

Help,
Health,
Fellowship...

December 2016

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: Allan Morgan



District Attorney Ryan: Opioid and Medication Safety Presentation Monday 19th 12:45pm

Have you ever had an operation, such as a hip or knee replacement, for which you were prescribed pain medication? Do you suffer from chronic pain, such as arthritis or osteoporosis? Chances are you have been prescribed an opioid, even if you were not aware (e.g., Percocet, Vicodin, OxyContin, Fentanyl). Whether you actively take an opioid or were prescribed one in the past, there is important information about which seniors should be aware. With the Commonwealth of Massachusetts in the midst of an unprecedented public health epidemic, Middlesex District Attorney Marian Ryan has developed a safety program for senior citizens to raise awareness about the opioid crisis, specifically how it directly impacts them. District Attorney Ryan will discuss the far-reaching effects of this problem as well as offer tips on how to manage prescription medication using the File of Life program. In addition, she will talk about ways to safeguard medication from theft; how to properly dispose of unused or expired medication; how to identify signs of drug addiction in a loved one and find a bridge them to help. Complimentary File of Life refrigerator magnets and personal wallet cards will be distributed to seniors who attend. Please call the COA to register.

JINGLE BELLES ROCK!

Monday, December 12th at 12:30PM

Join us at the COA for Jingle Bells Rock! This a cappella Holiday Vocal Trio is Sassy and Fun with the versatility to move freely through out any event. With that classic, girl group feel; these fabulous singers will get the place singing. Call us at the COA to reserve your spot today!

Wednesday

December 14th

1:00pm to 3:00pm



Join us for our annual Holiday Party! This event is kindly catered by the FBCOA. Please call the COA by December 9th to reserve a spot on 781 275 6825.

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



Wednesdays, December 21 at 10 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.

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December 9th at 12:45pm

with Stephen Collins

Please join us for a dramatic reading of Charles Dickens' "A Christmas Carol" as rendered by Stephen Collins. It is the classic tale about the regenerative power of the Human Spirit. Witness Scrooge have a series of epiphanies that will change his life and the lives of his fellow men. Please call the COA to sign up for Stephen's festive program.



DROP IN ARTS and CRAFTS

with BACS!

Join members of the Bedford Arts and Crafts Society (BACS) on Wednesdays from 2 to 4, for fun afternoons of crafting. We will get together on a regular basis to work on our own handcrafts and experiment with a variety of new crafts using simple materials. Stop by, make some new friends, and expand your crafting skills!

Science & Technology Group

Join us as we explore a 12-part History Channel series, 'The Story of All of Us: Mankind.' The series covers major world history milestones.

Monday, December 5th: Episode 4: Warriors When Rome is sacked by barbarians, Europe enters a Dark Age. But from the fringes of the old empire, two new forces remake the world. The Arabs, funded by a gold rush, unite under the banner of Islam.

Monday, December 19th: Episode 5: Plague In Genghis Khan, the bloodiest warlord in history, sweeps south from Mongolia into China and creates a mighty empire. He leaves 40 million dead bodies in his wake. But a greater killer stalks Mankind....

All are welcome. Come and join us!



GIRL SCOUTS

Wednesday December 7th at 1:15pm

Hanscom AFB's Daisy Troop # 85248 and Brownie Troop # 76164 will visit the COA to recite their Girl Scout Law and Promise and bring special hand-made holiday gifts to you. Please come along and enjoy their company!

Silk Scarf Painting with Care One of Concord



Monday, December 5th, 12:30 and Wednesday, December 14th at 6:30pm

A Senior Care Company* Trust In Our Care

Let your creative side shine through! Join Karen Halloran, Community Liaison from CareOne at Concord, for a complimentary silk scarf painting class. You will leave with a lovely scarf for yourself or a gift for a friend. No experience necessary, all materials included. Limited to 10, please call us to sign up.

Breakfast and BINGO

Tuesday, December 20 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!

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, December 19th 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.

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.

If you would like to be reminded when it is time to renew your FBCOA dues, please email Christine McGovern: go2christo@netscape.net with FBCOA in the subject line.

FBCOA Annual Membership Dues 2016—2017

Form with fields for Individual (\$5.00), Family Contribution (\$7.00), Total, Name, Address, Town/Zip Code, Email, and BJ's Membership? Yes/No.



Fitness News



MORNING EXERCISE CLASSES

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 **Rita Khoury**, a energetic instructor here at the Bedford Council on Aging. This class is our most intense class of the week, including 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), taught by **Rita Khoury** and Thursday (10:00 AM), taught by **Madeline Shaw-Moran**. These classes focus 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™: The Natural Approach to Reversing Osteoporosis!

