



November, 2015

Bedford Council on Aging Events

Weekly Activities

Cycling for Seniors

A series of bicycle rides for active seniors. All rides will start in front of the COA at 10AM. If you would like to be put on a list to be notified of upcoming rides send an email to Jack Donohue (jmdonohue@alum.mit.edu). Rides will be 15-20 miles long, depending on the preference of the riders. You should be able to maintain an average pace (including hills) of at least 10mph, and have a multispeed bike in good condition. We'll try to stay mostly on back roads, but we will spend some time on busy roads, so you should be comfortable riding with traffic. After the ride, we'll have coffee and snacks at the COA.

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!

Events

Monday, November 2 at 10:00AM

Science & Technology Club

All are welcome! 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, November 2 at 10AM for Episode 4, Extreme Stars. (Description available at the COA front desk.) 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 November 2 at 12:30 PM

Talk to Your State Representative!

Ken Gordon will be at the COA on Monday November 2 at 12:30 PM to talk with you about state issues. Bring your questions!

Monday November 2 at 6:30 PM

Russia and Her Neighbors

Please join Professor John Kienzle at Town Center in the Flint Room at 6:30 PM

PART IV (Nov. 2 6:30 PM)--THE CAUCASUS: This region between the Caspian and Black Seas has been contested among Russia and Turkey and Iran for centuries. Fiercely independent Georgia, Armenia and Azerbaijan have independent identities, while the Chechens have fought foreign influence continuously. We will examine these tangled destinies.

Please Sign-Up at the Council on Aging

Tuesday November 3 at 10:30 AM

Alpha Game Day

Please join the Alpha Club of the Bedford High School on Tuesday, November 3 at 10:30 AM to enjoy table games, fun and socialization. Bring your wits with you for an intergenerational games challenge!

Tuesday November 3rd at 11:45 AM

Newbury Court Harvest Lunch

Come on up to the COA and enjoy a gourmet lunch catered by Newbury Court Retirement Community, Concord. Jane Taylor, Bedford resident and Marketing Director at Newbury Court, will be there to greet you and serve lunch! Lunch is complimentary with a limit of 40 participants. See you there! Please call ahead to sign up!

Tuesday November 3 & 17 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 November 4 at 12:30 PM

What's 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 here on Wednesday, November 4 at 12:30 to give you the inside scoop! Chris will share this firsthand knowledge of current and future developments around Bedford. He will also share information on 12 things to look for before selecting a contractor.

Wednesday November 4 at 6:45PM

Pizza & Conversation

Winter is on its way, the holiday season is almost upon us... 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 \$2 per person.

Thursdays in November 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 .

- November 5: We will meet in Lincoln; details will be available by email (or at the COA)
- November 12: We will meet at 26 Fox Run Road in Bedford. We will hike around 5 miles and explore Buehler pond, Fawn Lake and Wilderness Park. Lunch will be soup and salad at the leader's house.
- November 19: Estabrook Woods and Punkatasset. We will meet at the end of Estabrook Road in Concord. This is a 4-mile hike with some uneven and slippery footing. Bring poles for balance if you find that helpful. Lunch will be at the Trails End Café.

Thursday, November 5 at 12:00 PM

Staff Appreciation Luncheon sponsored by Atria Senior Living of Burlington

Please join the COA Board as we appreciate, celebrate and thank the staff who helped hold everything together during the recent time of need. In the absence of a Director, staff did whatever it took to keep the COA going and maintain programming and services. In the spirit of thankfulness, it is important to recognize those who went above and beyond for the COA. Atria Senior Living is kind enough to sponsor this event with a wonderful lunch. Please call to sign up for this event as space will be limited.

Friday November 6 at 12:30 PM

Wizard Music

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

Fridays in November at 6:30PM

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*. 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 November 7 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 November 7 if your special day is in November!

Saturday November 7 at 1:15 PM

Movie: Cinderella (2015) PG

In this live-action retelling of Disney's animated classic, young Ella escapes from a life of drudgery by way of a fairy godmother whose magic brings Ella face-to-face with the prince of her dreams.

Monday November 9 at 12:30 PM

Planning For Health Care in Retirement

Michael Franco will be here for a discussion on Medicare and health care costs in retirement on November 9th at 12:30 PM. He will also discuss what things you should consider and how to prepare in the event of a long term care situation.

Monday November 9 at 7:00 PM

Bedford Memories: Stories of a Small Town

On Monday, November 9th at 7PM, the COA will be showing Bedford Memories: Stories of a Small Town – 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.

