

# NEWS FROM BEMIS HALL

Volume 4 Issue 5

May 2013

## The Lincoln Council on Aging Monthly

### ALL THE PRESIDENTS' WOMEN



Peek into the lives of some of the US presidents, their wives, and their mothers when the Delvena Theatre Company brings their two-woman show, *All the Presidents' Women*, to Bemis Hall on Sunday, May 19, at 2 pm. Learn whether we might have already had a female president and which first lady may have murdered her husband while in office, and more! All ages are welcome to this free performance supported in part by a grant from the Lincoln Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. The award-winning Delvena Theatre Company has been delighting audiences in our region for two decades.



### TEA AND TOUR AT THE GROPIUS HOUSE!

Historic New England and the COA invite you to a free tour on **Thursday, May 16 of Lincoln's architectural gem, the Gropius House**, followed by an elegant tea on the screen porch! Bauhaus founder Walter Gropius designed the Gropius House as his family home when he came to teach at Harvard. Combining traditional New England architectural elements with innovative materials like glass blocks and chrome banisters, it was revolutionary in its impact. You'll meet at the Gropius House at 2 pm. You must call the COA to reserve your place as space is limited. Rain date: May 23.

### HEARING ASSIST DEVICES NOW AVAILABLE AT BEMIS HALL!

If you have difficulty hearing programs at the COA, you'll be happy to know that we now offer hearing-assist devices for lectures, movies, and other activities! You may choose from headphones, ear clip-ons, ear buds, or a loop that works with "T-coil" type hearing aids. Just ask for help to use them. One resident said "My hearing is fine ...Oh, I can hear much better with this." The devices are very useful for both amplification and clarity.

### NEW VETERANS TAX WORK-OFF ABATEMENT PROGRAM

Lincoln residents who are veterans, as defined by MGL ch. 4, sec. 7, cl. 43, are invited to apply for a new program through which veterans may work for a Town department for up to 125 hours per year in exchange for an abatement on their property tax bills of up to \$1,000. Veterans may be of any age but must own property in Lincoln on which they pay local property taxes. Veterans may work in a variety of departments in a range of positions. Please apply for the program soon as space is limited. To apply, call Carolyn at the COA at (781) 259-8811.

### EMERGENCY ASSISTANCE FUND APPEAL

For over 30 years, the Lincoln Emergency Assistance Fund has been helping residents confronted by extreme financial crises to stay in our community. In the five years between FY08 and FY12, 13 residents requested a total of over \$26,000, of which the Fund was able to provide about \$6,000 under its guidelines. The Fund is entirely supported by occasional donations from residents and grants from Lincoln-based organizations. Without ongoing sources of support, it is periodically in danger of running out of funds. Therefore, the Selectmen are asking those who can to consider making a contribution by sending a check to: Lincoln Emergency Assistance Fund, c/o Town Offices, 16 Lincoln Road, Lincoln, MA 01773.

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## ENJOY A DAY OUT WITH THE COA!



### WATERWORKS MUSEUM IN CHESTNUT HILL AND LUNCH

Join us on **Sunday, June 2**, for a visit to the new Waterworks Museum on the reservoir in Chestnut Hill, followed by lunch together at the nearby Cottage Restaurant. This museum offers a fascinating look at the scientific, architectural, cultural and health ideas that made the H. H. Richardson-style Chestnut Hill pumping station into the heart of our region's water supply system in the early 20<sup>th</sup> century. We'll have a guided tour of the building and the Great Engine Hall by engineer and architect Dennis deWitt, plus some time to enjoy their many interactive displays. We're bound to get valuable insights into coping with the increasing water shortages around the globe today. Meet the Doherty bus at 10:15 am at the Lincoln Station Mall parking lot; return by 3:00 pm. Cost is \$12 plus your lunch. Send your check made out to FLCOA trips to Joanna Hopkins, 7 Linway Rd., Lincoln. Questions? Call Joanna at (781) 259-0194.

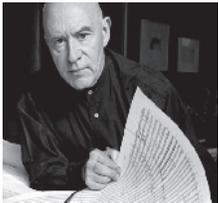
### ROOT FOR THE PAWSOX!

