

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> to follow link to COA

Director: Lori Dance

COA Elder Services Coordinator: Wendy Aronson

Administrative Assistant: Alissa Anderson • COA Volunteer Coordinator: Ita Baird

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



Taste and Tour of Brightview Thursday November 6

This low-key, causal event is an opportunity for the residents of Bedford to get to see Brightview Concord River in Billerica and learn a little more about the community as you start to research assisted living options for yourselves and your relatives. You will have a chance to look around and ask questions during the tour. Space is limited to 12 - Brightview will provide transportation. Pick up will be at the COA at 11:30 and you will return to the COA around 1:00 pm. Lunch will be served during your visit. Please sign up at the COA or by calling (781) 275-6825.

Join us for Songfest!

Enjoy music? Join us each Wednesday at 10:30 AM for a Songfest. Bring a friend, bring a smile, bring an instrument if you like! No rehearsals, no stage, no big crowds to worry about! This is a casual and fun social group of people who just like to get together each week and enjoy music.



A Very Special Thank You...

As many of you know, our Volunteer Coordinator, Ita Baird, retired last month after 17 years of service to the Council on Aging. Ita began working for the Town in 1997. She always took great pride in making the seniors feel at home no matter how small the space. Over the years, she arranged rides for hundreds of seniors to get to their medical appointments through the Wheels of Life Grant from Carleton Willard. Ita's passion for serving Bedford seniors has always been apparent in her work. If there was a senior with an unmet need, Ita always tried to help that person find what they needed. She went above and beyond her duties! Thank you, Ita, for all that you have done for the Council on Aging! We will miss you and we wish you well!



Council on Aging Board Meeting

The next Board meeting will be held on **Tuesday, November 4 at 11:30 AM** in the Fitch Room (second floor, Town Center Building). All are welcome to attend this public meeting. The COA board is an appointed committee that consists of 9 volunteers who live in Bedford and are registered Bedford voters. They work toward solving complex issues and setting or recommending policy that helps to shape the kind of community in which we live.

Get that creativity flowing!

The Nom de Plume writers group is looking for new members! If you enjoy doing short writing exercises and would like to share them with others, this group is for you! Join us on the 1st and 3rd Tuesdays of every month at 1 PM No formal writing experience necessary! This is a relaxed, non-competitive group.

Help Seniors in Our Community by donating to the "Giving Hands" Program

Gift cards will be collected for supermarkets and pharmacies to assist those in need. Thank you for your generosity!

SATURDAYS AT THE COA

We are open 12 - 4 PM!

- ◆ 12:30 Beginner's Italian
- ◆ 1:00 Bridge, cards, pool
- ◆ 1:15 Movie (See page 3 for more details!)

ANNUAL THANKSGIVING DINNER AT THE AMERICAN LEGION

The American Legion is holding a Thanksgiving Dinner for Bedford Seniors on **Sunday November 23** at the Legion Hall 357 Great Road. The doors will open at 1:00 PM with dinner being served at 2:00 PM. If you are planning to attend, please sign up at the COA or by calling 781-275-6825 by **Wednesday November 19**. This dinner is catered and they will need an accurate count. A \$5 per person deposit is required to ensure your spot, but will be returned to you at the dinner.



CONTENTS

Trips/Ongoing Events	2
Just for Fun	3
Calendar	4
For Your Health	5
Need to Know	6
Fitness News	7
Announcements	10

Don't Forget These Ongoing Activities

- Bingo!** All are welcome on Monday November 10 at 10:00 for a chance to win token gifts.
- Songfest** Wednesdays at 10:30! All are welcome to join this fun and spirited group! See page 3 for details!
- 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 11/6 and 11/20 at 11 AM.
- Coffee Hour** Meet new friends and have a cup of coffee or tea on Tuesday evenings at 6:00.
- Talk to Your State Representative** Check with the COA to find out when Ken Gordon will be visiting.
- 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 November 12 at 10:00
- Nom de Plume Writers Group** meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members are always welcome!
- Single Again** Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.
- Line Dancing with Katrina** Fridays at 1 PM. The class costs \$2 (paid to instructor).
- Discover Tap Dance!** Chuck will have you tapping on Tuesdays at 11:00! Each 8-week session is only \$65. Don't forget your tap shoes!
- Bedford-Lexington Great Books** Meets in the Flint Room at 7:30 PM on **Tuesday November 18** to discuss **Freud, Sigmund *Mourning and Melancholia*** (Essay will be distributed in advance). Newcomers are always welcome!

Trips! Trips! Trips!

