

# NEWS FROM BEMIS HALL

Volume 4 Issue 6

June 2013

## *The Lincoln Council on Aging Monthly*

### JUNE IS STRAWBERRY ICE CREAM SOCIAL TIME!



Celebrate this special time of year at the annual Strawberry Ice Cream Social which will be held at **Bemis Hall on Thursday, June 13 at noon**. The Social is sponsored by the COA and the Friends of the Lincoln COA. Bring a bag lunch at noon or just join us for dessert! Make your own ice cream sundae with luscious ice cream topped with strawberries, chocolate, and more! This is a great way to spend a relaxing afternoon, chat with friends, and meet new people! Please RSVP to the COA. Tell us when you call if you will need a ride.

### EXPERIENCE THE BEAUTY AND SERENITY OF THE JAPANESE TEA CEREMONY

The Lincoln Council on Aging is pleased to announce that Somiko Otsuka of the Consulate General of Japan in Boston will be visiting **Bemis Hall on Friday, June 21 at 10 am** to discuss and show some of the traditional Japanese Tea Ceremony. The Japanese Tea Ceremony, also known as The Way of Tea, is a centuries old art in which tea is ceremonially prepared and served in a way that reflects harmony, respect, purity, and tranquility. Learn and experience what the Tea Ceremony is, its history, and how it is practiced today! Please call the COA to sign up so we know how many to expect.

### NOTES FROM THE TOWN CLERK'S OFFICE

Special US Senate Election, Tuesday, June 25, 2013. If you are not yet a Registered Voter and wish to vote in the Special Election, you must register by or before Wednesday, June 5, 2013. For further information, please call the Town Clerk's Office at (781) 259-2607.



Maintaining your Active voter status depends upon keeping current with the Town's Annual Census. If you have not yet completed the **2013 Annual Town Census** and returned it to the Town Clerk's Office, please do so NOW.

### VOLUNTEER OF THE YEAR!



The COA congratulates Bob Sutherland for being our Volunteer of the Year! We honor Bob for the many volunteer roles he fills, including counselor with the AARP/IRS Tax Aide Program, LINC driver, Men's Coffee host and organizer, and chair of the Trip Committee. We also thank Bob for his leadership as a 12-year member of the COA board, including as its chair. We are especially grateful to Bob for his vision and efforts to ensure that the needs of Lincoln's seniors are met both now and into the future through his work on strategic planning and space-related committees, including the Community Center Feasibility Committee. That Committee's report on space and programming needs of the COA and Parks and Recreation Department and evaluation of potential community center sites was issued this past year.

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## ENJOY A DAY OUT WITH THE COA!



### WATERWORKS MUSEUM AND LUNCH IN CHESTNUT HILL!

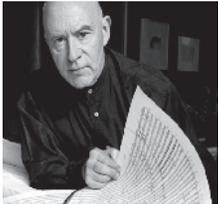
**Don't miss our June 2 (Sunday) trip** to see the new Waterworks Museum on the Chestnut Hill Reservoir, followed by lunch together at the nearby Cottage Restaurant (47 Boylston St). Experience the fascinating scientific, architectural, cultural and health innovations that made this H. H. Richardson-style water pumping station into the heart of our region's water supply system in the early 20<sup>th</sup> century. Architect and engineer Dennis DeWitt will give us a guided tour of the finely-crafted building and the stunning Great Engine Hall housing three massive pumping machines. There'll also be time to enjoy their many interactive displays. Meet the Doherty's bus at 10:15 am at Donelan's parking lot; return by 3:30 pm. Cost is \$12 plus your lunch. Send or bring your check made out to FLCOA Trips to Joanna Hopkins, 7 Linway Rd., Lincoln. To register, call Joanna at (781) 259-0194.

