

COA CONNECTIONS

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

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



Healthy Eating for Successful Living

Free 6-Week Course Beginning Thursday June 26 from 9:30 AM to 12:00 PM

This program is for people who want to learn more about nutrition and how lifestyle changes can promote better health. The program is based on the USDA *MyPlate* recommendations. It stresses heart and bone health strategies that are important to preventing or managing most chronic health conditions. The program is delivered by trained leaders with the support of a nutritionist or registered dietician. Sessions, which are highly participatory, include an education component and hands-on activities. The class will meet once per week for 6 weeks beginning Thursday June 26 at the Bedford Council on Aging. There is no charge for this course which has been generously funded through a grant from the Tufts Health Plan Foundation. Space is limited so please register early by calling the COA at (781) 275-6825.

Back Yard Olympics Wednesday June 25 from 10:00 - 12:00



Come join the fun as we head outside for a day of all your favorite back yard games! No athletic talent is required to participate - just a desire to have fun! All are welcome! Bring your friends and family! Ice cream will be provided by Griswold Home Care. **Please call to register (781) 275-6825.**

Alternative Care: When You or Your Loved One Becomes Seriously Ill

When someone is facing a life-limiting illness, how one experiences their journey, and receives the compassionate, expert care needed, is foremost in their mind. Janice Benoit, RN from Compassionate Care Hospice will be talking about some of the choices available to you if you or your loved one become seriously ill. Please join us on **Wednesday June 11 at 10:00 AM.**

Heart Disease: Everyday Actions for Prevention and Management

It is never too late to start taking care of your heart. Heart disease is one of the most common problems in the United States and it affects more than 83.6 million Americans. There are many things you can do in your everyday life to prevent heart disease from developing, or progressing further if you are already diagnosed with it. Danielle Beck, MSN, RN, NP is a nurse practitioner in Bedford who specializes in counseling and educating adults on wellness, nutrition, and disease prevention. She will lead a discussion **Wednesday June 25 at 7 PM** on the easy steps you can take to reduce and prevent heart disease. Danielle will discuss how common diseases such as high blood pressure, coronary artery disease, diabetes, and high cholesterol affect the heart. She will also provide tools you can use at home to help take care of your heart. **Please call (781) 275-6825 to register.**

Do you enjoy spending time with enthusiastic, curious, bright-eyed children?

Bridges: Growing Older, Growing Together is an intergenerational program that fosters friendships and understanding between older adults and children in our elementary schools. Spend an hour per week for six weeks sharing your experiences and learning about these children as you work together with them in the classroom, under the guidance of a staff member. Together, you will complete simple, fun projects that promote shared perspectives and interesting discussions.

Classes will meet on Tuesdays at 1:00 PM beginning July 8 at the Kids' Club. If you are interested in participating or would like more information, please contact Lori Wittner at (781) 275-6825 or email coa@bedfordma.gov.



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Don't Forget These Ongoing Activities

Bingo! All are welcome on Monday June 9 at 10:00 for a chance to win token gifts.

Game Time! Bring your friends on Mondays at 10:00 for a game of Dominos, Scrabble, Chess, Cribbage, Pool and more!

Sing with the Songbirds! 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 June 5 and 19 at 11 AM.

Coffee Hour Meet new friends and have a cup of coffee or tea on Tuesday evenings at 6:00. *Don't miss "Happy Hour" on June 3 (See page 3)

Talk to Your State Representative Ken Gordon will be at *Current Events* on Thursday June 12 at 1:00 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 Group share information about exploring family trees on Wednesday June 11 at 10:00.

Nom de Plume Writers Group Do an exercise, share your work, and get feedback! New members are welcome. Meets the 1st and 3rd Tuesdays of every month at 1:00.

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 10-week session is only \$55. Don't forget your shoes!

