

Help,
Health,
Fellowship...

COA CONNECTIONS

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

Wednesday, December 16 at 1:00 PM



Join us at the Council on Aging for our annual holiday party! Taste some delicious food, experience wonderful music, and of course enjoy great company! Please sign up at the Council on Aging by Saturday, December 12.

(Sponsored in part by Benchmark Senior Living, The Commons in Lincoln)

Thinking About Downsizing or Decluttering?

Top Notch Transitional Services will be here on **Friday, December 18 at 12:30PM** to discuss the many options they offer to seniors thinking of downsizing or living in their current home safely and more comfortably! Please let us know if you will attend this informative program!



Two to Tango

Richard Clark and Lynne McKenney Lydick will be entertaining you at the Bedford COA on **Wednesday, December 9 at 1:00 PM**. From the dark and stormy war of passion and will in the 12th century realm of England's King

Henry II, to a contemporary clash of bi-coastal emotional cultures, James Goldman's "The Lion in Winter" and Neil Simon's "Visitor from New York" take us on a bittersweet tour of life, love, and love lost. The two scenes offer a seesaw journey into the sometimes "foul rag and bone shop" of the human heart. They remind us of the strange and unexpected forms love can take and uplift us with the message that love, even bruised and broken, remain a splendid thing. *This program is sponsored in part by a grant from the Bedford Cultural Council, a local agency of the Massachusetts Cultural Council, a state agency.*



Creating Happy Holidays for Loved Ones with Dementia

On **Tuesday, December 8 at 10:30 AM**, please join Jen Quinn of ComForCare Home Care at the Bedford Council on Aging to learn some tips and tools on how to best support friends or family members with dementia during the holiday season!



Nom de Plume Writing Group

Tuesday December 1 & 15 at 1:00PM

Have you ever thought you might like to try your hand at writing? Perhaps leave stories for your children or grandchildren ...or just to see if you can put a poem on paper! If so, come join us at the Nom de Plume Writing group on the first and third Tuesday of the month from 1-3 PM. We are a friendly, fun and non-threatening group of people. All you need is the willingness to try, a note book and a pen! Who knows it might just open up your world anew? Hope to see you there!



Expanded Council on Aging Hours:

Monday:	8-4, 6-9
Tuesday:	8-4, 6-9
Wednesday:	8-4, 6-9
Thursday:	8-4
Friday:	8-4
Saturday:	11-4



Veterans' Coffee



Wednesday, December 16 at 10:00 AM
Join Tom Moran, Veteran Liaison with Compassionate Care Hospice, to have coffee and to converse about years in the service. Tom was in the Army branch and was in The National Guard for 13 1/2 years. All are welcome. Please call to RSVP 781-275-6825.

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JUST FOR FUN

Breakfast and BINGO

Tuesday, December 15 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.



Happy Birthday to YOU!

Join us at the Council on Aging for YOUR birthday! Each month, Vicky honors every senior who has a birthday that month. Join us for cake on **December 5** if your special day is in November!

Name That Tune!

Becoming a monthly favorite at the Council on Aging, Karen from Concord Health Care, will be back to present an afternoon of music and fun on **Monday December 21 at 12:30 PM**. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling (781) 275-6825.

Still Lifes' Come to Life!



Join Susan Funk to explore the delight of creating a composition with unrelated objects that, through your creativity, will look like first cousins when completed.

We will discuss form, texture, composition and shading through color. Each week, please bring in an object of some sort, for the class to position for a "collective" still life. Please also bring a sketch book, pencils and any medium that you would like to use for "coloring in" your creation. Beginning December 10 for 6 weeks. *Just \$45 per person*. Sign up today!

WIZARD MUSIC:

Friday, December 11 at 12:30pm

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



Saturday Movies begin at 1:15 PM

December 5 *I'll See You in My Dreams (2015)* PG-13 With her well-ordered life thrown out of balance by the death of her beloved canine companion, aging widow Carol Petersen -- who hasn't dated in 20 years -- unexpectedly finds herself involved with two very different men.