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

Reminder:

The Sicilian Tenors - Thursday December 4
Please call the Council on Aging a week prior to the trip for pick up and return time.

Reminder:

The Lettermen Five in Concert!
Thursday November 13
Please call the Council on Aging a week prior to the trip for pick up and return time.

Festival of Trees - December 2

Massachusetts Horticultural Society's Festival of Trees will showcase over 75 trees and a new addition to the festival, *Snow Village at Elm Bank*. The Festival of Trees, displayed in the Hunnewell Carriage House, offers beautifully decorated holiday trees that are donated and decorated by local businesses, garden clubs, and individuals. Enjoy lunch at the Captain's Table (meal choices will be available upon sign up). The cost of this trip will be \$40 (payable to FBCOA). The bus will depart at 10:15 AM and will return at about 3:00 PM.



We are currently planning trips for 2015! If you have suggestions of places you think people would like to go or ideas on how to keep trip costs reasonable, we would love to hear from you! Stop by the COA or email us at COA@bedfordma.gov



Say "Thank you" with your patronage to the sponsors who support this newsletter.

To find our sponsors, visit SeekAndFind.com

JUST FOR FUN



**Enjoy Dinner Sponsored by
Atria Longmeadow Place
Wednesday November 12 5:30 PM
Please RSVP by calling
781-275-6825**

Breakfast and BINGO

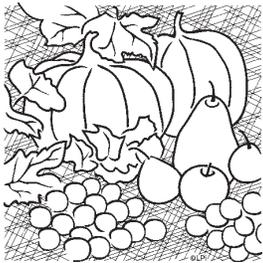
Tuesday November 18, 9:30 AM

Lisa Honka from Bightview is back by popular demand! 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.



**Newbury Court Harvest Lunch
Thursday, November 13th at 11:30**

Please be our guests and enjoy a gourmet lunch catered by Newbury Court Retirement Community, Concord. Jane Taylor, Bedford resident and New Resident Liaison at Newbury Court will be here to greet you and serve lunch. Lunch is complimentary; Limit of 40 participants. Please call the Council on Aging to sign up (781) 275-6825. See you there!



**Library Book Discussion - Tuesday December 2 at 1:00
Cascade by Maryanne O'Hara**

In the 1930s, four central Massachusetts towns were flooded to create Quabbin Reservoir as a water source for Boston. In this satisfying new novel set at that time, the fictional town of Cascade is about to be swallowed up by a new reservoir. Desdemona (Dez) Spaulding is an aspiring artist who lives in Cascade with her pharmacist husband, Asa. Her late father owned a small but well-regarded Shakespeare theater in the town. Dez is desperate to save her father's playhouse and also torn by her attraction to a visiting artist, Jacob Solomon. When Dez makes a name for herself at a major magazine with a series of painted postcards that portray the upcoming flooding of Cascade, her small-town life starts to unravel. While not a Shakespearean tragedy, this debut offers a rueful look at the surprising twists and turns life can take.

Name That Tune!

Laura Blair from Concord Health Care returns this month for an afternoon of music and fun on **Monday November 17 at 12:30 PM**. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling the COA at (781) 275-6825.

Saturday Afternoon at the Movies!

Thanks to the FBCOA for our funding!

All movies begin at 1:15 PM

November 1 *The Fault in our Stars* (2014) PG-13 Teenager Hazel, who has pushed people away since her cancer diagnosis, reluctantly joins a support group, where she bonds with a boy named Gus. Together, they face the challenge of building a relationship under the shadow of terminal illness.

November 8 *Louder Than Words* (2014) PG-13 After the unexpected death of their daughter, a couple, Stephanie and John Fareri, work to build a state of the art children's hospital where families are welcomed into the healing process.

November 15 *Million Dollar Arm* (2014) PG Looking to save his failing business, sports agent J.B. Bernstein launches a reality show to find India's best cricketers, with the goal of turning them into professional baseball players and signing them to Major League contracts.

November 22 *Maleficent* (2014) NR Turning the classic fairy tale "Sleeping Beauty" on its head, this fantasy drama retells the story from the point of view of evil godmother Maleficent. While defending her homeland from invaders, the young Maleficent is dealt a cruel blow by fate.



