



NEWS FROM BEMIS HALL

Volume 4 Issue 7/8

July/August 2013

The Lincoln Council on Aging Monthly

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. 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 but some walking is required. BRAVO! Lincoln music lovers! Come and enjoy!

CELEBRATE SUMMER'S END WITH A CAPE ANN CRUISE!

Enjoy a 1 ½ hour narrated tour on a cruise boat ride through scenic Cape Ann on **September 11**. Discover the beauty and heritage of Essex, MA, a tidal estuary and the great salt marsh as we cruise the pristine waters of the Essex River. Observe rare birds, wildlife and stunning scenery. Depart the Lincoln Mall at 8:45 am in a comfortable Coach (partially funded by Hurff funds) The cruise runs rain-or-shine in a covered boat. Then have "lunch on your own": either bring your picnic to eat at dockside tables or visit Woodman's Restaurant for the freshest fish ever. Some may want to check out the town of Essex—its antiques, shipbuilding museum or Cogswell's Grant folk art museum. All depart Essex at 2:00 to arrive at the Lincoln Mall at 3:00 pm. The cost of the trip is \$32/pp, made payable in full by check to FLCOA Trips and mailed to Peggy Schmertzler, 142 Chestnut Circle, Lincoln, MA 01773. PAYMENT MUST BE RECEIVED BY MONDAY, AUGUST 26. This will be the only COA newsletter notice of this trip, so please respond early. Questions? Email Peggy at alpegs@verizon.net or call (781) 259-0465.



COME TO BEMIS HALL TO GET OUT OF THE HEAT!



Summer heat getting you down? Come on down to Bemis Hall. Most likely we will have some activity going on for you to enjoy. We also have space for you to just come, sit and relax. If there is a power outage in town and Bemis has power, feel free to come in to stay cool as well as recharge laptops and cell phones.

COA SUMMER HOURS

Between July 1 and August 30, the COA will be open 7 am to 5 pm Monday to Thursday and closed Fridays. Activities that regularly happen on Fridays have been moved to Wednesdays.

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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.

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

NEW GUIDELINES FOR EMERGENCY ASSISTANCE FUND

More residents in extreme financial need may now be eligible for the help from the Emergency Assistance Fund. The Emergency Assistance Committee has revised the guidelines so that residents may now receive a maximum of \$700 per year, with a lifetime limit of \$1,000. Thus, residents who have previously received assistance may now apply again, if necessary, up to the new limits. For more information or to apply for help, call the Council on Aging at (781) 259-8811.

DO YOU NEED HELP FINDING IN-HOME SERVICES?

Did you know that the COA can help you evaluate the in-home service needs of yourself or a loved one, determine what services may help, and provide a list of agencies? We also offer some services directly like transportation and medical equipment loans. For help, call the COA to make an appointment with Pam, our Assistant Director. We do not give referrals to individual in-home care providers and recommend that any agency you engage properly screen and supervise employees who come into your home.

TO CONTACT US

Phone: (781) 259-8811; **Fax:** (781) 259-7990

E-mail: bottumc@lincolntown.org,
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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.

*** JUST FOR FUN ***

MAKE YOUR SUMMER TASTY AND HEALTHY WITH HERBS!

Summer is the perfect time to cook with herbs. Plenty of fresh herbs are available in markets, or maybe in your own garden, and they go perfectly with the fruits and vegetables of the season. In addition to being tasty, herbs are healthy, especially as an alternative to salt. Learn more about herbs and how to use them to bring out the natural flavors of your food when Lincoln resident and herb lover Tracey Cornogg comes to Bemis Hall on Thursday, July 11 at 1 pm.

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 how to paint with pastels on **July 2, 9, 11, 16, 23, 25, and 30 and August 1 from 9 to 11 am** at a cost of only \$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 as space is limited!



GAMES AFTERNOONS

Do you love to play bridge, parchisi, scrabble, Lincolnopoly or other games? Come on down to the COA on **Monday, July 22 and Monday, August 12 at 1 pm**. We will set up some tables and chairs and you are welcome to play with whomever happens to come! If you have a set of your favorite game, please bring it!

