

NEWS FROM BEMIS HALL

Volume 4 Issue 11

November 2013

The Lincoln Council on Aging Monthly

BROADWAY & JAZZ WITH MARY CROWE & EVELYN HARRIS!



Come down to **Bemis Hall on Friday, November 15 at 1 pm** when Mary Crowe (vocals) and Evelyn Harris (piano) will be performing familiar jazz standards, Broadway tunes and a couple of original songs just to shake things up. If you know some of the tunes, joining in is encouraged! Mary Crowe and Evelyn Harris perform as a jazz and cabaret duo as well as with the Lincoln Hill Trio throughout the greater Boston area. Look for their new fall show at FLORA Restaurant in Arlington. For calendar information, clips from their CD and performance videos please go to www.marycrowesings.com.

NOTES FROM THE TOWN CLERK

Snowbird Alert: The Annual Town Census is mailed to all Lincoln households in January of each year. It serves, among other things, to verify your continuing residency in Town, upon which your status as a bona fide Registered Voter rests. It is, in other words, a **Very Important Document**. If you will be out of town for an extended period this winter, but wish to maintain your status as an Active Voter, please consult with the Town Clerk's Office at (781) 259-2607 before your departure.

Special Congressional Election, December 10: A Special Congressional Election is scheduled for Tuesday, December 10, to fill the seat vacated by Ed Markey upon his election to the United States Senate. Absentee ballots should be available by the last week in October. The election will take place, as usual, at the Smith School Gym, 7:00 am to 8:00 pm.

NEED HELP PAYING FUEL OR OTHER BILLS?

If you need help paying your fuel bill, the Fuel Assistance Program may be able to help. The Program provides a cash benefit for both home owners and renters whose incomes are eligible. Those who receive Fuel Assistance may also be eligible for other benefits, such as weatherization services, heating system repairs, discount utility rates, and Citizens Energy heat assistance programs. To apply for Fuel Assistance, residents of all ages should call Pam Alberts of the Lincoln Council on Aging at (781) 259-8811 to set up an appointment. Those who are experiencing extreme financial emergencies are also invited to call the COA to learn more about other programs that may help, such as the Emergency Assistance Fund and the Small Necessities Project, funded by the Ogden Codman Trust, First Parish, and donations.

FLU SHOT CLINIC AT BEMIS HALL

Come to the Board of Health/COA flu clinic to be held 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 aged 60 and over. Please wear a short-sleeved shirt. Vaccine may be limited, so please come early. A \$2 donation to the Friends of the Lincoln Council on Aging is requested. Those who attend are also invited to bring non-perishable food that is not past its shelf life expiration date for the St. Vincent de Paul Food Supplement Program at St. Joseph Church.

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WINTER WEATHER POLICY

If the Lincoln schools are closed due to weather, all activities at the COA will be cancelled. *If your power is out, however, call us to see if Bemis Hall will be open as a place to warm-up and recharge your computers and cell phones, and more.* Even if the schools are not closed, but the weather is bad, you might wish to call before coming to make sure that a particular activity has not been cancelled because the instructor is not able to get to Bemis.

CAN YOU DRIVE SENIORS TO ESSENTIAL APPOINTMENTS?

The COA needs people to drive seniors to local medical and other appointments. You would be a substitute driver, which means that we may call you occasionally to drive for all or part of a day. Whether to accept an assignment is up to you. The rides are essential to those who receive them and we will be very grateful if you can help! For more information, please call Pam at the Council on Aging at (781) 259-8811.

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.

MINUTEMAN SHINE (Serving Health Information Needs of **Everyone**) 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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Pam Alberts, Assistant Director

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

November 4, 12:30 pm — Chuck Miller: Getting the Most Out of the Town's New Website

November 18, 12:30 pm — Alex MacLean: Sustainable Aerial Landscapes—Work From Germany and Elsewhere

November 25, 12:30 pm — Janet Boynton: Townies, Part II, A Documentary

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: Bemis Hall Birthday Bash, 1993

In 1993, on the 100th anniversary of the dedication of Bemis Hall, the Lincoln Players and the Lincoln Historical Society presented "The Bemis Hall Birthday Bash: A Provincial Political Satire with Music." On **Friday, November 15, at 10 am at Bemis Hall**, come see a DVD of the dramatic and musical performance that included interpretations of past Bemis Hall Lecturers, Selectmen, Town Officials, a lion and a dog, a dog catcher, many citizens, and more! The film is courtesy of the Library. After the show, enjoy a discussion with instigator and actor Rob Loud!



