



February, 2016

Bedford 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 Reika & Kramer every Wednesday at 10:00. Mara & her dog Max 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!

Monday February 1 at 10:00AM

Science & Technology Club

We will be continuing our series, *How the Universe Works*. This series has been described as “a users guide to the cosmos from the big bang to galaxies, stars, planets and moons. Where did it all come from and how does it all fit together. A primer for anyone who has ever looked up at the night sky and wondered.” Please join us on Monday, February 1 at 10AM for Season 2, episode 1; *Scientists are discovering volcanoes on worlds we once thought dead. From our nearest planetary neighbor to tiny moons billions of miles away, today we are discovering volcanoes on alien worlds. Are these worlds where, tomorrow, we might find life?*

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!

Tuesday February 2 & 16 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 February 3 at 6:45 PM

Movie: *The 100-Year-Old Man Who Climbed Out the Window and Disappeared*

(2015) R Allan Karlsson caps off his long and colorful life by escaping from his nursing home on his 100th birthday. In short order, he comes into a possession of a suitcase stuffed with cash. With his new friend Julius, Allan decides to take it on the lam.

Thursdays in February at 10:00 AM

NEW!!! Take a Hike!

The Community Of Active folks (aka the COA) is starting a 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 led 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.

Thursday hikes will continue during the month of February! We will let the weather determine what kind of hike, walk or activity we do. If the weather is good we will hike in some of the conservation lands. If the woods look like they will be too slippery to walk using our Yaktrax Pros (go on-line to see these cool shoe/boot additions or check out a pair at the COA) then we will walk on some beautiful back roads. And when the weather is really bad, we can go bowling, walk in a mall or try something else. No matter the weather, we will celebrate the winter! Susan will send out an email each week to let you know the plan for that week.

Friday February 5 at 12:30 PM

Wizard Music

John Kienzle from Wizard Music will provide Valentine's music on keyboard for your entertainment! Come in for lunch, relax and enjoy John's music!

Fridays in February 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. No Fee. Lane School Gym. Fridays, 6:00-7:30pm, 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.

Saturday February 6 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 February 6 if your special day is in February!

Saturday February 6 at 1:15 PM

Movie: *Far from the Madding Crowd*

(2015) PG-13 In this period drama based on Thomas Hardy's classic novel, winsome Bathsheba Everdene wins the hearts of three disparate men: sheep farmer Gabriel Oak, dashing soldier Frank Troy and William Boldwood, a moneyed older man.

Monday February 8 at 6:00 PM

Taking the Angst Out of Dating

Single and looking? This is a two-hour workshop for all single folks who would like to be coupled. Everyone is welcome – regardless of your preferences! This workshop is designed for anyone interested in learning some of the basics of beginning to look for a companion. We also invite those who have been looking without success. Some of the things to be discussed include: useful venues, presentation of oneself to the dating world, how to handle a first date, how to stay safe (that includes safe sex!), what to tell of yourself and when, ‘catfishing’, how to handle rejection (it’s part of the package) how to know when to walk away and anything else you bring to the table. Required: A sense of humor about yourself and the world, an ability to give up perfection and an open mind. Come join the conversation! We guarantee you will have an entertaining two hours! Limit 15, sign up required.

Tuesday February 9 at 11:30 AM

Wintertime Lunch

Come in from the cold and warm up! Join Jane Taylor, Bedford resident and Marketing Director at Newbury Court, for a gourmet lunch catered by Newbury Court Retirement Community, Concord! Jane will be there to greet you and serve lunch.

Lunch is complimentary; Limit of 40 participants. See you there! Please call the COA by Friday, February 5 to sign up.

Tuesday February 9 at 1:00 PM

FBCOA Mardi Gras!

Join the Friends for a Fat Tuesday celebration!!! Following the FBCOA meeting on Tuesday, February 9, wear your green, gold and purple! We'll celebrate with New Orleans with food, games & music! Please sign up by Friday, February 5.

Wednesday February 10 at 6:45 PM

Movie: *The Carol Burnett Show: Carol's Favorites*

During its 11-year run, "The Carol Burnett Show" became one of television's most beloved variety programs, with larger-than-life guest stars and uproarious sketches, including "Went with the Wind" and "As the Stomach Turns".

Saturday February 13 at 12:30 PM

Valentine's Party

Bring your sweetie, or maybe meet someone new on Saturday, February 13th at 12:30PM. We'll celebrate together with some delicious treats and a catered lunch! Just \$5 to attend. Please sign up by Thursday, February 11 so we know how many folks to expect.

Saturday February 13 at 1:15 PM

Movie: *Max*

(2015) PG In this affecting drama based on real events, military dog Max is adopted by the family of his trainer, who was killed in Afghanistan. Besides helping the family overcome their grief, Max's arrival provides new clues about the soldier's death.

Tuesday February 16 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.

Wednesday February 17 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 February 17 at 6:45 PM

Pizza Party!

Becoming a monthly treat at the COA!! 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 February 18 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, February 18 from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

Thursday February 18 at 1:30 PM

Ken Pruyn

Back by popular demand and with surprise musical selections. Our very own Ken Pruyn will entertain and delight us. Come relax and enjoy the afternoon on Thursday February 18, at 1:30 PM! Of course, we will have sweet treats to munch on!

