

Help,
Health,
Fellowship..

April 2015

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/council-on-aging>

Director:

COA Elder Services Coordinator: Wendy Aronson

Administrative Assistant: Alissa Anderson • Department Assistant: Diane Pascucci

Saturday Activities Coordinator: Vicky Umanita • COA Board Chair : Roberta Ennis



Why Your Story Matters

*Thatcher Freund, a journalist and memoir writer, will be here at the Council on Aging to talk about the importance of stories in our lives both to ourselves and to the culture we live in, and why it matters so much that we preserve them. Thatcher is a graduate of Stanford University with a B.A. in History, and the Columbia School of Journalism, and has lived in New England off and on for the last twenty years. His published work includes a book, *Objects of Desire: The Lives of Antiques and Those Who Pursue Them*, which follows the lives of three pieces of American furniture from their creation in the 18th Century to their sales at Sotheby's some 250 years later. Besides his speaking engagements, Thatcher helps people to write their own memoirs and teaches workshops on memoir writing. Please join us on Wednesday April 29 at 1:00 PM for this interesting presentation!*

Lane School Talent Show & Luncheon



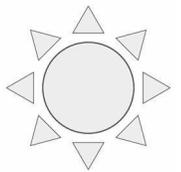
On Thursday April 9

Bedford seniors are invited for a great lunch and talent show at the Lane School as guests of the 5th graders! Cheese and crackers will be served at 11:30 AM with lunch at Noon. The show will begin at 12:30 PM. Reservations for the luncheon are necessary and can be made by calling the COA at 781-275-6825.

Exploring Southern Florida

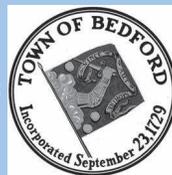


Join Carol and Ron Reynolds at **1:00 on Wednesday April 22** as they present a program on their travels in Southern Florida. Come and see Everglades, Biscayne, and Dry Tortugas National Parks as well as several wildlife refuges. You'll see the wonderful birds and other wildlife of the parks as well as learn about some of the natural history of the area.



BLT Info with Dottie

Join Dottie from the BLT (Bedford Local Transit) on **Wednesday, April 29 at 5:30** for BLT sandwiches and info on the bus service she provides to Bedford!



SATURDAYS AT THE COA

We are open 12 - 4 PM!

12:30 Beginner's Italian

1:00 Bridge, cards, pool

1:15 Movie (See page 3 for more details!)

Veterans' Coffee

Wednesday, April 15 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.



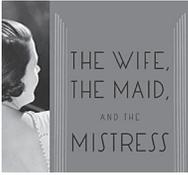
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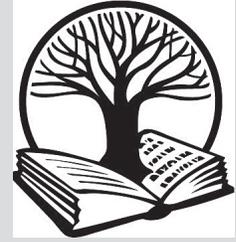
Library Book Discussion: Tuesday April 28, 1:00 PM

Staff from the Bedford Free Public Library will be leading a book discussion at the COA on *The Wife, the Maid, and the Mistress* by Ariel Lawhon. In this tale of Jazz Age New York, Lawhon walks one of fiction's trickiest tightropes, creating a novel that is both genuinely moving and full of pulpy fun. It's 1930, and a corrupt judge has gone missing. Newly promoted police officer Jude Simon is assigned the case and hunts among the speakeasies, Broadway theaters, and wealthy apartments of New York, only to be blocked at every turn. He's stymied in particular by the three women in the judge's life: his jaded wife; his sly mistress; and worst of all, his frightened maid, who happens to be Simon's wife. The women's stories throw a harsh light on New York in the 1930s, when gangsters ruled the city and women were pawns in their games. The imagined events of the novel become even more poignant when the reader discovers that the story is based on the real-life disappearance of Joseph Crater and that most of the characters were real people, like the notorious madam Vivian Gordon and the vile gangster Owney Madden. It's a great story, told with verve and feeling.

--Weber, Lynn Copyright 2010 Booklist



Genealogy Club



Curious about your own history?? Join the Genealogy Club on **Wednesday April 8 at 10:00 AM**. This is a welcoming group of people who share an interest in genealogy... and would love you to join them!

Saturday Afternoon at the Movies!

Thanks to the FBCOA for our funding!

