

NEWS FROM BEMIS HALL

Volume 4 Issue 12

December 2013

The Lincoln Council on Aging Monthly

THE SPIRIT OF BACH (AND A LITTLE JAZZ) WITH EHUD ETTUN



Come experience The Spirit of Bach (and a Little Jazz) in a full recital by bassist Ehud Ettun and pianist Andrei Baumann on **Tuesday, December 3 at 10:00 am in Bemis Hall.**

Bassist and Composer Ehud Ettun is internationally renowned as one of the most unique voices in the jazz and world music scene. He has been leading the Musical Ear Training class this past fall through the Concord Conservatory of Music. Mr. Baumann has performed extensively in North America and teaches at the Lexington Music School. They will perform their new project, The Spirit of Bach, including a selection of pieces by Bach as well as some jazz. Admission is free.

YOUR INVITATION TO THE TOP OF THE TOWN IS ON THE WAY!

Check your mailbox because soon you will be receiving your invitation to the new, improved, elegant and fun Top of the Town!



This year, the Top of the Town will be on **Saturday, January 25 between 5 and 8 pm at the deCordova Museum!** Mix and mingle while enjoying delicious hors d'oeuvres, an antipasto bar, and wine. The Museum will also be offering free tours! You must make a reservation *only* by returning the RSVP portion of your invitation (we cannot accept phoned-in reservations). Don't miss this chance to dress up, chat with friends old and new, and be a part of the social event of the year! *Photo: Jenn Schmitt*

SPECIAL CONGRESSIONAL ELECTION

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 are now available. The election will take place, as usual, at the Smith School Gym, 7:00 am to 8:00 pm.

BOOKS OF PAM'S ARTICLES!

Have you been regularly reading Pam's articles in the Lincoln Journal and wish you had collected them? Or have you missed them and wish you hadn't? Collections of her helpful Decluttering and Inspiration articles will soon be available in handy books!

BEGIN HOLIDAY SHOPPING EARLY

There are still the "Lincoln Way" version of that popular board game, **LINCOLNOPOLY!**, available at Bemis Hall and other local venues. For only \$20 you can give your children and friends a taste of your home town.



LINCOLN SHORT FILM FESTIVAL

We had such a good time at our Short Film Festival last year, we're doing it again on Friday, January 31st at 1 pm! If you have a short film (15 minutes or less) that is "G/PG" that you'd like to show, call Carolyn at (781) 259-8811.

PLEASE DONATE TO THE LINCOLN FOOD SUPPLEMENT PROGRAM

The St. Vincent de Paul Food Supplement Program offers bags of groceries to families and is in need of non-perishable food that is not beyond its shelf life expiration date. The Program cannot distribute expired items. You may bring donations to Bemis Hall and leave them in the vestibule. Thank you!

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COULD YOU DRIVE SENIORS TO ESSENTIAL APPOINTMENTS?

The Lincoln Council on Aging needs people to drive seniors to local medical appointments, the COA, or shopping in Lincoln on one or more days per month. You may be a regular driver assigned to a specific day once a month or a substitute who we would call occasionally. Whether to accept an assignment or not is up to you. For more information, please talk to Carolyn or Pam at the Council on Aging at (781) 259-8811.

WINTER WEATHER POLICY

If the Lincoln schools are closed due to weather, activities at the COA are cancelled. *If your power is out, however, call to see if Bemis Hall will be open as a place to warm-up, recharge your computers and cell phones, and more.*



Even if the schools are not closed, but the weather is bad, call before coming as some events may still be canceled if the teacher cannot drive in.

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.

FUEL ASSISTANCE Need help paying fuel bills? Call Pam Alberts to see if you qualify for Fuel Assistance, a Massachusetts program providing help to income-eligible residents to pay for fuel.

