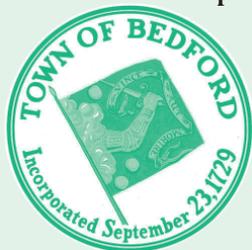


Help,
Health,
Fellowship...



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: Allan Morgan

Professor Kienzle Africa Series:

East Africa October 17th at 6:30pm

East Africa has faced many challenges after Colonial powers left in the 1960's. We will look at the attempts at Democracy and Dictatorship in this key region, tribal civil wars, pirates from Somalia and the rich natural resources of West Africa. We will focus on Ethiopia, Sudan, Kenya and Tanzania. Join Professor Kienzle on this East Africa Safari! Sign up at the COA.



Men's Health Conversation with Dr. Roy Kring Wednesday 26th 10:30am

Did you know that many health conditions are preventable and can be detected early with regular checkups from your health care provider? Bedford resident, Dr. Roy Kring, will discuss the common medical diseases and conditions of men including heart attacks, diabetes and cholesterol, strokes, lung disease, and prostate. Learn about steps men can take each day to improve health.



Osteoporosis Presentation:

October 5th at 1.30pm and 12th at 6.30pm

Learn about facts and solutions for osteoporosis with Beverly J. Ikier, Board Certified Muscular Therapist & Bodyworker/Senior Fitness Specialist. The lecture will include information on nutrition, exercise, and balance for the prevention and improvement of Osteoporosis without the use of pharmaceuticals.

Osteofitness: New Member Orientation:

October 19th at 10.00am

New members please join us to meet Beverly, inventor of the Osteofitness program, to review any existing medical conditions and questions about the program before the new session starts.

Registry of Motor Vehicles Presents:

"Shifting Gears" October 24th at 12:30pm

Driving a car may seem like a necessary part of life, however, owning a vehicle and holding a driver's license are privileges that come with responsibility. Join Michele Ellicks, Community Outreach Coordinator for the Registry of Motor Vehicles to discuss the Commonwealth's rules of the road, recent changes at the RMV and warning signs of unsafe driving. She will share how to apply for handicap placards or plates, Mass I.D cards and give the most recent research concerning mature drivers. Learn about alternative forms of transportation and what is available in our community.



Coffee with Emerson October 7th at 12:45pm

Doctor Anya Turetsky will review current scientific studies in the field of mindfulness and neurology. We will discuss the default mode network and brain neuronal connectivity and their possible implications on memory, aging, pain perception, attention, immunity, sleep and chronic disease. Dr. Turetsky received her medical degree from St. George's University Medical School. She completed her residency in neurology at the University of Massachusetts and a fellowship in Neuromuscular at the University of California, Los Angeles. Dr. Turetsky is board certified in Neurology. Please call the COA to sign up for this presentation.

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, October 19 at 10 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, October 1** if your special day is in October!

Peru Travelogue

October 6th at 1:00pm



Hal Ward will show extensive pictures about this beautiful, scenic country. Join us for a relaxing, informative afternoon.

Thanks to Joyce DeMoss & Ken Pruyn, the COA has an updated songbook!!



Come to Songfest 10:30am on Wednesdays, peruse the new book, sing the old songs as well as some of the newer ones!! For **FUN & REMINISCING** purposes only!!

Adult Coloring
For Therapy ...or Just for Fun!
Fridays October 7 & 21 at 12:30pm

Come and join volunteer, Louise St. Germain for this therapeutic (just for fun) adult coloring session. Adults have rediscovered this universal childhood activity and many find it therapeutic! Come and be with your peers to 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. Relax with us!

WIZARD MUSIC:
Friday, October 14th at 12:30pm

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

LEXINGTON CHORALE OCTOBER 4th at 1:15pm



Please join us for a special performance by 50 singers with 2 decades of history. Debra Basile, Music Director and accompanist, Fern Abrams will present musical selections from the chorale's spring concert, and pieces they are preparing for an upcoming concert in December. Sing-a-long with favorites including: All Earth Rejoice with a Gladsome Voice (Antonio Vivaldi), Embraceable You (George and Ira Gershwin), Don't Get Around Much Anymore (Duke Ellington), Shehecheyanu (Ben Steinberg) and Like a Mighty Stream (Moses Hogan and John Jacobson). Director, **Debra Basile MA**, is an experienced choral director, conservatory trained pianist, accompanist, music educator and collaborator. **Fern Abrams**, graduate of Radcliffe College, studied theory, piano and music analysis. She has performed extensively as a soloist; vocal, instrumental and choral accompanist; in chamber ensembles.



