

NEWS FROM BEMIS HALL

Volume 4 Issue 10

October 2013

The Lincoln Council on Aging Monthly

2014 MEDICARE OPEN ENROLLMENT AND SUPPLEMENTAL INSURANCE UPDATE SESSION

Find out what changes could affect your Medicare coverage and how much you will pay in 2014 when Don Milan and Anne Meade, Lincoln’s counselors from the Minuteman Senior Services SHINE health benefits counseling program, come to Bemis Hall on **Friday, October 25 at 10 am**. This is an especially important time to be sure you understand and are satisfied with your benefits. **This year’s Medicare open enrollment period - from October 15 to December 7, 2013 - is your primary opportunity to change your plans, effective January 1st**. Representatives from the major supplemental health insurance plans serving Lincoln, (Harvard Pilgrim, Blue Cross Blue Shield, Tufts, Humana, Fallon, and AARP/United Health Care) will give 2014 information. It is a unique opportunity for you to learn about their products and get answers to questions. Also present will be representatives of Prescription Advantage (MA's secondary prescription assistance program) and Priscilla Leach (Lincoln's Veterans Service Officer). This program was very helpful to many Lincoln residents last year.

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.

FLU SHOT CLINIC AT BEMIS HALL

Come to the Board of Health/COA flu clinic at **Bemis Hall on Saturday, November 2 from 9 to 11 am**. In accordance with federal CDC and state Department of Public Health guidelines, this clinic is for those 60 and over. Please wear a short-sleeved shirt. Vaccine may be limited, so come early.

SPECIAL ELECTIONS

There will be another set of Special Elections this fall to fill the US Congressional seat formerly held by now Senator Ed Markey. The **Special Congressional Primary** will be held on **Tuesday, October 15, 2013**. The **Special Congressional Election** will follow, on Tuesday, December 10, 2013. The Voter Registration deadline for the former is Wednesday, September 25, and Wednesday, November 20, for the latter. For information, please call the Town Clerk’s Office at (781) 259-2607.

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TOP OF THE TOWN COMES BACK TO LINCOLN!



The Top of the Town, which is the winter gala of the Friends of the COA, will be coming back to Lincoln in 2014! It will be held at our own deCordova Museum on Saturday, January 25! It will be all new, all improved, elegant, and fun! You'll enjoy great food and a friendly ambience in a beautiful and fascinating setting. Our new format will make it easy for those who come with others or by themselves to meet new friends as well as chat with those you've known for decades and have a wonderful time! Look for more details in upcoming newsletters, and if you have a suggestion, please email or phone us at Bemis Hall! *Photo credit: Jenn Schmitt.*

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

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

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

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

October 7, 12:30 pm — Dr. Arthur Siegel and Chief Kevin Mooney—Boston Marathon Disaster

October 21, 12:30 pm — Mark Hopkins: Good Graffiti—A Sampling of Spanish Street Art

October 28, 12:30 pm — Barbara Slayter: Unraveling the Complex Relationships among Food Security, Health, and Livelihoods for Rural Women in Sub-Saharan Africa

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: SAPTAPADII WITH THE FILM'S WRITER/ACTOR AND ASSISTANT DIRECTOR

The COA is proud to participate in the Discover India! Lincoln Cultural Festival 2013 with a special screening of the feature film *Saptapadii* and a discussion with writer/actor Chandu Shah and Assistant Director Eshani Shah on **Friday, October 18 at 1 pm at Bemis Hall**. *Saptapadii* is the story of how a wealthy Indian couple's life and relationship is turned upside down when the husband learns that his wife's attempts to cure a traumatized child while on vacation at a beautiful hill station can have disastrous consequences for his business and open up possibilities of independence for her. Photo/ further info: www.saptapadiithefilm.com.



DISCUSS CIVIL RIGHTS AT OUR FIRESIDE CHAT

If you enjoy a lively, but respectful discussion of topics in the news, come to our next "Fireside Chat" with Sharon Antia who will facilitate an exploration of civil rights on **Wednesday, October 9 at 10 am at Bemis Hall**. The Chat's rules are simple: No one is right and no one is wrong. Ask questions to understand and spend little to no time arguing your point. Questioning and answering, it's a great way to explore issues, don't you think?



