

Help,
Health,
Fellowship...



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: Alison Cservenschi

Elder Services Coordinator: Wendy Aronson • Administrative Assistant: Alissa Anderson

Daytime Dept. Assistant: Marianne Smith • Evening Dept. Assistant: Donna Sokolski

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

Fix It Shop Closes for the Summer

The Fix-It-Shop will close for the summer on June 23. It will re-open September 6. Watch battery replacement will continue throughout the summer through the COA front desk drop-off. Thank you!

Tea for Two, and Two for Tea Wednesday June 22 at 12:45 PM

Join us while we explore the world of tea! Tea is a versatile beverage and is becoming an increasingly popular ingredient at chef's tables, local bakeries and behind your favorite bar. See what the hype is all about and feel good, too by joining us for tea and conversation! This seminar will teach you about the origins of tea, tea and health, tea processing and tea preparation. There will be samples of all the major tea varieties; White, Green, Oolong, Black and Pu-Erh as well as an assortment of Herbal infusions! This fun and informative seminar can help highlight teas for your own enjoyment based on the flavor and benefits they provide. This program last 1 hour and includes a tea tasting. Please call the COA to sign up for this exciting program!



MEM Tea Imports has been sourcing, blending and distributing teas from around the world since 1999. They serve over 500 restaurants, hotels, cafes and bakeries in Boston and beyond. Owned by Gilbert Tsang, a Bedford Graduate.

Mass Senior Games Pool Tournament



Bedford has been chosen to host the Mass Senior Games 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 24 from 8 AM to 4 PM and continues on Saturday June 25 from 8 AM 'til a winner is announced. Refreshments 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 18. The cost to compete is \$15 and there is no cost for spectators.

AAA Driver Improvement: Safe Driving for Mature Operators

Tuesday, June 21 from 10:00 AM - 2:30 PM (participants should bring lunch)

Do you know the Top 5 Most Dangerous Driving Situations for Seniors? How can you maintain your driving skills and remain driving as safely as possible, for as long as possible? Join AAA for this workshop with practical advice on how individuals can compensate for changes that occur as we age! Aging is inevitable, but growing older doesn't have to mean giving up an active lifestyle. AAA has created this important program based on statistical data from the National Highway Safety Administration to raise awareness on how Senior drivers can be proactive about their own driving safety. **Please sign up as space is limited.** *This presentation is given by Eleanor Baker of AAA Northeast who has worked for 20 years in AAA Public Affairs. She is a certified instructor for AAA's Driver Improvement Program. Ms. Baker has been involved with roadway safety throughout her AAA career - from AAA's Driving School and Dare to Prepare classes for teens as they begin their driver education process to Senior Mobility - helping to keep everyone driving as safe as possible for as long as possible.*

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, June 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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JUST FOR FUN



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 **Saturday, June 4** if your special day is in June!

Breakfast and BINGO

Tuesday, June 14 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.



WIZARD MUSIC

Friday, June 10 at 12:30pm

John Kienzle from Wizard Music will provide Rogers & Hammerstein music on keyboard for your entertainment! Come in for lunch, then join us to experience John's music!



SummerFest!

Meet up with your friends on **Saturday, June 18** for a delicious BBQ catered by Lester's Roadside BBQ. Please sign up by June 14 so we know you are coming! Just \$8 per person, due at sign-up.



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☆ Join the FBCOA for a Send Off to Summer ☆
☆ after the monthly meeting on **Tuesday June** ☆
☆ **14 at 1:00PM!** Wear your Red, White & Blue ☆
☆ to celebrate Flag Day with us! ☆

Name That Tune!

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, June 20 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.

Adult Coloring

For Therapy ...or Just for Fun!
Friday June 17th 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 our hands. Pre-printed pages will be provided along with coloring pencils. Use ours or bring your own! Come and relax with us!



Spring Recital with Ballet Classic

Friday, June 3 at 4:00 PM



Please join us for our end of year performance, where our first and second year students (4yrs old to 16yrs old) will be showing their skills in short ballet themed pieces. *We believe sharing our performances and providing a place where members of our community are welcome to learn the art of dance, we add to the depth, and diversity that makes up our community. We hope to see you there!*

Send off to Summer: Irving Berlin Tribute!

Come join SongFest on **Wednesday, June 15 at 10:30 AM** and sing along, hum, listen, clap, dance or whatever you choose! Refreshments will be served.

Irving Berlin has no place in American music...he is American Music—Jerome Kern

Do you like playing RISK or Chess?

