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Health,
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April 2014

COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

Telephone 781-275-6825 E-mail: coa@bedfordma.gov

Website: <http://www.bedfordma.gov> to follow link to COA

Director: Lori Wittner

COA Elder Services Coordinator: Wendy Aronson

Administrative Assistant: Alissa Anderson • COA Volunteer Coordinator: Ita Baird

Saturday Activities Coordinator: Vicky Umanita • COA Board Chair : Roberta Ennis



Jerry Atric – The Older I Get Tuesday April 1st at 1:30 PM

The Bedford Council on Aging, in conjunction with the Bedford Cultural Council, presents Steve Henderson as “Jerry Atric”, a solo comedy about an elderly gentleman and his experiences with ice cream, health care, romance, and more. You won’t want to miss this entertaining show that reminds us about the possibilities for happiness, love, and fulfillment no matter what your age! *This program is supported in part by a grant from the Bedford Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*



Fairy Homes and Gardens Thursday May 1, 11:15 AM

Everyone loves fairies. They spark our imagination. Ethereal wings...flights of fancy...shimmering iridescent creatures... Where do they live? What do they do? What do they eat? We've searched worldwide and found artists who have made wonderful homes and gardens for the fairies and other wee people. Some are just doorways into fairy abodes; some are castles; and others are garden homes. These artists have helped answer some of our questions and provided fantastic homes and delightful gardens for fairies to live or just to visit for a while. Our Fairy Homes & Gardens book, will be out in late 2014. You can get a headstart now in this wonderful and charming 45 minute slide-illustrated lecture. *This program is supported in part by a grant from the Bedford Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*



SPRING FLING ~ SATURDAY, APRIL 12

Let's celebrate spring! Enjoy soup & salad for just \$4.00! Bring your friends! Please RSVP (781) 275-6825



AUTHOR TALK: TAKING A WALK IN THE WILDS OF CONTEMPORARY EDUCATION

WEDNESDAY, APRIL 23 AT 10:30 AM • TOWN CENTER BUILDING • 12 MUDGE WAY

Marguerite Morris Willis is not your regular grandmother. Although she does cook and quilt, Willis is a former 30-year school committee member, longtime elected town government official, and volunteer who drives a truck because she likes to, EMT student at age 48, and author of her first book at age 64.

Like many grandmothers, Willis is passionate about education, but Willis has also been willing to speak up and “keep it real”, frequently questioning our current system. In her second self-published book, *A Grandmother’s Essays on Education*, Willis offers an important challenge to American education today. Willis, the oldest of ten children and a baby boomer, looks at past and present day education from her perspectives as sister, mother, and grandmother.

Next COA Board Meeting

The Council on Aging Board will meet on **Tuesday, April 8 at 12:00 PM** in the Flint Room. All are welcome to attend this public meeting. The COA board is an appointed committee that consists of volunteers who live in Bedford and are registered Bedford voters. They work toward solving complex issues and setting or recommending policy that helps to shape the kind of community in which we live.

Quarterly Exercise

Payments Due April 1

For those of you who are enrolled in our \$85 exercise option, payments are due April 1. Punch Cards are available for \$55 at anytime once yours is completed.

Contents

Trips/Ongoing Activities.....	2
Just for Fun/Bedford Café.....	3
Calendar.....	4/7
For Your Health.....	5
Need to Know.....	6
FBCOA.....	10

Trips! Trips! Trips!

Our Trips Coordinator, Lenore Dichard, will escort you on the following adventures:

Blue Man Group & Bisuteki - Thursday, April 24 departing promptly at 1:00 pm and returning at about 7:30 pm

Explore Boston - Wednesday, May 21

Explore the City of Boston like never before with critically acclaimed actor, teacher and historian Stephen Collins. Experience a fully narrated 100 minute tour by a professionally licensed guide that includes the historical, literary, and architectural treasures of "Beantown". A few of the sites encompassed in the tour include the USS Constitution, the Public Garden, Beacon Hill, the State House, Longfellow Bridge, Trinity Church, Cambridge, and Copley Square. Lunch will be at The bus will depart at 10:00 am and will return at about 3:00 pm. The cost of this trip is \$65 due in full upon sign up. Checks should be made payable to FBCOA.

Newport Flower Show - Saturday, June 28

This year's Newport Flower Show is themed "Journey: Grand Vistas". As always, it features breathtaking floral displays in the glorious oceanfront setting of Rosecliff Mansion! Rosecliff provides an ideal canvas for this annual spectacular! Bring your appetite for a lunch buffet at the popular Atlantic Beach Club. The bus will depart at 8 am and will return at about 4:30 pm. The cost of this trip is \$75, due in full upon sign up. Checks should be made payable to FBCOA.

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

And Don't Forget These Ongoing Activities...

Have Some Fun!

Bingo! Join us Monday April 14 at 10AM for a chance to win token gifts. All are welcome!

Game Time!

Play your favorite games each Monday at 10AM. Bring your friends for a game of Dominos, Scrabble, Chess, Cribbage, Pool and more!

Sing with the Songbirds! Wednesdays at 10:30 AM! All are welcome to join this fun and spirited group!

