

# NEWS FROM BEMIS HALL

Volume 5 Issue 4

April 2014

## The Lincoln Council on Aging Monthly

### CELEBRATE SPRING WITH THE LINCOLN TRAD JAZZ JAMMERS



Don't miss a free Welcome Spring jam of traditional jazz music of the 1920s, 30s, and 40s, on **Friday, April 4 at 1:00 pm 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 retirees, amateur musicians who give expression to their love of this music on the third Saturdays of each month by participating in the "Trad Jazz Jam" (see back page) and some also play on Wednesday nights at the Colonial Inn.

### BE A SMARTER DRIVER!



The COA is pleased to offer the AARP Smart Driving program on **Friday, April 25 from 10 am to 3 pm at Bemis Hall.** The cost is \$15 for AARP members and \$20 for non-members. Find out about the new technologies in cars, get a refresher on the rules of the road, and learn how to drive more safely by learning to compensate for health-related changes and how to handle road rage. The class involves no tests or actual driving, and you will receive a certificate upon completion of the class that may qualify you for reduced insurance rates. Bring a lunch! You must sign up in advance by calling the COA at (781) 259-8811.

### SUBLIME SUNFLOWERS: PASTEL PAINT LIKE THE MASTERS

The COA is pleased to present award-winning pastel artist Greg Maichack who will offer his new hands-on workshop for beginners to advanced artists in pastel painting on **Friday, May 2, from 1 to 3 pm at Bemis Hall.** Mr. Maichack will provide insights into the lives of van Gogh, Monet, and O'Keefe, who painted sunflowers, then participants will be coached to create their own sunflower paintings. The workshop is free, but please call the COA to sign up. This workshop is supported in part by a grant from the Lincoln Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



### PATRIOT'S DAY EVENTS

- Saturday, April 12, 2:50 pm, Paul Revere Capture Site, MMNH Park:** Commemoration and Play
- Saturday, April 19, 4:00 pm, 1200 Lexington Ave, Lexington:** Tower Park Skirmish
- Sunday, April 20, 1:45 pm, Pierce Park:** 18th Century Music
- Sunday, April 20, 7:00 pm, White Church:** Alarm and Muster with Rider
- Monday, April 21, 6:40 am, Outside Bemis Hall:** Dawn Tribute, March to Concord
- Monday, April 21, 9:00 am, Concord Center:** Parade with the Minute Men
- Sunday, April 27, 2:30 pm, Pierce House; 3:00 pm, Cemetery on Lexington Road/ or if rain, Pierce House:** Old Burial Ground Tribute to the Patriot and British soldiers buried there. Ceremony and Music

For more information, see <http://www.lincolnminutemen.org/event-calendar/>

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## LAST CHANCE TO APPLY FOR FUEL ASSISTANCE THIS SEASON!

Fuel Assistance is the Commonwealth's program to help those who meet eligibility requirements pay for heating fuel. Cash benefits are paid directly to the fuel vendor and the amount depends on the number of people in the household and the household income. Income levels begin at \$32,065 for a household of one and increase for larger households. Fuel Assistance recipients may also be eligible for other benefits, such as weatherization services, heating system repairs, discount utility rates, and other heat assistance programs. Generally the program ends on April 30, though sometimes the Commonwealth may stop accepting applications earlier or later. Residents of all ages who would like to apply for Fuel Assistance should call the COA at (781) 259-8811 for an appointment.

## 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.

**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

**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 the COA 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.

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**Internet:** [www.lincolntown.org](http://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

*April 14, 12:30 pm— Charles Willie: The Benefit of Marginal People in Social Action*

*April 28, 12:30 pm — Clark Bernard: Ecuador, Beyond the Galapagos Islands*

*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

### 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 **Monday, April 7 at 1 pm** and then have the opportunity to discuss the film and ask questions of one of the filmmakers, Lincoln's own Barbara Hanania. 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.



