

NEWS FROM BEMIS HALL

Volume 5 Issue 2

February 2014

The Lincoln Council on Aging Monthly

CELEBRATE VALENTINE'S DAY WITH THE LINCOLN TRAD JAZZ JAMMERS



Don't miss a free Valentine's Day jam of traditional jazz music of the 1920s, 30s, and 40s, on **Thursday, February 13 at 2:30 at Bemis Hall!** The Lincoln Traditional Jazz Jammers will play music by such greats as Fats Waller, Irving Berlin, and Louis Armstrong and more including hits like "All of Me" and "I Can't Give You Anything But Love." You'll hear Manson Solomon on piano, Jack Martin on trombone, Gid Loring on cornet, Dave Rich on sax, and Rob Saunders on bass. The group are all retired professionals who come together each third Saturday for the "Trad Jazz Jam" (see back page) and some play traditional jazz each Wednesday night at the Colonial Inn.

COFFEE WITH THE TOWN AND SCHOOLS ABOUT ANNUAL TOWN MEETING

Get a sneak preview of Annual Town Meeting! You are invited to share coffee and conversation with Town Administrator Tim Higgins, Selectman Renel Fredriksen, School Superintendent Becky McFall, and School Committee Chair Jennifer Glass on **Friday, February 14 at 1 pm at Bemis Hall.** You will hear about the budget and other issues that are on the agenda for the Annual Town Meeting and you will have a chance to ask questions and give ideas. This is your opportunity to become informed about and discuss issues of importance to the Town in an informal setting. Bring your questions and concerns!

FREE FEDERAL AND STATE TAX PREPARATION HELP

Volunteers certified under the AARP Tax Aide program will prepare your Federal and Massachusetts personal income tax returns or answer your tax questions here at Bemis Hall beginning this month. 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. Call the COA office at (781) 259-8811 to schedule a confidential appointment and get a list of documents you will need to bring.



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, February 7. A volunteer will take them to local domestic violence organizations for Valentine's Day distribution.

WINTER WEATHER POLICY If the Lincoln schools are closed due to weather, activities at the COA are canceled. *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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PAM'S BOOKS ARE ALMOST HERE!

Two collections of Pam's helpful articles, revised and updated, will soon be available in handy books! *Inspirations for Living Well at Fifty and Beyond* offers insights and wisdom about living every day to the fullest with joy and connecting the mind, body, and spirit for total wellness. It features a foreword by Sophie Freud, Ph.D. *Eliminate Clutter and Reclaim Your Life!* gives practical advice and motivation for decluttering both your physical environment and your life. Its foreword is by Lyn Spaeth. The books are published by the Friends of the Lincoln COA and all profits will benefit COA programs and services. Call the COA at (781) 259-8811 for information.



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.

FILE OF LIFE. Call or stop by the COA for your free File of Life, an envelope for your fridge or a folder for your wallet holding essential information for emergency medical personnel should you have an emergency.

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:

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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

February 10, 12:30 pm – Dwight Gertz: Why Smart People Make Bad Decisions

February 24, 12:30 pm – Gary Taylor: Expert Witness, A Case Study

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>



ENJOY A DAY OUT WITH THE COA!



SOS: VOLUNTEERS NEEDED TO RUN COA TRIPS

Without additional members, the COA Trip Committee will not be able to run the popular Tanglewood trip this summer and some other interesting trips. Please volunteer to plan and lead a trip 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 more information, please call Joanna Hopkins at (781) 259-0194.

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.



THE ST. VINCENT DE PAUL FOOD SUPPLEMENTAL PROGRAM offers bags of groceries to families and is in need of donations of non-perishable food that is not beyond its shelf life expiration date. You may bring donations to Bemis Hall and leave them in the vestibule. Thank you!

CONCORD PLAYERS SENIOR OPEN DRESS REHEARSAL Come see Night Watch, a thriller about a rich widow who witnesses a murder, but will anyone believe her? **Thursday, February 13, 8 pm, 51 Walden Street, Concord.** \$5 at the door.

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

PHINNEY'S FRIENDS: KEEPING PEOPLE AND PETS TOGETHER IN TOUGH TIMES



Come to Bemis Hall on Friday, February 14 at 10 am to hear Daniela Caride, President of the Lincoln-based Phinney's Friends, talk about this volunteer organization providing assistance to low-income people, especially those who are ill or have disabilities, so that they can keep their pets. Phinney's Friends fosters animals while their owners are hospitalized, pays vet bills, walks dogs, scoops litter boxes, trims nails -- anything needed when people are going through hardships. You'll hear about the organization and the work they do and also learn about how to get help and opportunities to volunteer.

