

# COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730  
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## Right at Home:

### Who They Are & Why They Need You!

*Saturday, February 16 at 12:30 PM*

Right at Home provides non-medical care to seniors in Bedford and the surrounding community. They are looking for kind, caring, mature individuals with life skills to assist other seniors with daily tasks; in-home support that includes light housekeeping, meal preparation, errands, and companionship. They offer flexible schedules, gratifying work, and competitive pay. Please come to the Council on Aging for an informational meeting to hear about who they are, what they do, and how YOU can help seniors in the community. Come meet Laura, Office Manager at Right at Home in Bedford, and Sandy, one of Right at Home's amazing mature caregivers to ask questions about how YOU can benefit from working at Right at Home while improving the lives of others. Please call the COA by February 14<sup>th</sup> to reserve a spot. Light refreshments served.



### Thursday, February 27<sup>th</sup> at 1:00 PM Great Tunes of Yesteryear

Jazz singer Barbara Balistreri and pianist Mark L. West will be performing great tunes of yesteryear. Included are tunes from the American Songbook by artists such as Duke Ellington, Cole Porter, Harold Arlen, Richard Rogers, Hoagy Carmichael, and more! Please call the COA to reserve your spot.



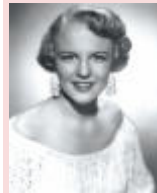
## New!! Trivia!

Monday, February 11  
at 2:00 PM



Join our very own Susan McDonough for a fun filled afternoon of trivia! Please call ahead so we know how many to expect.

## THE GREAT AMERICAN MUSIC EXPERIENCE

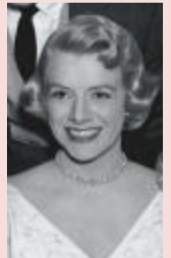


Friday, February 15 at  
12:45 PM

John Clark Returns! with  
Great Ladies of Song



They were three of the best-loved female vocalists of the 1940s and 1950s. Rosemary Clooney began singing duets with her sister in a forties swing band, but by the early fifties had become a singing star with multiple million sellers like **Come On-A My House** to show for it. Peggy Lee first sang for Benny Goodman's orchestra but soon established her own stardom with an intimate vocal style that rivaled Frank Sinatra. **Fever** and **I'm a Woman** were just two of her iconic hits of her later years. As part of the vocal group, the Pied Pipers and on her own, Jo Stafford was simply the best-selling female singer from 1940 to the mid-fifties with **You Belong to Me** as her biggest hit song. Please call ahead so we know you are attending.



### Council on Aging Hours:

Monday:	8-4, 6-9
Tuesday:	8-4
Wednesday:	8-4, 6-9
Thursday:	8-4
Friday:	8-4
Saturday:	10-3

*Disclaimer: The programs and services offered by the COA are for education and information. We encourage you to be an informed consumer when you consider using a product or service. The Bedford Council on Aging does not recommend any specific service, speaker or product.*

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\*\*\* **Winter Weather Policies** \*\*\*

If the Bedford Public Schools are closed or delayed due to weather, the senior center programs will be also. If there is severe weather but the schools do not close, we will hold activities if possible. However, please call before coming as presenters or teachers may not be able to get here. Staff will still be in their offices to assist you (though, of course, if you have an emergency, please call 911).

Those who have scheduled rides through the BLT should call the BLT and Wheels of Life riders should call the COA about the status of their rides. Medical appointments will be evaluated on a case-by-case basis, although a recommendation will be made to reschedule if possible.

In the event of a long term emergency the town will broadcast emergency information on AM radio 1640 as well as on the town website [www.bedfordma.gov](http://www.bedfordma.gov). Finally, if you are without heat and electricity for more than 12 hours and the temperature outside is less than 45 degrees, seek shelter with heat and electricity.

If you have nowhere to go and need shelter, call the Public Safety Dispatch at (781) 275-1212 for assistance.



**Veterans' Coffee**



**Wednesday, February 20 at 10 AM**

Join Tom Moran, Veteran Liaison with Compassionate Care Hospice, returns 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.