December 12 *Mr. Holmes (2015)* PG Long retired to a country farmhouse, 93-year-old Sherlock Holmes tends his apiary and reflects on his remarkable career. But the legendary sleuth, whose mental powers are fading, remains haunted by the unsolved case that caused him to call it quits.

December 19 *5 Flights Up (2015)* PG-13 Married for four decades, New Yorkers Ruth and Alex have had a wonderful life together -- most of it spent in their cherished Brooklyn walk-up. But now that it's time to sell, the universe seems determined to thwart them.

December 26 *Inside Out (2015)* PG When her family relocates across the country, tween Riley Anderson struggles with the stress of her new situation and her animated emotions get carried away -- quite literally -- on a fantastic journey through her mind. **Bring your grandkids!**

Thanks to the FBCOA for our funding!

Adult Coloring

For Therapy ...or Just for Fun!
Friday December 4th at 12.30pm

Come and join our volunteer, Louise St. Germain for this therapeutic (just for fun) adult coloring session. Recently adults have rediscovered this most universal childhood activity and many are finding it therapeutic and relaxing! Come and be a kid again with your peers and embrace the new craze. Not only will we create unique art on printed sheets, but also build up those fine motor muscles and be able to do more with your hands. Pre-printed pages will be provided along with coloring pencils. Use ours or bring your own! In the spirit of relaxation a selection of herbal teas will be served. Come and relax with us!



Have Lunch at the Bedford Café!

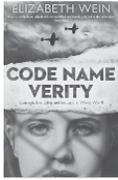


A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.

Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.





Library Book Discussion: Tuesday December 1, 1:00 PM

Staff from the Bedford Free Public Library will be leading a book discussion at the Council on Aging on "Code Name Verity" a novel by Elizabeth Wein. Oct. 11th, 1943-A British spy plane crashes in Nazi-occupied France. Its pilot and passenger are best friends. One of the girls has a chance at survival. The other has lost the game before it's barely begun. When "Verity" is arrested by the Gestapo, she's sure she doesn't stand a chance. As a secret agent captured in enemy territory, she's living a spy's worst nightmare. Her Nazi interrogators give her a simple choice: reveal her mission or face a grisly execution. As she intricately weaves her confession, Verity uncovers her past, how she became friends with the pilot Maddie, and why she left Maddie in the wrecked fuselage of their plane. On each new scrap of paper, Verity battles for her life, confronting her views on courage, failure and her desperate hope to make it home. But will trading her secrets be enough to save her from the enemy? A Michael L. Printz Award Honor book that was called "a fiendishly-plotted mind game of a novel" in The New York Times, Code Name Verity is a visceral read of danger, resolve, and survival that shows just how far true friends will go to save each other.

Healthy Holiday Food Prep

Thursday, December 17
at 1:00PM

Join Chef John of Atria Longmeadow Place for a delicious and educational program about healthy appetizers you can prepare and serve for your next holiday party! Please call the COA to sign up!



SCIENCE & TECHNOLOGY CLUB All are welcome!

We will be continuing our series, *How the Universe Works*. This series has been described as "a users guide to the cosmos from the big bang to galaxies, stars, planets and moons. Where did it all come from and how does it all fit together. A primer for anyone who has ever looked up at the night sky and wondered." Please join us on **Monday, December 7 at 10AM** for episode 6, *Supernovas* & on **Monday, December 21 at 10AM** for episode 7, *Alien Solar Systems*. (Descriptions available at the COA front desk) This group is a general interest group...No need to feel intimidated. If you have an interest in science, we would love you to join us!



Could You Use Some Help With Home Heating Bills?

Applications for fuel assistance are currently being accepted. If you could use some help paying your 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 \$33,126 for a one-person household to \$43,319 for couples. Contact the COA at (781) 275-6825 for more information or to set up an appointment. All information will be confidential. Remember, your taxes paid for this program, so if you think you qualify, apply for the benefits you deserve!