ENJOY A DAY OUT WITH THE COA!



MARK TWAIN & HARRIET BEECHER STOWE

Come join us on **Saturday, November 16**, to visit the fascinating homes of Mark Twain and Harriet Beecher Stowe. 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 depart from the Lincoln Mall at 8:45 am on a comfortable coach for this full day excursion, with a delicious box lunch included. We'll have guided tours, and also time to visit the small museums and view the short documentary films at each site. We will arrive back at the Lincoln Mall about 4:30 pm. The non-refundable cost is \$39, partially supported by the Hurff Fund. Send checks, payable to FLCOA Trips, to Virginia O'Brien, 4 Linway Road, Lincoln, MA 01773. Please include phone number and email address. **Space is limited, and payment must be made by Friday, November 1**. Questions? Contact Virginia O'Brien at vobrien39@yahoo.com or (781) 259-1291.

*** JUST FOR FUN ***

LET THE SCENES BEGIN! AN IMPROVISATION WORKSHOP



Celebrate the “spirited” month of October with a lively Improvisation Workshop! Improvisation is a theatre technique in which participants create scenes without the use of a script or rehearsal. It is also a powerful tool for anyone who enjoys exercising their creativity, acting spontaneously, and working with others as they create both comic and thought-provoking scenes. Theatre games will be used as warmups. No acting experience is necessary! Led by Leslie Kilgore, *Let the Scenes Begin!* will be offered on two **Thursdays, October 17 and 24, from 2:15 to 3:30 pm.** We hope to see you there!

WATERCOLORS WITH JANE

Rediscover the joyful soul within you through art and nature in Jane Cooper’s watercolor class. Jane will offer fun dabbling in watercolor painting of scenes of nature, landscapes or perhaps some favorite sky. Two sessions of four classes will be offered each Monday and Friday beginning **October 7 (first session) and October 28 (second session) from 9 am to 11 am.** The cost is \$15. Call to sign up.

FALL ACCESSORY SWAP

Dress up your fall and winter wardrobe without spending a penny! Ria Vet will once again be facilitating an accessory swap on **Thursday, October 31 at 10 am at Bemis Hall.** Just bring in a few accessories you no longer want and see if someone else has brought in the perfect accompaniment to your new dress or maybe a bit of bling for your holiday outfit that you would like to take home with you. Be sure to get here on time if you don’t want to miss getting the best stuff.



ARE YOU INTERESTED IN JOINING A CHORALE?

If you would be interested in joining a chorale, with weekly rehearsals culminating in performances, come to Bemis Hall on **Wednesday, October 16 at 10 am.** Mezzo-soprano and choral director Letitia Stevens will discuss her plans to initiate a chorale for older adults under the auspices of Encore Chorales, an organization that supports chorales for older adults throughout the country. Letitia will share her ideas about repertoire and scheduling and answer your questions; she looks forward to meeting you.

AT THE MOVIES

TUESDAY, OCTOBER 1, 2:15 PM. 42. This biopic focuses on the relationship between baseball icon Jackie Robinson and Brooklyn Dodgers general manager Branch Rickey, who signed Robinson and in 1947 made him the first African-American Major League Baseball player of the modern era. 2013. PG-13. 128 min.



THURSDAY, OCTOBER 10, 2:15 PM. AMOUR. In this 2012 Cannes Film Festival Palme d'Or winner, Georges and Anne, retired music teachers in their eighties, have a time-tested love. But as Anne's health fails, Georges becomes her caregiver, and the couple's bond is tested like never before. French. 2012. PG-13. 127 mins.

TUESDAY, OCTOBER 22, 2:15 PM. I.Q When Catherine, the cerebral niece of scientific genius Albert Einstein, piques the interest of an average auto mechanic, Einstein concocts a plan to bring the two divergent minds together. 1994. PG. 95 mins.