Beverly J. Iker, senior Fitness Specialist and Educator, teaches her evidence based strengthening program to build bone in osteoporotic sites including the spine, hips, femoral neck and forearm. The class involves movement to address stiffness, low/no impact cardio warm up, balance and coordination drills reducing falls and fractures, posture and stretching for flexibility/injury prevention. The class teaches the latest osteoporosis information and provides handouts detailing natural, important food sources of daily calcium and vitamin D. Your personal bone density reports are collected and you will be instructed on home strengthening. Beverly includes holistic disciplines for the immune system and promotes stress management for relaxation. Regular lectures and calcium cafés are included in this as well as new member orientation. OsteoFitness™ classes are held on Tuesdays and Fridays at 11:00 AM at the COA. \$179 per 20 class session. 1/2 Fee for mid session or 1X/week. Please visit the COA or call to register at (781) 275-6825. **Session dates: 10/27— 01/09/2017**

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!

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 DANCE

Join the talented Chuck Frates for his popular Tap Dancing class on **Tuesdays at 11:00 AM**. This session runs 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! Sessions run through December 20th. \$10 drop in rate also available.



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

Evenings at the COA

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
 ☆ 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! ☆
 ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

MEDIUMSHIP

Monday December 5th

6:30pm—8:00pm



Mediumship is the ability to sense the Spirit of those who have lived on earth before and decipher the messages they wish to share with us. With tenderness, humor and humility, Kim and Leslie connect to the other side and share messages from loved ones who have crossed over. Their purpose is to facilitate the healing that comes the feeling of deep connection, remembrance and love. The With Love and Gratitude actively heals by sending Reiki energy throughout the room to intensify the experience of well-being and joy. A \$5 donation is kindly requested for use of space which means 100% of all the money collected will be donated back to the COA.

Monday December 19th at

6:30pm

Join us for an evening Holiday get together with friends. All are welcome.



Mingling Tinsel with Tears: *Compassionate Care Hospice*: Monday December 12th 6:30pm

Learn strategies for coping with grief through the holidays including: preparing for the holidays, understanding grief, taking care of yourself, anticipating events and activities and doing what is right for you to embrace hope. Compassionate Care Hospice formed 19 years ago and now operates nationwide. Their focus is on quality of life for both loved ones and family members. Please call to sign up for this supportive, important program. Seniors with their adult children are also invited to attend.



