



## MARCH 2016

### COUNCIL ON AGING EVENTS

#### **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!

#### **Tuesdays in March at 1:00 PM**

##### **Learn To Play Pool From the Best in Bedford**

Come to the COA on Tuesdays in March at 1:00 PM 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 March 1 & 15 at 1:00 PM**

##### **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 March 2 at 6:45 PM**

##### **Movie: *Ricki and the Flash***

(2015) PG-13 Abandoning her family to chase -- and ultimately attain -- her dream of rock stardom, guitarist Ricki Rendazzo returns years later to try to mend fences. Unfortunately, her estranged sons and daughter want little to do with her ... at first.

### **Thursdays in March 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](mailto:slgrieb@comcast.net). Susan will send out an email each week to let you know the plan for that week.

### **Fridays in March at 6:00PM**

#### **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, 6:00-7:30pm, 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 March 5 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 March 5 if your special day is in March!

### **Saturday March 5 at 1:15 PM**

#### **Movie: *Testament of Youth***

(2015) PG-13 In this adaptation of her World War I memoir, smart and ambitious Vera Brittain breaks free of her conservative home life to attend Oxford University, but news of war soon brings her studies and a blossoming romance to a halt.

### **Monday March 7 & 21 at 10:00 AM**

#### **Science & Tech**

We will be continuing our series, How the Universe Works, Season 2. Please join us on Monday, March 7 at 10AM for episode 2, The Winds of Creation. On Earth, violent and destructive storms create new opportunities for life. In our quest to discover if we are alone in the universe, we shouldn't just look for worlds, we should look for weather. Find chaotic weather and maybe we will find alien life.

We will also be meeting on Monday, March 21 at 10 AM for episode 3, Planets from Hell. Over the last twenty years we have discovered an extraordinary zoo of planetary nightmares outside our own solar system, all of them truly wild worlds, a collection of monsters. Now we must face the question: Is every planet out there a planet from hell?

**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 March 7 at 1:00 PM**

#### **Simply Migraine and Headache Relief: An Alternative Approach**

Alternative and complimentary treatments have become popular within the United States. Research into migraine and headache relief show many reported success stories without the use of medications. The

methods and recommendations herein are not new – nor have they been developed by this author. Rather they have been extrapolated and tested from Reiki, QiGong, TuiNa, G-Jo, Myotherapy, Meditation, Trigger Point Therapy, Tapping, and Pressure Point Therapy. Free Demo Classes to be offered: Monday March 7, 1PM and Monday March 14, 7PM. Space is limited, so sign up early! Clinics will be offered Monday March 21, 1- 3PM and Monday March 28, 6:30-8:30PM. Set appointments up with Bob Doherty, 617-283-7500, please leave a message with your contact information and Bob will return calls within 48-hours.

**Mondays in March 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 March 8 at 1:00 PM**

**Wear Your Green for our March Party!**

Come and join in the fun at the St. Patrick's Party! The FBCOA will celebrate at the Council on Aging with food, fun, and games! Join us right after the meeting on Tuesday, March 8th at 1:00 pm.

**Wednesday March 9 at 1:00 PM**

**Exploring Hawaii**

Join Ron & Carol Reynolds as we visit the five largest islands of Hawaii: Hawai'i, Maui, Moloka'i, Kaua'i, and O'ahu. This travelogue program explores the natural beauty, the history, and the culture of Hawaii. We will visit two national parks and several national historical parks and wildlife refuges.

**Date:Friday March 11 at 12:30 PM**

**Wizard Music**

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

**Saturday March 12 at 1:15 PM**

**Movie: Everest**

(2015) PG-13 Based on a true-life tale of death and survival on the world's tallest mountain, this epic adventure tracks the fate of two climbing parties that become trapped when a savage snowstorm engulfs the summit of Mount Everest.

**Monday March 14 at 12:45 PM**

**Bedford Tax Relief Information**

Applications may be submitted until the end of March for a number of tax relief programs available to Bedford residents who are seniors, blind and veterans. One that not widely used is perhaps the most accessible – a full exemption on the Community Preservation Act fees that appear on your tax bill. Board of Assessor member, Bruce Murphy, and Alan Ferguson, Associate Assessor, will discuss these programs and answer questions about the property assessment process at the COA on Monday, March 14th at 12:45 PM, giving you time to complete and submit any applications before the deadline.

