



October, 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](mailto: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!

#### **Thursdays in October at 10:00 AM**

##### **Grands & Me**

Are you a caretaker for your grandchildren or someone else's? Join us in the Kitchen at the Bedford COA on Thursdays at 10 AM for an hour of playtime with your little one! We will provide toys and a great space to visit with one another. Grandparents will have the opportunity to meet other 'grandparents' and children can enjoy playing with peers while also enjoying their special adult person.

#### **Thursdays in October at 1:00 PM**

##### **Current Events**

Come join us and let's talk about Current Events! Not just the media sound bites, but what people think is really going on. We provide a friendly social environment within which a variety of local, national and international topics are introduced and discussed with the goal of coming away each week better informed and better able to articulate on a variety of subjects! The floor is open to all attendees and all discussion topics come from the floor. Coffee and light snacks are generally available before the meeting in the COA's main room. We hope you will join us and we look forward to seeing you!

### **Thursdays in October 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).

This month, there will be hikes on Thursday October 1, 15, and 29.

### **Fridays in October 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](http://www.usapa.org) for detailed information. Some paddles will be available on a first-come basis. *No Fee* Fridays, 6:30-8:30pm, 10/2-10/30 Lane School Gym 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**

### **Friday October 2 at 12:15 PM**

#### **Flu Talk**

On Friday October 2 at 12:15, join Joyce, The Community Health Nurse of Bedford Board of Health, for a brief information session on the two types of Flu Vaccine available from the Board of Health!

### **Saturday October 3 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 October 3 if your special day is in September!

### **Saturday October 3 at 1:15 PM**

#### **Movie: *Woman in Gold***

(2015) PG-13 Six decades after World War II, Jewish octogenarian Maria Altmann begins a quest to reclaim the artwork confiscated from her family by the Nazis -- including a famed Gustav Klimt masterpiece.

### **Monday October 5 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 user's 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, October 5 at 10AM for episode 2, *Black Holes*. '*Black holes are the most powerful destroyers in the universe and the most mysterious phenomena in the heavens. For years they were only speculation, now modern astronomy is proving them frighteningly real and showing that they may actually shape everything we see.*' 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 October 5 at 12:30 PM**

**Habitat for Humanity**

In addition to building and renovating simple, decent, safe and affordable homes, Habitat also offers the Critical Home Repairs Program (CHR). Join us on Monday, October 5, 2015 from 12:30pm-1:30pm or Wednesday, October 7, 2015 from 5:00pm-6:00pm, at the Council on Aging to find out more about Habitat for Humanity of Greater Lowell's Critical Repair Program and how you may be able to take advantage of the benefits it has to offer! This program is designed to help homeowners struggling to maintain their homes due to age, disability or family circumstances. The focus is to provide affordable repairs which enable individuals to stay in their homes.

**Monday October 5 at 12:30 PM**

**Talk to Your State Representative!**

Ken Gordon will be at the COA on Monday October 5 at 12:30 PM to talk with you about state issues. Bring your questions!

**Monday October 5 at 6:30 PM**

**Russia & Her Neighbors**

PART II - EASTERN EUROPE, POLAND and UKRAINE: Russia has long seen Eastern Europe as a buffer with the west, holding the area hostage for nearly 50 years under the Warsaw Pact. Why did Russia intervene in the politics of Ukraine and annex Crimea? Russia threatens Poland.

**Wednesday October 7 at 5:00 PM**

**Habitat for Humanity**

In addition to building and renovating simple, decent, safe and affordable homes, Habitat also offers the Critical Home Repairs Program (CHR). Join us on Monday, October 5, 2015 from 12:30pm-1:30pm or Wednesday, October 7, 2015 from 5:00pm-6:00pm, at the Council on Aging to find out more about Habitat for Humanity of Greater Lowell's Critical Repair Program and how you may be able to take advantage of the benefits it has to offer! This program is designed to help homeowners struggling to maintain their homes due to age, disability or family circumstances. The focus is to provide affordable repairs which enable individuals to stay in their homes.