All movies begin at 1:15 PM



April 4 *Whiplash* (2014) R Driven by his demanding music teacher, drummer Andrew is determined to succeed as a jazz musician -- even if it destroys his personality. Under the shadow of his father's failed artistic attempts, Andrew practices until his hands bleed.

April 11 No movie. *Jacob Wren Throckmorton Art Show*

April 18 *Birdman* (2014) R Michael Keaton delivers a winking performance in this dark comedy about a cinematic superhero trying to forge a comeback with a Broadway play. With none of the super-powers of his former character, the actor struggles to rebuild his career and life.

April 25 *The Imitation Game* (2014) PG-13 Chronicling mathematical wizard Alan Turing's key role in Britain's successful effort to crack Germany's Enigma code during World War II, this historical biopic also recounts how his groundbreaking work helped launch the computer age.

Friends of the Bedford Council on Aging

Next Meeting: Tuesday, April 14 at 1:00 PM

FBCOA Annual Membership Dues

2014—2015

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____

(Tax deductible contributions gratefully accepted)

NAME _____

ADDRESS _____

TOWN/ZIP CODE _____

EMAIL: _____

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.

Fix It Shop is Open for Business!

Regular hours are Tuesdays and Wednesdays from 9:00 AM - Noon. 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!

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.



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 \$5.00/day

BONING UP ON OSTEOPOROSIS!

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. The program focuses on joint mobility with progressive resistance training to increase bone density, a training method developed by Miriam Nelson, PhD and others. OsteoFitness™ classes are held on Tuesdays and Fridays at 12:30 PM at the COA. The cost of this program is \$160 (includes 20 classes). Please visit the COA or call to register at (781) 275-6825.



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 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. **\$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)

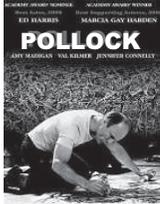
**Drop in rate for the above classes is
\$10 per day**

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!

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

Evenings at the COA



Movie: *Pollock*

April 1st film, Mr. Turner, is not available for showing. In its place at 6PM we will show the film, *Pollock*, another great film about an artist and the impact his personal life had upon his artistic creations. This riveting biopic follows abstract painter Jackson Pollock – who's alternately neurotic, misogynistic and brilliant – from the start of his career through his marriage to fellow artist Lee Krasner, a union tested by his adultery and alcoholism. *Pollock* is a 2000 biographical film depicting the life story of American painter Jackson Pollock. Starring Ed Harris, Marcia Gay Harden, Jennifer Connelly, Robert Knott, Bud Cort, Molly Regan and Sada Thompson. The film was directed by Harris who received an Academy Award for Best Supporting Actress for portraying Lee Krasner, Pollock's wife. This is one of those movies that generates questions within the viewers as to whether or not there is a correlation between substantial personal pain and artistic expression.

Fun & Games

Do you like exercising your mind? Meeting new people? Being in a warm and comfortable environment during the cold of winter? Do you enjoy sharing the fun and laughter afforded by board games, card games or billiards? Come and join us on **Wednesday, April 15 at 7:00 PM** as we begin a fun time of getting those synapsis firing and enjoying inside warmth during winter's cold. Come for a fun evening of cribbage, puzzles, backgammon, poker, billiards, etc. If anyone would like to bring their dinner and utilize the convenience of our café, equipped with ample fresh coffee and tea, please feel welcome to arrive earlier if this is more convenient.



Make Your Own Hand Lotion!

Would you like to do something kind for yourself while at the same time learn something new? After this especially challenging, albeit beautiful, winter our skin is begging for attention. Come to the Bedford Council on Aging on **Wednesday, April 29 from 7:00 – 8:30 p.m.** and learn how to make customized skin care lotion and lip balm specific for your skin care needs. Join Susan Grieb and Mary Johannessen as they teach us a new way to care for ourselves while at the same time tapping into our creative energy. We will be making moisturizer and lip balm from natural ingredients most of which can be found in our kitchen while Mary and Susan share their knowledge of herbs and ingredients for happier and healthier skin.



Many years ago Mary began exploring the various uses of plants and herbs within her garden. During her experimentation, Mary found that she could make paper from flax and cough drops from horehound. She then broadened her interests and began exploring DIY recipes for moisturizers, cleansers, scrubs and toners. Susan and Mary have found the making of skin care products to be a fascinating and inexpensive interest with rewarding results, and are enthusiastic about sharing this with other women.