**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						
 <h1>November</h1>										
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	3	9:00 Fix It Shop 9:30 Exercise/ Hearing 10:00 SHINE 11:00 Duplicate Bridge/ Tap Dancing 12:30 Osteofitness 1:00 Writing Group/ FBCOA 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	4	9:00 Exercise/Fix it Shop 10:00 Computer Club/ Memorization 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE 6:30 Sit 'n Stitch/55+	5	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 11:30 Taste and Tour of Brightview 1:00 Current Events/Tai Chi 2:00 Computer Drop-In 7:00 Town Meeting	6	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch/Aging in Place 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	7	
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates/ BINGO/ SHINE 10:30 Preserving Memories 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	10	CLOSED VETERANS' DAY		11	9:00 Exercise/Fix it Shop 10:00 Genealogy/ Memorization 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Dale Tamburro 5:30 Atria Dinner 6:30 Sit 'n Stitch/55+	12	"The Lettermen" 9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:30 Newbury Court Luncheon 1:00 Current Events/Tai Chi 2:00 Computer Drop-In	13	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 10:30 Diabetes 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing/ Nurse's Hours/	14
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 10:30 Vaccine Info 11:45 Lunch 12:30 Name That Tune 1:00 Poker/ Floor Yoga 3:00 Handcrafts	17	9:00 Fix It Shop 9:30 Exercise/ Breakfast and BINGO 11:00 Duplicate Bridge/ Tap Dancing 12:30 Osteofitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again/ Books	18	9:00 Exercise/Fix it Shop 10:00 Veteran's Coffee/ Memorization 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE 6:30 Sit 'n Stitch/55+	19	8:30 Fire Safety Breakfast 9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise/ Hearing 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	20	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	21	
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:45 Lunch 1:00 Poker/ Floor Yoga/Nurse's Hours 3:00 Handcrafts	24	9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 11:00 Duplicate Bridge/ Tap Dancing 12:30 Osteofitness 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	25	9:00 Exercise/Fix it Shop 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch	26	SENIOR CENTER CLOSED 		27	28	



**DON'T KEEP YOUR
 BUSINESS A SECRET!**
 Sponsor this newsletter today!!!
**Call Today
 800-732-8070**



SPONSORS WANTED!!!
800-732-8070

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!

Drop in rate for the above classes is \$5.00/day

BONING UP ON OSTEOPOROSIS!

Beverley J. Iker, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. Osteofitness™ for Osteoporosis and Osteoarthritis is more than just strengthening. The program focuses on joint mobility with progressive resistance training to increase bone density, a training method developed by Miriam Nelson, PhD and others. Osteofitness™ classes are held on Tuesdays and Fridays at 12:30 PM at the COA. The cost of this program is \$160 (includes 20 classes). Please visit the COA or call to register at (781) 275-6825.



Tap Dancing Returns!

Join the talented Chuck Frates for his popular Tap Dancing class on Tuesdays at 11:00 AM. This session will run for **10 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!

WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

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

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

ZUMBA GOLD: Perfect for Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; **\$65** per 8 week session (Tuesdays at 4:00 PM w/Vera)

CHAIR EXERCISE: Great for range of motion and balance improvement. This class is practiced in a chair and includes elements of yoga and mediation. **\$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.

Friends of the Bedford Council on Aging Next Meeting: Tuesday, November 4 at 1:00 PM

FBCOA Annual Membership Dues

2014—2015

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____
(Tax deductible contributions gratefully accepted)		
NAME	_____	
ADDRESS	_____	
TOWN/ZIP CODE	_____	
EMAIL:	_____	

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia: bsrpurchia@aol.com with FBCOA in the subject line.

Fix It Shop is Open for Business!

Regular hours are Tuesdays and Wednesdays from 9:00 AM - Noon. All proceeds benefit the FBCOA. Whether you need a watch battery replaced or your vacuum cleaner needs repairing, the Fix it Shop volunteers can do just about any job!

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

Brown & Brown, P.C.
COUNSELLORS-AT-LAW
www.brown-brown-pc.com



110 Great Road
Bedford, MA
781-275-7267

- Asset Preservation • Medicaid Planning
- Real Estate • Wills • Trusts • Estates

ELECTRICAL PROBLEM?
Call James M Stander
Master Electrician
Residential
Commercial
978-580-5020
29 years serving
Bedford
Ask for senior discount
Lic #9770-A

dish Make the Switch to DISH Today and
Save Up To 50%

Call Now and Ask How! 1-800-316-0283

All offers require 24-month commitment and credit qualification. Call 7 days a week 8am - 11pm EST
Promo Code: MB9913 *Offer subject to change based on premium movie channel availability



Promotional prices
starting at only
\$19.99
mo.
for 12 months
on select subscriptions or
new activations

FREE
OVER 30 PREMIUM
MOVIE CHANNELS
HBO
SHOWTIME
STARZ
For 3 months.
Offer subject to change based on premium
movie channel availability.

