

COA CONNECTIONS

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

Telephone 781-275-6825 E-mail: coa@bedfordma.gov

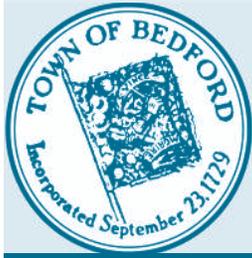
Website: <http://www.bedfordma.gov> to follow link to COA

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AUTHOR TALK: TAKING A WALK IN THE WILDS OF CONTEMPORARY EDUCATION

WEDNESDAY, OCTOBER 29 AT 1:00 PM • TOWN CENTER BUILDING • 12 MUDGE WAY

Marguerite Morris Willis is not your regular grandmother. Although she does cook and quilt, Willis is a former 30-year school committee member, longtime elected town government official, and volunteer who drives a truck because she likes to, EMT student at age 48, and author of her first book at age 64.

Like many grandmothers, Willis is passionate about education, but Willis has also been willing to speak up and “keep it real”, frequently questioning our current system. In her second self-published book, *A Grandmother’s Essays on Education*, Willis offers an important challenge to American education today. Willis, the oldest of ten children and a baby boomer, looks at past and present day education from her perspectives as sister, mother, and grandmother.

Volunteer with AARP Foundation Tax-Aide for 2015! Help people and give your mind a workout, too!

Are you recently retired? Looking for a way to put your skills to good use? The Bedford Council on Aging AARP Tax Aid program is seeking volunteers to aid in filling out tax returns for seniors and help them seek a refund. Experience isn't necessary; we'll train you on the latest tax preparation forms and software. Flexible scheduling is available during daytime hours (Mon-Fri) from February to April. If you are interested please call the COA at 781-275-6825. For many, a tax refund could mean they won't have to choose between paying for groceries and keeping the lights on.



A Survival Guide for the Sandwich Generation: Balancing Work, Family and Caring for your Aging Parents Tuesday October 21 • 5:30-7 PM

Over 14 million working Americans struggle to manage professional and familial responsibilities while caring for their aging parents. Join us for a free seminar to learn how the “sandwich generation” can bring balance to their lives. Registration is required as space is limited. Please call the Council on Aging at (781) 275-6825 or email coa@bedfordma.gov.

Presented by Jo-Ann Thibault, *The Elder Insider, LLC*

2014 Senior Flu Clinic

Thursday October 23, 9-11 AM

Flu Vaccines will be available for Bedford seniors (ages 65+) at the Town Center Building. Please bring your Medicare cards as well as any other supplemental insurance you may have.

High Dose Flu Vaccines

Thursday October 9, 9-11 AM

By appointment only (must be a Bedford Senior age 65+). Please call the COA at (781) 275-6825 to make an appointment.

David Polansky Presents: Fifty Years + Of Broadway Tuesday October 14 at 1PM

Using his expressive trumpet, versatile voice, and “sure to please” keyboard, David takes us on a music journey made up of most of America's favorite Broadway hits over an almost sixty year period that goes from 1921 to 1978. The shows include the Ziegfeld Follies of 1921 which introduced Second Hand Rose; Lady Be Good from 1923 which included Fascinatn’ Rhythm; Show Boat from 1927 with Old Man River; Some of the others are Girl Crazy, Oklahoma, West Side Story, Fiddler on the Roof, Ain’t Misbehavin’. It's lots of fun. In addition to the music, David always has a warm, wonderful way with the audience.!

Veterans’ Coffee Wednesday October 15 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.



Enjoy a light breakfast beginning at 8:30 on the 23rd sponsored by Brightview Concord River!

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!)

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Don't Forget These Ongoing Activities

Bingo! No game this month due to the holiday.

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 10/9 and 10/23 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 Ken Gordon will be here on October 9 at 1 (Current Events)

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 October 8 at 10:00

Nom de Plume Writers Group *will not meet this month. Check back next month for more information*

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 October 21** to discuss **Bishop, Elizabeth** *The Farmer's Children* and **Warren, Robert Penn** *Christmas Gift* from *The Best American Short Stories of the Century*. Newcomers are always welcome!

Trips! Trips! Trips!

Concord River Autumn Lunch Cruise

Tuesday October 7 (\$30)

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. Full payment is due upon sign up. **Please meet at 1:00 at the South Bridge Boat House in Concord (496 Main St.) The cruise leaves at 1:15 PM and will return at about 2:30. Space is limited to 20 so reserve your spot today!

