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September 2013

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



Celebrating 50 Years

Tuesday September 18, 2013 ~ 4:30-6:30 PM
12 Mudge Way

In 1963, the Board of Selectmen appointed the first members of the Council on Aging Board. You are cordially invited to a reception celebrating the 50th Anniversary of the Bedford Council on Aging. Hors Devours will be served.

Please RSVP to (781) 275-6825 by September 13th

Bedford Day 2013

Saturday, September 21

The Council on Aging will be open during Bedford Day from 10 AM to 4 PM. Don't forget to visit our FBCOA table out front! And for all of you movie fans, the newly released *The Big Wedding* will be shown at 1:15. All are welcome!

Basic Italian

Are you taking a trip to Italy? Maybe you have some Italian relatives you want to impress! Join Vicky Umanita each Saturday at 12:30 to learn the basics of conversational Italian. Please let us know if you plan to attend.

Food For Your Mood

Can your diet really help put you in a good mood? And can what you choose to eat or drink encourage bad moods or even mild depression? While certain diets or foods may not ease depression (or put you instantly in a better mood), they may help! There's more and more research indicating that, in some ways, diet may influence mood. We don't have the whole story yet, but there are some interesting clues. Michelle Caron, RN from Greater Medford VNA will facilitate a discussion on Tuesday September 17 at 10:00 AM, including some tips on what foods to eat and which ones to avoid.

Flu Vaccine

We are now taking sign-ups for High Dose Flu Vaccines! Clinic dates will be announced soon! Call the COA at (781) 275-6825 if you are interested.

Pancake Breakfast

Join Fire and Life Safety Educator Nick Anderson for breakfast! He will be making a pancake breakfast here at the COA on Tuesday, September 10 at 8:30 AM. Just \$3.00 per person! Join him for a discussion on home fire safety tips as well. All are welcome!

Osteofitness

Looking for a new exercise program? Join our Osteofitness class this fall! It is a specialized exercise program designed and proven to reverse bone loss; ie; Osteoporosis, and promote general fitness. You can expect to become stronger with improved posture and balance. All levels of fitness are welcome. Class meets on Tuesdays and Fridays 12:30pm to 1:30 pm. Instructor Beverley Ikier has a nursing background and can modify the program for specific medical conditions.

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Trips! Trips! Trips!

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

WEST SIDE STORY

Join Lenore on a trip to the Ogunquit Playhouse on Wednesday, September 25. Your trip will first take you to The Weathervane restaurant in Kittery, Maine where you can get lunch on your own. You will then travel to Ogunquit to see the musical that changed theater forever, West Side Story! The cost for this trip is \$78, which includes your ticket and transportation (lunch is not included). The trip departs at 10:15 AM and returns to Bedford at 7:00 PM.

The Robert Frost Farm

The Robert Frost Farm was home to the Frost family from 1900-1911. One of the nation's most acclaimed poets whose writings are said to be the epitome of New England, Frost attributed many of his poems to memories from the Derry years. Our friend, Stephen Collins will be your tour guide on Wednesday October 9. You will also have lunch at the Colosseum Restaurant where you will have the choice of Linguine with White Clam Sauce, Spaghetti with Meatballs, or Chicken Parmesan. Salad, coffee/tea, and dessert are also included. After lunch we will go to Hollis, NH to Brookdale Farm, a horticultural marvel astounding all in the fruit farm world. Enjoy the foliage and the great apple treats! The bus will depart from Bedford at 10:30 AM. The cost of this trip is \$60 due upon sign up which begins on September 4.

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 on Monday September 9 at 10AM for a chance to win token gifts. All are welcome!

New! Chess! Join our new Chess group on Mondays at 10AM If you are an expert or have never played before, come work-out your brain!

Dominos! Join us on September 23 at 10AM whether you are a seasoned player or haven't played since you were a kid!

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 at 11 AM and Thursdays Sept. 5 & 19.

Fitness and Fun For You!

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

The Walking Club will walk at the COA Mondays, Wednesdays, and Fridays at 9 AM.

Get Information and Advice

Talk to Your State Representative Check with the COA to find out when Ken Gordon will be here in October 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 September 11 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 will meet Tuesday Sept. 10 at 7:30 PM with September's selection, *The Master and Margarita* by Mikhail Bulgakov.

