COA CONNECTIONS

March 2019
Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730
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DISCLAIMER: The programs and services offered by the COA are for education and information. We encourage you to be an informed consumer when you consider using a product or service. The Bedford Council on Aging does not recommend any specific service, speaker or product.

(cont.)

A Matter of Balance
Fall Prevention Workshop
Tuesdays, March 12th - April 30th
1:00 PM-3:00 PM
Are you concerned about falls? Have you fallen in the past? Are you interested in improving balance, strength and flexibility? This is the class for you! During this eight week session you will learn to: View falls as controllable; Set goals for increasing activity; Make changes to lessen the risk of falls at home; Exercise to increase strength and balance; and Get up after a fall. Please call the Bedford COA at 781-275-6825 to register. We recommend early registration as space is limited. This program is sponsored by: The Northwest Suburban Health Alliance/CHNA 15 DoN funds from Lahey Hospital and medical Center and Winchester Hospital in collaboration with the Board of Health, Fire Department, COA and Minuteman Senior Services.

Pizza with the FBCOA!
Join us on Tuesday, April 9th at 1PM for a pizza party and board meeting!
Non-members pay $2.00
Free to FBCOA Members (sign-up today for just $5!) Come see what we’re all about!

Thursday, March 14th at 10:00 AM
Let’s Talk About the Dirty Dozen!
Please join Sadie Daniels, RDN, CSG, LDN, Registered Dietitian and Board Certified Specialist in Gerontological Nutrition for a discussion on what to buy organic and what “organic” or “natural” means. She will talk about the fruits and vegetables in your diet that are very likely to have high levels of pesticides on them. If you don’t wash your fruits and vegetables before eating them, you might after this! There will also be a demonstration that involves some competition. Lincoln Commons staff members will be competing to see who can create the most tasty and nutritious smoothies and you will get to be the judge! Please call the COA to reserve your spot.

New!! Trivia!
Monday, March 11 at 2:00 PM
Join our very own Susan McDonough for a fun filled afternoon of trivia! Please call ahead so we know how many to expect.

OPIOIDS: A DEATH SENTENCE with Ed Alessi
Monday, March 4 & 11 at 1:00 PM
There is a major and serious Opioid epidemic that is killing hundreds of people. Please join Ed Alessi for a presentation/workshop where together you will explore the issue of drugs and addiction; define what is an opioid; look at the five major drugs that are being abused and explore causes and treatment options. Lastly, we will trace the history of the epidemic. Time will be provided for discussion. Given the nature of the subject, the workshop will extend over a two-week period. Please call ahead to sign up.

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Irish Sing Along
Wednesday, March 13th at 10:30 AM
Wear your green and bring a friend!!

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Free to FBCOA Members (sign-up today for just $5!) Come see what we’re all about!
Breakfast and BINGO  
Tuesday, March 12 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.

Saturday Movies begin at 12:15 PM

March 2  What They Had (2018)  R  When her mother wanders into a snowstorm on Christmas Eve, Bridget responds to her brother's call for help by returning to her hometown, where the siblings face the unenviable task of persuading their dad to put Mom in a care home.

March 23  Crazy Rich Asians (2018)  PG-13  follows native New Yorker Rachel Chu as she accompanies her longtime boyfriend, Nick Young, to his best friend's wedding in Singapore. Excited about visiting Asia for the first time but nervous about meeting Nick's family, Rachel is unprepared to learn that Nick has neglected to mention a few key details about his life. It turns out that he is not only the scion of one of the country's wealthiest families but also one of its most sought-after bachelors. Being on Nick's arm puts a target on Rachel's back, with jealous socialites and, worse, Nick's own disapproving mother taking aim. And it soon becomes clear that while money can't buy love, it can definitely complicate things.

March 9  The Old Man and the Gun (2018)  PG-13  Based on the true-life exploits of bank robber Forrest Tucker, this serio-comic tale recounts his daring escape from prison at age 70 and the long string of heists that preceded the bandit's final arrest at age 78.

March 16  The Bookshop (2018)  PG  England, 1959. Free-spirited widow Florence Green follows her lifelong dream by opening a bookshop in a conservative coastal town. While bringing about a cultural awakening through works by Ray Bradbury and Vladimir Nabokov, she earns the polite but ruthless opposition of a local grand dame and the support of a reclusive, book-loving widower. As Florence's obstacles amass, she reminds herself that a town without a bookshop is no town at all.

