

Bedford Council on Aging
June 2018 Announcements

Date: Mondays in June

Time: 6:30PM

COA Cinema

Every Monday this June at 6:30 PM Encore presentation of Saturday's movie!

Date: Mondays in June

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: Tuesdays in June

Time: 1:00PM

Beginner Scottish Dancing

Scottish Country Dancing, a form of folk and formal dancing similar to Square and Contra dancing, is taught in Scotland and around the world. Heather Day, certified SCD teacher, will teach a modified form, less strenuous but providing great physical and mental exercise. Wear comfortable clothing (kilt optional) and flat, soft-soled shoes. Come and have fun for this free class, or just come to watch. Note: Participants should be able to walk at a normal pace and follow directions.

Date: Saturdays in June

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 10:00am – 11:00am 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: Tuesday, June 5

Time: 1:00PM and 6:30PM

UMass Boston Needs Assessment Results: Community Presentation

The results are in! Please join Caitlin Coyle of UMass Boston to hear and see the results of our Town Needs Assessment. Thank you to the over 1,560 Bedford residents, aged over 55, who completed our survey. This needs assessment included a mailed survey, resident, community and town department focus groups, key informant interviews, peer community comparisons and more. Please attend our community presentation to learn more about the results and recommendation provided by UMass Boston. Please call the Council on Aging to let us know you will attend. The presentation will be held at the Town Hall in the Multipurpose Room. Afternoon session is at 1:30 PM with an Encore at 6:30 PM.

Date: Wednesday, June 6

Time: 10:30AM

Song Fest

Irving Berlin Tribute Please join SongFest on Wednesday, June 6 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

Date: Friday, June 8

Time: 1:00PM

Spellman Stamp Museum at the COA!

Learn about the history of the U.S. postal system by viewing stamps issued over the years starting in 1847. Also learn about the very first postage stamp called "The One Penny Black" from England. Henry Lukas, Education Director at the Spellman Museum of Stamps and Postal History at Regis College in Weston shares images of stamps and postal items featuring famous people commemorating historic events. He will explain the many ways mail has been delivered since colonial days. Also learn about unusual items transported by the Postal Service, even a little girl who mailed herself to her grandmother. Find out what new stamps are scheduled for 2018 and what stamps have been the most popular over the years. You don't have to be a stamp collector to enjoy this talk. Please call ahead to sign up!

Date: Saturday, June 9

Time: 11:30AM

Summer Luau! \$8.00 per person

Join Maria and Marianne for a celebration Luau-style on June 9th at 11:30 AM. You will not want to miss out on our Chinese buffet and other Hawaiian treats. So wear your favorite tropical print, put on your leis and head to the COA for the party! Please sign up by June 6th to reserve your seat!

Date: Monday, June 11

Time: 12:45PM

Organic Gardening for Everyone! By John Root Naturalist • Educator

Naturalist and landscaper John Root, will be at the Bedford Council on Aging to discuss the cultivation of vegetables, fruits, herbs and flowers using natural methods to promote soil and plant health. Perennials for edible landscaping and attracting pollinators and other beneficial wildlife will be offered for sale. 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, a state agency

Date: Monday, June 11

Time: 6:30PM

Am I Invisible?

Mal Allard, Memory Care Director of Peregrine's Landing at Tewksbury, founder of Their Real World, and accomplished speaker & educator of Alzheimer's and Dementia Care, will present "Am I Invisible?". She'll shed some light on the thoughts and feelings of our loved ones who experience memory impairment."

Date: Wednesday, June 6

Time: 6:30PM

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: Wednesday, June 13

Time: 6:30PM

Pizza & Proxy Party Who's Your Agent?

A Health Care Agent is your advocate, a person you trust to make health care decisions when you are unable to make decisions yourself, even for a short while. Your Agent has the legal power to talk with your doctors to get you the care you want. Not sure who to appoint yet? No problem. You can start with a Personal Directive. We'll review the free "Getting Started Tool Kit" which includes:

- MA Health Care Proxy to choose an Agent;
- MA Personal Directive, to give your Agent & family instructions for the care you want;
- "5 Things To Talk About With Your Care Providers", a handy discussion guide.

Please join a representative from Compassionate Care Hospice to have a slice of pizza and gain some knowledge! Please sign up at the COA so we know how many to expect.

Date: Thursday, June 14

Time: 12:30PM

Taking Your Medication Correctly Thursday

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, June 15

Time: 10:30AM

Soap Making Workshop

Join Gariné Arakelian, a third generation artist, and creates vegan soaps. This lye free soap making workshop is fun for all ages! The cost for each soap you make is \$4.00. You will have time to make two. Please call the COA to reserve a place.