Friday February 19 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!

Saturday February 20 at 1:15 PM**Movie:** *Captain's Courageous*

(2015) NR Based on a novel by Rudyard Kipling, this classic adventure tale stars Spencer Tracy in an Oscar-winning performance as Manuel, an old salt who fishes spoiled, rich brat Harvey Cheyne (Freddie Bartholomew) out of the drink. When the vessel's skipper (Lionel Barrymore) puts Harvey to work, the boy chafes at the idea. But crusty Manuel takes the lad under his wing and teaches Harvey invaluable life lessons through patience, forgiveness and resolve.

Tuesday February 23 at 1:00 PM**A Tour of the World of Olive Oil with Chef John!**

There many flavors found in extra virgin olive oils, just like in wine tasting! Flavors are determined by several factors including type of olives, ripeness of olives, growing conditions, and oil storage. Chef John of Atria Longmeadow Place in Burlington will be here at the COA on Tuesday, February 23 at 1:00 PM to "school" us in the wide variety of olive oils available! Please join us! Sign up by calling the Bedford COA.

Tuesday February 23 at 1:00 PM**Library Book Discussion**

Staff from the Bedford Free Public Library will be leading a book discussion at the Council on Aging on "The Rosie Project," a novel by Graeme Simsion. Genetics professor Don Tillman's ordered, predictable life is thrown into chaos when love enters the equation in this immensely enjoyable novel. Never good with social cues, Don explains his difficulty empathizing with others, which he forthrightly says is a defining symptom of the autism spectrum, as a result of his brain simply being wired differently. Diagnosis is not the issue here, as the reader is rooting for Don as he searches for ways to fit in. With his fortieth birthday approaching, he designs a questionnaire to find a compatible female life partner using his overriding devotion to logic. But he finds his quest competing with the request of a woman to discover the identity of her biological father. The protagonist is passingly similar to that of Haddon's *The Curious Incident of the Dog in the Night-Time* (2003), but Simsion's first novel is not as dark, focusing instead on the humor and significance of what makes us human. Don is used to causing amusement or consternation in others, but as his self-awareness and understanding grow, so do his efforts to behave more appropriately. Determined and unintentionally sweet, Don embarks on an optimistic and redemptive journey. Funny, touching, and hard to put down, *The Rosie Project* is

certain to entertain even as readers delve into deep themes. For a book about a logic-based quest for love, it has a lot of heart.--Thoreson, Bridget Copyright 2010 Booklist

Wednesday February 24 at 12:30 PM

Your Living Trust Choices

Atty. Dale Tamburro Returns to Present: Your Living Trust Choices. The living trust is becoming quite a popular estate planning strategy. It costs more than a will, but includes many features that are helpful during life and in your estate. On Wednesday, February 24 at 12:30 PM, Dale will be here to review some of the basic principles of the living trust. He will also discuss topics including: Trust Creation, Living Trust Income Taxes, Funding the Trust, Estate Taxes, Medical Care and Financial Planning Trust for Minor Children, Single Person—"Give It Twice" Trust, Trusts for Surviving Spouse, Trusts to Protect Children , Special Needs Trust, How to Fund Your Living Trust, Guidelines for Living Trust Property Transfers, Bypass the Estate Tax, Irrevocable Life Insurance Trust (ILIT), Protection With a Perfect Family, Trusts for Creative Spenders. Please call the COA to let us know you will attend.

Wednesday February 24 at 6:45 PM

Movie: *The Water Diviner*

(2015) R Following the carnage of the Gallipoli campaign, an Australian farmer travels from his home Down Under to the battlefields of Turkey in an attempt to find his three sons, all of whom went missing during the conflict.

Thursday February 25 at 9:00 AM

Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on Thursday February 25 at 9:00 AM for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.

Friday February 26 at 12:45 PM

Coffee with Emerson

Join Emerson Hospital Primary Care Physicians Johanna Kline Kim, MD and Daniel Perl, MD for our lecture series Coffee with Emerson on Friday, February 26 at 12:45 PM as they discuss symptoms, diagnosis, prevention and treatment options for Osteoporosis. Osteoporosis is a condition in which the bones become less dense and more likely to break. Fractures (broken bones) from osteoporosis can result in significant pain and disability. In the United States, more than 53 million people either

already have osteoporosis or are at high risk due to low bone mass. Emerson Hospital will provide coffee and dessert. Please call the COA to sign up for this event. Drs. Kline Kim and Perl are located at the Bedford-Lexington Internal Medicine Practice 450 Bedford Street 1st Floor, Lexington Mass 781-274-6274.

Saturday February 27 at 1:15 PM

Movie: *A Walk in the Woods*

(2015) R Returning to America after living abroad many years, aging travel writer Bill Bryson decides to focus on his native land by hiking the length of the Appalachian Trail with his long-estranged pal Stephen Katz -- a tottering, wisecracking ex-alcoholic.

Monday February 29 at 10:30-2:30

Senior CharlieCard 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 CharlieCard 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 Monday, February 29 between 10:30 AM and 2:30 PM. You must be 65 years of age or older and provide a valid photo ID that includes your date of birth. TAP (disability) and Blind Access CharlieCard applications will also be available at this event. Please call (781) 275-6825 for more information.