On **Sunday, June 30**, see a game between the Pawtucket Red Sox and the Scranton Rail Riders, farm team of the New York Yankees. The PawSox is the AAA minor league team of the Red Sox. McCoy Stadium in Pawtucket, RI, is a modern, family-oriented, small stadium, with close up viewing. Bring your family. We will depart from Lincoln Station Mall at 11:00 am by Doherty school bus. The game time is 1:05. Buy lunch on your own at the ballpark food concessions. We will return at 5:00 pm. Please reserve early. The non-refundable cost is \$15. Send checks payable to Friends/COA/Trips to Rob Todd at 126 Old Concord Rd., Lincoln. If you have questions, call Rob at (781) 259-8820.



**"THOROUGHLY MODERN MILLIE"** If you are signed up to see "Thoroughly Modern Millie" on **Wednesday, May 1**, remember that the bus will pick you up at the Lincoln Station Mall parking lot at 1:00 pm. If you have not signed up and would like to go, call Carolyn at the COA.

### SAVE THE DATE FOR A JULY BSO CONCERT AT TANGLEWOOD!



Save **Sunday, July 28** for our annual trip back to the Shed for a lively BSO concert at Tanglewood! Christoph Eschenbach will conduct the concert featuring Garrick Ohlsson on piano. On the program will be Dvorak's *Carnival Overture*, Prokofiev's *Piano Concerto No. 3*, and Dvorak's *Symphony No. 9 From the New World*. Bravo!! Lincoln music lovers!

### COULD YOU LEAD A COA TRIP?

Do you have a favorite day trip or special event you'd like to share with Lincoln seniors? It's fun and easy with COA Trip Committee support. Call Joanna Hopkins at (782) 259-0194 to discuss your ideas. Or better yet, join the COA Trip Committee. We meet every other month at Bemis to toss around ideas for future trips and review trip policies. Each member is asked to plan and lead one-to-two trips a year. It's a great way to keep up with exciting activities in our region and share them with old and new Lincoln friends.

### TO CONTACT US

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**E-mail:** [bottumc@lincolntown.org](mailto:bottumc@lincolntown.org),  
[albertsp@lincolntown.org](mailto:albertsp@lincolntown.org)

**Internet:** [www.lincolncoa.org](http://www.lincolncoa.org)

**The Lincoln Council on Aging** is located in Bemis Hall, 15 Bedford Road, Lincoln.

**Please send mail to:** c/o Town Offices, 16 Lincoln Road, Lincoln, MA 01773

**Staff :** Carolyn Bottum, Director;  
Pam Alberts, Assistant Director

*News from Bemis Hall* is free, published 11 times a year, and mailed to every address and POB in Lincoln.

**The St. Vincent de Paul Food Supplement Program** offers bags of groceries to families and is in need of donations of non-perishable food that is not beyond its shelf life expiration date. You may bring donations to Bemis Hall and leave them in the vestibule. They also are happy to accept toiletries. Thank you!

## THE LINCOLN ACADEMY

Come to Bemis Hall on Mondays at 12:30 to hear a fascinating speaker from or associated with Lincoln. Bring a bag lunch. We provide beverages and dessert. The lectures last about an hour, including a question and answer period. Participants are welcome to stay after the program to continue their discussion.



### This Month's Speakers

**May 6, 12:30 pm — Stewart Coffin: Some Amazing Stories about Lincoln**  
*Come find out about the wonderful town you live in!*

**May 13, 12:30 pm — Josh Grindlay: Back to the Future with Harvard Plates**  
*Digitizing a century's worth of astronomical photos for future generations*

**May 20, 12:30 pm — Peggy Boyer: An Adventure in Cuba**  
*Travel along with Peggy to this island that is so near and yet, in many ways, so far from the US*

*For DVDs of past programs, go to the Library, COA, or [lincolncoa.org](http://lincolncoa.org) and click on "Lincoln Academy."*

## LINCOLN ACADEMY AT THE MOVIES —THE ART OF PIANO



Join Mariel Bossert on **Friday, May 10 at 1 pm at Bemis Hall** for a special "Lincoln Academy at the Movies" when she shows *The Art of Piano: Great Pianists of the 20th Century* and leads a discussion afterwards. *The Art of Piano* is a documentary including rare archival footage of performances by Gould, Horowitz, Paderewski, Rachmaninoff, Richter, Rubinstein, and many others followed by interviews with the pianists, conductors, and musicians.