PICNIC IN PIERCE PARK



We're starting a new COA summer tradition! Come to our "Picnic in the Park" on **Monday, August 26, at noon at Pierce Park**. We'll provide cookies and the Pierce House has bathrooms.

We will have lots of fun! So bring your picnic basket with your lunch, a blanket and chairs if you like, and come meet friends old and new.

COMPUTER TUTORING!

Come to our drop-in tutoring for computers 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.

SAVE THE DATES FOR FALL ACTIVITIES!

SIGN UP FOR MUSICAL EAR TRAINING THIS FALL!

Our Musical Ear Training course presented by the Concord Conservatory of Music was so popular last spring that we are bringing it back for ten more sessions this fall! Save **Tuesdays, September 17 through November 19 from 10:00 to 11:15 am** for this course that will develop your musical listening abilities, music appreciation, and your hearing of musical structures. The course will be taught by Ehud Ettun, a bassist and composer who has performed internationally. The cost of the course will be \$75, payable to the Concord Conservatory of Music by the first day. You must sign up in advance by calling the COA. Please let us know your address, telephone number and email when you sign up.

WRITE YOUR MEMOIRS!

Because every life is unique, every person has a story worth telling. Writing is a fine way to capture your own unique story and to reflect on its meaning, and a memoir group can be the perfect place to share your story with interested and supportive people. Hearing about other people's lives and adventures may also give you new insights into your own life. The memoir group will have a few openings in the fall. If you are interested in joining us, please call (781) 259-9415 or email (con.lewis@comcast.net) Connie Lewis. The group meets on Wednesdays (usually twice a month) from 10 a.m.-noon. \$50 for the fall term. The first meeting will be **September 4**. Look for the other dates in the September newsletter.

NATIONAL HISTORIC SITE SAUGUS IRON WORKS! Save **Thursday, October 10**, for a trip to this exciting 17th century iron works including industrial buildings, a house, and more! See the fall newsletters for details.

AT THE MOVIES

TUESDAY, JULY 2, 2:15 PM. HYDE PARK ON THE HUDSON. When the king and queen of England visit U.S. President Franklin Roosevelt hoping for support on the eve of World War II, Roosevelt must deal with his official duties as well as the competing interests of his mother, his wife and his mistresses. 2012. R. 94 mins.

MONDAY, JULY 15, 1:00 PM. CLOUD ATLAS. In this star-studded drama, six seemingly disparate stories take viewers from a South Pacific Island in the 19th century to 1970s America to a dystopian future, exploring the complicated links that humans share through the generations. 2012. R. 172 mins.

TUESDAY, JULY 23, 2:15 PM. PARENTAL GUIDANCE. When their daughter must leave for a week, Artie and Diane Decker find themselves in charge of their three grandchildren, whose well-regimented and high-tech lives leave Grandma and Grandpa baffled and ready to bring on the old-school parenting. 2012. PG. 104 mins.

TUESDAY, JULY 30, 2:15 PM. BARRYMORE. Christopher Plummer revives his Tony Award-winning turn as the legendary John Barrymore in this filmed presentation of the stage production. His glory days gone, Barrymore reminisces and reckons with the joys and ravages of his life lived in excess. 2011. NR. 84 mins.

TUESDAY, AUGUST 6, 2:15 PM. LES MISERABLES. The musical version of Victor Hugo's epic tale of love and sacrifice, first produced for the stage in 1985, now receives the big-screen treatment. The bloody era of the French Revolution is the backdrop to Jean Valjean's long struggle for redemption. 2012. PG-13. 157 mins.

TUESDAY, AUGUST 13, 2:15 PM. ZERO DARK THIRTY. For a decade, an elite team of intelligence and military operatives, working in secret across the globe, devoted themselves to a single goal: to find and eliminate Osama bin Laden. 2012. R. 157 mins.