MONDAY, OCTOBER 28, 1:45 PM. PUCCINI'S TURANDOT. The sumptuous Metropolitan Opera production conducted by James Levine features Eva Marton as the icy princess and the young Plácido Domingo as her triumphant lover. 1988. NR. 132 mins.

THURSDAY, OCTOBER 31, 2:15 PM. TOP HAT. Fred Astaire stars as Jerry, a singer-dancer who auditions some new moves for producer Horace Hardwick at his hotel. The beautiful Dale Tremont (Ginger Rogers) is staying downstairs and the wackiness begins when she mistakes Jerry for Horace. 1935. NR. 100 mins.

~~~~~ SPEND TIME WITH OTHERS ~~~~~

## ENJOY AN AFTERNOON OF BRIDGE AND DESSERTS



Enjoy a fun afternoon with desserts and bridge on **Monday, October 21 at 1:45 pm at Bemis Hall**. Play with old friends or find some new partners after enjoying a selection of homemade desserts. All skill levels are welcome. If we have enough interest, we will offer more bridge opportunities and Bridge Dessert afternoons. Please sign up!

## ENJOY "SENIOR DINING"

Lincoln seniors are invited to a gourmet meal in an elegant setting at **11:30 on Tuesday, October 15 at St. Anne's Church**. You must reserve by calling the COA at least a week ahead. The cost 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!

**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. This month's theme is organizing bedding and putting summer clothing away

**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, October 7, at 10 am and Monday, October 21, at 10 am at Bemis Hall**. The group will read *The Mousetrap* by Agatha Christie. 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.

**CONSERVATION BREAKFAST. Thursday, October 10 at 8:00 am.** Meet and gossip about Town events, sometimes touching on Conservation. Call (781) 259-2612 to find out this month's venue.

**LINCOLN MEN'S COFFEE. Thursday, October 17 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, October 3 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 come to sing!

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

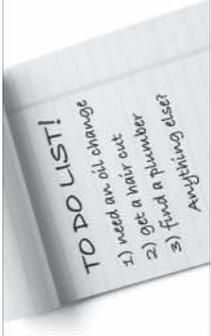
**BLISSFUL MEDITATION.** These meditations, offered the **2nd, 4th (and sometimes 5th) Fridays of the month at 12:15 pm at Bemis Hall**, will deepen your sense of well-being and calm.

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

**MEMOIRS AND DESIGN YOUR DESTINY CURRENT CLOSED TO NEW MEMBERS**

| MONDAY                                                                                                                                                                                                                                                                                     | TUESDAY                                                                                                                                                                                                                                                                                    | WEDNESDAY                                                                                                                                                               | THURSDAY                                                                                                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>OCTOBER</b></p>                                                                                                                                                                                   | <p><b>1</b></p> <p>9:00 Podiatry<br/> 10:00 Musical Ear Training<br/> 11:30 You Can Do It Exercise<br/> 12:15 Life After 60 Group<br/> 1:00 Exercise: Aerobics and Weights<br/> 2:15 Movie: 42</p>                                                                                         | <p><b>2</b></p> <p>10:00 Dementia Caregiver Group (Groves)<br/> 11:00 Line Dancing<br/> 1:00/2:15 Tai Chi<br/> 2:00 Let's Connect Group</p>                             | <p><b>3</b></p> <p>9:15/10:15 Tai Chi<br/> 10:00 Wellness Clinic (LW)<br/> 1:00 Exercise: Aerobics and Weights<br/> 1:30 Computer Drop-In<br/> 3:00 Ukelele Gathering</p>                                                                                                                         | <p><b>4</b></p> <p>10:00 German Conversation<br/> 10:00 Coffee with the Town Administrator<br/> 11:00 Finding What's Next Group<br/> 1:00 Intermediate Bridge</p>                            |