**Memory Café Continues:**

**Tuesday, February 26 at 10 AM**

Cooperative Elder Services, Inc. (CESI), The Friends of the Bedford Council on Aging, and the Bedford Council on Aging are partnering to continue the Bedford Memory Café on the fourth Tuesday of every month. A Memory Café is a safe and comfortable space where caregivers and their loved ones can socialize, listen to music, play games, and enjoy other appropriate activities. This month will feature Heather Marie, who will entertain us with her vocals accompanied by guitar. Please call the COA for more information, or drop in to our Café. **To sponsor the Bedford Memory Café, please send a check made payable to FBCOA, specifying it is to go to the Memory Café.**



**Tuesday, February 26 at Noon**

Please enjoy a gourmet lunch catered by Newbury Court Retirement Community, Concord. Jane Taylor, Bedford resident and Marketing Director at Newbury Court will be here at the COA to greet you and serve lunch. Lunch is complimentary; Limit of 40 participants. Please sign up by *Tuesday, February 19*. See you there!



**Brightview Lunch**  
**Thursday, February 28<sup>th</sup>**  
**at 12:00 PM**

Join us for a delicious brunch hosted by Janna Barry of Brightview Concord River! Please sign up in advance for this event, as seating is limited.

**SongFest**

In February... What comes to mind? That magical word: LOVE! We will meet Wednesdays, February 6, 13, & 20 at 10:30AM, and will sing love songs, old and new! Come join in the fun!

**Breakfast and BINGO**

**Tuesday, February 19 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.



**Cribbage**

**Mondays at 9:00 AM**

Like to play? Want to learn?  
Join a game over coffee!



**Happy Birthday to YOU!**

Join us at the Council on Aging for YOUR birthday! Each month, Maria honors every senior who has a birthday that month. Join us for cake on **Saturday, February 2nd** if your special day is in February!

# Evenings at the COA<sup>3</sup>



## Mexican Train Dominoes

Join in the fun Mondays & Wednesdays at 6:30 PM and Fridays at 2:00 PM!



## Sit 'n Stitch ~ Mondays & Wednesdays at 6:30 PM

All types of handworkers welcome. Knitting, needlepoint, quilting, embroidery, needle weaving, and crocheting. Come and spend an evening doing your favorite handwork with a fun and enjoyable group of stitchers!



## Do You Like to Stitch Needlepoint?

All levels of stitchers from beginner to experienced are welcome to observe and participate in the local chapter of the American Needlepoint Guild (ANG) which meets the 4th Tuesday evening of the months September – May in the Flint Room from 7-9PM. Come and check out this creative group! Programs range from optional stitching projects to lectures and social events.



If you enjoy needlepointing, join us to learn more and discover new aspects about this popular art. We hope you will visit us to learn more about needlepoint, get to know other stitchers in the area and share your efforts with a most appreciative group.



Visit: [www.masschapterang.org](http://www.masschapterang.org)

## Wood Carving with

Award Winning Jane Layton:

Wednesdays 6:30 pm to 9:00 pm

\$15 per class. Call the COA to register!



## Saturday Movies begin at 12:15 PM

**February 2** *Forever My Girl* (2018) PG A high school gridiron star with sky-high ambitions, Liam Page jilts his fiancée and leaves his hometown in the dust. Ten years later, he's a country music star, but he misses the home and the woman he left behind -- and he's come back to claim them.

**February 9** *Calendar Girls* (2003) PG-13 The members of the Knapely Women's Institute of North Yorkshire are resourceful and refined - and they're about to shock the residents of their little English town with a daringly bare philanthropy project.

**February 16** *The Seagull* (2018) PG-13 One summer, at a lakeside Russian estate, friends and family gather for a weekend in the countryside. While everyone is caught up in passionately loving someone who loves somebody else, a tragicomedy unfolds about art, fame, human folly and the eternal desire to live a purposeful life.

**February 23** *Secondhand Lions* (2003) PG In 1960s Texas, timid teen Walter is forced to spend the summer with his rich and eccentric great-uncles on their farm, where, over time, he learns surprising tidbits about their mysterious and dangerous pasts.

Thanks to the FBCOA for our funding!



## 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 Kim at 781-221-7054** 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 Kim at 781-221-7054. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.





# Fitness News



Staying active is a vital part of aging well. Fitness classes offered by the COA are specially designed for mature bodies. These classes integrate safe and effective methods to increase strength, improve your range of motion and maximize flexibility. Join a class today!