**Wednesday October 7 at 7:00 PM**

**Looking Good, Feeling Good: *Skin Care & Aging***

Taking care of yourself has benefits in all aspects of your life: physical, emotional, psychological and spiritual. Sometimes relatively easy changes can enhance one aspect of your life which in turn has a positive effect upon another aspect: it's a win-win situation! Honor yourself, enjoy your uniqueness and have fun in the process of being the best 'you' you can be! Join us for a series of Looking Good – Feeling Good interactive presentations. Being your questions and receive answers from experts in their respective fields. Lily Brink, Spa Director of Organix Spa in Bedford MA will share research and proven strategies regarding the importance of liking yourself and a road map for getting there. Over 27 years experience. Lily is a former educator and spa consultant for Aveda.

**Thursday October 8 at 9:00 AM**

**Flu Clinic**

High-dose Flu vaccine will be available for Bedford seniors (65+) at the COA, by appointment only. Please call the COA to sign up. This flu vaccine is made for people over 65 to promote stronger immune response to the flu than a regular flu shot. Please bring your Medicare card as well as any other supplemental insurance you may have. If you have any questions about the clinics or the Flu Vaccine please contact the Board of Health at 781-275-6507.

**Friday October 9 at 12:30 PM****CSI Solutions Team Trivia!**

Come join us for an hour of fun with Riddles, Trivia, Puzzles, Little Known Facts, Humorous Sayings and more to help exercise the brain and stimulate our mind. Join Bob and Gerry (think of them as the Richard Simmons of exercising your minds). Bob and Gerry will also coach you to solve a mystery or two, have some fun, win some nice prizes and learn to think outside the box. Bob and Gerry work with many seniors helping them overcome the Senior Generation Dilemma which they will also discuss.

**Saturday October 10 at 1:15 PM****Movie: *Spare Parts***

(2015) PG-13 The journey of four undocumented Mexican-American high school students from Phoenix, AZ who form a robotics club and are led by their teacher with nothing but spare parts and a dream to compete against MIT in a National Underwater Robotics Competition.

**Tuesday October 13 at 6:30 PM****An Inside Look at the Life of a Deep-Cover Black Operative**

Leo J. Maloney served as a deep cover black operative contractor for a clandestine government agency, accepting highly secretive missions throughout world. He has also served as a police officer/detective and is a licensed private investigator in Massachusetts. He has several movies to his credit, either as an actor, producer, technical advisor, or assistant director. He is also the author of the Dan Morgan thriller series (Termination Orders, Silent Assassin, Black Skies and Twelve Hours). The movie rights for Termination Orders have been picked up by Amber Entertainment. Please join Leo at the Council on Aging for this exciting program! Sign up ahead to ensure seating.

**Wednesday October 14 at 9:00 AM****Flu Clinic**

Walk in clinic for the regular Flu vaccine will be held at COA for Bedford seniors. No appointment is needed. Please bring your Medicare card as well as any other supplemental insurance you may have. If you have any questions about the clinics or the Flu Vaccine please contact the Board of Health at 781-275-6507.

**Wednesday October 14 at 10:00 AM****Genealogy**

Join us every month for a trip down memory lane! Meet with other folks that enjoy researching their family tree! This club meets on the 2<sup>nd</sup> Wednesday of each month.

**Wednesday October 14 at 1:00 PM & 6:30 PM****Taking Control of Your Future**

Attorney Dale Tamburro will return to the Bedford COA on Wednesday October 14 at 1:00 PM to present 'Do You Need a Revocable or Irrevocable Trust?' Topics include: the most important estate planning documents that everyone needs; what is a trust and why do people use them; What is probate and why people want to avoid it; how do I protect my house and other assets from a long term care problem, 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.*

