

Help,
Health,
Fellowship...



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/council-on-aging>
 Director: Alison Cservenschi

Elder Services Coordinator: Wendy Aronson • Administrative Assistant: Alissa Anderson
 Daytime Dept. Assistant: Marianne Smith • Evening Dept. Assistant: Donna Sokolski
 Saturday Activities Coordinator: Vicky Umanita • COA Board Chair: Roberta Ennis

Lane School Talent Show & Luncheon

On Thursday, April 7 Bedford seniors are invited for a great lunch and talent show 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 PM. Reservations for the luncheon are necessary and can be made by calling the COA at 781-275-6825.



Looking for Green Thumbed Seniors to Help Plan the COA Community Garden Project!

Calling all gardeners with an interest in planning, planting, nurturing, watering and weeding. This year the COA is planning a small Community Garden outside with hopes to grow fresh produce in collaboration with Healthy Bedford. The garden will provide healthy foods for those involved and alternative choices for the COA to offer. Any surplus will be donated to the food pantry. The garden will provide an educational, recreational and helpful program for all involved. Please sign up to attend the first planning meeting April 22 at 11:00AM!



Coffee with Emerson

Join Emerson Hospital's Director of the Sleep Disorders Program, Neil Kruszkowski, for our lecture series, Coffee with Emerson on Wednesday, April 13 at 1:00 PM. He will discuss Topics such as: Why we sleep; How much sleep is enough; What is a "normal" night's sleep; What can go wrong; What is a sleep study; and what are the treatments available for these sleep complications. Neil will also discuss CPAP machines, which many people use to improve sleep. Emerson Hospital will provide coffee and dessert! Please call the



COA to sign up for this event.
 Neil Kruszkowski, RRT/SDS/CPFT is a Respiratory Therapist and the Director of the Sleep Disorders Program at Emerson Hospital.



Celebrating New England: Songs and Stories for Everyone Monday, April 11 at 12:45PM

The Bedford Council on Aging will celebrate the diverse heritage of the New England Region by presenting a performance by Parents' Choice Award winning storyteller Davis Bates! Entitled *Celebrating New England: Songs and Stories for Everyone*, the program will involve the audience in a variety of cultural traditions. It will include farming stories and songs from the past and present, sea songs & chanteys, Native American stories, ghost stories and family tales! There will be plenty of sing-alongs, and even a short lesson in how to play music with spoons. He also encourages listeners to remember and tell stories from their own family and cultural tradition.

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.



Should I Stay or Should I Go!?

Provided by the Higgins Group Realtors

Is it time to start thinking and planning on downsizing? What do I need to do to make my home safe? How is the current seller's market? Where would I go? On Thursday, April 14 from 11am-1pm, please join Diane Hughes, Julie Winton and Mimi Henning from the Higgins Group Realtors along with Independent Living Innovations for an informative discussion regarding your future. Lunch will be served, along with dessert! Please RSVP to Mimi at 781-454-5589 or mimihenningre@gmail.com

Expanded Council on Aging Hours:

Monday:	8-4, 6-9
Tuesday:	8-4, 6-9
Wednesday:	8-4, 6-9
Thursday:	8-4
Friday:	8-4
Saturday:	11-4



Veterans' Coffee



Wednesday, April 20 at 10:00 AM

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.

CONTENTS

Just for Fun	2
FBCOA	3
Fitness News	4
Evenings	5
Calendar	6
Trips/ Movies	7
For Your Health	9
Need to Know	10

JUST FOR FUN



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 **Saturday, April 2** if your special day is in March!

Breakfast and BINGO

Tuesday, April 19 at 9:30 AM

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.



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 April 25 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.

Bedford Senior Pool Spring 2016

DAY	DATE	TEAM PLAYED
Friday	4/1/16	Waltham
Thursday	4/7/16	@Arlington
Friday	4/15/16	Cambridge
Thursday	4/21/16	@Newton
Friday	4/29/16	Lexington
Thursday	5/5/16	@Waltham



Learn To Play Pool From the Best in Bedford

Come to the COA on **Tuesdays in April at 1:00PM** 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.

Have Lunch at the Bedford Café!



A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **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.



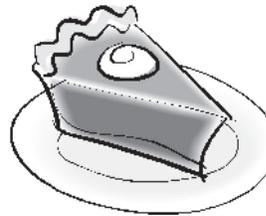
Adult Coloring

For Therapy ...or Just for Fun!
Friday April 15th at 12:30pm

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 our hands. Pre-printed pages will be provided along with coloring pencils. Use ours or bring your own! Come and relax with us!