*Check (preferred) or cash accepted for payment.  
Checks made payable to the Town of Bedford.  
Thank you.*

## MORNING EXERCISE CLASSES

5 classes per week for \$55/month - only \$2.50 per class!  
3 classes per week for \$50/month - only \$3.57 per class!  
2 classes per week for \$40/month - only \$5.00 per class!

### *How are the classes different you ask?*

Mondays' classes (9:00 AM) are taught by **Rita Khoury**, an energetic instructor here at the Bedford Council on Aging. This class is our most intense class of the week, including an hour of aerobics and weights.

Bedford Local **Sharon Cummings** teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). Wednesday's class is a combination of aerobic exercise, strengthening, stretching and balance work. Friday is a more intense "Senior Boot Camp" with cardio and strength training.

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 \$6 /day**

## 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. Come ready to sweat, and prepare to leave empowered and feeling strong!

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Tuesdays at 4:00 PM w/Vera.

**Please enjoy this class  
at no cost to you!**

**Sponsored by the Bedford COA!**



## WELLNESS CLASSES

### \$45 per 5 week Session

**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; & balance. Weights, straps, and bands will be used. We will work our core, arms and legs. (2/6-3/6) 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 AM w/Laraine (2/25-3/25) or Fridays at 10:00 AM w/ Helen (2/8-3/8)

**FLOOR YOGA** This form of yoga is practiced using a mat on the floor. This class is an excellent way to build strength and flexibility while learning yoga techniques for breathing and meditation. We utilize postures and movements on all fours, seated, standing and lying down. The instructor will help you modify the postures with props and modifications so that your body and joints are comfortable and at ease. This is a multi-level class. Class always ends with a deep relaxation and meditation. Mondays at 11:15 w/ Laraine (2/25-3/25) & Thursdays at 9:30 w/Helen (2/8-3/8)

**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 (2/28-3/28 ~ Free Session!)

**Drop in rate for the above classes is \$11 per day**

**If cost prohibits your participation, ask about our financial assistance for subsidized exercise classes and available transportation options. Please see COA Director, Alison Cservenschi, for more information.**

## Nurse's Hours

On **Friday, February 8** & **Monday, February 25**, Bedford's Community Health Nurse, Mark Waksmonski, MPA, BSN, RN-BC will be at the COA at 1 PM to take your blood pressure and to provide individual consultation for any health questions you may have. He will meet with people on a "first come, first served" basis.



# For Your Health



## 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, February 21** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

## Podiatry

Dr. Bryant Tarr will be at the Council on Aging from 8-11 AM on **Friday, February 15**. Please call to let us know you are coming. This is a "first come, first served" clinic.

*The cost is \$30 for each treatment.*



## MEDICARE HELP/ 5 SHINE:

(Serving the Health Insurance Needs of Everyone)  
Counselors from Minuteman Senior Services will be available:  
Tuesdays in February 12, 19 & 26: 9-12  
Wednesdays in February 20 & 27: 12-2 & 6-7  
Please call to make an appointment! If you cannot leave your home, they will call you.

Muscle Care with Wayne Durante, LMT  
\$10 for 10 minutes  
Thursdays beginning at 9:00 AM  
Please call the COA for an appointment  
781-275-6825

## Replanting Lives

**Wednesday, February 13 at 7:00 PM**

The group, Replanting Lives Uprooted by Mental Illness/Brain Disorders for caregivers and family members has moved to the COA! "Replanting Lives" support sessions are skills based sessions made up of 90-minute segments conducted by a Master's level Certified Family Life Educator and a Mental Health Specialist. It offers family members effective tools and educational resources to manage the changes in the family since a loved one has been diagnosed with a mental illness/brain disorder. "Replanting Lives" is a place where participants can receive insight and feedback in order to help them practice new behaviors that enhance their lives and relationships. One of the key goals of a support group is so that members can return to their families and function in a new and healthier way. It offers members the strength and resilience that replanting from life's difficulties is a process, of which the group can be a part. Please contact the COA to be added to these sessions!



## Pneumonia Vaccines Available!

Receiving pneumonia vaccines is the best way to prevent becoming ill with pneumonia. Individuals aged 65 and older should complete the pneumonia vaccination series, especially if they have certain medical conditions such as diabetes, COPD, and kidney problems. For the month of February, the Bedford Board of Health will be offering both pneumonia vaccines for those 65 and older. Vaccines are given by appointment only and after completing the screening process. There are a limited number of doses available. Please contact the Board of Health at (781)275-6507 if you are interested in receiving the vaccine.

