

COA CONNECTIONS

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

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SCIENCE & TECHNOLOGY CLUB All are welcome!

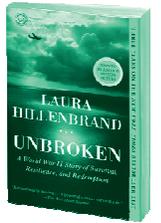
We will be kicking off the fall with the first episode of *How the Universe Works: Big Bang*. This series has been described as “a users guide to the cosmos from the big bang to galaxies, stars, planets and moons. Where did it all come from and how does it all fit together. A primer for anyone who has ever looked up at the night sky and wondered.” This group is a general interest group...No need to feel intimidated! Please join us on **Monday September 21 at 10 AM**. *Beginning in October, the group will meet on the 1st and 3rd Mondays of each month.*



Library Book Discussion:

Tuesday September 29, 1:00 PM

Staff from the Bedford Free Public Library will be leading a book discussion at the Council on Aging on *Unbroken: A World War II Story of Survival, Resilience, and Redemption*. This “is a 2010 non-fiction book by Laura Hillenbrand, author of the best-selling book *Seabiscuit: An American Legend* (2001). *Unbroken* is a biography of World War II hero Louis Zamperini, a former Olympic track star who survived a plane crash in the Pacific theater, spent 47 days drifting on a raft, and then survived more than two and a half years as a prisoner of war in three brutal Japanese prisoner-of-war camps (Wikipedia, 2015).”



Russia and Her Neighbors

Join us at Town Center in the Flint Room at 6:30PM on the following dates:

PART I: September 21 Russian Heartland: We will explore the history of Russia itself, from Viking and Byzantine origins through Czarist centuries and the Russian Revolution, leading to the formation of the Soviet Union. After 1991, Russia re-invented itself as the Russian Federation. How did Putin rise?

Stay tuned for Parts 2-4!

PART II: October 5 Eastern Europe, Poland and Ukraine

PART III: October 19 Baltic Nations: Estonia, Latvia, Lithuania

PART IV: November 2 The Caucasus

Please Sign-Up for each Part at the Council on Aging

Current Events Every Thursday at 1 PM

2nd Floor—Fitch Room



Come join us and 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. Coffee and light snacks are generally available before the meeting in the COA's main room. We hope you will join us and we look forward to seeing you!

<i>Expanded Council on Aging Hours:</i>	
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, September 16
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.

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JUST FOR FUN

Breakfast and BINGO

Tuesday, September 22 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 September 21 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.

WIZARD MUSIC:

Friday, September 18 at 12:30pm

John Kienzle from Wizard Music will provide music by the Beatles on keyboard for your entertainment! Come in for lunch, relax and enjoy John's music!



Friends of the Bedford Library Fall Book Sale

Friday, September 18 from 1:00-5:00; Saturday, September 19, from 10:00 to 4:00. On Sunday, September 21 from 1:00 to 4:00 there will be a bag sale of fiction and children's books for \$6/ bag of those not already sold on Friday and Saturday. The Book Sale is held rain or shine!



Minuteman Rollers Seeking Bowlers



Seniors looking for a little exercise, some socializing and fun are welcome to join other seniors who bowl candlepins Friday mornings 9:15, beginning September 11, at alleys 31-38 at the Woburn Bowladrome, 32 Montvale Ave., Woburn. You need only to bring your spirit as the Bowladrome provides the bowling balls and shoes. We provide the first week of bowling for free. For further information call Wanda 781-646-5164 or Dick 781-275-8781.



Grands & Me

Are you a caretaker for your grandchildren or someone else's? Join us in the Kitchen at the Bedford COA on **Thursdays at 10 AM** for an hour of playtime with your little one! We will provide toys and a great space to visit with one another. Grandparents will have the opportunity to meet other 'grandparents' and children can enjoy playing with peers while also enjoying their special adult person.



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 **September 5** if your special day is in September!

NEW!!! Take a Hike!



The Community Of Active folks (aka the COA) is starting a hiking group. We will explore the conservation trails in Bedford, Carlisle, Concord, Lexington and Lincoln. The walks will take 2 hours and will cover 4 to 6 miles. We will meet at the Bedford COA at 9:30 and carpool to the start of the hike. The walks will initially be led 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.

Thursday, September 10 Great Meadows, Concord This walk combines some beautiful quiet roads into the sanctuary along river views and wooded areas. Terrain is gentle. Distance is around 4 or 5 miles Lunch could follow at the Trailside Café.