Pie Tasting



Please join us at the Bedford Council on Aging for a delicious sampling of Atria Longmeadow Place! We will be enjoying a taste from a selection of pies made with

local, fresh ingredients. Reserve your spot for this delectable event on **Thursday, April 28 at 1:00 PM** by calling the COA at 781-275-6825.

WIZARD MUSIC:

Friday, April 8 at 12:30pm

John Kienzle from Wizard Music will provide Jerome Kern on keyboard for your entertainment! Come in for lunch, stay for the art show, relax and enjoy John's music!



Join Vicky and friends for a swingin' party on **Saturday, April 16th** for only \$5! Fun, laughter and loads of friends for all! Please sign up at the Council on Aging by **Wednesday, April 13.**

Volunteers Needed!

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





Library Book Discussion: Tuesday, April 26 at 1:00 PM

American cuisine is just a delivery system for an addictive trinity of unhealthy ingredients, according to this eye-popping expose of the processed food industry. Pulitzer-winning New York Times reporter Moss (Palace Coup) explains the two-faced science of salt, sugar, and fat, which impart tantalizing tastes and luscious mouthfeel that light up the same neural circuits that narcotics do -Coca-Cola, he notes, calls favorite customers "heavy users"-while causing epidemic obesity, cardiovascular disease, and diabetes. But he also crafts an absorbing insiders' view of the food industry, where these ingredients are the main weapons in a brutally competitive war for stomach-share. He takes readers into the laboratories, marketing tests, and boardrooms where the sweet, salty, cheesy "bliss point" of cereals, snacks, sodas, and frozen dinners is obsessively pursued; the scientists and executives he talks to feel torn between health concerns-almost to a person, he observes, they avoid eating the food they sell-and the market-driven imperative to stoke consumer cravings. Moss's vivid reportage remains alive to the pleasures of junk-"the heated fat swims over the tongue to send signals of joy to the brain"-while shrewdly analyzing the manipulative profiteering behind them. The result is a mouth-watering, gut-wrenching look at the food we hate to love. (Mar.) (c) Copyright PWxyz, LLC. All rights reserved.

Join Staff from the Bedford Public Library to discuss this intriguing book! Discussion is held in the Fitch Room at Town Center. Books are available at the Bedford Library. Please join us!



SCIENCE & TECHNOLOGY CLUB All are welcome!

We will be continuing our series, *How the Universe Works*, Season 2. Please join us on **Monday, April 4 at 10AM** for episode 4, Megafares. *The Universe is a magnetic minefield. The Sun spits out flares capable of battering life on Earth. But out there in space lie the true magnetic monsters. As we uncover dangerous megafares in the cosmos, the question is, will we end up in the firing line??*

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!

Current Events Every Thursday at 1 PM

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.

COA Board Meeting

The next Board meeting will be held on **Tuesday, April 12 at 11:30 AM** in the Fitch Room (second floor, Town Center Building). All are welcome to attend this public meeting. The COA board is an appointed committee that consists of 9 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.

Saving the Memories, Not the Memorabilia Tuesday, April 12 at 11:30 AM

Please join Billerica Crossings and A Perfect Move, Inc. for a complimentary luncheon at the Bedford Council on Aging! A Perfect Move will draw upon years of moving experience assisting families just like yours and guide you through the process of downsizing. Many valuable handouts will be provided detailing processes, resources, and helpful humorous accounts to keep the focus on the end result! We invite you to bring all of your questions, fears and helpful tips to share during this interactive workshop ...and don't forget your appetite! Please call the COA to sign up.



Friends of the Bedford Council on Aging Next Meeting: Tuesday, April 12 at 1:00 PM

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia: bsrpurchia@aol.com with FBCOA in the subject line.

The BJ's Membership number has changed. Please renew your FBCOA card to receive the updated account number!

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.

~~~~~

🦋 Welcome to April 🦋

🦋 Come and enjoy a party sponsored by the 🦋  
 🦋 Friends of the Council on Aging at 1:00pm 🦋  
 🦋 on Tuesday, April 12. Join us for fun, food, 🦋  
 🦋 games, and a good time! Sign up by Friday, 🦋  
 🦋 April 8 so we know how many will attend. 🦋

~~~~~



Fitness News



MORNING EXERCISE CLASSES

(Taught by Andrea, Sharon & Sophia)

5 classes per week for \$50/month - only \$2.30 per class!

3 classes per week for \$45/month - only \$3.20 per class!

2 classes per week for \$35/month - only \$3.89 per class!

1 class per week for \$20/month - only \$4.62 per class!

