heroic achievement.

Monday, March 6 and March 20 at 10:00AM

### **Science & Technology Group**

Nothing is more fascinating to us than, well, us. Where did we come from? What makes us human? An explosion of recent discoveries sheds light on these questions, and NOVA's comprehensive, three-part special, "Becoming Human," examines what the latest scientific research reveals about our hominid relatives—putting together the pieces of our human past and transforming our understanding of our earliest ancestors.

- **Monday, March 6 at 10:00AM**, "First Steps," examines the factors that caused us to split from the other great apes. NOVA takes viewers "inside the skull" to show how our ancestors' brains had begun to change from those of the apes.
- **Monday, March 20 at 10:00AM**, the program examines an intriguing theory that long-distance running-or ability to jog-was crucial for the survival of these early hominids. Not only did running help them escape from vicious predators roaming the grasslands, but it also gave them a unique hunting strategy: chasing down prey animals such as deer and antelope to the point of exhaustion. "Birth of Humanity" also probes how, why and when humans' uniquely long period of childhood and parenting began. All are welcome.

Monday, March 6 at 12:45PM

### **Preserving Your Home and Assets with Michael Healey Esq.**

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 your 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. If you are interested in a one on one meeting on how you can protect your assets you can sign up for a personal review before the seminar on March 6th. The one on one session begin at 10 AM. Please call to sign up as space and availability are limited!

Monday, March 6 at 6:30PM

### **Live Review and the Arts**

A unique interactive fun-filled 3 week learning experience that brings people together to share their personal stories thorough a process of life review. The workshop will meet for one hour sessions. These stories will be transformed into group poems and vignettes. The program will draw upon the creative spirit of the participants. People will learn about the process and theory of life review, which is a part of the aging process. There will be three one hour classes on Mondays from 6:30pm to 7:30pm on March 6, 13, and 27. Ed Alessi is a retired clinical social worker, who has extensive knowledge in the life review process. Attendance at all three evenings is suggested.

Tuesday, March 7 at 10:30PM

### **Gut Health**

Joyce Cheng, the Community Health Nurse of the Bedford Board of Health, will give a presentation on “Gut Health”. Science research suggest many factors including environment, diet and antibiotic use affect a particular set of microbes in each individual. Come to learn the importance of the health of the digestive system and how to restore it through our diet!

Wednesday, March 8 at 1:00PM

### **Advance Directives**

Please join us at the Council on Aging for an important informational meeting on advance directives. While sudden changes in your life, such as you or a loved one being involved in an accident or becoming seriously ill, can be hard to prepare for emotionally, there are ways to ensure that you receive the type of compassionate care you want – when you need it most. You should talk to your loved ones now about your wishes for medical care and treatment in the event that you are unable to speak for yourself. Planning ahead for future medical needs is the best way to ensure that your wishes will be respected. Please call to sign up as refreshments will be served. Presented by Compassionate Care Hospice Services.

Thursday, March 9 at 10:00AM

### **Pen & Ink with Sue Funk – The Next Level**

6 weeks, beginning March 9

\$30 per student

After learning some basic techniques (hatching, cross hatching, patch hatching, etc.) will now work on more complicated combinations of line & shading. Taking into consideration composition (placement of objects on a page) and shading (determine light source) we then incorporate line techniques in new combinations for more dramatic results. Always welcome: New & returning students with all levels of experience. Please bring to first class #2 pencils, erasers, paper(Optional - Bristol or Hot Press papersurfaces), pen & ink supplies (Optional - Multiple Micron markers with varying nib(tips) sizes). This class is funded in part by the Jacob WrenThrockmorton Art Show.

Saturday, March 10 at 1:15PM

### **Movie - The Dressmaker (2016) R**

Driven away when she was young, Tilly Dunnage returns to rural Australia after years of working as a dressmaker in Paris – and she's ready to make waves in her conservative hometown, not only with her haute couture but a hidden agenda.

Wednesday, March 15 at 10:00AM

### **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.

Thursday, March 16 at 10:00AM

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

Friday, March 17 at 12:45PM

**David Polansky Presents Erin Go Bragh Songs from and about Ireland**

These songs will steal your heart away; favorites that take you back a hundred years or more! Many are sing-alongs that have become part of the great American Song book. Among the selections: McNamara's Band, When Irish Eyes are Smiling, How Are Things in Glocca Morra, I'll Take You Home Again, Kathleen, Danny Boy, Molly Malone, Let Me Call You Sweetheart, It's a Long Way to Tipperary, Peg O' My Heart, My Wild Irish Rose.

Saturday, March 18 at 12:00PM

**St. Patty's Party**

Join Vicky at the Council on Aging on Saturday, March 18 to celebrate St. Patrick's Day! Wear your green and enjoy a delicious treat! Just \$8.00 per person at the time of registration. Please up sign by March 14th. Food and fun for all!