## ENJOY A DAY OUT WITH THE COA!



### VERY MOVING GRADUATION OF THE NEW ENGLAND ASSISTANCE DOGS SOCIETY

Join us for a wonderful outing to the NEADS graduation on **Sunday, April 6, 2014 at Montachusett Regional Vocational Technical School, in Fitchburg, MA**. We will have a chance to watch these expertly trained dogs in action as they demonstrate their skills in aiding their new owners. We will also hear from their owners as they share the wonderful impact the dogs have had on their lives. Martha Coakley (a huge supporter of NEADS) will be keynote speaker. We will leave by a Doherty's bus from the Lincoln Mall at 11:30 and have a leisurely lunch at the City Hall Café. Prices are reasonable and the food is good. The graduation is planned from 2:00 until 4:00. We will return to Lincoln between 4:30 and 5:00. The cost for the trip is \$10 for the bus and driver's tip. Lunch is on your own. **Send a check made out to FLCOA/Trips to Sally Kindleberger 14A North Commons, Lincoln, MA 01773. Call (781) 259-1169 to sign up.**

### FREDRICK LAW OLMSTED NATIONAL HISTORIC SITE

Come join us on **Friday, May 16**, on a visit to the **Fredrick Law Olmsted National Historic Site** in Brookline, MA. We will have a guided tour of Olmsted's home, **Fairsted**, and the adjacent offices where the designs for Boston's **Emerald Necklace** were developed. There will be time to visit the small museum, view short documentary films, and stroll the grounds surrounding the house. After the tour we will have lunch together at a nearby restaurant, at your own cost. We will depart the Lincoln Mall by Doherty school bus at 9:00 am returning at approximately 2:30 pm. The non-refundable cost is \$8. Space is limited, and reservations must be made by Friday, May 9. Send checks, payable to FLCOA Trips, to Virginia O'Brien, 4 Linway Road, Lincoln MA 01773. Please enclose your phone number and email address. Questions? Please contact Virginia O'Brien at [vobrien39@yahoo.com](mailto:vobrien39@yahoo.com) or (781) 259-1291.

**SAVE THE DATE OF THURSDAY, JUNE 5th FOR A TOUR OF FENWAY PARK AND LUNCH AT KENMORE SQUARE!**

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

## OLD TOWN HALL EXCHANGE CRAFTS WORKSHOPS!

The Old Town Hall Exchange will be offering four exciting crafts workshops featuring artists associated with the Exchange — two in April, two in May! These programs are supported in part by a grant from the Lincoln Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Each workshop costs \$15. Please sign up by calling the COA.



### MIXED MEDIA COLLAGE

Learn to make a mixed media collage with artist Laurie Bogdan on **Friday, April 11 at 10 am at Bemis Hall**. Laurie will show you how to take everyday objects—game set pieces, magazine and catalog pictures, fabric, photos, and more—and combine them into a beautiful, sometimes whimsical collage using glue, paint, markers, and anything else you can imagine!

### FLOWER POP-UP CARD!

Join artist Suzette Durso in making a Flower Pop-Up Card on **Tuesday, April 29 at 10 am at Bemis Hall**. This flat card blooms into an arrangement of seven flowers, a perfect card for a special occasion. Origami folds are used to make this card. Let someone know you are thinking of them by giving them this beautiful card.

## LINCOLN REMEMBERS THE 50s, 60s, AND 70s



What do you remember of life in Lincoln in the 50s, 60 and 70s? How has the landscape, the rhythm of life, and how people socialize changed over the years? Come share your story and listen to what others remember (you don't have to have lived in Lincoln during those years to come!) on **Wednesday, April 23 at 10 am at Bemis Hall**. Martha Lufkin will lead the discussion and may take notes on your stories if you like. Tell us what you loved about Lincoln in those days!

## ACCESSORY SWAP!

Do you have accessories you would like to swap for some gorgeous and stylish “new” pieces? Come to our Accessory Swap led by Ria Vet on **Thursday, April 3 at 10 am at Bemis Hall!** Arrive at 10, put your accessories on a table and see what others have that you might like. Come early or all the good stuff will be gone!