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

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

E-mail: Carolyn Bottum, Director:

bottumc@lincolntown.org

Pam Alberts, Assistant Director:

albertsp@lincolntown.org

Internet: www.lincolntown.org, then click on

“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



**December 9, 12:30 pm: Robert Lenington —
Managing Higher Education As a Business**

**December 16, 12:30 pm: Alice Waugh —
The Lincoln Squirrel: Journalism in
the Digital Age**

*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: THE HIDDEN WONDERS OF NATURE

Come witness the hidden wonder and beauty of nature when we show two TED talks, followed by a discussion. First, see the amazing nano-world of nature at its smallest, where grains of sand look like jewels and flowers like oceans of color with fantastic beings, when we see a video of Gary Greenberg's *Beautiful Nano Details of Our World*. Then, envision the world in a new way and be filled with gratitude for each day with Louie Schwartzberg's time lapse and documentary photography in *Nature, Beauty, Gratitude*. These TED films will be shown **Friday, December 13 at 1 pm at Bemis Hall**, and will be followed by a discussion facilitated by Carolyn.

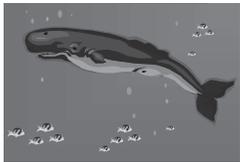


ENJOY A DAY OUT WITH THE COA!



SAVE THE DATES!

FEBRUARY 28 AT THE NEW ENGLAND AQUARIUM



The New England Aquarium has just undergone a major renovation, including updating the Giant Ocean Tank with more fish than ever and adding a new coral reef and other exhibits. See a Bonnethead Shark, a Blacknose Shark, a Balloonfish, Moon Jelly, and much more! Come join us on **Friday, February 28** and marvel at the wonders of the deep! Details to follow in the January newsletter.

SOMETHING'S AFOOT AT THE STONEHAM THEATER ON MARCH 12

Join the fun for an afternoon matinee of "Something's Afoot" at the Stoneham Theatre in Stoneham, MA on **Wednesday, March 12**. This play is full of murder, mystery, music and laughs. Non-refundable tickets are \$25 each, partially supported by the Hurff Fund. The Doherty's bus will leave Donelan's Mall at 1:00 pm. Limited to 20 people. To reserve your place, send a check to Joanna Hopkins, 7 Linway Rd.

***** JUST FOR FUN *****

WATCHING WINTER BIRDS, OUT YOUR WINDOW AND BEYOND



The weather may be cold and the ground covered with snow, but you can still experience the fascinating world of winter birds, even without leaving your home. Join Gwyn Loud and friends on Friday, **December 6 at 1 pm at Bemis Hall** when she will discuss how birds survive the winter and various approaches to bird-feeding, accompanied by slides from Harold McAleer. Norm Levey will share films and information about winter ducks which visit Flint's Pond and other water bodies.

COFFEE WITH ARTIST BARBARA O'BRIEN

Come celebrate Barbara O'Brien's dazzling exhibit of oil paintings now in the Bemis Hall Artists Gallery at our "Coffee with the Artist" on **Thursday, December 12 at 2:15 pm**. Barbara



grew up in Lincoln and is well known for leading her tours of Boston and the area. Also well known are her skill and passion for sailing. Barbara enjoys painting in her studio at ArtSpace in Maynard and also on her travels on land and sea. She thinks there is nothing better than "capturing memories."

SING ALONG WITH THE LINCOLN NURSERY SCHOOL

Sing along with the children from the Lincoln Nursery School on **Friday, December 6 at 10:30 am at Bemis Hall**. The kids will visit with their teachers to sing some of their favorite songs. The kids love to share their love of music when people come hear them sing!



MEMOIR GROUP OPEN TO NEW MEMBERS IN JANUARY

The memoir group is a good place to try out your writing on a supportive audience. It doesn't matter if you haven't written a word or if you've already written enough for two lifetimes, the group will welcome you and help you move along in the process. (They will also laugh and cry with you sometimes.) If you are interested in joining the group or if you just want to know more before making a commitment, please get in touch with Connie Lewis, the facilitator (email: con.lewis@comcast.net or phone: (781) 259-9415). The group meets on Wednesdays, usually twice a month from 10 am to noon. The schedule for the winter-spring term isn't set yet, but the first meeting will be on January 15. \$50 if we continue with the six-meeting schedule or \$75 if we decide to meet eight times.