Let's Get in the Holiday Spirit!

All Five Wednesdays in December, join SongFest to sing Christmas Carols and Holiday Music.

Come and bring a friend!

We may even have some Christmas cookies!

See you on Wednesdays at 10:30!



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

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.

The BJ's Membership number has changed. Please renew your FBCOA card to receive the updated account number!

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

FBCOA Annual Membership Dues

2015—2016

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

(Tax deductible contributions gratefully accepted)

NAME _____
 ADDRESS _____
 TOWN/ZIP CODE _____
 EMAIL: _____



Fitness News



MORNING EXERCISE CLASSES

(Taught by Andrea, Sharon & Sophia)

5 classes per week for \$50/month - only \$2.30 per class!

3 classes per week for \$45/month - only \$3.20 per class!

2 classes per week for \$35/month - only \$3.89 per class!

1 class per week for \$20/month - only \$4.62 per class!

How are the classes different you ask?

*Mondays' classes (9:00 AM) are taught by Andrea Dollett, a long-time instructor here at the Bedford Council on Aging. Her class is our most intense class of the week, with an optional 30 minute Pilates class following an hour of aerobics and weights.

*Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). These classes are a combination of aerobic exercise and strengthening, stretching and balance work. These two days are our middle level classes.

*Tuesday (9:30 AM) and Thursday (10:00 AM) are taught by Sophia Halilova, also a long-time instructor at the COA. Her class focuses more on joint strengthening, stretching and balance. These classes are our lowest impact morning exercise.

Come join us!
Your body will thank you!

Drop in rate for the above classes is \$5/day



OsteoFitness:

Building Bones Building Bonds!

Beverly J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. OsteoFitness™ for Osteoporosis and Osteoarthritis is more than just strengthening.

This is an evidence based program to build bone. The class boasts of many members who have reversed their osteopenia/osteoporosis without bisphosphonates. Falls prevention is developed. OsteoFitness™ classes are held on Tuesdays and Fridays at 11:00 AM at the COA. \$168 per 20-class session. Please visit the COA or call to register at (781) 275-6825. **Session Dates: 11/3-1/19**

WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR EXERCISE: Great for range of motion and balance improvement. This class is practiced in a chair and includes elements of yoga and meditation. **\$65** per 8 week session (Wednesdays at 12:30 PM w/Madeline)

CHAIR YOGA: A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/Lorraine or Fridays at 9:30 w/Helen; **\$65** per 8 week session *Take both for just \$120!

FLOOR YOGA: This form of yoga is practiced using a mat on the floor. Includes 30-minutes of meditation at the end. Mondays at 11:15 or Thursdays at 9:15 w/Lorraine; **\$65** per 8 week session *Take both for just \$120!

TAI CHI: Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of it's soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. **\$65** per 8 week session.

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.

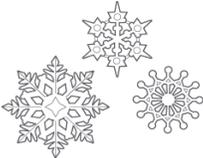
Drop in rate for the above classes is \$10 per day