## COUNCIL ON AGING SERVICES

**INFORMATION AND REFERRAL/CARE MANAGEMENT** Answers to questions about and assistance in evaluating in-home care needs and locating elder services, well being check-ins, crisis intervention, and more.

**SHINE** (Serving Health Information Needs of Elders) (MA Exec. Office of Elder Affairs and Minuteman Senior Services) Counselors are available to give help regarding health insurance, medical bills and long-term care.

**MEALS-ON-WHEELS** (Minuteman Senior Services) Home-delivered meals.

**ARE YOU IN A FINANCIAL CRISIS?** The Small Necessities Project and the Emergency Assistance Fund, funded by the Ogden Codman Trust, First Parish, and donations, may be able to help. Call the COA for info.

**WOULD YOU LIKE A HOME SAFETY EVALUATION?** Would you like a free visit from a physical therapist to give suggestions on making your home safer? Call the COA. The Home Safe Project is funded by the Ogden Codman Trust.

**MEDICAL EQUIPMENT LOAN** The COA has a supply of used medical equipment. Walkers, canes, wheel chairs, tub benches, shower chairs, and commodes are available for loan.

**TRANSPORTATION** The COA offers rides to medical and other appointments, local shopping, COA activities and, occasionally depending on capacity, some other local rides through volunteer drivers (LINC) and taxis Monday through Friday from 9 am to 4 pm. Please call Lincoln Concord Coach at (781) 259-8722 at least three business days but not more than a month ahead to book a ride. There is no charge for either volunteer or taxi rides. *COA transportation is intended for those who have no other means of transportation such as The Ride, family, friends or caregivers and who cannot afford taxi service without it creating a hardship.* The Ride is the MBTA door to door transportation system for those who have a disability, and runs evenings and weekends. Call Pam for help applying for The Ride. The COA's taxi rides are supported entirely by the Friends of the Lincoln COA. Donations are gratefully accepted.

## \*\*\* JUST FOR FUN \*\*\*

### EAR TRAINING: GUIDED LISTENING TO MUSIC

Join the Concord Conservatory of Music in a free introductory series to develop your musical listening abilities, music appreciation, and your hearing of musical structures on **Tuesdays May 7, 14, and 21 at 10 am at Bemis Hall**. First you will learn to hear musical structures on the Piano—Major, Minor diminished and augmented chords and their inversions, Blues scale, and Blues forms, musical forms (Sonata, Rondo, Minuet & Trio), musical intervals, musical clusters, modes and more. Then, we will listen to different music to learn about music history, forms, and how to understand better what we hear. Soon you will recognize musical elements, identify style, time, and even the artists. This course benefits all music lovers in the community, both non-musicians and musicians. Whether you are into J.S Bach, Bella Bartok, Louis Armstrong or Charlie Parker, this series is for you. The course will be taught by the Conservatory's Ehud Ettun (M.M. New England Conservatory, B.M Jerusalem Music Academy), a bassist and composer who has performed as a bassist in many different countries around the world.

### COFFEE WITH ARTIST JULIET RAGO McNAMARA



Join artist Juliet Rago McNamara on **Thursday, May 23 at 2:15 pm at Bemis Hall** for "Coffee with the Artist" in celebration of her exhibit, *Messages*, that will be in the Bemis Hall Lincoln Artists Gallery in May and June. Ms. Rago McNamara will show works on paper that reinterpret messages from ancient civilizations from many places. Ms. Rago McNamara studied at the School of the Art Institute in Chicago and in Florence, Italy, and has taught and been featured in numerous exhibits in the U.S. and Italy.

### CARING FOR ANTIQUE BOOKS

Antique books have a wonder all their own. Join the Lincoln Library and the COA for a presentation by Ken Gloss of the Brattle Book Shop on **Wednesday, May 15 at 10 am at the Library** when he tells you how to maintain your books and whether you should repair them or not. Bring your books and he may have time to let you know how much they are worth and if they should be repaired.