How are the classes different you ask?

*Mondays' classes (9:00 AM) are taught by Andrea Dollett, a long-time instructor here at the Bedford Council on Aging. Her class is our most intense class of the week, with an optional 30 minute Pilates class following an hour of aerobics and weights.

*Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). These classes are a combination of aerobic exercise and strengthening, stretching and balance work. These two days are our middle level classes.

*Tuesday (9:30 AM) and Thursday (10:00 AM) are taught by Sophia Halilova, also a long-time instructor at the COA. Her class focuses more on joint strengthening, stretching and balance. These classes are our lowest impact morning exercise.

Come join us!
Your body will thank you!

Drop in rate for the above classes is \$5/day



OsteoFitness:

Building Bones Building Bonds!

Beverly J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. OsteoFitness™ for Osteoporosis and Osteoarthritis is more than just strengthening.

This is an evidence based program to build bone. The class boasts of many members who have reversed their osteopenia/osteoporosis without bisphosphonates. Falls prevention is developed. OsteoFitness™ classes are held on Tuesdays and Fridays at 11:00 AM at the COA.

\$168 per 20-class session. Please visit the COA or call to register at (781) 275-6825. **Next session dates: 4/1-6/7**

WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR EXERCISE: Working from the safety and comfort of either a chair or exercise ball—workout for the entire body— this class uses multiple strength training moves to develop range of motion; flexibility; endurance; and balance. Weights, straps, and bands will be used. We will work our core, arms and legs. **\$65** per 8 week session (Wednesdays at 12:30 PM w/Madeline)

CHAIR YOGA: A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/Lorraine or Fridays at **10:00** w/Helen; **\$65** per 8 week session *Take both for just \$120!

FLOOR YOGA: Please check with the COA for the status of our Floor Yoga class.

TAI CHI: Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of its soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. **\$65** per 8 week session.

ZUMBA GOLD: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; **\$65** per 8 week session. Tuesdays at 4:00 PM w/Vera.

Drop in rate for the above classes is \$10 per day

Tap Dancing

Join the talented Chuck Frates for his popular Tap Dancing class on Tuesdays at 11:00 AM. This session will run for 8 weeks and the cost is \$65.00. Payment is due upon sign up and checks should be made payable to the Town of Bedford. No previous experience is required. Don't forget your tap shoes! **Session runs April 26 - June 14.**



Pre-registration is required for all classes. Please let us know if you have any questions.

Evenings at the COA

Planning for Medicare – Countdown to 65

On Monday, April 25th at 6:30pm, Heather Hurd from Blue Cross Blue Shield will be here to discuss:

- Explanation of Medicare and Medicare Parts A and B
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to early retirees, such as COBRA



We would love to have you join us! Please call ahead to sign up, as space is limited.

Mix & Mingle Senior Singles Monday, April 11 at 6:45 PM

Feeling lonely but don't have time to meet someone new? Looking for a safe place to meet and mingle? Now is the perfect season to build new relationships and re-connect with old friends. Join us at the COA for our first mixer event! Enjoy appetizers, mocktails, background music and friendly conversation. Come in and mingle with other singles looking to meet and find happy, fulfilling connections! Please call ahead to sign up!



Pizza & Conversation

Wednesday, April 27 at 6:45 PM

The cold weather is just a memory ...Join us to celebrate a nice spring evening! 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.

Vision Loss?

Wednesday, April 13 at 6:30 PM

As we age our vision can change. The Massachusetts Commission for the Blind will be sharing information on causes of vision loss, new and interesting low vision aids and the benefits and services of MCB and other agencies. Please join us at the COA!



Quiddler

Wednesday, April 20 at 6:45 PM

The latest card and word game craze! This card game is easy to learn and fast paced. It combines aspects of gin rummy and scrabble. Each game lasts approx. 20 -30 min. All ages can play and all abilities welcome. Come learn, play and enjoy! Delicious refreshments will provided.

COA CINEMA 6:45 PM

April 6 *The 33 (2015)* PG-13 Unspooling one of the most compelling true-life tales of survival in the modern age, this gripping drama chronicles the massive 69-day effort to rescue 33 Chilean miners who were trapped more than 2,000 feet underground.

Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ◆ Senior-related crisis intervention
- ◆ Assistance in choosing housing, including assisted living and nursing facilities
- ◆ Transportation to medical appointments
- ◆ Help in obtaining public benefits
- ◆ Health benefits counseling
- ◆ Job placement through the Town and in the private sector
- ◆ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ◆ Legal counseling by an attorney
- ◆ Tax preparation by AARP/IRS volunteers

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

☆ Folk & Line Dance! ☆

☆ ...at the Council on Aging ☆

☆ 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! ☆

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1>April</h1>				9:00 Exercise 10:00 Chair Yoga 1 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Line Dancing/ Pool Team vs Waltham 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 2 12:30 Beginner's Italian 1:00 Bridge, cards, pool Monthly Birthday 1:15 Movie: <i>Black Mass</i>
9:00 Exercise 9:30 Chair Yoga 4 10:00 Science & Tech 11:15 Floor Yoga 11:45 Lunch 1:00 Poker/ Headache Clinic 3:00 Handcrafts 6:30 Sit & Stitch 7:00 Folk & Line Dance	9:00 Fix It Shop 5 9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group/ Learn to Play Pool 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 6 10:00 Computer Club 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: <i>The 33</i>	Red Heat Tavern 7 9:00 Muscle Care 9:15 Floor Yoga 9:30 Beginner Bicycle/ Take a Hike 10:00 Exercise/ Art Class 11:00 Dog Bones Lane School Talent Show w/ Luncheon 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In/ Chess	JWT Art Show 8 9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Wizard Music 1:00 Scrabble/ Nurse's Hours/ Line Dancing/ Pool Team vs Cambridge 6:00 Pickleball	JWT Art Show 9 11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool No Movie
9:00 Exercise 9:30 Chair Yoga 11 10:00 BINGO 11:15 Floor Yoga 11:45 Lunch 12:45 Davis Bates 1:00 Poker 3:00 Handcrafts 6:30 Sit & Stitch 6:45 Mix & Mingle 7:00 Folk & Line Dance	9:00 Fix It Shop/ SHINE 12 9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 11:30 Billerica Crossings Lunch 1:00 FBCOA/ Learn to Play Pool 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 13 10:00 Genealogy 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Headache Clinic/ Coffee with Emerson 6:30 Sit 'n Stitch/Learn Vision Loss	9:00 Muscle Care 9:15 Floor Yoga 14 9:30 Take a Hike 10:00 Exercise/ Art Class 11:00 Duplicate Bridge/ Dog Bones/ Stay or Go? 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In/ Chess	9:00 Exercise 10:00 Chair Yoga 15 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Adult Coloring 1:00 Scrabble/ Line Dancing/ Art Matters/ Pool Team vs Cambridge 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 16 12:30 Beginner's Italian 1:00 Bridge, cards, pool Swing into Spring! 1:15 Movie: <i>Swing Kids</i>
 18 CLOSED Patriot's Day	9:00 Fix It Shop 9:30 Exercise/ Breakfast & BINGO 19 11:00 Dup. Bridge/ Tap/ OsteoFitness 11:30 Newbury Court 1:00 Writing Group/ Learn to Play Pool 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop/ SHINE 20 10:00 Vets Coffee 10:30 SongFest/ Financial Downsizing 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Next Day Access 6:30 Sit 'n Stitch/Learn 6:45 Quiddler	9:00 Muscle Care 9:15 Floor Yoga 21 9:30 Take a Hike 10:00 Exercise/ Hearing/ Art Class 11:00 Dog Bones 1:00 Current Events/ Dale Tamburro/ Tai Chi 2:00 Computer Drop-In/ Chess	Podiatry 22 9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness/ Community Garden Project 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Line Dancing 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 23 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Spotlight</i>
9:00 Exercise 9:30 Chair Yoga 25 10:00 UTI Awareness 11:15 Floor Yoga 11:45 Lunch 12:30 Name That Tune 1:00 Poker/ Nurse's Hours/ 3:00 Handcrafts 6:30 Sit & Stitch/ Headache Clinic/ Medicare Prep 7:00 Folk & Line Dance	Butterfly Place 26 9:00 Fix It Shop/ SHINE 9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 11:30 Sounds Hearing 1:00 Book Discussion/ Learn to Play Pool 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 27 10:00 Technology Class 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/Learn Headache Clinic 6:45 Pizza & Convo	9:00 Muscle Care 9:15 Floor Yoga 28 9:30 Take a Hike 10:00 Exercise/ CPR Education 11:00 Dog Bones 1:00 Current Events/ Tai Chi/ Pie Tasting 2:00 Computer Drop-In/ Chess	9:00 Exercise 10:00 Chair Yoga 29 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games/ Snack Grab & Go 11:45 Lunch 1:00 Scrabble/ Line Dancing/ Pool Team vs Lexington 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 30 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>The Martian</i>



For Advertising Information, call
LISA TEMPLETON
 at LPi today!