March 23  First Man (2018)  PG-13  Director Damien Chazelle and star Ryan Gosling re-team for the riveting story behind the first manned mission to the moon, focusing on Neil Armstrong and the decade leading to the historic Apollo 11 flight. A visceral and intimate account told from Armstrong's perspective, based on the book by James R. Hansen, the film explores the triumphs and the cost—on Armstrong, his family, his colleagues and the nation itself—of one of the most dangerous missions in history.

Thanks to the FBCOA for our funding!

Veterans’ Coffee  
Wednesday, March 20 at 10 AM
Join Tom Moran, Veteran Liaison with Compassionate Care Hospice, returns 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 ½ years. All are welcome. Please call to RSVP 781-275-6825.

Happy Birthday to YOU!  
Join us at the Council on Aging for YOUR birthday! Each month, Maria honors every senior who has a birthday that month. Join us for cake on Saturday, March 2nd if your special day is in March!

Memory Café Continues:  
Tuesday, March 26 at 10 AM
Cooperative Elder Services, Inc. (CESI), The Friends of the Bedford Council on Aging, and the Bedford Council on Aging are partnering to continue the Bedford Memory Café on the fourth Tuesday of every month. A Memory Café is a safe and comfortable space where caregivers and their loved ones can socialize, listen to music, play games, and enjoy other appropriate activities. This month Ann Callahan is back by popular demand leading seated Zumba! Please call the COA for more information, or drop in to our Café. To sponsor the Bedford Memory Café, please send a check made payable to the FBCOA, specifying it is to go to the Memory Café.

QiGong Continues!  
Wednesdays at 10:45 AM
Please join Joanne Shaughnessy for a FREE course! She will lead you in Shibashi QiGong. For more information on QiGong, please call the COA.

Cribbage  
Mondays at 9:00 AM
Like to play? Want to learn? Join a game over coffee!

Breakfast and BINGO  
Tuesday, March 12 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.
**Evenings at the COA**

**Sit ’n Stitch ~ Mondays & Wednesdays at 6:30 PM**

All types of handworkers welcome. Knitting, needlepoint, quilting, embroidery, needle weaving, and crocheting. Come and spend an evening doing your favorite handwork with a fun and enjoyable group of stitchers!

**Volunteers Needed!**

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Kim at 781-221-7054. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.

**Pickleball**

Tuesdays 5:30-7:30 pm Lane Gym
Fridays 5:15-9:00 pm Lane Gym till 3/29

Please go to this website for latest updates on this growing and popular sport in Bedford. Click on MA for state and the list is alphabetical by town. [http://www.usapa.org/places-to-play-pickleball/](http://www.usapa.org/places-to-play-pickleball/)

**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 Kim at 781-221-7054 at least two days ahead. Limit of 40 per day so sign up early to ensure your space! Suggested donation: $3.

**Mexican Train Dominoes**

Join in the fun Mondays & Wednesdays at 6:30 PM and Fridays at 2:00 PM!

**Rebuilding Our Lives: Through significant life changes including bereavement, divorce, and other events.**

This support group (formerly called, Single Again) continues this year with a new name, “Rebuilding Our Lives,” and a new facilitator, Mara Briere. The group is a network of men and women who are experiencing significant life changes brought about through bereavement, divorce, and other life-changing events. Participants are offered support, networking, sponsoring, and friendship. In this group, there is a strong sense of connection, belonging, even humor through the tears. Information and resources are also available. Most importantly, there is a break in the isolation that significant life events bring and a place to be accepted “as you are.” Mara Briere, the new facilitator, holds a Master’s degree in Family Life Education as well as numerous other credentials and is the founder of a nonprofit organization here in Bedford called, “Grow a Strong Family”, which supports families uprooted by mental illness. Mara Briere and her therapy dog, Max, regularly visit the COA on Thursdays at 11. This is a group where “what is said here, stays here.” Consider visiting us and participating on Tuesdays at 7:00 PM.