The COA now has a chess group! They meet on Thursdays at 2:00 PM! If you are interested in playing, or learning, please join us! Risk is also available at anytime!



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.



**Talking Books
Wednesday June 15 at
12:45 PM**



The Perkins Braille and Talking Book Library provides audio and large print books as well as access to hundreds of newspapers, movies and TV shows. The library is part of the federally funded National Library Service. Gayle Yarnall will be at the Bedford Council on Aging to demonstrate the free, easy to use digital player and explain how all of these services can be delivered to your home at no cost. Most people think the library is only for people who are blind but we serve anyone who can't read standard size print easily for any physical reason. We will bring applications for people who might be interested in joining. All services are free. *Nothing can keep you connected with the world like reading!*

**SCIENCE & TECHNOLOGY CLUB
All are welcome!**

We will be continuing our series, *How the Universe Works*, Season 2. Please join us on **Monday, June 6 at 10:00 AM** for episode 7, Asteroids. *From icy worlds with more fresh water than Earth to flying mountains of pure metal, asteroids shaped our past and promise much for the future. Could these enigmatic space rocks hold the key to how life in the Universe arises and is extinguished?*

We will also meet on **Monday, June 20 at 10:00 AM** for episode 8, Birth of the Earth. *The Earth was formed by a series of cosmic cataclysms including the most powerful blast in the Universe. Yet amid the turmoil our world was born. Could the same chain of events have created other earths elsewhere, inhabited by creatures like us?*

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!



Next month, we will begin the series, Your Inner Fish. This PBS series is based on a book by Neil Shubin. Stop in the COA for more information!

**Housing Options and Trusts for Seniors
Thursday June 23 at 1:00 PM**



Dale Tamburro returns this month for this informative lecture on these topics: Staying home issues & solutions, benefits & disadvantages; irrevocable trust; mortgage options; downsizing in general; Homestead Act; issues related to selling; renting or moving in with children; assisted living or continued care communities basics; creative asset protection. Many other topics will be touched on. Dale will also answer any questions you have. Please sign-up for this lecture so we know you are coming!

He will also offer (free of charge) three individual 45min. appointments beginning at 9:30AM. Please call the Bedford Council on Aging at 781-275-6825 to schedule your appointment or for more info!



Billerica Crossings
A Benchmark Senior Living Community

Tuesday, June 28 at 11:45 AM

Meet the team from Billerica Crossings and enjoy a delicious lunch prepared by their Chef! Bring your appetite and whatever questions or concerns you have about assisted living. Please sign up to reserve your seat!

**Verizon Tech Support
Thursday June 9 at 11:00 AM**

Do you have any questions or concerns about your phone, laptop or tablet? There are no stupid questions. Bring your tablet, laptop or cell phone with you for one on one assistance. This program is an interactive question and answer, program! Please let us know if you will attend.



**Friends of the Bedford Council on Aging
Next Meeting: Tuesday, June 14 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. **Next session dates: 6/10-8/16**

NEW

Yoga for Osteoporosis

NEW

In this 8 week session, you will engage in a practice to support bone strength. You will learn 12 poses that specifically help to regain and maintain bone strength. These poses are based on the scientific research of Dr Loren Fishman, which has been shown to enhance bone strength, improve balance, aid in co-ordination, increase range of motion and reduce anxiety. There is also a breathing and meditation component to this session, which aids in alleviating stress and centering mind and body to support bone health too. You will be guided in setting up a daily home practice of these poses for maximum benefit.

\$65 for 8-weeks beginning Thursday June 9, limit 8.

WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR EXERCISE: Working from the safety and comfort of either a chair or exercise ball– workout for the entire body– this class uses multiple strength training moves to develop range of motion; flexibility; endurance; and balance. Weights, straps, and bands will be used. We will work our core, arms and legs. **\$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 **10:00** w/Helen; **\$65** per 8 week session *Take both for just \$120!

FLOOR YOGA: Please check with the COA for the status of our Floor Yoga class.

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

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

Evenings at the COA

Don't forget these ongoing Evening Programs!

Sit & Stitch
Monday & Wednesday at 6:30 PM

PickleBall
Tuesday & Friday (see page 7 for time and locations)

Zumba Gold
Tuesday at 4:00 PM

ANTIQUUE APPRAISALS

Peter Yvanovich, Senior Professional Appraiser, will be at the Council on Aging on Wednesday, June 15 at 6:30PM to speak about ways to sell, donate or bequeath your valuable heirlooms. Everyone is welcome to bring an item to be appraised! No firearms, coins or stamps please. Seating is limited and a light dinner will be served. RSVP by June 8th.