### CHEER ON 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.



### SPEND A JULY AFTERNOON AT A BSO CONCERT AT TANGLEWOOD!



Join us on **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*. We will depart by coach from the Lincoln Station Mall at 10 am and have a picnic lunch at the pavilion at Tanglewood with box lunches from Verrill Farm. The tickets are for the 2:30 pm BSO concert in the Shed. The cost is \$49 per person. This trip is partially subsidized by the Hurff Fund and is therefore limited to Lincoln residents. Reserve EARLY as space is limited to 40. Send your check payable to FLCOA Trips to Amy Ellsworth, 62 Wells Rd., Lincoln, MA 01773. You will receive a postcard with menu choices to respond to after your check is received. Questions? Call Amy at (781) 259-8637. All accommodations are handicap accessible. BRAVO! Lincoln music lovers! Come and enjoy!

### 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.

**GOLDEN TONES SILVER JUBILEE CONCERT** The Golden Tones, a group of seniors who love to sing, are celebrating their 25th anniversary by giving a special benefit concert on June 16 (Father's Day), at 3:00 pm in Wayland High School's new concert hall. The concert will feature a 90-minute program of excellent musical entertainment for the whole family. For more information and to order tickets online, go to [www.goldentones.org](http://www.goldentones.org).

## 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

**June 3, 12:30 pm — A Visit with Henry David Thoreau (Richard Smith)**  
*Meet the author, visionary, surveyor, and founder of the modern ecology movement*

**June 10, 12:30 pm — Alexander Knutrud: A History of Music**  
*Enjoy anecdotes from the history of music*

**June 17, 12:30 pm — Moha Patel: The Splendor of India**  
*Experience the rich and colorful dance culture of one of the world's most ancient civilizations*

*For DVDs of past programs, go to the Library or COA, or "Video Gallery" on [www.lincolncoa.org](http://www.lincolncoa.org).*

## LINCOLN ACADEMY AT THE MOVIES —THE ART OF PIANO, PART II

Join Mariel Bossert on **Friday, June 21 at 1 pm at Bemis Hall** to watch more of *The Art of Piano: Great Pianists of the 20th Century* and participate in 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 give help regarding health insurance, medical bills and long-term care needs.

**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.

**VETERANS BENEFITS** For assistance with veterans' benefits and other related issues, contact Priscilla Leach at (781) 259-4472 or [lincolnvetservices@gmail.com](mailto:lincolnvetservices@gmail.com).

**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 \*\*\*

### HEAL YOUR IMAGINATION & YOUR SELF Creative Visualization & Role-Play



Re-awaken the power of your imagination! Creative visualization is a dynamic tool that allows us to achieve what we envision: if we can imagine a solution to conflicts in our lives or we can visualize a dream coming true, it can happen. Join Leslie Kilgore in a free visualization workshop that uses simple role-playing techniques to help us de-stress, resolve life-issues, and heal our mind and spirit; to be held on **Wednesdays, June 5, 12 and 19 from 9:30 to 10:45 am**. All activities are informal, group-oriented and followed-up with discussion. No acting experience is necessary. Take the time to heal...because you are worth it!

### HOW ABOUT SOME GERSHWIN! The Art & Joy of Improvisation

Enjoy a journey through the life and artistry of America's premier 20th century composer/pianist, George Gershwin, with host Deane Ellsworth and guest pianist Evelyn Harris, on **Wednesday, June 26, at 1 pm, in Bemis Hall**. Deane will provide special insight into this brilliant musician's spontaneous ability to improvise at the keyboard, with a host of wonderful Gershwin tunes that sprang from George's ability to freely invent, supported with prepared videos by Deane and live keyboard renditions by Evelyn. It's sure to be a joyous happening!

### PASTEL PAINTING WITH JULIET

Come and enjoy using the brilliant colors of pastel, painting from still life (fruit, flowers, and other objects) and then from nature when Juliet Rago McNamara teaches painting with pastels on **July 2, 9, 11, 16, 23, 25, and 30 and August 1 from 9 to 11 am** at a cost of \$10 for materials. The class will go outside, weather permitting. This form of pastel can be enhanced with water and applied with a brush. Sign up now!



