



April, 2016

Council on Aging Events

Weekly Activities

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!

Fridays in April at 6:00 PM

Pickleball

What is Pickleball? It's a fun sport that combines many elements of tennis, badminton and ping-pong. It is played with a paddle and plastic ball on a badminton-sized court and slightly modified tennis net. Check out www.usapa.org for detailed information. Some paddles will be available on a first-come basis. Changes in the location and 'no play dates' will be emailed to participants. Please include an email address in your registration at Bedford Recreation or at www.bedfordrecreation.org No Fee. Lane School Gym. Fridays, 6:00-7:30pm (no 4/22), Pickleball is very popular for seniors in surrounding towns. The COA is able to provide instruction as this program grows in popularity in Bedford. This program is in collaboration with Bedford Recreation Department.

Day by Day

Saturday April 2 at 1:00 PM

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 2 if your special day is in April!

Saturday April 2 at 1:15 PM

Movie: *Black Mass*

(2015) R This fact-based drama recounts the story of notorious Boston gangster "Whitey" Bulger, who turned FBI informant to get rid of his mob rivals. Later facing imminent indictment, he eluded authorities for more than 15 years, until his arrest in 2011.

Monday April 4 at 10:00 AM

Science & Tech

We will be continuing our series, How the Universe Works, Season 2. Please join us on Monday, April 4 at 10AM for episode 4, Megaflares. The Universe is a magnetic minefield. The Sun spits out flares capable of

battering life on Earth. But out there in space lie the true magnetic monsters. As we uncover dangerous megafires in the cosmos, the question is, will we end up in the firing line??

This group is a general interest group...No need to feel intimidated. If you have an interest in science, we would love you to 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!

Date: Tuesdays in April at 1:00 PM

Learn To Play Pool From the Best in Bedford

Come to the COA on Tuesdays in April at 1:00PM for a beginners Pool Clinic. Learn to play in a fun, safe, supportive setting with Senior Olympic Medal Winner, Richard Fryer and Organizer, Lew Putney. They will teach you the basics to get started and you will be playing with skill and confidence in no time. Pool cues available at the COA or bring your own! Both male and female players welcome. Please sign up at the COA.

Tuesday April 5 & 19 at 1:00PM

Nom de Plume Writing Group

Have you ever thought you might like to try your hand at writing? Perhaps leave stories for your children or grandchildren ...or just to see if you can put a poem on paper! If so, come join us at the Nom de Plume writing group on the first and third Tuesday of the month from 1-3 PM. We are a friendly, fun and non-threatening group of people. All you need is the willingness to try, a note book and a pen! Who knows it might just open up your world anew? Hope to see you there!

Wednesday April 6 at 6:45 PM

Movie: *The 33*

(2015) PG-13 Unspooling one of the most compelling true-life tales of survival in the modern age, this gripping drama chronicles the massive 69-day effort to rescue 33 Chilean miners who were trapped more than 2,000 feet underground.

Thursdays in April at 9:30 AM

Bicycle Orientation & Tune-up For the Beginner Bicyclist

Join us at the COA, Thursday, April 7 (rain date April 8) at 9:30 AM when members of the Bedford Friends of the Minuteman Bikeway will offer a short orientation class on basic bicycle skills, etiquette on the bike path, recommended gear and clothing, and a mechanical check. Does your bike have a strange noise or a flat tire? - bring your bike in and get a minor tune-up! At the end of the orientation, at 11:00 AM, we will ride to the bike path for a short group ride.

Advance registration recommended due to limited space. Please send an email to BedfordBike@gmail.com or sign-up at the COA.

Thursdays in April at 10:00 AM

NEW!!! Take a Hike!

The Community Of Active folks (aka the COA) has a very active hiking group! This month, we will continue explore the conservation trails in Bedford, Carlisle, Concord, Lexington and Lincoln. The walks will start at 10:00AM, take 2 hours and will cover 4 to 6 miles. The walks are lead by Susan Grieb who is a long time Appalachian Mountain Club trip leader. If interested in any of the following hikes you can sign up with the Bedford COA or directly with Susan Grieb at slgrieb@comcast.net. Susan will send out an email each week to let you know the plan for that week.