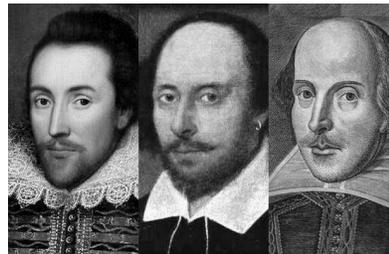
Sponsored by Right at Home and CareOne of Concord.

COA CINEMA 6:45 PM

June 8 Spotlight (2015) R Revealing a string of cover-ups stretching back decades, a team of "Boston Globe" reporters exposes the Catholic Archdiocese's history of keeping reports about child molestation and other priest-initiated abuse under wraps.

June 13 Romeo & Juliet (1968) PG Falling in love against the wishes of their feuding families, star-crossed lovers Romeo Montague and Juliet Capulet defy their destiny and elope in secret, only to suffer the ultimate tragedy.

June 29 Alive Inside: A Story of Music & Memory (2014) NR This moving documentary follows social worker Dan Cohen as he uses music to unlock memory in nursing-home patients with Alzheimer's disease. Aided by well-known neurologist Oliver Sacks, Cohen aims to transform the quality of life for the afflicted.



Celebrate the 400th Anniversary of Shakespeare

Join Stephen Collins on **Monday, June 20 at 6:30 PM.** Who had more effect on the English language than

William Shakespeare? He created over 1700 common words that before him were either used in a different manner or didn't exist at all. He did this by changing nouns into verbs, changing verbs into adjectives, connecting words never before used together, adding prefixes and suffixes, or just invented entirely new words from scratch. Let actor Stephen Collins make Shakespeare's words come alive for you as he performs as King Lear, Edmund, Prospero and others. Please RSVP by calling the COA for this evening performance. Refreshments will be provided.

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!