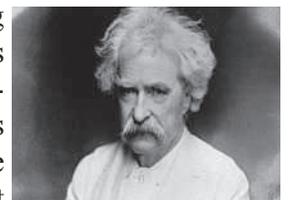
ENJOY A DAY OUT WITH THE COA!



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.



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.

YOU ARE INVITED TO THANKSGIVING DINNER AT THE HIGH SCHOOL

You will have the best meal of Thanksgiving when you go to L-S the day before the holiday. Lincoln Sudbury Regional High School warmly invites the seniors of both Lincoln and Sudbury to a Thanksgiving Dinner at the school, 390 Lincoln Road in Sudbury, on **Wednesday, November 27 at noon**. Please call the COA to sign up.



*** JUST FOR FUN ***

VETERANS DAY PANCAKE BREAKFAST



Veterans and their spouses are invited to a Veterans Day Pancake Breakfast on **Wednesday, November 13 at 9 am at Bemis Hall**. Come for pancakes with butter and syrup, coffee, and other breakfast treats. This will be a relaxing, fun time for veterans and their spouses to get together, chat, and enjoy some time together. No need to sign up.

DRAWING INTO PASTEL PAINTING WITH JULIET



Join Juliet Rago in a class in Pastel Painting on **Tuesdays, November 5, 12, 19, 26, and Dec. 3 at 2:15**, with a short introduction to drawing for those who feel they need it. No experience necessary. Juliet welcomes both newcomers and those who were in the last class she taught in July to come and develop new techniques. All materials furnished. Please sign up. Limit of six people. The fee is \$15.00.

BARBARA O'BRIEN IN THE ARTISTS GALLERY

Come see oil paintings by Barbara O'Brien in the Bemis Hall Artists Gallery during November and December. Barbara grew up in Lincoln and is well known for her tours of Boston and the area as well as her skill and passion for sailing. An Artists Coffee will be held for Barbara in December.

PLAY 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 Thursdays, November 14 and 21 at 11:30 am**. 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.

LSB PLAYERS LES MISERABLES

LSB Players of Lincoln-Sudbury High School are pleased to offer Lincoln seniors a limited number of complimentary tickets for the **Wednesday, November 20** performance (7:30 pm, LSRHS) of Les Miserables. Pick up tickets at Bemis Hall beginning November 13. Other performances are on November 20, 21, 22, and 23 at 7:30 pm. For tickets to these, email lsbtickets@gmail.com.

TOP OF THE TOWN COCKTAIL PARTY!

Bring some sparkle and shine to your winter with the all new, all improved, all fancy and fun Top of the Town! This year, the Friends of the Lincoln COA Winter Gala will be on Saturday, January 25 at the deCordova and will feature a cocktail party where you can mingle, meet and greet, and chat with friends old and new! Watch for your invitation in December and details in upcoming editions of News from Bemis Hall!

AT THE MOVIES



THURSDAY, NOVEMBER 7, 2:15 PM. BEFORE SUNRISE. An American backpacker strikes up a conversation with a lovely fellow traveler on the train to Vienna and persuades her to spend his last day in Europe with him. 1995. R. 101 mins.

THURSDAY, NOVEMBER 14, 2:15 PM. KON-TIKI. With five loyal friends in tow, explorer Thor Heyerdal sails a fragile balsa wood raft along an ancient path some 4,300 miles across the Pacific. Norwegian. 2012. PG-13. 118 mins.

THURSDAY, NOVEMBER 21, 2:15 PM. MUD. Two Mississippi teens meet a mysterious drifter named Mud hiding on a deserted river island and get caught up in his tangled web of tall tales. 2012. PG-13. 130 mins.

FRIDAY, NOVEMBER 22, 9:00 AM. VERDI'S LA FORZA DEL DESTINO. Verdi's middle-period romance of forbidden love, in a la Scala performance starring Montserrat Caballé and José Carreras in the romantic leads. 1978. NR. 192 mins.

TUESDAY, NOVEMBER 26, 2:15 PM MUCH ADO ABOUT NOTHING. A modern retelling of Shakespeare's classic comedy about two pairs of lovers. 2012. PG-13. 109 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, November 19 at St. Anne's Church**. You must reserve by calling the COA at least a week ahead. 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.