1 (800) 888.4574 ext. 3450
 ltempleton@4LPi.com

THIS SPACE IS
AVAILABLE

Don't Forget These Ongoing Activities

Bingo! All are welcome on Monday, April 11 at 10:00 AM for a chance to win token gifts.

Songfest Wednesdays at 10:30! 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 1:00 to play!

Texas Hold 'Em Poker! Join the game each Monday at 1!

Handcraft Group Bring your own handcraft projects and chat on Mondays at 3:00! New members always welcome!

Play Mah Jongg! Wednesdays at 11:00, Fridays at 11:30. All are welcome! Lessons available!

Play Duplicate Bridge! Please call ahead to put your name in for substituting. (Tuesdays & Thursdays at 11:00)

Science & Tech Club Join us Monday, April 4 at 10:00 AM for this exciting conversation!

Talk to Your State Rep Please check with the COA to find out when Ken Gordon will be here next.

Are You A Federal Retiree? Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.

Current Events This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!

Genealogy Explore your family tree on Wednesday, April 13 at 10:00 AM

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 welcome!

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.

Line Dancing with Katrina Fridays at 1 PM. The class costs \$3 (paid to instructor).

Discover Tap Dance! Chuck will have you tapping on Tuesdays at 11:00! Each 8-week session is only \$65. Don't forget your tap shoes!

Bedford-Lexington Great Books Meets in the Flint Room at 7:30 PM on April 26: **Bible**, King James version. Isaiah, Chapters 5, 7 (verses 1-15), 9 (v. 1-8), 11, 12, 24, 25, 28 (v. 16-17), 32, 37 (v.1-2 and 21-38) 40 (1-5), 58 (6-14), 63 (6-19), 64 (v. 8), and 66 (5-24). (John) *Newcomers are always welcome! *bed-lexgreatbooks@comcast.net

Planning Meeting April 12.

Learn to Stitch! Join the crafters on Wednesdays at 6:30 PM.

Chess Hone your skills or learn! Thursdays at 2:00 PM.

Pickleball Fridays 6-7:30PM, Lane School Gym.

Saturday Movies begin at 1:15 PM

April 2 *Black Mass* (2015) R This fact-based drama recounts the story of notorious Boston gangster "Whitey" Bulger, who turned FBI informant to get rid of his mob rivals. Later facing imminent indictment, he eluded authorities for more than 15 years, until his arrest in 2011.

April 9 No Movie, *Art Show*

April 16 *Swing Kids* (1993) PG-13 Kids all over the world want to rebel, and close friends Peter (Robert Sean Leonard) and Thomas (Christian Bale) -- although they're growing up in Nazi Germany -- are no different. But their rebellion against conformity took the hip form of listening to banned American swing music. Their friendship and their mutual sense of right and wrong are put to the test, however, when an innocent prank forces Peter into the Hitler Youth.

April 23 *Spotlight* (2015) R Revealing a string of cover-ups stretching back decades, a team of "Boston Globe" reporters exposes the Catholic Archdiocese's history of keeping reports about child molestation and other priest-initiated abuse under wraps.

April 30 *The Martian* (2015) PG-13 Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney must find a way to survive the planet's harsh environment -- despite having only 28 days of supplies left.

Thanks to the FBCOA for our funding!



Trips! Trips! Trips!



Lunch at Bamboo & The Butterfly Place
Tuesday, April 26th \$50.00

Join us for a lunch buffet at Bamboo in Westford, then see New England butterflies and tropical species from all over the world! Walk along a winding pathway. Observe butterflies sipping from flowers, basking in the sunshine and flying freely in a natural habitat. Enjoy our koi fish and quail birds which live among the butterflies. Visit the "show and tell bench" where a staff member is always available to answer your questions and help make your visit fun. See eggs, caterpillars or other interesting creatures up close. **Limit 15, so sign up quickly!**

Please meet in the parking lot near the Bedford Police Station at 11:00 AM. Trip will return by 3:00 PM.

THIS SPACE IS
AVAILABLE

LET US PLACE
YOUR AD HERE.

Brown & Brown, P.C.