Minuteman Senior Services Bedford Café!

Sign Up at the Bedford Cafe!

A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 on Mondays, Wednesdays, and Fridays. Please call for reservations 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 Liz Rowe 781-221-7023.

✿ JUST FOR FUN ✿

Attention All Mah Jongg Players!

You are invited to play in the Bedford COA Mah Jongg tournament on Wednesday October 2. Registration will be held from 9 - 9:30 AM and the tournament will start at 10. All levels of Mah Jongg players are welcome. Come and enjoy the fun and challenge of playing with new people! The tournament will follow the National Mah Jongg League rules. The entrance fee is \$15 (payable to FBCOA) and includes participation in the tournament, cash prize for the highest score. Lunch will be available for \$2 with advance sign up. Registration forms are available at the COA. Deadline is September 23rd. Please mail to Chris Lipson c/o Bedford COA 12 Mudge Way, Bedford, MA 01730. For more information, please call Bedford COA Director Lori Wittner at 781-275-6825 or email coa@bedfordma.gov.

Contemporary Poetry

Stephen Collins returns to the Bedford COA this fall to present his class on contemporary poetry. Classes will be held on Fridays at 10:30 AM beginning on September 6 and running for 6 weeks. This class will focus mainly on post 1950s poets. We will study several Pulitzer Prize winners, including Robert Lowell, Mary Oliver, Richard Wilbur, and Stanley Kunitz. A partial list of other poets will include Jane Kenyon, Donald Hall, Robert Haas, and Galway Kinnell. Please contact the COA at (781) 275-6825 for more information or if you are interested in singing up. The fee for this seminar is \$50 payable to Stephen Collins (or \$10 per class should you choose not to attend the full six weeks).

Library Book Discussion

Bedford Public Library staff will be leading a book discussion at the COA on Tuesday September 25 at 1:00 PM. The book to be discussed is a "mesmerizing, moving, and elegantly written debut novel, *The Language of Flowers*. It beautifully weaves past and present, creating a vivid portrait of an unforgettable woman whose gift for flowers helps her change the lives of others even as she struggles to overcome her own troubled past."

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

September 7 *Quartet* (2012) PG-13 Maggie Smith. A trio of retired opera singers' annual celebration of Verdi's birthday sours when their estranged fourth member shows up but refuses to sing. Tensions rise and diva drama erupts. Will personal problems prevent the show from going on?

September 14 *OZ The Great and Powerful* (2012) PG-13 James Franco, Mila Kunis, Rachel Weisz, Michelle Williams. In this Wizard of Oz prequel, circus magician Oscar Diggs is magically transported to the Land of Oz, where he deals with three witches and uses his illusionist skills and resourcefulness to become the wizard the residents have been hoping for.

September 21 *The Big Wedding* (2013) R Robert De Niro, Katherine Heigl, Diane Keaton. A long-divorced couple feigns years of wedded bliss to please a special guest at their son's nuptials: his birth mother. As the hoax spins out of control among family and friends, it leaves behind a poignant and funny tale about the ties that bind.

September 28 *Olympus Has Fallen* (2013) R Gerard Butler, Aaron Eckhart, Morgan Freeman. Director Antoine Fuqua's action thriller stars Gerard Butler as a disgraced Secret Service agent who must come to the rescue when Korean terrorists descend on the White House and take the president hostage.