**Do You Like to Stitch Needlepoint?**

All levels of stitchers from beginner to experienced are welcome to observe and participate in the local chapter of the American Needlepoint Guild (ANG) which meets the 4th Tuesday evening of the months September – May in the Flint Room from 7-9PM. Come and check out this creative group! Programs range from optional stitching projects to lectures and social events. If you enjoy needlepointing, join us to learn more and discover new aspects about this popular art. We hope you will visit us to learn more about needlepoint, get to know other stitchers in the area and share your efforts with a most appreciative group.

Visit: [www.masschapterang.org](http://www.masschapterang.org)

**Wood Carving with Award Winning Jane Layton:**

*Wednesdays 6:30 pm to 9:00 pm $15 per class. Call the COA to register!*

**Sit’n Stitch ~ Mondays & Wednesdays at 6:30 PM**

All types of handworkers welcome. Knitting, needlepoint, quilting, embroidery, needle weaving, and crocheting. Come and spend an evening doing your favorite handwork with a fun and enjoyable group of stitchers!

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Staying active is a vital part of aging well. Fitness classes offered by the COA are specially designed for mature bodies. These classes integrate safe and effective methods to increase strength, improve your range of motion and maximize flexibility. Join a class today!

Check (preferred) or cash accepted for payment. Checks made payable to the Town of Bedford. Thank you.

**Wellness Classes**

**Morning Exercise Classes**

- **5 classes per week for $55/month** - only $2.50 per class!
- **3 classes per week for $50/month** - only $3.57 per class!
- **2 classes per week for $40/month** - only $5.00 per class!

**How are the classes different you ask?**

Mondays' classes (9:00 AM) are taught by Rita Khoury, an energetic instructor here at the Bedford Council on Aging. This class is our most intense class of the week, including an hour of aerobics and weights.

Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). Wednesday's class is a combination of aerobic exercise, strengthening, stretching and balance work. Friday is a more intense “Senior Boot Camp” with cardio and strength training.

Tuesday (9:30 AM), taught by Rita Khoury and Thursday (10:00 AM), taught by Madeline Shaw-Moran. These classes focus more on joint strengthening, stretching and balance. These classes are our lowest impact morning exercise.

**Drop in rate for the above classes is $6/day**

**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. Come ready to sweat, and prepare to leave empowered and feeling strong!

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Tuesdays at 4:00 PM w/Vera.

Please enjoy this class at no cost to you!
Sponsored by the Bedford COA!

**Chair Exercise**: Working from the safety and comfort of either a chair or exercise ball– workout for the entire body– this class uses multiple strength training moves to develop range of motion; flexibility; endurance; & balance. Weights, straps, and bands will be used. We will work our core, arms and legs. (3/13-4/10) 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 AM w/Laraine (2/25-3/25) or Fridays at 10:00 AM w/ Helen (3/15-4/12)

**Floor Yoga** This form of yoga is practiced using a mat on the floor. This class is an excellent way to build strength and flexibility while learning yoga techniques for breathing and meditation. We utilize postures and movements on all fours, seated, standing and lying down. The instructor will help you modify the postures with props and modifications so that your body and joints are comfortable and at ease. This is a multi-level class. Class always ends with a deep relaxation and meditation. Mondays at 11:15 w/ Laraine (2/25-3/25) & Thursdays at 9:30 w/Helen (3/15-4/12)

**Tai Chi**: Tai Chi (pronounced “Tie Chee”) is a mind-body exercise from China and has its roots in martial arts. Because of its 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 (2/28-3/28 ~ Free Session!)

**Drop in rate for the above classes is $11 per day**

If cost prohibits your participation, ask about our financial assistance for subsidized exercise classes and available transportation options. Please see COA Director, Alison Cservenschi, for more information.
Nurse’s Hours
On Friday, March 8 & Monday, March 25, Bedford’s Community Health Nurse, Mark Waksmonski, MPA, BSN, RN-BC will be at the COA at 1 PM to take your blood pressure and to provide individual consultation for any health questions you may have. He will meet with people on a “first come, first served” basis.

Muscle Care with Wayne Durante, LMT
$10 for 10 minutes
Thursdays beginning at 9:00 AM
Please call the COA for an appointment
781-275-6825

Podiatry
Dr. Bryant Tarr will be at the Council on Aging from 8-11 AM on Friday, March 22. Please call to let us know you are coming. This is a “first come, first served” clinic.
The cost is $30 for each treatment.

