



NEWS FROM BEMIS HALL

Volume 4 Issue 9

September 2013

The Lincoln Council on Aging Monthly

CELEBRATE SUMMER'S END WITH A CAPE ANN CRUISE!



Extra spaces are still available for the rain-or-shine Essex River Boat Cruise through scenic Cape Ann on **Wednesday, September 11**. Depart Lincoln Mall at 8:45 am, ride in a luxury Coach Bus (partially funded by the Hurff Fund), and enjoy a 1-1/2 hour narrated cruise through a tidal estuary, the pristine waters of the Essex River and a great salt marsh while you observe rare birds, wildlife and stunning scenery. Following lunch on your own—bring a picnic or eat at Woodman's Restaurant—the Coach returns you to the Lincoln Mall at 3 pm. \$32 is payable in full by check to FLCOA and due by September 3. Please mail your check to Peggy Schmertzler, 142 Chestnut Circle, Lincoln, MA 01773. For questions, email Peggy at alpegs@verizon.net or call her at (781) 259-0465.

GET READY FOR A NEW AND IMPROVED WINTER GALA!

This year, Top of the Town, our winter gala, which for years has been a dinner-dance, will be all new, in a new venue, all improved, and in January! We want to make it easier for people to come, to mingle and meet new people, and have a good time so we're trying a brand new format in a Lincoln location to be announced within the next couple of months! Watch the newsletter for more information! And if you have any suggestions that can make it an event YOU will want to attend, please email or phone us at Bemis Hall.

GET TO KNOW THE COA!

Come get to know the COA! If you would like to meet Dot Taylor, Chair of the COA board, Beth Ries, President of the Friends of the COA, and Carolyn Bottum, COA Director, come to **Bemis Hall on Friday, September 6 at 10 am**. We'll explain what the COA and the Friends are, what we offer you, and how you can get involved. We'll answer questions, then give you a tour of Bemis Hall!



CHECK OUT OUR NEW COA PAGE ON THE TOWN WEBSITE!

Where can you get in-home, housing and other resources? Download COA newsletters? Watch videos of past programs? Learn what the COA offers? And all in your pajamas 24/7? The new COA page of the Town website! Come visit us at www.lincolntown.org, then click on "Council on Aging" under "Community Services."

APPRECIATE MUSIC WITH EAR TRAINING

Join the Concord Conservatory of Music in a ten-week course to develop your musical listening abilities and music appreciation on **Tuesdays beginning September 17 at 10 am at Bemis Hall**. The cost for the series will be \$75. First you will learn to hear musical structures on the piano. Then, you 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, 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 in many different countries. You must sign up by September 6.

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WELCOME OUR NEW ADDITIONAL SHINE COUNSELOR!

We extend a hearty welcome to Anne Meade, our new additional SHINE counselor who will be working with current SHINE counselor, Don Milan. SHINE is a program of the MA Executive Office of Elder Affairs and Minuteman Senior Services to offer help with Medicare and Medicaid, medical bills, and long term care needs. Younger residents who are on Medicare or Medicaid may also receive assistance. If you would like to make an appointment with Don or Anne, please call the COA.

NEIGHBORS HELPING NEIGHBORS

Helping neighbors is especially important during severe storms, power outages, or other unusual circumstances though residents may need assistance at any time during the year due to a fall, medical crisis, or other emergency. Do you have a neighbor who might need special assistance who you can reach out to and offer to check on during storms? Run an occasional errand? Provide snow shoveling? Call or visit just to talk? It may make all the difference to someone!

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.

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.

TO CONTACT US

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

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“Council on Aging” under “Community Services”

Disclaimer: The COA does not specifically endorse any service or product advertised herein. We encourage our readers to investigate any service or product they may consider using in order to make an informed decision.

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

September 9 — Janet Boynton: *Interviews with 17 Townies, A Documentary*

September 16 — Wendy Hubbard: *Codman Estate—Colonial Farm to Rural Elegance*

September 23 — Paul Knutrud: *Computer Power—Smart Phone vs. Saturn V Rocket*

September 30 — Shaun Cutts: *How To Improve Your Physician's Skills*

For DVDs of past programs, go to the Library or COA, or view them online at <http://ma-lincoln.civicplus.com/index.aspx?NID=309>

LINCOLN ACADEMY AT THE MOVIES: REDISCOVERING DAVE BRUBECK

This PBS documentary offers a warm retrospective of Dave's groundbreaking career as one of jazz music's most popular pianists and composers. A series of thoughtful interviews in his eighties and archival footage of his playing reveal his many facets. "Take 5" and join us to enjoy this film on **Friday, September 13 at 1 pm at Bemis Hall**. Harold McAleer will lead a discussion afterwards.