COUNSELLORS-AT-LAW

www.brown-brown-pc.com



110 Great Road
Bedford, MA

781-275-7267

- Asset Preservation • Medicaid Planning
- Real Estate • Wills • Trusts • Estates

MEAD BROS. TREE SERVICE, INC. 1-781-275-7787



All aspects of tree service
Fully Insured

30 Shawsheen Ave., Bedford



Rob's Handy Home Service

REPAIRS, INSTALLATIONS, IMPROVEMENTS,
PAINTING, SNOW BLOWING, AND MORE

PLEASE CALL US: 781-999-5731

RobshandyHomeService.com



Debbie Spencer

Associate Broker/REALTOR®/CRS/SRES



Office: 781-862-1700

Mobile: 617-285-7300

Fax: 781-323-5101

Debbie@TheDebbieSpencerGroup.com

www.TheDebbieSpencerGroup.com

HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

KW BOSTON NORTHWEST
KELLERWILLIAMS.REALTY

2013 Bedford Chamber of Commerce
Business Woman of the Year

#1 INDEPENDENT
Real Estate Agency



Bedford: 781-275-1990
Lexington: 781-862-1700
www.higginsRE.com

PROTECTING SENIORS NATIONWIDE

PUSH

TALK

24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- > No Long-Term Contracts
- > Price Guarantee
- > American Made

TOLL FREE: 1-877-801-5055

*First Three Months

HOLIDAY
SPECIAL



our
SENIOR CENTER
The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter
emailed to you at www.ourseniorcenter.com



P-S BERUBE Construction

First Floor Living Space Additions
In-Law Apartment • Master Bedroom & Bath
Home-for-Life Adaptable Designs

978-597-2020

psberubeconst.com • info@psberubeconst.com

LAW OFFICES OF RENEE LAZAR

MILITARY AND FAMILY LAW • GUARDIANSHIPS



4308 THOMPSON FARM • BEDFORD, MA 01730



978-844-4095

FREE CONSULTATION • WWW.RENEELAZARLAW.COM



People are looking
for your business.

Help them find it
by **advertising here.**

Call LPi today at 1-800-888-4574

Law Office of Dale J. Tamburro

Providing Comprehensive Legal Services
to families of all income levels for the past 25 years.

FREE INITIAL CONSULTATION 617-489-5919

Dale@TamburroLaw.net

ESTATE PLANNING: Disability, Nursing Home Planning,
Wills, Trusts, Power of Attorney, Elder Housing Options
Protecting your home from Long Term Care Costs

PROBATE: Conservatorships, Guardianships and Estates

REAL ESTATE: Closings/Titles, Deeds,
Purchase and Sale, Financing Options, Reverse Mortgages

www.TamburroLaw.com • 90 Concord Ave. Belmont, MA

Bulletin advertising
works as hard as
you do to **GROW**
your business.

For More
Information
Please Call:
1-800-888-4574



For Your Health

Nurse's Hours
 On Friday, April 8 & Monday, April 25, Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

Podiatry
 Dr. Bryant Tarr will be at the COA from 8 -11 AM on Friday, April 22. Please call to let us know you are coming. This is a "first come, first served" clinic.

The cost is \$30 for each treatment.

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

SHINE
 (Serving the Health Insurance Needs of Everyone) Counselors from Minuteman Senior Services will be available: Tuesday, April 12, 9-12; Tuesday, April 26, 9-12; Please call to make an appointment! If you cannot leave your home, they will call you.



Simply Migraine and Headache Relief: An Alternative Approach
 Clinics will be offered Monday, April 4 & Wednesday, April 13, 1-3PM and Monday, April 25 & Wednesday, April 27, 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.



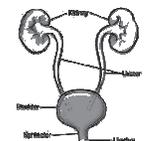
Join Our Lunchtime Walkers!
 This is an informal walking group that walks either before or after lunch Monday, Wednesday and Friday. Groups walk indoors near the COA anywhere from 10:30 AM-1:00 PM. Please join us! Stairs, ramps or levels surfaces to choose from!



Acupuncture Clinic
 With Dr. Suraja Roychowdhury
 \$35 per visit
 Tuesdays 4-8 PM
 Please call (610)731-5030 for an appointment

Muscle Care Clinic
 With Wayne Durante, LMT
 \$10 for 10 minutes
 Thursdays beginning at 9:00 AM
 Please call the COA for an appointment
 781-275-6825

What is a Urinary Tract Infection?
 A urinary tract infection (UTI) is an infection in the urinary tract which runs from kidneys through the ureters, the bladder and thru the urethra. A presentation and discussion on Urinary Tract Infections will be held on **Monday, April 25 at 10:00 AM** at the Council on Aging. The Community Health Nurse, Joyce Cheng RN will discuss the signs and symptoms of UTI, preventive methods and treatments. Please bring your questions and join her in this meeting!



