

Bedford Council on Aging
October 2018 Announcements

Date: Mondays in October

Time: 9:30AM

Indian Social Group

The COA is proud to announce the formation of its 1 st “Indian Social Group”. This group welcomes our South-Asian neighbors aged 60 and older and aims to promote socialization, arts, entertainment and education. All are welcome to attend! The group will meet weekly, on Mondays, at 9:30 AM for 2 hours at the Town Center building. We welcome and encourage all seniors to explore different cultures, participate and meet others! If you have any questions about the group please call Sharif at 508-317-4285.

Date: Mondays in October

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 October

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 October

Time: 11:00AM-12:00 Noon

Tech Support with Kai

Have questions or need help with your phone, internet, iPad or computer? Kai Holland will be at the COA on Saturdays in August from 10:00 - 11:00 AM 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: Wednesday, October 10

Time: 12:00 Noon

Options Counseling

Options Counseling by Minuteman Senior Services. Provides unbiased information about long term care services and resources, 12-2PM 2nd Wednesday of each month

Date: Wednesday, October 10

Time: 7:00PM

Replanting Lives

The group, Replanting Lives Uprooted by Mental Illness/Brain Disorders for caregivers and family members has moved 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: Friday, October 12

Time: 10:00AM – 2:00PM

Senior Charlie Card Event

Did you know that Seniors (65+) are entitled to discounted MBTA fares? Discounted passes are typically only available by traveling into Boston to the Charlie Card stores which can be difficult or even impossible for many seniors. Whether you need to renew your pass or you would like to obtain one for the first time, we invite you to visit the Bedford Council on Aging on Friday, October 12 between 10:00 AM and 2:00 PM. You must be 65 years of age or older and provide a valid photo ID that includes your date of birth. Please call (781) 275-6825 for more information.

Date: Monday, October 15

Time: 1:00PM

Car Leasing Simplified

Mr. Arthur Walsh (BSEE, MSAM) and town resident for greater than 30 years will discuss why you should lease versus purchase your next car. He will cover the most critical aspects of the car leasing process from the beginning to the end. Participation in this discussion will benefit everyone who ever thought about leasing a car, is currently leasing a car, or has specific questions about car leasing. This discussion will make everyone who attends a more informed consumer, and be much better prepared to negotiate a fair and equitable car lease arrangement. Please sign up at the COA!

Date: Monday, October 15

Time: 6:30PM

Self Confidence and Self Defense Class

Join Kathy Clark, RN and 3rd Degree Black Belt in Kenpo Karate, as she helps you to learn about some simple yet highly effective mental and physical tools you can use to feel (and therefore appear) more confident, secure, safe, and capable in and about. Her goal is to highlight internal and demonstrate how to utilize and harness them to gain greater confidence in all aspects of your daily lives, as well in certain unexpected or difficult situations you may encounter. Please sign up at the COA for this interactive class!

Date: Tuesday, October 16

Time: 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.

Date: Wednesday, October 17

Time: 12:45PM

Falls Prevention

Come join an interactive lecture on ways to reduce falls risk and build the environment around you to prevent falls. Presented by an Emerson Hospital physical therapist, this presentation will highlight the ways your body changes as you age and what you can do to improve your home safety. Topics covered will include screens to determine your risk for falls, sample exercises, checklists to determine high risk areas in your home and what to do if you fall.

Date: Wednesday, October 17

Time: 7:00PM

The Opioid Epidemic with Ed Alessi

This workshop will discuss the nature of the current opioid epidemic, its deadly consequences, its history, and the types of drug use, who is most likely to engage in drug abuse and treatment options.

Date: Friday, October 19

Time: 10:30AM

Halloween Soaps!

Each participant will make their own soapy creations using glycerin based soap and adding colors and scents. Once the soap base has cooled slightly, we will add color; embed a variety of monster rubber duckies, and cosmetic grade glitter and essential oil (optional). 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: Tuesday, October 23

Time: 1:00PM

COA Book Club

Patricia Lockwood's memoir, *Priestdaddy*, is a study in contrast. Her father, who became a Catholic priest after he was married and had a family, also happens to only wear boxers around the house, play classic rock guitar, and read Tom Clancy. Lockwood's mother adheres to the social mores of Catholicism but also enjoys a good curse and manages several rounds of puns about a semen stain found in a hotel room. And Lockwood herself, a poet who abandoned the church long ago, loves a dirty joke but still knows exactly what she should be doing at every moment during a service. After Lockwood and her husband fall on financial troubles, they move back into her parents' rectory to regain their footing. This collision of worlds brings a flood of childhood memories filled with antiabortion protests, a bizarre youth group, and the push against her conservative upbringing. Lockwood magically combines laugh-aloud moments with frank discussions of social issues and shows off her poet's skills with lovely, metaphor-filled descriptions that make this memoir shine.--Sexton, Kathy Copyright 2017 Booklist

Date: Wednesday, October 23

Time: 7:00PM

American Needlepoint Guild

All levels of stitchers from beginner to experienced are welcome to observe and participate in the local chapter of the American Needlepoint Guild (ANG) which meets the 4th Tuesday evening of the months September – May in the Flint Room from 7-9PM. Come and check out this creative group! Programs range from optional stitching projects to lectures and social events. If you enjoy needlepointing, join us to learn more and discover new aspects about this popular art. We hope you will visit us to learn more about needlepoint, get to know other stitchers in the area and share your efforts with a most appreciative group Visit: www.masschapterang.org

Date: Wednesday, October 24

Time: 1:00PM

Judy Garland

Bruce Hambro returns to the Bedford COA with a one-hour review of the life and fabulous career of the girl from Oz! You will experience the genius of Judy Garland - a show business dynamo of unparalleled gifts. During the program, an informative discussion is teamed with a power point presentation that includes fascinating archival photos, many of which harken back to the delightful motion pictures in which Judy starred! Please join us!

Date: Wednesday, October 24

Time: 6:30PM

Fall is Here!

The dog days of summer are behind us. Let's enjoy a cup of hot cider and donuts together. Let us know you are coming!

Date: Thursday, October 25

Time: 1:00PM

Benefits of Irrevocable and Revocable Trusts

Dale Tamburro Returns! 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 9:30AM. The Top 5 reasons for using a Trust: 1. Avoid Probate 2. Asset Protection 3. Minimize Estate Taxes 4. Management of Assets for Children and Grandchildren or 5. Disabled, Dale will also discuss having Living Revocable Trust vs Irrevocable Trust or Testamentary Trust? How a Trust is used in Nursing Home and Medicaid Planning I only have my house and \$100,000, do I need a Trust?

Date: Saturday, October 27

Time: 11:30AM

Halloween Party

Wear your costume and join in the spooktacular festivities of food, fun and a scary movie here at the COA! Just \$8 to attend. Please call the COA by Tuesday October 23rd to sign up.