LINCOLN ACADEMY AT THE MOVIES — Jenny's Island Life: The Story of Jenny Cirone and the Nash Island Light

New England lighthouses have a romance all their own. Come enjoy the film *Jenny's Island Life: The Story of Jenny Cirone and the Nash Island Light* on Tuesday, February 18 at 2:15 pm and then have the opportunity to discuss the film and ask questions of one of the filmmakers, Lincoln's own Barbara Hana-nia. The documentary tells the story of Jenny Cirone who spent her childhood on Nash Island, off the coast of Down East Maine, and helped her family operate the lighthouse there. She later came to own and raise sheep on part of the island and a nearby island.

GLOBAL PERSPECTIVES: A Tea for Those Who Love To Travel

Have you lived in foreign countries or traveled the world, or are you interested in other places and cultures? Then come to our Global Perspectives Tea on Wednesday, February 5 at 1 pm here at Bemis Hall! Everyone who has traveled or lived elsewhere will have 10 minutes to talk about where they come from or their favorite place to visit, then we'll have a discussion over tea and cookies!



PLAY PIANO DUETS WITH EVELYN HARRIS

Evelyn Harris 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.

AT THE MOVIES

TUESDAY, FEBRUARY 4, 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, February 6, 2:15 PM. MY MAN GODFREY. A high-society scavenger hunt leads to levity when scatterbrained socialite Irene Bullock (Carole Lombard) stumbles upon an erudite vagabond named Godfrey living in the city dump and offers him a position as the Bullocks' butler. 1936. NR. 95 mins

THURSDAY, FEBRUARY 20, 2:15 PM. MORE THAN HONEY. Already hailed as a definitive work on the subject, this comprehensive documentary examines the disappearance of honeybee populations worldwide. Cutting-edge filmmaking illustrates the causes and consequences of this alarming phenomenon. 2012. NR. 95 mins.

TUESDAY, FEBRUARY 25, 2:15 PM. DESPICABLE ME 2. Arch-villain Gru and his three orphan girls return for more shady exploits in this wacky animated feature voiced by some of Hollywood's biggest stars. The story features new and eccentric characters and a plot to abduct Gru's team of minions. 2013 PG

THURSDAY, FEBRUARY 27, 2:15 PM. PUCCINI'S LA RONDINE. Relish Puccini's rarely heard bitter-sweet ode to Viennese operetta that reaches deeper to reveal a nuanced, dramatically mature opera sporting some of Puccini's greatest music. Starring Angela Gheorghiu and Roberto Alagna, live from the Metropolitan Opera. 2009. NR. 114 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, February 18 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, 11:30 am-1 pm Learn why we clutter and 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.

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

PLAY-READING GROUP. Sally Kindleberger leads a group in reading *The Crucible*, about the Salem witch trials, by Arthur Miller on **Mondays, February 3 and 10, at 10 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 on **February 12** will focus on How the US is viewed in the world today. March: Bowling Alone or Better Together: For the Common Good. April: Energy of the Future. May: Immigration. June: Personal Boundaries/Letting Go.

CONSERVATION BREAKFAST Thursday, February 13 at 8:00 am. Meet and gossip about Town events (sometimes even on conservation) the 2nd Thursday of each month. Call (781) 259-2612 for this month’s venue.

LINCOLN MEN’S COFFEE Thursday, February 20 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 knitting, crocheting and doing other 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, February 6 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 on various **Fridays of the month at 12:15 pm at Bemis Hall**, will deepen your sense of well-being and calm. Call Pam for a schedule of Fridays when this will be held.