PICKLEBALL—NEW AND POPULAR

Please go to this website for latest updates on this growing and popular sport in Bedford. Games are played weekly indoor and outdoor and instruction with equipment is always available. Try something new, this might be for you!

<http://www.usapa.org/places-to-play-pickleball/>

Click on MA for state and the list is alphabetical by town.

Do you like playing Chess?
 The Chess Group meets on Thursdays at 2:00 PM! If you want to play, or learn, please join us. New players welcome!

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.



Author and Bedford Resident,
Joe Carella, MBA

Presents: 'Unlimited Options of Aging'
Wednesday October 19th at 12:45pm

From a disturbing experience as a teenager, when mistakenly placed in a geriatric hospital ward, the author, Joe Carella, began his passionate search for a better way to care for us all as we age. Follow the story as he traveled to Scandinavia, looking for solutions to care for our aging population, and discovered common sense principles. Now, twenty years later, he revisits these principles in his book and shares the discovery of the critical ingredient in creating unlimited options for aging. The author will show why creating options for aging must be embraced by us all. Joe has actualized these principles and research in the design and development of the Scandinavian Living Center in Newton. This small, unique traditional assisted living community welcomes over 2,000 visitors a month; creating opportunities for all ages to connect. Joe lives in Bedford with his wife Carole and their three children and frequently speaks about elder care issues.



We are gaging interest for a "Holiday Support Group" for those who struggle with loss during the holidays. Please call if you might be interested in this group on **Monday November 14th at 1.15pm.**

Breakfast and BINGO

Tuesday, October 18 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.



If you would like to be reminded when it is time to renew your dues, please email Christine McGovern: go2christo@netscape.net 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.



Happy Fall!!! With the beginning of "the season". The COA is accepting canned goods and donated gift cards, for either the Stop n Shop or CVS. All donations assist seniors in need of food, medicine and other essentials. We appreciate your generosity.

DROP IN ARTS and CRAFTS with BACS!

Join members of the Bedford Arts and Crafts Society (BACS) on Wednesdays from 2 to 4, beginning October 5th, for fun afternoons of crafting. We will get together on a regular basis to work on our own handcrafts and experiment with a variety of new crafts using simple materials. Stop by, make some new friends, and expand your crafting skills. All are welcome.



CUPCAKE DECORATING CLASS

Thursday October 20th 10am–Noon

Join us for 2-hrs of decorating, eating cupcakes and making crafts. Countryside Cupcakes will bring cupcakes, frosting, toppings and decorations. Every guest gets to decorate and create six cupcakes to take home! Limit to 20 attendees and a \$6.00 fee is required at sign up. Come have fun !

Saturday Party 29th October at 12:30pm

Join Vicky for her seasonal celebration. \$8.00 per person at the time of registration. Please up sign by October the 22nd !!



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, October 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 (781) 275-6825.

FBCOA Annual Membership Dues 2016—2017

INDIVIDUAL	\$5.00	_____
FAMILY CONTRIBUTION	\$7.00	_____
TOTAL	\$	_____
(Tax deductible contributions gratefully accepted)		
NAME	_____	
ADDRESS	_____	
TOWN/ZIP CODE	_____	
EMAIL:	_____	
BJ's Membership?	Yes	No



Fitness News



MORNING EXERCISE CLASSES

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), taught by Rita Khoury and Thursday (10:00 AM), taught by Madeline Shaw-Moran. These classes focus 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. Classes now include Stress Management in every class as stress is a deterrent to bone building. Holistic disciplines are woven throughout the class to improve the immune system. \$168 per 20-class session. Please visit the COA or call to register at (781) 275-6825.

Session dates: 8/19-11/1

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!

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

TAP DANCE

Join the talented Chuck Frates for his popular Tap Dancing class on **Tuesdays at 11:00 AM**. This session runs for 8 weeks and the cost is \$65.00. Payment is due upon sign up and checks should be made payable to the Town of Bedford. No previous experience is required. Don't forget your tap shoes! Sessions dates 9/4 - 12/20. \$10 drop in rate also available.



