

# NEWS FROM BEMIS HALL

Volume 5 Issue 1

January 2014

## The Lincoln Council on Aging Monthly



### SUFFERING FROM THE WINTER DOLDRUMS? THE CURE: HAUTE FUN AT THE TOP OF THE TOWN!

Have you mailed in your RSVP for the new, improved, elegant and fun Top of the Town? 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 offer free tours! You must make a reservation *only* by returning the RSVP portion of your invitation (we cannot accept phoned-in reservations). Reservations are due to the Friends by January 17. 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.*

### LINCOLN SHORT FILM FESTIVAL!

All are invited to our Winter Carnival "Lincoln Short Film Festival" on **Friday, January 31, at 1 pm at Bemis Hall** featuring work by or related to filmmakers from or currently living in Lincoln. You'll enjoy dramas, comedies, travelogues and documentaries. After some of the films we'll have discussions with the filmmakers. Refreshments will be served!



## NEW SENIOR SAFE PROGRAM HELPS MAKE YOUR HOME SAFER FROM FIRE

The Lincoln Fire Department is pleased to announce a new program, Senior SAFE, that offers free fire safety evaluations of your home and installation of free smoke and carbon monoxide detectors. Trained fire fighters will come to your home at your convenience and make suggestions about how you may make your home safer from fires. If there is equipment you may need that you cannot afford or if you need helping carrying out the suggestions, the Fire Department or Council on Aging may be able to help. The Fire Department will also install a free new smoke and carbon monoxide detector or replace batteries in one you already have. Seniors may also receive a free fall prevention home safety evaluation from the COA's Home Safe program. Senior SAFE is funded by the Commonwealth of Massachusetts. For more information, call Ben Juhola of the Lincoln Fire Department at (781) 259-8113. To schedule a fire or fall prevention home safety evaluation, call the COA at (781) 259-8811.

### APPRECIATE MUSIC WITH EAR TRAINING

This fall's course from the Concord Conservatory of Music on Musical Ear Training was so successful that we are offering both a beginner's course, for those who did not take the fall course, and an intermediate continuation of the fall course. Both will begin on **Tuesday, January 21** and run for 12 weeks (with the expectation that one or two sessions will likely be cancelled by weather) at a cost of \$65 each, payable to the Conservatory the first day of class. The beginner class will be at 9 am and the intermediate at 10 am. In the beginner class, you will learn to hear musical structures on the piano. Then, you will listen to different music to learn about music history, forms, and how to understand better what we hear. Soon you will recognize musical elements, identify style, time, and even the artists. You must sign up by January 14.

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## PAM'S BOOKS OF INSPIRATION AND DECLUTTERING

Have you been regularly reading Pam's articles in the Lincoln Journal and wish you had collected them? Or have you missed them? Collections of her helpful articles, revised and updated, will soon be available in handy books! *Inspirations for Living Well at 50 and Beyond* and *Eliminate Clutter and Reclaim Your Life!* each have many articles and a foreword by an expert and introduction by the author. Call the COA at (781) 259-8811 for info.

## 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](mailto: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:

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**Internet:** [www.lincolntown.org](http://www.lincolntown.org), then click on

"Council on Aging" under "Community Services"

## DO YOU HAVE TOILETRIES YOU CAN DONATE?

Women and children who are in shelters remaking their lives after experiencing domestic violence need toiletries like shampoo, soap, toothpaste, hand and body lotions, and more. If you have unopened toiletries from hotels or stores that you can't use, please bring them to the COA at Bemis Hall by Friday, Feb. 7. A volunteer will take them to local domestic violence organizations for Valentine's Day distribution.

*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

**January 6, 12:30 pm: Barbara O'Brien —  
Sailing the South Pacific on a Tall Ship**

**January 13, 12:30 pm: Helgard Houtzeel — World War II Childhood  
in Germany**

**January 27, 12:30 pm: Eli Newell — Raising Chickens in Lincoln**

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

## LINCOLN ACADEMY AT THE MOVIES: REDISCOVERING DAVE BRUBECK

This PBS documentary offers a warm retrospective of Dave's groundbreaking career as one of jazz music's most popular pianists and composers. A series of thoughtful interviews in his eighties and archival footage of his playing reveal his many facets. "Take 5" and join us to enjoy this film on **Friday, January 3 at 1 pm at Bemis Hall**. Harold McAleer will lead a discussion afterwards.