TUESDAY, AUGUST 20, 2:15 PM. QUARTET. A trio of retired opera singers' annual celebration of Verdi's birthday sours when their estranged fourth member shows up but refuses to sing. Tensions rise and diva drama erupts—will personal problems prevent the show from going on? 2012. PG-13. 98 mins.

TUESDAY, AUGUST 27, 2:15 PM. ADMISSION. While scouting applicants at an experimental high school, Ivy League admissions officer Portia Nathan discovers that the school's founder is her former college classmate John Halsey—and that she may have a connection to one of his students. 2013. PG-13. 117 mins.

BEST FOREIGN FILMS

THURSDAY, AUGUST 1, 2:15 PM. LUCKY. Vowing to make something of himself, Lucky, a 10-year-old South African orphan, leaves the security of his remote village for the big city. There, he forges an unlikely bond with an elderly Indian woman. South Africa. 2011. NR. 100 mins.

THURSDAY, AUGUST 8, 2:15 PM. A ROYAL AFFAIR. In 18th-century Denmark, the unstable King Christian IV neglects his young queen, Mathilde, who falls in love with his German physician, an intellectual whose advocacy of reform transforms the country but brings about his own downfall. Denmark. 2012. R. 137 mins.

THURSDAY, AUGUST 15, 2:15 PM. HOLY MOTORS. This surreal drama follows DL, who becomes many different individuals living very different lives over a 24-hour period—switching effortlessly from man to woman, impoverished to affluent, young to old, and even assassin to family man. France-Germany. 2012. NR. 115 mins.

THURSDAY, AUGUST 22, 2:15 PM. A SEPARATION. An Iranian husband and wife split up over his decision to stay and care for his aging father instead of leaving the country with his family. But his fateful choice to hire a stranger to do most of the caretaking breeds unexpected consequences. Iran. 2011. PG-13. 123 mins.

THURSDAY, AUGUST 29, 2:15 PM. CHICKEN WITH PLUMS. A captivating live-action fairytale set in 1950s Tehran. After the destruction of his favorite violin, a renowned musician loses all taste for life and teeters on the edge of oblivion. French. 2011. PG-13. 93 mins.

CLASSIC MOVIES BY REQUEST

TUESDAY, July 9, 2:15 PM. ROMEO & JULIET. Falling in love against the wishes of their feuding families, star-crossed lovers Romeo Montague and Juliet Capulet elope in secret. 1968. PG. 138 mins.

THURSDAY, JULY 25, 2:15 PM. EVITA. In 1930s Argentina, small-town girl Evita enters show business, becomes a star and ends up married to President Juan Perón. 1996. PG. 135 mins.

OPERA MOVIES

TUESDAY, JULY 16, 2:15 pm PUCCINI'S MADAMA BUTTERFLY. This superb Metropolitan Opera performance features Patricia Racette (Butterfly) and Marcello Giordani as the ill-fated lovers. 2009. NR. 146 mins.

MONDAY, AUGUST 5, 1:00 pm HUMPERDINK'S HANSEL UND GRETEL. This acclaimed Vienna performance features Brigitte Fassbaender and Edita Gruberova in the title roles. 1981. NR. 107 mins.

❧❧❧ SPEND TIME WITH OTHERS ❧❧❧

PAM'S GROUPS—NEW MEMBERS ALWAYS WELCOME!

Journaling, Mondays, 11:15 am We will use various journaling exercises from journaling books, as well as ideas from members. Just bring a journal or notebook and come join us for an exciting personal adventure.

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.

Finding What's Next Group, Wednesdays, 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 *Death of a Salesman* by Arthur Miller on **Monday, July 1 at 10 am and Monday, July 8 at 9 am at Bemis Hall.** The group will read *Importance of Being Ernest* by Oscar Wilde at **10 am on Monday, August 5 and 9 am on August 12.** 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. The group will not meet in August. 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.** The group will not meet in August. Only Spanish will be spoken.