Trip Preview: Coming in March

The 2017 Boston Flower Show & Lunch

Thursday, March 23, 2017



Celebrate the change of seasons from winter to spring; Boston annually hosts a magnificent horticultural exhibition. The 2017 Flower Show's special theme will be "Superheroes of the Garden," which will be a veritable Horti-Con, honoring the crusaders, innovative tools and legendary plants helping to make us all champions in the battle for garden supremacy! A delicious luncheon is included at the Venezia Restaurant, featuring courses of salad, entrees, pasta and dessert. We depart at 8:30AM from the Bedford Town Hall, near the Police Station, returning home at 4:30PM. **Tour Cost \$79.00 per person.** Please call the COA to reserve your place. 40 Limit.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:00 Muscle Care 10:00 Exercise/ Art 1 with Susan Funk 11:00 Duplicate Bridge/ Dog Bones/ 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	9:00 Exercise 10:00 Chair Yoga/ 2 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Adult Coloring 1:00 Scrabble/ Nurse's Hours/ Line Dancing 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 3 12:30 Beginner's Italian 1:00 Bridge, cards, pool Monthly Birthday 1:15 Movie: <i>Wild Oats</i>
9:00 Exercise 5 9:30 Chair Yoga 10:00 Science & Tech/ Biking 11:45 Lunch 12:30 Silk Scalves 1:00 Poker 2:00 Grief Group 6:30 Sit & Stitch/Brain Mediumship 7:00 Folk & Line Dance	9:30 Exercise 6 11:00 Dup. Bridge/ OsteoFitness/Tap 12:00 Brightview Lunch and Learn 1:00 Writing Group/ Scottish Dance/ Book Discussion 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball 7:30 Single Again/ Great Books	9:00 Exercise 7 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:15 Daisy Troop 2:00 Arts and Crafts 6:30 Stitchery/ Carving/Job Network	FANEUIL HALL 8 9:00 Muscle Care 10:00 Exercise/ Art with Susan Funk 11:00 Dog Bones/ 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	Podiatry 9 9:00 Exercise 10:00 Chair Yoga/ Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:45 Stephen Collins 1:00 Scrabble/ Line Dancing 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 10 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Cafe Society</i>
9:00 Exercise 12 9:30 Chair Yoga 10:00 BINGO/ Biking 11:45 Lunch 12:30 Jingle Bell Rock 1:00 Poker 3:00 Caregiver Group 6:30 Sit & Stitch 6:30pm Mingling Tinsel 7:00 Folk & Line Dance	9:30 Exercise/ 13 11:00 Dup. Bridge/ OsteoFitness/Tap 1:00 Scottish Dance 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball 7:30 Single Again	9:00 Exercise 14 10:00 Genealogy 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00pm Holiday Party 2:00 Arts and Crafts 6:30 Stitchery/ Silk Scalves/Carving/Job Network	9:00 Muscle Care 15 10:00 Exercise/ Hearing/Art with Susan Funk 11:00 Duplicate Bridge/ Dog Bones/ 11:30am Billerica Lunch 1:00 Dale Tamburro urrent Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	9:00 Exercise 16 10:00 Chair Yoga/ Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Adult Coloring 12:30 Wizard Music 1:00 Scrabble/ Line Dancing 6:00 Pickleball	11:00 Coffee 17 11:30 Dog Bones 12:30 Beginner's Italian Holiday Party 1:00 Bridge, cards, pool 1:15 Movie: <i>Genius</i>
9:00 Exercise 9:30 Chair Yoga 19 10:00 Science & Tech/ Biking 11:45 Lunch 12:30 Name That Tune 12:45 DARyan Tak 1:00 Poker/Nurse Hours 6:30 Sit & Stitch 7:00 Folk & Line Dance	9:30 Exercise/ Breakfast & BINGO 20 11:00 Dup. Bridge/ OsteoFitness/Tap 1:00 Writing Group/ Scottish Dance 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball 7:30 Single Again	9:00 Exercise/ 10:00 Vets Coffee 21 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 12:30 Rick's Music 2:00 Arts and Crafts 6:30 Stitchery/Brain Carvery/Job Network	9:00 Muscle Care 9:00 Fireman's 22 Breakfast 10:00 Exercise/ Art with Susan Funk 11:00 Dog Bones/ 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	9:00 Exercise 10:00 Chair Yoga/ 23 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Line Dancing 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 24 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Love Actually</i>
 26 Happy Holidays CLOSED	9:30 Exercise 11:00 Dup. Bridge/ 27 OsteoFitness/Tap 1:00 Scottish Dance 4:00 Zumba Gold/ Acupuncture 6:00 AIG 6:30 Pickleball 7:30 Single Again	9:00 Exercise 10:30 SongFest 28 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 Arts and Crafts 6:30 Stitchery/ Carvery/Job Network	9:00 Muscle Care 10:00 Exercise/ Art 29 with Susan Funk 11:00 Duplicate Bridge/ Dog Bones/ 1:00 Current Events 2:00 Chess 3:00 Handcrafts	9:00 Exercise 10:00 Chair Yoga/ 30 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Line Dancing 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 31 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Hail Cesar</i>

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Don't Forget These Ongoing Activities

- Bingo!** All are welcome on Monday, December 12 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 Thursdays 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, Dec. 5 & Dec. 19 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, December 14 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 Dec. 6: Dostoevsky, Fyodor, "A Christmas Tree and a Wedding" from *The Best Short Stories of F.D.* *Newcomers are always welcome!*
bed-lexgreatbooks@comcast.net
- Learn to Stitch!** Join the crafters on Wednesdays at 6:30 PM.
- Chess** Hone your skills or learn! Thursdays at 2:00 PM.
- Pickleball** See page #9 for more information.
- Veterans Services** The Lexington/Bedford Veterans Services Department provides information regarding federal, state and local resources and benefits for Veterans. Please call Gina Rada, District Director of Veterans Services at 781-698-4848.

Saturday Movies begin at 1:15 PM

Dec. 3rd *Wild Oats* (2016) PG-13 Eva (Shirley MacLaine), a widow and retired history teacher, enjoys a quiet life. Everything changes when she receives a life insurance check accidentally made out for \$5,000,000 instead of the expected \$50,000.

Dec. 10th *Café Society* (2016) PG-13 Setting his sights on the magical kingdom of Hollywood, a young man migrates to Los Angeles in the 1930s and is swiftly drawn into the social whirlpool of the young and beautiful -- all pursuing their own visions of success.

Dec. 17th *Genius* (2016) PG-13 Featuring a stellar cast, this absorbing biopic focuses on the long and complicated relationship between Max Perkins, famed literary editor at Scribner's publishing house, and acclaimed writer Thomas Wolfe.