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☆ Folk & Line Dance! ☆

☆ ...at the Council on Aging ☆

☆ on Mondays *exactly* at ☆

☆ 7:00 PM with your 'two ☆

☆ left feet' for folk & line ☆

☆ dance lessons. We'll teach ☆

☆ you from the first step! ☆

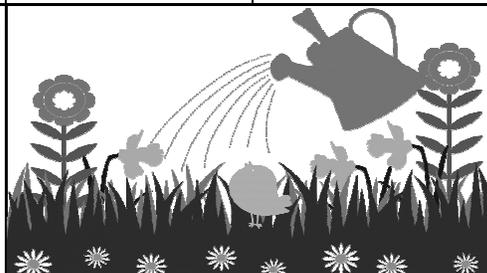
☆ Soft-soled shoes ☆

☆ preferable. Jim Banks is ☆

☆ offering these classes free ☆

☆ of charge! Please join us! ☆

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		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 6:30 Sit 'n Stitch/ Learn to Stitch	9:00 Muscle Care 2 9:30 Take a Hike 10:00 Exercise 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	9:00 Exercise 3 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Line Dancing/ 4:00 Ballet 6:00 Pickleball	11:00 Coffee 4 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool Monthly Birthday 1:15 Movie: <i>Concussion</i>	
	9:00 Exercise 6 9:30 Chair Yoga 10:00 Science & Tech 11:15 Floor Yoga 11:45 Lunch 1:00 Coffee w/ Emerson/ Poker 6:30 Sit & Stitch 7:00 Folk & Line Dance	9:00 Fix It Shop 7 9:30 Exercise 11:00 Dup. Bridge/ OsteoFitness 1:00 Writing Group 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball 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 CPAP Support 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: <i>Spotlight</i>	9:00 Muscle Care 9 9:15 OsteoYoga 9:30 Take a Hike 10:00 Exercise 11:00 Duplicate Bridge/ Dog Bones/ Verizon 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	Podiatry 10 9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Wizard Music 1:00 Scrabble/ Nurse's Hours/ Line Dancing/ 6:00 Pickleball	11:00 Coffee 11 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Steve Jobs</i>
	9:00 Exercise 13 9:30 Chair Yoga 10:00 BINGO 11:15 Floor Yoga 11:45 Lunch 12:45 Alz Assoc. 1:00 Poker 6:30 Sit & Stitch 6:45 Movie: <i>Romeo & Juliet</i> 7:00 Folk & Line Dance	9:00 Fix It Shop/ SHINE 14 9:30 Exercise/ Breakfast & BINGO 11:00 Dup. Bridge/ OsteoFitness 1:00 FBCOA 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball 7:30 Single Again	9:00 Exercise/ Fix It Shop 15 10:00 Vets Coffee 10:30 SongFest: Irving Berlin Tribute/ Tick Talk 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 12:45 Talking Books 6:30 Sit 'n Stitch/ Learn to Stitch/ Antique Appraisal	PEM Trip 16 9:00 Muscle Care 9:15 OsteoYoga 9:30 Take a Hike 10:00 Exercise/ Hearing 11:00 Dog Bones/ 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	9:00 Exercise 17 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Adult Coloring 1:00 Scrabble/ Line Dancing 6:00 Pickleball	11:00 Coffee 18 11:30 Dog Bones 12:30 Beginner's Italian SummerFest BBQ 1:00 Bridge, cards, pool 1:15 Movie: <i>A Midsummer Night's Dream</i>
	9:00 Exercise 20 9:30 Chair Yoga 10:00 Science & Tech 11:15 Floor Yoga 11:45 Lunch 12:30 Name That Tune 1:00 Poker/ Med Safety/ Nurse's Hours 1:30 Hitler History 6:30 Shakespeare/ Sit & Stitch 7:00 Folk & Line Dance	9:00 Fix It Shop/ SHINE 21 9:30 Exercise 10:00 Driver Education 11:00 Dup. Bridge/ OsteoFitness 1:00 Writing Group 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball 7:30 Single Again	9:00 Exercise/ Fix It Shop 22 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 12:45 Tea Tasting 6:30 Sit 'n Stitch/ Learn to Stitch	9:00 Fire Safety/ Muscle Care 23 9:15 OsteoYoga 9:30 Take a Hike 10:00 Exercise/ 11:00 Duplicate Bridge/ Dog Bones 1:00 Dale Tamburro/ Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	Pool Tournament 24 9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness/ 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Line Dancing 6:00 Pickleball	Pool Tournament 25 11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Joy</i>
	9:00 Exercise 27 9:30 Chair Yoga 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 1:30 Hitler History 6:30 Sit & Stitch 6:45 Move Maven 7:00 Folk & Line Dance	9:00 SHINE 28 9:30 Exercise 11:00 Dup. Bridge/ OsteoFitness 11:45 Billerica Crossings Lunch 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball 7:30 Single Again	9:00 Exercise 29 10:00 Zounds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: <i>Alive Inside</i>	9:00 Muscle Care 30 9:15 OsteoYoga 9:30 Take a Hike 10:00 Exercise/ 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts		

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THIS SPACE IS
AVAILABLE

Don't Forget These Ongoing Activities

- Bingo!** All are welcome on Monday, June 13 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 Thursdays at 3:00! New members always welcome!
- Play Mah Jongg!** Wednesdays at 11:00, Fridays at 11:30. All are welcome! Lessons available!
- Play Duplicate Bridge!** Please call ahead to put your name in for substituting. (Tuesdays & Thursdays at 11:00)
- Science & Tech Club** Join us Monday, June 6 & June 20 at 10:00 AM for this exciting conversation!
- Talk to Your State Rep** Please check with the COA to find out when Ken Gordon will be here next.
- 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, June 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 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 \$3 (paid to instructor).
- Discover Tap Dance!** Chuck Frates' popular Tap Dancing class takes a summer break! Watch for his classes to return on Tuesdays after Labor Day.
- Bedford-Lexington Great Books** takes their summer break. We hope you will join in the Fall! *Newcomers are always welcome!* bed-lexgreatbooks@comcast.net
- Learn to Stitch!** Join the crafters on Wednesdays at 6:30 PM.
- Chess** Hone your skills or learn! Thursdays at 2:00 PM.
- Pickleball** Tuesdays 6:30-dusk, JGMS Tennis Courts; Fridays 6-7:30PM, Lane School Gym.
- 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.

Saturday Movies begin at 1:15 PM

June 4 *Concussion (2015)* PG-13 When Dr. Bennet Omalu's autopsy studies lead him to conclude that multiple concussions could be the underlying cause of the brain disorders suffered by many U.S. football players, he encounters harsh resistance from the NFL establishment.

June 11 *Steve Jobs (2015)* R Everyone knows about the products Steve Jobs designed, but few people really knew the man behind the technology. This revealing biopic focuses on a few key incidents and relationships to tell the story of a digital visionary who changed the world.