Learn about Diabetes
Monday, March 25 at 12:45 PM
When your blood sugar level is high, your doctor might say you have diabetes. Diabetes is a growing burden in the USA with almost 9.3% of population (30 million people) being affected. 28% of population in the USA are carrying the disease but not all are diagnosed.
Lahey Clinic is inviting you to attend a seminar at the COA where you will learn why you can develop diabetes, what you can do to prevent or slow the disease progression and how to collaborate with your physicians on treatment while you are at home, in the community or in the hospital. Please call to sign up so we know to expect you.

The seminar will be presented by Daniela Urma MD who is a Hospitalist at Lahey Clinic and Medical Center in Burlington MA. She has been with Lahey for 10 years, is Medical Director for Quality Improvement and Patient Safety for Hospital Medicine and Director for Inpatient Glycemic Control Program. Also joining Dr. Urma will be Rebecca Longo, ACNP-BC, CDE is a nurse practioner specializing in diabetes management, working with the Endocrinology Department at Lahey Clinic and Medical Center in Burlington.

Free Hearing Clinic
Apex Hearing Care, LLC Custom Fit and Service Hearing Aids Owner, Joseph J. Sarofeen, is offering free hearing screenings and checks on existing hearing aids and instruments. Appointments are available on Thursday, March 21 from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

Replanting Lives
Wednesday, March 13 at 7:00 PM
The group, Replanting Lives Uprooted by Mental Illness/Brain Disorders for caregivers and family members has moved to the COA! “Replanting Lives” support sessions are skills based sessions made up of 90-minute segments conducted by a Master’s level Certified Family Life Educator and a Mental Health Specialist. Please contact the COA to be added to these sessions!

End-of-Life Planning
Friday, March 15 at 12:45 PM
Please join Bedford’s Community Health Nurse, Mark Waksmonski to learn about the end of life process, what hospice means, what palliative care means, and how to plan for our final passage.

OsteoFitness™: The Natural Approach to Reversing Osteoporosis!
Beverly J. Ikier, senior Fitness Specialist and Educator, teaches her evidence based strengthening program to build bone in osteoporotic sites including the spine, hips, femoral neck and forearm. The class involves movement to address stiffness, low/no impact cardio warm up, balance and coordination drills reducing falls and fractures, posture and stretching for flexibility/injury prevention. The class teaches the latest osteoporosis information and provides handouts detailing natural, important food sources of daily calcium and vitamin D. Your personal bone density reports are collected and you will be instructed on home strengthening. Beverly includes holistic disciplines for the immune system and promotes stress management for relaxation. Regular lectures and calcium cafés are included in this as well as new member orientation. OsteoFitness™ classes are held on Tuesdays and Fridays at 11:00 AM at the COA. $200 per 20 class session. Mid-session or either Tuesday or Friday, $110. No make ups will be offered at other locations. Please visit the COA or call to register at (781) 275-6825. Session dates: 1/15-3/22 & 3/26-5/31

Lahey Hospital & Medical Center
MD who is a Hospitalist at Lahey Clinic and Medical Center in Burlington MA. She has been with Lahey for 10 years, is Medical Director for Quality Improvement and Patient Safety for Hospital Medicine and Director for Inpatient Glycemic Control Program. Also joining Dr. Urma will be Rebecca Longo, ACNP-BC, CDE is a nurse practioner specializing in diabetes management, working with the Endocrinology Department at Lahey Clinic and Medical Center in Burlington.

Lahey Hospital & Medical Center
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<th>THURSDAY</th>
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<th>SATURDAY</th>
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<tr>
<td><strong>9:00</strong> Exercise/ Cribbage</td>
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<td><strong>10:00</strong> Sci &amp; Tech</td>
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<td><strong>10:00</strong> Police Coffee/ Exercise/ Art Class</td>
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<td><strong>1:00</strong> Writing Group/ Scottish Dance</td>
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<td><strong>6:30</strong> M. Train/ Sit &amp; Stitch</td>
<td><strong>5:00</strong> Pickleball</td>
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<td><strong>7:00</strong> Rebuilding Our Lives</td>
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**March**

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**10:00 Coffee**

11:00 Coffee

11:45 Happy Birthday!