PLAY INTERMEDIATE BRIDGE each **Friday at 1 pm at Bemis Hall**.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>10:00 Playreading: <i>The Crucible</i></p> <p>10:00 Walking Club</p> <p>11:15 Journaling Group</p> <p>2:00 Let's Connect Group</p> <p>2:00/3:15 Tai Chi</p>	<p>4</p> <p>9:00 Podiatry</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>2:15 Movie: Before Midnight</p>	<p>5</p> <p>10:00 Dementia Caregiver Group (Commons)</p> <p>11:00 Line Dancing</p> <p>1:00 Global Tea</p> <p>1:00/2:15 Tai Chi</p> <p>2:00 Let's Connect Group</p>	<p>6</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>2:15 Movie: My Man Godfrey</p> <p>3:00 Ukelele Gathering</p>	<p>7</p> <p>10:00 German Conversation</p> <p>10:00 Green Tech Projects</p> <p>10:00 Wellness Clinic (LW)</p> <p>11:00 Finding What's Next</p> <p>1:00 Intermediate Bridge</p> <p>1:00 Feng Shui</p>
<p>SUNDAY</p> <p>2:00 LHS: Digital Archives</p>	<p>11</p> <p>9:00/10:00 Musical Ear Training</p> <p>9:30 FLCOA Board</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>2:30 COA Board</p>	<p>12</p> <p>10:00 Fireside Chat</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>7:30 Classic Jazz (Lib)</p>	<p>13</p> <p>8:00 Conservation Bkfst</p> <p>9:15/10:15 Tai Chi</p> <p>9:30 Handwork Circle</p> <p>11:30 Piano Duets</p> <p>11:30 Declutter Group</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>1:15 Eat Well, Be Well Group</p> <p>1:30 Computer Drop-In</p> <p>2:30 Lincoln Trad Jazz Jammers</p>	<p>SATURDAY</p> <p>9:00 Library Book Sale</p> <p>SUNDAY</p> <p>4:00 Cooperation</p>
<p>10</p> <p>10:00 Playreading: <i>The Crucible</i></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 Group</p> <p>2:00/3:15 Tai Chi</p> <p>7:00 Acoustic Music (Lib)</p>	<p>18</p> <p>9:00/10:00 Musical Ear Training</p> <p>9:00 Blood Pressure/Wellness Clinic</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</p>	<p>19</p> <p>9:00 Podiatry</p> <p>11:00 Line Dancing</p> <p>1:00/2:15 Tai Chi</p> <p>2:00 Let's Connect Group</p>	<p>20</p> <p>8:00 Men's Coffee</p> <p>9:15/10:15 Tai Chi</p> <p>10:00 Learn Mail Merge</p> <p>11:30 Piano Duets</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>1:30 Computer Drop-In</p> <p>2:15 Movie: More Than Honey</p>	<p>SATURDAY</p> <p>1:00 Jazz Jam (Lib)</p>
<p>17</p> <p>COA CLOSED/ PRESIDENT'S DAY</p> 	<p>21</p> <p>10:00 Cardiac Medications</p> <p>10:00 German Conversation</p> <p>11:00 Finding What's Next Group</p> <p>1:00 Intermediate Bridge</p>			

	<p>2:15 Lincoln Academy at the Movies: Jenny's Island Life</p>	<p>25</p> <p>9:00/10:00 Musical Ear Training 9:00 Collating 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: Despicable Me 2</p>	<p>26</p> <p>10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>27</p> <p>9:15/10:15 Tai Chi 9:30 Handwork Circle 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:15 Eat Well, Be Well 1:30 Computer Drop-In 2:15 Opera Movie: La Rondine 7:30 Two Films from LLCT (LLCT)</p>	<p>24</p> <p>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 2:00/3:15 Tai Chi</p>	<p>25</p> <p>9:00/10:00 Musical Ear Training 9:00 Collating 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: Despicable Me 2</p>	<p>26</p> <p>10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>27</p> <p>9:15/10:15 Tai Chi 9:30 Handwork Circle 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:15 Eat Well, Be Well 1:30 Computer Drop-In 2:15 Opera Movie: La Rondine 7:30 Two Films from LLCT (LLCT)</p>	<p>28</p> <p>10:00 Embracing Life's Transitions 10:30 Aquarium Trip Leaves (Mall) 11:00 Finding What's Next Group 1:00 Intermediate Bridge</p>
		<p>LOCATIONS Commons: The Commons in Lincoln Lib: Lincoln Library LLCT: Lincoln Land Conservation Trust Offices, 145 Lincoln Road LW: Lincoln Woods Mall: Lincoln Station Mall Parking Lot St. Anne's: St. Anne's Church</p>		<p>FEBRUARY</p> 					

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~~ FOR YOUR WELL BEING ~~



FENG SHUI FOR ENHANCED WELL BEING

Learn to use Feng Shui, the ancient Chinese art of creating harmony and balance in your home or business environment, to improve your well being when Erin Plunkett comes to

Bemis Hall on Friday, February 7, at 1 pm. You'll find out about Feng Shui, as well as simple tips to apply its principles about combining all the elements in a room in a way that makes you feel better physically and emotionally. She will discuss your entrance, living room, bedroom, bathroom, kitchen, and home office. You are invited to bring a floor plan, drawn to scale, for review and discussion.

CARDIAC MEDICATION UPDATE WITH EMERSON

If you or a loved one has or is at risk of cardiac disease, come hear Christine McLellan of Emerson Hospital's Pharmacy, speak on **Friday, February 21 at 10 am at Bemis Hall.** She will discuss the latest information about the kinds of medications available to treat cardiac disease 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: REVERSING ROLES WITH ADULT CHILDREN

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 (**February 28**) when she leads a discussion of your experiences, thoughts and ideas, and concerns. This month's discussion will focus on the difficulties and opportunities when your adult children, whom you have taken care of for so long, now begin taking care of you.

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 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, February 18 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, February 4** and **Wednesday, February 19, both at 9 am at Bemis Hall** by appointment. \$10 donation requested. Services provided by Dr. Glenn Ruhl.