Sleepy Hollow Tour - Tuesday October 21

Join us for a 90-minute guided walking tour through Concord's Sleepy Hollow Cemetery. While we can't claim you will see any headless fellas (this is not a ghost tour), this cemetery is home to some of the most legendary names in early American Literature and boasts a staggering amount of history. Take some time to stroll around Concord Center after the tour. The cost of this trip is \$39 and includes transportation to the cemetery, and a light boxed lunch (your choice of tuna, egg salad, chicken salad). Please meet at the Town Hall parking lot at 10 AM. You will return at about 2 PM. *Be sure to wear comfortable walking shoes and weather-appropriate clothing! The tour will only be cancelled if it is pouring rain (or dare we say snowing!)

Murder Mystery Matinee - October 30

Lantana's Function Facility in Randolph

When the SEC is closing in on a corporate money laundering scheme, the lead witness turns up dead and all the evidence destroyed. An elaborate string of murders will follow. Who is committing them and why they are doing it will need to be solved by you, but be careful, the murderer could be sitting right next to you! The cost of this interactive murder mystery matinee is \$79 which also includes transportation and your meal (holiday roast turkey dinner!)

The Lettermen Five in Concert! Thursday November 13

At the Garde Arts Theatre in New London, CT! Stop at Mohegan Sun before the show where each person will receive \$20 free slot/bet and \$10 meal voucher. The cost of this trip is \$79 which must be paid in full upon sign up. Please note: this is a ticketed event so no refunds will be given after October 10.

The Sicilian Tenors - Thursday December 4

Typically described as "The Three Tenors meets the Rat Pack", the Sicilian Tenors are ready to bring the joy of all our favorite Christmas songs to life at Demetri's in Foxborough! For lunch you will enjoy a choice of roasted stuffed chicken breast or baked Atlantic scrod. Meal choice and full payment of \$79 due upon sign up.

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



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Songfest Happy Hour

Enjoy music? Come on Wednesday October 8th for a Songfest Happy Hour from 10:30-11:30. There will be snacks, friendly faces, and information on the wide variety of songs we sing. 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.

**Enjoy Dinner Sponsored by
Atria Longmeadow Place
Wednesday October 15 5:30 PM
Please RSVP by calling
781-275-6825**

Library Book Discussion Tuesday October 28 at 1:00 PM

Staff from the Bedford Free Public Library will be leading a book discussion at the COA on "The Giver" by Lois Lowry. Jonas's world is perfect. Everything is under control. There is no war or fear or pain. There are no choices. Every person is assigned a role in the Community. When Jonas turns 12, he is singled out to receive special training from The Giver. The Giver alone holds the memories of the true pain and pleasure of life. Now, it is time for Jonas to receive the truth.

Hear All About It!

Newbury Court Special Programs Wednesday, October 22 at 6:00 p.m.

Please join us for a light dinner and "round table" with Newbury Court residents, Sue & Jerry Rardin. They'll share their experience as residents at Newbury Court (Concord, MA), highlighting The Parkinson's Support Group and our Diversity Committee; programs in which they have both played a major role. This informative session will include time for questions and answers. Please call the COA 781-275-6825 to register.

Name That Tune!

Laura Blair from Concord Health Care returns this month for an afternoon of music and fun on **Monday October 27 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

October 4 *Heaven is For Real* (2014) PG The true story of the 4-year old son of a small-town Nebraska pastor who, during emergency surgery, slips from consciousness and enters heaven. When he awakes, he recounts his experiences on the other side.

October 11 *Draft Day* (2013) PG-13 On the day of the NFL player draft, Cleveland general manager Sonny Weaver (Kevin Costner) trades up to get the first pick in this breezy sports drama. And while his decision may save football in his city, it just might cost him his girlfriend (Jennifer Garner) and his team.

October 18 *Blended* (2014) PG-13 What's worse than a dreadful blind date between two single parents? Crossing paths once again but this time at a vacation resort with their kids in tow. This is the predicament in which Jim (Adam Sandler) and Lauren (Drew Barrymore) find themselves in this romantic comedy.

October 25 *Belle* (2014) PG This period drama based on fact traces the life of Dido Elizabeth Belle, a biracial girl born in 1761 to a British admiral father and an African mother. Raised by her great-uncle, Dido finds her place in society despite her mixed ethnicity.