Play Scrabble! Do you love to play Scrabble? Then come to the COA Fridays at 1 PM to play!

Play Texas Hold 'Em Poker! Stop by Monday afternoons at 1 PM for poker!

Handcraft Group Come down each Monday at 3 PM to do your own handcraft projects and chat! New members always welcome!

Play Mah Jongg! Stop by Wednesdays at 11:00 AM! Lessons available! All are welcome!

Play Duplicate Bridge! Every Tuesday and Thursdays April 10 and 24 at 11 AM.

Fitness and Fun For You!

Line Dancing with Katrina Come line dance each Friday at 1 PM. The class costs \$2.

Discover Tap Dance! Chuck will have you tapping on Tuesdays at 11AM! Each 10-week session is only \$55. Don't forget your shoes!

Get Information and Advice

Talk to Your State Representative Call the COA to find out when Ken Gordon will be here to talk with you about state issues.

Federal Retiree Benefits If you or your spouse is a federal retiree, Rosemary Dyer will be available to answer questions about your benefits. Please call the COA to arrange a meeting.

Coffee Hour Meet new friends and have a cup of coffee or tea on Tuesday evenings at 6:00.

Single Again Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.

Current Events Do you like to talk about what's going on in our town, our nation, and the world? Then this group is for you! This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00 PM.

Share Your Interests

The Genealogy Group share information about exploring their family trees. Join us on Wednesday April 9 at 10:00 AM.

The Nom de Plume Writers Group meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members are welcome.

Bedford-Lexington Great Books Meets in the Flint Room at 7:30 PM on **Tuesday April 1** to discuss **Furst, Alan** *The Spies of Warsaw*, Random House. **Tuesday April 15** will be a planning session for the 2014-15 reading list. Newcomers are always welcome!

Minuteman Senior Services Bedford Café!

Have Lunch at the Bedford Café!

A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 on Mondays, Wednesdays, and Fridays. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3

Volunteers Needed!

We are seeking volunteers to help serve lunch on Mondays, Wednesdays, and Fridays. Meals on Wheels drivers are also needed. For more information on helping at the Bedford Café, please call Lisa at 781-275-8542. To volunteer as a driver, please call Diane at 781-221-7093.

Library Book Discussion

Staff from the Bedford Free Public Library will lead a discussion of *Change Me Into Zeus' Daughter* by Barbara Robinette Moss at the COA on **Tuesday April 29 at 1:00 PM**. A haunting and triumphant story of a difficult and keenly felt life, *Change Me into Zeus's Daughter* is a remarkable literary memoir of resilience, redemption, and growing up in the South. Barbara was the fourth in a family of eight children raised in the red-clay hills of Alabama. Their wild-eyed, alcoholic father was a charismatic and irrationally proud man who, when sober, captured his children's timid awe, but when (more often) drunk, roused them from bed for severe punishment or bizarre all-night poker games. Their mother was their angel: erudite and stalwart -- her only sin her inability to leave her husband for the sake of the children.

✿ JUST FOR FUN ✿

Songs We Grew Up

With

Sing along with Ken Pruyn

 Wednesday, April 23
at 1:30pm!

Movie Night

Wednesday April 16

6:30 PM

(movie starts at 6:45)

**Enjoy your favorite movie
snacks while you watch**

Singin' in the Rain!

Zentangle®

We all need to relax from stress now and then. The Zentangle® Method offers a quick way to intentionally redirect your focus and enter a relaxed state almost immediately. It does not require any particular physical skill. Zentangle® art is easy to create and wonderful to share and enjoy. Come relax and discover Zentangle® with Dee Clarke, from the Bedford Public Library on **Tuesday, April 22 at 6:00 PM** at the Council on Aging. Please call (781) 275-6825 to register as space is limited.

Lane School Talent Show & Senior Luncheon

Bedford seniors are invited to this annual event on **Thursday April 10** at the Lane School as guests of the 5th graders! Cheese and crackers will be served at 11:30 AM with lunch at Noon. The show will begin at 12:30. Please RSVP by calling 781-275-6825.

NAME THAT TUNE!

Join us on **Friday, April 11 10:30 AM** for an interactive team event packed with fun music trivia; guess the performer, guess the song, plus some sing-alongs of our favorite tunes. Teams have the chance to win prizes plus everyone playing receives a gift! Presented by Laura Blair from Concord & Lexington Health Care Centers. Please call the COA to sign up (781) 275-6825.

Saturday Movies! Thanks to the FBCOA for our funding! All movies begin at 1:15 PM

April 5 *Life of a King* (2013) PG-13 After serving an 18-year prison sentence, Eugene Brown resolves to remake his life and gets a job as detention monitor at a local high school. In an effort to raise the goals of the malcontents he deals with, Eugene founds the Big Chair Chess Club.

April 12 *About Time* (2013) R A young man, who comes from a family of time-travelers, changes history for the better in this romantic comedy from director Richard Curtis. During one of his trips to the past, he falls for a woman played by Rachel McAdams.

April 19 *Gravity* (2013) PG-13 As a medical engineer on her first shuttle mission embarks on a space walk with a seasoned astronaut, debris strikes their craft and destroys it -- leaving the two floating through space tethered together, with no connection to Earth.

