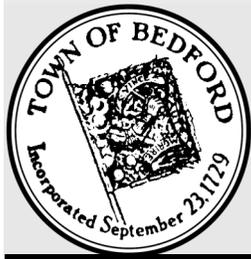


Help,
Health,
Fellowship..



September 2014

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

Middle East Lecture Series

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. Professor Kienzle will present a four-session interactive presentation on the Middle East, drawing on his 40 years of study and teaching on this vital world area. Professor Kienzle will present as follows:

September 15: SYRIA and IRAQ: To Be or NOT to be?

September 29: IRAN: Islamic Republic Atomic Threat ?

October 6: ISRAEL and the Palestinians: Is there a Solution?

October 20: The "Arab Spring" and EGYPT: What Went Wrong?

EACH SESSION TAKE PLACE FROM 6:30-8:30 PM

**Come and join us as we
explore this exciting region!
Please register by calling the
Council on aging at (781)
275-6825 or email
coa@bedfordma.gov**

Making Each Breath Healthy

Every day we breathe in and out nearly 20,000 times. That's a lot of work for the lungs. Over time the likelihood of having a serious lung problem increases, especially for smokers. Lung problems that are more common among older people include chronic obstructive pulmonary disease (COPD), pneumonia, and lung cancer. A Blue Cross & Blue Shield Nurse Case Manager will be here on Thursday September 18 at 11:00 AM to discuss the topic. Please register in advance by calling 781-275-6825.

The Reluctant Parent

Tuesday September 23 at 6:30 PM

Think your aging parents could use some assistance? Have you experienced some reluctance? If you would like to learn how to have a positive conversation about safety and independence with older adults you won't want to miss this program! Ceci Murphy of Abundant Home Health Care will be sharing a variety of approaches to common objections such as "I am fine, I can manage very well on my own"; "I don't want strangers in my house"; "I am still able to drive," or "I want to stay in my own home". She will also address your role and the effect your approach will have on the outcome of these kinds of conversations. There will be time for questions and discussion. Please register by calling the Bedford Council on Aging at (781) 275-6825.

Saturdays at the COA

We are open 12-4 PM!

All are welcome!

12:30 Beginner's Italian

1:00 Bridge, cards, pool

1:15 Movie (See page 3 for more details!)

Bedford Day 2014 Saturday September 20

The Council on Aging will be open during Bedford Day from 10 AM to 4 PM. Don't forget to visit our FBCOA table out front! And for all of you movie fans, the newly released *Endless Love* will be shown at 1:15. All are welcome! Don't forget to check out the Fall Book Sale at the Library!

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Don't Forget These Ongoing Activities

- Bingo!** All are welcome on Monday September 8 at 10:00 for a chance to win token gifts.
- Game Time!** Bring your friends on Mondays at 10:00 for a game of Dominos, Scrabble, Chess, Cribbage, Pool and more!
- Sing with the Songbirds!** Wednesdays at 10:30! All are welcome to join this fun and spirited group!
- Play Scrabble!** Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!
- Texas Hold 'Em Poker!** Join the game each Monday at 1!
- Handcraft Group** Bring your own handcraft projects and chat on Mondays at 3:00! New members always welcome!
- Play Mah Jongg!** Wednesdays beginning at 11:00! All are welcome! Lessons available!
- Play Duplicate Bridge!** Every Tuesday and Thursdays 9/11 and 9/25 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** Please contact the COA to find out when Ken Gordon will be visiting again.
- Are You A Federal Retiree?** Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.
- Current Events** This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!
- Genealogy Group** Explore your family tree on Wednesday September 10 at 10:00
- Nom de Plume Writers Group** Do an exercise, share your work, and get feedback! New members are welcome. Meets the 1st and 3rd Tuesdays of every month at 1:00.
- Single Again** Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.
- Line Dancing with Katrina** Fridays at 1 PM. The class costs \$2 (paid to instructor).
- Discover Tap Dance!** Chuck will have you tapping on Tuesdays at 11:00 beginning on September 2! Each 8-week session is only \$65. Don't forget your tap shoes!