●●●WHAT YOU NEED TO KNOW●●●

HAVE SOME FUN WITH THE GREEN TECH COMMITTEE!



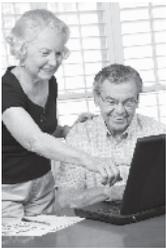
The Green Tech Committee has lots of projects and public outreach campaigns going on and they would like your help! Come to **Bemis Hall on Friday, February 7 at 10 am** to hear what they are working on and ideas they have for short-term, fun projects and campaigns that will make a difference to our community and environment. The projects range from energy use in town buildings to a multi-family/condo initiative to buying products in bulk to offer to residents and would require only short commitments of time. You don't have to volunteer to come — you are welcome to come just for the brainstorming!

MAKE LABELS, LETTERS AND MORE BY USING MAIL MERGE!

Mail merge, a feature of most word processing programs like Word, can help you quickly and easily generate labels for holiday cards, personalized letters, name badges, and more! Find out how you can use mail merge to save you time and effort when Avram Kalisky comes to **Bemis Hall on Thursday, February 20, at 10:00 am**. He will show you how to create your list of names, addresses, or other information on Excel, then insert those onto labels or name badges or into letters or other documents. It's easy!



ARE YOU ELIGIBLE FOR THE MASSACHUSETTS CIRCUIT BREAKER TAX CREDIT?



For the Tax Year 2013, the Senior Circuit Breaker Tax Credit gives a state tax credit of up to \$1030 for any owner or renter 65 years or older who meets income and property value guidelines and who pay more than 10% of their income for real estate taxes (renters may count 25% of their rent as real estate taxes). To qualify, an owner or renter's income cannot exceed \$55,000 for a single individual; \$69,000 for head of household; or \$82,000 for taxpayers filing a joint return. A home's assessed value cannot exceed \$700,000. You may apply for the credit, and possibly receive a check, even if you do not owe state tax. To receive the credit, just complete Schedule CB and submit it with your state tax return. For help, make an appointment with our AARP Tax Aide volunteers by calling the COA.

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.

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, February 7 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.

DEMENTIA CAREGIVERS GROUP AT THE COMMONS IN LINCOLN All are welcome to a free group for caregivers of those with dementia on **February 5 at 10 am at The Commons in Lincoln**. The group meets the first Wednesday of each month in the Meditation Room of The Commons. For info, call (781) 430-6000.

JOIN CODMAN FARM MEAT CSA! \$600 for Jan-June. Go to www.codmanfarm.org or call (781) 259-0456.

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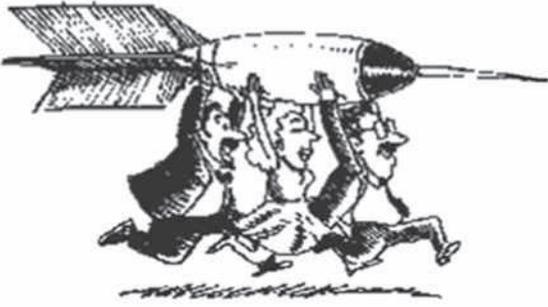
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GOINGS ON IN AND AROUND LINCOLN

LINCOLN HISTORICAL SOCIETY FORUM ON DIGITAL ARCHIVES Enjoy a free presentation from Lincoln Town Archivist Marie Wasnock and Tom Blake, Digital Projects Manager for the Boston Public Library, on **Sunday, February 2 at 2 pm at Bemis Hall**. They will discuss creating and disseminating historical records with modern archival digitization technology with an overview of the Lincoln Town Archives' collections.

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, February 8, from 9 am to noon at Bemis Hall**.

EVOLUTION OF COOPERATION The Bemis Free Lecture Series presents Martin Nowak, one of the world's experts on evolution and game theory, who will discuss cooperation from an evolutionary perspective: why cooperation is key to the evolution of complexity, its mysteries, and how it is the defining human trait on **Sunday, February 9 at 4 pm, Bemis Hall**.

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

CLASSIC JAZZ AT THE LIBRARY This group meets at the Library on the second Wednesday of each month at 7:30 pm to hear one of their members present a program of jazz including a discussion of particular artists and styles and the playing of recorded or videoed selections. Don't miss it on **Wednesday, February 12!**

LIVE TRAD-JAZZ JAMS! Local musicians drop in and take turns in the group and the joint jams! Attendance is free. **Saturday, February 15, 1:00 pm, Library**.

LINCOLN LAND CONSERVATION TRUST invites you to see the films, "Turning the Tide" about flooding due to climate change in East Boston, and "USDA Incorporated," exploring the dilemma of small sustainable farmers and genetic engineering, **Thursday, February 27, 7:30 pm, LLCT offices, 145 Lincoln Rd, Suite 102A**.

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