AT THE MOVIES

TUESDAY, DECEMBER 17, 2:15 PM. LOVE IS ALL YOU NEED. A romantic comedy about people seeking love and passion, but sometimes finding jealousy, set against the beauty of Italy. 2012. R. 112 minutes.

THURSDAY, DECEMBER 19, 2:15 PM. RENOIR. In 1915, the lives of Pierre-Auguste Renoir and his son Jean, recently wounded in the war, are brightened and complicated by the vibrant and fascinating woman Andree. 2012. R. 111 mins.

THURSDAY, DECEMBER 26, 2:15 PM. THE WAY WAY BACK. A struggling teen finds his way away from his home life dominated by his mother and her insufferable boyfriend and onto his own path in life by taking a summer job at a local water park. 2013. PG-13. 96 mins.

FRIDAY, DECEMBER 27, 1 PM. GILBERT & SULLIVAN'S THE MIKADO. G&S's most popular masterpiece, set in Japan but really a thinly disguised satire of British Victorian life and customs. 1983. NR. 119 mins.

FIRST DAY AT THE PIERCE HOUSE Whether you're new to Lincoln or have lived here forever, come to historic Pierce House to celebrate the new year together at the town's 15th annual First Day gathering. Complimentary admission for Lincoln residents, but donations are gratefully accepted for the upkeep of this special town resource. **January 1, 1:00 to 5:00 pm**, featuring hearty homemade soups and chocolate fountain, lively music by The Ancient Mariners.



SPEND TIME WITH OTHERS

ENJOY "SENIOR DINING"



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

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. **No meetings on December 24 or December 31.**

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 leads a group in reading *Proof* by David Auburn on **Monday, December 2 at 10 am and Monday, December 9, at 9 am at Bemis Hall.** *Proof* is an emotional drama about a young woman's struggle with mathematical genius and mental illness. 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.

FIRESIDE CHAT Join other residents in a respectful "Fireside Chat" discussion of a current news topic using questions and answers each second Wednesday at 10 am. This month's discussion, to be held on **December 11,** will focus on energy.

CONSERVATION BREAKFAST Thursday, December 12 at 8:00 am. Meet and gossip about Town events, sometimes even touching on Conservation. Call (781) 259-2612 for this month's venue.

LINCOLN MEN'S COFFEE Thursday, December 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, December 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.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:00 Playreading: <i>Proof</i> 10:00 Walking Club 11:15 Journaling Group 2:00 Let's Connect Group 2:00/3:15 Tai Chi</p>	<p>3</p> <p>9:00 Podiatry 10:00 Spirit of Bach Recital 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>4</p> <p>10:00 Dementia Caregiver Group (Commons) 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>5</p> <p>9:15/10:15 Tai Chi 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 Wellness Clinic (LW) 10:30 Nursery School Sing-Along 11:00 Finding What's Next Group 12:15 Design Your Destiny 1:00 Intermediate Bridge 1:00 Winter Birds</p>
<p>9</p> <p>9:00 Playreading: <i>Proof</i> 10:00 French Conversation 10:00 Walking Club 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>9:30 FLCOA Meeting 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 2:30 COA Board</p>	<p>11</p> <p>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>12</p> <p>8:00 Conservation Bkfst 9:15/10:15 Tai Chi 9:30 Handwork Circle 1:00 Exercise: Aerobics and Weights 1:15 Eat Well, Be Well Group 1:30 Computer Drop-In 2:15 Coffee with the Artist</p>	<p>13</p> <p>10:00 VA Health Benefits 11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge 1:00 Lincoln Academy at the Movies: Hidden Wonders of Nature</p> <p>SATURDAY 14 9:00 Library Book Sale</p> <p>SUNDAY 15 3:00 English Christmas (First Parish)</p>
<p>16</p> <p>10:00 Walking Club 11:15 Journaling Group 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi 7:00 Holiday Tintinnabulations (First Parish)</p>	<p>17</p> <p>9:00 Blood Pressure/Wellness Clinic 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: Love Is All You Need</p>	<p>18</p> <p>9:00 Podiatry 10:00 Memoirs 11:00 Walk-In Clinic (St. Joseph's) 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>19</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 10:30 Digital Photography 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Renoir</p>	<p>20</p> <p>10:00 German Conversation 11:00 Finding What's Next Group 12:15 Design Your Destiny 1:00 Intermediate Bridge 1:00 Medications for Diabetes</p>