Thursday April 7 at 11:30 AM

Lane School Talent Show & Luncheon

On Thursday, April 7 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 11:30 AM with lunch at Noon. The show will begin at 12:30 PM. Reservations for the luncheon are necessary and can be made by calling the COA at 781-275-6825.

Thursdays April 7 at 11:30 AM

Blue Plate Special: Red Heat Tavern

Meet old friends or make some new friends while joining the COA for lunch. Discover what might become your new local favorite the “Red Heat Tavern” specializing in the flavors of outdoor open grilling with tavern comfort classics. We will meet at the restaurant at 11:30am Please contact the COA to sign up for this event and make your luncheon selection!

Thursdays in April at 2:00 PM

Chess

Join us for our New Chess Group on Thursdays at 2:00 PM. If you are an expert or have never played before, stop in to work-out your brain!

Friday April 8 & Saturday April 9

Jacob Wren Throckmorton Memorial Art Show

Jacob Wren Throckmorton (1994-2014) devoted his young life to music and art, and was an inspired volunteer at the Bedford Council on Aging. Bedford artists, age 55+, who would like to participate should contact the COA at coa@bedfordma.gov or by phone at (781) 275- 6825. Please provide identity of the artist, type and size of art to be submitted, contact information, and if the piece is for sale. Submit one piece or many!

Friday, April 8 8:00 AM-7:00 PM; Saturday, April 9 11:00 AM-4:00 PM; Reception: 12-2PM at the Bedford Council on Aging

Friday April 8 at 12:30 PM

Wizard Music

John Kienzle from Wizard Music will provide Jerome Kern on keyboard for your entertainment! Come in for lunch, stay for the art show, relax and enjoy John’s music!

Monday April 11 at 12:45 PM

Celebrating New England: Songs and Stories for Everyone

The Bedford Council on Aging will celebrate the diverse heritage of the New England Region by presenting a performance by Parents’ Choice Award winning storyteller Davis Bates! Entitled Celebrating New England: Songs and Stories for Everyone, the program will involve the audience in a variety of cultural traditions. It will include farming stories and songs from the past and present, sea songs & chanteys, Native American stories, ghost stories and family tales! There will be plenty of sing-alongs, and even a short lesson in how to play music with spoons. He also encourages listeners to remember and tell stories from their own family and cultural tradition. 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.

Monday April 11 at 6:45 PM

Mix & Mingle Senior Singles

Feeling lonely but don’t have time to meet someone new? Looking for a safe place to meet and mingle? Now is the perfect season to build new relationships and re-connect with old friends. Join us at the COA for our first mixer event! Enjoy appetizers, mocktails, background music and friendly conversation. Come in and mingle with other singles looking to meet and find happy, fulfilling connections! Please call ahead to sign up!

Tuesday April 12 at 11:30 AM

Saving the Memories, Not the Memorabilia

Please join Billerica Crossings and A Perfect Move, Inc. for a complimentary luncheon at the Bedford Council on Aging! A Perfect Move will draw upon years of moving experience assisting families just like yours and guide you through the process of downsizing. Many valuable handouts will be provided detailing processes, resources, and helpful humorous accounts to keep the focus on the end result! We invite you to bring all of your questions, fears and helpful tips to share during this interactive workshop ...and don't forget your appetite! Please call the COA to sign up.

Tuesday April 12 at after the 1:00 FBCOA Meeting

Welcome to April!

Come and enjoy a party sponsored by the Friends of the Council on Aging at 1:00pm on Tuesday, April 12. Join us for fun, food, games, and a good time! Sign up by Friday, April 8 so we know how many will attend.

Wednesday April 13 at 1:00 PM

Coffee with Emerson

Join Emerson Hospital's Director of the Sleep Disorders Program, Neil Kruszkowski, for our lecture series, Coffee with Emerson on Wednesday, April 13 at 1:00 PM. He will discuss Topics such as: Why we sleep; How much sleep is enough; What is a "normal" night's sleep; What can go wrong; What is a sleep study; and what are the treatments available for these sleep complications. Neil will also discuss CPAP machines, which many people use to improve sleep.