12:00 Dog Bones

12:15 Movie: What They Had

12:30 Beginner’s Italian

1:00 Bridge, cards, pool

**10:00 Coffee**

11:00 Coffee

12:00 Dog Bones

12:15 Movie: Crazy Rich Asians

12:30 Beginner’s Italian

1:00 Bridge, cards, pool

**11:00 Support**

11:45 Support

12:00 Support

12:15 Support

12:30 Support

1:00 Support
Bingo! All are welcome on the 2nd Monday of every month at 10:00 AM for a chance to win token gifts.

Drop-In Bridge! Mondays at 12:30 PM. Stop in to join a game.

Chess Hone your skills or learn? Thursdays at 2:00 PM.

Adult Coloring For Therapy or just for fun! Fridays, March 1 & 15 at 12:30 PM.

Computer Club A round table discussion will be held the 1st Wednesday of each month. Please join us!

Current Events This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!

Fix It Shop is open for business on Tuesdays & Wednesdays from 9AM to noon.

Genealogy Explore your family tree the 2nd Wednesday of each month at 10:00 AM.

Bedford-Lexington Great Books Meets in the Flint Room at 7:30 PM on March 5; Margaret Atwood, The Handmaid’s Tale. Anchor Books (snow date 3/12). Newcomers always welcome!* Maryhoff3@gmail.com

Handcraft Group Meets every Thursday at 3PM. All are welcome to attend!

Indian Social Group The group meets weekly, on Mondays, at 9:30 AM. All are welcome to attend! If you have any questions about the group please call Sharif at 508-317-4285.

Learn to Stitch! 6:30 PM every Wednesday.

Line Dancing with Katrina Fridays at 1 PM. The class costs $5 (paid to instructor).

Play Mah Jong! Wednesdays at 11:00, Fridays at 11:30. All are welcome! Lessons available!

Medicare Counseling MinuteMan SHINE counselors are available to provide assistance to seniors and individuals with disabilities in understanding their Medicare and MassHealth benefits and other health insurance options. Call the COA for an appointment.

Options Counseling by Minuteman Senior Services. Provides unbiased information about long term care services and resources. Call 781-272-7177.

Play Scrabble! Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!

Rebuilding Our Lives Bereavement, Divorce, & Significant Life Changes Please join us Tuesday evenings at 7:00 PM for an informal discussion group.

RMV Near Me Get RMV services at the COA. Please call ahead for an appointment and to see if we offer the service you need. 2nd and 4th Fridays of every month at 9 AM.

Science & Tech Club Join us the 1st and 3rd Monday of each month at 10:00 AM for this exciting conversation!

Songfest Wednesdays at 10:30! All are welcome to join this fun and spirited group!

Talk to Your State Rep Ken Gordon will be in the Flint Room at 1:00 PM on Monday, March 18.

Discover Tap Dance! Chuck Frates popular Tap Dancing class is back! Sessions run for 5 weeks for $45. Session: February 12-March 12, March 19-April 16.

Pickleball Please go to this website for latest updates on this growing and popular sport in Bedford. Click on MA for state and the list is alphabetical by town. http://www.chna.org/places-to-play-pickleball/

Texas Hold ‘Em Poker! Join the game each Monday at 1!

Veterans Services The Lexington/Bedford Veterans Services Department provides information regarding federal, state, and local resources and benefits for Veterans. Bedford’s office is now at Town Hall. Please call Gina Rada, District Director of Veterans Services at 781-698-4848.

Nom de Plume Writers Group meets the first and third Tuesdays of every month from 1-3 PM. Do an exercise, share your work, and get feedback! New members welcome!

FREE CLASS! TAI CHI
Tai Chi (pronounced “Tie Chee”) is a mind-body exercise from China and has its roots in martial arts. Because of its 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 (2/28-3/28)

Try it out!! Sign up at the Front Desk!

This class is sponsored by: The Northwest Suburban Health Alliance/CHNA 15 DoN funds from Lahey Hospital and medical Center and Winchester Hospital in collaboration with the Board of Health, Fire Department, COA and Minuteman Senior Services.

Trips! 2019 Trips!

Wednesday, May 22, 2019
Maine’s Famous “Bull & Claw” Lobster Bake Tour Cost $89.00 per person

Wednesday, July 24, 2019
Cruising The Charles River Tour Cost $89.00 per person

Wednesday, August 14, 2019
North Shore Music Theatre Presents: “Jersey Boys” Tour Cost $119.00 per person

Wednesday, October 16, 2019
New Hampshire Turkey Train Tour Cost $89.00 per person

Sign Up Today!