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! **Session runs October 27– December 15**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 SHINE/ Fix It Shop 9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group/ Book Discussion 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again/ Great Books	9:00 Exercise/ Fix It Shop 10:00 Computer Club/ Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Food & Friends	9:00 Muscle Care/ SHINE 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch/ Zounds Hearing Clinic 11:00 OsteoFitness 11:45 Lunch 12:30 Adult Coloring 1:00 Scrabble/ Line Dancing 6:30 Pickleball	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool Monthly Birthday 1:15 Movie: <i>I'll See You in My Dreams</i>
9:00 Exercise 9:30 Chair Yoga 10:00 SHINE/ Science & Tech 11:15 Floor Yoga 11:45 Lunch 1:00 Poker Paint Party 3:00 Handcrafts 6:30 Sit & Stitch 7:00 Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 10:30 Jen Quinn 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 FBCOA 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Reiki Clinic/ Exercise/ Fix It Shop 10:00 Dog Bones 10:15 Computer Age Genalogy 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Two to Tango 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: Madame Bovary	9:00 Muscle Care/ SHINE 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ Art Class 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	Podiatry 9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 12:30 Wizard Music 1:00 Scrabble/ Nurse's Hours/ Line Dancing 1:30 Surviving the Holidays 6:30 Pickleball	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Mr. Holmes</i>
9:00 Exercise 9:30 Chair Yoga 10:00 BINGO 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 6:30 Sit & Stitch 7:00 Folk & Line Dance	9:00 Fix It Shop/ SHINE 9:30 Exercise/ Breakfast & BINGO 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 Vets Coffee/ Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Holiday Party 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: Citizen Four	9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ Hearing/ Art Class 11:00 Duplicate Bridge/ Dog Bones 1:00 Holiday Food/ Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch/ Posture & Exercise 11:00 OsteoFitness 11:45 Lunch 12:30 Downsizing 1:00 Scrabble/ Line Dancing 6:30 Pickleball	11:00 Coffee 11:30 Dog Bones 12:00 Holiday Party 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>5 Flights Up</i>
9:00 Exercise 9:30 Chair Yoga 10:00 SHINE/ Science & Tech 11:15 Floor Yoga 11:45 Lunch 12:30 Name That Tune 1:00 Poker 3:00 Handcrafts 6:00 Single & Looking 6:30 Sit & Stitch 7:00 Folk & Line Dance	9:00 Fix It Shop/ Fire Safety Brkfst 9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Cocoa & Convo	9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise 11:00 Dog Bones 1:00 Current Events	CLOSED 	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Inside Out</i>
9:00 Exercise 9:30 Chair Yoga 11:15 Floor Yoga 11:45 Lunch 1:00 Poker/ Nurse's Hours 3:00 Handcrafts 6:30 Sit & Stitch	9:00 Fix It Shop 9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch	New Year's Eve at Asiana 9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events		



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THIS SPACE IS
AVAILABLE

Don't Forget These Ongoing Activities

- Bingo!** All are welcome on Monday December 14 at 10:00 AM 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!** Please call ahead to put your name in for substituting.
- Science & Tech Club** Join us Monday December 7 & 21 at 10:00 AM for this exciting conversation!
- Talk to Your State Rep** Please call the Council on Aging to find out when Ken Gordon will be here to talk with you about state issues.
- 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** Join us for a special presentation at 10:15 AM on Wednesday, December 9!
- 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 December 1.
- Aristophanes, Lysistrata**, Dover 978-04862-82251 Newcomers are always welcome!
- Learn to Stitch!** Join the crafters on Wednesdays at 6:30 PM.

Trips! Trips! Trips!

New Year's Eve at Asiana!

Let's ring in the New Year with a relaxed, enjoyable lunch with friends! We will meet at 11:30AM on Thursday, Dec 31 at Asiana in Bedford. Please sign up at the COA. Just \$15.99 per person.

Meal Choices:

1. Sweet and Sour Chicken, spring roll or chicken wing, plain fried rice or white rice
2. Beef with Broccoli, spring roll or chicken wing, plain fried rice or white rice
3. Shrimp with Mixed Vegetable, spring roll or chicken wing, plain fried rice or white rice
4. Double delight chicken and shrimp, spring roll or chicken wing, plain fried rice or white rice

All meals include choice of soft drink.

**Important note about trips:
You do NOT need to be a member of
the FBCOA or a Bedford resident to
attend a trip. Please join us!**

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❄️ Join Vicky at the Council on Aging on ❄️
❄️ Saturday, December 19 for ❄️
❄️ our Saturday Holiday Party!! ❄️
❄️ Food and fun will be shared by ❄️
❄️ all! The party starts at 12:00 ❄️
❄️ PM, so make sure you sign up ❄️
❄️ for this festive event! Only \$3 ❄️
❄️ to attend. ❄️

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For Your Health

Nurse's Hours
 On Friday, December 11 & Monday, December 28, Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

Podiatry
 Dr. Bryant Tarr will be at the COA from 8 -11 AM on *Friday, December 11*. Please call to let us know you are coming. This is a "first come, first served" clinic.