ENJOY A DAY OUT WITH THE COA!



HISTORIC SAUGUS IRON WORKS

Travel to the banks of the Saugus River on **Thursday, October 10** to explore the birthplace of the American iron and steel industry. Discover where European iron makers brought their skills in the 17th century to a young Massachusetts colony at the site of the archaeological excavations done by Lincoln native Roland W. Robbins. Enjoy morning options of a guided tour, orientation film, museum visit and nature trails at this nine acre National Park. We will depart from the Lincoln Mall at 9 am by Doherty school bus. After a morning at the site we will travel to Marblehead for lunch at a seafood restaurant at your own expense with our group. We plan to depart Marblehead by 2 pm, arriving back at the Lincoln Mall by 3 pm. The non-refundable cost of the trip is \$8.00 made payable by check to FLCOA Trips and mailed with your email or phone number to Rob Todd, 126 Old Concord Rd, Lincoln, MA 01773. Payment must be made by Saturday, October 5. Questions? Email Rob at hmbt@comcast.net or call (781) 259-8820.

MARK TWAIN & HARRIET BEECHER STOWE HOMES

Come visit the fascinating homes of Mark Twain and Harriet Beecher Stowe on **Saturday, November 16**. These two famous authors, who shared many interests, lived but a few yards apart in a section of Hartford known as Nook Farm. Twain wrote his most famous books while living in his ostentatious 19-room mansion. Stowe, the woman who wrote the book that started the Great War, lived by contrast in a modest Victorian next door. We will travel by comfortable coach for this full day excursion, with a delicious box lunch included. You will also have time to visit the small museums and view the short documentary films at each site. Watch the October newsletter for further details. If you have questions please contact Virginia O'Brien at (781) 259-1291.

SAVE THE DATES for The Discover India! Inaugural Lincoln Cultural Festival on **October 18, 19, and 20!** Experience one of the world's most ancient and rich cultures through music, art, film, dance, food and more. The Festival is co-sponsored by the Desai Foundation and other groups. Information: www.thedesaifoundation.org.

*** JUST FOR FUN ***

THE ART OF COLONIAL COOKING



Our colonial ancestors made delicious recipes using ingredients available to them, such as molasses, berries and corn meal. Learn some secrets of colonial cooking, get a taste of 18th century life, and even take home recipes when Lincoln resident Martha Lufkin comes to **Bemis Hall on Wednesday, September 18 at 10 am**. She'll make some authentic Colonial dishes, give fascinating information about culinary life in the 18th century, and answer your questions! Limited to 10: please sign up in advance by calling the COA.

COFFEE WITH THE BEMIS GALLERY ARTISTS

Four local photographers will be featured at the Bemis Gallery in September and October. COA volunteer Harold McAleer (nature) will be joined by John Snelling of Farrar Road (wildlife), Harold Smith of Farrar Pond Village (buildings) and Mark Hopkins of Cedar Road (eclectic) in a display of their work. Don't miss it - or the Artists Reception and Coffee on **Tuesday, September 24 at 2:15 pm at Bemis Hall**.

PLAY PIANO DUETS WITH EVELYN HARRIS

Evelyn Harris, for many years a piano teacher and performer in Lincoln, invites you to share the keyboard with her for an hour of music-making in **Bemis Hall on Thursday, September 12, at 2:15 pm**. You can choose from many duet books representing many different levels of ability. Come to participate or just to listen. Evelyn looks forward to meeting old friends, and becoming acquainted with new friends.

DISCUSS HOT TOPICS AT OUR "FIRESIDE CHATS"

If you enjoy a lively, but respectful discussion of topics in the news, come to our new "Fireside Chats" with Lincoln resident Sharon Antia. The first Chat will be on **Wednesday, September 11, at 10 am** and will continue each second Wednesday at 10 am. The ground rules are simple: No one is right and no one is wrong. Lots of us will not agree on various points so let's just accept our differences. Listen and learn. Ask questions to understand and spend little to no time arguing your point or trying to flip anyone over to 'your' side. The topic of the first chat will be firearms/gun control. Questioning and answering, it's a great way to explore issues, don't you think?

FREE YOUR INNER THESPIAN when Sally Kindleberger leads a group in reading the rollicking farce *See How They Run* by Philip King on **Monday, September 9 at 9 am and Monday, September 16 at 10 am at Bemis Hall**. Each person will take a part! No previous drama experience necessary. Sally will bring copies.