Feel free to bring a friend and to bring your dinner if you are arriving directly from work. Our café is equipped to warm your dinner, provide a comfy atmosphere and serve a variety of teas and coffee. We look forward to seeing you at 7 p.m. (or earlier if that's more convenient). There is a \$15.00 fee to cover the cost of supplies which result in your 'take home' products. Please note that sign-up ahead of time is required.

Meet & Greet Gina Rada, Veterans Services Director

Come join us as we 'Meet and Greet' our new Veterans Services Director, Gina Rada on **Wednesday, April 22 at 7:00 PM** at the Bedford COA. Gina will provide services to veterans and their families in Bedford and Lexington. She has a fascinating professional path which brought her to this new and exciting position where she continues her history of helping veterans. Gina is the recipient of numerous awards for her investment in the well-being of our service men and women. As the district director, Gina will be working as a liaison between veterans and the Department of Veterans Affairs. She will assist veterans and their families who need assistance with claims and benefits including disability claims and health care benefits.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Exercise/ Fix It Shop 1 10:00 Computer Club 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE 6:00 Movie 6:30 Sit 'n Stitch	9:00 Muscle Care 2 9:15 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 3 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Line Dancing
9:00 Exercise 6 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 7:00 Line Dancing	9:00 Fix It Shop 7 9:30 Exercise 10:30 Self-Defense 11:00 Dup. Bridge/Tap 12:30 OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/ Fix it Shop 8 10:00 Genealogy 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Housing Options 6:30 Sit 'n Stitch 7:00 Changes in Sleep	8:30 Fire Breakfast 9 9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise/ Drawing 11:30 Lane School Talent Show 1:00 Current Events- Ken Gordon/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 10 9:30 Chair Yoga 10:00 Sit 'n Stitch 10:45 ComForCare 11:45 Lunch 12:30 OsteoFitness/ Wizard Music 1:00 Scrabble/ Line Dancing/ Nurse's Hours Jacob Wren Throckmorton Art Show (Friday-Saturday)
9:00 Exercise 13 9:30 Chair Yoga 10:00 Pilates/ BINGO 11:15 Floor Yoga 11:45 Lunch 1:00 Poker/ Antarctica 3:00 Handcrafts 6:30 China 7:00 Line Dancing	9:00 Fix It Shop 14 9:30 Exercise 11:00 Dup. Bridge/Tap 11:30 COA Board 12:00 Cooking Demo 12:30 OsteoFitness 1:00 FBCOA 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/ Fix it Shop 15 10:00 Veterans Coffee 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Eric Prichard 2:00 SHINE 6:30 Sit 'n Stitch 7:00 Fun & Games	9:00 Muscle Care 16 9:15 Floor Yoga 10:00 Exercise/ SHINE/ Hearing/ Drawing 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 17 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Line Dancing
 <p>CLOSED Patriot's Day</p>	9:00 Fix It Shop 20 9:30 Exercise 11:00 Dup. Bridge/Tap 12:30 OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/ Fix it Shop 21 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Southern Florida 6:30 Sit 'n Stitch 7:00 Gina Rada/ Movie	9:00 Muscle Care 22 9:15 Floor Yoga 10:00 Exercise/ Drawing 10:30 Stress Relief 12:00 Newbury Court 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	8:00 Podiatry 23 9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Line Dancing
9:00 Exercise 27 9:30 Chair Yoga 10:00 Pilates/ Science & Tech Club 11:15 Floor Yoga 11:45 Lunch 12:30 Name That Tune 1:00 Poker/ Nurse's Hours 3:00 Handcrafts 6:30 Japan 7:00 Line Dancing	9:00 Fix It Shop 28 9:30 Exercise 10:00 SHINE 11:00 Dup. Bridge/Tap 12:30 OsteoFitness 1:00 Book Discussion 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again/ Great Books	9:00 Exercise/ Fix it Shop 29 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Memoirs 5:30 BLT Info 6:30 Sit 'n Stitch 7:00 Make Your Own Lotion	Garden in the Woods Trip 30 9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise/ Drawing 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	



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Don't Forget These Ongoing Activities

Bingo! All are welcome on Monday April 13 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 4/2, 4/16, and 4/30 at 11 AM.

Science & Tech Club Join us Monday April 27 at 10:00 for this exciting conversation!

Coffee Hour Meet new friends and have a cup of coffee or tea on Tuesday evenings at 6:00.

