



January, 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!

### Day by Day

#### **Saturday January 2 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 January 2 if your special day is in January!

#### **Saturday January 2 at 1:15 PM**

##### **Movie: *Charade***

(1963) NR Cary Grant stars as Peter, who may or may not be a flimflam man who aids the recently widowed Regina in her mission to recover a fortune hidden by her late husband. But three sinister crooks -- who'll stop at nothing -- also covet the loot.

#### **Monday, January 4 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, January 4 at 10AM** for episode 8, *Alien Moons: Moons come in every possible shape and size. Home to incredible natural phenomena like gigantic geysers and colossal volcanoes, moons also offer perhaps the best chance of finding alien life in the universe—and they probably exist in the billions.*

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!

**Monday, January 4 & 25 at 6:30 PM**

**Evening Adult Coloring**

Bring a friend and join the latest craze! The Council on Aging has colored pencils and some coloring pages for you to use... or bring your own! Come and relax with us now that the holiday season has passed. Coffee and tea will be available.

**Mondays in January 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!

**Tuesday January 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 January 6 at 6:45 PM**

**Movie: *Love & Mercy***

(2015) PG-13 This candid biopic traces the winding path of Brian Wilson, creator of the Beach Boys' unique sound. Battling mental illness, Wilson traded stardom for an isolated existence in the 1960s but returned to the stage in the '80s after taming his demons.

**Thursdays in January 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](mailto:slgrieb@comcast.net).

Thursday hikes will continue during the month of January! 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, January 8 at 12:30 PM**

**The Bedford Flag Unfurled**

You've seen our red Bedford Flag waving in the breezes all around Bedford, but do you know why it's so celebrated here? Where did the small red flag come from? And for goodness' sake, whatever happened to its pretty silver FRINGE? Sit down with Town Historian Sharon McDonald and get the real story behind our flag! Please contact the COA to sign up.

**Friday January 8 & 29 at 1:30 PM**

**Grief Support Group**

Please join Marjie Cahn, LICSW, EdD on Friday, January 8 & 29 at 1:30 PM. This group will focus on recent loss & coping strategies for everyday life today, and going forward. Please be prompt! No admittance after group begins. Closed door sessions. Please sign up at the COA.

**Fridays in January at 6:30 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](http://www.usapa.org) for detailed information. Some paddles will be available on a first-come basis. No Fee. Lane School Gym. Fridays, 6:30-8:30pm, 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 January 9 at 1:15 PM**

**Movie: *Little Boy***

(2015) PG-13 An 8-year-old boy with developmental challenges is devastated when his devoted father -- and lone friend -- is drafted during World War II. With his dad out of the picture, the youngster is determined to fight the bullies who torment him at school.

**Monday January 11 at 12:45 PM**

**Music Through the Decades**

In 2010, the Norman Rockwell Museum commissioned David Polansky to develop "Music Through the Decades". The show is a thrilling, fun-filled hour in which the audience is shown how the last hundred years of American and world history have influenced the great American Popular Song Book. Using the keyboard, trumpet and vocals, David brings alive the music of George M. Cohan, Irving Berlin, Fats Waller, George Gershwin, Hoagy Carmichael, and a host of others. Music from the gay 90s, World War I, the Roaring 20s, the Great Depression, WWII, Big Band, Swing Eras, Broadway and the Wild West. David's Louis Armstrong impression is legendary and never fails to thrill everyone! Please join us at the Bedford Council on Aging on Monday, January 11 at 12:45PM for this exciting program! Please call (781) 275-6825 to sign up.

**Keep Reading, There's More to Come!**

**Monday January 11 at 6:30 PM**

**THE ISIS CRISIS**

Who ARE these People? What does ISIS want? Why do they use such inhuman terrorist tactics to push their agenda for an Islamic Caliphate in Syria and Iraq? Month after month we are confronted with ISIS attacks in Turkey, France, Great Britain and threats against the United States. How is ISIS financed? How do they attract young people from western and eastern nations to their cause? How can ISIS be confronted and defeated? Come explore these questions and more with Professor John Kienzle at Bedford COA on Monday, January 11 at 6:30 PM in the Flint room. All will be revealed. Don't miss it! Sign up at the Council on Aging by calling (781) 275-6825.

**Wednesday January 13 at 12:30 PM**

**Bedford Memories: Stories of a Small Town**

On Wednesday, January 13th at 12:30PM, the COA will be showing a new documentary created by video producer and Bedford resident Leslie Wittman and supported by Carleton-Willard Village. This living history chronicles life in Bedford throughout the last century as it grew from a small farming community to the vibrant town it is today. It features the stories of eleven longtime Bedford residents who shared their memories of a town that's a wonderful place to live and work. Interspersed with lots of historical photos, the interviews present engaging and often amusing snapshots of Bedford life in the days long before computers and cell phones.

**Wednesday January 13 at 6:45 PM**

**Pizza Party!**

Winter is on its way, the holiday season is now past... 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.

**Friday January 15 at 12.30 PM**

**WatchRx**

On Friday, January 15th at 12:30 PM, WatchRx would like to get your valuable opinion on our amazing award-winning invention - An all-in-one watch, with built-in phone and GPS, that helps seniors take their medications on time, and keeps family members connected. Please join us to see a demo of the watch and what it can do for you!

If you can't make it to this meeting, they will be back **Monday, January 25 at 6:30PM.**

**Friday January 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!

**Saturday January 16 at 1:15 PM**

**Movie: *Grace of Monaco***

(2015) NR Six years after Grace Kelly's storybook life led her to become the Princess of Monaco, the actress weighs an offer to resume her career in Hollywood while helping her country in a dispute with France.