AT THE MOVIES

TUESDAY, SEPTEMBER 3, 2:15 PM. BROOKLYN CASTLE. Brooklyn's I.S. 318 is home to America's best junior high school chess team, but budget cuts are threatening to undermine the team's success. This inspiring documentary goes inside the fight to keep chess alive and well at the struggling school. 2012. PG. 101 mins.

TUESDAY, SEPTEMBER 17, 2:15 PM. HITCHCOCK. Iconic filmmaker Alfred Hitchcock struggles with his marriage, the censors and the financiers of his 1960 film *Psycho* in this biopic. Driven to prove he still has an edge, Hitchcock crafts what would become one of the greatest thrillers of all time. 2012. PG-13. 98 mins.

THURSDAY, SEPTEMBER 19, 2:15 PM. BEFORE SUNSET. American author Jessie is on a book tour in Paris when former flame Celine shows up at a reading, just hours before his plane leaves. 2004. R. 80 mins.

THURSDAY, SEPTEMBER 26, 2:15 PM. STORY OF THE WEEPING CAMEL. This unique documentary follows a Mongolian camel that's rejected her newborn white colt. Now, all hope lies with two young shepherd boys, who must travel across the Gobi desert to find a healing musician. German. 2003. PG. 87 mins.

MONDAY, SEPTEMBER 30, 2:00 PM. STRAUSS'S ARIADNE AUF NAXOS. This excellent Metropolitan Opera performance conducted by James Levine features Jessye Norman, Kathleen Battle, and James King. 1988. NR. 141 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, September 17 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.

MEMOIRS GROUP

There is room in the group for several new members who would like to share their life experiences with a receptive audience. We will meet from **10 a.m.-noon on Wednesdays, Sept. 4 and 18, Oct. 9 and 23, Nov. 6 and 20, and Dec. 4**. If you are interested in learning more, call or email Connie Lewis (781) 259-9415 or con.lewis@comcast.net. \$50 for the fall session.



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 12:15 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: books, magazine subscriptions, and photos, including making copies and identifying people in the photos.

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!

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 **Thursday, September 12 at 8:00 am**. Meet and gossip about Town events, sometimes touching on Conservation.

LINCOLN MEN'S COFFEE **Thursday, September 19 at 8:00 am**. Bagels and lox, coffee and camaraderie—a great chance to catch up with 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! 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**.

UKULELE AND SING-ALONG GROUP meets on **Thursday, September 5 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 Speak 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.

PLAY INTERMEDIATE BRIDGE **each Friday at 1 pm at Bemis Hall**. For info, call Diana (781) 259-0816.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>COA CLOSED/LABOR DAY</p>	<p>3</p> <p>9:00 Podiatry 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: Brooklyn Castle</p>	<p>4</p> <p>10:00 Dementia Caregiver Group (Groves) 10:00 Memoirs 1:15 Mah Jongg 2:00 Let's Connect Group</p>	<p>5</p> <p>1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 3:00 Ukelele Gathering</p>	<p>6</p> <p>10:00 German Conversation 10:00 Get to Know the COA 10:00 Wellness Clinic (LW) 11:00 Finding What's Next Group 12:15 Design Your Destiny 1:00 Intermediate Bridge 1:00 Lotsa Helping Hands</p>
<p>9</p> <p>9:00 Playreading : See How They Run 9:30 FLCOA Board 10:00 French Conversation 11:00 Joint FCOA/COA 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>10</p> <p>11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:30 COA Board</p>	<p>11</p> <p>8:45 9/11 Remembrance (PS) 8:45 Essex River Cruise Leaves (Mall) 10:00 Fireside Chat 11:00 Line Dancing 1:00/2:15 Tai Chi 1:15 Mah Jongg 2:00 Let's Connect Group 7:30 Class Jazz (Lib)</p>	<p>12</p> <p>8:00 Conservation Bkfst 9:15/10:15 Tai Chi 9:30 Handwork Circle 11:30 Declutter Group 1:00 Exercise: Aerobics and Weights 1:15 Eat Well, Be Well Group 1:30 Computer Drop-In 2:15 Piano Duets</p>	<p>13</p> <p>10:00 Walking Clubs 11:00 Finding What's Next Group 12:15 Meditation 1:00 Intermediate Bridge 1:00 Lincoln Academy at the Movies: Rediscovering Dave Brubeck</p>
<p>16</p> <p>10:00 Playreading: See How They Run 11:15 Journaling Group 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi</p>	<p>17</p> <p>9:00 Blood Pressure/Wellness Clinic 10:00 Musical Ear Training 11:30 Senior Dining (St. Anne's) 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: Hitchcock</p>	<p>18</p> <p>9:00 Podiatry 10:00 Colonial Cooking 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 1:15 Mah Jongg 2:00 Let's Connect Group 7:00 Live Smart After 50 (Lib)</p>	<p>19</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 10:00 Computer Basics 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Before Sunset</p>	<p>20</p> <p>10:00 German Conversation 10:00 Loss Through the Life Cycle 11:00 Finding What's Next Group 12:15 Design Your Destiny 1:00 Intermediate Bridge 1:00 Hearing Loss Management</p>
<p>SATURDAY 7</p> <p>10:00 Codman Estate Fine Arts and Crafts Festival (Codman)</p> <p>SATURDAY 14</p> <p>9:00 Library Book Sale</p>				