Talk to Your State Representative Ken Gordon will be at the COA on Thursday April 9 at 1:00 PM 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 April 8 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!

Bedford-Lexington Great Books Meets in the Flint Room at 7:30 PM on Tuesday April 28 to discuss *Camus, Albert, Myth of Sisyphus*, from *Myth of Sisyphus and Other Essays*, Vintage. Newcomers are always welcome!

Trips! Trips! Trips!

Garden in the Woods Tour & Luncheon ~ Thursday April 30

This has been a tough winter. It is time to enjoy the warmer weather! Please come with us to GARDEN IN THE WOODS in Framingham MA to welcome spring to New England!

"Only 21 miles from Boston, Garden in the Woods is a magical spot unlike any other botanic garden. With sharp, glacier-made ridges spilling into narrow valleys, its two miles of meandering paths lead through a towering canopy of trees to a pond, a wooded bog, numerous springs, and an ever-flowing brook. Set among 45 acres, this living museum displays a wide variety of common and rare native plants displayed in naturalistic settings. For families looking to teach their children about the natural world, for adults who can't decide between a stroll in the garden and a walk in the woods, and for anyone curious about the diversity of New England's wild flowers and woody plants, Garden in the Woods offers a unique experience in a tranquil and beautiful place."

We will have a guided tour and will enjoy a boxed lunch in the Garden. Choices available when you sign up. The school bus will leave at 9:30 AM and return around 2:00 PM. Price is **\$45.00** per person. **Sign up TODAY!**

Any trips or shows you would like to see us offer? Contact the Council on Aging at (781) 275-6825. We would love to hear your ideas!

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 April 10** and **Monday April 27** 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: Friday, April 24 Dr. Bryant Tarr will be at the COA from 8-11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

SHINE Health Benefits Help! SHINE counselors from Minuteman Senior Services will be available **Thursday April 16** and **Tuesday April 28** beginning at 10 AM and **Wednesday April 1 and 15** beginning at 2 PM. 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, April 16** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

Stress Management

Who doesn't have STRESS? Sometimes, stress is helpful to get work done or in a survival situation. However, stress can be harmful when it becomes overwhelming. It will interrupt the healthy status of your nervous system and disrupt the normal processes within your body. This can put you at increased risk of numerous health problems, such as digestive problems, heart disease, sleep problems, weight gain, and mental distress such as anxiety and depression.



Unfortunately, overwhelming stress has become an increasingly common characteristic of our life. When stress overwhelms your nervous system, your body is flooded with chemicals that prepare you for "fight or flight". The stress response can be lifesaving in emergency situations where you need to act quickly, but it can also wear your body down when you are constantly under stress. On the other hand, the relaxation response puts the brakes on this heightened state and brings your body and mind back into a state of equilibrium. Come to the presentation on **Thursday, April 23 at 10:30AM** at the Bedford Council on Aging. Joyce Cheng, the Community Health Nurse will talk about how stress impacts the health and teach some relaxation techniques to cope with it.

Sleep, Sleep Disorders & Aging

Do you find that your sleep pattern and/or sleep quality is changing as you age? Are you finding it difficult to fall asleep? Remain asleep? Are you snoring? Are you a shift worker? Sleeping is one of the most important aspects of health yet we tend to ignore its impact upon our well-being. The Bedford Council on Aging is pleased to have Evan D. Chinoy, Ph.D. present "Sleep, Sleep Disorders, and Aging". Dr. Chinoy is a post-doctoral research fellow in the Division of Sleep and Circadian Disorders at Brigham and Women's Hospital and the Division of Sleep Medicine at Harvard Medical School. Dr. Chinoy's research focuses on how sleep and circadian rhythms are affected by aging and nighttime light exposure, and their impacts on performance and health. The presentation will take place on **Wednesday, April 8th at 7 pm.**



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

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!

What You Need to Know

Council on Aging Board Meeting

The next Board meeting will be held on **Tuesday, April 14 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.

Taking Control of Your Future

Attorney Dale Tamburro will return to the Bedford COA on **Wednesday, March 11 at 1:00 PM** to present a discussion on Housing Options for Elders. 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!