## Atrial Fibrillation "Afib"

**Thursday, February 21 at 12:45 PM**




Atrial fibrillation can become serious. It could let to clots, which could lead to clots and other negative health events. Please join Community Health Nurse, Mark Waksmonski at the COA to learn about afib, how it is diagnosed, and how it is treated.



## OsteoFitness™: The Natural Approach to Reversing Osteoporosis!



Beverly J. Ikier, senior Fitness Specialist and Educator, teaches her evidence based strengthening program to build bone in osteoporotic sites including the spine, hips, femoral neck and forearm. The class involves movement to address stiffness, low/no impact cardio warm up, balance and coordination drills reducing falls and fractures, posture and stretching for flexibility/injury prevention. The class teaches the latest osteoporosis information and provides handouts detailing natural, important food sources of daily calcium and vitamin D. Your personal bone density reports are collected and you will be instructed on home strengthening. Beverly includes holistic disciplines for the immune system and promotes stress management for relaxation. Regular lectures and calcium cafés are included in this as well as new member orientation. OsteoFitness™ classes are held on Tuesdays and Fridays at 11:00 AM at the COA. \$200 per 20 class session. Mid-session or either Tuesday or Friday, \$110. No make ups will be offered at other locations. Please visit the COA or call to register at (781) 275-6825. **Session dates: 1/15-3/22**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="font-family: cursive;">February</h1>				9:00 Exercise 10:00 Sit 'n Stitch/ Chair Yoga 11:00 OsteoFitness 11:30 Mah Jongg 11:45 Lunch 12:30 Adult Coloring 1:00 Scrabble/ Line Dancing 2:00 Mexican Train 5:15 Pickleball	10:00 Coffee 11:00 Tech Support 11:45 <b>Happy Birthday!</b> 12:00 Dog Bones 12:15 Movie: <i>Forever My Girl</i> 12:30 Beginner's Italian 1:00 Bridge, cards, pool
9:00 Exercise/ Cribbage 9:30 Chair Yoga/ <b>Indian Social</b> 10:00 Sci & Tech 11:15 Floor Yoga 11:45 Lunch 12:30 Drop-In Cards 1:00 Poker 6:30 M. Train/ Sit & Stitch	4 9:00 Fix-It Shop 9:30 Exercise/ <b>Hike</b> 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group/ Scottish Dance 2:00 Computer 4:00 Zumba Gold 5:00 Pickleball 7:00 Single Again/ <b>7:30 Great Books</b>	5 9:00 Exercise/ Fix-It 10:00 Computer Club 10:30 SongFest 10:45 QiGong 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 Arts & Crafts 6:30 Mexican Train/ Stitchery/Carving	6 9:00 Muscle Care 9:30 Floor Yoga 10:00 <b>Police Coffee/Exercise</b> 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer/ Chess 3:00 Handcrafts	7 9:00 <b>RMV/Exercise</b> 10:00 Sit 'n Stitch/ Chair Yoga 11:00 OsteoFitness 11:30 Mah Jongg 11:45 Lunch 1:00 Scrabble/ Line Dancing/ <b>Nurse's Hours</b> 2:00 Mexican Train 5:15 Pickleball	8 10:00 Coffee 11:00 Tech Support 12:00 Dog Bones 12:15 Movie: <i>Calendar Girls</i> 12:30 Beginner's Italian 1:00 Bridge, cards, pool