Saturday, March 18 at 1:15PM

**Movie - The Magnificent Seven (2016) PG-13**

In this remake of the rousing 1960 Western, a motley group of gunslingers comes together to protect the residents of a mining town, who are being terrorized and victimized by a ruthless gold tycoon and his gang of thugs.

Monday, March 20 at 12:30PM

**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, March 20 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, March 20 at 1:00PM

**Talk to Your State Rep**

Ken Gordon will be in the Flint Room at 1:00 PM on Monday, March 20.

Monday, March 20 at 6:30PM

**Online Dating**

Would you like to meet someone to have coffee, go to the movies or travel? Times have changed and the #1 way that people are dating or meeting each other is online. Come to the class and learn what the good, reputable dating sites are. Learn how to setup your profile including taking a profile picture and learn about online safety. Space is limited so sign up is required!

Tuesday, March 21 at 9:30AM

**Breakfast and 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, March 22 at 1:00PM

**Understanding Basic Estate Planning Terms and Documentation**

Part 1 will include: Steps to Take in Advance of Death or Disability Organizing Your Existing Paperwork and

identifying what you don't have; How is your Assets Owned? Are your Beneficiaries and Contingent Beneficiaries correct? Basic Estate Planning Terminology; Disability Planning is more important than planning for death; What is Probate and Why do I want to Avoid it so Bad? Health Care Proxy, Durable Power of Attorney, Last Will and Testament & Revocable Trust

Wednesday, March 22 at 7:00PM

**Grow a Strong Family**

Join us for an enjoyable evening (7-8:30 pm) with baked goodies, coffee, tea, and thee! After conducting a brief Annual Board Meeting (15 minutes), we are offering a complimentary seminar called, "How To Avoid Power Struggles with our loved ones who have a mental illness or a behavioral health issue." This seminar is for those who are tired of fighting over... anything! Why do we get so hooked? Why do we go there with them??? How can we step out of the battle? How can we be more effective?? Learn what purpose power struggles may serve. Pick up three strategies for avoiding the power struggles. Have fun, too! Please call the COA to sign up.

Friday March 24 at 12:45PM

**Paint Party**

Anne Hunter of The Creative Touch will be at the COA to host a painting party! Join us at the Council on Aging on Friday, March 24 at 12:45 PM to have fun making art. Its great fun, and no experience (or artistic ability) necessary. For just \$10, they supply everything ...all you have to do is bring a positive attitude! Believe it or not, you will complete a beautiful poppy bouquet on an 11" X 14" canvas in just 2 hours! Save your spot today! Please sign up by Friday, March 17 so we know how many to expect. Funded in part by the Jacob Wren Throckmorton Art Show.

Saturday, March 25 at 1:15PM

**Movie - Me Before You (2016) PG-13**

Planning to stay just six months, Lou Clark takes on the job of looking after rich but depressed Will Traynor, who's been left a quadriplegic by an accident. Despite Will's disillusionment, Lou is determined to show him that his life is worth living.

Tuesday, March 28 at 11:30AM

**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, March 28 at 1:00PM

**Library Book Discussion Miller's Valley**

Please join a member of the library staff at the Bedford Council on Aging to discuss the New York Times Best Seller: Miller's Valley by Anna Quindlen. Miller's Valley is an emotionally powerful story about a family you will never forget.

Wednesday, March 29 at 12:45PM

**Coffee with Emerson**

Please join Ryan Stoddard, PT, DPT, OCS, CSCS, and Orthopedic Clinical Specialist of Emerson Hospital's Center for Rehabilitative and Sports Therapies for our lecture series Coffee with Emerson for a discussion on osteoarthritis. The notion of living a long healthy life appeals to all of us not matter your age. The Center for Rehabilitation and Sports Therapies advocates for a life to be active and engaging. Exercise and activity promote a healthy life. Active longevity is about staying active and engaged as long as possible and improving your quality of life. You will learn some tips on how to manage osteoarthritis as well as some safe exercises to promote joint health and keep you staying active longer. Call the COA to sign up, please.

Wednesday, March 29 at 2:00PM & 6:30PM

**Silk Scarf Painting with Care One of Concord**

Let your creative side shine through! Join Karen Halloran, Community Liaison from CareOne at Concord, for a complimentary silk scarf painting class. You will leave with a lovely scarf for yourself or a gift for a friend. No experience necessary, all materials included. Limited to 15, please call us to sign up.

Thursday, March 30 at 9:30AM

**Springtime Manicures**

Why not give yourself a spring fling with a free manicure? The students from Shawsheen Technical School's Cosmetology program will be offering FREE manicures, at the Bedford COA. This is not just for the ladies, gentlemen are most welcome! Please call the COA to sign up.