June 18 *A Midsummer Night's Dream (1999)* PG-13 Four star-crossed lovers -- Hermia (Anna Friel), Lysander (Dominic West), Demetrius (Christian Bale) and Helena (Calista Flockhart) -- run into the forest in pursuit of one another in director Michael Hoffman's adaptation of William Shakespeare's comedic love story. Amid the feuding fairies Oberon (Rupert Everett) and Titania (Michelle Pfeiffer), mischievous Puck (Stanley Tucci) sets loose a potion that wreaks romantic havoc on everyone.

June 25 *Joy (2015)* PG-13 After 10 years of trying to mass-market the revolutionary floor mop she had invented, housewife Joy Mangano strikes gold with a personal pitch on QVC that turns her Miracle Mop into an overnight marketing miracle.

Thanks to the FBCOA for our funding!

Trips! Trips! Trips!

P | E | M Peabody
Essex
Museum

Thursday, June 16
10:00 AM—4:00 PM

Please sign up for a day of fine food and wonderful art. Join us for a lovely meal at the Causeway, which has been a local favorite restaurant serving Italian and seafood entrees for over ten years! Order off the extensive menu and pay for lunch on the day of the trip. After lunch we visit the Peabody Essex Museum, we will have a one hour guided tour of the Rodin "Transforming Sculpture" exhibit. After which you are free to visit the other exhibits throughout the museum.

Cost of the trip is \$65.00 per person, including transportation and entrance to the museum.

Please sign up today as attendance is limited to 13 people.

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

 **Nurse's Hours**
 On **Friday, June 10 & Monday, June 20**, 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, June 10*. 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, June 16** 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, June 14, June 21, & June 28 from 9-12; Please call to make an appointment! If you cannot leave your home, they will call you.



Acupuncture Clinic
 With **Dr. Suraja Roychowdhury**
 \$35 per visit
 Tuesdays 4-8 PM
 Please call (610)731-5030 for an appointment

Take a Hike! - Thursdays at 10:00 AM
 The Community Of Active folks (aka the COA) has a very active 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. Susan will send out an email each week to let you know the plan for that week.



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

Let's Talk About Ticks and Mosquitoes!
 When the weather gets warmer, we spend more time outdoors. The chances of getting tick bites and mosquitoes bites are higher. Ticks and mosquitoes are not just nuisances, they can cause severe diseases. Deer ticks in Massachusetts can also carry the germs that cause Lyme disease, babesiosis, and human granulocytic anaplasmosis. There are emerging tick-borne diseases such as Powassan virus and Borrelia miyamotoi that also can be carried by the same infected deer tick. In addition, the new Zika virus carried by mosquitoes becomes a new threat to North America. The Community Health Nurse, Joyce Cheng RN will discuss the emerging diseases, the threat on our health and how we can prevent them. **The talk will be held on Wednesday, June 15 at 10:30 AM.**



CPAP and APNEA Support Group
 This support group is to help those trying to adapt to the use of CPAP machines. While it will be moderated, it will not normally include medical professionals. It is designed to let users share their solutions and experiences with the object of letting new users know that they are not alone and that others have found solutions that have enabled them to benefit from CPAP.
 The moderator, a CPAP user, is an experienced designer of medical equipment and has found many places for useful information and purchase of inexpensive supplies and masks. Come join us **Wednesday June 8 at 1:00 PM** and feel at home among CPAP friends.



 **Join Our Lunchtime Walkers!**
 This is an informal walking group that walks either before or after lunch Monday, Wednesday and Friday. Groups walk indoors near the COA anywhere from 10:30 AM-1:00 PM. Please join us! Stairs, ramps or levels surfaces to choose from!

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.



What You Need to Know

NEW!! Evening Computer Drop-In

Wednesdays 7-9PM • By appointment only
Please sign-up at the Council on Aging
Bring your questions, laptop, ipad, kindle
(whatever you need help with)



Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on **Wednesday, June 23 at 9:00 AM** for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.

History of Hitler's Empire: Great Courses DVD Series

 **THE GREAT COURSES** Know thy enemy. That's what the wisdom of history teaches us. And Adolf Hitler was surely the greatest enemy ever faced by modern civilization. Over half a century later, the horror and fascination still linger. No one is better able to explain the unexplainable about this man and his movement than Professor Thomas Childers. In these lectures, you will see what great teaching is all about. This course attempts to answer questions about the rise of Nazism that have been talked and studied about for decades. We will meet 6 times on **Mondays, beginning June 20th at 1:30 PM**. Join us for one or all DVD presentations. Sign up is appreciated.