THE DEBBIE SPENCER TEAM



Amy Borshay-Bokser
REALTOR*



Debbie Spencer
Broker/REALTOR*/SRES



Meghan Spencer MacLeod
REALTOR*



Specializing in Senior Sales & Relocation

O: 781-862-1700 • C: 617-285-7300 • www.debbiespencer.com

Bedford/Lexington office • 1688 Mass. Ave., MA

Life Experience ■ **Life**style ■ **Life**care ■ **Life**long ■ **Life** Enrichment ■ **Life** Purpose

A Benchmark for *Life*.

Through our commitment to your health—**Lifecare**—we promise to provide every resident with guaranteed access to a full continuum of health care services for **life** with predictable monthly fees. That is the **Lifecare Advantage**.



The **Lifecare Advantage** is backed by **Benchmark Senior Living**, the largest provider of senior housing in New England. We strive to enrich the lives of seniors through an advanced approach to personal fulfillment. **At the intersection of self, purpose and community you will find The Commons in Lincoln.**



One Harvest Circle
Lincoln, MA 01773

Brand-new cottages and apartment homes.
Open House every Thursday & Sunday, 1-3 p.m.
RSVP: 1-877-274-6995 or www.TheCommonsInLincoln.com



Law Office of Dale J. Tamburro

Providing Comprehensive Legal Services
to families of all income levels for the past 25 years.

FREE INITIAL CONSULTATION 617-489-5919
Dale@TamburroLaw.net

ESTATE PLANNING: Disability, Nursing Home Planning,
Wills, Trusts, Power of Attorney, Elder Housing Options
Protecting your home from Long Term Care Costs

PROBATE: Conservatorships, Guardianships and Estates

REAL ESTATE: Closings/Titles, Deeds,
Purchase and Sale, Financing Options, Reverse Mortgages

www.TamburroLaw.com • 90 Concord Ave. Belmont, MA



- > Visiting nurses
- > Home health aides
- > Rehabilitation therapists
- > Medical social workers

Medicare certified.
For a referral or evaluation,
call **978-287-8300** or **1-888-220-5343.**



GOT PAIN CALL WAYNE
Gentle Pain Relief
 Call 978-761-8254 for appt.
muscleclinic.massagetherapy.com

MEAD BROS.
TREE SERVICE, INC.
1-781-275-7787



All aspects of tree service
 Fully Insured
 30 Shawsheen Ave., Bedford

ComForcare Home Care
 Licensed, Insured, Bonded Caregivers

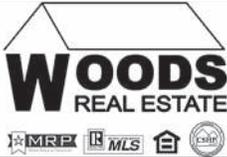


Lic 8381

- Companionship
- Personal Care & Hygiene
- Medication Reminders
- Light Housekeeping & Cooking
- Transportation

978-256-2468

Jenn Ashe Quinn • Care Coordinator
www.middlesexnorth.comforcare.com



655 Boston Road
 Billerica, MA 01821

Office: **978-262-9665**
 Direct: **978-376-3978**
 Fax: **978-262-9881**
 Email: joan@woodsre.com
www.joanParcewski.com

Joan Parcewski
 Realtor, SFR, LMC, CDPE,
 SRES, GRI, GREEN, CBR,
 CIAS, CSHP, Notary
 Licensed in MA



**Quality of life:
 Extraordinary**



Life's calling.

CARLETON-WILLARD VILLAGE

100 OLD BILLERICA ROAD • BEDFORD, MA 01730

781.275.8700

WWW.CARLETON-WILLARD.ORG

**Thinking about downsizing
 or selling your home?**

Not sure where to start?

Let our team of life-long area residents
 worry about the details so you don't have to!



Suzanne & Company
 HISTORIC AND CLASSIC HOMES

KW
KELLER WILLIAMS
 REALTY

781.275.2156 ofc | 617.799.5913 dir | SuzanneS@kw.com | HistoricMAHomes.com



This Space Available



For Information On Advertising,
 Please Call Our Representative



Lisa Templeton
 at 800-732-8070 x3450 or
 Email: ltempleton@4LPi.com

Liturgical Publications Inc
 Connecting Your Community™



Senior Home Care

978-486-0972

2 Hours up to 24 hours care
www.visitingangels.com/acton



ExcelCenter
 FOR NURSING AND REHABILITATION AT LEXINGTON

Short term rehab & long term care

Excel Center for Nursing & Rehabilitation at Lexington is proud to offer a variety of therapies and skilled nursing services to the Lexington community and surrounding areas.