<p>SATURDAY 21 1:00 Jazz Jam (Lib)</p>	<p>27 10:00 Embracing Life Transitions 11:00 Finding What's Next Group 12:15 Meditation 1:00 Intermediate Bridge 1:00 Opera Movie: The Mikado</p>	<p><u>LOCATIONS</u> Commons: The Commons in Lincoln First Parish: First Parish in Lincoln Lib: Lincoln Library LW: Lincoln Woods St. Anne's: St. Anne's Church St. Joseph: St. Joseph's Church</p>
	<p>26 9:30 Handwork Circle 1:00 Exercise: Aerobics and Weights 1:15 Eat Well, Be Well Group 1:30 Computer Drop-In 2:15 Movie: The Way Way Back</p>	<p>DECEMBER</p> 
<p>COA CLOSED/ CHRISTMAS</p>	<p>25</p>	
	<p>24 9:00 Collating 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights</p>	<p>31 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights</p>
	<p>23 10:00 French Conversation 10:00 Walking Club 11:15 Journaling Group 11:30 Spanish Conversation 2:00 Let's Connect</p>	<p>30 10:00 Walking Club 11:15 Journaling Group 2:00 Let's Connect Group</p>

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~~ FOR YOUR WELL BEING ~~

DIABETES MEDICATION UPDATE WITH EMERSON



If you or a loved one has diabetes, come hear Christine McLellan of Emerson Hospital's Pharmacy, speak on **Friday, December 20 at 1 pm at Bemis Hall**. She will discuss the latest information about the kinds of medications available to treat diabetes and how they work, how to choose among them, how to take them, side effects and interactions to look out for, and more. Bring your questions and concerns!

EMBRACING LIFE'S TRANSITIONS

Life is full of transitions, some happily anticipated and others that can be unexpected and distressing. How we experience those transitions depends strongly on how we perceive them and adapt to them, while still honoring the losses that any transition brings. Come join Niki Pugach, MSW, of Parmenter VNA and Hospice each fourth Friday at 10 am when she leads a discussion of your experiences, thoughts and ideas, and concerns. This month's group will be on **Friday, December 27th**.

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 The winter session will begin on January 13 and run for 12 weeks, excluding holidays. Beginners should sign up now. Continuing students need not sign up each term. Monday — Tai Chi Qi Gong (TCQG): 2 – 3; Tai Chi Short Form (TCSF): 3:15 – 4:15; Wednesday — TCQG: 1 – 2; TCSF: 2:15 – 3:15; Thursday — Beginners: 9:15 – 10:15; TCSF: 10:15 – 11:15. Cost for spring session: 1 class/week: \$50, 2 classes/week: \$75, 4 classes/week: \$100. For info, 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** 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, December 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, December 3** and **Wednesday, December 18, both at 9 am at Bemis Hall** by appointment. \$10 donation requested. Services provided by Dr. Glenn Ruhl.

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

●●●WHAT YOU NEED TO KNOW●●●

VA HEALTH BENEFITS AND THE APPLICATION PROCESS



If you or your family member is a veteran, come find out if you are eligible for Veterans Administration (VA) health benefits, what VA health benefits offer, and how to apply when Jacqueline Holiday of the VA comes to **Bemis Hall on Friday, December 13 at 10 am**. She will give information about the VA's health system with special information on geriatric care and Agent Orange. Bring your questions and concerns!