Try it out!! Sign up at the Front Desk!

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Meets the 1st & 3rd Monday of each month at 10:00 AM  
All are welcome. Come and join us!

Blue Planet 2  
David Attenborough returns to the world’s oceans in this sequel to the acclaimed documentary film. He is filming rare and unusual creatures of the deep, as well as documenting the problems our oceans face.

3/4: The Deep  
This episode explores the unknown depths of the ocean. Over 60% of the sea is more than a mile deep and it forms the planet’s most mysterious habitat. A sperm whale descends 1,000 meters to look for food and is followed, with the Johnson Sealink submersible.

3/18: Coral Reefs  
Corals build themselves homes of limestone in the warm, clear, shallow seas of the tropics. Their reefs occupy less than one tenth of one percent of the ocean floor, yet they are home to a quarter of all known marine species. They are complex, infinitely varied structures providing all kinds of homes for their many residents.

Saturday Tech Support  
Have questions or need help with your phone, internet, IPad or computer? Kai Holland will be at the COA on Saturdays in March from 11:00 - Noon to assist any senior having issues or questions with technology. Be sure to take advantage of Kai’s expansive knowledge and get all your technology problems solved here at the COA!

Get Answers by Email!  
Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com

Wednesday Crafting with BACSI!  
Join members of the Bedford Arts and Crafts Society for informal crafting, Wednesdays 2:00-4:00 PM. Socialize, learn, and enjoy! Open drop-in. There will be no cost for BACSI members. Nonmembers will pay $5.00 if they use BACSI materials. For ongoing info on BACSI, visit www.bacsma.org.

March 6: Polymer Pendants (part 2)  
March 13: Decoupage  
March 20: Accordion Books  
March 27: No Meeting (MCC MILES)  
April 3: Painted Rocks

Jacob Wren Throckmorton  
Art Show  
Friday April 5th & Saturday April 6th

Art Drop Off Dates & Times  
Art will be accepted at the Bedford Council on Aging at the times listed below:
- Friday, March 29th: 8:00am – 2:00pm
- Saturday, March 30th: 12:30pm – 2:30pm
- Monday, April 1st: 8:00am – 2:00pm
  6:30pm – 8:30pm
- Wednesday, April 2nd: 8:00am – 2:00pm
  6:30pm – 8:30pm

Contact the COA for detailed submission information

Show Hours  
- Friday, April 5th: 8:00am – 7:00pm
- Saturday, April 6th: 10:00am – 2:00pm
- Reception: April 6th: 1:00pm
- Rock Painting: April 6th: 11:00am – 1:00pm
- Shawsheen Room

Computer Drop-In Help  
Our friendly Computer Club volunteers will be here on Tuesdays and Thursdays to help with questions about any aspect of computer or other electronic device usage. Just drop in between 2PM and 3PM.
Minuteman Senior Services Open House-
Free Resources & Information!
On the second Wednesday of every month, Minuteman’s Options Counseling Program will present at the COA on community resources and programs. After the presentation, attendees will have the opportunity to meet with the Options Counselor one-on-one to ask questions about specific information or resources. Sign-ups for individual meetings will be on a first come, first served basis.

The Options Counseling Program is person-centered, person-directed support, helping people make informed choices about a variety of needs. When an older person, or an adult of any age with a disability, faces the need for supportive services or needs resources, locating and evaluating options can be a challenging task. The choices are varied and can feel overwhelming. The decision can be made more manageable with the help of a knowledgeable Options Counselor to provide information about the full range of public and private long-term services and supports. This free service is available to people over age 60 and adults with disabilities of any age.

Coffee with a Cop
Building relationships. One cup at a time.
Thursday, March 7 at 10 AM
Coffee with a Cop brings police officers and the community members they serve together over coffee to discuss issues and learn more about each other. Please join the Bedford Police Department on Thursday, March 7 at 10:00 AM for a cup of coffee, a light breakfast and a chat! Just call ahead to sign up so we know to expect you!