Dec. 24th *Love Actually* (2003) R Writer-director Richard Curtis's charming treatise on romance and relationships is an all-star ensemble comedy that tells 10 separate (but intertwining) London love stories, leading up to a spirited climax on Christmas Eve.

Dec. 31st *Hail Caesar!* (2016) PG-13 In 1950s Hollywood, Eddie Mannix labors behind the scenes to "fix" the indiscretions committed by a major film studio's marquee stars. But Eddie has his work cut out when some angry scriptwriters abduct a screen idol from a movie set.

Thanks to the FBCOA for our funding!

Trips! Trips! Trips!

Faneuil Hall Marketplace: The Hub of the Hub

Thursday, December 8th 2016 at 10:00AM

Join us for a day of shopping at Faneuil Hall. Faneuil Hall Marketplace is actually four great places in one location - Faneuil Hall, Quincy Market, North Market and South Market, all set around a cobblestone promenade where jugglers, magicians and musicians entertain the passers-by. Today, there are 49 shops, 18 restaurants and pubs. So stroll, shop, eat, laugh, wander, wonder and explore it all. We will meet in the parking lot in front of Town Hall at 10:00am. Returning from Faneuil Hall around 3:30pm. Limit 10 people. Cost of transportation \$30.00 and lunch is on your own. Call us today to reserve your spot.

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

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Nurse's Hours
Friday,
December 2 &
Monday,

December 19th
 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.

PICKLEBALL—NEW AND POPULAR

Please go to this website for latest updates on this growing and popular sport in Bedford. Games are played indoor during the winter, weekly, and instruction with equipment is always available. Try something new, this might be for you! To learn more go to:

<http://www.usapa.org/places-to-play-pickleball/>

Click on MA for state and the list is alphabetical by town.



Friday Line Dancing with Katrina at 1:00pm.

Join this active group in the Union Room every Friday. Just \$3 paid to the instructor.

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

For Your Health

Podiatry

Dr. Bryant Tarr will be at the COA from 8 -11 AM on **Friday, December 9.** Please call to let us know you are coming. This is a "first come, first served" clinic.

The cost is
\$30 for each
treatment.

A meal, and so much more.



Do you know about the Meals on Wheels? This program delivers lunch to home-bound seniors unable to provide their own meals who meet certain guidelines. Special dietary consideration is available for chronic health conditions such as diabetes and heart disease. The daily check-in by volunteer drivers provides social contact and reduces isolation, often experienced by disabled seniors. Trained volunteer drivers identify and report observations or emergencies that might indicate a medical program or the need for more intervention. A nutritious meal goes a long way to help maintain independence. Deliveries are made between 11am and 1pm Monday through Friday. The meals provide: One-third of the recommended daily dietary allowances, 700-800 calories and reduced sodium. Please call Minuteman Senior Services on 781-275-8542 for more information or visit their

website on www.minutemansenior.org



Minuteman
 SENIOR SERVICES



Take a Hike

Fall Tuesday and Thursday hikes have begun. Limit 18 hikers per trip. Please contact Susan :

slgrieb@comcast.net to get on the list.



10am Monday Cycling for Seniors

If you would like to be put on the list to be notified of cancellations email Jack Donohue on jmdonohue@alum.mit.edu. Rides are 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 multi-speed bike in good condition. We may spend some time on busy roads, so you should be comfortable riding with traffic. After the ride have coffee and snacks at the COA.



SHINE

(Serving the Health Insurance Needs of Everyone) Counselors from Minuteman Senior Services will be available: December 2nd, 6th, 9th, 16th, 20th, 23rd and 30th from 9-12; Please call to make an appointment! If you cannot leave your home, they will call you.



BEGINNER SCOTTISH DANCING
Tuesdays in

December 1pm to 2.30pm. Scottish dance, a form of folk and formal dancing is taught in Scotland and around the world. Think Riverdance with ballet moves. Performed in couples it is a great way to meet others! This class is a modified form, less strenuous but provides great physical and mental exercise. Wear comfortable clothing (kilt optional) and flat, soft-soled shoes. Come and have fun for this free class ! Call us to add yourself to the growing list.

Talk with our local Representative Ken Gordon, Monday

December 19th at 1:00pm
 Meet to discuss items at the state level.

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

What You Need to Know



The COA is still accepting canned goods and donated gift cards, for either the Stop n Shop or CVS. All donations assist seniors in need of food, medicine and other essentials. Thank you !