April 26 *In A World...* (2013) R Vocal coach Carol Solomon lives in the shadow of her father Sam, Hollywood's go-to movie trailer voice, as she tries to break into the field herself. Aided by her sister and a sound whiz friend, Carol jumps into an unexpectedly strange new career.

MONDAY

TUESDAY

WEDNESDAY

	<p>9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/Tap Dance 12:30 Osteofitness 1:00 Writing Group 1:30 Jerry Atric</p>	<p>2:00 Computer 1 Drop-In 4:00 Zumba Gold 6:00 Coffee hour 6:30 Drawing 7:30 Single Again/ Great Books</p>	<p>9:00 Exercise/ Fix It Shop 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE</p>
<p>9:00 Exercise 7 9:30 Yoga/ Meditation 10:00 Pilates/Games 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts 6-7 PM Shingles Vaccines</p>	<p>9:00 Fix It Shop 9:30 Exercise/ Hearing 11:00 Duplicate Bridge/Tap Dance 12:00 COA Board 12:30 Osteofitness 1:00 FBCOA</p>	<p>2:00 Computer 8 Drop-In 4:00 Zumba Gold 5:30 Dine and Discover 6:00 Coffee Hour 6:30 Drawing 7:30 Single Again</p>	<p>9:00 Exercise/ Fix It Shop 10:00 Genealogy 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 1:00 Trusts 6:30 Photography</p>
<p>9:00 Exercise 14 9:30 Yoga/ Meditation 10:00 Pilates/Games/BINGO 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts</p>	<p>9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness 1:00 Writing Group</p>	<p>2:00 Computer 15 Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again/ Great Books</p>	<p>9:00 Exercise/ Fix It Shop 10:15 Comp. Club: Online Shopping 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise</p> <p>12:30 Chair 16 Exercise 1:00 Financial Planning 2:00 SHINE 6:30 Movie Night!</p>
<p>21 Closed Patriot's Day</p>	<p>9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness</p>	<p>2:00 Computer 22 Drop-In 4:00 Zumba Gold 6:00 Coffee Hour/ Zentangle® 6:30 Drawing 7:30 Single Again</p>	<p>9:00 Exercise/Fix It Shop 23 10:30 Songbirds/A Grandmother's Essays on Education 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:30 Songs We Grew Up With</p>
<p>9:00 Exercise 28 9:30 Yoga/ Meditation 10:00 Pilates/ Games 11:45 Lunch 1:00 Poker/ Floor Yoga/Nurse's Hours 3:00 Handcrafts 5:30 Memory Loss: When it Happens to A Friend</p>	<p>9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness 1:00 Library Book Discussion</p>	<p>2:00 Computer 29 Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again</p>	<p>9:00 Exercise/Fix It Shop 30 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 5:00 Joyful Melodies</p>



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THURSDAY

FRIDAY

SATURDAY

<p>Parker's Maple Barn Trip 3 9:30 Floor Yoga 10:00 Exercise 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In</p>	<p>9:00 Exercise 4 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/ Line Dancing</p>	<p>12:30 Beginner's Italian 5 1:00 Bridge, cards, pool 1:15 Movie: <i>Life of a King</i></p>
<p>9:30 Floor Yoga 10 10:00 Exercise 11:00 Duplicate Bridge 11:00 Lane School Talent Show & Luncheon 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In</p>	<p>9:00 Exercise 11 9:30 Yoga/Meditation 10:30 Name That Tune 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/ Line Dancing/Nurse's Hours</p>	<p>12:30 Spring Fling 12 1:00 Bridge, cards, pool 1:15 Movie: <i>About Time</i></p>
<p>9:30 Floor Yoga 17 10:00 Exercise/Hearing 11:00 Sleep 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In</p>	<p>9:00 Exercise 18 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing</p>	<p>12:30 Beginner's Italian 19 1:00 Bridge, cards, pool 1:15 Movie: <i>Gravity</i></p>
<p>Blue Man Group Trip 24 9:30 Floor Yoga 10:00 Exercise/AARP Smart Driver Course 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In</p>	<p>8:00 Podiatry 25 9:00 Exercise 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing</p>	<p>1:00 Bridge, cards, pool 26 1:15 Movie: <i>In a World...</i></p>



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Friends of the Bedford Council on Aging Notes

Next Meeting: Tuesday April 8, 1:00 pm in the Flint Room.



The Fix It Shop is Open for Business!

Sometimes it seems easier to throw something away and get a new one rather than repair something that's broken, but that's not true at the Council on Aging Fix-it Shop. Our volunteers fix everything from lamps to toasters to vacuum cleaners. The only thing they are unable to repair is electronics. So if you are getting ready to throw away that old household item, bring it in and let our volunteers save you from having to buy a new one! The cost is typically minimal and the proceeds are used to benefit the Friends of the Bedford Council on Aging. Regular hours are Tuesday and Wednesday from 9:00 – 12:00. If you are unable to make it during those times, call the Council on Aging at (781) 275-6825 to arrange for an alternate drop off/pick up time.

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

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