Zounds Free Hearing Screening

Wednesday, June 29

10:00 AM- 12:00 PM

Please sign up for your spot by calling the COA. Zounds is offering free hearing exams because they have a passion to deliver excellent service and education and they wish to improve the lives of people who are affected by hearing loss.



Coffee with Emerson: "Back Pain and Treatment Options"

Back pain is the number one reason patients visit their doctor. There are many options and opinions that can be confusing and often times discouraging to patients. At the Emerson Spine Program, our team is committed to first correctly diagnosing and explaining to patients about their condition and giving realistic expectations. A team of spine specialists involving physiatrists and a spine surgeon offer treatment options from physical therapy to surgery, if and only if needed. Our goal is not just to reduce pain but to focus on improving patient's function and quality of life. In an internet age where there is no shortage of information and infomercials about spine care, let us give you our expert opinions on what is safe and effective for you. Emerson Hospital will provide dessert for this presentation on **Monday, June 6 at 1:00 PM**. Please call the COA to sign up for this event. *Arthur Lee, D.O. is an Interventional Physiatrist and Pain Management Specialist and Chief of Physician Medicine and Rehabilitation at the Emerson Spine Program. The Emerson Spine Program is located at the Emerson Hospital Center for Specialty Care, 54 Baker Ave. Ext. suite 203, 978-287-3194.*



Know the 10 Signs: Early Detection Matters

As we age, there can be changes to our memory. Yet, memory loss or behavior changes severe enough to disrupt daily life are not a typical part of aging. Knowing the 10 Warning Signs can help determine if it's important to speak to your doctor and get a diagnosis for yourself or someone you care about. Robin Bromberg, Regional Manager, Greater Boston for the Alzheimer's Association, will be at the Bedford Council on Aging on **Monday, June 13 at 12:45 PM** to teach you the "10 Signs" because early detection matters! Please call (781) 275-6825 with any questions.



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 June 1 at 10:00 AM**.

Computer Drop-In

Our friendly Computer Club volunteers will be here only by appointment for the summer to help those with questions about any aspect of computer use. Please call the COA to arrange an appointment or email BCOACC@verizon.net.

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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**How to Declutter
(Yes, You Can!)**

Monday, June 27th at 6:45PM

Are you feeling weighed down by a lot of possessions? You're not alone! Whether you are contemplating a move, or just wishing to simplify your surroundings, this program will leave you feeling energized and well-equipped to get started. Learn how to get rid of stuff, preserve memories, and even make money in the process. Karen Zweig, founder of The Move Maven, will share organizing tips, offer strategies to overcome procrastination, and provide you with checklists and resources to help you make the changes you want in your life. Please call the COA to sign up.

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 Mara & her dog Max who will be here Thursdays from 11-noon. 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!



**Ask Your Pharmacist...
Medication Safety**

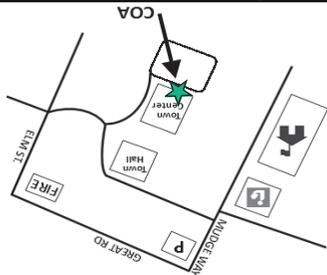
Please join us on **Monday, June 20th at 1:00 PM** to learn more about: Tips for taking your medication safely; High risk medications; The relationship between medication safety, having many healthcare professionals, and your overall health.

Following our presentation, a registered pharmacist from MCPHS University Pharmacy Outreach Program will be available to meet with you individually for a Medication Review Session to answer questions regarding your medications. This service is provided free of charge. Please bring your medications and/or medication list with you for this review. Each session with the pharmacist will last 20 minutes and slots will fill up fast. Call the Council on Aging to sign up. *Coordinated by the New England Quality Innovation Network – Quality Improvement Organization.*



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

SATURDAY 11:30 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 10:00 Chair Yoga 10:00 Sit 'n Stitch 10:00 OsteoFitness 11:45 Lunch 1:00 Scrabble Line Dancing 6:00 Pickleball	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 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 11:45 Lunch 1:00 Poker 3:00 Handcrats 6:30 Sit 'n Stitch 7:00 Folk & Line Dance	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 7:30 Single Again 8:30 Pickleball Acupuncture 4:00 Zumba Gold 2:00 Computer Drop-in 1:00 Writing Group OsteoFitness 11:00 Duplicate Bridge 9:30 Exercise Fix It Shop
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