Trips! Trips! Trips!

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. The menu is comprised of Minestrone soup, a holiday roast turkey dinner with all the fixings, coffee and dessert. The bus departs at 10:00 AM and returns at about 6:30 PM.



Thursday November 13

The Lettermen name first appeared in February 1958 on the marquee of the Desert Inn Hotel Resort Show Room in Las Vegas Nevada. Today the voices of Tony Butala, Bobby Poynton, and Donovan Tea

make up the voices of this legendary group. Come see them live in concert performing their greatest hits at the Garde Arts Theatre in New London, CT! You will stop at Mohegan Sun before the show where each person will receive a \$30 casino gaming package (\$20 free slot/bet and \$10 meal voucher). Bus will depart at 8:00 AM and will return at about 6:30 PM. 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.

Thursday December 4

After a sell-out show at Carnegie Hall, the Sicilian Tenors are ready to bring the joy of all our favorite Christmas songs to life at Demetri's in Foxborough! The show is typically described as "The Three Tenors meets the Rat Pack". They are known to take their audience from tears to laughter with warm nostalgia and soaring voices. For lunch you will enjoy a choice of roasted stuffed chicken breast or baked Atlantic scrod. Meal choice and full payment of \$79 is due upon sign up. Bus will depart at 10 AM and will return at about 6:30 PM.



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

RESERVED FOR SPONSORS

✿ JUST FOR FUN ✿

Paint 'n Palette

Wednesday October 1 at 5:30 PM

Sponsored by
Billerica Crossings



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

Please call (781) 275-6825 by Wednesday Sept. 24 to register with the Council on Aging.

Sit 'n Stitch

This group is for everyone, novice to expert, who is looking to get together and share the wonderful world of knitting. Discuss current projects, swap yarn and patterns and of course do some knitting over a cup of coffee. All are welcome - crochet and beads too! This is a casual, social group! All you need to do is show up! The group meets at the COA on Fridays from 10:00 to 2:00 and Wednesdays 6:30 to 8:30 PM. So dig out that project you've been meaning to finish and join us!



Breakfast and BINGO Tuesday September 30, 9:00 AM

Come play for a chance to win a gift card to one of your favorite local stores! Grand prize winner will take a home a special gift!

Breakfast and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.

Enjoy a Heart-Healthy Lunch Sponsored by Brightview Concord River Thursday September 11 at 11:00

**Call to reserve your spot!
(781)275-6825**



National Parks of the Dakotas

Join Carol and Ron Reynolds on Wednesday September 24 at 1:00 PM as they travel to the national parks of North and South Dakota. You will visit a number of parks including The Badlands National Park, Theodore Roosevelt National Park, Wind Cave

National Park and Mount Rushmore National Memorial. You'll see a variety of wildlife, see some amazing landscape, and learn about the early settlers and Native Americans of the area.

Saturday Afternoon at the Movies!

Thanks to the FBCOA for our funding!

All movies begin at 1:15 PM

September 6 *Lullaby* (2014) R Estranged from his family, Jonathan discovers his father has decided to take himself off life support in forty-eight hours' time. Through this intensely life affirming prism, an unexpected and powerful journey of love, laughter, and forgiveness unfolds.

September 13 *Still Mine* (2013) PG-13 Based on a true story about an 89-year-old man who faces off against the government when he decides to build a final home for himself and his wife, whose health is beginning to fade

September 20 *Endless Love* (2014) PG-13 Jade, a sheltered but privileged teen, becomes enthralled with David, a working-class youth with a troubled past. Though Jade and David quickly fall in love, their worried parents try to keep them apart. However, their parents' disapproval only makes the love-struck teens more determined to pursue the intense affair.

September 27 *Bad Words* (2014) R Blessed with a photographic memory but no high school education, Guy Trilby discovers that he's eligible to enter spelling bees intended for children. As Guy steamrolls his pre-teen competition, a journalist tries to find out what motivates him.