DISCUSS FOREIGN POLICY AT OUR FIRESIDE CHAT

If you enjoy a lively, but respectful discussion of topics in the news, come to a "Fireside Chat" with Sharon Antia who will facilitate an exploration of foreign policy on **Wednesday, November 13 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, a great way to explore issues!

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, November 14, 12-1 pm Learn why we clutter and how to get organized by discussing strategies. This month's theme is family heirlooms, holiday decorations, and snow equipment.

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

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

PLAY-READING GROUP Sally Kindleberger will lead a play-reading group on **Monday, November 4, at 10 am and Monday, November 18, at 10 am at Bemis Hall**. The group will read and listen to the music of *Rent* by Jonathan Larson. 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, November 14 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, November 21 at 8:00 am**. Doughnuts, 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, November 7 at 3:00 here at Bemis Hall**. The group, led by Rob Todd, sings and plays simple songs together. Beginners welcome! Bring your ukulele or sing!

GERMAN CONVERSATION Enjoy speaking German 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**.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOVEMBER</p> 	<p>LOCATIONS Commons: The Commons in Lincoln (formerly The Groves) Lib: Lincoln Library LSRRHS: Lincoln-Sudbury Regional High School LW: Lincoln Woods Mall; Lincoln Mall St. Anne's: St. Anne's Church St. Joseph: St. Joseph Church</p>			<p>1 9:00 Watercolors 10:00 German Conversation 10:00 Wellness Clinic (LW) 11:00 Finding What's Next Group 1:00 Intermediate Bridge</p>
<p>4 9:00 Watercolors 10:00 Walking Club 10:00 Playreading 11:15 Journaling 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi</p>	<p>5 9:00 Podiatry 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 Mind, Body, Spirit Renewal 2:15 Art with Juliet</p>	<p>6 10:00 Dementia Caregiver Group (Commons) 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>7 9:15/10:15 Tai Chi 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Before Sunrise 3:00 Ukelele Gathering</p>	<p>8 9:00 Watercolors 10:00 Job Search Skills for Older Workers 11:00 Finding What's Next Group 12:15 Meditation 1:00 Vital Living 1:00 Intermediate Bridge</p>
<p>2 9:00 Flu Clinic</p> <p>3 Daylight Savings Time Ends</p>				<p>SATURDAY 9 9:00 Library Book Sale</p>
<p>11 COA CLOSED/ VETERANS DAY</p>	<p>12 9:30 FLCOA Board 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 Mind, Body, Spirit Renewal 2:15 Art with Juliet 2:30 COA Board</p>	<p>13 9:00 Veterans Pancake Breakfast 10:00 Fireside Chat 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group 7:30 Classic Jazz (Lib)</p>	<p>14 8:00 Conservation Bkfst 9:15/10:15 Tai Chi 9:30 Handwork Circle 10:00 Making Happiness Happen, Part 2 11:30 Piano Duets 12:00 Declutter Group 1:00 Exercise: Aerobics and Weights 1:15 Eat Well, Be Well Group 1:30 Computer Drop-In</p>	<p>15 10:00 Lincoln Academy at the Movies: Bemis Hall Birthday Bash 10:00 German Conversation 11:00 Finding What's Next Group 1:00 Intermediate Bridge 1:00 Concert with Mary and Evelyn</p>

<p>SATURDAY 16 8:45 Twain/Stowe Trip Leaves (Mall) 1:30 Jazz Jam (Lib)</p>			<p>2:15 Computer Drop-in 2:15 Movie: Kon-Tiki</p>	<p>18 10:00 Walking Club 10:00 Playreading 11:15 Journaling Group 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi 7:00 Acoustic Music (Lib)</p>
<p>22 9:00 Opera Movie: Verdi's La Forza Del Destino 11:00 Finding What's Next Group 12:15 Meditation 1:00 Intermediate Bridge 1:00 Embracing Caregiver Journey</p>	<p>21 8:00 Men's Coffee 9:15/10:15 Tai Chi 10:00 Tablets and Ipads 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Mud</p>	<p>20 9:00 Podiatry 10:00 Memoirs 11:00 Line Dancing 11:00 Walk-In Clinic (St. Joseph) 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>19 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 Mind, Body, Spirit Renewal 2:15 Art with Juliet</p>	<p>19 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 Mind, Body, Spirit Renewal 2:15 Art with Juliet 2:15 Movie: Much Ado About Nothing</p>
<p>SATURDAY 23 6:00—9:00 pm Gift Local SUNDAY 24 12:00—4:00 pm Gift Local</p>	<p>28 COA CLOSED/ THANKSGIVING</p>	<p>27 11:00 Line Dancing 12:00 Thanksgiving Dinner (LSRHS) 2:00 Let's Connect Group</p>	<p>26 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 Mind, Body, Spirit Renewal 2:15 Art with Juliet 2:15 Movie: Much Ado About Nothing</p>	<p>25 10:00 Walking Club 10:00 French Conversation 11:15 Journaling Group 11:30 Spanish Conversation 12:30 Lincoln Academy 2:00 Let's Connect Group</p>
<p>29 COA CLOSED/ DAY AFTER THANKSGIVING</p>	<p>28 COA CLOSED/ THANKSGIVING</p>	<p>27 11:00 Line Dancing 12:00 Thanksgiving Dinner (LSRHS) 2:00 Let's Connect Group</p>	<p>26 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 Mind, Body, Spirit Renewal 2:15 Art with Juliet 2:15 Movie: Much Ado About Nothing</p>	<p>25 10:00 Walking Club 10:00 French Conversation 11:15 Journaling Group 11:30 Spanish Conversation 12:30 Lincoln Academy 2:00 Let's Connect Group</p>