### NATURE WITH WATERCOLORS

Rediscover your joyful soul through art and nature in Jane Cooper's watercolor class. Jane will offer fun dabbling in natural elements for one session of four classes at a cost of \$15. The classes will be Mondays and Fridays on **June 10, 14, 17, 21 from 9 am to 11 am**. Call the COA to sign up.

### 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.

### AT THE MOVIES



**TUESDAY, JUNE 4, 2:15 AM. VERDI'S RIGOLETTO.** Filmed in 1981 at various authentic Italian Renaissance landmarks, this performance of Giuseppe Verdi's opera stars tenor Luciano Pavarotti as the Duke of Mantua and features Riccardo Chailly conducting the Wiener Philharmoniker. 1981. NR. 115 mins.

**THURSDAY, JUNE 20, 2:15 PM. IN ANOTHER COUNTRY.** Isabelle Huppert plays three women, each named Anne, in this contemplative drama set at a small hotel in the beachside town of Mohang, South Korea. Korean. 2012. NR. 89 mins.

**MONDAY, JUNE 24, 1:00 PM. LINCOLN.** Director Steven Spielberg takes on the towering legacy of Abraham Lincoln, focusing on his stewardship of the Union during the Civil War years. 2012. PG-13. 150 mins.

**TUESDAY, JUNE 25, 2:15 PM. SILVER LININGS PLAYBOOK.** After a four-year stay in a psychiatric institution, former teacher Pat Peoples tries in vain to reunite with his wife, but meets another woman fated to change his life. 2012. R. 122 mins.

SPEND TIME WITH OTHERS

## ENHANCE YOUR WELL BEING WITH JOURNALING

Have you ever wanted to journal or journal more consistently? Join our new group meeting each **Monday at 11:15**. Journaling is fun, easy, and has numerous benefits. It's a great tool for self-discovery and self-expression and can help you gain clarity on issues, reduce stress, enhance intuition and creativity, and manifest your dreams. We will use journaling exercises from journaling books and ideas from members. Just bring a journal or notebook! Group begins June 10.

## ENJOY "SENIOR DINING"

Lincoln seniors are invited to a gourmet meal in an elegant setting at **11:30 on Tuesday, June 18 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.



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

**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 by discussing strategies. This month's themes — clean up your attic, cars, and sporting equipment!

**Finding What's Next, Fridays, 11 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 will lead a play-reading group on **Monday, June 3, at 10 am** and **Monday, June 10, at 9 am at Bemis Hall**. The group will read *Harvey* by Mary Chase. Sally will bring copies.

**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.

**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**.

**CONSERVATION BREAKFAST.** **Wednesday, June 12 at 8:00 am at the Codman house**. Meet and gossip about Town events, sometimes touching on Conservation. *Note that it is on a Wednesday for this month only!*

**LINCOLN MEN'S COFFEE.** **Thursday, June 20 at 8:00 am**. Bagels and lox, coffee and camaraderie—a great chance to catch up with buddies and make new friends. **Also meeting on Thursdays, July 18 and August 15.**

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

**EAT WELL, BE WELL GROUP!** If you like to discuss nutrition and share tips and information, join the Eat Well, Be Well group that will meet monthly on the second and fourth Thursdays of the month at 1:15 at Bemis Hall. The group's next meetings will be on **June 13 and 27**.

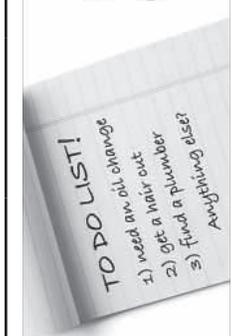
**UKULELE AND SING-ALONG GROUP** meets on **Thursday, June 6 at 3:00 here at Bemis Hall**. The group, led by Rob Todd, sings and plays simple songs together. Beginners welcome! Bring your ukulele or sing!

