Falls Prevention
Wednesday, October 17 at 12:45 PM
Come join an interactive lecture on ways to reduce falls risk and build the environment around you to prevent falls. Presented by an Emerson Hospital physical therapist, this presentation will highlight the ways your body changes as you age and what you can do to improve your home safety. Topics covered will include screens to determine your risk for falls, sample exercises, checklists to determine high risk areas in your home and what to do if you fall.

Benefits of Irrevocable and Revocable Trusts
Thursday October 25 at 1:00 PM
Dale Tamburro Returns! 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 9:30AM.

The Top 5 reasons for using a Trust:
1. Avoid Probate
2. Asset Protection
3. Minimize Estate Taxes
4. Management of Assets for Children and Grandchildren or Disabled,
   Dale will also discuss having a Living Revocable Trust vs Irrevocable Trust or Testamentary Trust? How a Trust is used in Nursing Home and Medicaid Planning I only have my house and $100,000, do I need a Trust?

Please also join Dale on November 20 for a seminar on Housing Options

FBCOA & ACE Hardware Sponsored Winter Sand Bucket
The FBCOA is offering Bedford seniors a sand bucket outside your door for the winter again this year! If you would like one, or need yours refilled from last year, please call the COA to sign up.

Veterans’ Coffee
Wednesday, October 17 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.

The COA is proud to announce the formation of its 1st “Indian Social Group”. This group welcomes our South-Asian neighbors aged 60 and older and aims to promote socialization, arts, entertainment and education. All are welcome to attend! The group will meet weekly, on Mondays, at 9:30 AM for 2 hours at the Town Center building. We welcome and encourage all seniors to explore different cultures, participate and meet others! If you have any questions about the group please call Sharif at 508-317-4285.
Bedford Trails Committee Walks

The Bedford Trails Committee conducts free monthly Trail Walks in Bedford the first Saturday of each month. Trail walks vary monthly, from strolls on flat ground to hikes with hills, and are typically 2 hours or less. Most permit well-socialized children and dogs on leash.

Saturday, October 6 - please check the website a week in advance for description and trailhead location. We rendezvous at the parking lot behind the Bedford Free Public Library at 9:45 am, and leave 10:10 am from the Trailhead. For detailed info on current and future hikes, please visit: https://groups.google.com/group/bedfordma-trails

10AM Monday Cycling for Seniors

If you would like to be put on the list to be notified of rides and scheduling, email Jack Donohue at jmdonohue@alum.mit.edu. Rides are 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 may spend some time on busy roads, so you should be comfortable riding with traffic. After the ride have coffee and snacks at the COA.

QiGong Returns October 3rd!

Wednesdays at 10:45 AM

Please join Joanne Shaughnessy for a FREE course! She will lead you in Shihashi QiGong. This type of exercise can be done seated or standing. It combines slow, deep breathing with repetitions of slow, gentle movements. It is performed along with relaxing music as you combine body, mind and breath. Please sign up so we know how many to expect. For more information on QiGong, please call the COA!

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, October 6th if your special day is in October!

Mexican Train Dominoes

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

Saturday Movies begin at 12:15 PM

October 6 Same Kind of Different as Me (2017) PG-13 In a bid to save his marriage, successful art dealer Ron Hall extends a helping hand to Denver Moore, an eccentric homeless man Hall meets through his wife. As the relationship between the men evolves into a bond, it opens new perspectives for both.

October 13 Book Club (2018) PG-13 Friends and members of the 60-plus set, Diane, Jane, Sharon and Carol have seen it all when it comes to relationships. But after reading "Fifty Shades of Gray," they're inspired to make bold choices in the romance department, with hilarious results.

October 20 Woman Walks Ahead (2018) R When artist Catherine Weldon leaves her Brooklyn, New York, home in 1889 and travels to the Dakota Territory to paint a portrait of Lakota Sioux leader Sitting Bull, she becomes immersed in the Plains Indians' struggle over land rights.

October 27 Won't You Be My Neighbor? (2018) PG-13 For over 30 years, Fred Rogers, an unassuming minister, puppeteer, writer and producer, was beamed daily into homes across America. In his beloved television program, Mister Rogers' Neighborhood, Fred and his cast of puppets and friends spoke directly to young children about some of life's weightiest issues, in a simple, direct fashion. There hadn't been anything like Mr. Rogers on television before and there hasn't been since.