Tuesday November 10 at 10:00 AM

COPD and Lung Health

We often don't realize the important role our lungs play in keeping us strong and healthy until we experience complications. Without proper care, you could develop problems like COPD (Chronic Inflammation Pulmonary Disease) which is a common lung disease. Joyce Cheng, the Community Health Nurse of Bedford Board of Health will give a presentation on COPD and Lung Health. The presentation is scheduled on November 10th at 10AM in the Flint Room. Topics to be covered in the presentation are: What is COPD? What causes COPD, the signs & symptoms to look for, ways to live with the disease, and tips for keeping your lungs healthy!!

Thursday November 12 at 11:30 AM

Hear...Here!

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. Hearing loss and the Diabetes connection. What makes Zounds hearing of Westford different? Please call the Council on Aging to sign up for this lovely lunch!

Friday November 13 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! In the spirit of relaxation, a selection of herbal teas will be served. Come and relax with us!

Friday November 13 at 1:00 PM & 6:30 PM

Taking Control of Your Future

Attorney Dale Tamburro will return to the Bedford COA on Friday November 13 at 1:00 PM to present 'Housing Options for Elders.' Topics include: Staying home benefits and disadvantages, Irrevocable trusts, Mortgage options, Homestead, Downsizing, Assisted living or continued care communities, Creative asset protection and much much more! Please sign-up for this lecture so we know you are coming! He will also offer (free of charge) three individual 45-min. appointments beginning at 9:30. Please call the Bedford Council on Aging at 781-275-6825 to schedule your appointment or for more information! Dale will have an encore presentation at 6:30 PM.

Saturday November 14 at 1:15 PM

Movie: *The Age of Adaline* (2015) PG-13

After 29-year-old Adaline recovers from a nearly lethal accident, she inexplicably stops growing older. As the years stretch on and on, Adaline keeps her secret to herself -- till she meets a man who changes her life.

Monday November 16 at 10:00 AM

Science & Technology Club

All are welcome! 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, November 2 at 10AM for Episode 5, Extreme Planets. (Description available at the COA front desk.) 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 November 16 at 12:30 PM

Name That 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 November 16 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 November 16 at 6:45 PM

Movie: *Where Hope Grows* (2015) PG-13

After chronic anxiety attacks bring a premature end to Calvin Campbell's professional baseball career he spirals into depression -- until he begins an unlikely friendship with a young supermarket clerk who has Down syndrome.

Tuesday November 17 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 November 18 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 November 18 at 1:00 PM

Social Security - What You Need To Know

Social Security is widely recognized as the most successful domestic program in the history of our country. Its importance comes from the fact that it was designed as a financial floor plan for all of us. During the presentation, we will discuss Social Security benefits and services, the history of Social Security, online services, and provide time to get your questions answered!

Wednesday November 18 at 1:30 PM

Songs We Grew Up With

Join Ken Pruyn on Wednesday, November 18 at 1:30PM to enjoy some of your old-time favorite tunes!

Wednesday November 18 at 6:45 PM

Movie: Rosewater (2015) R

In his directing debut, TV host Jon Stewart chronicles the 118-day detention and interrogation of journalist Maziar Bahari, who traveled to Iran to cover the country's 2009 presidential election and ended up being accused of espionage.

Thursday, November 19 at 10:00 AM

Pneumococcal Vaccine

Both the Pneumovax 23 and Prevnar 13 are available for seniors 65 years old and over. Please call the Bedford Board of Health at (781)275-6507 to make an appointment.

Thursday November 19 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, November 19 from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

Thursday November 19 at 12:00 PM

Walden Health Thanksgiving!

Please join your friends at the COA for a seasonal light lunch and dessert with our neighbors from Walden Health & Rehabilitation Center! Located in Concord, Walden is a Not-For-Profit short-term skilled rehab facility. They offer physical therapy, occupational therapy and speech services. Come to the COA and learn more about what they offer! Please sign up so we know you're attending.

Friday November 20 at 1:00 PM

Home Modification Loan Program

The state-funded Home Modification Loan Program (HMLP) provides loans to make modifications to the primary, permanent residence of elders, adults with disabilities, and families with children with disabilities. The modifications to be made to the residence must be necessary to allow the beneficiary to remain in the home and must relate to their ability to function on a daily basis. Join us at the COA on Friday, November 20 at 1:00 PM to learn more about this beneficial program!

Saturday November 21 at 12:30 PM

Fall Party

Come to the Council on Aging and on Saturday, November 21 to join Vicky for our Fall Festivities!! Food and fun will be shared by all! The party starts at 12:30PM, so make sure you sign up for this exciting event! Only \$3 to attend.

Saturday November 21 at 1:15 PM

Movie: *Monkey Kingdom* (2015) G

This all-ages nature documentary follows the perilous lives of a monkey and her newborn daughter in the jungles of southern Asia. As part of a larger group, mom and baby risk starvation if they fail to abide by the stringent social rules.