The cost is \$30 for each treatment.

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, December 17** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

SHINE
 (Serving the Health Insurance Needs of Everyone)
 Counselors from Minuteman Senior Services will be available:
 Tuesday, December 1, 9-4
 Thursday, December 3, 9-4
 Monday, December 7, 10-12
 Thursday, December 10, 9-11
 Tuesday, December 15, 9-1
 Monday, December 21, 10-12
 Please call to make an appointment! If you cannot leave your home, they will call you.

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

Acupuncture Clinic
 With Dr. Suraja Roychowdhury
\$35 per visit
Tuesdays 4-8 PM
Please call for an appointment

Cycling for Seniors
 A series of bicycle rides for active seniors. All rides will start in front of the COA at 10AM. If you would like to be put on a list to be notified of upcoming rides send an email to Jack Donohue (jmdonohue@alum.mit.edu). Rides will be 15-20 miles long, depending on the preference of the riders. You should be able to maintain an average pace (including hills) of at least 10mph, and have a multi-speed bike in good condition. We'll try to stay mostly on back roads, but we will spend some time on busy roads, so you should be comfortable riding with traffic. After the ride, we'll have coffee and snacks at the COA.

Reiki Clinic— Wednesday, December 9
 beginning at 9AM- \$15 per session with Denise A. Gilbert, Reiki Master
 What is Reiki? Reiki is a gentle, safe, complementary therapy given with the hands. A certified practitioner places her or his hands along specific energy pathways of the body. This can be head, shoulders, legs or feet. As the energy is transferred you may feel warmth, subtle vibrations and/or deep relaxation. Reiki has been shown to promote a reduction in stress, pain, a promotion of healing and an overall sense of well-being. It is practiced at major hospitals in Boston and across the United States.

Good Posture for Your Health
 Are you suffering from neck pain, back pain, joint problems, and problems with sleeping and breathing? Do you know many of these problems could be the result of poor posture? The Community Health Nurse will discuss the importance of proper posture and the problems caused by not having it! Demonstrations on proper posture and exercise will be presented. Join Joyce on Friday, December 18 at 10:00 AM for this great presentation! There will be a second part of this series in January.

NEW!!! Take a Hike!
 The Community Of Active folks (aka the COA) is starting a hiking group. This month, we will continue explore the conservation trails in Bedford, Carlisle, Concord, Lexington and Lincoln. The walks will start at 10:00AM, take 2 hours and will cover 4 to 6 miles. The walks are lead by Susan Grieb who is a long time Appalachian Mountain Club trip leader. If interested in any of the following hikes you can sign up with the Bedford COA or directly with Susan Grieb at slgrieb@comcast.net. Hikes are as follows:
 Thursday hikes will continue during the month of December! We will let the weather determine what kind of hike, walk or activity we do. If the weather is good we will hike in some of the conservation lands. If the woods look like they will be too slippery to walk using our Yaktrax Pros (go on-line to see these cool shoe/boot additions or check out a pair at the COA) then we will walk on some beautiful back roads. And when the weather is really bad, we can go bowling, walk in a mall or try something else. No matter the weather, we will celebrate the winter! Susan will send out an email each week to let you know the plan for that week.



What You Need to Know

How to Enjoy the Holidays More and Maintain A Sense of Humor!

Halloween to Valentines Day is one very big greeting card and can be stress and strain for anyone – married, single, partnered and especially someone at an in between stage of life. Come to the discussion/workshop at Bedford Council on Aging on **Friday, December 11 at 1:30 PM** led by Dr. Marjorie Cahn which focuses on practical and easy to implement strategies for enjoying the holiday season more.

You may laugh until your sides hurt, perhaps shed a tear for Christmas past and coming Valentines Day but certainly leave with some suggestions for approaching the next few months with a new sense of gusto. If you are so inclined, and willing to share, bring your most difficult holiday dilemma to the workshop. We hope you will leave with a solution!