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

Evenings at the COA

COA CINEMA 6:45 PM

October 12th *Hello My Name is Doris* (2016) R Inspired by insights gained through a self-help seminar, 60 year-old Doris Miller brazenly steps forward to pursue the affections of a much younger co-worker.



Evening Halloween Party Monday October 30th Join us for Halloween treats, freaky fun and an Abbott and Costello "scary" movie... Let us know you are coming!!



CARE DIMENSIONS

Thursday October 27th at 6:30pm

This program will discuss what it means to live well, the barriers we face, and how we can begin to do so. Join Care Dimensions for their lively, interactive program: "LIVING WELL; MAKE EVERY MOMENT COUNT!" We will explore what it means to live a happy life, the barriers that we face and how we ultimately can achieve our goal. Please call the COA to sign up.



PADSTER Monday 24th at 6:30pm

Join Eric Plugis and Gunnar Larsson for a demonstration of Padster an easy to navigate tablet computer. Designed and developed by Eric and Gunnar for senior citizens on the principle that less is more, Padster is a powerful communications device, entertainment center, and a safe-keeper of your photos and contacts without the clutter and confusion of too many features. Come and be the first to try out and learn more about Padster before it hits the stores! Offer your opinion! Call the COA to get on the list.



JOB AND CAREER NETWORKING

Every Wednesday in October at 6.30pm

We all know that NETWORKING WORKS! Join the COA and MCOA for our first Job Seekers Networking Group. This group assists people, 50+ looking for new jobs or careers. If you are looking, unemployed, underemployed, or looking for a new career path this program is where to start. Participants will have a regular schedule in a supportive and comfortable environment. Call us to register.

Social Security Planning Seminar: How and When to take Social Security Benefits

Presented by: **Jon T. Bicknell, ChFC, CRPC, CFP**

Wednesday, October 19, 2016 6:45PM

At this workshop you will learn factors to consider when applying for benefits. When to delay benefits and when to not. Why you should check your earnings record for accuracy. How to estimate your benefits. Innovative strategies for coordinating spousal benefits. How to minimize taxes on Social Security benefits. Coordinating Social Security with other forms of retirement income. Decisions made today have a tremendous bearing on total benefits you stand to receive over your lifetime. Come along to learn more. This workshop is designed for baby boomers. Reserve your place at the COA.

Wood Carving with Award Winning Jane Layton:

Wednesdays 6:30pm to 9:00pm

Calling artists and bird lovers. Learn to carve, texture and paint a black-capped chickadee in 12 sessions. Tools and paints provided for use in class. \$15 per class. Call the COA to register !



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!

