

Bedford Council on Aging
December 2018 Announcements

Date: Mondays in December

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 December

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 December

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 December

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: Monday, December 3

Time: 1:00PM

The Origin of Things

This is a lite-hearted fun-filled workshop that examines the origin of many common household items from flush toilets to chewing gum to brassieres. Many of these items date back to ancient times! Join in the fun and learn a bit of history! Please let us know you are attending!

Date: Wednesday, December 5

Time: 1:00PM

What Going on Around Town? With Chris Laskey, Code Enforcement Director and Catherine Perry, Assistant Planner

If you have questions or want to know what is going on around town with buildings, construction or new stores coming to town, Chris and Catherine will be back at the Council on Aging on Wednesday, December 5 at 1:00 PM to give you the inside scoop! Chris will share this firsthand knowledge of current developments around Bedford. Catherine Perry will give us a glimpse of what’s on the horizon!

Date: Thursday, December 6

Time: 10:00AM

Coffee with a Cop Building relationships. One cup at a time

Coffee with a Cop brings police officers and the community members they serve together over coffee to discuss issues and learn more about each other. Please join Bedford Police Chief Robert Bongiorno on Thursday, December 6 at 10:00 AM for a cup of coffee, a light breakfast and a chat! Just call ahead to sign up so we know to expect you!

Date: Friday, December 7

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, December 10

Time: 1:30PM

Diabetic Shoe Clinic

Attention, Adults with foot problems and Diabetes! Is Medicare your Primary Insurance? If so, you are eligible to receive a pair of diabetic shoes and inserts FREE to you if you are Diabetic! Also, other insurances cover this as well! Please bring your Medicare card and any other supplemental insurance cards, as well and the completed doctor's order (pick up ahead of time from the COA) make your 10-minute fitting appointment by calling the COA. Any questions please call Amy Baxter of Pro Medical East 603-944-1311

Date: Wednesday, December 12

Time: 10:30AM

Planning a Hip or Knee Replacement Surgery in the Future?

Undergoing total knee and hip replacement surgeries can be painful as well as time consuming, and recovery may require physical therapy to regain better function, mobility, and flexibility. Studies show that exercising, not only after, but prior to surgery can reduce pain and improve every day movements. Participating in light to moderate physical activity before your scheduled hip or knee replacement can reduce post- surgery physical therapy time, improve physical functions, and reduce pain in the long run. Join us for a discussion about how you can accelerate postsurgical healing by being physically ready.

Date: Wednesday, December 12

Time: 1:00PM

The Concord Players

Please join us at the COA for a Holiday performance by the Concord Players. The Concord Players are seasoned performers who have put together programs of short staged readings and skits. Featured are some musical interludes by our own Traveling Troubadour, Tom Ruggles, a duet with Kate Blair and a trio sung with Kate and Sandy Armstrong. It gives us pleasure to entertain you and brighten your day. Please call the COA to reserve your spot.

Date: Friday, December 14

Time: 10:00AM

Holiday Handbell Concert

The Hancock Church 1912 Massachusetts Avenue, Lexington is hosting their seventh annual Holiday Handbell Concert featuring their 4 octave handbell choir playing popular, sacred and classical holiday favorites. A perfect way to enjoy the magic of handbells. The COA is able to offer 10 rides to the concert for a cost of \$5.00 per person. You are also able to drive to the free concert and then return to the COA for our annual holiday party. Please call the COA to reserve your spot. The van will leave the COA at 9:30am and return at 11:30.

Date: Friday, December 14

Time: 1:00PM

Holiday Party

Join us after lunch for our annual COA Holiday Party! The dessert buffet is kindly sponsored by the FBCOA. Please call the COA at 781-275-6825 by Tuesday, December 11th to reserve a spot.

Date: Monday, December 17

Time: 12:45PM

Stay at Home Forever

Please join Cindy Tulimieri of Independent Living Innovations for a discuss of items and ways to make your home safer so people can adapt their environment to stay in their home forever. Also will include Community Resources available to Bedford residents. Please call the COA to reserve a spot. If time allows, Balance Testing, where we complete a standardized test to see people's fall risk, will be performed! Please call ahead so we know you are attending.

Date: Tuesday, December 18

Time: 10:00AM

The Memory Café Continues

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. Join Steve Staines for some of your favorite holiday music on keyboard! 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, December 19

Time: 1:00PM

Bing Crosby: Swinging on a Star Presented by: Bruce Hambro

Bing Crosby: Swinging on a Star is an informative program that reviews the highlights of the historic career of "Der Bingle" including his starring roles in two of film history's greatest musicals-- White Christmas and High Society. Among many classic Crosby tunes heard in this presentation are Road to Morocco, White Christmas, Swinging on a Star, I'll Be Seeing You and True Love. Please call ahead so we know how many people to expect.

Date: Thursday, December 27

Time: 1:00PM

Tea, Coffee & Chocolate

Please join Bedford's Community Health Nurse, Mark Waksmonski to learn about the benefits of these common daily items. You get to have tea, chocolate, and quality coffee! Enjoy a sample of each, and learn the benefits of each. Please call to sign up so we know how much to prepare!

Date: Monday, December 31

Time: 12:00 Noon

New Year's At Noon

Depart at 9:00 AM this morning for Boston. Celebrate New Year's Eve with your friends aboard the Odyssey for a two hour cruise with a Champagne toast and countdown to Noon! Enjoy distinctive dining; live music paired with an entertaining DJ, outstanding service and our unmatched skyline views. What a wonderful way to celebrate New Year's Eve on the Boston Harbor! After the cruise returns, you'll board your coach for a view of the holiday lights and Frog Pond ice rink and the beautiful Christmas Tree on Boston Common. You'll return home at 4:30 PM after a great day in Boston! Just \$89 per person