Next Day Access ~ Wednesday, April 20, 1:00 PM
 Next Day Access Boston invites you to stop in the COA and hear about products and solutions available to help you or your loved ones remain safely in the home while increasing independence and quality of life. We will discuss various options such as grab bars, stair-lifts, and wheelchair ramps. Next Day Access Boston offers both short-term rental options, for use during rehabilitation from injury or surgery, and more permanent solutions. We will answer any questions you may have regarding safety while entering and navigating around your home. In addition, Next Day Access Boston is more than happy to provide in-home evaluations at no cost!



Take a Hike! - Thursdays at 10:00 AM
 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. Susan will send out an email each week to let you know the plan for that week.



What You Need to Know

Healthy Snack

Friday, April 29 at 11:30 AM

Benchmark Senior Living at Billerica Crossings wants to share Our Health with You!



Stop in for a Snack Bag Giveaway... a Healthy Snack

to add to your day! *First come, first served.*

Dale Tamburro returns on Thursday, April 21st at 1:00 PM to present:

Understanding Estate Planning: from Health Care Proxy to Wills to Trusts to Estate Taxes to MassHealth to Certain Insurance Products

Topics discussed will include: Steps to Take in Advance of Death or Disability; Basic Documents We All Need: (Health Care Proxy, Durable Power of Attorney, Last Will and Testament (Pour Over), Revocable Trust (most of you anyway)); Why a Living Trust Makes Sense for Most People including Couples with Young Children, Middle Aged Individuals and Couples and Elders; plus much *much* more! Bring your questions! Individual appointments also available before this presentation. Please call the Council on Aging to sign up!

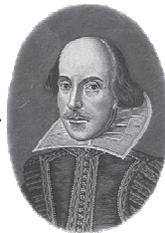
Shakespeare with Stephen Collins

Tuesdays May 3-June 7 at 10:30 AM

~\$10 per class

To make sense of *The Bard*, a reader of Shakespeare's works must approach the text much like an actor to make it come alive. In Elizabethan England, the plays were meant to be heard, performed - not read. The First Folio of his work wasn't ever printed until 8 years after his death!

We will work together to *demystify* the language. We will study some of the famous soliloquies. Whether he is persuading, seducing and cajoling, or philosophizing, he is always fascinating! Stephen would like to have class members do dramatic readings of some of the scenes. Finally, in addition to the plays, we will study at least 8 of his sonnets. **Please sign up at the Council on Aging by April 29.**



Basic CPR Education & Awareness

Join Fire and Life Safety Educator Nick Anderson on **Thursday, April 28 at 10:00 AM** for a non-certificate course in Basic CPR awareness. Nick will be teaching a basic class, based on the American Heart Association's "CPR Anytime" program. During class, you will learn basic CPR, AED skills and choking relief.

Pizza will be provided for lunch after the class. Please call (781) 275-6825 to sign up. Limit 12 students. If there is enough interest, this course will be repeated in the near future.



Is Your Smartphone Making You Feel Stupid??

Wednesday April 27, 10:00 AM

The STEP Program at Bedford High School will be here to offer an informative session on the use of hand held devices in everyday life. The students will present on the basics of operating a smartphone and tablet followed by a question and answer session. The students will then be available to meet with members 1:1 to answer specific questions or requests. Whether you need support turning the device on/off and charging it at night, uploading/sending photos or support in downloading and utilizing up and coming applications, this is the presentation for you!



Patriots Day Lunch at the Bedford COA!

Tuesday, April 19th at 11:30 AM

Celebrate Spring and (Actual) Patriot's Day! We will have a prize for the "Most Patriotic" dressed! Cast your vote and come for lunch catered by Newbury Court Retirement Community, Concord. Limit of 40 participants so make sure you sign up. See you there!



Computer Club

Meetings will continue on the 1st Wednesday of each month through the year. Please join us! A round table discussion will be held on **Wednesday April 6 at 10:00 AM.**

Computer Drop-In

Our friendly Computer Club volunteers will be here on Tuesday and Thursday afternoons for drop-in assistance from 2-3 PM to help those with questions about any aspect of computer use. *These folks also offer help with cellphones, tablets, and even your camera!*

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com

THE COMPUTER CORNER



**ELECTRICAL
PROBLEM?**

Call James M Stander
Master Electrician
**Residential
Commercial**
978-580-5020
30 years serving
Bedford
Ask for senior discount
Lic #9770-A



Companionship
Personal Care
Dementia Care
Owner: Jenn Ashe Quinn
978-256-2468
www.comforcare.com/massachusetts/westford



Short term rehab & long term care

Excel Center for Nursing & Rehabilitation at Lexington is proud to offer a variety of therapies and skilled nursing services to the Lexington community and surrounding areas.