Take a Hike
Tuesdays from 10:00-noon
We will explore the conservation trails in Bedford, Carlisle, Concord, Lexington, Waltham, Belmont and Lincoln. The walks will take 2 hours and will cover 4 to 5 miles. We will meet at the trail head or car pool from the Bedford COA. The walks will be lead by Susan Grieb who is a long time Appalachian Mountain Club trip leader. If interested, you can sign up with the Bedford COA or directly with Susan at slgrieb@comcast.net.

Chiaroscuro & Tenebrism Thru Your Modern Eye
Beginning Thursday, March 7 ~ 10:00 AM -12:00 PM
8 Week Session ~$45 with Sue Funk
In other words, how to use high contrast shading for dramatic effect in your artwork. We will explore how to use these shading techniques to further enhance contemporary compositions of your choosing. We work in a very relaxed atmosphere, so if you enjoy experimenting with contrast shading and its effects and want to further explore this in your art, please come! Feel free to bring whatever media you are curious about and/or comfortable in. Veteran artists as well as newly minted artists are always welcome.

Real Estate Round Table Questions and Answers
Monday, March 18th at 1:00 PM
Please join Barbara Aldorisio of Barrett Sotheby’s for a Real Estate discussion. Topics will include:
- In Town Inventory
- Surrounding Town Inventory (Including 55+)
- Vendors List
- Current Market Place
- Living at Home Choice
- Assistant Living and Independent Living Quarters
Bring your questions and if Barbara does not have the answers she has the resources to find them out for you! Light refreshments will be served. Please call the COA to sign up.

BEGINNER SCOTTISH DANCING
Tuesdays, 1PM to 2PM
Scottish Country Dancing, a form of folk and formal dancing similar to Square and Contra dancing, is taught in Scotland and around the world. Heather Day, certified SCD teacher, will teach a modified form, less strenuous but providing great physical and mental exercise. Wear comfortable clothing (kilt optional) and flat, soft-soled shoes. Come and have fun in this free class, or just come to watch. Note: Participants should be able to walk at a normal pace and follow directions.

Wednesday March 20 at 1:00 PM
The Law Office of Dale J. Tamburro presents:
A Two Part Seminar
Part 1: Understanding Basic Estate Planning Terms and Documents
- The Estate Documents 90% of us Need;
- How to Get Started: Organizing Paperwork; How are your Assets Owned?
- Estate Planning Terminology
- What is Probate and Why you want to avoid it both while your live and after
- Top Five Misconceptions related to Estate and Long Term Care Planning
- The ABC’s of a Revocable Living Trust
- Basics to Protect Your Home if you need Long Term Care or Nursing Home
Please prepare up to 3 questions to ask at the presentation. We want you to have it worth your while to attend! Sign up by calling the COA.

Save the Date! Join Dale for Part 2: Thursday April 18, 2019: Basic Understanding and Benefits of Irrevocable and Revocable Trusts
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Friday, March 22 at 1:00 PM  
Reconstructing History & Genealogy:  
Mom’s WWII Letters
In May 2017, Corinne Smith found her mother’s stash of more than 100 letters from 16 servicemen she had corresponded with in 1944-1945. Corinne began to trace the soldiers’ family trees with one goal in mind: to return the letters in person to their children. This presentation links history and genealogy to present-day research and diligence. It revisits a time that we may not want to forget. And it may prompt others to wonder for themselves what treasures lurk in their own old family boxes, and how they can share the information with others. Please call the COA to reserve your spot.

Corinne H. Smith is a writer who is originally from Lancaster County, Pennsylvania. She served for several years on the board of The Blair County Genealogical Society in Altoona, Pennsylvania. Her first book was a self-published family history titled "From Saxony to the Lehigh Valley: The Descendants of Ludwig Hossfeld" (1992). Since then, she has written several books about American author Henry David Thoreau. She is a former librarian and lives in Gardner, Massachusetts.

To allow everyone the same opportunity at programming (especially when seating is limited), sign ups for events and trips will now begin the 1st of each month, unless otherwise noted.

Great Songs from Great Movies!
Wednesday, March 27 at 1:00 PM
Don’t miss this wonderful, upbeat presentation of some of the most popular songs from America’s favorite movies. Enjoy songs from: Singing in the Rain, The Godfather, Breakfast at Tiffany’s, Wizard of Oz, and The Jazz Singer. Join David Polansky as he thrills his audience with these great hits and many others using piano, trumpet and warm, wonderful vocals. Please call the Council on Aging to sign up!

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