| <p><b>7</b></p> <p>9:00 Watercolors<br/> 10:00 Playreading<br/> 11:15 Journaling<br/> 12:30 Lincoln Academy<br/> 2:00 Let's Connect Group<br/> 2:00/3:15 Tai Chi</p>                                                                                                                       | <p><b>8</b></p> <p>9:30 FLCOA Board<br/> 10:00 Musical Ear Training<br/> 11:30 You Can Do It Exercise<br/> 12:15 Life After 60 Group<br/> 1:00 Exercise: Aerobics and Weights<br/> 2:15 Mind, Body, Spirit Renewal<br/> 2:30 COA Board</p>                                                 | <p><b>9</b></p> <p>10:00 Memoirs<br/> 10:00 Fireside Chat<br/> 11:00 Line Dancing<br/> 1:00/2:15 Tai Chi<br/> 2:00 Let's Connect Group<br/> 7:30 Classic Jazz (Lib)</p> | <p><b>10</b></p> <p>8:00 Conservation Bkfst<br/> 9:00 Iron Works Trip Leaves (Mall)<br/> 9:15/10:15 Tai Chi<br/> 9:30 Handwork Circle<br/> 11:30 Declutter Group<br/> 1:00 Exercise: Aerobics and Weights<br/> 1:15 Eat Well, Be Well Group<br/> 1:30 Computer Drop-In<br/> 2:15 Movie: Amour</p> | <p><b>11</b></p> <p>9:00 Watercolors<br/> 10:00 Advanced Ayurvedic<br/> 11:00 Finding What's Next Group<br/> 12:15 Meditation<br/> 1:00 Intermediate Bridge<br/> 1:00 Brown Bag Pharmacy</p> |
| <p><b>14</b></p> <p><b>COA CLOSED/COLUMBUS DAY</b></p>                                                                                                                                                                                                                                     | <p><b>15</b></p> <p>9:00 Blood Pressure/Wellness Clinic<br/> 10:00 Musical Ear Training<br/> 11:30 Senior Dining (St. Anne's)<br/> 11:30 You Can Do It Exercise<br/> 12:15 Life After 60 Group<br/> 1:00 Exercise: Aerobics and Weights<br/> 2:15 Mind, Body, Spirit</p>                   | <p><b>16</b></p> <p>9:00 Podiatry<br/> 10:00 Choral<br/> 11:00 Line Dancing<br/> 1:00/2:15 Tai Chi<br/> 2:00 Let's Connect Group</p>                                    | <p><b>17</b></p> <p>8:00 Men's Coffee<br/> 9:15/10:15 Tai Chi<br/> 10:00 Smartphone Basics<br/> 1:00 Exercise: Aerobics and Weights<br/> 1:30 Computer Drop-In<br/> 2:15 Improvisation Workshop</p>                                                                                               | <p><b>12</b></p> <p><b>SATURDAY</b><br/> 9:00 Library Book Sale</p>                                                                                                                          |
| <p><b>18</b></p> <p>9:00 Watercolors<br/> 10:00 German Conversation<br/> 10:00 Loss in the Life Cycle<br/> 11:00 Finding What's Next<br/> 1:00 Intermediate Bridge<br/> 1:00 Lincoln Academy at the Movies: Saptapadii<br/> <b>Discover India—October 18, 19, 20—various locations</b></p> | <p><b>19</b></p> <p>9:00 Watercolors<br/> 10:00 German Conversation<br/> 10:00 Loss in the Life Cycle<br/> 11:00 Finding What's Next<br/> 1:00 Intermediate Bridge<br/> 1:00 Lincoln Academy at the Movies: Saptapadii<br/> <b>Discover India—October 18, 19, 20—various locations</b></p> | <p><b>20</b></p> <p><b>SUNDAY</b></p>                                                                                                                                   | <p><b>21</b></p> <p><b>SUNDAY</b></p>                                                                                                                                                                                                                                                             | <p><b>22</b></p> <p><b>SUNDAY</b></p>                                                                                                                                                        |