## ENJOY A DAY OUT WITH THE COA!



### THE COA INVITES YOU TO EXERCISE YOUR CREATIVITY AND CONTRIBUTE TO THE LINCOLN SENIOR COMMUNITY!

Join the COA Trip Committee to help plan and lead interesting trips for Lincoln seniors. It's fun and easy. Other Committee members will provide trip ideas, planning tips, and experienced co-leaders when needed. You get to visit fascinating places, see shows, and enjoy the company of old and new friends. Meetings are held only every other month. For information, please call Joanna Hopkins (781) 259-0194. — Carolyn

## LET YOUR IMAGINATION SWIM WILD AT THE AQUARIUM!



The new Aquarium experience is complete with 360-degree views of a spectacular Caribbean coral reef teeming with more than 140 species. Come explore the brand-new, interactive exhibits when you go with the COA on **Friday, February 28**. We'll leave from the Lincoln Mall by Doherty bus at 10:30 am and leave the Aquarium at 2 pm. There will be ample time to see it all and have lunch on your own in their lovely cafeteria. The price is \$25.00, including admission, bus, and driver tip. The Aquarium is handicapped accessible. Send a check made out to FLCOA/Trips to Ria Vet, 11 Juniper Ridge Road. Questions? Call Ria at (781) 259-8090.

## ENJOY A ZANY MUSICAL WHODUNIT

Join the fun for a Wednesday matinee of "Something's Afoot" at the Stoneham Theatre in Stoneham on **March 12**. This musical mystery spoof of Agatha Christie stories is full of laughs and surprises. Lord Rancour has invited ten guests for a weekend at his country estate, but he is dead when they arrive. The race is on to find out whodunit, before others fall victim. Free refreshments will be served at intermission. Non-refundable tickets are \$25 each, partially supported by the Hurff Fund. Doherty's bus will leave Donelan's Mall at 1:00 pm. Limited to 20 people. Handicapped accessible. To reserve your place, send a check before Feb. 20, made out to FLCOA/Trips to Joanna Hopkins, 7 Linway Rd, with your email address and phone number. Call Joanna at (781) 259-0194 for information.

## \*\*\* JUST FOR FUN \*\*\*

### COFFEE WITH ARTIST DILLA GOOCH TINGLEY



Dilla GOOCH Tingley will be exhibiting her Art Quilts at the Bemis Hall Gallery in January and February. GOOCH has been fabricating creations of fiber since 1988. Fabric is truly her medium. The textures and saturated colors stimulate her creativity. The inspiration of great art through the ages drives her to people her quilts with beloved images from favorite artists, which she hopes will inspire viewers to see these works in a new light. Henri Matisse, Pablo Picasso and Vincent Van Gogh are among the artists paraphrased in this whimsical potpourri of quilts. Come meet her at our "Coffee with the Artist" on **Tuesday, January 7, at 2:15 pm.**

### MAKE "MUSIC TOGETHER" WITH BIRCHES SCHOOL CHILDREN

Music unites all generations. Come enjoy singing, playing instruments, listening, and dancing to music with elementary-age children from Birches School on **Friday, January 17 at 10:30 am at Bemis Hall.** The program will be taught by Heather Mansfield of Music Together of Arlington. Music Together is an international program providing intergenerational informal music experiences that all ages will enjoy. Birches School, located across the street from Bemis Hall in the Stone Church, is an independent elementary school offering a nature-based, community-based curriculum.

### PLAY PIANO DUETS WITH EVELYN HARRIS

Evelyn Harris, for many years a piano teacher and performer in Lincoln, invites you to share the keyboard with her for an hour of music-making in **Bemis Hall on each Thursday 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.