Thursday, September 17 Great Brook Farm, Carlisle could be followed by lunch at Ferns. We will walk on a combination of carriage roads and wood trails, across beautiful open fields around ponds and along a river. 5ish miles some hills and rocky terrain.

Thursday, September 24 Multiple conservation lands in Lincoln. This is one of my favorite hikes! We travel through farm fields, by horses, through woods and to Fair Haven. 6 miles with varied terrain. Possible lunch at Verrill Farm.



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.

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.





PORTRAIT CLASS

Beginning Sept. 26th, 11:15 AM
Saturdays—\$45 6-week Class

Come join us as we explore, re-explore, and/or further our exploration of portraits. This class is for any student looking to work on personal skills in rendering a human face. Using whatever medium you choose, from any personal photos or images I bring to class, we will discuss the "how to's" of observing, measuring and shading a beloved grandchild, handsome stranger or relative's image.

DRAWING THE FIGURE THROUGH LINE

Beginning Sept. 24th, 10:00 AM
Thursdays—\$45 6-week Class



These classes will enhance your knowledge of how to draw a figure thru line, shading to create a figure of depth, and colors to add to the beauty of the figure. Please note that we do not work from a live model. We work with supplied photos, images of clothed figures. Please feel free to come if you have done this before or would like to learn a new technique.

Please bring the following supplies for each class - Sketch book, #2 pencils and erasers, colored pencils or any medium that you would like to work in, images that you would like to draw from.

Saturday Movies begin at 1:15 PM

September 5 *My Favorite Wife (1940)* NR A funny thing happens to Nick (Cary Grant) on his way to his honeymoon suite. He meets his wife (Irene Dunne). No, not his bride (Gail Patrick). He meets the wife that was lost at sea seven years ago, and presumed dead. In reality, she was stranded on an island, with a handsome man (Randolph Scott).

September 12 *Selma (2014)* PG-13 Commemorating the 50th anniversary of the 1965 civil rights march from Selma, Ala., to Montgomery, this stirring historical drama highlights the courage of the marchers as they withstand racist and violent attacks by the police.

September 19 *Annie (2014)* PG Adapting the blockbuster Broadway musical for the big screen, this heartwarming tale charts the sad childhood of spirited little orphan Annie. But after tycoon Benjamin Stacks rescues her, Annie's life is transformed in ways she never imagined.

September 26 *The Second Best Exotic Marigold Hotel (2015)* PG In a sequel to the Golden Globe-nominated film, hotel owner Sonny is overwhelmed with the task of finding a second property to accommodate the influx of new residents, while his upcoming wedding plans may be too much for the hotel's staff to handle.

Thanks to the FBCOA for our funding!

Council on Aging Board Meeting

The next Board meeting will be held on **Tuesday, September 8 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.

In Need of DME?

Do you need a mobility or bathroom aid? The Council on Aging and the Board of Health have various items of **Durable Medical Equipment** available for loan! Wheelchairs, walkers, rollators, and canes are available from the COA with other items, such as bath seats, commodes and raised toilet seats available from the Board of Health. Contact Alissa at the COA front desk or Gem at the Board of Health for more information!

Friends of the Bedford Council on Aging
Next Meeting: Tuesday, September 8 at 1:00 PM

Don't forget to attend this month's FBCOA meeting to see what's new and what is being planned for the upcoming year. Please bring your ideas and suggestions for additional programs!!

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.

FBCOA Annual Membership Dues	
2015—2016	
INDIVIDUAL	\$5.00 _____
FAMILY	\$7.00 _____
CONTRIBUTION	_____
TOTAL	\$ _____
(Tax deductible contributions gratefully accepted)	
NAME	_____
ADDRESS	_____
TOWN/ZIP CODE	_____
EMAIL:	_____



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. **Session Dates: 8/25-10/30; 11/3-1/19**

WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR EXERCISE: Great for range of motion and balance improvement. This class is practiced in a chair and includes elements of yoga and meditation. **\$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 9:30 w/Helen; **\$65** per 8 week session *Take both for just \$120!

FLOOR YOGA: This form of yoga is practiced using a mat on the floor. Includes 30-minutes of meditation at the end. Mondays at 11:15 or Thursdays at 9:15 w/Lorraine; **\$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 it's 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.