Know someone struggling to put food on the table ? For information about SNAP/food stamps an other community food resources call **1.800.645.8333.**



If you need help with a loved one experiencing memory loss, you are not alone. The Alzheimer's Association has a 24/7 Helpline available to you, family members or caregivers for information, referral and support. **1.800.272.3900.**

COA Staff Showcase: Elder Service Coordinator, Wendy Aronson

In addition to the many educational and recreational programs offered, we offer a variety of special services, information and referrals to older adults, families and their caregivers. Wendy Aronson is available Monday, Wednesday and Friday 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 your unique situation and provide information and resources to best suit your needs. **Other services provided by Wendy include:**

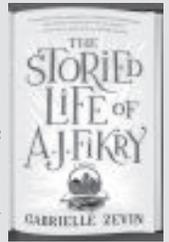
- ♦ Senior service evaluation and coordination
- ♦ Senior-related crisis intervention
- ♦ Assistance in choosing housing, including assisted living and nursing facilities
- ♦ Transportation to medical appointments
- ♦ Help in obtaining public benefits
- ♦ Health benefits counseling
- ♦ Job placement 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

Please do not hesitate to call Wendy for all your elder service needs and family/caregiver questions !

BOOK DISCUSSION GROUP

December 6th at 1:00pm

In this sweet, uplifting homage to bookstores, Zevin perfectly captures the joy of connecting people and books. A. J. Fikry, the cantankerous owner of Island Books, is despondent after losing his beloved wife and witnessing the ever-declining number of sales at his small, quirky bookstore. In short order, he loses all patience with the new Knightly Press sales rep, his prized rare edition of Tamerlane is stolen, and someone leaves a baby at his store. That baby steals A. J.'s heart and unleashes a dramatic transformation. Suddenly, the picture-book section is overflowing with new titles, and the bookstore becomes home to a number of book clubs. With business on the uptick and love in his heart, A. J. finds himself becoming an essential new part of his longtime community, going so far as to woo the aforementioned sales rep (who loves drinking Queequeg cocktails at the Pequod Restaurant). Filled with interesting characters, a deep knowledge of bookselling, wonderful critiques of classic titles, and very funny depictions of book clubs and author events, this will prove irresistible to book lovers.



Lets Get In the Holiday Spirit !



Every Wednesday in December 'SongFest' will sing carols and holiday music. Come along, bring a friend and we may even have some holiday cookies ! See you on Wednesdays at 10:30am !



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 December 7 at 10:00 AM.**

Computer Drop-In

Our friendly Computer Club volunteers will be here on Tuesdays and Thursdays to help with questions about any aspect of computer or other electronic devise usage. Just drop in between 2pm and 3pm.

Get Answers by Email!

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

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Caregiver & Bereavement Support Group

Anne Marie Rowse, a geriatric care manager and Chaplain continues her FREE Caregiver & Bereavement Support Group on Monday December 12th at 3:00pm. For those who want to talk privately about resources or one on one support, Anne Marie stays until 5pm. This group is open to residents from any town and more info, please email amarowse@charter.net or call her at (508) 479-0652. Sign-up not necessary. This program is supported by both the Bedford & Carlisle 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 Mara & her dog Max who 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!



Know someone who would benefit from a 'Get Well' or 'Thinking of You' card? Please give the details to Alissa at the COA Front Desk, along with an address, and the *Sunshine Lady* will send them along!

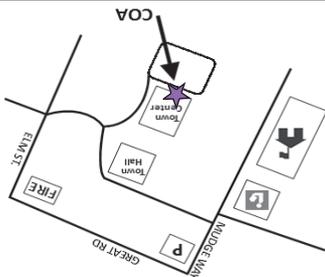


Thursday December 15th at 1:00pm HOW TO AVOID LOOSING YOUR HOUSE AND MONEY IF YOU NEED NURSING HOME CARE OR EXTENSIVE HOME CARE

Attorney Dale J. Tamburro, will present a seminar on the biggest estate and asset protection planning mistakes, how to avoid having your life savings wiped out by a nursing home, how to "spend down", protecting your home for your spouse and children and how gifting money to your children or grandchildren can disqualify you from Medicaid, how to eliminate or minimize Massachusetts Estate Tax. In Massachusetts, if your estate is over \$1.0M the entire estate is taxed. Dale will provide basic Medicaid Rules, special rules related to spouses and exceptions to the five year look back. Please call the COA to register. Dale will also offer (free of charge) 3 individual 45 minute appointments beginning at 9:30am. Please call the COA to schedule you 1.1 appointment or for more information on 781-275-6825.

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!

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



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