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 April 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.

**Mondays, Wednesdays and Fridays, In April at 6:30PM Mondays and Wednesdays 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 April 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 April
Medicare Help - SHINE
(Serving the Health Insurance Needs of Everyone) Counselors from Minuteman Senior Services will be available: on Tuesday, April 4 from 1-3 and Tuesdays April 11, 18 and 25 from 9-12. Please call to make an appointment! If you cannot leave your home, they will call you.

Tuesday and Thursdays in April at 9:30 AM
Take a Hike
Tuesday and Thursday hikes will continue in April. Limit of 18 hikers per trip. Please contact Susan: slgrieb@comcast.net to get on the list.

Tuesdays in April 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 April 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 April at 10:30AM
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 April at 6:30PM 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 April 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 April 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 April**  
**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 April 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!

**Day by Day**

**Saturday, April 1 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 April 1st if your special day is in April!

**Saturday, April 1 at 1:15PM**  
**Movie - The April Fools (1969) PG**  
When a man trapped in a loveless marriage meets a woman with a philandering husband, the two falls in love and decide to run off to Paris. But first they have to break the news to their spouses.

**Monday, April 3 at 10:00AM**  
**Science & Technology Group**  
In the “Last Human Standing,” the final program of the three—part series “Becoming Human,” NOVA examines the fate of the Neanderthals, our European cousins who died out as modern humans spread from Africa into Europe during the Ice Age, Did modern humans interbreed with
Neanderthals or exterminate them? The program explores crucial evidence from the recent decoding of the Neanderthal genome.

Coming in May: NOVA: Making North America!

Thursday, April 6 at 11:00AM
Lane School talent Show & Luncheon
Bedford seniors are invited for a great lunch and talent show at the Lane School as guests of the 5th graders! Cheese and crackers will be served at 10:30 AM with lunch beginning at 11. The show will follow lunch. Reservations for the luncheon are necessary and can be made by calling the COA at 781-275-6825.

Thursday, April 6 at 1:00PM
Housing Options and use of Trusts in Home Ownership for Elders
Includes: Staying Home Benefits & Disadvantages; Irrevocable Trust to Protect from Nursing Home and other Creditors; Mortgage Options (Home Equity, Reverse Mortgages and others); Homestead; Downsizing in General; Renting, having Children move in with you; Assisted Living Facilities or Continued Care Communities basics; Special options if you own a multi-family home; Creative Asset Protection if you want to move in with someone else. 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 AM. Please call the Bedford Council on Aging at 781-275-6825 to schedule your appointment or for more information!

Friday, April 7 and Saturday, April 8 at 8:00AM-7:00PM Saturday 11:00AM-3:00PM
3rd Annual Jacob Wren Throckmorton Memorial Art Show
Reception honoring all submitting artists Saturday 12:00Pm – 2:00PM. Open to the public. Attendance is free. Five dollar suggested donation.

Friday, April 7th & Monday, April 24th 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.

Saturday, April 8 at 1:00PM
Movie - Deepwater Horizon (2016) PG-13
Replaying the catastrophic explosion of the Deepwater Horizon oil rig in 2010, this tense drama recounts the horrific experiences of the 126 crew members onboard and the numerous acts of courage that saved untold lives.

Monday, April 10 at 6:30PM
Money Management and Investment: Pre and Post Retirement
Encore Presentation: Wednesday, April 12 at 12:45PM
Wealth Strategist Jim Wood from Insight Financial Strategists LLC will present money management considerations for your pre-retirement “accumulation period” and your post retirement
“distribution period.” Are you concerned about your resources lasting your lifetime? Do you have an appropriate balance between equities (stocks) and fixed income (bonds)? Worried about how long the current bull market will last? What could happen to your investments and the stock market if proposed and pending legislation gets passed in Congress (or doesn’t get passed)? How long will inflation be under control? Does your large company money manager keep changing? Join Jim for a discussion of these questions and more current topics that could impact your retirement. Please sign up!

Tuesday, April 11 at 1:00PM
What Is A Memory Café?
There will be a presentation by Alison Cservenschi of the COA and Melissa Cull, Development Director and Abby Ferreira, Operations and Outreach Coordinator from the Cooperative Elder Services, Inc. who will speak about Memory Cafés and how they are helping thousands of patrons throughout the United States. Interested members are encouraged to visit their website, ElderDayServices.org for more information.

Wednesday, April 12 at 6:30PM
Remaining in Your Home Community: Options to make it Work and Stay Safe
Are you among the 87% of people 65 and older responding to an AARP survey who want to stay in your community or home? If so, join Suzanne Koller and local experts for an informational panel discussion on Wednesday, April 12 at 6:30 PM to assess your situation and explore the options for local moves, home renovations, and more! Please call the COA to reserve your seat.

Thursday, April 13 at 9:00AM
Fire Safety Breakfast
He’s back! Join Fire and Life Safety Educator Nick Anderson on Thursday, April 13 at 9:00 AM for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.

Friday, April 14 at 1:00PM
African Storytime
Come expand on your knowledge about Uganda, a country located in the Eastern part of the African Continent. Please join Gaspar Kalemere for some ice cream and a wonderful time while he tells you interesting things about this country that was once known because of its dictator President Idi Amin during the 1970s. Come socialize and learn. Please sign up so we know you’re coming!

Saturday, April 15 at 1:15PM
Movie - The Eagle Huntress (2016) G
Aspiring to be an eagle hunter -- a role historically performed only by men -- Mongolian teen Aisholpan Nurgaiv dedicates herself to the art of taming and training golden eagles to hunt game in the stark Altai Mountains.
Tuesday, April 18 at 9:30AM  
**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.