NEW **TONING & CONDITIONING:** Co-ed class. Join Madeline Mondays 5-6PM. **Beginning September 21** for strength toning and conditioning. We will be using resistance bands and hand weights. **\$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! **Starts Sept 1!!**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group 4:00 Zumba Gold 6:30 Sit 'n Stitch 7:30 Single Again	9:00 Exercise 10:00 Dog Bones/ Computer Club 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch 7:00 Movie: Ida	9:00 Muscle Care/ 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ Grands 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/ Tai Chi	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble/ Line Dancing	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool Monthly Birthday 1:15 Movie: <i>My Favorite Wife</i>
CLOSED LABOR DAY	9:00 Fix It Shop 9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 11:30 COA Board/ Newbury Court 1:00 FBCOA 4:00 Zumba Gold 6:30 Sit 'n Stitch 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 Genealogy/ Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 7:00 Looking Good	9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ Grands 11:00 Dog Bones 12:30 Acupuncture 1:00 Current Events/ Tai Chi	Podiatry 9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble/ Line Dancing/ Dale Tamburro	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian/ Apple Fest 1:00 Bridge, cards, pool 1:15 Movie: <i>Selma</i>
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates/ BINGO 11:15 Floor Yoga 11:45 Lunch 12:30 Ken Gordon 1:00 Poker 3:00 Handcrafts	9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group 5:00 Brain Healthy Cooking 6:00 Acupuncture 6:30 Sit 'n Stitch 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 Vets Coffee/ Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Travelogue 6:30 Sit 'n Stitch/ Learn to Stitch 7:00 Looking Good	Peabody Essex 9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ Hearing/ Grands 10:30 ComForCare 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/ Tai Chi	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 12:30 Wizard Music 1:00 Scrabble/ Nurse's Hours 1:00 Trail Walk	Bedford Day 11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Annie</i>
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates/ Science & Tech 11:15 Floor Yoga 11:45 Lunch 12:30 Name That Tune 1:00 Poker 3:00 Handcrafts 5:00 Toning 6:30 Russia 7:00 Recorder/ Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise/ Breakfast & BIN- GO 10:00 SHINE 11:00 Dup. Bridge/ Tap/ OsteoFitness 4:00 Zumba Gold 6:00 Acupuncture 6:30 Sit 'n Stitch 7:30 Single Again	9:00 Exercise/ Fix It Shop/ Fire Breakfast 10:00 Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 7:00 Looking Good	9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ Art Class/ Grands 11:00 Dog Bones/ Sugar 12:00 Brain Healthy Cooking 1:00 Current Events/ Tai Chi	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble/ Line Dancing	11:00 Coffee 11:15 Art Class 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>The Second Best Exotic Marigold Hotel</i>
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker/ Iceland/ Nurse's Hours 3:00 Handcrafts 5:00 Toning 6:45 Humor 7:00 Recorder/ Folk & Line Dance	Concord Cruise 9:00 SHINE/ Fix It Shop 9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Book Discussion 4:00 Zumba Gold 6:00 Acupuncture 6:30 Sit 'n Stitch 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch/ Dale Tamburro 7:00 Looking Good			



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THIS SPACE IS
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Don't Forget These Ongoing Activities

- Bingo!** All are welcome on Monday Sept. 14 at 10:00 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 beginning at 11:00! All are welcome! Lessons available!
- Play Duplicate Bridge!** Every Tuesday and Thursdays September 3 & 17 at 11 AM.
- Science & Tech Club** Join us Monday Sept. 21 at 10:00 for this exciting conversation!
- Talk to Your State Representative** Ken Gordon will be at the COA on Monday September 14 at 12:30PM to talk with you about state issues. Bring your questions!
- 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 Sept. 9 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 are always 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 \$2 (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!

Trips! Trips! Trips!



Concord River Summer Lunch Cruise

Monday, September 29- \$35

Enjoy a unique dining experience aboard a pontoon boat while viewing the homes of the 1800's and nature at its best. Watch for turtles, blue herons, geese, ducks and other wildlife along the river banks. Cruise to Fairhaven Bay, where Thoreau and Hawthorne spent time composing their renowned writings. See the Old North Bridge where the shot heard around the world was fired. Lunch includes a side salad, fruit, dessert and your choice of sandwich: chicken salad, tuna, sliced turkey, ham and cheese, or vegetarian. Served with iced tea or lemonade. Full payment is due upon sign up. **Please meet at 1:00 at the South Bridge Boat House in Concord (496 Main St.) The cruise leaves at 1:15 PM and will return at about 2:30. Space is limited to 20 so reserve your spot today!