### NATURE WITH WATERCOLORS

Rediscover your joyful soul through art and nature in Jane Cooper's watercolor class. Jane will offer fun dabbling in watercolor painting of plants, birds, and other natural elements for three sessions of four classes each beginning **May 7 (Tues/Fri), and May 20 and June 10 (both Mon/Fri) from 9 to 11 am**. Cost is \$15. Call the COA to sign up.

### MAKE A DATE WITH THE LINCOLN LUNCH CLUB!

The Groves invites Lincoln seniors, especially those who are single, to have a scrumptious lunch on **May 20 at noon in The Groves' Lemon Pippin Café**. Meet at the Café. Each person buys his or her own lunch. To attend, you must reserve your place in advance by calling The Groves front desk at (781) 430-6000.

### AT THE MOVIES

**TUESDAY, MAY 7, 2:15 pm. GOING FOR GOLD.** Witness the powerful and uplifting story of how two men from very different backgrounds triumphed against the odds, capturing Olympic Gold and embodying the battling spirit of the 1948 London games. 2012. NR. 90 mins.



**THURSDAY, MAY 9, 2:15 pm. INTOUCHABLES.** Based on a true story, a quadriplegic aristocrat's world is turned upside down when he hires a young, good-humored ex-con as his caretaker. This unlikely duo overcomes adversity of every flavor as they shatter preconceptions of love, life and each other. French. 2011. R. 113 mins.

**TUESDAY, MAY 21, 2:15 pm. ANNIE HALL.** Winner of four Oscars -- including Best Picture and Best Actress—director Woody Allen's iconic romantic comedy charts the relationship between neurotic writer Alvy Singer and quirky aspiring singer Annie Hall. 1977. PG. 93 mins.

**THURSDAY, MAY 30, 2:15 pm. LIFE OF PI.** Based on Yann Martel's best-selling novel, this coming-of-age tale recounts the adventures of Pi, an Indian boy who is the sole survivor of a shipwreck. Pi finds himself on a lifeboat with only some zoo animals for company. 2012. PG. 127 mins.

SPEND TIME WITH OTHERS

## ENJOY "SENIOR DINING"



Lincoln seniors are invited to a gourmet meal in an elegant setting at **11:30 on Tuesday, May 21 at St. Anne's Church**. You must reserve by calling the COA at least a week ahead even if you have previously attended. The cost of each meal is \$5. Caregivers are welcome to come with those for whom they are caring. Let us know if you need transportation or a seating partner. The lunch is co-sponsored by the COA, the Friends of the COA, Minuteman Senior Services, and St. Anne's.

**PLAY INTERMEDIATE BRIDGE!** All those who enjoy a friendly game of intermediate-level bridge are invited to come down to **Bemis Hall each Friday afternoon at 1 pm!** Bridge is good for your mind and is a great way to meet new people. If you would like more information, please call Diana Chirita at (781) 259-0816.

### **VOLUNTEER LUNCH IS MAY 2**

If you have been a volunteer for the COA during the last year and have RSVP'd for the Volunteer Lunch, don't forget to come on **Thursday, May 2, at noon**.

## PAM'S GROUPS—NEW MEMBERS ALWAYS WELCOME!

**Change Your Thinking and Life, Mondays, 11:15 am** Discuss how to gain a valuable sense of well being as we get older by changing our thinking, taking action, connecting body/mind/spirit, and being open to life.

**Let's Connect, Mondays/Wednesdays, 2 pm** Chat and connect to caring people in person or by phone.

**Life After 60 Group, Tuesdays, 12:00 pm** Make new friends while discussing an array of topics.

**Declutter Your Home, 2nd and 4th Thursdays, 11:30 am-1 pm** Learn why we clutter and how to get organized. This month's theme is clothing: winter/summer clothes, medicine clothes, vanities, and linen closets.

**Finding What's Next Group, Fridays, 11:00 am** Discover what is important to you and how you want to spend the next chapter of your life.

## SHARE YOUR INTERESTS, MEET FRIENDS, AND HAVE SOME FUN!

**PLAY-READING GROUP** Sally Kindleberger leads a group in reading *Pygmalion* by George Bernard Shaw on **Monday, May 6, at 10 am and Monday, May 13, at 9 am at Bemis Hall**. Sally will bring copies.