GERMAN CONVERSATION Enjoy speaking German on the **1st and 3rd Wednesdays of each month at 10 am.** The group will not meet in August.

BLISSFUL MEDITATION These meditations, offered on **the second, fourth and sometimes fifth Wednesdays at 12:15 pm at Bemis Hall,** will deepen your sense of well-being and calmness.

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

LINCOLN MEN'S COFFEE **Thursdays, July 18 and August 15 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.**

DECLUTTER LITE This less formal version of the Declutter Group will meet on the **second and fourth Thursdays of the month at 11:30 am** and will continue June's theme of cleaning up your attic, garage, and basement.

EAT WELL, BE WELL GROUP Discuss nutrition and share tips and information on the **second and fourth Thursdays of the month at 1:15.** The group will meet at **1 pm on July 11** for a special program on herbs.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
10:00 Playreading: Death of a Salesman 11:15 Journaling Group 1:00 Stay Safe from Fire and Heat Stroke 2:00 Let's Connect	9:00 Podiatry 9:00 Pastel Painting 11:30 You Can Do It Exercise 12:00 Life After 60 Group 1:00 Aerobics and Weights 2:15 Movie: Hyde Park on the Hudson 7:00 Songs of Liberty	10:00 German Conversation 11:00 What's Next Group 12:15 Design Your Destiny 1:15 Mah Jongg 2:00 Let's Connect	COA CLOSED/ INDEPENDENCE DAY Activities in various locations around town	COA CLOSED/ SUMMER HOURS
8	9	10	11	12
9:00 Playreading: Death of a Salesman 10:00 French Conversation 11:15 Journaling Group 11:30 Spanish Conversation 1:00 Health Care Options for Veterans 2:00 Let's Connect	9:00 Pastel Painting 12:00 Life After 60 Group 2:15 Movie: Romeo and Juliet	10:00 Dementia Caregiver Group (Groves) 11:00 What's Next Group 12:15 Meditation 1:15 Mah Jongg 2:00 Let's Connect 6:00 Concert by The Nays (Pierce)	9:00 Pastel Painting 9:30 Handwork Circle 10:00 Wellness Clinic (LW) 11:30 Declutter Lite 1:00 Herbs with Tracey 1:30 Computer Drop-In	COA CLOSED/ SUMMER HOURS
15	16	17	18	19
11:15 Journaling Group 1:00 Movie: Cloud Atlas 2:00 Let's Connect	9:00 Pastel Painting 9:00 Blood Pressure/Wellness Clinic 10:00 Tai Chi in the Park (Pierce) 11:30 You Can Do It 12:00 Life After 60 Group 1:00 Aerobics and Weights 2:15 Opera Movie: Madama Butterfly	9:00 Podiatry 10:00 German Conversation 11:00 What's Next Group 12:15 Design Your Destiny 1:15 Mah Jongg 2:00 Let's Connect 6:00 Concert by Nightwork (Pierce)	8:00 Men's Coffee 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:15 Get Started Getting Fit	COA CLOSED/ SUMMER HOURS
22	23	24	25	26
10:00 French Conversation 11:15 Journaling Group 11:30 Spanish Conversation 1:00 Games Afternoon 2:00 Let's Connect	9:00 Pastel Painting 10:00 Tai Chi in the Park (Pierce) 11:30 You Can Do It Exercise 12:00 Life After 60 Group 1:00 Aerobics and Weights 2:15 Movie: Parental Guidance	11:00 What's Next Group 12:15 Meditation 1:15 Mah Jongg 2:00 Let's Connect	9:00 Pastel Painting 9:30 Handwork Circle 11:30 Declutter Lite 1:00 Aerobics and Weights 1:15 Eat Well, Be Well Group 1:30 Computer Drop-In 2:15 Movie: Evita	COA CLOSED/ SUMMER HOURS
29	30	31	28	
11:15 Journaling Group 1:00 New Town Website (Town Offices) 2:00 Let's Connect	9:00 Pastel Painting 10:00 Tai Chi in the Park (Pierce) 11:30 You Can Do It 12:00 Life After 60 1:00 Aerobics and Weights 2:15 Movie: Barrymore	10:00 Coffee with the Town Administrator 11:00 What's Next Group 11:00 Wellness Clinic (St. Joseph's) 12:15 Meditation 1:15 Mah Jongg 2:00 Let's Connect	SUNDAY 10:00 Tanglewood Trip leaves (Mall)	
