

COA CONNECTIONS

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

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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



Winter Weather Policies

If the Bedford Public Schools are closed or delayed due to weather, the senior center will be also. If there is severe weather but the schools do not close, we will hold activities if possible. However, please call before coming as presenters or teachers may not be able to get here. Staff will still be in their offices to assist you (though, of course, if you have an emergency, please call 911).

Those who have scheduled rides through the BLT and Wheels of Life programs should call the COA about the status of their rides. Medical appointments will be evaluated on a case-by-case basis, although a recommendation will be made to reschedule if possible.

In the event of a long term emergency, the town will broadcast emergency information on AM radio 1640 as well as on the town website www.bedfordma.gov. Finally, if you are without heat and electricity for more than 12 hours and the temperature outside is less than 45 degrees, seek shelter with heat and electricity. If you have nowhere to go and need shelter, call the Public Safety Dispatch at (781) 275-1212 for assistance.



Real Estate and Housing Options For Seniors Attorney Dale Tamburro January 15 at 1:00 PM

This talk will cover property law for elders while including property options if one chooses to go into an assisted living facility or nursing home. He will also address reverse mortgages, homesteads, downsizing, trusts for property along with many other topics in addition to general real estate law. Dale will also be offering three 45-minute individual consultations that day beginning at 9:00 AM. Please call the Council on Aging at (781) 275-6825 to register for the seminar or to make an individual appointment.

SILENT AUCTION

Stop by the Council on Aging during the month of January to place your bid on an amazing handmade quilt donated by one of our talented Bedford residents. Featuring the limited edition materials of a well-known fabric designer, the proceeds from this quilt will be used to help supply food to Bedford seniors in need.

COMING SOON!

Bridges: Growing Older, Growing Together is an award-winning program that creates opportunities for older adults and elementary school students to share experiences and exchange ideas, perspectives, and values. It is not a tutoring program, but rather a community-wide vehicle for reciprocal respect and understanding. Stay tuned!



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Trips! Trips! Trips!

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

stay tuned for information about upcoming trips!



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 January 13 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 January 2, 16, and 30 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 January to talk with you about state issues.

Need Legal Information? Retired lawyer Peter Robinson is available to talk with Bedford seniors to answer simple questions on wills, estates, etc. To arrange a meeting, contact the COA.

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 January 8 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 January 7 at 7:30 PM to discuss *Orwell, George* *Homage to Catalonia*, Mariner. Newcomers are always welcome!

Minuteman Senior Services Bedford Café!

Have Lunch at the Bedford Café!

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

Volunteers Needed!

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

✿ JUST FOR FUN ✿

Music by Ken Pruyn

Join Ken Pruyn on Wednesday January 22 at 1:30 (Snow date will be January 29) for an afternoon of entertainment. Ken will play some winter songs on his guitar as well as some old favorites! So come on in out of the cold and enjoy some music with your friends!

Movie Matinee:

Field of Dreams (1989)

Wednesday January 8 at 1:30 PM

Kevin Costner stars as an Iowa farmer who hears a mysterious voice telling him to turn his cornfield into a baseball diamond. He does, but the voice's directions don't stop, even after the spirits of deceased ballplayers turn up to play.

Library Book Discussion

Staff from the Bedford Free Public Library will be leading a discussion at the COA on **Tuesday January 28 at 1:00 PM**. William Boyd's *Any Human Heart* - "Writing a novel in the form of a personal journal is no easy task, but Boyd pulls it off. Mountstuart's journals begin in 1923, when he is attending an English public school, and end shortly before his death at 85. His varied, continent-hopping career includes stints as a novelist, country gentleman, secret agent, literature professor, and member of a terrorist cell, and he rubs shoulders with Picasso and James Joyce, just to name a few...Though (like life) not every page is riveting, the book is a remarkable achievement, documenting one man's passage from the arrogance and optimism of youth to the resignation of old age."

--Mary Ellen Quinn

Who Killed Martin Luther King?

In honor of Martin Luther King, Jr. Day, join us on **Thursday January 23** at 11:00 AM to take a look back to 1968, the year he was assassinated. This film, which includes archival footage and interviews with convicted killer James Earl Ray, Martin Luther King III and former police officers, explores lingering conspiracy theories. Discussion to follow the film.



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

January 4 *We're the Millers* (2013) R When a small-time pot dealer gets mugged, he needs to find a way to pay back his supplier. Agreeing to smuggle in a major stash from Mexico, he rounds up a fake family to act as his cover, and they head for the border in an RV.

January 11 *42* (2013) PG-13 This biopic focuses on the relationship between baseball icon Jackie Robinson and Brooklyn Dodgers general manager Branch Rickey, who signed Robinson and in 1947 made him the first black Major League Baseball player of the modern era.

January 18 *Last Love* (2013) NR A widowed professor living alone in Paris sees no meaningful future for himself until he meets a free-spirited young dance instructor. From their first meeting, each instinctively provides what the other so desperately needs: someone to call family.

January 25 *Searching for Sugar Man* (2012) PG-13 Decades after Detroit singer-songwriter Rodriguez disappeared following the commercial failure of his two critically praised records in the 1970s, two fans from South Africa, where Rodriguez was a huge hit, try to track down their idol.