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

**SPANISH CONVERSATION** Enjoy our conversational Spanish group that will meet here at **Bemis Hall on the second and fourth Mondays of each month at 11:30 am**. Only Spanish will be spoken.

**MAH JONGG** Play Mah Jongg **each Wednesday at 1:15 pm**.

**UKULELE AND SING-ALONG GROUP** meets on **Thursday, May 9 at 3:00 here at Bemis Hall**. The group, led by Rob Todd, sings and plays simple songs together. Beginners welcome! Bring your ukulele or sing!

**CONSERVATION BREAKFAST** **Thursday, May 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, May 16 at 8:00 am**. Coffee, bagels and camaraderie—a great chance to catch up with your buddies and make new friends.

**HANDWORK CIRCLE** Chat while doing handwork **the second and fourth Thursdays of each month, 9:30 am**.

**EAT WELL, BE WELL GROUP** Discuss nutrition and share tips and information on the second and fourth Thursdays of the month at 1:15 at Bemis Hall. The group's next meetings will be on **May 9 and 23**.

**GERMAN CONVERSATION** Enjoy speaking German on the **1st and 3rd Fridays of each month at 10 am**.

**BLISSFUL MEDITATION** These meditations, offered on **Friday, May 24 and Friday, May 31 at 12:15 pm at Bemis Hall**, will deepen your sense of well-being and calmness.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAY**



**LOCATIONS**

Gropius: Gropius House  
Groves: The Groves in Lincoln  
Lib: Lincoln Library  
LW: Lincoln Woods  
Parish House: Parish House  
St. Anne's: St. Anne's Church  
St. Joseph: St. Joseph's Church  
TBA: To Be Announced

**1**

10:00 Dementia Caregiver Group (Groves)  
10:00 Memoirs  
11:00 Line Dancing  
1:00/2:15 Tai Chi  
1:00 Thoroughly Modern Millie  
Trip Leaves from Lincoln Station Mall  
1:15 Mah Jongg  
2:00 Let's Connect Group

**2**

9:15/10:15 Tai Chi  
12:00 Volunteer Lunch  
2:00 Computer Drop-In

**3**

10:00 German Conversation  
11:00 Finding What's Next Group  
1:00 Intermediate Bridge  
1:00 Recent Changes to Estate Planning  
2:30 Design Your Destiny

**SATURDAY 4**

7:30 Bach & Vivaldi Concert (Parish House)

**SUNDAY 5**

2:00 Lincoln, Pioneer of Conservation

**6**

10:00 Playreading: Pygmalion  
11:15 Change Thinking Group  
12:30 Lincoln Academy  
2:00 Let's Connect Group  
2:00/3:15 Tai Chi

**7**

9:00 Watercolors  
9:00 Podiatry  
10:00 Music Ear Training  
11:30 You Can Do It Exercise  
12:00 Life After 60 Group  
1:00 Exercise: Aerobics and Weights  
2:15 Movie: Going for Gold  
7:30 Lecture by Superintendent of Minute Man National Historical Park

**8**

11:00 Line Dancing  
1:00/2:15 Tai Chi  
1:15 Mah Jongg  
2:00 Let's Connect Group  
7:30 Classic Jazz (Lib)

**9**

8:00 Conservation Bkfst (TBA)  
9:15/10:15 Tai Chi  
9:30 Handwork Circle  
11:30 Declutter Group  
11:30 You Can Do It Exercise  
1:00 Exercise: Aerobics and Weights  
1:15 Eat Well, Be Well Group  
1:30 Computer Drop-In  
2:15 Movie: The Intouchables  
3:00 Ukulele Gathering

**10**

9:00 Watercolors  
10:00 Wellness Clinic (LW)  
10:00 Fire Safety  
11:00 Finding What's Next  
1:00 Intermediate Bridge  
1:00 Lincoln Academy at the Movies: Art of Piano  
2:30 Design Your Destiny

**SATURDAY 11**

9:00 Library Book Sale

**13**

9:00 Playreading: Pygmalion  
10:00 French Conversation  
11:15 Change Thinking Group  
11:30 Spanish Conversation  
12:30 Lincoln Academy  
2:00 Let's Connect Group  
2:00/3:15 Tai Chi  
7:00 Acoustic Music (Lib)