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

**BLISSFUL MEDITATION.** These meditations, offered the **2nd, 4th (and sometimes 5th) Fridays of the month at 12:15 pm at Bemis Hall**, will deepen your sense of well-being and calm.

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>3</b></p> <p>9:00 Watercolors  10:00 Playreading  12:30 Lincoln Academy  2:00 Let's Connect Group  2:00/3:15 Tai Chi</p> <p><b>SUNDAY</b>  10:15 Waterworks Trip Leaves</p>	<p><b>4</b></p> <p>9:00 Podiatry  11:30 You Can Do It Exercise  12:00 Life After 60 Group  1:00 Exercise: Aerobics and Weights  2:15 Opera Movie: Rigoletto</p>	<p><b>5</b></p> <p>9:30 Creative Visualization  10:00 Dementia Caregiver Group (Groves)  10:00 Memoirs  11:00 Line Dancing  1:00/2:15 Tai Chi  1:15 Mah Jongg  2:00 Let's Connect Group  2:30 Tai Chi Benefits</p>	<p><b>6</b></p> <p>9:15/10:15 Tai Chi  11:30 You Can Do It Exercise  1:00 Exercise: Aerobics and Weights  1:30 Computer Drop-In  2:15 Achieve Goals with Journaling  3:00 Ukelele Gathering</p>	<p><b>7</b></p> <p>10:00 German Conversation  11:00 Finding What's Next Group  1:00 Intermediate Bridge  1:00 Basic Money Management  2:30 Design Your Destiny</p>
<p><b>10</b></p> <p>9:00 Watercolors  9:00 Playreading  10:00 French Conversation  11:15 Journaling 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)</p>	<p><b>11</b></p> <p>9:30 FLCOA Board  11:30 You Can Do It Exercise  12:00 Life After 60 Group  12:00 Joint Board Meeting  1:00 Exercise: Aerobics and Weights  1:30 COA Board</p>	<p><b>12</b></p> <p>8:00 Conservation Bkfst (Codman)  9:30 Creative Visualization  11:00 Line Dancing  1:00/2:15 Tai Chi  1:15 Mah Jongg  2:00 Let's Connect Group</p>	<p><b>13</b></p> <p>9:15/10:15 Tai Chi  9:30 Handwork Circle  11:30 Declutter Group  12:00 Strawberry Social  1:15 Eat Well, Be Well Group</p>	<p><b>14</b></p> <p>9:00 Watercolors  11:00 Finding What's Next Group  12:15 Meditation  1:00 Intermediate Bridge  1:00 Social Security</p>
<p><b>17</b></p> <p>9:00 Watercolors  11:15 Journaling Group  12:30 Lincoln Academy  2:00 Let's Connect Group  2:00/3:15 Tai Chi</p>	<p><b>18</b></p> <p>9:00 Blood Pressure/Wellness Clinic  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 Update on Women and Heart Disease</p>	<p><b>19</b></p> <p>9:00 Podiatry  9:30 Creative Visualization  10:00 Memoirs  1:00/2:15 Tai Chi  1:15 Mah Jongg  2:00 Let's Connect Group</p>	<p><b>20</b></p> <p>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  2:15 Movie: In Another Country</p>	<p><b>15</b></p> <p><b>SATURDAY</b>  1:30 Jazz Jam</p>
<p><b>21</b></p> <p>9:00 Watercolors  10:00 Japanese Tea Ceremony  10:00 German Conversation  11:00 Finding What's Next Group  1:00 Intermediate Bridge  1:00 Lincoln Academy at the Movies: Art of Piano, Part II  2:30 Design Your Destiny</p>	<p><b>21</b></p> <p>9:00 Watercolors  10:00 Japanese Tea Ceremony  10:00 German Conversation  11:00 Finding What's Next Group  1:00 Intermediate Bridge  1:00 Lincoln Academy at the Movies: Art of Piano, Part II  2:30 Design Your Destiny</p>	<p><b>21</b></p> <p>9:00 Watercolors  10:00 Japanese Tea Ceremony  10:00 German Conversation  11:00 Finding What's Next Group  1:00 Intermediate Bridge  1:00 Lincoln Academy at the Movies: Art of Piano, Part II  2:30 Design Your Destiny</p>	<p><b>21</b></p> <p>9:00 Watercolors  10:00 Japanese Tea Ceremony  10:00 German Conversation  11:00 Finding What's Next Group  1:00 Intermediate Bridge  1:00 Lincoln Academy at the Movies: Art of Piano, Part II  2:30 Design Your Destiny</p>	<p><b>15</b></p> <p><b>SATURDAY</b>  1:30 Jazz Jam</p>