9:00 Exercise/Cribbage 9:30 Chair Yoga/ <b>Indian Social</b> 10:00 BINGO 11:15 Floor Yoga 11:45 Lunch 12:30 Drop-In Cards 1:00 Poker 2:00 <b>Trivia</b> 6:30 M. Train/ Stitch	11 9:00 Fix-It Shop 9:30 Exercise/ <b>Hike/12</b> 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Scottish Dance 2:00 Computer 4:00 Zumba Gold 5:00 Pickleball 7:00 Single Again	13 9:00 Exercise/Fix-It 10:00 Genealogy 10:30 SongFest/ <b>Speed Dating</b> 10:45 QiGong 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 Arts & Crafts 6:30 Mexican Train/ Stitch/Carving/ <b>Replanting Lives</b>	14 9:00 Muscle Care 9:30 Floor Yoga 10:00 Exercise 11:00 Dog Bones/ Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer/ Chess 3:00 Handcrafts	15 <b>Podiatry</b> 9:00 Exercise 10:00 Sit 'n Stitch/ Ch. Yoga 11:00 OsteoFitness 11:30 Mah Jongg 11:45 Lunch 12:30 Adult Coloring 12:45 <b>Great American Music</b> 1:00 Scrabble/ Line Dancing 2:00 Mexican Train 5:15 Pickleball	16 10:00 Coffee 11:00 Tech Support 12:00 Dog Bones 12:15 Movie: <i>The Seagull</i> 12:30 <b>Right at Home/</b> Beginner's Italian 1:00 Bridge, cards, pool
 18 9:00 Fix-It Shop 9:30 Exercise/ <b>Hike/19</b> <b>Breakfast &amp; BINGO</b> 11:00 OsteoFitness/ Tap/ Dup. Bridge 1:00 Writing Group/ Scottish Dance 2:00 Computer 4:00 Zumba Gold 5:00 Pickleball 7:00 Single Again	19 9:00 Exercise/ Fix-It Shop 10:00 <b>Vets Coffee</b> 10:30 SongFest 10:45 QiGong 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 Arts & Crafts 6:30 Mexican Train/ Stitchery/Carving	20 9:00 Exercise/ Fix-It Shop 10:00 <b>Vets Coffee</b> 10:30 SongFest 10:45 QiGong 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 Arts & Crafts 6:30 Mexican Train/ Stitchery/Carving	21 9:00 Muscle Care 9:30 Floor Yoga 10:00 <b>Hearing/</b> Exercise 11:00 Dog Bones 12:45 <b>Afib Talk</b> 1:00 Current Events/ Tai Chi 2:00 Computer/ Chess 3:00 Handcrafts	22 9:00 Exercise 10:00 Sit 'n Stitch/ Chair Yoga 11:00 OsteoFitness 11:30 Mah Jongg 11:45 Lunch 12:45 <b>Emerson's Wife</b> 1:00 Scrabble/ Line Dancing 2:00 Mexican Train 5:15 Pickleball	23 10:00 Coffee 11:00 Tech Support 12:00 Dog Bones 12:15 Movie: <i>Secondhand Lions</i> 12:30 Beginner's Italian 1:00 Bridge, cards, pool
9:00 Exercise/Cribbage 9:30 Chair Yoga/ <b>Indian Social</b> 11:15 Floor Yoga 11:45 Lunch 12:30 Drop-In Cards 1:00 <b>Ken Gordon/</b> <b>Nurse's Hours/</b> Poker 6:30 M. Train/ Sit & Stitch	25 9:00 Fix-It Shop 9:30 Exercise/ <b>Hike 26</b> <b>10:00 Memory Cafe</b> 11:00 Dup. Bridge/ Tap/ OsteoFitness 12:00 <b>Newbury Court Lunch</b> 1:00 Scottish Dance 2:00 Computer 4:00 Zumba Gold 5:00 Pickleball 7:00 Single Again/ <b>Needlepoint Guild</b>	27 9:00 Exercise/ Fix-It Shop 10:30 SongFest 10:45 QiGong 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 12:45 <b>Great Tunes</b> 2:00 Arts & Crafts 6:30 Mexican Train/ Stitchery/Carving	28 9:00 Muscle Care 9:30 Floor Yoga 10:00 Exercise 11:00 Dog Bones/ Duplicate Bridge 12:00 <b>Brightview Lunch</b> 1:00 Current Events/ Tai Chi 2:00 Computer/ Chess 3:00 Handcrafts		