### THE ART OF COLONIAL COOKING



Our colonial ancestors made delicious recipes using ingredients available to them, such as molasses and corn meal. Get a taste of 18th century life and take home recipes when Lincoln resident Martha Lufkin comes to **Bemis Hall on Wednesday, January 29 at 10 am.** She'll demonstrate how to make some authentic Colonial dishes and tell us about 18th-century dining trends. Limited to 10: please sign up in advance by calling the COA.

### AT THE MOVIES

**THURSDAY, JANUARY 2, 2:15 PM. BEFORE MIDNIGHT.** This second sequel to the romantic drama *Before Sunrise* checks in with multinational lovers Jesse and Celine nine years after they reunited. Living in Greece, the couple struggles with emotions relating to parenthood, middle age and faded romance. R. 2013. 108 mins.



**THURSDAY, JANUARY 16, 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. Along the way, they're attacked by tidal waves, sharks and all the dangers the ocean can muster. 2012. PG-13. 118 mins.

**TUESDAY, JANUARY 21, 2:15 PM. UNFINISHED SONG.** With his wife Marion terminally ill, 72-year-old Arthur sees a future that's nothing but grim. But when he takes Marion's place in their church's very unconventional choir, he begins to find joy in life again. 2012. PG-13. 93 mins.

**THURSDAY, JANUARY 23, 1:00 PM MOZART'S THE MARRIAGE OF FIGARO.** Spend a single dizzying day of midsummer madness in 18th-century Seville, with Mozart's all-too human characters whirling toward a glorious finale. A marvelous Glyndebourne Festival performance. 1973. NR. 185 mins.

**WOULD YOU LIKE TO CHOOSE OUR MOVIES? WE'RE FORMING A COMMITTEE!** The Committee will meet once a month or so to choose movies for the coming months. See Carolyn for more information.

SPEND TIME WITH OTHERS

**ENJOY "SENIOR DINING"**



Lincoln seniors are invited to a gourmet meal in an elegant setting at **11:30 on Tuesday, January 21 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. And the volunteer serving staff consists of your Lincoln friends and neighbors.

**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 Thursdays, 12 -1 pm** Learn how to get organized by discussing strategies.

**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.

**EMBRACING LIFE TRANSITIONS Fourth Fridays, 10 am** A discussion of how our experience of life's transitions depend on how we adapt to and honor them with Niki Pugach, MSW, of Parmenter VNA and Hospice.

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

**PLAY-READING GROUP.** Sally Kindleberger leads a group in reading the comedy *Noises Off* by Michael Frayn on **Monday, Jan. 6 at 10 am and Monday, Jan. 13, at 9 am at Bemis Hall**. 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 **January 8**, will focus on the impact of the aging population on the US.

**CONSERVATION BREAKFAST Thursday, January 9 at 8:00 am.** Meet and gossip the second Thursday of every month about Town events, sometimes touching on Conservation. Call (781) 259-2612 for this month's venue.

**LINCOLN MEN'S COFFEE Thursday, January 16 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**.

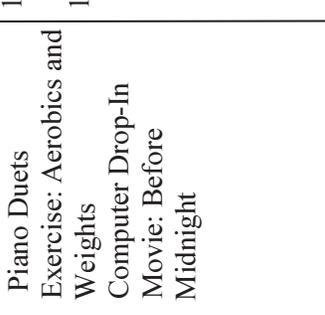
**EAT WELL, BE WELL GROUP!** If you like to discuss nutrition and share tips and information, join the Eat Well, Be Well group that will meet monthly on the **second and fourth Thursdays of the month at 1:15 at Bemis Hall**.