Thanks to the FBCOA for our funding!
Fall is Here!
Wednesday, October 24
at 6:30 PM
The dog days of summer are behind us. Let’s enjoy a cup of hot cider and donuts together. Let us know you are coming!

Self Confidence and Self Defense Class
Monday, October 15 at 6:30 PM
Join Kathy Clark, RN and 3rd Degree Black Belt in Kenpo Karate, as she helps you to learn about some simple yet highly effective mental and physical tools you can use to feel (and therefore appear) more confident, secure, safe, and capable in your surroundings, both at home and when out and about. Her goal is to highlight internal and physical strengths you already possess, and to demonstrate how to utilize and harness them to gain greater confidence in all aspects of your daily lives, as well in certain unexpected or difficult situations you may encounter. Please sign up at the COA for this interactive class!

Lessons on Living at the End of Life
Monday, October 29 at 6:00 PM
This program will explore how one man’s dying taught others about life and living fully. This program will consist of viewing the award winning film Tuesdays with Morrie, followed by a facilitated group discussion. Please call ahead to the COA to sign up!

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!

Closed Halloween
Wednesday, October 31
Happy Trick or Treating!

Wood Carving with Award Winning Jane Layton:
Wednesdays 6:30 pm to 9:00 pm
$15 per class. Call the COA to register!

Silk Scarf Painting
Monday, October 22
at 6:30 PM
Let your creative side shine through! Join Karen Halloran, Community Liaison from CareOne at Concord, for a complimentary silk scarf painting class. You will leave with a lovely scarf for yourself or a gift for a friend. No experience necessary, all materials included. Limited to 15, please call us to sign up (First time participants have priority).

The Opioid Epidemic with Ed Alessi
Wednesday, October 17 at 7:00 PM
This workshop will discuss the nature of the current opioid epidemic, its deadly consequences, its history, the types of drug use, who is most likely to engage in drug abuse and treatment options.

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
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.

**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 and strengthening, stretching and balance work. Friday is a more intense “Senior Boot Camp” with cardio, balance and stretching.

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.

Come join us!
Your body will thank you!

**Chair Exercise:** Working from the safety and comfort of either a chair or exercise ball—workout for the entire body—this class uses multiple strengthening 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. (9/26-10/24, 10/31-11/28) 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/Laraine (10/1-11/5) or Fridays at 10:00 w/Helen (9/14-10/12, 10/19-11/16)

**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 (10/1-11/5) & Thursdays at 9:30 w/Helen (9/13-10/11, 10/18-11/15)

**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 (10/4-11/1)

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-folllow 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 Bedford Recreation!

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.
**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, October 18** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

**Podiatry**

Dr. Bryant Tarr will be at the Council on Aging from 8-11 AM on **Friday, October 19**. Please call to let us know you are coming. This is a “first come, first served” clinic.

*The cost is $30 for each treatment.*

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**For Your Health**

**Flu Clinic ~ Thursday, October 4**

10:00 AM to 12:00 PM

Walk in clinic for the regular Flu Vaccine will be held at COA for Bedford seniors. No appointment is needed. Please bring your Medicare card as well as any other supplemental insurance you may have. If you have any questions about the clinics or the Flu Vaccine please contact the Board of Health at 781-275-6507.

**High Dose Flu Vaccines**

Monday, October 1 from 10 AM - 12 PM

By appointment only (must be a Bedford Senior, age 65+). Please call the Bedford COA at (781) 275-6825 to make an appointment.

**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 sigrieb@comcast.net.

**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.

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**Nurse’s Hours**

On **Friday, October 12 & Monday, October 29**, 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.

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**Memory, Attention, Recall—Memory, Attention, Recall ~ With Mark Waksmonski**

Friday, October 26 at 12:45 PM

Knowing the signs of cognitive impairment can be scary, but important. Join the discussion and understand about memories and other cognitive processes that change as we age!