**Monday March 14 at 1:00 PM**  
**Talk to Your State Representative**

Ken Gordon will be at the COA to talk with you about state issues on Monday, March 14 at 1:00 PM.

**Monday March 14 at 7:00 PM**  
**Simply Migraine and Headache Relief: An Alternative Approach**

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**Tuesday March 15 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 March 15 at 10:30 AM**  
**Are You Taking Your Medication Safely?**

Are you on any medication to manage your health? Are you simply taking over the counter medications from time to time? Or are you taking variety of supplements and vitamins? It's important to manage your medication intake to get the most benefit from them and stay safe during the process. Joyce Cheng, the Community Health Nurse will hold a session on medication safety on Tuesday, March 15 at 10:30 AM to discuss tips on managing your daily medications. Free pill boxes will be given away to attendees. Bring a list of all medications that you are taking to the discussion. You can also bring your unwanted medication for proper disposal.

**Wednesday March 16 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 March 16 at 12:30 PM**  
**Does Your Present Estate Plan Meet Your Needs and Desires?**

When did you last have your estate plan reviewed by a professional? What estate documents do you have? What are your major concerns? Disability?Death?Probate?Estate taxes?Nursing home?Children?Your legacy?

Are you worried about outliving your money? Are the fiduciaries on your estate documents still the right people for the job? Have the laws changed since you last reviewed your estate plan? Has your net worth

changed? Have your family dynamics changed? Your health? Your spouse's health? Has your children's family dynamics changed? Their financial situation?

These are some of the questions that Dale Tamburro hopes you will be prepared to answer at his next seminar on Wednesday, March 16 at 12:30PM. Individual appointments also available before this presentation. Please call to sign up!

### **Wednesday March 16 at 12:45 PM**

#### **David Polansky Presents: Erin Go Bragh: Songs from and about Ireland**

These songs will steal your heart away; favorites that take you back a hundred years or more! Many are sing-alongs that have become part of the great American Song book. Among the selections: McNamara's Band, When Irish Eyes are Smiling, How Are Things in GloccaMorra, I'll Take You Home Again, Kathleen, Danny Boy, Molly Malone, Let Me Call You Sweetheart, It's a Long Way to Tipperary, Peg O' My Heart, My Wild Irish Rose.

### **Wednesday March 16 at 6:45 PM**

#### **Movie: *Short Term 12***

(2013) R Grace, a compassionate young supervisor at a foster care facility, works with her boyfriend and colleague, Mason, to help at-risk teens. But when a new charge dredges up memories of her own troubled past, Grace's tough exterior begins eroding.

### **Thursday March 17 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.

### **Beginning Thursday March 17 at 10:00 AM**

#### **Pen & Ink Revisited**

Come join Susan Funk as we go back to the "basics" of Pen & Ink drawings! The class will discuss the variety of textures that can be created as well as practice these techniques. Please feel free to bring subject matter you would like to attempt with pen & ink. Each class will build on the previous class' information, so that by our last class you will feel comfortable with this medium! Supplies needed: #2 pencils, erasers, paper/sketchbook, your choice of - 1: Bottle of india ink & crow quill nib & handle 2: Rapidograph (technical ruling pen that utilizes ink cartridges) 3: Micron Markers (markers that come with different nib sizes, colors, permanent ink that has no scent & does not bleed like a Sharpie marker). If you are unsure of which choice of ink, Susan suggests #3 – less messy, less expensive & easily available. Please sign up quickly as space is limited! 6 week course, \$45 per person

### **Friday March 18 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 March 18 at 12:30 PM**

**Healthier Living**

Do you mindlessly eat a whole bag of potato chips or cookies while you are reading, watching TV or working on the computer? Do you have chronic joint inflammation or migraines? These and other issues will be discussed on Friday, March 18 at 12:30PM with Sigal Bar-Gill. Sigal is a holistic health counselor and wellness coach in the area. Come learn how to empower yourself and lead a healthier life! Please sign up so we know how many will attend!

**Saturday March 19 at 1:15 PM**

**Movie: *The Intern***

(2015) PG-13 Agreeing to participate in a community outreach program, e-commerce entrepreneur Jules Ostin hires a 70- year-old intern -- who ends up bringing his special brand of business savvy to her fashion enterprise.