|                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                      |                                                                                                                                        |                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>SUNDAY 20</b><br/> 9:30 LLCT Run/Walk (Mall)<br/> 2:00 Brothers Hatsopoulos (Groves)<br/> 3:00 Chamber Concert (1st Parish)</p>                                                                                                                                                                         |                                                                                                                                                                                                                                      |                                                                                                                                        | <p>2:15 Mind, Body, Spirit<br/> Renewal</p>                                                                                                                                                                                               | <p><b>21</b><br/> 9:00 Watercolors<br/> 10:00 Playreading<br/> 11:15 Journaling Group<br/> 12:30 Lincoln Academy<br/> 1:45 Dessert Bridge<br/> 2:00 Let's Connect Group<br/> 2:00/3:15 Tai Chi<br/> 7:00 Acoustic Music (Lib)</p>                 |
| <p><b>25</b><br/> 10:00 Medicare Update<br/> 11:00 Finding What's Next Group<br/> 12:15 Meditation<br/> 1:00 Intermediate Bridge<br/> 1:00 Home Contractors</p>                                                                                                                                               | <p><b>24</b><br/> 9:15/10:15 Tai Chi<br/> 9:30 Handwork Circle<br/> 11:30 Declutter Group<br/> 1:00 Exercise: Aerobics and Weights<br/> 1:15 Eat Well, Be Well Group<br/> 1:30 Computer Drop-In<br/> 2:15 Improvisation Workshop</p> | <p><b>23</b><br/> 10:00 Memoirs<br/> 11:00 Line Dancing<br/> 1:00/2:15 Tai Chi<br/> 2:00 Let's Connect Group</p>                       | <p><b>22</b><br/> 9:00 Collating<br/> 10:00 Musical Ear Training<br/> 11:30 You Can Do It Exercise<br/> 12:15 Life After 60 Group<br/> 1:00 Exercise: Aerobics and Weights<br/> 2:15 Mind, Body, Spirit Renewal<br/> 2:15 Movie: I.Q.</p> | <p><b>28</b><br/> 9:00 Watercolors<br/> 10:00 French Conversation<br/> 11:15 Journaling Group<br/> 11:30 Spanish Conversation<br/> 12:30 Lincoln Academy<br/> 1:45 Opera Movie: Turandot<br/> 2:00 Let's Connect Group<br/> 2:00/3:15 Tai Chi</p> |
| <p><b>SATURDAY 26</b><br/> 1:30 Jazz Jam</p> <p><b>SUNDAY 27</b><br/> 3:00 Rhapsody Recital</p>                                                                                                                                                                                                               |                                                                                                                                                                                                                                      |                                                                                                                                        |                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                   |
| <p><b>LOCATIONS</b><br/> Concord Road: 126 Old Concord Road<br/> 1st Parish: First Parish House Auditorium<br/> Groves: The Groves in Lincoln<br/> Lib: Lincoln Library<br/> LW: Lincoln Woods<br/> Mall: Mall at Lincoln Station<br/> St. Anne's: St. Anne's Church<br/> St. Joseph: St. Joseph's Church</p> | <p><b>31</b><br/> 9:15/10:15 Tai Chi<br/> 10:00 Accessory Swap<br/> 1:00 Exercise: Aerobics and Weights<br/> 1:30 Computer Drop-In<br/> 2:15 Movie: Top Hat</p>                                                                      | <p><b>30</b><br/> 11:00 Walk-In Clinic (St. Joseph's)<br/> 11:00 Line Dancing<br/> 1:00/2:15 Tai Chi<br/> 2:00 Let's Connect Group</p> | <p><b>29</b><br/> 10:00 Musical Ear Training<br/> 11:30 You Can Do It Exercise<br/> 12:15 Life After 60 Group<br/> 1:00 Exercise: Aerobics and Weights<br/> 2:15 Mind, Body, Spirit Renewal</p>                                           |                                                                                                                                                                                                                                                   |



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## ~~ FOR YOUR WELL BEING ~~