				<p>SATURDAY 21 1:30 Jazz Jam (Lib)</p>
<p>23</p> <p>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</p>	<p>24</p> <p>9:00 Collating 10:00 Musical Ear Training 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Coffee with the Artists</p>	<p>25</p> <p>10:00 Probate/When a Family Member Dies 11:00 Walk-In 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>26</p> <p>9:15/10:15 Tai Chi 9:30 Handwork Circle 11:30 Declutter Group 1:00 Exercise: Aerobics and Weights 1:15 Eat Well, Be Well Group 1:30 Computer Drop-In 2:15 Movie: Story of the Weeping Camel</p>	<p>27</p> <p>11:00 Finding What's Next Group 12:15 Meditation 1:00 Intermediate Bridge 1:00 Elder Services Basics</p>
<p>30</p> <p>11:15 Journaling Group 12:30 Lincoln Academy 2:00 Let's Connect 2:00/3:15 Tai Chi 2:00 Opera Movie: Ariadne auf Naxos</p>	<p>SEPTEMBER</p> 	<p>LOCATIONS Codman: Codman Estate Groves: The Groves in Lincoln Lib: Lincoln Library LW: Lincoln Woods Mall: Lincoln Station Mall Parking Lot PS: Public Safety Building St. Anne's: St. Anne's Church St. Joseph: St. Joseph's Church</p>		



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~~ FOR YOUR WELL BEING ~~



BALANCING LIFE CYCLE LOSS WITH LIVING

Our experiences constantly change us across the life cycle. Come hear Elizabeth Tanner, RN, BSN, and Niki Pugach, MSW, of Parmenter VNA and Hospice, speak on balancing life cycle loss with living at **Bemis Hall on Friday, September 20 at 10 am with a follow-up forum on October 18.** This program will review those life cycle changes and help to identify what we can do to adapt, yet still honor the losses experienced throughout life. Through recognition of our experiences, we can walk the road to a fulfilled life.

LIVE MORE WITH HEARING LOSS

Hearing loss can make life difficult, but there are ways to get more out of life with new treatments and strategies. Find out the latest information about the causes, testing and treatment of hearing loss, and new assistive technology to help you hear and communicate better when Ellen O'Neil, Sc. D., of the Massachusetts Eye and Ear Infirmary (MEEI) comes to **Bemis Hall on Friday, September 20, at 1 pm.** Whether you have hearing loss yourself or a loved one does, you will learn something helpful. Bring your questions!

WOULD YOU LIKE TO WALK WITH OLD AND NEW FRIENDS?

Walking benefits both your body and your mind and is a great way to de-stress and be healthier. Walking is more fun when you walk in a group. If you would like to walk regularly with others, come on down to **Bemis Hall on Friday, September 13 at 10 am** and we'll organize those who come into "Walking Clubs" based on where and how long you would like to walk. Come on down and get into a healthy walking routine!

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

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.

TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS The new fall session will begin on September 9 and run for 13 weeks, excluding holidays and the week of November 25. The beginner class is full. Continuing students need not sign up each term. Tai Chi I: Beginner, Tai Chi II: Intermediate, Tai Chi III: Advanced. Monday: 2:00-3:00—Tai Chi II, 3:15-4:15—Tai Chi III; Wednesday: 1:00-2:00 pm—Tai Chi II, 2:15-3:15—Tai Chi III; Thursday: 9:15-10:15—Tai Chi I, 10:15-11:15—Tai Chi II. Cost for fall session: 1 class/week: \$50, 2 classes/week: \$75, 4 classes/week: \$100. For information, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

LINE DANCING Come enjoy the fun and fitness of line dancing on **Wednesdays at 11 am, beginning September 11** 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, September 17 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, September 3** and **Wednesday, September 18, both at 9 am at Bemis Hall** by appointment. \$10 donation requested. Services provided by Dr. Glenn Ruhl.