**Wednesday October 14 at 7:00 PM**

**Looking Good, Feeling Good: *Sleep: The Essential Ingredient***

Taking care of yourself has benefits in all aspects of your life: physical, emotional, psychological and spiritual. Sometimes relatively easy changes can enhance one aspect of your life which in turn has a positive effect upon another aspect: it's a win-win situation! Honor yourself, enjoy your uniqueness and have fun in the process of being the best 'you' you can be! Join us for a series of Looking Good – Feeling Good interactive presentations. Being your questions and receive answers from experts in their respective fields. Sleep: The Essential Ingredient in good health, good aging, good mood. Dr. Evan Chinoy of Brigham and Women's Hospital shares his expertise on the incredible benefits of restful sleep and ways in which to improve it. Back by popular demand, Dr. Chinoy was applauded by the large turnout to his last presentation at the Bedford Council on Aging!

**Thursday October 15 at 12:30 PM**

**Peace of Mind on a Fixed Income**

After working hard for a lifetime many Seniors find themselves with a list of assets to protect, however making sure your needs are being met on a fixed income can be a challenge! Join Jessica Wrigley of Liberty Mutual for an educational seminar at the Bedford COA on October 15th, starting at 12:30PM where she will share her favorite tips for seniors. You will learn about Auto, Home, Liability and Life insurance, and you will have the opportunity to ask any questions you might have about your specific circumstances. Light refreshments will be served, and there will be a few fun giveaways. You won't want to miss it! Please call the COA at (781) 275-6825 to sign up.

**Friday October 16 at 12:45 PM**

**Reiki: Getting & Staying Healthy**

presented by Denise Gilbert, Usui Shiki Reiki Master, of Calm Core Reiki. Join us at the Council on Aging on Friday October 16 at 12:45PM to learn about Reiki treatment and all its many benefits.

**Friday October 16 at 1:00 PM**

**Trail Walk**

Join Alissa on Friday, October 16 at 1:00 PM for a trail walk at the Wilderness Park Conservation Area. We will meet at the trail head in the Middlesex Community College parking lot, adjacent to the VA Hospital on Springs Rd. This will be a 1 mile + walk with some uneven ground. Please call the COA to register by Thursday, October 15. For all trail walks, please wear appropriate footwear for possible uneven ground. If you would like a trail map ahead of time, please see Alissa at the COA.

**Saturday October 17 at 1:15 PM**

**Movie: *Three Coins in a Fountain***

(1954) NR Three American working women pin their hopes for love on wishes they make as they toss coins into the famous Trevi Fountain in Rome. Their wishes come true ... but only after a series of dramatic misunderstandings on their quest for true romance.

**Monday October 19 at 10:00 AM**  
**Science & Technology Club**

We will be continuing our series, How the Universe Works. This series has been described as “a user’s 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, October 19 at 10AM for episode 3, *Alien Galaxies*. ‘Galaxies, home to stars, planets, and us, come in all shapes and sizes. Witness the evolution of galaxies; from clouds of cold gas floating in the voids of space 13 billion years ago, to the magnificent spirals that fill our night sky.’ 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! All are welcome!!

**Monday October 19 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 October 19 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 October 19 at 1:00 PM**  
**Medicare Options**

Is YOUR Medicare plan still right for you? Medicare health plans change every year. This presentation will teach you how to review your options regarding affordability, health plan choices and prescription coverage. Join Minuteman Senior Services’ SHINE representatives at the COA on Monday October 19 at 1:00 PM. Please call ahead to sign up.

**Monday October 19 at 6:30 PM**  
**Russia and Her Neighbors**

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

PART III --BALTIC NATIONS: ESTONIA, LATVIA, LITHUANIA have long been Russia's "Window on the West". Historically linked to Sweden and Poland, the Baltic Republics were annexed by the Soviets in WW II, but never released. After the Soviet disintegration in 1991, The Baltics joined NATO, but are still heavily influenced by Russia.