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**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. Beverley 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: 8/17-10/23, 10/26-1/11*
### October Events and Activities

**MONDAY**
- **High Dose Flu**: 9:00 AM
- **9:00 AM: Exercise/ Cribbage**
- **9:30 AM: Chair Yoga/ Indian Social**
- **10:00 AM: Sci & Tech/ Cycling**
- **11:15 AM: Floor Yoga**
- **11:45 AM: Lunch**
- **12:30 PM: Drop-In Cards**
- **1:00 PM: Poker**
- **6:30 PM: M. Train/ Stitch**
- **7:00 PM: Line Dancing**

**TUESDAY**
- **9:00 AM: Fix-It Shop**
- **9:30 AM: Exercise/ Hike**
- **10:00 AM: Sleep Chat**
- **10:30 AM: BINGO**
- **11:00 AM: Dup. Bridge/ Tap**
- **11:30 AM: OsteoFitness**
- **1:00 PM: Writing Group/ Scottish Dance**
- **2:00 PM: Computer**
- **4:00 PM: Zumba Gold**
- **6:30 PM: Pickleball**
- **7:00 PM: Single Again**
- **7:30 PM: Great Books**

**WEDNESDAY**
- **9:00 AM: Fix-It Shop**
- **9:30 AM: Exercise/ Hike**
- **10:00 AM: Sleep Chat**
- **10:30 AM: BINGO**
- **11:00 AM: Dup. Bridge/ Tap**
- **11:30 AM: OsteoFitness**
- **1:00 PM: Writing Group/ Scottish Dance**
- **2:00 PM: Computer**
- **4:00 PM: Zumba Gold**
- **6:30 PM: Pickleball**
- **7:00 PM: Single Again**

**THURSDAY**
- **9:00 AM: Flu Clinic**
- **9:00 AM: Exercise/ Hike**
- **10:00 AM: Sleep Chat**
- **10:30 AM: SongFest**
- **10:45 AM: Oligo**
- **11:00 AM: Mah Jongg**
- **11:45 AM: Lunch**
- **12:30 PM: Chair Exercise**
- **2:00 PM: Arts and Crafts**
- **6:30 PM: Mexican Train/ Stitchery/Carving**

**FRIDAY**
- **9:00 AM: Exercise/ Hike**
- **10:00 AM: Sleep Chat**
- **10:30 AM: BINGO**
- **11:00 AM: Dup. Bridge/ Tap**
- **11:30 AM: OsteoFitness**
- **1:00 PM: Writing Group/ Scottish Dance**
- **2:00 PM: Computer**
- **4:00 PM: Zumba Gold**
- **6:30 PM: Pickleball**

**SATURDAY**
- **9:00 AM: Coffee/ Tech Support**
- **10:00 AM: RMV/ Exercise**
- **10:00 AM: Balance/Sit ‘n Stitch/ Chair Yoga**
- **11:00 AM: OsteoFitness**
- **1:00 PM: Writing Group/ Scottish Dance**
- **2:00 PM: Arts and Crafts**

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**Columbus Day Closed**

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**Support the Advertisers That Support Our Community**
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.

Cheese Hive your skills or learn! Thursdays at 2:00 PM.

Adult Coloring For Therapy ...or Just for Fun! Friday October 5 & 19 at 12:30 PM

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

Play Duplicate Bridge! Please call ahead to put your name in for substituting. (Tues & Thurs at 11:00)

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.


Maryhoff3@gmail.com

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

Learn to Stitch! Wednesdays at 6:30 PM every Wednesday.

Line Dancing with Katrina Fridays at 1 PM. The class costs $3 (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, 12-2PM 2nd Wednesday of each month.

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

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!

Single Again Please join us every Tuesday evening at 7:00 PM for an informal discussion group.

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

Talk to Your State Rep Ken Gordon will be in the Flint Room at 1:00 PM on Monday, October 15.

Discover Tap Dance! Chuck Frates popular Tap Dancing class is back! Sessions run for 5 weeks for $45.

Next session: October 9-November 6.

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.usapa.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. 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 at 1 PM. Do an exercise, share your work, and get feedback! New members welcome!

Don't Forget These Ongoing Activities

Trips! Trips! Trips!

New Year's at Noon! Monday, December 31, 2018

Depart at 9:00 AM this morning for Boston. Celebrate New Year's Eve with your friends aboard the Odyssey for a two hour cruise with a Champagne toast and countdown to Noon! Enjoy distinctive dining, live music paired with an entertaining DJ, outside service and our unmatched skyline views. What a wonderful way to celebrate New Year's Eve on the Boston Harbor! After the cruise returns, you'llboard your coach for a view of the holiday lights and Frog Pond ice rink and the beautiful Christmas Tree on Boston Common. You'll return home at 4:30 PM after a great day in Boston!