Memory Red Flags

Jenn Quinn, a longtime Bedford resident and owner of ComForCare Home Care, will be continuing the discussion from her program at the COA on Red flags and concerns about Dementia and memory loss in February. She will be here at **10:45AM on Friday April 10**. These questions pop up all the time for most of us at some point in our lives. "Knowledge is power" and information and strategies are changing constantly. Please join us whether you attended the first session, or not. Sign up is encouraged!



Muscle Care Clinic

With Wayne Durante, LMT

\$10 for 10 minutes

Thursdays beginning at 9:00 AM

Please call for an appointment : 781-275-6825

Computer Club

Meetings will continue on the 1st Wednesday of each month through the year. A round table discussion will be held on **Wednesday April 1 at 10:00 AM**.

Computer Drop-In

All are welcome!!! Our friendly Computer Club volunteers will be here each Tuesday and Thursday afternoon at 2:00 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



THE COMPUTER CORNER

SCIENCE & TECHNOLOGY CLUB

Will be meeting **Monday April 13 at 10:00 AM** to view and discuss *How We Got To Now with Steven Johnson, Episode 2: Time*. Discover how time advanced navigation, technology, travel and the way we work. Bring your ideas for future meetings! We would love to hear about your interests!



Estate Planning Series

On **Wednesday, April 15 at 1:00 PM**, in the first of a three part series, Attorney Eric Prichard from Brown & Brown PC will discuss the basics of estate planning, familiarizing you with typical estate planning documents like Wills and Trusts and providing real-life examples of how they work. In the second in third parts, which will be held in May and June, Attorney Prichard will discuss estate taxation and long-term care planning. We hope you will attend! Please call the Council on Aging at (781) 275-6825 to sign up.

Self Defense Class

Whether you're at home in Bedford or traveling to another place, you need to know how to prevent crime, or if you find yourself in a dangerous situation, know how to get away unharmed. Find out the best ways to secure your home and your vehicle as well as learn strikes, blocks, kicks and patterns of movement to get you out of a situation in which you are being attacked when the Lincoln Police comes to the Bedford COA on **Tuesday, April 7th at 10:30 AM**. The methods you learn will use minimal energy, with the goal being escape. Please call the Bedford Council on Aging to sign up.



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Far East Lecture Series

~presented by Professor John F. Kienzle, History Educator. Please register by calling the Council on Aging at (781) 275-6825. Don't miss this fascinating series!

Monday April 13 6:30-7:30 PM ~ China: Past & Present
Join Prof. John Kienzle (of the Fall Middle East Series) for a look at "CHINA: Past and Present." One of the oldest continuous civilizations on earth, an intelligent people who gave us gunpowder, paper, the magnetic compass, marvelous art and architecture, philosophy and science. Today China stands as a major Economic and Military power and a major player on the world stage..

Monday April 27, 6:30-7:30PM ~Japan: Old & New
Once our enemy at Pearl Harbor, now Japan is our strongest ally in the Far East. A special history stretching back thousands of years, with the oldest continuous monarchy on earth, Japan rose from atomic ashes after WW II to be an economic powerhouse. Japan is modern, yet preserves a unique culture as an island nation. Come explore Japan and the "Japanese Way" with Sensei Kienzle.

Stay tuned for Korea and Southeast Asia...
Coming in May!

Self Defense Class
Tuesday, April 7th at
10:30 AM
See Page 10

**Housing Options for
Elders Presentation
& Estate Planning Series**
More Info:
Page 10

New Trip!
Garden in the Woods
See Page 7

**Interested in
drawing?**
Art class available!
See page 2

Jacob Wren Throckmorton Memorial Art Show

Friday, April 10 8:00 AM-8:00 PM

Reception: 4-8PM

Saturday, April 11 12:00 PM-4:00 PM

at the Bedford Council on Aging

SATURDAY	12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie *PLUS MUCH MORE EVERY DAY! See Inside for details!*
FRIDAY	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble Line Dancing
THURSDAY	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 10:00 Computer Club 10:30 Songfest 11:00 Duplicate Bridge 11:00 Duplicate Bridge 1:00 Current Events 1:00 Tai Chi 2:00 Computer Drop-In
WEDNESDAY	9:00 Exercise Fix It Shop 10:00 Computer Club 10:30 Songfest 11:00 Duplicate Bridge 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch
TUESDAY	9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge Tap Dance 12:30 OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again
MONDAY	9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:45 Lunch 1:00 Poker Floor Yoga 3:00 Handcrafts

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