### CHECK YOUR MEDICATION AT A BROWN BAG PHARMACY



Prescription and non-prescription medications, herbal remedies, and vitamin supplements can all interact with dangerous consequences. Come bring all your medications, herbs, and supplements to a "Brown Bag Pharmacy" on **Friday, October 11 at 1 pm at Bemis Hall** and have Christine McLellan, a pharmacist from Emerson Hospital, review them to check for possible interactions, side effects, or other problems. Please call the COA to sign up for a 15-minute appointment.

### AYURVEDA, PART II: LIVING ACCORDING TO NATURE'S RHYTHMS

Ayurveda, a 5000-year-old holistic health care system still in practice all over the world, focuses on keeping our body, mind, and spirit in balance in order to maintain health and well-being. Come join Tracey Cornogg, an Ayurvedic educator and consultant, on **Friday, October 11 at 10 am** when she continues the very well-received discussion she began this past summer. This talk will focus on making changes in diet and daily practices based on Ayurvedic principles that are life enhancing as well as energizing to both body and mind. You do not need to have come to the first program to attend, however you may wish to stop by the COA to pick up the introductory handout.

### BALANCING LIFE CYCLE LOSS WITH LIVING: A DISCUSSION

Our experiences, especially those of loss, constantly change us across the life cycle. Come join Niki Pughach, MSW, of Parmenter VNA and Hospice on **Friday, October 18 at 10 am at Bemis Hall** when she briefly summarizes the presentation last month on life cycle changes and what we can do to adapt, yet still honor those losses, then leads a discussion of your experiences, thoughts and ideas, and concerns.



### MIND, BODY & SPIRIT RENEWAL

Create a personal plan for daily renewal of your mind, body, and spirit in this six week program with Pam Alberts of the COA. Come share and brainstorm strategies that make you feel revitalized and at your best. You will then be able to implement these techniques in your daily life for maximum wellness. The first session will be on **Tuesday, October 8, 2:15 pm at Bemis Hall** and will continue five more weeks.

### 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.** 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 closed.

**LINE DANCING** Come enjoy the fun and fitness of line dancing on **Wednesdays 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, October 15 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, October 1, and Wednesday, October 16, both at 9 am at Bemis Hall** by appointment. Service provided by Glenn Ruhl. \$10 donation requested.

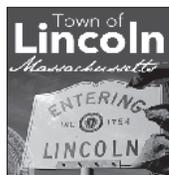
## ●●●WHAT YOU NEED TO KNOW●●●

### CHOOSING THE RIGHT HOME CONTRACTOR

Your home is your biggest investment, so you want to make sure that whoever makes renovations and repairs to it is qualified and will treat you fairly and in a business-like way. Find out how to choose and work with the right contractor when Dan Walsh, Lincoln's Building Commissioner, comes to **Bemis Hall on Friday, October 25 at 1 pm**. He'll explain about the process for getting good estimates, determining if a contractor has the proper credentials and insurance, criteria for choosing a contractor, legal requirements for contracts and permits, inspecting the work when completed, and what to do if you have a problem or complaint. Come with your questions and concerns.



### COFFEE WITH LINCOLN'S TOWN ADMINISTRATOR



Come to **Bemis Hall on Friday, October 4 at 10 am** for Coffee with Town Administrator Tim Higgins. Tim will update you on some of the projects going on around town and news, especially related to this fall's State of the Town Meeting, and answer your questions about Town services and initiatives. He would also like to know your ideas and suggestions. Get to know Tim in an informal setting and chat about those aspects of the Town that are most important to you.

### THE WORLD IN YOUR POCKET: SMARTPHONES

So you received a smartphone as a gift from your children. What now? For many people, their smartphone is their phone, their computer, their GPS, their information on shops and restaurants, the weather, and more, all-in-one and traveling with them wherever they go. What is a smartphone? What can they do and why would you want to have one? How much do they cost and where do you buy the phone and sign up for service? Find out when Avram Kalisky comes to **Bemis Hall on Thursday, October 17 at 10 am!** Bring your questions, concerns, and, if you have one, your smartphone!