Don't forget that you're still in Boston, so why not walk around the city and see some of the sites?

Just $89 per person

Your Scrumptious Buffet Menu Includes:
Caesar Salad and your choice of: Roasted Cedar Plank Oregano Salmon/ Maple & Mustard Glazed Chicken/ Hand-Carved Strip Loin, Desserts include Mini Pastry Cups/ Cakes/ Pastries/ Seasonal Fruit/ Chocolate Fondue

Checks (only) made payable to the FBCOA. Trips are subject to change. Please check at sign up for most current information.


Bedford Funeral Home, Inc.
Maureen Duffy / Director / Type 3
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781-275-6850
www.bedfordfuneralhome.com

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Introducing the Care Dimensions Hospice House
Combining the comfort of home
with the benefits of round-the-clock medical care

When hospice patients require specialized care for acute pain and symptom management, our new 18-bed Care Dimensions Hospice House in Lincoln on the Waltham line, offers hospital-level care in a warm, home-like environment. Our interdisciplinary team provides patients and their families with individualized medical, emotional, and spiritual support to make a difficult time a little easier.

With 40 years of compassionate expertise in caring for people with advanced illness, Care Dimensions is Massachusetts’ premier non-profit provider of hospice, palliative care, and grief support, and is nationally recognized for quality and innovation. Let our experience improve yours – ask for Care Dimensions by name.

Watch our video tour at CareDimensions.org
or call 781-373-6616 to learn more
about the new Care Dimensions Hospice House.
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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Science & Technology Group

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

One Strange Rock

From award-winning filmmaker Darren Aronofsky comes a ten part, mind-bending, thrilling journey that explores the fragility and wonder of planet Earth—one of the most peculiar, unique places in the universe. (A National Geographic Series)

10/1: Genesis

The story of the dynamic forces and crazy coincidences that took a bunch of dead ingredients and transformed them into something as wondrously intricate as life on Earth.

10/15: Survival

It’s not enough for Earth to be habitable, it also has to be lethal for life to thrive. This is the story of how life evolved hand in hand with death.

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Photography 101 – October 6th

Join Marc Holland, Professor of Art and COA volunteer, on Saturday, October 6th to learn digital photography basics: tips, tricks and techniques! The class will meet in the COA’s computer room from 10:30am-12pm. A phone, point and shoot camera, OR DSLR camera is all you will need! Please sign up at the COA by October 1st.

Halloween Soaps!

Friday, October 19 at 10:30 AM

Each participant will make their own soapy creations using glycerin based soap and adding colors and scents. Once the soap base has cooled slightly, we will add color, embed a variety of monster rubber duckies, add cosmetic grade glitter and essential oil (optional). The cost for each soap you make is $4.00. You will have time to make two. Please call the COA to reserve a place!

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Wednesday Crafting with BACS!

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 BACS members. Nonmembers will pay $5.00 if they use BACS materials. For ongoing info on BACS, visit www.bacsma.org.

October 3: Painted Pebbles
October 10: Fabric Flowers
October 17: Polymer Light Switch Covers
October 24: Zendoodle Coasters
October 31: Greeting Cards

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Computer Drop-In Help

Our friendly Computer Club volunteers be here; Tuesdays & Thursdays at 2 PM to help those with questions about any aspect of computer use. Please call the COA to arrange an appointment or email BCOACC@verizon.net.

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Could You Use Some Help With Home Heating Bills?

Applications for fuel assistance are currently being accepted. If you need help paying home heating bills the Fuel Assistance program may be for you! To be eligible you must be a Bedford resident and have a maximum income of $35,510 for a one person household, and $46,437 for couples. Please contact Wendy Aronson at the COA for more information and for an appointment. All information is kept private and confidential.

Call us today at (781) 275-6825
Car Leasing Simplified
Monday, October 15 at 1:00 PM
Mr. Arthur Walsh (BSEE, MSAM) and town resident for greater than 30 years will discuss why you should lease versus purchase your next car. He will cover the most critical aspects of the car leasing process from the beginning to the end. Participation in this discussion will benefit everyone who ever thought about leasing a car, is currently leasing a car, or has specific questions about car leasing. This discussion will make everyone who attends a critical aspect of the car leasing process from the beginning to the end. Participation in this discussion will benefit everyone who ever thought about leasing a car, is currently leasing a car, or has specific questions about car leasing. This discussion will make everyone who attends a critical aspect of the car leasing process from the beginning to the end.

