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March 2014

COA CONNECTIONS

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

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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 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.

New! Learn to Draw!

We are thrilled to announce that Katie Sussman, art teacher at Bedford High School and Assistant Director of Deerfield Academy Summer Arts camp, will be teaching a 6-week drawing course beginning **Tuesday, March 18 at 6:30 PM** at the Town Center building. Learn to draw from life and photographs using pencils, charcoal, colored pencil, and maybe even watercolor pencils. The cost for this class is ONLY \$35 (includes materials)! Space is limited so please register soon by calling the Council on Aging at (781) 275-6825. Taught in a fun and relaxed atmosphere, all are encouraged to take this class regardless of previous experience or ability.



Edna Hibel: Painter, Lithographer and Promoter of Peace

Born in 1917 in Boston, Edna Hibel began to paint when she was nine years old. A painter of sentimental pictures of children, she has had a worldwide career for over 60 years! Hibel's work has been exhibited in more than 20 countries including Russia, Brazil, China, Costa Rica, and the United States. In 1995, she was commissioned by the Foundation of the U.S. National Archives to commemorate the 75th anniversary of women receiving the universal right to vote. Her exhibitions "Golden Bridge" and "Peace Through Wisdom" were efforts to promote peace and cultural understanding between China, the United States, Yugoslavia, and Russia. Lisa Honka invites you to a special presentation on **Wednesday March 12 at 6:00 PM**. Learn more about this inspiring woman and enjoy some of her artwork! There is no charge for this program but please register in advance by calling the Bedford Council on Aging at (781) 275-6825.



**Irish Luncheon
Sponsored by
BrightView**

Thursday March 20

11:30 AM

Please RSVP by Friday

March 14

(781) 275-6825

REMINDER: If you signed up for the Taza Chocolate Factory Tour on Wednesday March 26th, the bus will leave promptly at 10:00 AM.

CHECK OUT OUR GREAT NEW DAY TRIPS ON PAGE 2!

Save The Date!

The Annual Lane School Talent Show and Senior Luncheon will take place on **Thursday April 10 at 11:30**. You may sign up at the COA beginning this month. More information will be available soon!

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Trips! Trips! Trips!

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

Parker's Maple Barn - Thursday, April 3

Visit some of New Hampshire's best attractions! Board Fox Tours' motor coach at 9:30 AM to travel to the little town of Mason to Parker's Maple Barn for an authentic Parker's Maple Sugar Brunch. After you eat you'll have a tour of the Maple House to learn the process of transforming the sap into maple sugar. Take your sweet tooth with you and purchase some maple sugar treats from the gift shop. Next you will travel to Merrimack, NH to the Anheuser Busch Brewery, home of the famous Clydesdale horses where you will be able to view them up close and personal. All of this is included for just \$62! Sign up will begin on Monday, March 3 with payment due at time of sign up. Return to Bedford will be at about 5:00 PM.

Blue Man Group & Bisuteki - Thursday, April 24

Blue Man Group combines music, technology, and comedy to create a form of entertainment that defies categorization and appeals to people of all ages. Blue Man Group's shows have been described by critics as "innovative," "energetic", and "wildly entertaining." But the only way to truly understand Blue Man Group's global popularity is to see the show for yourself. Enjoy lunch at Bisuteki Tokyo in Cambridge where your food is cooked right on the table where you are seated. Your chef will keep you entertained while he cooks your choice of scallops or steak. Lunch will be at 2:00 and the show will begin at 4:30. The bus will leave from Bedford promptly at 1:00 and return at about 7:30 p.m. This great day of entertainment will cost \$85.00 and sign up will begin on Friday, March 7. Payment is due at the time of your reservation.

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 March 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 Pool and more!

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

Play Scrabble! Do you love to play Scrabble?

Then come to the COA Fridays at 1 PM to play!

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

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

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

Play Duplicate Bridge! Every Tuesday and Thursdays March 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.

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

Get Information and Advice

Talk to Your State Representative Call the COA to find out when Ken Gordon will be here 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 March 4 at 7:30 PM to discuss **McCarthy, Cormac** *All the Pretty Horses*, Vintage. 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.

A 24-hour notice is requested for cancellations so that meals do not go to waste. Thank you!

Library Book Discussion

Staff from the Bedford Free Public Library will lead a discussion of *Mao's Last Dancer* by Li Cunxin at the COA on **Tuesday March 25 at 1:00 PM**. From a desperately poor village in northeast China, at age eleven, Li Cunxin was chosen by Madame Mao's cultural delegates to be taken from his rural home and brought to Beijing, where he would study ballet. In 1979, the young dancer arrived in Texas as part of a cultural exchange, only to fall in love with America and with an American woman. Two years later, through a series of events worthy of the most exciting cloak-and-dagger fiction, he defected to the United States, where he quickly became known as one of the greatest ballet dancers in the world. This is his story, told in his own inimitable voice.

✿ JUST FOR FUN ✿

AN EVENING WITH SHAKESPEARE

You are invited to a special, free performance on **Wednesday March 19 at 7:00 PM** at the Town Center Building. Let actor Stephen Collins make Shakespeare's words come alive for you. From the evil machinations of Richard III, to the philosophical bantering of Falstaff, to the brilliant oratory of Brutus and Antony, Stephen brings the Bard's words to life. Shakespeare's tragedies, comedies, histories, and Sonnets are all represented in this exciting show.

