

Help,
Health,
Fellowship..

February 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

FREE Tax Assistance

The Council on Aging will again be offering FREE income tax preparation beginning **February 10th** and will accept appointments until April 6th. Volunteers certified under the AARP Tax Aide Program will prepare your **simple** Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers with special attention to those over age 60. Call the COA at (781) 275-6825 to schedule a confidential appointment. Saturday appointments are also available by calling the Bedford Public Library at 781-275-9440.

Who Says You Can't Teach an Old Dog New Tricks?

Thinking about getting a new puppy? Or maybe you are already a pet owner but you have a dog who does not behave the way you would like. Mike Franco from the MSPCA will be at the COA with one of his canine pals on **Tuesday February 4 at 10:30 AM** to demonstrate some basic training techniques that you can try at home.



Heartwarming Happenings

♥ **Tuesday February 11 at 11:30 AM - Heart-Healthy Lunch Sponsored by**

BrightView Come warm your hearts and your stomachs! Please RSVP by Friday February 7!

♥ **Saturday February 15 at 12:30 PM - Valentine's Luncheon**

Share the love with Vicky and friends! Enjoy a special lunch for only \$5! RSVP by February 8th to reserve your spot!

♥ **Thursday February 27 at 11 AM - Chocolate For Your Health**

Join Chef Jim from Atria Longmeadow Place for a special heart-healthy chocolaty treat. Please RSVP by Monday February 24!

Council on Aging Winter Weather Policy

Reminder – Council on Aging activities will follow the same schedule as the Bedford Public Schools in terms of the weather. If school is cancelled/delayed due to snow, our activities will be as well. If you are unsure if we are open or if an event will be held, please feel free to call us at 781-275-6825.



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Trips! Trips! Trips!

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

GRAB YOUR GOLDEN TICKET TODAY!

You could be one of the twenty lucky people to tour the Taza Chocolate Factory in Somerville on Wednesday March 26! In addition to the factory tour, where you will enjoy samples of Taza Fair Trade chocolate, you will have time to browse the gift shop before having lunch at Not Your Average Joe's. A variety of meal choices will be available when you arrive. All you have to do is sign up at the COA and you will be whisked away! Do not delay as the golden tickets are limited to 20! The cost of this trip is \$55.00 (includes transportation) due in full upon sign up which begins February 4. Your coach bus will leave Bedford Town Hall parking lot at 10:00 AM and will return at about 3:30 PM.

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 February 10 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 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 February 13 and 27 at 11 AM.

Fitness and Fun For You!

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

Get Information and Advice

Talk to Your State Representative Call the COA to find out when Ken Gordon will be here in February 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 and older? Please join us every Tuesday evening at 7:30 for an informal discussion group.

Share Your Interests

Current Events Come each Thursday at 1 PM to talk about national, international, and local issues, or anything else.

The Genealogy Group meets to share information about exploring their family trees. Join them on Wednesday February 12 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 on Tuesday February 4 at 7:30 PM to discuss *Vonnegut, Kurt Cat's Cradle*, Dell. Newcomers are always welcome!

WE WANT TO HEAR FROM YOU!

ANY OTHER TOPICS OR ACTIVITIES YOU ARE INTERESTED IN? PLEASE LET US KNOW! WHETHER YOU ARE LOOKING TO LEARN A LANGUAGE OR PLAY A GAME, WE NEED YOUR INPUT!

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.

✿ JUST FOR FUN ✿

Bedford Circuit Trail System

Citizen of the Year, Ralph Hammond, will be doing a presentation on **Wednesday February 5 at 1:00 PM** on the proposed and increasingly popular Bedford Circuit Trail System. Their goal is to contribute to a safe, healthy, walkable and welcoming community by connecting and maintaining more than 30 miles of trails, paths and bikeways that we already enjoy in our community. Walking the trails in Bedford can enhance the dignity of all the citizens by building connections to our past, to our environment, to our town, and to each other. We need your help to bring parts of the past back to life.

The COA can play a key role in bringing the History of Bedford to life. Much of Bedford has been torn down and replaced. Students and families in town believe the John Glenn Middle School was named after the first man in space. Not only do we want to preserve our past, we want to specifically point out the exact spot in town where our history happened. Hope you all can attend!

Library Book Discussion

Staff from the Bedford Free Public Library will be leading a discussion at the COA on **Tuesday February 25 at 1:00 PM**. Ann Leary's *The Good House* tells the story of Hildy Good, who lives in a small town on Boston's North Shore. Hildy is a successful real-estate broker, good neighbor, mother, and grandmother. She's also a raging alcoholic. Hildy's family held an intervention for her about a year before this story takes place—"if they invite you over for dinner, and it's not a major holiday," she advises "run for your life" — and now she feels lonely and unjustly persecuted. She has also fooled herself into thinking that moderation is the key to her drinking problem.