**Monday March 21 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.

**Tuesday March 22 at 1:00 PM**

**Library Book Discussion**

*The Map Thief: The Gripping Story of an Esteemed Rare-Map Dealer Who Made Millions Stealing Priceless Maps* by Michael Blanding, includes the results of an exclusive interview with Smiley before he went quiet, as well as the other individuals involved; from the dealers he worked with to the librarians affected by Smiley's theft. Blanding expertly reports a tale of personal destruction and redemption played out against the dog-eat-dog world of a secretive subculture. *The Map Thief* delves into the untold history of this fascinating high-stakes criminal, interweaving it with the stories of the explorers and mapmakers he knew better than anyone, and the inside story of the industry that consumed him. Moreover, though Smiley swears he has admitted to all of the maps he stole, the libraries he victimized have uncovered over a hundred more they accuse him of taking—along with some intriguing clues to prove it. While uncovering the roots of Smiley's crimes, *The Map Thief* follows those clues in an effort to determine the truth and divulge the implications of Smiley's crimes on dealers, libraries, collectors, and map lovers alike.

**Wednesday March 23 at 12:30 PM**

**What Going on Around Town? with Chris Laskey, Code Enforcement Director**

If you have questions or want to know what is going on around town with buildings, construction or new stores coming to town, Chris Laskey will be back at the Council on Aging on Wednesday, March 23 at 12:30 PM to give you the inside scoop! Chris will share this firsthand knowledge of current and future developments around Bedford. If you missed this presentation last quarter, you won't want to miss it again!

**Wednesday March 23 at 6:30 PM**

**Food & Friends**

Come enjoy some Chinese food with old and new friends alike! We will have dinner together on Wednesday, March 23 at 6:30 PM. Stop in and relax with good conversation! Sign up is required and there is a \$5.00 fee for this event.

**Thursday March 24 at 9:00 AM**

**Fire Safety Breakfast**

Join Fire and Life Safety Educator Nick Anderson on Thursday March 24 at 9:00 AM for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.

**Saturday March 26 at 1:15 PM**

**Movie: *Bridge of Spies***

(2015) PG-13 At the height of the Cold War in 1960, the downing of an American spy plane and the pilot's subsequent capture by the Soviets draws Brooklyn attorney James Donovan into the middle of an intense effort to secure the aviator's release.

**Monday March 28 at 1:00 PM**

**Engaging in Climate Justice Events**

Come to a presentation on Monday, March 28th at 1:00 PM to learn about The Climate Justice Group at First Parish in Bedford. The group has moved beyond feeling overwhelmed and hopeless regarding climate change. They have realized the seriousness of climate change and have organized. They are now taking action! This group has attended rallies, marches and other events in solidarity with other communities in MA. They are greatly concerned about the continued expansion of fossil fuel infrastructure (especially when the MA Attorney General has deemed it unnecessary). They are advocating for renewable energy infrastructure and more citizen involvement in planning for our future energy needs. Come learn about "solar caps", the West Roxbury (methane gas) Lateral Pipeline and numerous gas leaks here in Bedford. Discover what actions are taking place here in Massachusetts and how you could become involved in the climate justice movement.

**Wednesday, March 30 at 12:45 PM**

**The History of Native Americans in Bedford**

Who were the First Peoples who camped here beside the Concord and the Shawsheen Rivers? When we think of the first inhabitants of Bedford, we think of the colonial English settlers, but of course, that is wrong. Town Historian Sharon McDonald's current project is studying the history of Native Americans in Bedford. Evidence shows they were here 9,000 years ago! Come and hear her report on what she has learned so far.

**Wednesday March 30 at 6:45 PM**

**Machu Picchu & Peru**

Experience Peru's diverse and rich cultural past! Take a photographic journey with Hal Ward as your guide right here at the COA on Wednesday, March 30 at 6:45PM. Among other exciting sites, see the ancient grandeur of Machu Picchu. Join us on this picturesque tour!

## TRIPS!

### **Cyrus Dallin Art Museum Tour ~ \$40 ea.**

**Tuesday, March 22, 9:30-2:00**

We live in a cultural mecca... Our town and surrounding areas are filled with history and beauty! Arlington is home to the Cyrus Dallin Art Museum. Dallin was a sculptor who designed the Paul Revere statue at the Old North Church (Boston) and Appeal to the Great Spirit among many notable others! Join us on a visit to this local museum. We will also enjoy lunch at Not Your Average Joe's in Arlington. Meal choices are available upon sign up. To end our day we will stop at the five and ten on Mass Ave in Arlington. There is something there for everyone! Sign up today!