<p><b>24</b></p> <p>10:00 French Conversation  11:15 Journaling Group  11:30 Spanish Conversation  1:00 Movie: Lincoln  2:00 Let's Connect Group</p>	<p><b>25</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  2:15 Movie: Silver Linings Playbook</p>	<p><b>26</b></p> <p>11:00 Walk-In Clinic (St. Joseph's)  1:00 How About Some Gershwin!  1:15 Mah Jongg  2:00 Let's Connect Group</p>	<p><b>27</b></p> <p>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</p>	<p><b>28</b></p> <p>11:00 Finding What's Next Group  12:15 Meditation  1:00 Intermediate Bridge</p> <p><b>SUNDAY 30</b>  11:00 Pawsox Trip Leaves</p>
<p><b>JUNE</b></p> 	<p><b>LOCATIONS</b>  Codman: Codman House Groves: The Groves in Lincoln Lib: Lincoln Library St. Anne's: St. Anne's Church St. Joseph: St. Joseph's Church</p>			



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## ~~ FOR YOUR WELL BEING ~~



### TAI CHI BENEFITS FOR BODY, HEART, AND MIND

The latest research confirms that regular Tai Chi practice leads to improved health of the heart, bones, nerves and muscles, immune system, and the mind as well as the long-known benefits of more vigor and flexibility, better balance and mobility, and a sense of well being. On **Wednesday, June 5 at 2:30 pm**, come hear Harvard researcher Peter Wayne, PhD, discuss his new Tai Chi protocol as described in his recently-published book, *The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind*. The protocol can be practiced in just a few minutes a day and integrated into everyday activities to enhance work productivity, creativity, and sports performance. Dr. Wayne is Assistant Professor of Medicine at Harvard Medical School and Brigham and Women's Hospital. He is the Research Director for the Osher Center for Integrative Medicine.

### UPDATE ON WOMEN AND HEART DISEASE

Heart disease is a major health threat to women, but fortunately we are learning more about how common it is, how symptoms differ from heart disease in men, and what treatments and management strategies are most effective in women. To learn the latest updates, come hear Virginia Dow, RN, Manager of Emerson Hospital's Cardiac Rehab and Prevention Department at **Bemis Hall on Tuesday, June 18, at 2:15 pm**. She will tell you about what researchers are finding as well as how you can improve your heart health, what symptoms to look out for, and what to do if you already have heart disease. Ms. Dow has 24 years of experience in cardiac rehab and is board certified in cardiac care nursing. Both women and men welcome!

### TAI CHI IN THE PARK!

You may sign up now for Tai Chi in the Park, which will begin on July 9 at 10 am and continue for eight weeks (depending on weather) at a cost of \$5 per class. The class will be at Pierce Park. For info, contact Jane Moss (781) 259-9822 or [mindbodyjm@comcast.net](mailto:mindbodyjm@comcast.net). The class is for continuing students only.



### 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 June 13.

**FITNESS AND STRENGTH TRAINING.** A moderately vigorous, 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 June 13.

**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, 2:15-3:15 pm; and Wednesdays, 1-2 pm. Tai Chi III: Mondays, 3:15-4:15 pm and Wednesdays, 2-3 pm. **Classes end June 20.**

**LINE DANCING** Come enjoy the fun and fitness of line dancing on **Wednesdays, June 5 and 12 at 11 am** with Katrina Rotondi. \$3 payable the day of the class. No sign up needed!