Seven days a week!

- Physical Therapy • Speech Therapy
- Occupational Therapy

**We accept all major insurances as well as
Medicare & Medicaid**

Located in historical Lexington, our 24/7 nursing staff provides individualized care to its residents enabling us to ensure the safest, quickest recovery possible.



For more info, contact the admissions director

tel 781-861-8630 fax 781-861-1099 email info@excelcenterlexington.com
840 Emerson Gardens Road . Lexington, MA 02420



Always nice to have
a helping hand

781.276.1910
www.cwathome.org



**Thinking about downsizing
or selling your home?**

Not sure where to start?

Let our team of life-long area residents worry about the details so you don't have to!



781.275.2156 ofc | 617.799.5913 dir | SuzanneS@kw.com | HistoricMAHomes.com



For Advertising
Information, call
LISA TEMPLETON
at LPi today!

1 (800) 888.4574 ext. 3450
ltempleton@4LPi.com

**THIS SPACE IS
AVAILABLE**

DAVIDSON LAW OFFICE

110 The Great Road, Bedford, MA
(781) 275-0222

*Customized Representation
and Responsive Service*

Wills • Trusts • Estates • Probate
Litigation • Criminal Defense • Divorce

www.davidsonlawbedford.com



Bicycle Orientation & Tune-up For the Beginner Bicyclist

Join us at the COA, Thursday, April 7 (rain date April 8) at 9:30 AM when members of the Bedford Friends of the Minuteman Bikeway will offer a short orientation class on basic bicycle skills, etiquette on the bike path, recommended gear and clothing, and a mechanical check. Does your bike have a strange noise or a flat tire? - bring your bike in and get a minor tune-up! At the end of the orientation, at 11:00 AM, we will ride to the bike path for a short group ride. Advance registration recommended due to limited space. Please send an email to BedfordBike@gmail.com or sign-up at the COA.

Blue Plate Special

Thursday, April 7 at 11:30AM at Red Heat Tavern 152 the Great Road (Next to Marshall's)

Meet old friends or make some new friends while joining the COA for lunch. Discover what might become your new local favorite the "Red Heat Tavern" specializing in the flavors of outdoor open grilling with tavern comfort classics. We will meet at the restaurant at 11:30am Please contact the COA to sign up for this event and make your luncheon selection!

Jacob Wren Throckmorton Memorial Art Show

Friday, April 8 8:00 AM-7:00 PM

Saturday, April 9 11:00 AM-4:00 PM

Reception: 12-2PM

at the Bedford Council on Aging

ARTMATTERS: ART KEEPS US HUMAN

FRIDAY, APRIL 15 AT 1:00 PM

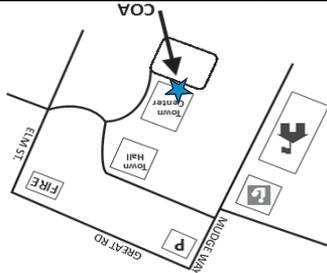


You don't have to know anything to look at and connect with art. All art is subjective. There is no right or wrong and no good or bad! There is only your opinion. Our brains are "hot-wired" to be able to look at marks on a flat surface, organize those marks, and see images in 3 dimensions. Looking at art connects us to one another as individuals. You don't have to speak the same language, live in the same part of the world, have the same culture, religion or even live in the same era. Art connects us as Humans. Join us at the COA for a phenomenal presentation of some sensational art!



Important note about trips and events:
You do NOT need to be a member of the FBCOA or a Bedford resident to attend a trip or event at the COA. Please join us!

SATURDAY	11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie *PLUS MUCH MORE EVERY DAY! See Inside for details!*	FRIDAY	9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble Line Dancing	THURSDAY	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Dog Bones 1:00 Current Events Tai Chi! 2:00 Computer Drop-in	WEDNESDAY	9:00 Exercise Fix It Shop 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch	TUESDAY	9:00 Fix It Shop 9:30 Exercise 10:00 Dog Bones 11:00 Duplicate Bridge OsteoFitness Tap Dance 1:00 Writing Group 2:00 Computer Drop-in 4:00 Zumba Gold 7:30 Single Again	MONDAY	9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 6:30 Sit 'n Stitch 7:00 Folk & Line Dance
-----------------	---	---------------	--	-----------------	--	------------------	--	----------------	--	---------------	--



Address Service Requested

PRESORTED
 STANDARD
 POSTAGE PAID
 BEDFORD
 PERMIT NO. 42

COUNCIL ON AGING
 12 Mudge Way
 Bedford, MA 01730