Bemis Hall on Friday, December 13 at 10 am. She will give information about the VA's health system with special information on geriatric care and Agent Orange. Bring your questions and concerns!

DIGITAL PHOTOGRAPHY: CAPTURE YOUR HOLIDAYS

If you want to make sure you have the best photos of your family for the holidays, come to our workshop with Harold McAleer on digital photography on **Thursday, December 19 at 10:30 am at Bemis Hall**. Harold will go over taking digital photos with your camera and your phone, then editing and emailing pictures from your computer. If you have a digital camera, bring it along! All are welcome, even if you do not yet have a digital camera and are just thinking about getting one to capture those special holiday moments.



DISCUSS ENERGY 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 energy on **Wednesday, December 11 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!

The Computer Corner...

COMPUTER AND DIGITAL CAMERA TUTORING!

Come to our drop-in computer and digital photography tutoring on **Thursday afternoons from 1:30 to 3:30 pm!** If you need Mac help, call before you come to see if a Mac tutor will be available. If you have a laptop or netbook, please bring it! Tutors are also available at other times and will come to your home. (781) 259-8811 for info.

DON'T FORGET: TIME IS RUNNING OUT TO CHANGE YOUR MEDICARE ADVANTAGE OR PART D PLAN!

Medicare's Open Enrollment ends December 7 so if you would like to change either your Medicare Advantage (HMO or PPO) or Part D prescription 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.

SNOWBIRD ALERT! TOWN CENSUS!

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.

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. 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.

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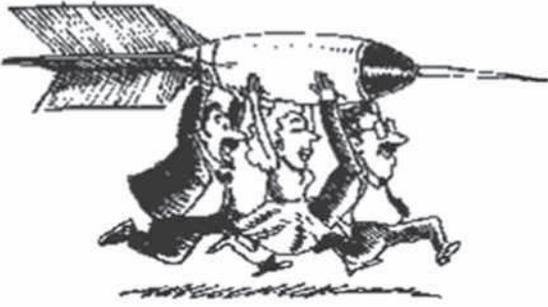
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GOINGS ON IN AND AROUND LINCOLN

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

CLASSIC JAZZ AT THE LIBRARY Don't miss Joel Wechsler presenting "Ragtime: Beyond the Maple Leaf" on **December 11 at 7:30 pm at the Library**. This group meets the second Wednesday of each month.

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, December 14, from 9 am to noon at Bemis Hall**.

AN ENGLISH CHRISTMAS. **Sunday, December 15 at 3 pm**, Vox Lucens will present a concert of English Renaissance polyphony at Parish House Auditorium, 14 Bedford Rd, including works by Gibbons, Byrd, Parsons and others, and the choir will collaborate with organist Ian Watson, Music Director at First Parish. Reception will follow. Suggested Donation \$20.

HOLIDAY TINTINNABULATIONS The Lincoln Bellringers present their Fourth Annual Candlelight Concert of Christmas carols and holiday tunes at **First Parish in Lincoln, Monday, December 16th at 7:00** with a second concert on **Sunday, December 22 at 3:00 pm at the First Parish in Concord, 20 Lexington Road**. Free.

LIVE TRAD-JAZZ JAMBOREES! Local musicians drop in and take turns in the group and the joint jumps! Attendance is free. **Saturday, December 21, 1:00 pm, Library**.

FIRST DAY Enjoy First Day at the **Pierce House on January 1st, 1 to 5 pm**. *For details, see page 4.*

WELLNESS CLINICS FOR ALL AGES! All are invited to meet with a nurse through a free Town service. Stop by **Lincoln Woods' Community Building at 50 Wells Road on Friday, December 6 from 10 am to noon** or **St. Joseph's Church, 142 Lincoln Road on Wednesday, December 18 between 11 am and 1 pm**. Funded by the CHNA 15 and provided by Emerson Hospital Home Care. For info, call (781) 259-8811.

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