- **Menopause the Musical** Tuesday June 24 will depart promptly at 1 PM and return at about 5:30 PM.
- **Newport Flower Show** Saturday June 28 will depart at 8 AM and will return at about 4:30 PM

Mohegan Sun & Lobster Boil

Thursday July 24 (\$75)

Escape to Mohegan Sun Casino! Try your luck at the slot machines or one of 170 table games! Not a gambler? Explore the many shops or visit the Day Spa! Then we are off to George's of Galilee for a traditional lobster boil! Enjoy RI clam chowder and clam cakes, garden salad and your choice of steamed 1.25 lb lobster or 12oz char-grilled rib eye! Both served with potato, corn, beverage and watermelon for dessert! This trip includes 5 hours at the Casino, \$15 food voucher, \$15 free bet, and the lobster boil. Bus will depart at 7:15 AM and will return at about 7:00 PM. Full payment of \$75 and meal choice due upon reservation.

Concord River Summer Lunch Cruise

Thursday August 14 (\$28)

Enjoy a unique dining experience aboard a pontoon boat while viewing the homes of the 1800's and nature at its best. Watch for turtles, blue herons, geese, ducks and other wildlife along the river banks. Cruise to Fairhaven Bay, where Thoreau and Hawthorne spent time composing their renowned writings. See the Old North Bridge where the shot heard around the world was fired. Lunch includes a side salad, fruit, dessert and your choice of sandwich: chicken salad, tuna, sliced turkey, ham and cheese, or vegetarian. Served with iced tea or lemonade. Full payment is due upon sign up. **Please meet at 12:30 at the South Bridge Boat House in Concord (496 Main St.) The cruise leaves at 1:00 PM and will return at about 2:15. Space is limited to 20 so reserve your spot today!

Isles of Shoals, Lighthouses, and Harbor Cruise

Wednesday August 13 (\$89)

Join us aboard the M/V Thomas Leighton and experience the fascinating legends of our New Hampshire and Maine seacoast. As you glide through Portsmouth Harbor you will see the nation's oldest and active naval yard, "Alcatraz of the East", a famous grand resort hotel, 3 lighthouses, and much more! Enjoy an UnCommon meal at the Common Man - your choice of Apple Walnut Chicken, Yankee Pot Roast, or Baked Haddock. The bus will depart at 9 AM and will return at about 6:30 PM. The cost of this trip is \$89, which is due in full at time of sign up along with your meal choice.

All trips depart from the Bedford Town Hall parking lot in front of the police station unless otherwise noted.

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NEW! Sit 'n Stitch

This group is for everyone, novice to expert, who is looking to get together and share the wonderful world of knitting. Discuss current projects, swap yarn and patterns and of course do some knitting over a cup of coffee. All are welcome - crochet and beads too! This is a casual, social group! All you need to do is show up! The group will be meeting on Fridays from 10:00 to 2:00 at the COA beginning (officially) on June 27th. So dig out that project you've been meaning to finish and join us!

Coffee Hour meets Happy Hour! Tuesday June 3 at 6 PM



Are you looking for a splash of happy? Stop by during our regular Tuesday Coffee Hour for something a little bit different! We will mix the "mock-tails" while you mingle with your neighbors. Enjoy some light refreshments while relaxing and socializing. Please RSVP by calling (781) 275-6825.

Literary Families of Concord

Phebe Ham, native of Concord will be giving a walking tour with focus on Concord's literary families in the 1840's - the Emersons, Thoreaus, Alcotts, and Hawthornes. All friends and neighbors. We will meet at the parking lot of the Old North Bridge in Concord at **11 AM on Tuesday June 17** (rain date Wednesday June 18). There is no charge but please sign up by calling the COA 781- 275-6825.

Senior Olympics Pool Tournament!

Bedford has been chosen to host the Senior Olympics Pool Tournament once again! All are welcome to watch and you may even compete if you wish! The tournament will be held here on **Friday June 27** from 9 AM to 4 PM and continues on **Saturday June 28** from 8 AM 'til a winner is announced. Lunch will be served and a good time will be had by all. If you wish to compete, please sign up at the COA by June 16. The cost to compete is \$10 and there is no cost for spectators.



Breakfast and BINGO Monday June 23, 9:00 AM

Come play for a chance to win a gift card to one of your favorite local stores! Grand prize winner will take a home a special gift! Breakfast and prizes will be provided by Brightview Concord River. Please RSVP by calling (781) 275-6825.