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
					11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool Monthly Birthday 1:15 Movie: <i>The Man Who Knew Infinity</i>
9:00 Exercise 9:30 Chair Yoga 10:00 Science & Tech: 3 <i>Botany of Desire/Biking</i> 11:45 Lunch 1:00 Poker 3:00 Bereavement 6:30 Sit & Stitch 7:00 Folk & Line Dance	9:00 SHINE 9:30 Exercise 11:00 Dup. Bridge/ OsteoFitness/Tap 4 1:00 Writing Group 1:15 Lex. Chorale 2:00 Computer Drop In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again/ Great Books	9:00 Exercise 10:00 Computer Club 5 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise/CPAP 1:30 Osteoporosis 2:00 A+C Drop In 6:30 Stitch/ Carving 6:30 Job Networking	9:00 Musde Care 9:15 OsteoYoga 10:00 Exercise/ Art w/Susan 6 11:00 Dog Bones/ 1:00 Current Events/ Tai Chi/ 1:00 Peru Travelogue 2:00 Chess 3:00 Handcrafts	9:00 Exercise/ FLU 10:00 Chair Yoga/ Stitch 7 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Adult Coloring 12:45 Emerson 1:00 Scrabble/ Line Dancing	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's 8 Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>The Frisco Kid</i>
 COLUMBUS DAY CLOSED 10	9:00 SHINE 9:30 Exercise 11 11:00 Dup. Bridge/ OsteoFitness/Tap 11:30 COA Board 1:00 FBCOA 2:00 Computer Drop In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ FLU 10:00 Genealogy 12 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 A+C Drop In 6:30 Stitch/ Osteoporosis Carving/Job Networking 6:45 Movie: <i>Hello My Name is Doris</i>	CONCORD RIVER 9:00 Musde Care 13 9:15 OsteoYoga 10:00 Exercise/ Art w/Susan 11:00 Duplicate Bridge/ Dog Bones/ 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	9:00 Exercise 10:00 Chair Yoga/ Stitch 14 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Wizard Nurse's Hours / Line Dancing	11:00 Coffee 11:30 Dog Bones 15 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Andrew Lloyd Webber's Cats</i>
9:00 Exercise 9:30 Chair Yoga 17 10:00 Science & Tech: <i>Mankind/ Biking</i> 11:45 Lunch 12:30 Alzheimer's 12:30 Name That Tune 1:00 Poker 2:00 Living with Loss 6:30 Sit & Stitch/ Africa 7:00 Folk & Line Dance	9:00 SHINE 9:30 Exercise/ Breakfast & BINGO 18 11:00 Dup. Bridge/ OsteoFitness/Tap 1:00 Writing Group 2:00 Computer Drop In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ 10:00 Vets Coffee 19 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 12:45 Unlimited Options 2:00 A+C Drop In 6:30 Stitch/Carving/Jobs 6:45: Social Security	9:00 Musde Care 9:15 OsteoYoga 20 10:00 Exercise/ Art w/Susan / Hearing/Cupcakes 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	Podiatry 9:00 Exercise 21 10:00 Chair Yoga/ Stitch 11:00 OsteoFitness/ 11:30 Board Games 11:45 Lunch 12:30 Adult Coloring 1:00 Scrabble/ Line Dancing	11:00 Coffee 11:30 Dog Bones 22 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Midnight in Paris</i>
9:00 Exercise 9:30 Chair Yoga 24 10:00 Biking 11:45 Lunch 12:30 Safe Driving 1:00 Poker Nurse's Hours 6:30 Sit & Stitch/ Padster 7:00 Folk & Line Dance	9:00 SHINE 9:30 Exercise 25 11:00 Dup. Bridge/ OsteoFitness/Tap 1:00 Book Discussion 2:00 Computer Drop In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again/ Great Books	9:00 Exercise 10:30 SongFest 26 10:30 Men's Health 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 12:45 Tax Presentation 2:00 A+C Drop In 6:30 Stitch/Carving/ Job Networking	9:00 Musde Care 9:15 OsteoYoga 27 10:00 Exercise/ Art w/Susan 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/TaiChi 2:00 Chess 3:00 Handcrafts 6:30 Care Dimensions	9:00 Exercise 10:00 Chair Yoga/ Stitch 28 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Line Dancing	11:00 Coffee 11:30 Dog Bones 29 12:30 Beginner's Italian Halloween Party 1:00 Bridge, cards, pool 1:15 Movie: <i>Young Frankenstein</i>
9:00 Exercise 9:30 Chair Yoga 30 10:00 Biking 11:45 Lunch 1:00 Poker 6:30 Sit & Stitch/ Halloween Party 7:00 Folk & Line Dance			October		

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THIS SPACE IS AVAILABLE

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!
- 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, October 3 & 17 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, October 12 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 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 **Oct. 4:** Borges, Jorge Luis, "The Aleph", from *Collected Fictions*. & **Oct. 25:** Dickenson, Emily, selections from *Selected Poems* *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** Check out Page 2 for details.
- 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 or Bill Linnehan on 781-275-1328

Saturday Movies begin at 1:15 PM

Oct. 1st *The Man Who Knew Infinity* (2016) PG-13 This biopic recounts the life of self-taught Indian mathematician Srinivasa Ramanujan, who made his way to Trinity College, Cambridge in 1913 and rose to prominence under the tutelage of renowned math professor G.H. Hardy.

Oct. 8th *The Frisco Kid* (1979) PG Armed with his yarmulke and a cross-country mission to reach San Francisco's Barbary Coast neighborhood, naive Polish rabbi Avram Belinski (Gene Wilder) is a natural target for swindlers and thieves in the bustling port city of Philadelphia. Robert Aldrich (The Dirty Dozen) directs. Also starring Harrison Ford.