**UKULELE AND SING-ALONG GROUP** meets on **Thursday, January 9 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><b>JANUARY</b></p> 	<p><b>LOCATIONS</b> deCordova: deCordova Museum Lib: Lincoln Library LLCT: Lincoln Land Conservation Trust Offices, 145 Lincoln Road LW: Lincoln Woods St. Anne's: St. Anne's Church Town Offices: Town Offices at 16 Lincoln Road, Donaldson Room</p>	<p><b>1</b> COA CLOSED/NEW YEAR'S DAY</p>	<p><b>2</b> 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Before Midnight</p>	<p><b>3</b> 10:00 German Conversation 11:00 Finding What's Next Group 12:00 Design Your Destiny 1:00 Intermediate Bridge 1:00 Lincoln Academy at the Movies: Rediscovering Dave Brubeck</p>
<p><b>6</b> 10:00 Playreading: <i>Noises Off</i> 10:00 Walking Club 11:15 Journaling Group 12:30 Lincoln Academy 2:00 Let's Connect Group</p>	<p><b>7</b> 9:00 Podiatry 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Coffee with Artist Dilla GOOCH Tingley</p>	<p><b>8</b> 10:00 Fireside Chat 11:00 Line Dancing 2:00 Let's Connect Group 7:30 Classic Jazz (Lib)</p>	<p><b>9</b> 8:00 Conservation Bkfst 9:30 Handwork Circle 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 3:00 Ukelele Gathering</p>	<p><b>10</b> 10:00 Wellness Clinic (LW) 10:30 Standing Your Ground 11:00 Finding What's Next 12:00 Design Your Destiny 12:15 Meditation 1:00 Intermediate Bridge 1:00 Economic and Personal Safety</p>
<p><b>13</b> 9:00 Playreading: <i>Noises Off</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><b>14</b> 9:30 FCOA Meeting 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:30 COA Board</p>	<p><b>15</b> 9:00 Podiatry 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group 7:30 Legend of Pale Male (LLCT)</p>	<p><b>16</b> 8:00 Men's Coffee 9:15/10:15 Tai Chi 10:30 The Art of Digital Photography 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Kon-Tiki</p>	<p><b>17</b> 10:00 German Conversation 10:30 Music Together 11:00 Finding What's Next 12:00 Design Your Destiny 1:00 Intermediate Bridge 1:00 Self-Hypnotic Relaxation</p>
<p><b>SATURDAY 11</b> 9:00 Library Book Sale</p>				<p><b>11</b></p>

	<p><b>20</b></p> <p><b>COA CLOSED/MARTIN LUTHER KING DAY</b></p>		<p><b>21</b></p> <p>9:00 Blood Pressure/Wellness Clinic</p> <p>9:00/10:00 Musical Ear Training</p> <p>11:30 Senior Dining (St. Anne's)</p> <p>11:30 You Can Do It Exercise</p> <p>12:15 Life After 60 Group</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>2:15 Movie: Unfinished Song</p>		<p><b>22</b></p> <p>10:00 Center School Alumni Memories (Town Offices)</p> <p>11:00 Line Dancing</p> <p>1:00/2:15 Tai Chi</p> <p>2:00 Let's Connect Group</p>		<p><b>23</b></p> <p>9:15/10:15 Tai Chi</p> <p>9:30 Handwork Circle</p> <p>11:30 Piano Duets</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>1:00 Opera Movie: Marriage of Figaro</p> <p>1:15 Eat Well, Be Well Group</p> <p>1:30 Computer Drop-In</p>	<p><b>18</b></p> <p><b>SATURDAY</b></p> <p>1:30 Jazz Jam (Lib)</p>
	<p><b>27</b></p> <p>10:00 French Conversation</p> <p>10:00 Walking Club</p> <p>11:15 Journaling Group</p> <p>11:30 Spanish Conversation</p> <p>12:30 Lincoln Academy</p> <p>2:00 Let's Connect</p> <p>2:00/3:15 Tai Chi</p>		<p><b>28</b></p> <p>9:00 Collating</p> <p>9:00/10:00 Musical Ear Training</p> <p>11:30 You Can Do It Exercise</p> <p>12:15 Life After 60 Group</p> <p>1:00 Exercise: Aerobics and Weights</p>		<p><b>29</b></p> <p>10:00 Colonial Cooking</p> <p>10:00 Memoirs</p> <p>11:00 Line Dancing</p> <p>1:00/2:15 Tai Chi</p> <p>2:00 Let's Connect Group</p>		<p><b>30</b></p> <p>9:15/10:15 Tai Chi</p> <p>11:30 Piano Duets</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>1:30 Computer Drop-In</p>	
							<p><b>24</b></p> <p>10:00 Embracing Life Transitions</p> <p>11:00 Finding What's Next Group</p> <p>12:15 Meditation</p> <p>1:00 Intermediate Bridge</p> <p>1:00 Tax Talk</p>	
							<p><b>25</b></p> <p><b>SATURDAY</b></p> <p>5:00 Top of the Town (DeCordova)</p> <p><b>26</b></p> <p><b>SUNDAY</b></p> <p>2:00 State of Birds 2013</p>	
							<p><b>31</b></p> <p>11:00 Finding What's Next Group</p> <p>12:15 Meditation</p> <p>1:00 Intermediate Bridge</p> <p>1:00 Short Film Festival</p>	