P | E | M Peabody
Essex
Museum

Thursday, September 17- \$49 per person

The Peabody Essex Museum experience like no other. For almost two hundred years, Salem was one of North America's richest and most important seaports. The Salem merchants who founded the Peabody Essex Museum in 1799 sailed the globe in search of international trade, collecting extraordinary works of art and culture along the way. This began what is today the country's oldest continuously operating museum and one of the largest in the nation. Discover amazing examples of art and culture from around the world, including rare and precious works never before seen by the public, showcased in nearly 50 state-of-the-art galleries.

Lunch will be on your own at Pickering Wharf. Enjoy the ocean, visit the shops, and have a bite to eat! The bus will leave Bedford at 8:45 AM and return at about 3:30 PM.

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

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For Your Health

Health Screenings

Nurse's Hours: On **Friday September 18** and **Monday September 28** 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 Clinic: Dr. Bryant Tarr will be at the COA from 8-11 AM on **Friday, September 11**. Please call to let us know you are coming. The cost is \$25 for each treatment.

SHINE Health Benefits Help! SHINE (Serving the Health Insurance Needs of Everyone) counselors from Minuteman Senior Services will be available **Tuesday September 15 & 22** beginning at 10 AM. A counselor will also be available **Tuesday September 29** beginning at 9 AM. Please call to make an appointment! If you cannot leave your home, they will call you.

Free Hearing Clinics: Joe Sarofeen of Apex Hearing will be here on **Thursday, September 17** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

Trail Walks

Join Alissa on Friday, September 18 at 1:00 PM for a walk at the Bedford/Massport Trails. We will meet at the end of Caesar Jones Rd, and will begin our walk on the Minuteman Bikeway Extension. This will be a 1½+ mile walk with some uneven ground. *Please call the COA to register by Thursday, September 17.* For all trail walks, please wear appropriate footwear for possible uneven ground. If you would like a trail map ahead of time, please see Alissa at the COA.



Cycling for Seniors

A series of bicycle rides for active seniors. All rides will start in front of the COA at 10AM. If you would like to be put on a list to be notified of upcoming rides send an email to Jack Donohue (jmdonohue@alum.mit.edu). Rides will be 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'll try to stay mostly on back roads, but we will spend some time on busy roads, so you should be comfortable riding with traffic. After the ride, we'll have coffee and snacks at the COA.



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 Acupuncture? An Introduction

September 10, 2015 at 12:30 PM

'Acupuncture is the oldest continuously practiced medical system in the world and is used by one third of the world's population as a primary health care system. It is an effective and safe method of treatment with very few side-effects.'

Dr. Suraja Roychowdhury, owner of Crossing Point Acupuncture and Chinese Herbal Medicine in Lexington will give an overview of acupuncture and how it can help in relieving symptoms from various causes. Dr. Roychowdhury will be offering weekly acupuncture treatments at the Bedford COA starting *Tuesday, September 15 at 6PM.*

Brain Healthy Cooking

Join Concord Park Senior Living for an educational program that allows individuals to learn and experience a way of eating and cooking that promotes a healthy brain! Current research shows that diet CAN boost your brain health, *at any age*. This presentation will show how easy nutrition guidelines and recipes can get you started on the road to a healthier mind and improved memory! This is about a one hour presentation followed by a sampling of the food. Please let us know if you will join us at the Bedford Council on Aging on **Tuesday, September 15 at 5PM** or **Thursday, September 24 at noon!**



Hidden Sugars



Over consumption of sugar has led to obesity and associated chronic diseases in America today. In addition, the use of fructose as an additive in the food industry drives the problem further. How to avoid the harm of overdose on sugar? How to detect the hidden sugar in our diet? The Community Health Nurse of Bedford Board of Health, Joyce Cheng will discuss this primary concern of our health and give practical tips for food choices. The presentation will be held on Thursday, September 24, at 11AM at the Council on Aging.

"Staying Safe at Home"

with Kathy Cuddy, ACP

and Jenn Quinn, ComForCare Home Care

Come hear stories and be introduced to the many products making it possible for people to remain independent. You'll have fun while learning simple ways to stay safe at home, helping you to be pro-active financially, emotionally and physically!