Emerson Hospital will provide coffee and dessert! Please call the COA to sign up for this event.

Neil Kruszkowski, RRT/SDS/CPFT is a Respiratory Therapist and the Director of the Sleep Disorders Program at Emerson Hospital.

Wednesday April 13 at 6:30 PM

Vision Loss?

As we age our vision can change. The Massachusetts Commission for the Blind will be sharing information on causes of vision loss, new and interesting low vision aids and the benefits and services of MCB and other agencies. Please join us at the COA!

Thursday April 14 at 11:00-1:00

Should I Stay or Should I Go?

Provided by the Higgins Group Realtors

Is it time to start thinking and planning on downsizing? What do I need to do to make my home safe? How is the current seller's market? Where would I go? On Thursday, April 14 from 11am-1pm, please join Diane Hughes, Julie Winton and Mimi Henning from the Higgins Group Realtors along with Independent Living Innovations for an informative discussion regarding your future. Lunch will be served, along with dessert! Please RSVP to Mimi at 781-454-5589 or mimihenningre@gmail.com

Friday April 15 at 12.30 PM

Adult Coloring: For Therapy ...or Just for Fun!

Come and join our volunteer, Louise St. Germain for this therapeutic (just for fun) adult coloring session. Recently adults have rediscovered this most universal childhood activity and many are finding it therapeutic and relaxing! Come and be a kid again with your peers and embrace the new craze. Not only will we create unique art on printed sheets, but also build up those fine motor muscles and be able to do more with your hands. Pre-printed pages will be provided along with coloring pencils. Use ours or bring your own!

Friday April 15 at 1:00 PM

Art Matters: Art Keeps Us Human

You don't have to know anything to look at and connect with art. All art is subjective. There is no right or wrong and no good or bad! There is only your opinion. Our brains are "hot-wired" to be able to look at marks

on a flat surface, organize those marks, and see images in 3 dimensions. Looking at art connects us to one another as individuals. You don't have to speak the same language, live in the same part of the world, have the same culture, religion or even live in the same era. Art connects us as Humans. Join us at the COA for a phenomenal presentation of some sensational art!

Saturday April 16 at 12:30 PM

Swing into Spring!

Join Vicky and friends for a swingin' party on Saturday, April 16th for only \$5! Fun, laughter and loads of friends for all! Please sign up at the Council on Aging by Wednesday, April 13.

Saturday April 16 at 1:15 PM

Movie: *Swing Kids*

(1993) PG-13 Kids all over the world want to rebel, and close friends Peter (Robert Sean Leonard) and Thomas (Christian Bale) -- although they're growing up in Nazi Germany -- are no different. But their rebellion against conformity took the hip form of listening to banned American swing music. Their friendship and their mutual sense of right and wrong are put to the test, however, when an innocent prank forces Peter into the Hitler Youth.

Tuesday April 19 at 9:30 AM

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.

Tuesday April 19 at 11:30 AM

Newbury Court

Celebrate Spring and (Actual) Patriot's Day! We will have a prize for the "Most Patriotic" dressed! Cast your vote and come for lunch catered by Newbury Court Retirement Community, Concord. Limit of 40 participants so make sure you sign up. See you there!

Wednesday April 20 at 10:00 AM

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.

Wednesday April 20 at 10:30 AM

Avoiding Financial Downsizing

You have worked your entire life to garner and keep the assets you currently have. Michael Healey specializes in helping people plan, keep and protect your assets from hospitals and nursing homes. In the seminar we will go over ways how to protect your hard earned assets from being taken to pay Hospital and Nursing Home bills, and getting those assets into the hands of your loved ones instead.

Contrary to what many Lawyers and Financial Advisors like to tell you, you do not need to downsize your estate if you do not want to. This seminar will teach you all the options you have to keep and protect all that you have worked so hard to attain. If you are interested in the seminar but are unable to attend, personal appointments can be made.

Wednesday April 20 at 1:00 PM

Next Day Access

Next Day Access Boston invites you to stop in the COA and hear about products and solutions available to help you or your loved ones remain safely in the home while increasing independence and quality of life. We will discuss various options such as grab bars, stair-lifts, and wheelchair ramps. Next Day Access Boston offers both short-term rental options, for use during rehabilitation from injury or surgery, and more permanent solutions.