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THAT SUPPORT OUR COMMUNITY





# Trips! 2019 Trips!



**Wednesday, May 22, 2019**

Maine's Famous  
"Bull & Claw" Lobster Bake  
Tour Cost \$89.00 per person

**Wednesday, July 24, 2019**

Cruising The Charles River  
Tour Cost \$89.00 per person



**Wednesday, August 14, 2019**

North Shore Music Theatre  
Presents: "Jersey Boys"  
Tour Cost \$119.00 per person

**Wednesday, October 16, 2019**

New Hampshire Turkey Train  
Tour Cost \$89.00 per person



## FREE CLASS! TAI CHI

Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of its soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association (2/28-3/28)

Try it out!! Sign up at the Front Desk!

*This class is sponsored by: The Northwest Suburban Health Alliance/CHNA 15 DoN funds from Lahey Hospital and medical Center and Winchester Hospital in collaboration with the Board of Health, Fire Department, COA and Minuteman Senior Services.*



## Don't Forget These Ongoing Activities

**Bingo!** All are welcome on the 2nd Monday of every month at 10:00 AM for a chance to win token gifts.

**Drop-In Bridge!** Mondays at 12:30 PM Stop in to join a game.

**Chess** Hone your skills or learn! Thursdays at 2:00 PM.

**Adult Coloring** For Therapy ...or Just for Fun! Friday February 1 & 15 at 12:30 PM

**Computer Club** A round table discussion will be held the 1st Wednesday of each month. Please join us!

**Current Events** This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!

**Play Duplicate Bridge!** Please call ahead to put your name in for substituting. (Tues & Thurs at 11:00)

**Fix It Shop** is open for business on Tuesdays & Wednesdays from 9AM to noon.

**Genealogy** Explore your family tree the 2nd Wednesday of each month at 10:00 AM.

**Bedford-Lexington Great Books** Meets in the Flint Room at 7:30 PM on February 5: Ivan Turgenev, *Fathers and Sons*, translated by Constance Garnett, Barnes & Noble Classics (snow date 2/12) Newcomers always welcome!\* [Maryhoff3@gmail.com](mailto:Maryhoff3@gmail.com)

**Handcraft Group** Meets every Thursday at 3PM. All are welcome to attend!

**Indian Social Group** The group meets weekly, on Mondays, at 9:30 AM All are welcome to attend! If you have any questions about the group please call Sharif at 508-317-4285.

**Learn to Stitch!** 6:30 PM every Wednesday.

**Line Dancing with Katrina** Fridays at 1 PM. The class costs \$3 (paid to instructor).

**Play Mah Jongg!** Wednesdays at 11:00, Fridays at 11:30. All are welcome! Lessons available!

**Medicare Counseling** Minuteman SHINE counselors are

available to provide assistance to seniors and individuals with disabilities in understanding their Medicare and MassHealth benefits and other health insurance options. Call the COA for an appointment.

**Options Counseling** by Minuteman Senior Services. Provides unbiased information about long term care services and resources. Call 781-272-7177

**Play Scrabble!** Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!

**RMV Near Me** Get RMV services at the COA. Please call ahead for an appointment and to see if we offer the service you need. 2nd and 4th Fridays of every month at 9 AM.

**Science & Tech Club** Join us the 1st and 3rd Monday of each month at 10:00 AM for this exciting conversation!

**Single Again** Please join us every Tuesday evening at 7:00 PM for an informal discussion group.

**Songfest** Wednesdays at 10:30! All are welcome to join this fun and spirited group!

**Talk to Your State Rep** Ken Gordon will be in the Flint Room at 1:00 PM on Monday, February 25.

**Discover Tap Dance!** Chuck Frates popular Tap Dancing class is back! Sessions run for 5 weeks for \$45. Current session: February 12-March 12

**Pickleball** Please go to this website for latest updates on this growing and popular sport in Bedford. Click on MA for state and the list is alphabetical by town. <http://www.usapa.org/places-to-play-pickleball/>

**Texas Hold 'Em Poker!** Join the game each Monday at 1!

**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.

**Nom de Plume Writers Group** meets the first and third Tuesdays of every month from 1-3 PM. Do an exercise, share your work, and get feedback! New members welcome!

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Watch our video tour at [CareDimensions.org](http://CareDimensions.org)  
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# Art & Science

## Science & Technology Group

Meets the 1<sup>st</sup> & 3<sup>rd</sup> Monday  
of each month at 10:00 AM

All are welcome. Come and join us!

### **Blue Planet 2**

David Attenborough returns to the world's oceans in this sequel to the acclaimed documentary filming rare and unusual creatures of the deep, as well as documenting the problems our oceans face.



### **2/4: One Ocean**

One Ocean takes us on a journey from the intense heat of the tropics to our planet's frozen poles to reveal new worlds and extraordinary never-before-seen animal behaviors.

### **3/4: The Deep**

This episode explores the unknown depths of the ocean. Over 60% of the sea is more than a mile deep and it forms the planet's most mysterious habitat. A sperm whale descends 1,000 meters to look for food and is followed, with the Johnson Sealink submersible.