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~~ FOR YOUR WELL BEING ~~

MAKING HAPPINESS HAPPEN, PART II



Being happy doesn't just happen. Research studies have shown that people who feel happy engage in certain activities and respond to life and people in ways that change how our brains make us feel. These happiness triggers can be learned at any age. Find out more and learn some additional strategies proven to make people feel happier when Marilyn Buckler comes to **Bemis Hall on Thursday, November 14 at 10 am**. Bring your own tips and strategies to share! Marilyn is a licensed educational psychologist with over 30 years of experience in helping individuals and families cope with life's challenges and therefore enjoy life more! Please sign up!

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, November 5, 2:15 pm at Bemis Hall** and will continue five more weeks.

LIKE TO WALK WITH FRIENDS?

Walking is a great way to stay fit. Walking with friends is more fun and will help you keep motivated to get into a healthy, walking routine. If you would like to join with others walking once a week, come down to **Bemis Hall on Mondays at 10 am**. A group will walk from there or drive to a trail or other walking path for a short walk. You may walk for as long or as short a time as you like. Give it a try!

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: Thurs, 9:15-10:15 am. Tai Chi II: Thurs, 10:15-11:15 am; Mon, 2:15-3:15 pm; and Wed, 1-2 pm. Tai Chi III: Mon, 3:15-4:15 pm and Wed, 2-3 pm. **No class Nov. 25, 27, 28.**

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.

DEMENTIA CAREGIVERS GROUP AT THE COMMONS All are welcome to a free group for caregivers of those with dementia on **November 6 at 10 am at The Commons in Lincoln**. For info, call (781) 430-6000.

DONELAN'S RECEIPTS Help the kids! Bring your receipts from Donelan's to Bemis Hall and put them in the plastic bin. We'll bring them to the schools so they can purchase educational items.

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, November 19 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, November 5** and **Wednesday, November 20, both at 9 am at Bemis Hall** by appointment. \$10 donation requested.

THANKSGIVING PIES FUNDRAISER FOR FOUNDATION FOR EDUCATORS AT L-S Gourmet home baked pies; \$15. Order by November 15 and pick up your pies at **Bemis from 11:00 am-4:00 pm Tuesday, November 26**. Order forms are at Bemis or online at www.fels.ugroo.org. Info: Diane Metzger (508) 395-2184.

●●●WHAT YOU NEED TO KNOW●●●

FINDING WORK IN TODAY'S JOB MARKET



The job market has changed and so have the ways to find work. However, your skills and experience are valuable assets. Find out how to locate the employers looking for what you have and get hired when

Tee Provost, SCSEP Project Manager for Operation Able, comes to **Bemis Hall on Friday, November 8 at 10 am**. She'll outline strategies for successful job-seeking as well as job training opportunities and other resources especially for older workers.

STRATEGIES FOR VITAL LIVING!

You have decades of life experience to share. You are planning on being active and independent for decades more. Come get some strategies to help you feel more vital, fit, spiritually recharged, and creative when Joanne Hadlock, Ph.D., a Lincoln psychologist and transition and job coach, comes to **Bemis Hall on Friday, November 8, at 1 pm**. She will also discuss how to think about creating and sharing the legacy of your life experience and wisdom. Dr. Hadlock is a contributor to the new book "LIVE SMART AFTER 50! The Experts' Guide to Life Planning for Uncertain Times" and will bring information and insights from the book to this workshop.