MONDAY

TUESDAY

WEDNESDAY



9:00 Exercise **6**
9:30 Yoga/ Meditation
10:00 Pilates/Games
11:45 Lunch
1:00 Poker/ **Floor Yoga**
3:00 Handcrafts

9:00 Fix It Shop
9:30 Exercise
11:00 Duplicate
Bridge/Tap Dance
12:30 Osteofitness
1:00 Writing Group

2:00 Computer **7**
Drop-In
4:00 Zumba Gold
6:00 Coffee Hour
7:30 Single Again/
Great Books

9:00 Exercise/Fix It Shop **8**
10:00 Genealogy
10:30 Songbirds
11:00 Mah Jongg
11:45 Lunch
12:30 Chair Exercise
1:30 Movie Matinee: Field of Dreams

9:00 Exercise **13**
9:30 Yoga/ Meditation
10:00 Pilates/Games/**BINGO**
11:45 Lunch
1:00 Poker/ **Floor Yoga**
3:00 Handcrafts

9:00 Fix It Shop
9:30 Exercise
10:00 SHINE
10:30 Hearing
11:00 Duplicate
Bridge/ Tap Dance
12:30 Osteofitness
1:00 FBCOA

2:00 Computer **14**
Drop-In
4:00 Zumba Gold
6:00 Coffee Hour
7:30 Single Again

9:00 Exercise/Fix It Shop **15**
10:00 Computer Club
10:30 Songbirds
11:00 Mah Jongg
11:45 Lunch
12:30 Chair Exercise
1:00 Housing Options
2:00 SHINE

CLOSED
Marin Luther King, Jr. Day

20

9:00 Fix It Shop
9:30 Exercise
10:00 Primary Care Visit
11:00 Duplicate
Bridge/ Tap Dance
12:30 Osteofitness
1:00 Writing Group

2:00 Computer **21**
Drop-In
4:00 Zumba Gold
6:00 Coffee Hour
7:30 Single Again

9:00 Exercise/Fix It Shop **22**
10:30 Songbirds
11:00 Mah Jongg
11:45 Lunch
12:30 Chair Exercise
1:30 Ken Pruyn

9:00 Exercise **27**
9:30 Yoga/ Meditation
10:00 Pilates/ Games/ Dominos
11:45 Lunch
1:00 Poker/ **Floor Yoga/Nurse's Hours**
3:00 Handcrafts

9:00 Fix It Shop
9:30 Exercise
11:00 Duplicate
Bridge/ Tap Dance
12:30 Osteofitness
1:00 Book Discussion

2:00 Computer **28**
Drop-In
4:00 Zumba Gold
6:00 Coffee Hour
7:30 Single Again

9:00 Exercise/Fix It Shop **29**
10:30 Songbirds
11:00 Mah Jongg
11:45 Lunch
12:30 Chair Exercise
1:30 Ken Pruyn (snow date)



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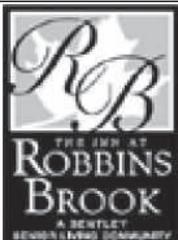
THURSDAY

FRIDAY

SATURDAY

<p>9:30 Floor Yoga 2 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In</p>	<p>9:00 Exercise 3 9:30 Yoga/Meditation 10:30 Poetry 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing</p>	<p>12:30 Beginner's Italian 4 1:00 Bridge, cards, pool 1:15 Movie: <i>We're the Millers</i></p>
<p>9:00 Oatmeal 9 9:30 Floor Yoga 10:00 Exercise 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In</p>	<p>9:00 Exercise 10 9:30 Yoga/Meditation 10:30 Poetry 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/ Line Dancing/ Nurse's Hours</p>	<p>12:30 Beginner's Italian 11 1:00 Bridge, cards, pool 1:15 Movie: <i>42</i></p>
<p>9:30 Floor Yoga 16 10:00 Exercise/Hearing 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In</p>	<p>9:00 Exercise 17 9:30 Yoga/Meditation 10:30 Poetry 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing</p>	<p>12:30 Beginner's Italian 18 1:00 Bridge, cards, pool 1:15 Movie: <i>Last Love</i></p>
<p>9:30 Floor Yoga 23 10:00 Exercise 11:00 Who Killed MLK? 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In</p>	<p>9:00 Exercise 24 9:30 Yoga/Meditation 10:30 Poetry 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing</p>	<p>12:30 Beginner's Italian 25 1:00 Bridge, cards, pool 1:15 Movie: <i>Searching for Sugar Man</i></p>
<p>9:30 Floor Yoga 30 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In</p>	<p>8:00 Podiatry 31 9:00 Exercise 9:30 Yoga/Meditation 10:30 Poetry 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing</p>	

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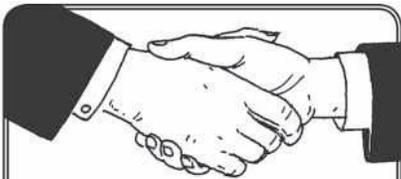
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Friends of the Bedford Council on Aging Notes

Notes from the Fix-It Shop

IMPORTANT: Please pick-up your items no later than Wednesday, January 15, 2014. We close at 12 noon. All items left after 12 noon will be permanently removed to make room for items being repaired and incoming new items. Thank you for your cooperation.

The Fix It Shop will be closed on New Years Day. They will remain open for their regular hours Tuesdays and Wednesdays 9:00-12:00 throughout the winter.

**Next Meeting: Tuesday
January 14, 1:00 pm in
the Flint Room.**

5 Reasons to attend monthly meetings:

1. Your vote counts!
2. Get involved! Learn about volunteer opportunities!
3. Find out what is going on in the community!
4. Support COA programs!
5. Learn about upcoming trips!

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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