**Tuesday January 19 at 9:30 AM**

**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.

**Wednesday January 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 January 20 at 12:30 PM**

**Traditional Chinese Culture "Reviving 5000 years of civilization: Shen Yun"**

Celebrate Chinese New Year at the Council on Aging! The year of the Monkey will begin on February 8. For people born in the year of the monkey (1920, 1932, 1944, 1956, 1968), 2016 is considered an auspicious year. On Wednesday, January 20 12:30 PM join Yiwei at the COA to learn about traditional Chinese Culture! She will discuss: What is the essence of traditional Chinese culture; The destruction of traditional Chinese culture; and a cultural revival through Shen Yun! Please join us!

**Wednesday January 20 at 6:45 PM**

**Movie: *Danny Collins***

(2015) R Clinging to memories of his 1970s heyday, former rock star Danny Collins gets a wake-up call when his manager finds an unopened 40-year-old missive written to Danny by John Lennon. Newly inspired, Danny decides to reinvent his future.

**Thursday January 21 at 9:00 AM**

**Fire Safety Breakfast**

Join Fire and Life Safety Educator Nick Anderson on Thursday January 21 at 9:00 AM for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.

**Thursday January 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, January 21 from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

**Keep Reading, There's More to Come!**

### **Friday January 22 at 10:00 AM**

#### **Exercise Promoting Good Posture**

There is a good reason your mother told you to sit up straight! Slouching can cause more mental and physical complications than most people realize. Besides being aware of the incorrect posture, we need to focus on exercise in strengthening the muscles to maintain our stance. Come join the Community Health Nurse to learn movements and exercises in strengthening the muscles that we often neglect. You will also learn the proper ways of standing, walking, sitting and lifting, so we can eliminate harms to our body and reduce pain.

### **Saturday January 23 at 1:15 PM**

#### **Movie: *Marnie***

(1964) PG Blonde ice princess and habitual thief Marnie Edgar uses her looks to gain the confidence of Philadelphia playboy Mark Rutland, who begins to fall for her only when he realizes she's planning to embezzle money from his insurance company.

### **Monday January 25 at 12:30 PM**

#### **The Financial Planner's Role in Estate Planning *Do You need Both an Attorney and a Financial Planner?***

Come to this talk on Monday, January 25 at 12:30 right here at the COA and learn why we think working with a team of competent advisors is a win for you. Specifically you will learn how a team can work together to: Organize your total wealth and eliminate financial confusion; Avoid mistakes on how you own your assets; Protect what you own from legal and medical risk; Eliminate the risk of death taxes and excessive probate expenses; Sidestep investment account blowups through proper beneficiary selection and account tilting...and more! Bonus: a discussion on whether attorneys and planners always agree on strategy. When do they differ and why? How do planners and attorneys view the value of the team approach to planning?

This will be an important discussion to help you make decisions on choosing who should be advising you and what you should expect from them. The value you will get from this knowledge alone will be worth your time and possibly save you hundreds of dollars!

\*Dale J Tamburro, JD Attorney at Law. Mr Tamburro leads up Tamburro Law Office in Belmont which handles estate planning and real estate law for individual, investor and business clients.

\*Christopher Grande, MSIM, RMA®. Mr Grande is Principal of Walnut Hill Advisors in Belmont. Chris advises people age 50+ through comprehensive financial planning and strategy as a flat fee Registered Investment Advisor.

### **Tuesday, January 26 at 1:00 PM**

#### **Library Book Discussion: *Someone* by Alice McDermott**

In this deceptively simple tour de force, McDermott (Charming Billy, winner of the National Book Award) lays bare the keenly observed life of Marie Commeford, an ordinary woman whose compromised eyesight makes her both figuratively and literally unable to see the world for what it is. When we meet her on the steps of her Brooklyn townhouse, she's a bespectacled seven-year-old waiting for her father; McDermott then leaps ahead, when Marie, pregnant with her first child, recalls collapsing at a deli counter and the narrative plunges us into a world where death is literally just around the corner, upending the safety and comfort of her neighborhood; "In a few months' time, I would be at death's door, last rites and all," she relates. We follow Marie through the milestones of her life, shadowed by her elder brother, Gabe, who mysteriously leaves the priesthood for which everyone thought he was

destined. The story of Marie's life unfolds in a nonlinear fashion: McDermott describes the loss of Marie's father, her first experience with intimacy, her first job (in a funeral parlor of all places), her marriage, the birth of a child. We come to feel for this unremarkable woman, whose vulnerability makes her all the more winning-and makes her worthy of our attention. And that's why McDermott, a three-time Pulitzer nominee, is such an exceptional writer: in her hands, an uncomplicated life becomes singularly fascinating, revealing the heart of a woman whose defeats make us ache and whose triumphs we cheer. Marie's vision (and ours) eventually clears, and she comes to understand that what she so often failed to see lay right in front of her eyes.

Agent: Sarah Burnes, Gernert Company. (Sept.) (c) Copyright PWxyz, LLC. All rights reserved.

**Wednesday January 26 at 6:45 PM**

**Movie:** *He Named Me Malala*

(2015) PG-13 Vividly portraying the obstacles Pakistani women face in getting an education because of prohibitions by the Taliban, this affecting documentary chronicles the story of Malala Yousafzai, a 15-year-old who was shot because of her advocacy efforts.

**Saturday January 30 at 1:15 PM**

**Movie:** *The Man from U.N.C.L.E.*

(2015) PG-13 With both their countries threatened by a powerful global crime cartel, the CIA's Napoleon Solo and KGB operative Illya Kuryakin must work together in this Cold War thriller inspired by the classic 1960s TV series.