



Helpful Seminars for Elders

January 20-February 13, 2009,
1-3 PM,
at the Bedford Free Library on the
Bedford Village Green

**Sponsored by ALOFT and Livable
Communities at ALOFT with the Bedford
Free Library and the Town of Bedford.**

What you need to do:

- Check all the FREE programs that interest you. (Some days will have more than one seminar, but we need at least 10 participants to hold the seminar.)
- Hand in this form with your interests CHECKED, so we can schedule the ones you select.
- Check here if you would like help with transportation or will drive someone else. Your phone number:

Why? It all means an opportunity to have some fun, learn something new and important, see old friends, meet new friends, and try something different mid-Winter and possibly well beyond.

Light Refreshments

Seminar Topics:

Monday, January 19th – Martin Luther King Day (Library closed.)

Tuesday January 20th

- “GeoCaching, Part I” with Jon and Ginny Powers: *GeoCaching is a high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. The basic idea is to locate hidden containers, called GeoCaches, outdoors and then share your experiences online. GeoCaching is enjoyed by people from all age groups, with a strong sense of community and support for the environment.*
- “How to Read the Financial Press for Profit (or Less Loss)” with Julie Strayer. **Please bring your own Wall Street Journal.**

Wednesday January 21

- “Pulling the Wool Over Your Eyes,” with Shirley Bianco of Bedford’s Maple Grove Farm and Woolworks: *Bring your knitting and share some conversation and/or get some help. Or just come to learn about raising sheep in Bedford and using their wool.*

Thursday January 22

- “How to Find, Fix and Read a Tombstone” with Ruth Windsor, Bedford’s Cemetery Committee.

- “How You Can Help Save Bedford’s Heritage,” with Lynn Ryan, Bedford Historical Society.

Friday January 23

- “Health Insurance: What You Should Know to Make Better Decisions,” with Jerry Griffith, Bedford Pharmacy.
- “Project Lifesaver,” Nancy D’Auria Hebrew Home at Riverdale.

Monday January 26

- “Relaxing Chair Yoga,” with Marlene Gallagher.
- “Healthy Nutrition Habits,” with Kathleen Schoen.

Tuesday January 27

- “GeoCaching, Part II,” Jon and Ginny Powers.
- Arthur Weisberg, “Home Maintenance strategies through ALOFT.”

Wednesday January 28

- “Special Craft Ideas,” with Gabrielle Burns.

Thursday January 29

- “Everything You Wanted to Know about School Budgets,” with Superintendent Jere Hochman, Bedford Central Schools.

Friday, January 30

- “Strong Support for Older Residents: Gramatan Village -- What Bronxville is

ALOFT is a nonprofit organization developing intergenerational strategies to enable older residents to remain in the communities of Bedford, Lewisboro, Mt. Kisco, North Castle, North Salem, Pound Ridge, and Somers.

Doing to Make it Happen,” with Vicki Ford, Founding Board Member, and Julie Dalton, Executive Director, Gramatan Village.

- “What Bedford is Doing to Make it Happen,” Catherine Wynkoop, President, ALOFT.

Monday February 2

- “Relaxing Chair Yoga,” with Marlene Gallagher.
- “Knowing More About How Your Neighborhood Libraries Can Be Community Resources,” with Ann Cloonan, Bedford Free Library, Rhoda Gushue, Bedford Hills Library, and Van Kozelka, Katonah Village Library.

Tuesday February 3

- “The Older Driver: What We All Need to Know,” with Mary Edgar-Herrera, Department of Senior Programs & Services and Kathleen Golisz, Mercy College, Dept of Occupational Therapy.

Wednesday February 4

- “Take a New Look at Your Home.” Margaret Wilson shows you how.
- “Flower Arranging” with Maureen Lanning, Bedford Florist.

Thursday February 5

- “How to Be Ready: The Town of Bedford’s Emergency Plan,” with Chief Chris Menzel.

Friday February 6

- “We Really Need Your Help: Where Volunteer Opportunities are Most Needed,” with variety of area agencies, clubs and groups you might like to join.

Monday February 9

- “Relaxing Chair Yoga,” with Marlene Gallagher.
- “Cross Stitch Craft,” with Julie Rockefeller, Bedford Free Library.

Tuesday February 10

- “Computers,” with Joanne Balboni and Dick Ten Dyke. *Sign up for your own half hour of instruction with Joanne or Dick.*

Wednesday February 11

- “Readings by Local Authors,” with Beth Helms and Rita Mercedes.

Thursday February 12

- “How to save big on energy costs,” with Mary Beth Kass, Bedford Energy Advisory Board.

Friday February 13

- “Graduation” Party for all seminar participants.

Once you’ve checked the seminars that interest you, please return to your local library. We will mail or email you confirmation.

Name:

Mailing Address:

E-Mail Address:

Telephone:

FAX:

Comments/Suggestions:

Light Refreshments Will be Served

For more information, contact Paula Desperito at 234-7285 or desperito@gmail.com.

In the event of bad weather, please call the library at 234-3570 or check the library website at www.bedfordfreelibrary.org to confirm that the seminar will take place.

Seminars with fewer than 10 registrants by 1/14/09 will be canceled.