Please sign up at the COA!

Replanting Lives
Wednesday, October 10 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. It offers family members effective tools and educational resources to manage the changes in the family since a loved one has been diagnosed with a mental illness/brain disorder. "Replanting Lives" is a place where participants can receive insight and feedback in order to help them practice new behaviors that enhance their lives and relationships. One of the key goals of a support group is so that members can return to their families and function in a new and healthier way. It offers members the strength and resilience that replanting from life's difficulties is a process, of which the group can be a part. Please contact the COA to be added to these sessions!

What You Need to Know

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand your plan changes as well as other options you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the
Open Enrollment from October 15th - December 7th!

Muscle Care with Wayne Durante, LMT
Thursdays beginning at 9:00 AM

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.

COA Book Club
Tuesday, October 23 at 1:00 PM
Patricia Lockwood’s memoir, Priestdaddy, is a study in contrast. Her father, who became a Catholic priest after he was married and had a family, also happens to only wear boxers around the house, play classic rock guitar, and read Tom Clancy. Lockwood’s mother adheres to the social mores of Catholicism but also enjoys a good curse and manages several rounds of puns about a semen stain found in a hotel room. And Lockwood herself, a poet who abandoned the church long ago, loves a dirty joke but still knows exactly what she should be doing at every moment during a service. After Lockwood and her husband fall on financial troubles, they move back into her parents’ rectory to regain their footing. This collision of worlds brings a flood of childhood memories filled with antiabortion protests, a bizarre youth group, and the push against her conservative upbringing. Lockwood magically combines laugh-aloud moments with frank discussions of social issues and shows off her poet’s skills with lovely, metaphor-filled descriptions that make this memoir shine.—Sexton, Kathy Copyright 2017 Booklist

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.

Did you know that Seniors (65+) are entitled to discounted MBTA fares? Discounted passes are typically only available by traveling into Boston to the CharlieCard stores which can be difficult or even impossible for many seniors. Whether you need to renew your pass or you would like to obtain one for the first time, we invite you to visit the Bedford Council on Aging on Friday, October 12 between 10:00 AM and 2:00 PM. You must be 65 years of age or older and provide a valid photo ID that includes your date of birth. Please call (781) 275-6825 for more information.
The Bedford Council on Aging values the diversity of our participants, staff, volunteers, and the Bedford community. We strive to model and promote a welcoming and respectful environment for all.

Sign up at www.bedfordma.gov/subscribe to receive our newsletter by email. Scroll to the very bottom of this list to find the Newsletter sign-up. Please let us know if you have by emailing coa@bedfordma.gov, so we can remove you from our paper mailing list.

Memory Café Continues:
Tuesday, October 23 at 10 AM
Flint Room; 2nd Floor, Town Center
The Friends of the Bedford Council on Aging, Cooperative Elder Services, Inc. (CESI), 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. Join Jane Blair from Art Matters as she delivers Norman Rockwell to you! Please call the COA for more information, or drop in to our Café. Thank you to all our Memory Café Sponsors for helping the FBCOA reach their goal!

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.

To model and promote a welcoming and respectful environment for participants, staff, volunteers, and the Bedford community, we strive to and promote a welcoming and respectful environment for participating.

The Bedford Council on Aging values the diversity of our community.

FBCOA Annual Membership Dues 2018—2019

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(Tax deductible contributions gratefully accepted)

NAME_________________________________________
ADDRESS_____________________________________
TOWN/ZIP CODE___________
EMAIL: ________________________________
BJ’s Membership? _____Yes _____No

Mail to: FBCOA 12 Mudge Way, Bedford MA 01730

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FBCOA 2019 Membership Dues by September 2018

INDIVIDUAL: $5.00
FAMILY: $7.00
CONTRIBUTION: $0.00
TOTAL: $12.00

(Tax deductible contributions gratefully accepted)

NAME: ______________________________________
ADDRESS: ___________________________________
TOWN/ZIP CODE: _____________________________
EMAIL: ____________________________________
BJ’s Membership? _____Yes _____No

Mail to: FBCOA 12 Mudge Way, Bedford MA 01730

To model and promote a welcoming and respectful environment for participating.

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