\*Please Sign-Up for each Part at the Council on Aging\*

**Tuesday October 20 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.

**Thursday, October 20 at 12:00 PM**  
**Lunch with Stonebridge**

Come join us on October 20 at 12:30PM to experience the excitement of a local multigenerational olympics! Resident Frank Parker will share a video that captures the highlights of the events where many winners were medaled. Enjoy soup and sandwiches provided by the Chefs at Stonebridge!

**Wednesday October 21 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 1/2 years. All are welcome. Please call to RSVP 781-275-6825.

**Wednesday, October 21 at 12:30 PM**

**Fall Seasonings**

with HOME INSTEAD Senior Care and Stop & Shop Nutritionist, Julie Hersey, MS,RD,LDN

As the autumn equinox arrives, our taste buds are awakened by the flavors of fall - clove, ginger, cinnamon are just a few! These mighty spices add warmth to meals while also supporting our health. Join us on Wednesday, October 21 at 12:30 PM for a talk and tasting of these spices along with simple ways to enjoy them every day. You will learn how to prepare three types of winter squash for a comforting dinner option any day of the week.

**Wednesday October 21 at 7:00 PM**

**Looking Good, Feeling Good: *Yoga: A Great Aid to Relaxation***

and serenity when the world is offering chaos. Helen Theodosiou Yoga instructor and meditation teacher will guide us in a journey to calm and relaxation. Yoga also helps with the popular technique of mindfulness. Helen has taught classes at the Bedford Council on Aging for many years and has a tremendous following. Her gentle, warm and enthusiast manner are contagious. Taking care of yourself has benefits in all aspects of your life: physical, emotional, psychological and spiritual. Sometimes relatively easy changes can enhance one aspect of your life which in turn has a positive effect upon another aspect: it's a win-win situation! Honor yourself, enjoy your uniqueness and have fun in the process of being the best 'you' you can be! Join us for a series of Looking Good – Feeling Good interactive presentations. Bring your questions and receive answers from experts in their respective fields.

**Friday October 23 at 12:30 PM**

**What's Next After Independent Living?**

What would you do if, suddenly, you found you couldn't manage day to day the way you always had been? What options are available to seniors when help is needed? Join Lisa Yarin from Youville Assisted Living Residences on Friday, October 23 at 12:30 PM to learn more about the options available when independent living becomes more difficult. Planning ahead for a time when you may need additional services and support, will allow you to make these important choices for yourself. Lisa will lead a lively discussion that will touch on home-based support as well as assisted living. When is one kind of option preferred over the other? Be sure to bring your questions!

**Saturday October 24 at 1:15 PM**

**Movie: *Wish You Well***

(2013) NR After tragedy forces young Lou Cardinal, her brother and their traumatized mother to move from New York City to a Virginia farm owned by the children's great-grandmother, the family faces a threat when a coal company attempts to steal their land.

**Tuesday October 27 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 "A Hundred Summers" by Beatriz Williams. It's not "Whodunit?" that drives Williams' (Overseas, 2012) latest but "What went wrong?" between Lily Dane and good-looking-but-Jewish Nick Greenwald, whose love for each other seemed unstoppable. How, seven years on, can Nick be married to Lily's BFF Budgie Byrne while Lily herself is single and accompanied by her 6-year-old sister, Kiki? The answer is teased out at length via parallel narratives set in 1931 and 1938, both voiced by Lily. In 1931, she meets dashing Nick at a football game when they are both college students. Their passion is mutual, but Lily's father disapproves. Undeterred, the couple elopes. But, in 1938, they are not together. Instead, Lily is confronted by Budgie's apparently idyllic marriage to an oddly distracted Nick. Another old college pal, Graham Pendleton, previously Budgie's lover, tries to woo Lily, but their engagement falls apart. Just when the reader's exasperation with Nick, Lily and the missing link reaches its limit, explanations for their non-togetherness are delivered. And then the weather at Seaview turns distinctly stormy.

**Tuesday October 27 at 7:00 PM**

**Bruins Game**

Stay out of the penalty box at home, and join us at the Council on Aging to root for the Bruins! Join us on Tuesday October 27 at 7:00PM to watch the Arizona Coyotes take on our home team!