## Saturday Tech Support



Have questions or need help with your phone, internet, iPad or computer? Kai Holland will be at the COA on Saturdays in February from 11:00 - Noon to assist any senior having issues or questions with technology. Be sure to take advantage of Kai's expansive knowledge and get all your technology problems solved here at the COA!

## **Wednesday Crafting with BACS!**

Join members of the Bedford Arts and Crafts Society for informal crafting, Wednesdays 2:00-4:00 PM. Socialize, learn, and enjoy! Open drop-in. There will be no cost for BACS members. Nonmembers will pay \$5.00 if they use BACS materials. For ongoing info on BACS, visit [www.bacsma.org](http://www.bacsma.org).

**February 6:** Valentine's  
Cards

**February 13:** Zen Doodling

**February 20:** Repurposing  
Greeting Cards

**February 27:** Polymer Pendants



**Jacob Wren Throckmorton  
Art Show  
Friday April 5<sup>th</sup>  
& Saturday April 6<sup>th</sup>**



### Art Drop Off Dates & Times

Art will be accepted at the Bedford Council on Aging at the times listed below:

Friday, March 29 <sup>th</sup>	8:00am – 2:00pm
Saturday, March 30 <sup>th</sup>	12:30pm – 2:30pm
Monday, April 1 <sup>st</sup>	8:00am – 2:00pm
	6:30pm – 8:30pm
Wednesday, April 2 <sup>nd</sup>	8:00am – 2:00pm
	6:30pm – 8:30pm

Contact the COA for detailed submission information

### Show Hours

Friday, April 5 <sup>th</sup>	8:00am – 7:00pm
Saturday, April 6 <sup>th</sup>	10:00am – 2:00pm
Reception: April 6 <sup>th</sup>	11:30am
Rock Painting	11:00am – 1:00pm
Shawsheen Room	

### **Get Answers by Email!**

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to [AskToddC@yahoo.com](mailto:AskToddC@yahoo.com)



**THE COMPUTER  
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### **Computer Drop-In Help**

Our friendly Computer Club volunteers will be here on Tuesdays and Thursdays to help with questions about any aspect of computer or other electronic device usage. Just drop in between 2PM and 3PM.

# What You Need to Know



## Coffee with a Cop

*Building relationships. One cup at a time.*

**Thursday, February 7 at 10 AM**



Coffee with a Cop brings police officers and the community members they serve together over coffee to discuss issues and learn more about each other. Please join Bedford Police Chief Robert Bongiorno on Thursday, February 7 at 10:00 AM for a cup of coffee, a light breakfast and a chat! Just call ahead to sign up so we know to expect you!



## Take a Hike

**Tuesdays from 10:00-noon**



We will explore the conservation trails in Bedford, Carlisle, Concord, Lexington, Waltham, Belmont and Lincoln. The walks will take 2 hours and will cover 4 to 5 miles. We will meet at the trail head or car pool from the Bedford COA. The walks will be lead by Susan Grieb who is a long time Appalachian Mountain Club trip leader. If interested, you can sign up with the Bedford COA or directly with Susan at [slgrieb@comcast.net](mailto:slgrieb@comcast.net).

## Bedford Trails Committee Walks

The Bedford Trails Committee conducts *free* monthly Trail Walks in Bedford the first Saturday of each month. Trail walks vary monthly, from strolls on flat ground to hikes with hills, and are typically 2 hours or less. Most permit well-socialized children and dogs on leash. Upcoming Trail Walks: 1st Saturday of each month: Saturday, February 2.

We rendezvous at the parking lot behind the Library at 9:45 am, and leave 10:10 am from the Trailhead.

For detailed info on hikes, please visit:

<https://groups.google.com/group/bedfordma-trails>

***Many taxpayers are unfamiliar with the Senior Circuit Breaker Tax Credit, a refundable credit of as much as \$1080.00 this past year. Eligible taxpayers who do not normally file a tax return because of low income, may obtain this refund simply by scheduling an appointment and filing a state tax return.***

Generally most appointments are 60 minutes in length depending on the complexity of the return. When the client leaves the interview, they take all their documentation with them so that nothing is left with the volunteer, and the returns are subsequently electronically filed, unless the client prefers that a paper return be mailed.