We will answer any questions you may have regarding safety while entering and navigating around your home. In addition, Next Day Access Boston is more than happy to provide in-home evaluations at no cost!

Wednesday April 20 at 6:45 PM

Quiddler

The latest card and word game craze! This card game is easy to learn and fast paced. It combines aspects of gin rummy and scrabble. Each game lasts approx. 20-30 min. All ages can play and all abilities are welcome. Come learn, play and enjoy! Delicious refreshments will provided.

Thursday April 21 at 10:00 AM

Free Hearing Clinic

Apex Hearing Care, LLC Custom Fit and Service Hearing Aids Owner, Joseph J. Sarofeen, is offering free hearing screenings and checks on existing hearing aids and instruments. Appointments are available on Thursday, March 17 from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

Thursday April 21 at 1:00 PM

Understanding Estate Planning: from Health Care Proxy to Wills to Trusts to Estate Taxes to MassHealth to Certain Insurance Products

Dale Tamburro returns! Topics discussed will include: Steps to Take in Advance of Death or Disability; Basic Documents We All Need: (Health Care Proxy, Durable Power of Attorney, Last Will and Testament (Pour Over), Revocable Trust (most of you anyway)); Why a Living Trust Makes Sense for Most People including Couples with Young Children, Middle Aged Individuals and Couples and Elders; plus much much more! Bring your questions! Individual appointments also available before this presentation. Please call the Council on Aging to sign up!

Friday April 22 at 11:00 AM

Looking for Green Thumbed Seniors to Help Plan the COA Community Garden Project!

Calling all gardeners with an interest in planning, planting, nurturing, watering and weeding. This year the COA is planning a small Community Garden outside with hopes to grow fresh produce in collaboration with Healthy Bedford. The garden will provide healthy foods for those involved and alternative choices for the COA to offer. Any surplus will be donated to the food pantry. The garden will provide an educational, recreational and helpful program for all involved. Please sign up to attend the first planning meeting April 22 at 11:00AM!

Saturday April 23 at 1:15 PM

Movie: *Spotlight*

(2015) R Revealing a string of cover-ups stretching back decades, a team of "Boston Globe" reporters exposes the Catholic Archdiocese's history of keeping reports about child molestation and other priest-initiated abuse under wraps.

Monday April 25 at 10:00 AM

What is a Urinary Tract Infection?

A urinary tract infection (UTI) is an infection in the urinary tract which runs from kidneys through the ureters, the bladder and thru the urethra. A presentation and discussion on Urinary Tract Infections will be held on Monday, April 25 at 10:00 AM at the Council on Aging. The Community Health Nurse, Joyce Cheng RN will discuss the signs and symptoms of UTI, preventive methods and treatments. Please bring your questions and join her in this meeting!

Monday April 25 at 12:30 PM

Name The Tune!

Becoming a monthly favorite at the Council on Aging, Karen from Concord Health Care, will be back to present an afternoon of music and fun on Monday March 21 at 12:30 PM. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling (781) 275-6825.

Monday April 25 at 6:30 PM**Planning for Medicare – Countdown to 65**

On Monday, April 25th at 6:30pm, Heather Hurd from Blue Cross Blue Shield will be here to discuss:

- Explanation of Medicare and Medicare Parts A and B
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to early retirees, such as COBRA

We would love to have you join us! Please call ahead to sign up, as space is limited.

Tuesday April 26 at 11:30 AM**Zounds Hearing**

Get the latest information on better hearing! Join Dorothy Potts, Hearing Instrument Specialist from Zounds Hearing of Westford for a Lunch & Learn on November 12th at 11:30 AM! What you will learn at this gathering: What are the social interaction signs of Hearing Loss? Why you should have a baseline hearing test. May is Hearing & Speech Awareness month. What makes Zounds hearing of Westford different? Please call the Council on Aging to sign up for this lovely lunch!