Seven days a week!

- Physical Therapy • Speech Therapy
- Occupational Therapy

**We accept all major insurances as well as
 Medicare & Medicaid**

Located in historical Lexington,
 our 24/7 nursing staff provides
 individualized care to its residents
 enabling us to ensure the safest,
 quickest recovery possible.



ExcelCenter

FOR NURSING AND REHABILITATION AT LEXINGTON

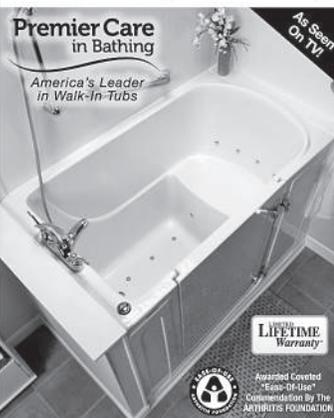
840 Emerson Garden Road

For more info, contact the admissions director

tel 781-861-8630 fax 781-861-1099 email info@excelcenterlexington.com
 840 Emerson Gardens Road . Lexington, MA 02420

Bathe Safely And Easily

Payments As Low As \$150 Per Month*



Premier Care
 in Bathing

America's Leader
 in Walk-In-Tubs

As Seen
 On TV!

LIFETIME
 Warranty



**America's Best Walk-In Baths
 Are Now More Affordable!**

Don't miss this low cost way to enjoy a relaxing bath again, without the fear of slipping or falling. A luxurious, Walk-In Bath from Premier Care in Bathing offers you the ultimate in safety and ease of use. The walk-in door allows barrier-free access. The low threshold entry is easy on your legs. The optional bubbly Hydrovescent Therapy soothes away aches. If you or a loved one struggle taking a bath, independence and safety are only a phone call away.

- ▶ No More Fear of Slipping or Falling
- ▶ Premium Quality for High Performance
- ▶ Our Fully Licensed Installers Can Do Most Any Install, and in Most Cases in Just One to Two Days

SENIOR DISCOUNTS & FINANCING

Call Now Toll-Free for
 FREE Information Kit

1-800-345-0181

www.GoToPremierBath.com
 Promo Code 20727

*Limited time only. Subject to approved credit. Example: Based on 9.9% APR, a down payment equal to 1/3 of contract amount, and a monthly payment of \$150 for 120 months. By submitting this request, I agree that Premier Care in Bathing may contact me by telephone using automated technology at the telephone number provided above. I understand this consent is not a condition of purchase. **Limited Lifetime Warranty subject to terms and conditions.

Need Help Cleaning?

10% Off for Senior Citizens

- General House Cleaning
- Carpet & Area Rug Cleaning
- Air Duct (HVAC) Cleaning
- Post Construction Cleanup

Fire, Water & Mold Cleanup

24 Hour Emergency Service

(781) 861-0500



Fire & Water - Cleanup & Restoration
 Lexington/Bedford



www.ServproOfLexington.com



Veterans' Coffee

Wednesday November 19 at 10:00

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.

Free Caregiver's Workshop

Understanding & Coping with Alzheimer's disease:
Breaking down the walls of resistance and developing strategies for managing challenging behaviors

Presented by: Joanne Fontaine, RN, BSN

Saturday, November 1st

10:00am to Noon

Billerica Senior Center, 25 Concord Rd

Billerica, MA 01821

Light refreshments will be served and local resource information will be on-site

Pre-register with:

Jeanne Teehan 978-671-0916

Walk-Ins are Welcome

This event was made possible by the Metro North Alzheimer's Partnership, in conjunction with Billerica Council on Aging and Alzheimer's Association, MA/NH Chapter



METRO NORTH
ALZHEIMER'S
PARTNERSHIP

alzheimer's association®

Massachusetts/New Hampshire Chapter

REMINDER:

This year's Special Town Meeting will be held on Thursday November 6, 7:00 PM in the Bedford High School Auditorium. Ask at the Town Meeting check-in desk if you would like a wheelchair. Large print warrants for the Special Town Meeting are available at the Council on Aging.

Wednesday is 55+ Night!

Meet up with your friends to play pool, poker, cribbage, and other games on Wednesday evenings from 6:30-8:30 at the COA! Our computers will also be available for use during this time. There are no required memberships or fees, just a fun place for people to get together!



FBCOA 2015 Membership Dues by September 2014

Requested

Service

Address



12 Mudge Way, Bedford, MA 01730

COUNCIL ON AGING

PERMIT NO. 42

BEDFORD

POSTAGE PAID

STANDARD

PRESORTED