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## ~~ FOR YOUR WELL BEING ~~

### STRATEGIES FOR STANDING YOUR GROUND AND SAYING “NO”



We all know what it is like to be pushed into doing things we don't want to do, whether by a well-meaning family member, a salesperson, or an organization asking for a donation. Come find out some practical strategies for politely but firmly saying “no” and setting boundaries when Jan Seide comes to **Bemis Hall on Friday, January 10 at 10:30 am**. Jan Seide, Ph.D. has been a psychologist for many years with broad experience in the fields of health and aging. She is currently in private practice in Lexington, MA focusing on older adults and providing home-based services.

### RELAX THIS NEW YEAR!

Are you ready to lower your stress level and simply be happier each and every day? Come hear Bob Martel, Consulting Hypnotist at Positive Results Hypnosis, on **Friday, January 17 at 1 pm** present a fun and enjoyable program to teach you how to use self hypnosis to take control of your emotions and tensions so that you can easily relax and lower your stress level, sleep better, and improve your memory. Mr. Martel will explain how to use your subconscious mind to help you improve your peace of mind and overcome fears and anxieties.

### EMBRACING LIFE'S TRANSITIONS

How we experience life's transitions depends strongly on how we perceive them and adapt to them, while still honoring the losses that transitions bring. Join Niki Pugach, MSW, of Parmenter VNA and Hospice each fourth Friday at 10 am (**January 24**) when she leads a discussion of your experiences, thoughts and ideas, and concerns. This month's discussion will focus on independence—what does it mean to you? How important is it?

### 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. **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!

**WALKING CLUB** Walk for fun and fitness each **Monday at 10 am**. Meet at Bemis Hall.

*All fitness classes are subsidized by the MA Executive Office of Elder Affairs. Tai Chi is 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, January 21 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, January 7** and **Wednesday, January 15, both at 9 am at Bemis Hall** by appointment. \$10 donation requested. Services provided by Dr. Glenn Ruhl.

**LEAF BLOWER SURVEY** The Town invites you to take a survey about leaf blowers. Please answer the survey online or on paper before January 31. Paper copies are available at Bemis Hall, Lincoln Library, Lincoln Town Hall and Lincoln Parks and Recreation or you may answer online at [www.lincolntown.org/index.aspx?nid=488](http://www.lincolntown.org/index.aspx?nid=488).

## ●●●WHAT YOU NEED TO KNOW●●●

### PROTECT YOUR ECONOMIC AND PERSONAL SAFETY



Learn to protect yourself or a loved one from financial or other forms of exploitation and abuse when Betsey Crimmins of Greater Boston Legal Services comes to **Bemis Hall on Friday, January 10 at 1 pm**. She will discuss how to protect yourself from financial exploitation, scams, and identity theft. In addition, she will explain about Powers of Attorney and then provide an opportunity for you to have a Power of Attorney and a Health Care Proxy drafted. Finally, she will talk about other forms of elder abuse, including how to identify if it is happening to you or a friend or neighbor and how to get help.

### SIGN UP TO HAVE YOUR STATE AND FEDERAL RETURNS PREPARED AND COME TO A TALK TO HAVE YOUR TAX QUESTIONS ANSWERED!

Volunteers certified under the AARP Tax Aide program will prepare your Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers, with special attention to those over age 60. Appointments begin in February. Call the COA office to schedule a confidential appointment and get a list of documents you will need to bring. Also, come to Bemis Hall on **Friday, January 24 at 1 pm** to hear volunteers from the AARP/IRS Tax Aide program answer your less complicated questions about federal and state taxes. They will also explain what you need to bring to your appointment (you may have an appointment without coming to the program, of course).