You are Invited to a Picnic Lunch!

In honor of summer, BrightView Concord River will be sponsoring a picnic lunch at the COA on **Thursday June 19 at 11:30 AM**. Please RSVP by Monday June 16 by calling (781) 275-6825.

Saturday Afternoon at the Movies!

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

June 7 *Dallas Buyer's Club* (2013) R Loosely based on true events, this drama follows Ron Woodroof, who refuses to accept he'll die in 30 days when he's diagnosed with AIDS in 1986. He extends his life and eventually helps many other AIDS patients by smuggling medications from abroad.

June 14 *Labor Day* (2013) PG-13 What begins as a short ride turns into a life-changing event for divorced single mother Adele Wheeler and her 13-year-old son, Henry, when they give a lift to a fugitive on a fateful Labor Day weekend.

June 21 *The Monuments Men* (2014) PG-13 In a race against time, a crew of art historians and museum curators unite to recover renowned works of art stolen by Nazis before Hitler destroys them. Written, directed and starring George Clooney.

June 28 *Elysium* (2013) R In this dystopian thriller set in 2159, the wealthiest humans move to a fabulous private space station, while life on Earth grows ever more grim. With no other options, an ex-con (Matt Damon) agrees to join a risky mission to bring balance to the two worlds.



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
9:00 Exercise 2 9:30 Yoga 10:00 Pilates/Games 11:45 Lunch 1:00 Poker/ Floor Yoga/Green Burial 3:00 Handcrafts	9:00 Fix It Shop 3 9:30 Exercise 11:00 Duplicate Bridge/Tap Dance 12:30 Osteofitness 1:00 Writing Group/ Book Discussion 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Happy Hour 7:30 Single Again	9:00 Exercise/ Fix It Shop 4 10:00 Computer Club 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise/ Talking Books 2:00 SHINE	9:00 Floor Yoga 5 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 6 9:30 Yoga 10:30 Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	
9:00 Exercise 9 9:30 Yoga 10:00 Pilates/Games/ BINGO 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	9:00 Fix It Shop 10 9:30 Exercise/ Hearing 10:00 SHINE 10:30 Banking 11:00 Duplicate Bridge/Tap Dance 12:00 COA Board 12:30 Osteofitness 1:00 FBCOA 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/ Fix It Shop 11 10:00 Genealogy/ Compassionate Care 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise	9:00 Floor Yoga 12 10:00 Exercise 11:00 Healthy Eating 1:00 Current Events - Ken Gordon/ Tai Chi	8:00 Podiatry 13 9:00 Exercise 9:30 Yoga 10:30 Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing/ Nurse's Hours	
9:00 Exercise 16 9:30 Yoga 10:00 Pilates/Games 10:30 Retirement 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	9:30 Exercise 17 11:00 Duplicate Bridge/Tap Dance/ Literary Families 12:30 Osteofitness 1:00 Writing Group 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise 18 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Desert National Parks 2:00 SHINE	9:00 Floor Yoga 19 10:00 Exercise/ Hearing 11:00 Duplicate Bridge/ Picnic Lunch 1:00 Current Events/ Tai Chi	9:00 Exercise 20 9:30 Yoga 10:30 Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	
9:00 Exercise/ Breakfast & BINGO 23 9:30 Yoga 10:00 Pilates/Games 11:45 Lunch 1:00 Poker/ Floor Yoga/Nurse's Hours 3:00 Handcrafts	Stoneham Theatre 24 9:30 Exercise 11:00 Duplicate Bridge/Tap Dance 12:30 Osteofitness 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise 25 10:00 Backyard Games 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 7:00 Cardiovascular Health	9:00 Floor Yoga 26 9:30 Healthy Eating Course (see page 1) 10:00 Exercise 1:00 Current Events/ Tai Chi/ Trail Walk	Senior Olympics Pool Tournament 27 9:00 Exercise 9:30 Yoga 10:00 Sit 'n Stitch 10:30 Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	
9:00 Exercise 30 9:30 Yoga 10:00 Pilates/Games 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	Saturday Activities 12:30 Beginner's Italian 1:00 Bridge, cards, pool Movies begin at 1:15 PM See page 3 for details! June 28 8 AM: Senior Olympics Pool Tournament (see page 3) June 28: Newport Flower Show			 June	



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Fitness News

Thank you to all of our participants who completed the survey! We are thrilled that so many of you are benefitting from the classes we offer and we are grateful to have such wonderful and committed instructors! Based on your feedback, it is clear to us that all of the classes we offer **MUST** continue! A great deal of thought and energy went into our new structure of fees, including comparisons of local health clubs and other fitness programs. Our new membership options begin July 1.