*All fitness classes are subsidized by the MA Executive Office of Elder Affairs. Tai Chi and line dancing are 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, June 18 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, June 4 and Wednesday, June 19, 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 **June 5 at 10 am at The Groves**. For info, call (781) 430-6000.

## ●●●WHAT YOU NEED TO KNOW●●●

### SOCIAL SECURITY UPDATES AND ANSWERS

Come to **Bemis Hall on Friday, June 14 at 1 pm** to hear Francine Kollias of the Social Security Administration update you on what's new with Social Security and answer your questions. Whether you will be signing up soon or have been receiving benefits for years, this presentation will give you valuable information about the many ways Social Security is updating, including offering many services online and what changes to benefits you can expect in the future. She will also answer your questions about Social Security retirement and disability benefits and SSI. This program is appropriate for and open to all, including those younger residents who may be eligible for benefits.

### MANAGING YOUR EVERYDAY HOUSEHOLD FINANCES

Managing your everyday finances is a skill that can make your life easier. Come to Bemis Hall on **Friday, June 7, at 1 pm** to hear Brenda Ferriero, Minuteman Senior Services Money Management Program Manager, discuss how to create a budget you can live with, using credit, debit, and ATM cards wisely, choosing which bills to pay first, tips for decreasing spending, and more. You will learn not only what to do, but how to think about money in a way that benefits your life rather than creating stress. Bring your questions and concerns! Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice. For information, call toll-free (888) 222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org).



### ACHIEVE YOUR GOALS WITH JOURNALING

Journaling is not only good for your health, it is also an excellent way to help you clarify, define and achieve your life goals. Come to **Bemis Hall on Thursday, June 6 at 2:15 pm** to hear Suzanne Reitz, RN, MS, Complimentary Therapies RN of Parmenter Community Health Care, discuss how to use a journal to look within to see what you would really like from your life, focus on visualizing and dreaming a better future, free your intuition and creativity, and determine strategies for dealing with personal problems. This workshop will be helpful whether you have been journaling for years or are just getting started.

### The Computer Corner...

#### COMPUTER AND DIGITAL CAMERA TUTORING!

Come to our drop-in computer and digital photography tutoring 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. There will be no Computer Drop-In on Thursday, June 13.

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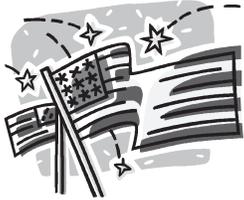
**FRIENDS OF THE LIBRARY BOOK SALE** Come pick up a good read and help raise funds for the Library at the Friends of the Library Book Sale on **Saturday, June 8, from 9 am to noon at Bemis Hall.**

**OPEN MIKE ACOUSTIC NIGHT** Enjoy live music at the free Open Mike Acoustic program **Monday, June 10 from 7 to 10 pm at the Library** featuring Ryan Fitzsimmons. 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, June 15, 1:30 to 5 pm, Bemis Hall.**

**WELLNESS CLINIC FOR ALL AGES!** Lincoln residents of all ages are invited to meet with a nurse through a free Town service. Stop by **St. Joseph's Church, 142 Lincoln Road on Wednesday, June 26 between 11 am and 1 pm** to get your blood pressure and/or Body Mass Index checked, ask questions about fitness and nutrition, talk over a concern, get information and resources about managing chronic illness, and more. These clinics are funded by the CHNA 15 and provided by Emerson Hospital Home Care. For info, please call the COA at (781) 259-8811.

## JULY FOURTH AND SUMMER CONCERTS!



The Parks and Recreation Department will once again be offering a bevy of fun and patriotic activities on July Fourth and a slate of entertaining summer concerts sure to have you up and dancing! Detailed information will be mailed to every residence, posted in the Lincoln Journal and the July/August issue of News from Bemis Hall and will be available online at [www.LincolnRec.com](http://www.LincolnRec.com).

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