DEMENTIA CAREGIVERS GROUP AT THE GROVES All are welcome to a free group for caregivers of those with dementia on **September 4 at 10 am at The Groves.** For info, call (781) 430-6000.

●●●WHAT YOU NEED TO KNOW●●●

WHAT TO DO WHEN A FAMILY MEMBER DIES

Taking care of the legal details when a family member dies can seem daunting. Lincoln attorney Martha Lufkin makes the process easier by telling us what you'll have to do and when. She'll also explain how to avoid probate. Come hear what you need to know—and bring your questions—when Martha comes to **Bemis Hall on Wednesday, September 25 at 10 am**. Martha will describe the documents you'll need to have handy, what tasks will arise, and how recent changes in the probate law are supposed to simplify post-death legalities in Massachusetts. Don't be shy—bring your concerns!

LOTSA HELPING HANDS: FOR CAREGIVERS AND MORE!



Come find out about Lotsa Helping Hands (www.lotsahelpinghands.com), the free website for caregivers and community organizers to let people know what help you need, schedule volunteers, keep family and friends informed and share photos, make essential medical and other information readily available, and more. Find out how it works when Ruth Rothstein provides a demonstration at **Bemis Hall on Friday, September 6 at 1 pm!** If you've used the site, come and share your tips!

ELDER SERVICES BASICS: WHAT YOU NEED AND HOW TO FIND IT

If you would like to know what is available to help you or a loved one stay safely and independently at home, come to **Bemis Hall on Friday, September 27, at 1:00 pm** when Carolyn from the COA will go over what programs and services are available, the process of evaluating needs, choosing service providers, and what is available for caregivers. She will discuss not only what resources exist, but how to think about them in order to put together a service plan that meets your individual needs and wishes. Family and friends welcome!

LIVE SMART AFTER 50!

The Lincoln Library and the Lincoln COA invite you to **the Library on Wednesday, September 18 at 7 pm** to hear Lincoln psychologist and transition and job coach Joanne Hadlock, Ph.D., discuss the new book "LIVE SMART AFTER 50! The Experts' Guide to Life Planning for Uncertain Times." The book offers friendly, focused, forward-thinking and action-oriented help to the many challenges of aging. Joanne is one of the book's thirty-three contributors.

The Computer Corner...

GETTING STARTED WITH COMPUTERS

Whether you are contemplating buying your first computer or are just starting to use your first, this very basic workshop is for you. Come hear Bob Curtiss at **Bemis Hall on Thursday, September 19 at 10 am** when he explains what is what on a computer, how you tell it what to do, and what it can do. He'll also talk about keeping your files and documents organized and safe. Bring your questions and concerns! This the first lecture in a monthly series designed to acquaint you with current electronic equipment available to contribute to your quality of life.



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. (781) 259-8811 for info.

THE WELLESLEY-WESTON LIFETIME LEARNING offers a variety of low-cost fascinating classes on such topics as poetry, opera, American playwrights, the 1770s, and "Writing your Story" beginning September 16. For more information, call (781) 205-4204, email info@wwllcourses.org, or visit www.wwllcourses.org.

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GOINGS ON IN AND AROUND LINCOLN

CODMAN ESTATE FINE ARTS AND CRAFTS FESTIVAL Saturday, September 7, 10 am-4 pm, Codman Estate. 100+ artisans and more! Admission is \$5, FREE for Historic New England members and children.

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, September 9 from 7 to 10 pm at the Library** featuring the Railroad House Band. Email: loma3re@gmail.com.

9/11 REMEMBRANCE Come to a remembrance ceremony, including the placing of a wreath at the flagpole and words of remembrance, on **Wednesday, September 11 at 8:45 am in front of the Public Safety Building.**

CLASSIC JAZZ AT THE LIBRARY This group meets at the Library on the second Wednesday of each month at 7:30 pm to hear one of their members present a program of jazz including a discussion of particular artists and styles and the playing of recorded or videoed selections. Don't miss the season opener on **September 11** when Harold McAleer will present "Jazz - Near/Far/Old/New/Borrowed/Blue."

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, September 14, 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, September 21, 1:30 pm, Library.**

WELLNESS CLINICS FOR ALL AGES! All Lincoln residents are invited to meet with a nurse through a free Town service. Stop by **Lincoln Woods' Community Building at 50 Wells Road on Friday, September 6 from 10 am to noon** or **St. Joseph's Church, 142 Lincoln Road on Wednesday, September 25 between 11 am and 1 pm** to get your blood pressure 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.

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