### MEDICARE AND THE HEALTH INSURANCE MARKETPLACE

As national health care reform goes into effect, you may receive calls offering health insurance through the Health Insurance Marketplace for those without insurance. If you have Medicare or Medicare Advantage, **you have insurance and you do not need a Marketplace plan.** (However, if you have ONLY original Medicare, you may want to consider adding a Medicare supplement or getting a Medicare Advantage plan through Medicare Open Enrollment.) If you are changing Medicare plans during Medicare Open Enrollment (October 15—December 7), make sure you get a Medicare, not Marketplace, plan. For help, call the COA and ask for SHINE.

## 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, bring it! Tutors are also available at other times and will come to your home. Call (781) 259-8811 for information.

**CAREGIVERS GROUP** All are welcome to a free group for caregivers of those with dementia **October 2, 10 am, The Groves in Lincoln.** For info, call (781) 430-6000.

**CONSERVATION TRUST RUN/WALK** Join the Lincoln Land Conservation Trust (LLCT) for the first annual road and trail run/walk to benefit the LLCT and post-race celebration on **Sunday, October 20, 2013 beginning 9:30 a.m. at the Mall at Lincoln Station.** Registration online at [www.scarecrowclassic5k.com](http://www.scarecrowclassic5k.com).

**CALL FOR ARTISTS AND CRAFTERS!** The Old Town Hall Exchange invites artists and crafters who wish to be in the juried Holiday Market on November 23<sup>rd</sup> & 24<sup>th</sup> to submit your contact information, a brief paragraph about you and your work and 3 photos to OTHE, 25 Lincoln Road, Lincoln, 01773 or [shing.hsieh@comcast.net](mailto:shing.hsieh@comcast.net) by October 11. \$100 table fee.

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## GOINGS ON IN AND AROUND LINCOLN

**HISTORY HIKE** for all ages in Adams Woods **Sunday, October 6 at 2:00 p.m.** Guided by the Lincoln Historical Society. Departs from 126 Old Concord Rd, weather permitting; no rain date. 2½ miles, some uneven terrain.

**CLASSIC JAZZ** Come hear Dean Smith's "Pounding the Skins" **Wednesday, October 9 at 7:30 pm, Library.**

**FRIENDS OF THE LIBRARY BOOK SALE** **Saturday, October 12, from 9 am to noon at Bemis Hall.**

**DISCOVER INDIA!** The Discover India! *inaugural* Lincoln Cultural Festival 2013, co-sponsored by the Desai Foundation, will be held on **October 18, 19, and 20!** For info, <http://www.thedesaifoundation.org/DiscoverIndia>.

**THE BROTHERS HATSOPOULOS: *A Legacy of Science, Business, and Family***, presented by the Lincoln Historical Society, **Sunday, October 20 at 2:00 p.m. at The Groves.**

**BEETHOVEN, MOZART & BRAHMS** First Parish invites you to a concert of chamber music by Ian Watson & Friends on **Sunday, October 20, 3 pm, Parish House Auditorium, 14 Bedford Road.** \$20 suggested donation.

**OPEN MIKE ACOUSTIC NIGHT** Enjoy live music at the free Open Mike Acoustic program **Monday, October 21, from 7 to 10 pm at the Library** featuring Jubilee Mule. Email [loma3re@gmail.com](mailto:loma3re@gmail.com) for info.

**LIVE TRAD-JAZZ JAMBOREE** Local musicians! Free! **Saturday, October 26, 1:30 pm, Bemis Hall.**

**RHAPSODY PIANO RECITAL** **Sunday, October 27 at 3 pm at Bemis Hall** hear a free recital by the amateur pianist group Rhapsody who will perform selections by Bach, Chopin, Mozart, Schumann, Tchaikovsky & more.

**WELLNESS CLINIC FOR ALL AGES!** Stop by **Lincoln Woods' Community Building at 50 Wells Road** on **Thursday, October 3 from 10 am to noon** or **St. Joseph's Church, 142 Lincoln Road** on **Wednesday, October 30 between 11 am and 1 pm** to talk to a nurse, get blood pressure checked, and more. Funded by the CHNA 15 and provided by Emerson Hospital Home Care. For info, please call the COA at (781) 259-8811.

**FRIENDS OF THE LINCOLN COUNCIL ON AGING**

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