Monday November 23 at 12:30 PM

Minuteman By Your Side

Are you worried about staying independent in your own home? Do you know a caregiver who could use some much needed support? Are you unsure about the resources available and what they cost? Let Minuteman Senior Services Help! Minuteman's services have expanded to include options for all adults, regardless of age or income. Come to a free presentation about all the programs Minuteman has to offer, including the newest program, Minuteman By Your Side, a private pay professional care management service, created to meet the growing need for affordable assistance. Join us November 23rd at 12:30. Everyone in attendance will be entered in a free raffle to win a Dunkin Donuts gift card! Please sign up at the Council on Aging.

Monday November 23 at 6:45 PM

Fun & Games Night

Come and relax at the Council on Aging and enjoy an evening of camaraderie, a friendly game of pool or to cheer on the Bruins! Delicious desserts and coffee will be provided. Feel free to just drop in and see what the COA is all about!

Wednesday November 25 at 9:00 AM

Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on Wednesday, November 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.

Saturday November 28 at 1:15 PM

Movie: *Holiday Inn* (1942) NR

Bing Crosby croons to the tune of the Oscar-winning "White Christmas" in Irving Berlin's love triangle romantic comedy. Tired of the bright lights of showbiz, Jim Hardy (Crosby) retires to the countryside to become a farmer. He converts the farm into the Holiday Inn, open only on holidays, then competes against his pal (Fred Astaire) for a singer-dancer's (Marjorie Reynolds) affection.

Monday November 30 at 12:30 PM

Bedford TV

On Monday, November 30 at 12:30 PM the COA is pleased to welcome Brian Dorrington, Digital Media Specialist, from Bedford TV as he demonstrates the audio visual recording equipment used at the station. This will appeal to photographers, videographers and anyone with an interest in TV, video and public television. The COA is also looking for volunteer cameramen to assist with recording the

upcoming COA on the Air Programs. If you are interested in this program or volunteering please come along to learn from the best!

Monday November 30 at 2:00 PM

Travelogue with Hal

Join Bedford resident Hal Ward at the Bedford COA to view a travelogue of his recent trip to Australia and New Zealand. We will 'travel Down Under' on Monday, November 30 at 2:00 PM. See you there!

Monday November 30 at 6:45 PM

Trivia Night

Join Wendy at the Bedford Council on Aging for a fun and friendly general trivia game complete with great prizes and yummy snacks ...right here at the COA! Please call ahead to sign up so we know how many folks to expect.

Tuesday December 1 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 "Code Name Verity" a novel by Elizabeth Wein. Oct. 11th, 1943-A British spy plane crashes in Nazi-occupied France. Its pilot and passenger are best friends. One of the girls has a chance at survival. The other has lost the game before it's barely begun. When "Verity" is arrested by the Gestapo, she's sure she doesn't stand a chance. As a secret agent captured in enemy territory, she's living a spy's worst nightmare. Her Nazi interrogators give her a simple choice: reveal her mission or face a grisly execution. As she intricately weaves her confession, Verity uncovers her past, how she became friends with the pilot Maddie, and why she left Maddie in the wrecked fuselage of their plane. On each new scrap of paper, Verity battles for her life, confronting her views on courage, failure and her desperate hope to make it home. But will trading her secrets be enough to save her from the enemy? A Michael L. Printz Award Honor book that was called "a fiendishly-plotted mind game of a novel" in The New York Times, Code Name Verity is a visceral read of danger, resolve, and survival that shows just how far true friends will go to save each other.

Trips!

Tuesday, November 17

Edward M Kennedy Institute for the United States Senate - \$39 per person

Join us on this educational trip to the Edward M. Kennedy Institute! 'The Edward M. Kennedy Institute for the United States Senate is dedicated to educating the public about the important role of the Senate in our government, encouraging participatory democracy, invigorating civil discourse, and inspiring the next generation of citizens and leaders to engage in the civic life of their communities.' When we arrive, we will have a brief orientation of the theater and surrounding exhibits. We will then experience "Today's Vote" which allows you, as a Senator on the floor, to enter the Senate Chamber and debate and vote on the issue of the day. We will also have a guided tour of the rest of the institute, with the option of exploring on your own. There are exhibit interpreters stationed around the Institute that can help answer questions and give more in-depth information about each exhibit! Lunch will be available at your leisure at the Institute's Café. You are also welcome to visit the JFK Presidential Library and Museum, as well as the Commonwealth Museum which features an original copy of the Bill of Rights. This tour will leave Bedford at 9 AM and return at about 2 PM. Sign up today!

All trips depart from the Bedford Town Hall parking lot in front of the police station unless otherwise noted.