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
CLOSED LABOR DAY	9:30 Exercise 11:00 Duplicate Bridge/ Tap Dancing 12:30 OsteoFitness 1:00 Writing Group 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise 10:00 Computer Club 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE 6:30 Sit 'n Stitch/ 55+ Night	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 1:00 Current Events/ Tai Chi	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 9:30 Chair Yoga 10:00 Pilates/ Games/ BINGO 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	9:30 Exercise/ Hearing 10:00 SHINE 11:00 Hands/ Duplicate Bridge/ Tap Dancing 12:30 OsteoFitness 1:00 FBCOA meeting 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise 10:00 Renovate or Sell?/ Genealogy 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ 55+ Night 7:00 Dental Health	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 11:30 Healthy Lunch 1:00 Current Events/ Tai Chi	8:00 Podiatry 9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Nurse's Hours/ Line Dancing
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates/ Games/ Downsizing 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts 6:30 Middle East	9:30 Exercise 10:30 Pneumonia 11:00 Hands/ Duplicate Bridge/ Tap Dancing 12:30 OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 5:30 Sandwich Generation 6:00 Coffee Hour 7:30 Single Again	8:30 Fire Safety Breakfast 9:00 Exercise 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Attorney 2:00 SHINE 6:30 Sit 'n Stitch/ 55+ Night	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise/ Hearing 11:00 Breathing 1:00 Current Events/ Trail Walk 2:00 Computer Drop-In *No Tai Chi Today due to Bedford Day set-up*	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble *No Line Dancing Today due to Bedford Day set-up*
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates/ Games 11:45 Lunch 1:00 Poker/ Floor Yoga/ Nurse's Hours /Home Safe Home 3:00 Handcrafts	9:30 Exercise 11:00 Hands/ Duplicate Bridge/ Tap Dancing 12:30 OsteoFitness 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 6:30 Reluctant Parent 7:30 Single Again	9:00 Exercise 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 National Parks of Dakotas 6:30 Sit 'n Stitch/ 55+ Night	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	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 9:30 Chair Yoga 10:00 Pilates/ Games 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts 6:30 Middle East	9:30 Exercise/ Breakfast & BINGO 11:00 Hands/ Duplicate Bridge/ Tap Dancing 12:30 OsteoFitness 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	Join us on Wednesdays from 6:30-8:30 for 55+ Night (See page 10)	 September	

**RESERVED FOR
SPONSORS**

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 per day

BONING UP ON OSTEOPOROSIS!

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. 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 beginning on Tuesday September 2 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.

LEARN TAI CHI FOR FREE!

Oriental Healing Arts Association will be offering FREE Tai Chi classes in September on Thursdays at 1:00 PM. Classes will be taught by Gene Gaudreau (President and CEO) and Jim Winner (Vice President of Sales and Marketing). You must register by contacting the COA at (781) 275-6825.

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!

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 meditation. **\$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, September 9 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.

Time to renew your membership!

Please remember to pay your dues this month for 2014 -2015. Either stop by the COA or simply mail in the form to the left with your check made payable to:

FBCOA
12 Mudge Way, Bedford MA 01730

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.

A Celebration of the Cultural Community in Bedford



The Bedford Cultural Council is hosting a reception honoring this year's grant recipients at the Bedford Free Public Library on Saturday, September 27, 2014 from 2-4 pm. The public is invited to attend and learn more about the cultural community in Bedford. Light refreshments will be served. A local affiliate of the Massachusetts Cultural Council, the Bedford Cultural Council provides grant money to individuals and non-profit organizations in the arts, sciences, education and humanities. The Council on Aging has benefited from their funding many times over the years!

Visiting the Bedford Council on Aging Just Got Better! We Are Proud to Introduce...

myseniorcenter™

You may have seen the touchscreen system at other senior centers, but even if you haven't, it is simple to learn! No more clipboards and paper sign-in sheets! Each person will be receiving a personalized key tag - just like the one you use at the grocery store! So come on in and get yours today! **Every new sign-in will be entered for a chance to win a \$25 gift card!**

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

Requested

Service

Address



12 Mudge Way, Bedford, MA 01730

COUNCIL ON AGING

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