Marjie Cahn, LICSW, EdD, is a graduate of Bard College, Bank Street College of Education, Boston University School of Social Work and the College of Education at UMASS, Amherst.



Holiday Closings

The Council on Aging will be closed on Friday December 25 and Friday January 1 in observance of the holidays. We wish you all a safe and happy New Year!

Help Seniors in Our Community by donating to the "Giving Hands" Program The Council on Aging will be collecting gifts cards to help seniors in our community. Gift cards for supermarkets and pharmacies are most helpful. Thank you for your generosity!



Paint Party!!!

The Commons at Lincoln and Anne Hunter of The Creative Touch are teaming up to host a painting party! Join them right here at the Council on Aging on **Monday, December 7 at 1:00 PM** to have fun making art. Its great fun, and *no experience (or artistic ability) necessary*. They supply everything...all you have to do is bring a positive attitude! Believe it or not, you will complete a peaceful winter scene on a 16" X 20" canvas in just 2 hours! Save your spot today! Please sign up by Friday, December 4 so we know how many to expect.



Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on **Tuesday, December 22 at 9:00 AM** for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.



Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ◆ Senior-related crisis intervention
- ◆ Assistance in choosing housing, including assisted living and nursing facilities
- ◆ Transportation to medical appointments
- ◆ Help in obtaining public benefits
- ◆ Health benefits counseling
- ◆ Job placement through the Town and in the private sector
- ◆ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ◆ Legal counseling by an attorney
- ◆ Tax preparation by AARP/IRS volunteers

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

Computer Club

Meetings will continue on the 1st Wednesday of each month through the year. Please join us! A round table discussion will be held on **Wednesday December 2 at 10:00 AM.**

Computer Drop-In

Our friendly Computer Club volunteers will be here on Tuesday and Thursday afternoons for drop-in assistance at 2PM to help those with questions about any aspect of computer use. *These folks also offer help with cellphones, tablets, and even your camera!*

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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***** Winter Weather Policies *****

If the Bedford Public Schools are closed or delayed due to weather, the senior center will be also. If there is severe weather but the schools do not close, we will hold activities if possible. However, please call before coming as presenters or teachers may not be able to get here. Staff will still be in their offices to assist you (though, of course, if you have an emergency, please call 911).

Those who have scheduled rides through the BLT and Wheels of Life programs should call the COA about the status of their rides. Medical appointments will be evaluated on a case-by-case basis, although a recommendation will be made to reschedule if possible.

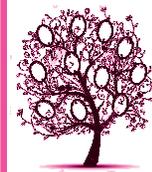
In the event of a long term emergency the town will broadcast emergency information on AM radio 1640 as well as on the town website www.bedfordma.gov. Finally, if you are without heat and electricity for more than 12 hours and the temperature outside is less than 45 degrees, seek shelter with heat and electricity. If you have nowhere to go and need shelter, call the Public Safety Dispatch at (781) 275-1212 for assistance.

If you know of someone who would benefit from a 'Get Well' or 'Thinking of You' card, please give the details to Alissa at the COA Front Desk, along with an address, and the *Sunshine Lady* will send them along!



Dog B.O.N.E.S. Visits

Dog B.O.N.E.S. is an acronym for *Dogs Building Opportunities for Nurturing and Emotional Support*. Stop in and visit with Reika & Kramer every Wednesday at 10:00. Ann & her dog Kobi drop by every Saturday 11:30-12:30! Also, keep your eyes open for impromptu visits all week by other volunteers!



Genealogy in the Computer Age

The Bedford COA Genealogy Group invites you to a presentation by Leo Cierpial on **Wednesday, December 9th at 10:15 AM**. This program will introduce you to the resources and methods that the personal computer and the Internet can provide to you, from just saving documents and photos of interest to present or future genealogists in your family, to researching and documenting your family history. **Please call the Council on Aging to sign up for this exciting new program!!**

FBCOA 2016 Membership Dues by September 2015

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



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