

Bedford Council on Aging
April 2018 Announcements

FREE TAX PREPARATION

Starting on February 4, 2018 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. When the client leaves the interview, they take all their documentation with them so that nothing is left with the volunteer, and the returns are subsequently electronically filed. There are limited returns that the IRS does not permit us to prepare, such as rental properties as well as some business returns, but in general, most every other return is acceptable. Many taxpayers are unfamiliar with the Senior Circuit Breaker Tax Credit, a refundable credit of as much as \$1070.00. Eligible tax payers, who do not normally file a tax return because of low income, may obtain this refund simply by scheduling an appointment and filing a state tax return. There are ten volunteers willing to assist you, every day at the COA as well as many Fridays and Saturdays at the Library. After you schedule an appointment, you will receive a letter outlining the documentation we require, as well as an Intake form to assist you in preparing for the interview. If you need to cancel the appointment for any reason, we ask you to call to allow us to assist another taxpayer in that same time slot. To schedule an appointment at the Council on Aging, call (781) 275-8625. To schedule an appointment at the Library, call (781) 275-9440 and ask to be connected with the Reference Librarian.

Date: Monday in April

Time: 7:00PM

Line Dancing

This popular program teaches a variety of line dances to participants. Your instructor, Maria Devenney, demonstrates movements and the class carries out the dance moves to music. The class is free but a donation to the teacher is encouraged!

Date: Saturdays in April

Time: 11:00AM

SaturdayTech Support

Have questions or need help with your phone, internet, iPad or computer? Kai Holland will be at the COA every Saturday from 11:00 - Noon to assist any senior having issues or questions with technology. Be sure to take advantage of Kai's expansive knowledge and get all your technology problems solved here at the COA!

Date: Thursdays, April

Time: 9:00AM

Belly Dancing

This class is a Core, Cardio, flexibility, therapeutic & fun class. It's a class that will tone every single muscle of your entire body. The class is full of beauty, with lots of sparkles, colors, veils, scarfs, and much more. You will come out of this class glowing like a star. Free of stress and full of life and energy. Call the COA at 781-275-6825 for more information.

Date: Wednesday, April 4th

Time: 6:30PM

Taking Your Medication Correctly

Presented by All Hours Home Healthcare

Please join Charles Airhart, Pharmacist, at the COA for a discussion on what you need to know about your prescription and over the counter medication. He will also discuss how to avoid dangerous interactions. Talking to your pharmacist is key!

Date: Friday, April 6

Time: 1:00PM

Music for One, Two or three

Sponsored by the Bedford Cultural Council

The Silver-Ebony-Ivory Trio of Carol Hunt Epple, flute, Elizabeth Connors, clarinet and Brad Conner, piano will present a program entitled, "Music for One, Two or Three," to include music by composers John Rutter, Charles Keochlin, David Dorff, Leo Delibe and Pyotr Illyich Tchaikovsky for various combinations of the three instruments. This is a wonderful opportunity to enjoy the concert and then attend the Jacob Wren Throckmorton Art Show. Please call the COA to reserve your spot.

Date: Friday April 6th & Saturday April 7th

Jacob Wren Throckmorton Art Show

Show Hours

Friday, April 6th 8:00am – 7:00pm

Saturday, April 7th 10:00am – 2:00pm

Reception: April 7th 11:30am

Rock Painting 11:00am-1:00pm Shawsheen Room

Date: Monday, April 9

Time: 12:45PM

Mood Food:

The Science Linking Our Diet and Our Mood Monday, April 9 at 12:45 PM Tryptophan doesn't make you tired, but it can make you feel good! Our diets play an incredible role on our mood and other brain processes. Join Mark Waksmonski, Bedford's Community Nurse to learn about the connection between our diet and our mood.

Date: Monday, April 9

Time: 6:30PM

Messages from Beyond

Mediumship is the ability to sense the Spirit of those who have lived on earth before and decipher the messages they wish to share with us. With tenderness, humor and humility, Kim Dunsmore and Leslie Gabriele connect to the other side and share messages from loved ones who have crossed over. Their purpose is to facilitate the healing that comes the feeling of deep connection, remembrance and love. If you have a physical object that relates to someone who has crossed feel free to bring it to this session. *Kimberley Dunsmore: a practicing Psychic/ Medium. She is able to expand the light and help others to feel and embrace the loving qualities the light holds.*

Date: Wednesday, April 11

Time: 1:00PM

Dean Martin, King of Cool

Presented by Bruce Hambro

Come to the COA to experience Dean Martin King of Cool which follows the career of an American show-business icon. Martin was the epitome of cool in the mid-20th century American world of entertainment. Call the COA to reserve your spot.

Date: Wednesday April 11 & 25

Time: 7:00PM

Replanting Lives

The group, Replanting Lives uprooted by mental illness/ brain disorders for caregivers and family members is moving to the COA! "Replanting Lives support sessions are skills based sessions made up of 90-minute segments conducted by a Master's level Certified Family Life Educator and a Mental Health Specialist. It offers family members effective tools and educational resources to manage the changes in the family since a loved one

has been diagnosed with a mental illness/brain disorder. "Replanting Lives" is a place where participants can receive insight and feedback in order to help them practice new behaviors that enhance their lives and relationships. One of the key goals of a support group is so that members can return to their families and function in a new and healthier way. It offers members the strength and resilience that replanting from life's difficulties is a process, of which the group can be a part. Please contact the COA to be added to these sessions!