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Wednesday, April 19 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.

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Wednesday, April 19 at 12:45PM  
**Mabel & Jerry**  
Romeo and Juliet meet Burns and Allen. Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love any way they can. A terrific performance, free and open to the public. Please call ahead to sign up for this hilarious performance! This program is supported in part by a grant from the Bedford Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

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Thursday, April 20 at 1:00PM  
**Proposed Trump Tax changes & Your Money**  
What changes might be coming? Are you prepared to adjust to the proposed changes? Changes that will likely be retroactive to January 1!
- Elimination of the Estate Tax - debated often in the 1% v 99% debate. If passed, the key to many will be the capital gain exemption at death!
- Capital Gains Taxes - we may see lower rates including a generous lower limit. This opens the door for creative Intra-FAMILY planning
- Income Taxes - simplification of the brackets may make it easier for families and for people who run small businesses.
- Childcare expenses - new deduction limits for childcare could help families tremendously.
- 1031 Real Estate tax Law Changes – Proposed limits on benefits
- Proposals to eliminate all deductions except mortgage and charity coupled with a higher standard deduction will simplify things but if you itemize, how will this affect you? These and other changes will be discussed along with your questions. Want to Join Us? RSVP to the COA: 781-275-6825.

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Friday, April 21 at 12:30PM  
**LivHome**  
Join representatives from LivHome Connect to learn about their health care tablet. With this device you can: Receive updates about your loved one’s care; Send family photos to their tablet; Start a video consultation with experts; Stay on track with daily medications; Tell us how you’re feeling today, plus more! Join us to hear about this fantastic new technology. Please call the COA to let us know you’ll be attending this program!
Saturday, April 22 at 1:15PM  
**Movie - USS Indianapolis: Men of Courage (2016) R**  
After delivering the weapons that will end World War II, the "USS Indianapolis" crew is denied the celebration of a mission accomplished when their ship is sunk by the Japanese. Stranded at sea, the survivors face hunger, thirst, and shark attacks.

Monday, April 24 at 1:00PM  
**Talk to Your State Rep**  
Ken Gordon will be in the Flint Room at 1:00 PM on Monday, April 24.

Tuesday April 25 at 1:00PM  
**Library Book Discussion**  
Please join a member of the library staff at the Bedford Council on Aging to discuss The Alchemist by Paulo Coelho, translated by Alan R. Clarke. Every few decades a book is published that changes the lives of its readers forever. The Alchemist is such a book. With over a million and a half copies sold around the world, The Alchemist has already established itself as a modern classic, universally admired. Paulo Coelho’s charming fable, now available in English for the first time, will enchant and inspire an even wider audience of readers for generations to come. The Alchemist is the magical story of Santiago, an Andalusian shepherd boy who yearns to travel in search of a worldly treasure as extravagant as any ever found. From his home in Spain he journeys to the markets of Tangiers and across the Egyptian desert to a fateful encounter with the alchemist. The story of the treasures Santiago finds along the way teaches us, as only a few stories have done, about the essential wisdom of listening to our hearts, learning to read the omens strewn along life’s path, and, above all, following our dreams.

Wednesday, April 26 at 10:30AM  
**Asthma & Allergies**  
Asthma affects people of all ages; however, it creates a much greater risk for older adults because the condition can be complicated by other chronic illness such as heart disease, lung disease and medication. This condition makes the treatment plan more challenging and it is more likely to lead to developing respiratory failure when it’s not well controlled. Joyce Cheng, Community Health Nurse of the Bedford Board of Health, will give a presentation on “Asthma in Older Adults” to discuss the symptoms and causes of asthma. She will also discuss how to prevent asthma attacks and how to manage asthma.

Wednesday, April 26 at 1:00PM  
**Common estate Planning Mistakes & How to Fix Them**  
People have a lot of misconceptions about what they can and cannot do when it comes to estate planning, making gifts, and planning for long-term care. In this talk at the Bedford Council on Aging Attorney Eric Prichard from Brown & Brown, P.C. will discuss common mistakes seniors make when planning and how to fix them if they’ve happened to you. All are welcome! Please call ahead to sign up.
Wednesday, April 26 at 6:30PM
RiverCourt Dinner
Please join representatives from RiverCourt Residences in Groton for a catered dinner and information on senior living! Please sign up in advance for this event. Dinner is limited to 40 and a ticket will be required. RiverCourt Residences Premier Senior Living is located in West Groton. They offer senior assisted living, independent living, memory and respite care.

Thursday, April 27 at 12:00PM
Lunch and Learn
Please join Janna Barry of Brightview Concord River for a delicious lunch and to learn about assisted living! Please sign up in advance for this event. Lunch is limited to 40 and a lunch ticket will be required.

Friday, April 28 at 1:00PM
Art Matters - The Italian Renaissance
After almost 1000 years of "dark ages", the genius of Leonardo Da Vinci, and Michelangelo led the way for a "Rebirth" of learning, art and humanity. They helped to cast a bright new light on culture, and to rekindle a love of learning which encouraged science, new technology and a growing humanity. Join us for a look at their lives, their work, and a discussion of the Italian Renaissance. Please contact the COA at 781-275-6825 to reserve your spot.

Saturday, April 29 at 1:15PM
Movie - Dark Horse (2016) PG
In a bid to develop a champion racehorse, Welsh barmaid Jan Vokes and her husband persuade 30 pub patrons to purchase ownership shares in the long-shot venture -- leading to the hoofpounding saga chronicled in this upbeat documentary.