There are limited returns that the IRS does not permit us to prepare, such as rental properties as well as some business returns, but in general, most every other return is acceptable. After you schedule an appointment, you will receive a letter outlining the documentation we require, as well as an Intake form to assist you in preparing for the interview. If you need to cancel the appointment for any reason, we ask you to call to allow us to assist another taxpayer in that same time slot. To schedule an appointment at the Council on Aging, call (781) 275-6825 after January 1.

***We look forward to assisting you in the next few months!***

## Valentine's Day Speed Dating!

Speed Dating is the fun and efficient way to meet new people. The **Lincoln COA** is teaming up with the **Bedford, Concord, and Sudbury COA** for this **FREE** event for seniors aged 65 and up to be held on **Wednesday, February 13 at 10:30AM at the Lincoln Council on Aging (15 Bedford Road, Lincoln, MA 01773)**. You'll meet up to twelve other local, single seniors through a series of six minute "pre-dates." We facilitate the whole thing so there's no awkwardness, pressure, embarrassment, or games...just great fun!

**FREE** popcorn will be served. After the event, we'll contact you to let you know if you've made a match (more than two-thirds of speed daters match at least one person).

Space is limited! Call 781-259-8811 to register. All orientations welcome.

## BEGINNER SCOTTISH DANCING

**Tuesdays, 1PM to 2PM**

Scottish Country Dancing, a form of folk and formal dancing similar to Square and Contra dancing, is taught in Scotland and around the world. Heather Day, certified SCD teacher, will teach a modified form, less strenuous but providing great physical and mental exercise. Wear comfortable clothing (kilt optional) and flat, soft-soled shoes. Come and have fun in this free class, or just come to watch. Note: Participants should be able to walk at a normal pace and follow directions.



## **FREE TAX PREPARATION**

Starting February 4<sup>th</sup> and continuing through April 12<sup>th</sup>, the Bedford COA and the Bedford Library are offering free tax assistance primarily for low to moderate income seniors, prepared by qualified volunteers. All volunteers are required to pass an IRS examination before they are permitted to prepare a tax return, and each works with another volunteer to be certain that no deduction or credit is missed.



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**12** *Friday, February 22 at 1:00 PM*  
*Please join Marla Welsford, Bedford Resident*  
*For Her One Woman Show "Lydia"*

Lidian Emerson (nee Lydia Jackson) was born in Plymouth, MA in 1802. She was the second wife of the philosopher and poet Ralph Waldo Emerson, and the mother of their four children. While she was a constant hostess to an extensive stream of visitors, she was an intellectual in her own right and a strong activist in various social causes.



Often overlooked and ignored, the play gives Lidian the chance to share her views and introduce herself. The play is written and performed by Marla Welsford with direction by award winning actress, teacher, director and writer Paula Plum.  
*Please call the COA to sign up for this intriguing show!*

To allow everyone the same opportunity at programming (especially when seating is limited), sign ups for events and trips will now begin the 1st of each month, unless otherwise noted.

**FBCOA Fix It Shop**

Don't throw it away, get it fixed! Is your lamp broken? We'll fix it. Does your chair wobble? We'll glue it. Are your knives dull? We'll sharpen them. Has your watch stopped? We'll replace the battery. Is your vacuum not working? We'll get it going again. The senior volunteers are actually whiz kids! The Fix It Shop is sponsored by the Friends of the Bedford Council on Aging (FBCOA). It provides an opportunity for retirees to use their skills, socialize, and contribute to the community. Most of the volunteers have career experience in engineering or electronics. They love finding creative ways to make something whole again.

The minimum charge for each item is only \$3. Additional donations are gratefully accepted. If a major part needs replacement, the customer is consulted before the work proceeds. All profits go back to the FBCOA. They are the fundraiser for the COA. The shop is located on the 2<sup>nd</sup> floor of Town Center at 12 Mudge Way. It is open from 9:00 AM to 12:00 PM on Tuesdays & Wednesdays, September - June. Stop in today!



Sign up at [www.bedfordma.gov/subscribe](http://www.bedfordma.gov/subscribe) to receive our newsletter by email. Scroll to the very bottom of this list to find the Newsletter sign-up. Please let us know if you have by emailing [coa@bedfordma.gov](mailto:coa@bedfordma.gov), so we can remove you from our paper mailing list.

**The Bedford Council on Aging values the diversity of our participants, staff, volunteers, and the Bedford community. We strive to model and promote a welcoming and respectful environment for**



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