**14**

9:00 Watercolors  
10:00 Music Ear Training  
11:30 You Can Do It Exercise  
12:00 Life After 60 Group  
1:00 Exercise: Aerobics and Weights  
2:30 COA Board

**15**

9:00 Podiatry  
10:00 Taking Care of Antique Books (Lib)  
10:00 Memoirs  
11:00 Line Dancing  
1:00/2:15 Tai Chi  
1:15 Mah Jongg  
2:00 Let's Connect Group

**16**

8:00 Men's Coffee  
9:15/10:15 Tai Chi  
11:30 You Can Do It Exercise  
1:00 Exercise: Aerobics and Weights  
1:30 Computer Drop-In  
2:00 Tea and Tour at the Gropius House (Gropius)

**17**

9:00 Watercolors  
10:00 Joint Replacement  
10:00 German Conversation  
11:00 Finding What's Next Group  
12:15 Design Your Destiny  
1:00 Intermediate Bridge

**SATURDAY 18**

1:30 Jazz Jam (Lib)

**SUNDAY 19**

2:00 All the Presidents' Women

<p><b>20</b></p> <p>9:00 Watercolors 11:15 Change Thinking Group 12:00 Lincoln Lunch Club (Groves) 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi</p>	<p><b>21</b></p> <p>9:00 Blood Pressure/Wellness Clinic 10:00 Music Ear Training 11:30 Senior Dining (St. Anne's) 11:30 You Can Do It Exercise 12:00 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: Annie Hall</p>	<p><b>22</b></p> <p>11:00 Line Dancing 11:00 Fall Preventin and Phillips Lifeline 1:00/2:15 Tai Chi 1:15 Mah Jongg 2:00 Let's Connect Group 7:30 Classic Jazz Concert</p>	<p><b>23</b></p> <p>9:15/10:15 Tai Chi 9:30 Handwork Circle 11:30 Declutter Group 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 1:15 Eat Well, Be Well Group 1:30 Computer Drop-In 2:15 Coffee with Artist Juliet Rago McNamara</p>	<p><b>24</b></p> <p>9:00 Watercolors 11:00 Finding What's Next Group 12:15 Meditation 1:00 Intermediate Bridge</p>	<p><b>29</b></p> <p>9:00 Techno Teens 11:00 Wellness Clinic (St. Joseph's) 11:00 Line Dancing 1:00/2:15 Tai Chi 1:15 Mah Jongg 2:00 Let's Connect Group</p>	<p><b>31</b></p> <p>9:00 Watercolors 11:00 Finding What's Next Group 12:15 Meditation 1:00 Intermediate Bridge 1:00 MBTA Charlie Card</p>
<p><b>27</b></p> <p><b>COA CLOSED/MEMORIAL DAY</b></p> 	<p><b>28</b></p> <p>9:00 Collating 11:30 You Can Do It Exercise 12:00 Life After 60 Group 1:00 Exercise: Aerobics and Weights</p>	<p><b>30</b></p> <p>9:15/10:15 Tai Chi 10:00 Making Happiness Happen 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Life of Pi</p>				



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## ~~ FOR YOUR WELL BEING ~~

### WHAT YOU NEED TO KNOW ABOUT JOINT REPLACEMENT



Replacing knees, hips, and shoulders is increasingly common as a way to restore mobility and comfort. Join Vivien Fiset, MSPT Clinical Coordinator at the Emerson Hospital Center for

Sports Rehabilitation and Specialty Services, on **Friday, May 17, at 10 am** when she gives an overview of total hips, knees and shoulders replacement procedures, when it is appropriate to have them, what to do ahead of time, what to expect in the hospital, in-home therapy after you come home, outpatient exercises and goals, and more. Come with questions and concerns!

### MAKING HAPPINESS HAPPEN

Being happy doesn't just happen. Research studies have shown that people who are happy engage in certain activities and respond to life and people in ways that change how our brains make us feel. Further, these happiness triggers can be learned at any age. Come find out more and learn some strategies that have been proven to make people feel happier when Marilyn Buckler comes to **Bemis Hall on Thursday, May 30 at 10 am**. Bring your own tips and strategies to share! Marilyn is a licensed educational psychologist with over 30 years of experience in helping individuals and families cope with life's challenges and therefore enjoy life more! Please sign up by calling the COA.