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MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>AUGUST</p> 	<p>LOCATIONS Groves — The Groves Lib—Lincoln Library Pierce—Pierce Park St. Joseph's — St. Joseph's Church</p>		<p>1 9:00 Pastel Painting 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Lucky</p>	<p>2 COA CLOSED/ SUMMER HOURS</p>
<p>5 10:00 Playreading: Importance of Being Ernest 11:15 Journaling Group 1:00 Opera Movie: Hansel Und Gretel 2:00 Let's Connect</p>	<p>6 9:00 Podiatry 10:00 Tai Chi in the Park (Pierce) 11:30 You Can Do It Exercise 12:00 Life After 60 Group 1:00 Aerobics and Weights 2:15 Movie: Les Miserables</p>	<p>7 11:00 What's Next Group 11:00 Line Dancing Demonstration 12:15 Design Your Destiny 1:15 Mah Jongg 2:00 Let's Connect</p>	<p>8 9:30 Handwork Circle 11:30 Declutter Lite 1:00 Aerobics and Weights 1:15 Eat Well, Be Well Group 1:30 Computer Drop-In 2:15 Movie: Royal Affair</p>	<p>9 COA CLOSED/ SUMMER HOURS</p>
<p>12 9:00 Playreading: Importance Of Being Ernest 11:15 Journaling Group 1:00 Games Afternoon 2:00 Let's Connect</p>	<p>13 7:30 Elder Services Basics 10:00 Tai Chi in the Park (Pierce) 11:30 You Can Do It Exercise 12:00 Life After 60 1:00 Aerobics and Weights 2:15 Movie: Zero Dark Thirty</p>	<p>14 9:30 Ayurvedic Medicine 10:00 Dementia Caregiver Group (Groves) 11:00 What's Next Group 12:15 Meditation 1:15 Mah Jongg 2:00 Let's Connect</p>	<p>15 8:00 Men's Coffee 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Holy Motors</p>	<p>16 COA CLOSED/ SUMMER HOURS</p>
<p>19 11:15 Journaling Group 1:00 Update on The Groves in Lincoln 2:00 Let's Connect</p>	<p>20 10:00 Tai Chi in the Park (Pierce) 11:30 You Can Do It Exercise 12:00 Life After 60 Group 1:00 Aerobics and Weights 2:15 Movie: Quartet</p>	<p>21 9:00 Podiatry 11:00 What's Next Group 12:15 Design Your Destiny 1:15 Mah Jongg 2:00 Let's Connect</p>	<p>22 9:30 Handwork Circle 11:30 Declutter Lite 1:00 Aerobics and Weights 1:15 Eat Well, Be Well Group 1:30 Computer Drop-In 2:15 Movie: A Separation</p>	<p>23 COA CLOSED/ SUMMER HOURS</p>
<p>26 11:15 Journaling Group 12:00 Picnic in the Park 2:00 Let's Connect</p>	<p>27 9:00 Collating 10:00 Tai Chi in the Park (Pierce) 11:30 You Can Do It Exercise 12:00 Life After 60 1:00 Aerobics/Wts 2:15 Movie: Admission</p>	<p>28 11:00 What's Next Group 11:00 Wellness Clinic (St. Joseph's) 12:15 Meditation 1:15 Mah Jongg 2:00 Let's Connect</p>	<p>29 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Chick-en with Plums</p>	<p>30 COA CLOSED/ SUMMER HOURS</p>

- Visiting Nurse Care
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3) find a plumber
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Ayurveda, the science of life and longevity, is a 5000-year-old holistic health care system still in practice all over the world. Its basic principles focus on the rhythms of nature and how we can keep our body, mind, and spirit in balance with those rhythms in order to maintain health and well-being. Come join Tracey Cornogg, an Ayurvedic educator and consultant, on **Wednesday, August 14 at 9:30 am** for an introductory talk about Ayurveda and how incorporating some simple daily practices and diet changes can be the beginning of bringing more comfort and ease into our lives.