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!

***Drop in rate for the above classes is \$5.00 per day.

BONING UP ON OSTEOPOROSIS!

Beverly J. Ikier, a senior fitness specialist and educator, presented a lecture at the Bedford Council on Aging on alternate approaches to combating Osteoporosis. 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.



“SPECIALS” (Formerly Punch Card Classes)

Chair Yoga: \$65 per 8 week session - Mondays at 9:30 w/Lorraine (July 1) or Fridays at 9:30 w/Helen (September 2014) *Take both for just \$120!

Tai Chi: \$65 per 8 week session (Thursdays at 1:00 taught by Oriental Healing Arts Association)

Floor Yoga: \$65 per 8 week session (Mondays at 1:00 or Thursdays at 9:15 w/Lorraine) *Take both for just \$120!

Zumba Gold: \$65 per 8 week session (Tuesdays at 4:00 PM w/Vera)

Tap Dancing: \$65 per 8 week session (Tuesdays at 11:00 w/Chuck)

Chair Exercise: \$65 per 8 week session (Wednesdays at 12:30 PM w/Madeline)

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

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

COA Getaways

September 11th Memorial in NY and West Point Academy

September 19-20, 2014

This popular tour begins with a visit to **West Point Military Academy** for a guided tour of the historic United States Military Academy. Spend the afternoon exploring on your own then head to Tarrytown accommodation at the Courtyard by Marriott. Your evening will include dinner and entertainment at the **Westchester Dinner Theatre** where you will enjoy a Broadway Class show from the comfort of your seat. Day 2 of your trip includes a hot buffet breakfast followed by a trip to the **National September 11th Memorial in Manhattan**. You will also have free time near **Rockefeller Center** where you might want to explore St. Patrick's Cathedral, Times Square, or Top of the Rock. Lunch will be on your own before returning home. The cost of this trip is \$299pp double occupancy or \$359 for a single. For more information or to register, please visit the COA.

Cooking with King Arthur October 6-7, 2014

You don't have to be a chef to enjoy this 2-day extravaganza featuring a hands-on 3-hour cooking class at the world famous **King Arthur Flour** in Norwich, VT. "Easy as Pie" will "banish even the worst case of crust anxiety!" Other Vermont sights you will visit include **Billings Farm and Museum** where you will explore one of the finest operating dairy farms in America; the beautiful, historic **Marsh-Billings-Rockefeller Mansion and Gardens**. Your accommodations will be at the award-winning **Summit Lodge** just minutes from the slopes of Killington. Commanding views of the peak and surrounding Green Mountains abound. Evening activities will include an Innkeepers Cocktail Party, a four-course dinner, and a wonderful show! Finally, you will be treated to a fabulous breakfast before returning home the next morning. The cost of this trip is \$329pp double occupancy or \$359 for a single. For more information or to register, please visit the COA.

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Friends of the Bedford Council on Aging Notes

Next Meeting: Tuesday June 10, 1:00 pm in the Flint Room

FIX IT SHOP NEWS

The Fix-It-Shop will close for the summer on Wednesday June 11. It will re-open in mid-September. The last day to drop off items is June 4. Watch battery replacement will continue in the summer through the COA front desk drop-off.

Please note: clock repair services will no longer be available. A special thank you to our clock expert John Gerdes for your years of service!

*See Page 7 For Some
Exciting New Travel Opportunities!*

FBCOA Annual Membership Dues

2014—2015

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

(Tax deductible contributions gratefully accepted)

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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 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 2015 Membership Dues by September 2014

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