Date: Monday, June 18

Time: 1:00PM

ICE CREAM SOCIAL

Come and join all your friends of the COA for a Thank You Ice Cream Social on Monday, June 18th at 1:00PM. The Officers and Board members of the FBCOA want to thank the members for their donations, assistance, and volunteering to help enrich the COA programs and activities.

Date: Monday, June 18

Time: 6:30PM

Beading Workshop

Come make some beautiful jewelry with the owner of Beadles Bead Shop, Diana Seremet! You can create your own necklace (\$15), bracelet (\$10), or pair of earrings (\$5) from a vast collection of seaglass and pearls! Diana will guide you through the entire process. So please join us whether you are a seasoned beader or a total newbie! You will have a blast! Sign up is required.

Date: Tuesday, June 19

Time: 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.

Date: Wednesday, June 20

Time: 1:00

Feel the Vibration of Good Hydration!

Water never tasted so good. Drink more of it and feel better, but know why you feel better when you do! Please join Mark Waksmonski, Bedford's Community Nurse at the COA to learn all the health impacts of proper hydration!

Date: Wednesday, June 20

Time: 6:30PM

Introduction to Archery

Bedford Council on Aging is excited to announce that archery will be offered at the Bedford High School! You are invited to participate in a special introductory session and enjoy friendly competition while shooting traditional recurve bows and arrows. Instructors from On the Mark Archery will teach you the fundamentals needed to find success in this Zenlike sport that is both all-inclusive and addicting. Equipment will be provided. Beginners and experienced archers are welcome to attend. We will be at Field "F" at the High School. In case of rain the class will be held in the Davis School Gym. Sign up by June 15th, 781-275-6825. Cost: Free.

Date: Thursday, June 21

Time: 10:00AM

Brightview Brunch

Join us for a delicious brunch hosted by Janna Barry of Brightview Concord River! Please sign up in advance for this event, as seating is limited.

Date: Thursday, June 21

Time: 11:00AM

Barn Babies Traveling Zoo

This traveling menagerie will provide an educational and hands on experience. They will bring 20-40 animals which include bunnies, chicks or ducklings, goats or lambs, a potbellied pig, kittens, and puppies. During the event their professional staff will be thoroughly entertaining and interactive with both the animals and guests. Please call the COA by June 16th to reserve your spot.

Date: Monday, June 25

Time: 1:00PM

Art Matters

American Art Part 1 – (1776-1900)

The United States was not founded by schooled artists, but by people seeking freedom and adventure. American artists have been like America itself, pioneering, bold, and independent. Early American artists had their roots firmly planted in European traditions but explored their own frontiers and evolved their own unique flavor, forged in the struggles of the birth of a nation. Join us at the Bedford Council on Aging for a look at the roots of American Art from 1776 until 1900 with its pioneering courage, independent drive, and rebellious spirit. Please call ahead to reserve your seat! 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, a state agency.

Date: Tuesday, June 26

Time: 10:00AM

Memory Café Continues

Located in the Flint Room; 2nd Floor, Town Center The Friends of the Bedford Council on Aging, Cooperative Elder Services, Inc. (CESI), and the Bedford Council on Aging are partnering to continue the Bedford Memory Café on the fourth Tuesday of every month. A Memory Café is a safe and comfortable space where caregivers and their loved ones can socialize, listen to music, play games, and enjoy other appropriate activities. In June, Tim Kane, of Kane Drums, will host a Drum Circle. Please call the COA for more information, or drop in to our Café! Thank you to all our Memory Café Sponsors for helping the FBCOA reach their goal!

Date: Wednesday, June 27

Time: 1:00PM

Ice Cream Social

Charm Medical Supply will be hosting an informational ice cream social. Do you or someone you love suffer from Incontinence? Do you struggle to pay for absorbency supplies? Do you struggle to pay for Boost/Ensure or Glucerna? Is getting to the store to purchase these items a challenge? Stop by to find out if you qualify to receive these supplies thru your health insurance plan. Please sign up at the COA so we know how many scoops of ice cream we need!

Date: Saturday, June 30

Time: 11:00AM

Learn What is Pickleball?

Pickleball is often described as a mix of ping-pong, tennis and badminton played on a mini tennis court with an oversized paddle and ball similar to a whiffle ball....it is fast, fun, addictive and can be played by people of all ages and athletic abilities! Pickleball is played both indoors and outdoors, is very popular with active adults and it's popularity with teenagers as well as young adults is growing. There is nothing more fun than getting on the court with players of similar ability.....it's common to hear "I'll play one more" and still hear it 5 games later! To learn more about pickleball visit the USA Pickleball Association at:

Outing Club

Coming in July and August are some new and exciting adventures! Day trips will be planned to play in the outdoors. Kayaking, bike rides, boat trips and hikes await you this summer! Stay tuned!