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>October</h1>		9:00 Exercise/Fix it Shop 1 10:00 Computer Club 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE 5:30 Paint 'n Palette 6:30 Sit 'n Stitch/55+	9:00 Muscle Care 2 9:15 Floor Yoga 10:00 Exercise 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 3 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing
9:00 Exercise 6 9:30 Chair Yoga 10:00 Pilates/Games/ 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts 6:30 Middle East	Concord River Cruise 7 9:00 Fix It Shop 9:30 Exercise/ Hearing 10:00 SHINE 11:00 Duplicate Bridge/ Tap Dancing/ Hands 12:30 Osteofitness 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/Fix it 8 Shop 10:00 Genealogy 10:30 Songfest Happy Hour 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Dale Tamburro 6:30 Sit 'n Stitch/55+	9:00 Muscle Care/ 9 High Dose Flu Shots 9:15 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/Ken Gordon/Tai Chi 2:00 Computer Drop-In	9:00 Exercise 10 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/ Nurse's Hours/Line Dancing
CLOSED COLUMBUS DAY		9:00 Exercise/Fix it 15 Shop 10:00 Veteran's Coffee 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE 5:30 Atria Dinner 6:30 Sit 'n Stitch/55+	9:00 Muscle Care 16 9:15 Floor Yoga 10:00 Exercise/ Hearing 1:00 Current Events/Tai Chi/ Trail Walk 2:00 Computer Drop-In	9:00 Exercise 17 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing
9:00 Exercise 20 9:30 Chair Yoga 10:00 Pilates/Games 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts 6:30 Middle East	Sleepy Hollow Tour 21 9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/ Tap Dancing/ Hands 12:30 Osteofitness 2:00 Computer Drop-In 4:00 Zumba Gold 5:30 Sandwich Gen. 6:00 Coffee Hour 7:30 Single Again/ Books	9:00 Exercise/Fix it 22 Shop 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 1:00 SHINE Info Session 12:30 Chair Exercise 5:00 Eternal Search 6:00 Newbury Court Dinner 6:30 Sit 'n Stitch/55+	8:30 Breakfast 23 9:00 Muscle Care/Flu Shots 9:15 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	8:00 Podiatry 24 9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing
9:00 Exercise 27 9:30 Chair Yoga 10:00 Pilates/Games 11:45 Lunch 12:30 Name That Tune 1:00 Poker/ Floor Yoga/Nurse's Hours 3:00 Handcrafts	9:00 Fix It Shop 28 9:30 Exercise 11:00 Duplicate Bridge/ Tap Dancing/ Hands 12:30 Osteofitness 1:00 Book Discussion 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/Fix it 29 Shop 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Author Talk 6:30 Sit 'n Stitch/55+	Murder Mystery Trip 30 9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 1:00 Current Events/ Tai Chi/ 2:00 Computer Drop-In	9:00 Exercise 31 10:00 Sit 'n Stitch 9:30 Chair Yoga 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing



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Fitness News

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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 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)

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, October 14 at 1:00 PM

FBCOA Annual Membership Dues

2014—2015

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

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

Fix It Shop is Open for Business!

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

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

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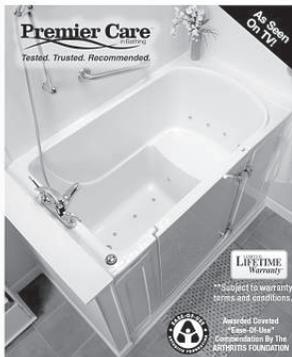
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Middle East Lecture Series Continues!

October 6: ISRAEL and the Palestinians: Is there a Solution?
October 20: The "Arab Spring" and EGYPT: What Went Wrong?
Each session takes place from 6:30-8:30 PM

Professor John Kienzle, is an experienced Educator, Lecturer and Lifelong student of the Middle East. He has earned a BA in History, State University of NY at Albany; MA History, New York University (NYU); PhD Oriental History, Princeton University. Professor Kienzle taught High School World History in New York for 36 years, receiving awards from Schodack Central Schools, Capital District Council for the Social Studies and New York State for excellence in Teaching. In recent years, he has travelled extensively as a visiting adjunct professor, working in the areas of teacher education and Middle East History. In eastern Massachusetts, Professor Kienzle has lectured at the Chelmsford Senior Center and for the LIRA Program at U Mass Lowell. This is a continuation of the four-session interactive presentation that began last month.

Please register by calling the Council on aging at (781) 275-6825 or email coa@bedfordma.gov

The Need of Association and Companionship in Life

ETERNAL SEARCH FORUM
A group that discusses life in the universe

Wednesday October 22, 5-7 PM
Conveners: Mool Raj Mathur & Bijoy Misra

Every human being is gifted with a "clear, distinct personality" and an "aura" which interacts with other people every day in life. When the chemistry is appealing and conducive, the result is a "pleasant feeling" in both parties. If you are interested in attending, please contact Bijoy Misra 617-864-5121 or Mool Raj Mathur 617-429-7095. All are welcome!



Paint 'n Palette

Wednesday October 1, 5:30 PM
Sponsored by Billerica Crossings

Let your inner artist shine! Join Pamela Wamala of Brush Hill Gallery in Lowell to nibble on hors d' oeuvres while learning to paint!

A limited amount of space may still be available. Please call (781) 275-6825 for more information.

NEW! 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

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