**Come Celebrate
National Pancake Day
Wednesday February 5
At 8:30 AM
With
Nick Anderson
Bedford Fire
Department
Sign Up Required
781-275-6825**



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

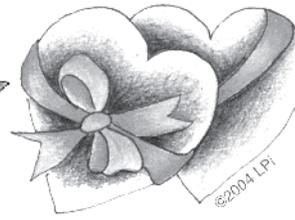
February 1 *Something's Gotta Give* (2003) PG-13 Still sexy at 60, Harry Sanborn is having the time of his life, wining, dining, and bedding women half his age. But when he agrees to go to the Hamptons with his girlfriend, their getaway goes awry after her playwright mother stops in unannounced.

February 8 *Bed of Roses* (1996) PG The seeds of love are planted when Lisa (Mary Stuart Masterson), a high-powered investment banker, receives flowers from a secret admirer (Christian Slater). But when his fairytale fantasies clash with her workaholic ways, they soon find out that sometimes, it's harder than it seems for love to conquer all.

February 15 *Sleepless in Seattle* (1993) PG Fate and a tenacious 8-year-old boy conspire to unite lovelorn widower Sam Baldwin and unhappily engaged journalist Annie Reed in this Oscar-nominated romantic comedy inspired by the 1957 classic *An Affair to Remember*.

February 22 *Lee Daniels' The Butler* (2013) PG-13 Oscar-winner Forest Whitaker delivers a powerful performance as Cecil Gaines, who served as the White House butler under eight presidents. His three decades of service unfold against a backdrop of unparalleled change in American history.

February



<p>9:00 Exercise 9:30 Yoga/ Meditation 10:00 Pilates/Games 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts</p>	<p>3 9:00 Fix It Shop 9:30 Exercise 10:30 Dog Training 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness 1:00 Writing Group</p>	<p>2:00 Computer 4 Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again/ Great Books</p> <p>8:30 National Pancake Day 5 9:00 Exercise/Fix It Shop 10:00 Computer Club 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Trails 2:00 SHINE</p>
<p>9:00 Exercise 9:30 Yoga/ Meditation 10:00 Pilates/Games/BINGO 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts</p>	<p>10 9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 10:30 Hearing 11:00 Duplicate Bridge/ Tap Dance 11:30 ♥Healthy Lunch 12:30 Osteofitness</p>	<p>2:00 Computer 11 Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 6:30 World Travel 7:30 Single Again</p> <p>9:00 Exercise/Fix It Shop 12 10:00 Genealogy 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Elder Law</p>
<p>CLOSED President's Day</p>	<p>17 9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness 1:00 Writing Group</p>	<p>2:00 Computer 18 Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again</p> <p>9:00 Exercise/Fix It Shop 19 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE</p>
<p>9:00 Exercise 9:30 Yoga/ Meditation 10:00 Pilates/ Games 11:45 Lunch 1:00 Poker/ Floor Yoga/Nurse's Hours 3:00 Handcrafts</p>	<p>24 9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness 1:00 Book Discussion</p>	<p>2:00 Computer 25 Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again</p> <p>9:00 Exercise/Fix It Shop 26 10:00 Prescription Advantage 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise</p>



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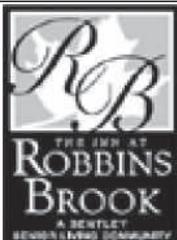
THURSDAY

FRIDAY

SATURDAY

		12:30 Beginner's Italian 1 1:00 Bridge, cards, pool 1:15 Movie: Something's Gotta Give
9:30 Floor Yoga 6 10:00 Exercise 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 7 9:30 Yoga/Meditation 10:30 Poetry (cont'd from January)/ Pneumonia Vaccines 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/ Line Dancing	12:30 Beginner's Italian 8 1:00 Bridge, cards, pool 1:15 Movie: Bed of Roses
9:30 Floor Yoga 13 10:00 Exercise 11:00 Duplicate Bridge/ Assessors 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 14 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing/ Nurse's Hours	12:30 Valentine's Party 15 1:00 Bridge, cards, pool 1:15 Movie: Sleepless in Seattle
9:30 Floor Yoga 20 10:00 Exercise/Hearing 11:00 Shingles 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 21 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	12:30 Beginner's Italian 22 1:00 Bridge, cards, pool 1:15 Movie: Lee Daniels' The Butler
9:30 Floor Yoga 27 10:00 Exercise 11:00 Duplicate Bridge/ Chocolate 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 28 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	

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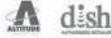
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Friends of the Bedford Council on Aging Notes

Why Should You Join the Friends?

As a dues-paying member, not only are you helping the COA provide programs and services to Bedford's seniors, but you are also receiving many benefits, including the opportunity to go on exciting trips, vote at FBCOA meetings, and receive a discounted membership to BJ's (a \$45 value for only \$25!)! The dues are only \$7 for a family or \$5 for an individual. Join or renew your membership now ! Simply stop by the COA or complete the form below and mail with payment to 12 Mudge Way Bedford, MA 01730.

FBCOA Annual Membership Dues

2013—2014

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____

(Tax deductible contributions gratefully accepted)

NAME _____

ADDRESS _____

TOWN/ZIP CODE _____

EMAIL: _____

**Next Meeting: Tuesday
February 11, 1:00 pm
in the Flint Room.**

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 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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