MONDAY

TUESDAY

WEDNESDAY

<p align="center">CLOSED Labor Day</p>	<p align="right">2</p> <p>9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge 12:30 Osteofitness 1:00 Writing Group</p>	<p align="right">3</p> <p>4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again</p> <p align="right">4</p> <p>9:00 Walking Club/ Exercise/ Fix It Shop 10:00 Computer Club 10:30 Songbirds/ Massage 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE</p>
<p>9:00 Walking Club/ Exercise 9:30 Yoga/ Meditation 10:00 Pilates/ BINGO/ Chess 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts</p>	<p align="right">9</p> <p>8:30 Pancakes 9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness</p>	<p align="right">10</p> <p>1:00 FBCOA 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again</p> <p align="right">11</p> <p>9:00 Walking Club/Exercise/ Fix It Shop 10:00 Genealogy 10:30 Songbirds/ Massage 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Dale Tamburro</p>
<p>9:00 Walking Club/ Exercise 9:30 Yoga/ Meditation 10:00 Pilates/ Chess 11:45 Lunch 1:00 Poker/ Floor Yoga/ Iceland 3:00 Handcrafts 6:30 East Meets West Presentation</p>	<p align="right">16</p> <p>9:00 Fix It Shop 9:30 Exercise 10:00 Food/Mood 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness 1:00 Writing Group/ Balance and Posture</p>	<p align="right">17</p> <p>2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again</p> <p align="right">18</p> <p>9:00 Walking Club/ Exercise/ Fix It Shop 10:00 Computer Club/ Understanding Your Options 10:30 Songbirds/ Massage 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE 4:00 COA 50th Anniversary</p>
<p>9:00 Walking Club/ Exercise 9:30 Yoga/ Meditation 10:00 Pilates/ Chess 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts 6:30 East Meets West Presentation</p>	<p align="right">23</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 align="right">24</p> <p>2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again</p> <p align="right">25</p> <p>West Side Story Trip 9:00 Walking Club/ Exercise/ Fix It Shop 10:30 Songbirds/ Massage 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise/ Home Safety & Fall Prevention 1:00 Book Discussion</p>
<p>9:00 Walking Club/ Exercise 9:30 Yoga/ Meditation 10:00 Pilates/ Chess/Intel Info 11:00 Nurse's Hours 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts</p>	<p align="right">30</p>	



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THURSDAY

FRIDAY

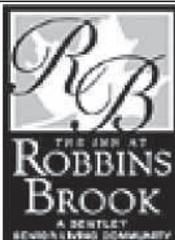
SATURDAY

<p>9:00 Floor Yoga 5 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi</p>	<p>9:00 Walking Club/ Exercise 6 9:30 Yoga 10:30 Meditation/ Poetry 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing</p>	<p>12:30 Beginner's Italian 7 1:00 Bridge, cards, pool 1:15 Movie: <i>Quartet</i></p>
<p>9:00 Floor Yoga/ Poly-Pharmacology 12 10:00 Exercise 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In</p>	<p>9:00 Walking Club/ Exercise 13 9:30 Yoga 10:30 Meditation/ Poetry 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/ Line Dancing/ Nurse's Hours</p>	<p>12:30 Beginner's Italian 14 1:00 Bridge, cards, pool 1:15 Movie: <i>OZ: The Great and Powerful</i></p>
<p>9:00 Floor Yoga 19 10:00 Exercise 11:00 Duplicate Bridge/ Rin Tin Tin 1:00 Current Events 2:00 Computer Drop-In</p>	<p>9:00 Walking Club/ Exercise 20 9:30 Yoga 10:30 Meditation/ Poetry 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble</p>	<p>Bedford Day 21 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>The Big Wedding</i></p>
<p>9:00 Floor Yoga 26 10:00 Exercise 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In</p>	<p>8:00 Podiatry 27 9:00 Walking Club/ Exercise 9:30 Yoga 10:30 Meditation/ Poetry 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/ Line Dancing</p>	<p>12:30 Beginner's Italian 28 1:00 Bridge, cards, pool 1:15 Movie: <i>Olympus Has Fallen</i></p>

September



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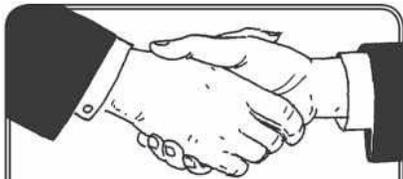
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Friends of the Bedford Council on Aging Notes

Following the Monthly Meeting...

Join the Friends for a special Welcome Back reception in the Flint Room. Refreshments will be served. Please RSVP by Friday September 6 by calling (781) 275-6825.

**Monthly Meeting
Tuesday September 10, 1:00 pm
Flint Room**

FIX IT SHOP NEWS

The Fix-It-Shop will re-open on Tuesday September 10. Regular hours are Tuesdays and Wednesdays from 9:00 AM to 12:00 PM. All proceeds benefit the FBCOA. Whether you need a watch battery replaced or your vacuum cleaner needs repairing, the Fix it Shop volunteers can do just about any job!

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.

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: _____

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 2014 Membership Dues by September 2013

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