Oct. 15th *Cats* (1998) NR Elaine Paige, the original London Grizabella, leads an all-star cast from productions of Andrew Lloyd Webber's smash-hit musical on film by director David Mallet. Featuring songs "Memory," "The Jellicle Ball," "Mr. Mistoffelees" and more.

Oct. 22nd *Midnight In Paris* (2011) PG-13 In this romantic comedy, director Woody Allen focuses his lens on an engaged young couple whose experiences traveling together in Paris.

Oct. 29th *Young Frankenstein* (1974) PG A laugh riot from beginning to end, this classic parody from director Mel Brooks stars Gene Wilder as Frederick Frankenstein, who detests his family history but can't resist the temptation to follow in his grandfather's footsteps.

Thanks to the FBCOA for our funding!

Trips! Trips! Trips!

Concord River Fall Lunch Cruises

Thursday October 13th 11:m or 1:00pm

\$35 per person includes cruise and lunch.

Relax on the Concord and Sudbury Rivers - enjoy unique dining aboard a pontoon boat. View 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 composed their renowned writings. Then on to 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 ham and cheese, or vegetarian. Served with iced tea or lemonade. Full payment of \$35 is due upon sign up. Meeting at 10:30am or 12:30pm at the South Bridge Boat House in Concord (496 Main St.) The first cruise leaves at 11:00 am and will return at 12:30pm. The second cruise leave at 1:00pm and will return at 2:30pm. Space is limited to 16 per cruise, so reserve your spot today!

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Nurse's Hours

On Friday, October 14 & Monday, October 24
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.



FBCOA and ACE Hardware Sponsored Winter Sand Bucket.

The FBCOA would like to offer Bedford seniors a sand bucket outside your door for ice and snow during the winter. If you would like to receive one please call the COA and add your name to the list.

Flu Clinics

**October 7th and 12th
9am - 11am**

In collaboration with the Board of Health, the is offering the annual free flu clinic. The High Dose will be on October 7th and the regular flu dose on October 12th. Please call the COA for your appointment.

CPAP SUPPORT GROUP CONTINUES: WEDNESDAY OCTOBER 5TH AT 12.45 P.M. THE MODERATOR IS AVAILABLE BY EMAIL ON: dach2010@gmail.com



Thank you to all volunteers helping with our 1st community garden project ! Our harvest is going well !



Take a Hike

Fall Tuesday and Thursday hikes have begun. Limit 18 hikers per trip. Please contact Susan: slgrieb@comcast.net to get on the list.

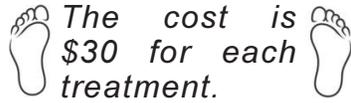


For Your Health

Podiatry

Dr. Bryant Tarr will be at the COA from 8 -11 AM on **Friday, October 21**. 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, October 20** 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: 4th, 18th and 25th from 9-12; Please call to make an appointment! If you cannot leave your home, they will call you.



Caregiver & Bereavement Support Group

Anne Marie Rowse, a geriatric care manager and Chaplain continues her group **Mondays, October 3rd, 3-4:30 PM**. The group is open to residents from any town. For more info, please email the leader on amarowse@charter.net or call at (508) 479-0652. No sign-up needed.

This program is supported by both Bedford & Carlisle COA.

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

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



10am Monday Cycling for Seniors
If you would like to be put on the list to be notified of cancellations email Jack Donohue on jmdonohue@alum.mit.edu. Rides are 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 may spend some time on busy roads, so you should be comfortable riding with traffic. After the ride have coffee and snacks at the COA.

What You Need to Know

NEW

Yoga for Osteoporosis

NEW

In this class you will learn 12 poses that help regain and maintain bone strength. The poses are based on scientific research of Dr Loren Fishman, shown to enhance bone strength, improve balance, aid co-ordination, range of motion and reduce anxiety. Breathing and meditation is included in this session, alleviating stress and centering mind and body to support bone health. You will be guided in setting up a daily home practice of these poses for maximum benefit. Please call for more details.

\$65 for 8-weeks from September 15th to November 3rd, limit 8.