Join in the conversation on

Thursday, September 17

at 10:30 AM



What You Need to Know

Encore Presentation:

The Grand Tetons and Yellowstone

Join Carol and Ron Reynolds on *Wednesday, September 16 at 1PM* as they share video and photos of their trip to the Grand Tetons and Yellowstone National Park. Come on a float trip down the Snake River below snow-capped mountains in the Grand Tetons National Park. Explore the roads and hiking trails of Yellowstone National Park which contains about half of the world's geysers. Visit the Grand Canyon of the Yellowstone. See black bear, elk, mule deer and many, many bison along the roads and trails. *See you there!!*



Iceland Travelogue

Monday, September 28 1PM

Join Hal Ward for another of his exciting travelogues! This 'trip' will be to the ever-changing Iceland. *Visit Iceland* describes it as 'a country of sharp contrasts. A place where fire and ice co-exist. Where dark winters are offset by the summer's midnight sun. A country where insular existence has spurred a rich and vibrant culture.'



Newbury Court Autumn Lunch

Tuesday, September 8th at 11:30 AM

Please enjoy a gourmet lunch catered by Newbury Court Retirement Community in Concord! Jane Taylor, Bedford resident and Marketing Director at Newbury Court, will be here to greet you and serve lunch. Lunch is complimentary. Limit of 40 participants. Please call the COA to sign up by Friday September 4. *See you there!*



Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on **Thursday, September 23 at 9:00 AM** for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.



Taking Control of Your Future

Attorney Dale Tamburro will return to the Bedford COA on **Friday September 11 at 1:00 PM** to present 'Understanding Basic Estate Planning'. This will include: organizing paperwork...just in case; estate planning terminology; health care proxies, power of attorneys, wills and much much more! Please sign-up for this lecture so we know you are coming! He will also offer (free of charge) three individual 45-min. appointments beginning at 9:30. Please call the Bedford Council on Aging at 781-275-6825 to schedule your appointment or for more information! Dale will have a encore presentation on **Wednesday September 30 at 6:30 PM.**



Lunch with Northbridge!

Tuesday, September 15th at Noon

Join us for soup, sandwiches and a chance to ask any questions about senior living including social programming, financial options. Prizes awarded for the best questions! The Carriage House at Lee's Farm is a new choice for independent and assisted living, and a safe and secure community for support for memory impairment. Please call the Council on Aging by Friday September 11 to sign up.



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!

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 September 2 at 10:00 AM.**

Computer Drop-In

Our friendly Computer Club volunteers return on Sept. 22 for Tuesday and Thursday afternoon drop-in at 2PM to help those with questions about any aspect of computer use.

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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Fix It Shop Opens for the Season!

The Fix-It-Shop will re-open for business on Tuesday, September 8. Their regular hours are Tuesday and Wednesday from 9:00 AM to Noon.



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 Reika & Kramer every Wednesday at 10:00. Mara & her dog Max 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!

COA OPEN HOUSE AT BEDFORD DAY!

The Council on Aging will be open during Bedford Day from 10 AM to 4 PM. Join us to celebrate 20 years of Saturday activities! Stop in to see all we have to offer while cooling off in the A/C!

Irving Berlin Tribute!

Wednesday, September 9 at 10:30AM
Come and sing along, hum, listen, clap, dance or whatever you choose! Refreshments will be served.



Irving Berlin has no place in American music ...he is American Music—Jerome Kern



Apple Fest

Join us at the Council on Aging on Saturday, September 12 at 12:30 PM everything apples!

Trips!

Peabody Essex Museum
Thursday, September 17
Concord River Cruise
Tuesday, September 29
See Page 7 for more info!

New Art Classes!!
See Page 3

Take a Hike!
See Page 2

Cycling
See Page 9

FBCOA 2016 Membership Dues by September 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 7:00 Folk & Line Dance	9:30 Exercise 10:00 Dog Bones 11:00 Duplicate Bridge OsteoFitness Tap Dance 1:00 Writing Group 4:00 Zumba Gold 6:30 Sit 'n Stitch 7:30 Single Again	9:00 Exercise 11:00 Mah Jongg Dog Bones 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise Grands & Me 1:00 Current Events Tai Chi	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble Line Dancing	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!*



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