

~~ FOR YOUR WELL BEING ~~

RENEW YOUR MIND AND BODY WITH SELF-CARE



The new year is a perfect time to start taking better care of yourself while having some fun. Come to a program on Mind-Body Self-Care on **February 3rd at 1 pm at Bemis Hall** presented by Suzanne

Reitz, RN, MS, Complimentary Therapies RN of Parmenter Community Health Care. Ms. Reitz is a certified Holistic RN, a Certified RN in Healing Touch, and a Reiki Practitioner. The workshop will be an introduction to hands on, energetic techniques with an emphasis on Healing Touch. You will experience several simple and effective techniques you can use for yourself. Both Healing Touch and Reiki are deeply soothing and balancing for the mind/body and spirit, improve general overall health and wellness, and are helpful for sleep and discomfort issues. Dress comfortably.

PREVENT DISABLING FALLS AND IMPROVE BALANCE

Falls are the leading cause of serious injuries in people over age 65. Balance problems can be assessed with some simple tests and you can easily do exercises for improving your balance in your own home. Please join us on **Wednesday, February 8th from noon to 2 pm at Bemis Hall** when Vivien Fiset, M.S., P.T., Clinical Coordinator at the Emerson Hospital Center for Sports Rehabilitation and Specialty Services, will present an interactive discussion on the causes of balance problems and falls prevention strategies. She will show some simple balance test procedures and teach home exercise routines to improve overall balance reactions. Wear comfortable loose clothing and flat shoes appropriate to perform some exercises. Participation in the exercises is optional.



OPPORTUNITIES FOR EXERCISE

Tap Dancing for Fun with Pam Alberts — Wednesdays and Fridays at 3 pm in Bemis Hall. Free! Tap shoes optional!

Water Exercise Class at Healthpoint/Boston Sports Club in Waltham — Mondays, Wednesdays, and Fridays at 11 am. \$45/month. To attend, go to the Club at 840 Winter Street in Waltham, ask at the front desk for the “arthritis swim class” and pay the fee. No sign-up is needed.

“You Can Do It” (chair exercises) — Tues/Thurs at 11:30. **Fitness & Strength Training (moderate aerobics and weights)** — Tues/Thurs at 1:00 pm. \$3/class. Taught by Marilyn Onorato.

Bowling — Mondays, 9:30 am, Acton Bowladrome. Call Jim Kjellander, 781-259-8968.

Tai Chi for Health, Rehabilitation and Wellness — Tai Chi I: Thursdays at 9:30 am. Tai Chi II: 2-3 pm Mondays and 1-2 pm Wednesdays. Tai Chi III: 3-4 pm Mondays and 2-3 pm Wednesdays. Classes close February 1 to new students for this session. If you have any questions, contact Jane Moss 781-259-9822 or mind-bodyjm@comcast.net.

You Can Do It, Fitness and Strength Training, and Tai Chi are subsidized by the MA Executive Office of Elder Affairs. Tai Chi is also subsidized by the FLCOA.

CLINICS

Blood Pressure Clinic — This month, the blood pressure clinic will be held on **Tuesday, February 21 from 9 to 11 am**. The clinic’s services are provided by Emerson Hospital Home Care.

Podiatry — Podiatry clinics will be held on **Tuesday, February 7** and **Wednesday, February 15, both at 9 am** by appointment. \$10 donation requested.

WANT TO LINE DANCE? Give a call to let us know. If there is enough interest we will try to find a teacher, though there will likely need to be a fee.

DEMENTIA CAREGIVERS GROUP AT THE GROVES

All are welcome to a free group for caregivers of those with dementia on **February 1 at 10 am at The Groves**. For info, call Steven Davis at (781) 430-6030.

*** JUST FOR FUN ***

DOGS DECODED: Film and Discussion



Anyone who loves dogs will want to come to our film and discussion on **Friday, February 10 at 10 am.**

First we'll watch Nova's *Dogs Decoded*, about canine genetics and the bond between people and dogs. Then Sally Kindleberger will facilitate a discussion about the film and our own experiences. Bring photos and stories of the dogs you love!

GLOBAL PERSPECTIVES: A Tea with Those Who Love Other Places

Have you lived in foreign countries or traveled the world, or are you interested in other places and cultures? Then come to our Global Perspectives Tea on **Friday, February 24 at 1 pm here at Bemis Hall!** Everyone who has traveled or lived elsewhere will have 10 minutes to talk about where they come from or their favorite place to visit, then we'll have a discussion over tea and cookies!

SHARE YOUR INTERESTS AND HAVE SOME FUN!

UKULELE AND SING-ALONG GROUP meets on **Thursday, February 2 at 2:30 here at Bemis Hall** and every first Thursday at 2:30 thereafter. The group, led by Rob Todd, sings and plays simple songs together. Beginners welcome! Bring your ukulele or just sing along!

HANDWORK CIRCLE. Chat while doing your own handwork projects on the **second and fourth Thursdays of each month at 9:30 am.**

MAH JONGG. Come play Mah Jongg **each Wednesday at 1 pm at Bemis Hall!**

AT THE MOVIES

TUESDAY, FEBRUARY 7, 2:15 PM. VICKY CRISTINA BARCELONA. A flamboyant painter finds himself in a unique relationship with a pair of American tourists while his insanely jealous ex-wife's emotional instability leads her to her former lover's guest room. 2008. PG-13. 97 minutes.



THURSDAY, FEBRUARY 16, 2:15 PM. TIBET IN SONG. This documentary delves into the determination of the Tibetan people to save their cultural identity in contemporary Tibet. Calling Tibet "an ocean of music and dance," the filmmaker fights to not let folklore die. 2008. NR. 86 minutes.

TUESDAY, FEBRUARY 21, 2:15 PM. MIDNIGHT IN PARIS. In this bittersweet dramatic comedy, a young engaged couple travels to Paris where midnight escapades with literary and artistic luminaries from Paris's past make them begin to question the kind of life they want to live as a couple. 2011. PG-13. 94 minutes.

TUESDAY, FEBRUARY 28, 2:15 PM. MONEYBALL. In this true story, Billy Beane, a former jock turned general manager, uses unconventional methods to bring the best players to the Oakland A's, a major league baseball team struggling against financial hardship. 2011. PG-13. 133 minutes.

ENJOY CONVERSATION AND MAKE SOME FRIENDS!

CONSERVATION BREAKFAST. **Thursday, February 9 at 8:00 am.** Meet and gossip about Town events, sometimes touching on Conservation issues. Call (781) 259-2612 for locale.

LINCOLN MEN'S COFFEE. **Thursday, February 16 at 8:00 am.** Coffee, bagels and camaraderie—a great chance to catch up with your buddies and make new friends.

SPANISH CONVERSATION. Enjoy speaking Spanish at our conversational Spanish group that will meet the **second and fourth Friday of each month at 2 pm here at Bemis Hall.** Only Spanish will be spoken.

FRENCH CONVERSATION. Brush up on your French speaking skills **the second and fourth Monday of each month at 10:00 am at Bemis Hall** at our French conversation group. Only French will be spoken.