### HAVE A STORY ABOUT THE CENTER SCHOOL TO TELL?

Did you attend the Center School and have a story to tell? Susan Brooks, Lincoln's Town Clerk, welcomes Center School "alumni" and others to a gathering in which residents can have some coffee and light refreshments, share their memories, and enjoy reminiscing over photos of the Center School on **Wednesday, January 22 at 10 am in the Donaldson Room of Town Offices**. Jim Cunningham will video anyone who would like to have their memories recorded for the Town Archives.



## The Computer Corner...

### THE ART OF DIGITAL PHOTOGRAPHY

Learn the artistry of photography with film cinematographer Barbara Hanania, and Harold McAleer on **Thursday, January 16, at 10:30 am**. While digital cameras have made the process of taking pictures easier, the basics of composing photos, getting the light just right, are universal to both digital and film imagery. All are welcome, from beginners to more advanced photographers. We want you to bring your photos—printed, on CD, or flashdrive, for Barbara and Harold's suggestions. Whether originally shot on film or digital is not important. Discussing your photos will be our main focus (this will not be a tutorial on how to use your digital camera).

### 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.



**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.

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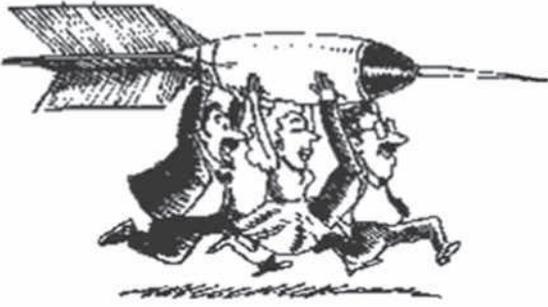
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## GOINGS ON IN AND AROUND LINCOLN

**CLASSIC JAZZ AT THE LIBRARY** Don't miss John Clark presenting "Lost in the Reeds" on **Wednesday, January 8, 7:30 pm at the Library**. This group meets the second Wednesday of every 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, January 11, from 9 am to Noon at Bemis Hall**.

**OPEN MIKE ACOUSTIC NIGHT** Enjoy live music at the free Open Mike Acoustic program **Monday, January 13 from 7 to 10 pm at the Library** featuring Michael Mack. Email: loma3re@gmail.com.

**THE LEGEND OF PALE MALE**, the story of a red-tailed hawk who nests and hunts near Central Park in New York and becomes a celebrity. Part of the Lincoln Land Conservation Trust's environmental film series. **7:30-9:00 pm, Wednesday, January 15 in the Lincoln Land Conservation Trust/Rural Land Foundation Office above the new post office, 145 Lincoln Rd., Suite 102A**.

**LIVE TRAD-JAZZ JAMBOREES!** Local musicians drop in and take turns in the group and the joint jumps! Attendance is free. **Saturday, January 18, 1:30 pm, Library**.

**THE STATE OF THE BIRDS 2013**, and the Mass. Breeding Bird Atlas II. Joan Walsh, from Mass Audubon, will provide updates on bird populations in MA, which species are in trouble, and what we can do about it. **2 pm, Sunday January 26, Bemis Hall**. Sponsored by the Lincoln Land Conservation Trust.

**WELLNESS CLINICS FOR ALL AGES!** All Lincoln residents are invited to meet with a nurse through a free Town service. Stop by **Lincoln Woods' Community Building at 50 Wells Road on Friday, January 10 from 10 am to Noon** to get your blood pressure checked, ask questions about fitness and nutrition, talk over a concern, get information and resources about managing chronic illness, and more. These clinics are funded by the CHNA 15 and provided by Emerson Hospital Home Care. For info, please call the COA at (781) 259-8811.

**FRIENDS OF THE LINCOLN COUNCIL ON AGING**

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