OPPORTUNITIES FOR EXERCISE

GIVE LINE DANCING A TRY!

Line dancing is fun and a great way to get fit! If you would like to try line dancing, come to a free demonstration on **Wednesday, August 7 at 11 am** with teacher Katrina Rotondi! The demonstration is for everyone, including those who have been taking Katrina's class all along, but especially for those who want to see if line dancing is for them. Bring a friend! Katrina will continue her regular line dancing classes in September!

GET STARTED GETTING FIT!

No matter what your current level of functioning and fitness, you can benefit from exercise. Come hear about the benefits of exercise, the best ways to build muscles with resistance training, exercising without being on the floor, and using exercise for stress relief when Marilyn Onorato, a certified fitness teacher for older adults and leader of our fitness classes, comes to **Bemis Hall on Thursday, July 18 at 2:15.**

TAI CHI IN THE PARK AND FALL CLASS SIGN-UP

Join Jane Moss for Tai Chi in **Pierce Park on Tuesdays beginning July 16 at 10 am** for 7 weeks (depending on the weather) at a cost of \$5 per class. The class will meet on the lawn by the pond at Pierce Park. Bring a hat, lawn chair, sunglasses, water bottle and sunscreen! On rainy days, the class will meet in the tent or in the Pierce House itself. The class is for continuing students only. Fall classes begin September 9 and will run for 13 weeks. New students may sign up for the fall beginner's class that will be taught on Thursday mornings at 9:15 am. Continuing students do not need to sign up to be in the fall classes. See the September newsletter for more details, including new fees. For more information, please contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

SUMMER FITNESS CLASSES

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, 11:30 am**; \$3 per class; no need to sign up. Taught by Marilyn Onorato. No class July 9.

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 July 9 or 11.

Fitness classes are subsidized by the MA Executive Office of Elder Affairs.

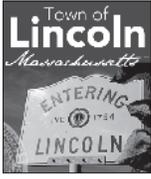
WELLNESS AND PODIATRY CLINICS

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, July 16 from 9 to 11 am at Bemis Hall.** Services are provided by Emerson Hospital Home Care.

PODIATRY CLINICS Podiatry clinics will be held on **Tuesdays, July 2 and August 6** and **Wednesdays, July 17 and August 21, all at 9 am at Bemis Hall** by appointment. \$10 donation requested.

●●●WHAT YOU NEED TO KNOW●●●

COFFEE WITH LINCOLN'S TOWN ADMINISTRATOR



Come to **Bemis Hall on Wednesday, July 31 at 10 am** for Coffee with Town Administrator Tim Higgins! Tim will update you on some of the projects and other news going on around town and answer your questions about Town services and initiatives! He would also like to know your ideas and suggestions. This is your chance to get to know Tim in an informal setting and chat about those aspects of the Town that are most important to you.

HANDS-ON FIRE AND HEAT STROKE PREVENTION!

You've probably been told what to do to prevent fires or what to do if you have a fire, but the best way to make sure you are really prepared is to practice. Join Ben Juhola and Mike O'Donnell of the Lincoln Fire Department on **Monday, July 1 at 1 pm** to get hands-on practice using a fire extinguisher properly, getting safely out of a burning room, making sure you do not start a fire or get burned while cooking in the kitchen, and more! They will also demonstrate and answer your questions on smoke detectors and other issues. In addition, they will discuss what heat stroke is and give practical suggestions for keeping yourself and your home cool and what to do if you fear becoming overheated. Stay safe from both fire and overheating!