Date: Thursday, April 12

Time: 11:00AM

Lane School Talent Show & Luncheon

On Thursday, April 12 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 11:00 AM with lunch beginning at Noon. The show will follow lunch. Reservations for the luncheon are -275-6825 necessary and can be made by calling the COA at 781-275-6825

Date: Friday, April 13

Time: 1:00PM

Estate Planning with Dale Tamburro

Legal Documents and Reasons for Them:

Steps to Take in Advance of Death or Disability

1. Basic Documents **We All Need!**
2. Why a Living Trust Makes Sense for Most People and its only drawback
4. Why an Irrevocable Trust is only Right for two needs
5. Why a Reverse Mortgage is only Right for some people
6. How your Financial Planner/Wealth Manager can help me and you.

Call the COA at 781-275-6825 to sign up.

Date: Saturday, April 14

Time: 10:30AM

Phone and Calling Plans for Seniors

Would you like to learn more about current or future phone and calling plan options? If so, join Kai on Saturday, April 14th at 10:30 AM here at the COA for information on available phone/calling plans, based on Consumer Reports, to fit your lifestyle. Please call or sign-up at the COA by April 7th

Date: Wednesday, April 18

Time: 12:45PM

Water and Hydration

Denise Mercury, the Registered Dietitian Nutritionist from Minuteman Senior Services will talk about water intake and hydration. She will explain the importance of hydration and the risks of not drinking enough. She will talk about ways to drink more water and teach how you to measure and track your daily water intake.

Date: Thursday, April 19

Time: 10:00AM – 2:00PM

Drive & Drop Recycling Event

The COA is hosting a Recycling Event! Items to be recycled Cleaned DME (Durable Medical Equipment) Cleaned Clothing, Shoes, Towels, Stuffed Animals, etc. Watches & Jewelry Books, CDs & DVDs Small Working Household Appliances Unopened Packages of bed chucks, medical gloves, and incontinence products. Please call the COA at (781) 275-6825 if you have any questions about items you plan to bring.

Date: Monday, April 23

Time: 1:00PM

Elvis to the Everly Brothers

Come see Roger Tincknell perform his Elvis to the Everly Brothers Show. This show will include a variety of pop and rock songs from the 1950s, including hits from Elvis, Aretha Franklin, Chuck Berry, Richie Valens and many more! Sponsored in part by the Bedford Cultural Council.

Date: Monday, April 23

Time: 6:30PM

Intuition and Personal Power

The purpose of this 90- minute workshop is to have you personally experience the inner power of your intuition in a variety of ways through simple, playful exercises with great impact. These exercises will address your mental, physical and emotional states. You'll be given tools you can take with you to reduce stress in your life and help you tune into your inner wisdom.

Date: Wednesday, April 25

Time: 10:30AM

Home Energy Savings for Seniors

What is an energy assessment?

How can I save on my home energy bills and also have a warm, cozy home? What is Mothers Out Front? Carlough Faulkner-Carroll, founder of Bedford Mothers Out Front, will give a slide presentation about Mother's Out Front and their new campaign Saving Energy – One Home at a Time. The campaign includes a goal of assisting families in obtaining energy assessments done on their homes (free) performed by Revise Energy, a MassSave vendor. Carlough will also describe how mothers have greatly reduced their energy consumption after making some modest changes in their homes. Come and learn strategies for saving both money and energy. Dan Carroll from Revise Energy will display materials used in Home Energy Assessments and will provide literature, answer questions and offer opportunities to sign up for an audit. Please register for this important event by calling the COA.

Date: Wednesday, April 26

Time: 6:00PM

Paint Party

Create your own masterpiece all in one workshop with step by step instruction for just \$15! This painting is created using acrylic paints and mediums that together allow for blending colors that result in a dramatic sunset seascape. All materials, an 11X14" canvas, paints and the use of brushes are included. Please call the COA to sign up by Friday, April 20. Anne Hunter, your instructor, is the owner of the Creative Touch, a Decorative Arts Design Studio in Marlborough, MA. She teaches classes and creates exclusive designs for her own line of painting instruction packets and books.

Date: Monday, April 30

Time: 12:30PM

Coffee with Kristen

You are invited for coffee & desserts with Bedford's Police Senior Liaison, Officer Kristen Dineen at the COA! This is a great opportunity to chat with Officer Dineen about what's going on around your town. Bring any questions you may have. Please call the COA at (781) 275- 6825 to sign up for this event.

Date: Monday, April 30

Time: 6:30PM

The Misunderstood Islamic Faith

The Misunderstood Islamic Faith Please join local educator, Ed Alessi, at the COA for this informative presentation! The Islamic faith is probably one of the most misunderstood religions especially after 9/11. This workshop will describe the key elements of the religion and how it influences the lives of those believers. He will also present evidence to show how the religion isn't an aggressive and hostile religion, which are often times portrayed by some people. Lastly, Ed will discuss Sharia law and how it can sometimes violate human rights in some countries. This presentation will include a history of the faith, which will be followed by their

central beliefs, the Koran, its worship and practices, prayer and the Mosque, and also an understanding of the Jihad. Please call to sign up for this educational experience!