EMBRACING THE CAREGIVER JOURNEY: KNOW YOUR INNER HIPPIE

Come set out on a new journey where you will be introduced to our "Inner Hippie" when Phyllis DeLaricheliere comes to **Bemis Hall on Friday, November 22 at 1 pm**. This interactive session will deliver a new approach to Alzheimer's/Dementia, with tools that help you enjoy your days with your loved ones once again and re-learn how to live, laugh and love! Phyllis has been working in the field of Elder Care and Alzheimer/Dementia for over 10 years. She is a Dementia Specialist and now the new Director of Sales for The Commons in Lincoln formerly known as the Groves, a Benchmark Senior Living community.

The Computer Corner...

TABLETS AND IPADS: WHAT ARE THEY AND WHAT CAN THEY DO?



Tablets and iPads are quickly expanding the computer landscape, replacing the clunkier desktop and laptop for many people. They are small and light, powerful, and can replace larger computers for many tasks, including word processing, email, browsing the internet, and more. Come find out what tablets and iPads are, what they can do, how to choose among the various models, how much they cost, and more when Kenton Ide comes to **Bemis Hall on Thursday, November 21 at 10 am**. Bring your questions and concerns, and, if you have one, your tablet or iPad.

COMPUTER & DIGITAL CAMERA TUTORING!

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

DON'T FORGET: NOW IS THE TIME TO CHANGE YOUR MEDICARE ADVANTAGE OR PART D PLAN! Medicare's Open Enrollment ends December 7 so if you would like to change plans, now is the time to do so. For more information or assistance evaluating or choosing plans, call the COA to make an appointment with our SHINE counselors.

Swingin' and Swayin' Music from 40s to 60s by the Golden Tones and Sounds of Concord to benefit the Alzheimer's Association. Friday, November 8, 5:30 pm, First Parish, 20 Lexington Road, Concord, MA \$10 per person. To reserve tickets, call Sally at (978) 318-3012.



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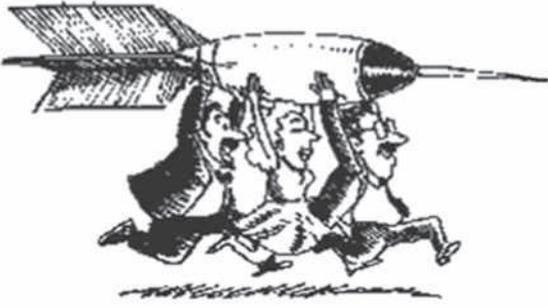
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GOINGS ON IN AND AROUND LINCOLN

CONCORD PLAYERS Senior Dress Rehearsal, Les Miserables, **Thursday, November 7, 8 pm, \$10 at the door, 51 Walden Street, Concord, MA.** Questions? Please call Joanne Hines, (978) 369-2990.

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, November 9, from 9 am to noon at Bemis Hall.**

CLASSIC JAZZ AT THE LIBRARY Come hear John Clark's "Reeds and Keys" on **Wednesday, November 13 at 7:30 pm at the Library.**

LIVE TRAD-JAZZ JAMBOREES! Local musicians drop in and take turns in the group and the joint jumps! Attendance is free. **Saturday, November 16, 1:30 to 5 pm, Library.**

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, November 18, from 7 to 10 pm at the Library** featuring Neptune's Car. Email loma3re@gmail.com for info.

GIFT LOCAL 2013 sponsored by Old Town Hall Exchange, **Saturday, November 23rd, 6 – 9 pm and Sunday, November 24th, 12-4 pm, Bemis Hall, 15 Bedford Road.** Buy your holiday gifts from a local artisan, Chocolatier, jeweler, clothier, glass blower, fabric artist, wood turner, book artist, potter, soap maker, neighbor, friend.

WELLNESS CLINIC FOR ALL AGES! Lincoln residents of all ages are invited to meet with a nurse through a free Town service. Stop by **Lincoln Woods' Community Building at 50 Wells Road on Friday, November 1 from 10 am to noon** or **St. Joseph Church, 142 Lincoln Road on Wednesday, November 20 between 11 am and 1 pm** to get your blood pressure and/or Body Mass Index checked, ask questions about fitness and nutrition, talk over a concern, get information and resources about managing chronic illness, and more. These clinics are funded by the CHNA 15 and provided by Emerson Hospital Home Care. For info, please call the COA at (781) 259-8811.

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