### LINE DANCING FOR FUN AND FITNESS!

Beginners as well as long-time line dancers will enjoy our new line dancing classes with experienced instructor Katrina Rotondi. Classes will be offered at Bemis Hall on **Wednesdays from 11 am to noon for six weeks beginning May 1** at a cost of just \$3 per class payable to the instructor the day of the class. Partially subsidized by the Massachusetts Executive Office of Elder Affairs.

### OPPORTUNITIES FOR EXERCISE

**YOU CAN DO IT!** This 45-minute class offers gentle aerobic and weight-strengthening exercises that can be done in a chair or standing. It is perfect for those who need a less vigorous class or who have been hospitalized or are recovering. **Tuesdays and Thursdays, 11:30 am**; \$3 per class; no need to sign up. Taught by Marilyn Onorato. No class May 2.

**FITNESS AND STRENGTH TRAINING.** A moderate one-hour class offering fun aerobics and weight strengthening. A great way to meet new people while getting fit! **Tuesdays and Thursdays, 1 pm**; \$3 per class; no need to sign up. Taught by Marilyn Onorato. No class on May 2.

**TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS.** Tai Chi I: Thursdays, 9:15-10:15 am. Tai Chi II: Thursdays, 10:15-11:15 am; Mondays, 2:00-3:00 pm; and Wednesdays, 1-2 pm. Tai Chi III: Mondays, 3:15-4:15 pm and Wednesdays, 2:15-3:15 pm. **The current session is closed to new students.** For info, contact Jane Moss (781) 259-9822 or [mindbodyjm@comcast.net](mailto:mindbodyjm@comcast.net).

*All fitness classes are subsidized by the MA Executive Office of Elder Affairs. Tai Chi is also subsidized by the FLCOA.*

### WELLNESS CLINIC

Come to our clinic for blood pressure, information and advice about nutrition and fitness, medication management, body mass index calculations, and answers to general questions about how to manage chronic conditions, where to get health services, and more. This month's clinic will be on **Tuesday, May 21 from 9 to 11 am at Bemis Hall**. Services are provided by Emerson Hospital Home Care.

### PODIATRY CLINICS

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

**DEMENTIA CAREGIVERS GROUP AT THE GROVES** All are welcome to a free group for caregivers of those with dementia on **May 1 at 10 am at The Groves**. For info, call (781) 430-6000.

**ALZHEIMER'S DISEASE.** The Liberty Alzheimer's Partnership and the Alzheimer's Association MA/NH Chapter, present "Alzheimer's Disease 2013: Diagnosis, Prevention, Risk Factors and Treatment" by Dr. Robert Stern **Tuesday, May 7 at the Concord COA**, 1276 Main Street, Concord. Registration: 5:30 pm. Light supper.

## ●●●WHAT YOU NEED TO KNOW●●●

### CHANGES IN ESTATE PLANNING GIFTS, TRUSTS, AND MORE!

Come to Bemis Hall on **Friday, May 3, at 1 pm** for a presentation by Certified Elder Law Attorney Denise Yurkofsky on provisions of the federal American Taxpayer Relief Act of 2012 that relate to gifts, estate taxes, and more, as well as changes to Massachusetts laws regarding probate of estates and trust administration that can affect your estate plan. Whether you have an estate plan and need to know how the law will affect what you already have set up, or are considering whether to make a plan and what it might include, come to better understand your options. You'll also learn about changes to laws about making gifts to or setting up trusts for grandchildren, pets, and others and how probating the estate of you or someone else may now be easier. Ms. Yurkofsky has extensive experience in estate planning, has been included for four years in the annual Massachusetts Super Lawyers List, and is active with the Wayland Council on Aging.

### GET, RENEW, OR REPLACE A CHARLIECARD AT BEMIS!

You can apply for, renew, or replace your reduced fare Senior CharlieCard right here at **Bemis Hall on Friday, May 31 at 1 pm**. Seniors (65+) get reduced fares for buses and subways and 50 percent off the regular fare for commuter rail or boat services. No discounts apply to express bus passes, commuter rail passes, or boat passes. You will fill out your application and have your photo taken here, then receive your card in the mail in a few weeks. You need only bring a photo id that includes your date of birth. No need to sign up in advance!