HEALTH CARE OPTIONS FOR VETERANS

Veterans and their families have a variety of health care options available to them. Come find out more about the various health insurance plans and programs when Mark Wasnock (Senior Chief Petty Officer, U.S. Navy Retired) comes to **Bemis Hall on Monday, July 8, at 1 pm**. Mr. Wasnock is a Field Representative for US Family Health Plan, but will be presenting information on all the options open to veterans and families. The presentation will take about an hour, with time afterwards for questions.



UPDATE ON THE GROVES IN LINCOLN

Come to **Bemis Hall on Monday, August 19, at 1 pm** for an update on the new construction at The Groves in Lincoln with representatives of Benchmark Senior Living, new owners of The Groves. Find out more about plans for a new building offering assisted living, skilled nursing care, and memory care as well as other enhancements. You will also have a chance to ask questions and give your thoughts and ideas.

GET THE MOST FROM THE TOWN'S NEW WEBSITE!

The Town's new website, www.lincolntown.org, is our community's home on the web. Did you know you can get updates on important issues like Rte. 2, pay bills online, get information on local attractions, get resources for eldercare and other services, learn when town events will happen, find out about the history and demographics of Lincoln, and more? Get a tour through the new website when Information Technology Director Chuck Miller comes to **the Donaldson Room in the new Town Offices at 16 Lincoln Road on Monday, July 29 at 1 pm**.

ELDER SERVICES BASICS OVER BREAKFAST

If you would like to know what services are available to help you or a loved one stay safely and independently at home, come to **Bemis Hall on Tuesday, August 13, at 7:30 am** for a special "Breakfast with the COA." Carolyn from the COA will go over what services are available to keep you or a loved one at home, the process of evaluating needs and choosing service providers, and what is available for caregivers.



DEMENTIA CAREGIVERS GROUP AT THE GROVES All are welcome to a free group for caregivers of those with dementia on **July 10 and August 14 at 10 am at The Groves**. For info, call (781) 430-6000.

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GOINGS ON IN AND AROUND LINCOLN

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, July 13, from 9 am to noon at Bemis Hall.**

LIVE TRAD-JAZZ JAMBOREES Local musicians drop in and take turns in the group and the joint jumps! Attendance is free. **Saturday, July 20 at Bemis Hall and Saturday, August 17 at the Library, 1:30 to 4:30 pm.**

WELLNESS CLINICS FOR ALL AGES! Lincoln residents of all ages are invited to wellness clinics at the **Lincoln Woods Community Building, 50 Wells Road, on Thursday, July 11 from 10 am to noon** and **St. Joseph's Church, 142 Lincoln Road on Wednesdays, July 31 and August 28 between 11 am and 1 pm.** These clinics are funded by CHNA 15 and provided by Emerson Hospital Home Care. For info, call (781) 259-8811.

JULY 4 AND SUMMER CONCERTS!



CONCERT: Wednesday, June 26, 6 pm, Pierce Park, Alter Ego

CONCERT: Tuesday, July 2 at 7 pm, Bemis Hall, Songs of Liberty: Music from the American Revolution.

INDEPENDENCE DAY CELEBRATIONS: Thursday, July 4, various locations, Firecracker Run, Children's Bike Parade, July 4th Parade, Boy Scout Cook Out, Town-wide Swim, Mixed Up Tennis Tournament, and Concert, Barbeque and Fireworks!

CONCERT: Wednesday, July 10, 6 pm, Pierce Park, the Nays

CONCERT: Wednesday, July 17, 6 pm, Pierce Park, Nightwork

For more information, go to www.Lincolnrec.com or call (781) 259-0784.

SENIOR MEMBERSHIP AT CODMAN POOL

This year, as each year, Lincoln seniors may buy a membership at the Codman Pool for the discounted rate of \$65. Online registration is available at: www.LincolnRec.com. For more information about memberships or the Pool, call the Parks and Rec Department at (781) 259-0784.

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