Tuesday April 26 at 1:00 PM**Library Book Discussion**

American cuisine is just a delivery system for an addictive trinity of unhealthy ingredients, according to this eye-popping expose of the processed food industry. Pulitzer-winning New York Times reporter Moss (Palace Coup) explains the two-faced science of salt, sugar, and fat, which impart tantalizing tastes and luscious mouthfeel that light up the same neural circuits that narcotics do; Coca-Cola, he notes, calls favorite customers "heavy users"; while causing epidemic obesity, cardiovascular disease, and diabetes. But he also crafts an absorbing insiders' view of the food industry, where these ingredients are the main weapons in a brutally competitive war for stomach-share.

He takes readers into the laboratories, marketing tests, and boardrooms where the sweet, salty, cheesy "bliss point" of cereals, snacks, sodas, and frozen dinners is obsessively pursued; the scientists and executives he talks to feel torn between health concerns-almost to a person, he observes, they avoid eating the food they sell-and the market-driven imperative to stoke consumer cravings. Moss's vivid reportage remains alive to the pleasures of junk-"the heated fat swims over the tongue to send signals of joy to the brain"-while shrewdly analyzing the manipulative profiteering behind them. The result is a mouth-watering, gut-wrenching look at the food we hate to love. (Mar.) (c) Copyright PWxyz, LLC. All rights reserved.

Join Staff from the Bedford Public Library to discuss this intriguing book! Discussion is held in the Fitch Room at Town Center. Books are available at the Bedford Library. Please join us!

Wednesday April 27 at 10:00 AM**Is Your Smartphone Making You Feel Stupid??**

The STEP Program at Bedford High School will be here to offer an informative session on the use of hand held devices in everyday life. The students will present on the basics of operating a smartphone and tablet followed by a question and answer session. The students will then be available to meet with members 1:1 to answer specific questions or requests. Whether you need support turning the device on/off and charging it at night, uploading/sending photos or support in downloading and utilizing up and coming applications, this is the presentation for you!

Wednesday April 27 at 6:45 PM

Pizza & Conversation

The cold weather is just a memory ...Join us to celebrate a nice spring evening! Let's get together for an informal evening of pizza, hot coffee and interesting conversation with old friends and maybe meet a new one or two! Please let us know if you will attend. Just \$3 per person.

Thursday April 28 at 10:00 AM

Basic CPR Education & Awareness

Join Fire and Life Safety Educator Nick Anderson on Thursday, April 28 at 10:00 AM for a non-certificate course in Basic CPR awareness. Nick will be teaching a basic class, based on the American Heart Association's "CPR Anytime" program. During class, you will learn basic CPR, AED skills and choking relief. Pizza will be provided for lunch after the class. Please call (781) 275-6825 to sign up. Limit 12 students. If there is enough interest, this course will be repeated in the near future.

Thursday April 28 at 1:00 PM

Pie Tasting

Please join us at the Bedford Council on Aging for a delicious sampling of Atria Longmeadow Place! We will be enjoying a taste from a selection of pies made with local, fresh ingredients. Reserve your spot for this delectable event on Thursday, April 28 at 1:00 PM by calling the COA at 781-275-6825.

Friday April 29 at 11:30 AM

Healthy Snack

Benchmark Senior Living at Billerica Crossings wants to share Our Health with You! Stop in for a Snack Bag Giveaway...a Healthy Snack to add to your day! First come, first served.

Saturday April 30 at 1:15 PM

Movie: *The Martian*

(2015) PG-13 Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney must find a way to survive the planet's harsh environment -- despite having only 28 days of supplies left.

Trips!

Lunch at Bamboo & The Butterfly Place ~ \$40 ea.

Tuesday, April 26, 11:00-3:00

Join us for a lunch buffet at Bamboo in Westford, then see New England butterflies and tropical species from all over the world! Walk along a winding pathway. Observe butterflies sipping from flowers, basking in the sunshine and flying freely in a natural habitat. Enjoy our koi fish and quail birds which live among the butterflies. Visit the "show and tell bench" where a staff member is always available to answer your questions and help make your visit fun. See eggs, caterpillars or other interesting creatures up close. Limit 15, so sign up quickly!

Please meet in the parking lot near the Bedford Police Station at 11:00 AM. Trip will return by 3:00 PM.