### TECHNO TEACH-IN WITH LINCOLN-SUDBURY TEENS!



The Lincoln-Sudbury Regional High School Senior Class of 2013 is having a Give Back to the Community Service Day, and they invite you to join them at **Bemis Hall on Wednesday, May 29 from 9 am to 1 pm** for a Techno Teach-In! High School students will be here to help you operate your cell phone or assist you with email, Skype, saving photos and more! Bring your laptop if you have one! Please call the COA for an appointment!

### EXERCISE AND FALL PREVENTION + LIFELINE = INDEPENDENCE

Come learn about how proper exercise and fall prevention safety tips plus Phillips Lifeline, a device that summons help in the event of a medical crisis, can save your life and be essential to being able to remain safely at home. Find out more about fall safety and Lifeline when Tina Bohaboy, Transitional Care Liaison for Overlook Care at Home, comes to **Bemis Hall on Wednesday, May 22 at 11 am**. She'll tell you what Lifeline is, what it can do for you, how much it costs, and more.

### LEARN TO STAY SAFE FROM HOUSE FIRES

A house fire can be devastating but easily prevented. Find out some of the common causes of fires and how to make sure they don't start in your home when Mike O'Donnell of the Lincoln Fire Department comes to **Bemis Hall on Friday, May 10 at 10 am**. Mike will also provide some new information on preventing chimney fires. Come with your questions and concerns!



## The Computer Corner...

### COMPUTER AND DIGITAL CAMERA TUTORING!



Come to our tutoring for drop-in computer and digital photography on **Thursday afternoons from 1:30 to 3:30 pm**! If you need Mac help, call before you come to see if a Mac tutor will be available. If you have a laptop or netbook, please bring it! Tutors are also available at other times and will come to your home. Call (781) 259-8811 for information. Begins at 2 pm May 2.

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## GOINGS ON IN AND AROUND LINCOLN

**BACH & VIVALDI** First Parish in Lincoln presents Ian Watson & Friends performing on period instruments — **Saturday, May 4 at 7:30 pm in the Parish House auditorium (Stone Church).** There will be a preconcert talk at 7 pm and a reception following the performance. Suggested donation \$20.

**LINCOLN, PIONEER OF CONSERVATION** Who and what made Lincoln a model of open space? Come hear the Lincoln Historical Society's program on **Sunday, May 5, 2 pm at Bemis.** Don't miss it!

**LINCOLN MINUTE MEN** present a lecture by Nancy Nelson, Superintendent of Minute Man National Historical Park, on **Tuesday, May 7, at 7:30 pm, Bemis Hall.**

**CLASSIC JAZZ AT THE LIBRARY** Come hear Bob Fuller's "Peter Ecklund and His Trumpet" on **Wednesday, May 8 at 7:30 pm at the Library.**

**FRIENDS OF THE LIBRARY BOOK SALE** Come pick up a good read and help raise funds for the Library at the Friends of the Library Book Sale on **Saturday, May 11, from 9 am to noon at Bemis Hall.**

**OPEN MIKE ACOUSTIC NIGHT** Enjoy live music at the free Open Mike Acoustic program **Monday, May 13 from 7 to 10 pm at the Library** featuring Danielle Miraglia. Email [loma3re@gmail.com](mailto:loma3re@gmail.com) for info.

**LIVE TRAD-JAZZ JAMBOREES** Local musicians drop in and take turns in the group and the joint jumps! Attendance is free. **Saturday, May 18, 1:30 to 4:30 pm, Library.**

**LIVE JAZZ AT BEMIS HALL!** Classic Jazz at Lincoln Library presents Steve Taddeo and the Swing Senders with the renowned Paul and Joe Midiri in the annual live concert at **Bemis Hall Wednesday, May 22 at 7:30 pm.**

**WELLNESS CLINIC FOR ALL AGES!** Lincoln Woods Community Building, 50 Wells Road, on **Friday, May 10 from 10 am to noon** or **St. Joseph's Church, 142 Lincoln Road on Wednesday, May 29 between 11 am and 1 pm.** Funded by CHNA 15 and provided by Emerson Hospital Home Care.

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