**Wednesday October 28 at 9:00 AM**

**Fire Safety Breakfast**

Join Fire and Life Safety Educator Nick Anderson on Wednesday, October 28 at 9:00 AM for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.

**Wednesday October 28 at 12:30 PM**

**Poison Control Center**

Medication Safety is a very important issue with regards to the health of our seniors. A representative from the poison control center will give a presentation on October 28<sup>th</sup> at 12:30pm at the Council of Aging. Topics will focus on common medication mistakes, safe medicine use tips and medication management tools. Please join us for this important discussion!

**Wednesday October 28 at 7:00 PM**

**Looking Good, Feeling Good: Acupuncture**

The oldest continuously practiced medical system in the world. Suraja Roychowdhury, Lic. Ac. Dipl.O.M., Ph.D. from [crossingpointacupuncture.com](http://crossingpointacupuncture.com) will provide information regarding the valuable benefits of acupuncture facilitating healing in all realms. Feel relaxed, feel healthy, feel refreshed. Taking care of yourself has benefits in all aspects of your life: physical, emotional, psychological and spiritual. Sometimes relatively easy changes can enhance one aspect of your life which in turn has a positive effect upon another aspect: it's a win-win situation! Honor yourself, enjoy your uniqueness and have fun in the process of being the best 'you' you can be! Join us for a series of Looking Good –



Feeling Good interactive presentations. Being your questions and receive answers from experts in their respective fields.

**Saturday October 31 at 12:30 PM**

**Halloween Party!!**

Wear your best costume and join in the festivities. Food, fun and a scary movie!! Just \$5 to attend!

**Saturday October 31 at 1:15 PM**

**Movie: *Sleepy Hollow***

(1999) R New York detective Ichabod Crane is sent to Sleepy Hollow to investigate a series of mysterious deaths in which the victims are found beheaded. But the locals believe the culprit to be none other than the ghost of the legendary Headless Horseman.

## Special Project

**Who is the Vet?**

(1999) In recognition of Veteran's Day on November 11<sup>th</sup> we would like create a display of our Veterans in honor of those who served this great country! We invite veterans to bring in a photograph in service uniform by Friday October 30th. We will make a photocopy and display them at the COA for the month of November. The display will be open to COA attendees to 'Guess the Vet' by November 20th. We will announce the winner at the end of November who will win a \$10 Stop and Shop gift card. Please join us in celebrating and honoring our veterans.

## Trips

**Thursday October 8**

**Van Otis Chocolate Factory Tour - \$39 per person**

Enjoy the fall foliage on our way to Van Otis Chocolate Factory in Manchester NH! We will tour the factory and learn all about one of our favorite treats. Take a "behind closed doors" look at how we get all of those yummy things inside chocolate and try your hand at some of the candy making tasks! (And the nice part is if it doesn't turn out exactly right you can eat your mistakes). After enjoying our creations we will visit the Merrimack NH Outlet stores for some shopping, browsing and dining on your own. The luxury bus leaves Bedford at 9:00 AM and will return about 3:30PM. Sign up today!!

**Thursday October 22**

**Mary Baker Eddy Museum & Maggiano's Restaurant - \$66 per person**

Established as a cultural and historical institution, the Library and museum provides educational experiences, program and exhibits featuring the 'Mapparium', the 'Hall of Ideas' and the 'Quest Gallery'. The Library also offers user-friendly access to its vast collections through research and reference services. As its primary resource, the Library's collections include one of the largest collections by and about an American woman! Mary Baker Eddy is a woman deserving of a place in history. She lived during a time when women had few options outside of marriage and virtually no voice to speak out in public. This Library is dedicated to her work, her life, and her remarkable achievements. After this feast for our minds, we will travel to Maggiano's Little Italy restaurant in Boston. Here we will share a family style three course meal with a little something for everyone's taste buds! The luxury bus leaves Bedford at 9:15 AM and will return about 2:00. Sign up today!

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