Real Estate Tax Exception Application Help

The Board of Assessors staff will hold regular hours at the Council on Aging to assist applicants in completing their real estate property tax exemption applications. Please call Mary Morris or Cheryl Draper at **781-275-0046** to learn what documents to bring and to schedule your appointment on **Monday and Wednesday mornings between 10-11 am.**

Book Discussion Tuesday October 25th at 1:00pm

The Good Shufu : finding love, self, and home on the far side of the world

In this memoir of travel and love, a fiercely independent American woman finds everything she ever wanted in the most unexpected place. Shufu. In Japanese it means "housewife," and it's the last thing Tracy Slater ever thought she'd call herself. A writer and academic, Tracy had carefully constructed a life she loved in her beloved hometown of Boston. But everything was upended when she fell head over heels for the most unlikely mate: a Japanese salaryman based in Osaka who barely spoke her language. Deciding to give fate a chance, Tracy built a life in Japan filled with contradictions and dissonance, but also strange moments of enlightenment and joy. Provided by publisher.



FREE TAX PREPARATION AVAILABLE AT THE COA !

Wednesday October 26th at 12:45pm



Tax preparation volunteers are holding a discussion session providing information on who they are and basic information on tax preparation. You will learn and what information they need to prepare a tax return and the volunteers will be happy to answer your tax questions. Call to sign up today.

Science & Technology

Join the Science & Tech group for a look at *The Botany of Desire: A Plant's Eye View of the World* by Michael Pollan. 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! Flowers. Trees. Plants. We've always thought that we controlled *them*. But what if, in fact, *they* have been shaping *us*? *The Botany of Desire* takes viewers on an exploration of our relationship with the plant world—seen from the *plants'* point of view.

On **Monday, October 3 at 10 AM**, join us at the Council on Aging for Chapter 3—Intoxication. *The Botany of Desire* explores the history and physiology of the lowly weed, cannabis— one that has managed to make itself so desirable that nearly 15 million Americans risk arrest each month smoking it. And Chapter 4—Control. This chapter discusses the development of the potato into the food source we are so familiar with today!

Next, we will start a 12 part History Channel series, 'The Story of All of Us: Mankind.' *The series covers major world history milestones including the Ice Age, the advent of farming, the growth of cities, nations and empires, the rise of trade networks, the Industrial Revolution, major wars, disease and modern medicine, technology, space travel and more.* **Monday, October 17** we will start with Episode 1: Inventors. This takes us through discovering fire and farming; building cities and pyramids; inventing trade; and the discovery of iron.

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 October 5 at 10:00 AM.**

Computer Drop-In

Our friendly Computer Club volunteers will be here on Tuesdays and Thursdays at 2:00pm 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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FIX-IT-SHOP IS OPEN !

Bring your household items to the Fix It Shop, 2nd Floor above the COA on Tuesdays and Wednesdays from 9am—Noon. Proceeds help fund our COA programs.



FBCOA MEETING

Tuesday October 11th at 1:00pm

Please attend the meeting and stay for fun and games !



Friendly Bridge Players Needed !

If you enjoy a social game of bridge please contact the COA. Subs and permanent players needed every Tuesday from 12:30pm to 3:00pm. Come and have some fun, meet others and play a stimulating game of Bridge !



COA BOARD MEETING

Tuesday 11th at 11:30am. Chairman Allan Morgan invites you to learn about the Board's new goals, focus and direction for 2016/2017.



Veterans of Bedford Green Seek Household Cleaning Supplies
Bedford Green is accepting donations of household supplies including laundry detergent, dish soap, floor cleaner, mops, buckets, cleaning supplies. Help out our new neighbors if you can.

Living with Loss, Creating New Memories: Friday October 17th at 2pm Join Marjie Cahn, LICSW, EdD to learn coping skills when facing all those 'anniversaries' after loosing a loved one. Often times the 2nd year after a loss is more difficult than the 1st. Please call to sign up for this safe, supportive group, limit 8.

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!



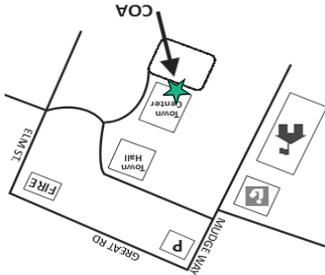
If you know of someone who would benefit from a 'Get Well' or 'Thinking of You' card, please give the details to Alissa at the COA Front Desk, along with an address, and the



FBCOA 2017 Membership Dues by September 2016

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!

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



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