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

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



Massachusetts Cultural Council

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

March 1 *Sorry!* We will be closed for building maintenance today!

March 8 *Last Vegas* (2013) PG-13 Four sixty-something pals, Billy, Paddy, Archie, and Sam, gather in Las Vegas to celebrate Billy's upcoming nuptials with the intention of running wild for four straight days. But Sin City has gotten a lot crazier than they could've ever imagined. Robert De Niro, Morgan Freeman, Michael Douglas, Kevin Kline

March 15 *Enough Said* (2013) PG-13 Julia Louis-Dreyfus and James Gandolfini star in this charming comedy about a divorced woman venturing into a relationship with a sweet man. But things get tricky when she discovers the man she's dating is the hated ex-husband of her new best friend.

March 22 *Captain Phillips* (2013) PG-13 In this exciting adventure based on true events that made international headlines, Tom Hanks portrays Capt. Richard Phillips, who is taken hostage by Somali pirates after they hijack his cargo ship, and the U.S. Navy's efforts to rescue him. Tom Hanks

March 29 *Nebraska* (2013) R When a cantankerous old boozier thinks he's won a magazine sweepstakes prize, his son reluctantly takes a road trip with him to claim the fortune. As they drive from Montana to Nebraska, they visit friends and relatives to whom the dad owes money.

MONDAY

TUESDAY

WEDNESDAY

<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</p>	<p>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 Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again/ Great Books</p>	<p>4</p>	<p>9:00 Exercise/ Fix It Shop 10:00 Computer Club 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch</p> <p>12:30 Chair Exercise 1:00 Trails 2:00 SHINE</p>	<p>5</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 4-9PM Fundraiser at Ken's! See Page 10!</p>	<p>10</p>	<p>9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 10:30 Hearing 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness</p>	<p>1:00 FBCOA 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 6:30 Solar 101 7:30 Single Again</p>	<p>11</p>	<p>9:00 Exercise/Fix It Shop 10:00 Genealogy 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Financial Organizing 6:00 Edna Hible</p>	<p>12</p>
<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>17</p>	<p>9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness 1:00 Writing Group/ Town Manager</p>	<p>2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 6:30 Drawing 7:30 Single Again</p>	<p>18</p>	<p>9:00 Exercise/Fix It Shop 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Estate Planning 2:00 SHINE 7:00 Shakespeare</p>	<p>19</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 7:30 Town Meeting</p>	<p>24</p>	<p>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 Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 6:30 Drawing 7:30 Single Again</p>	<p>25</p>	<p>Taza Chocolate Factory Trip 9:00 Exercise/Fix It Shop 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Desert National Parks</p>	<p>26</p>
<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>31</p>					



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THURSDAY

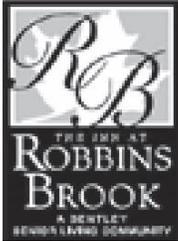
FRIDAY

SATURDAY

		CLOSED FOR BUILDING MAINTENANCE		1	
9:30 Floor Yoga 10:00 Exercise 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	6	9:00 Exercise 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/ Line Dancing	7	8 am - 6 pm Town Election (John Glenn Middle School) 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: Last Vegas	8
9:30 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge/ Women's Health 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	13	8:00 Podiatry 9:00 Exercise 9:30 Yoga/Meditation 10:00 Shingles Vaccines 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing/ Nurse's Hours	14	12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: Enough Said	15
9:30 Floor Yoga 10:00 Exercise/Hearing 11:30 Irish Themed Luncheon 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	20	9:00 Exercise 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	21	1:00 Bridge, cards, pool 1:15 Movie: Captain Phillips	22
9:30 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	27	9:00 Exercise 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	28	12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: Nebraska	29



March

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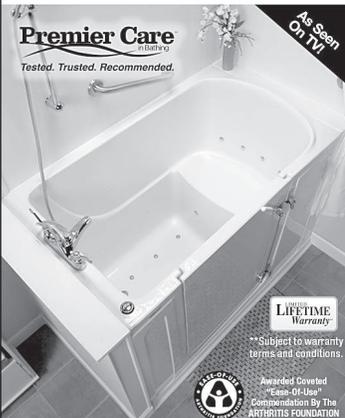


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Friends of the Bedford Council on Aging Notes

Support the Friends of the Bedford Council on Aging while you eat!

Ken's NY Deli and Brick Oven Pizzeria

72 Great Road (Blake Block)

MONDAY MARCH 10

4:00 PM - 9:00 PM

eat in or take out

10% of all sales will benefit the FBCOA!

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



THE FIX IT SHOP IS LOOKING FOR VOLUNTEERS!

The Fix It Shop is looking for an Administrative Assistant! Technical expertise are not necessary! You must simply be organized and enjoy working with people. The Fix It Shop is open on Tuesdays and Wednesdays from 9 am - Noon. This is a fun opportunity to help the community while also supporting the Council on Aging! Please call the COA at (781) 275-6825 for more information or if you are interested in volunteering.

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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