**PLAY PIANO DUETS WITH EVELYN HARRIS** Share the keyboard with Evelyn for an hour of music-making each Thursday at 11:30! Evelyn has duet books representing many levels of ability.

## AT THE MOVIES

**TUESDAY, APRIL 1, 2:15 PM. ENOUGH SAID.** Julia Louis-Dreyfus and James Gandolfini star in this charming comedy about a divorced woman venturing into a relationship with a sweet man. But things get tricky when she discovers the man she's dating is the hated ex-husband of her new best friend. 2013. PG-13. 93 mins.

**THURSDAY, APRIL 3, 2:15 PM. 20 FEET FROM STARDOM.** Get a behind-the-scenes look at the world of backup vocalists in this documentary that weaves interviews with legendary singers like Bruce Springsteen and Bette Midler with the comments of those whose voices support them. 2013. PG-13. 89 mins.

**TUESDAY, APRIL 15, 2:15 PM. CONTEMPT (LE MEPRIS).** In this dazzling fable by Jean-Luc Godard screenwriter Paul Javal must fight many battles to get his version of Homer's *Odyssey* to the big screen. What's more, his marriage to his beautiful wife Camille is also foundering. French. 1963. NR. 103.

**THURSDAY, APRIL 17, 2:15 PM. NEBRASKA.** When a cantankerous older man thinks he's won a magazine sweepstakes prize, his son reluctantly takes a road trip with him to claim the fortune. As they drive from Montana to Nebraska, they visit friends and relatives to whom the dad owes money. 2013. R. 115 mins.

**TUESDAY, APRIL 22, 1:00 PM. BEETHOVEN'S FIDELIO.** Savor Beethoven's only opera, with its moving Prisoners' Chorus, and featuring a woman disguised as a prison worker bent on liberating her husband. For over 200 years the opera has continued to strike a blow for feminism and freedom. Leonard Bernstein conducts the Vienna Staatsoper. 1978. NR. 143 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, April 15 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!**

**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 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. This month's theme is how our Spring's "new beginnings" are progressing!

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

**PLAY-READING GROUP.** Sally Kindleberger leads a reading of *Our Town* by Thornton Wilder on **Mondays, April 7 and April 14, 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, to be held on **April 9**, will focus on Energy of the Future. May: Immigration. June: Personal Boundaries/Letting Go.

**CONSERVATION BREAKFAST Thursday, April 10 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, April 17 at 8:00 am.** Bagels and lox, coffee and camaraderie—a great chance to catch up with buddies and make new friends.

**HANDWORK CIRCLE** Chat while knitting, crocheting and doing other handwork **the second and fourth Thursdays of each month, 9:30 am**.

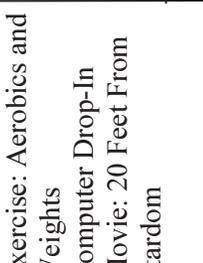
**EAT WELL, BE WELL GROUP!** If you like to discuss nutrition and share tips and information, join the Eat Well, Be Well group that will meet monthly on the **second and fourth Thursdays of the month at 1:15 at Bemis Hall**.

**UKULELE AND SING-ALONG GROUP** meets on **Thursday, April 10 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 the **2nd and 4th 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>APRIL</b></p> 	<p><b>1</b></p> <p>9:00 Podiatry 9:00/10:00 Musical Ear Training 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: Enough Said</p>	<p><b>2</b></p> <p>10:00 Dementia Caregivers Group (Commons) 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p><b>3</b></p> <p>9:15/10:15 Tai Chi 10:00 Accessory Swap 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: 20 Feet From Stardom</p>	<p><b>4</b></p> <p>10:00 German Conversation 11:00 Finding What's Next Group 1:00 Intermediate Bridge 1:00 Trad Jazz Jammers Spring Concert</p>
<p><b>7</b></p> <p>10:00 Playreading: <i>Our Town</i> 10:00 Walking Club 1:00 LA at the Movies: Jenny's Island Life 2:00 Let's Connect Group 2:00/3:15 Tai Chi</p>	<p><b>8</b></p> <p>9:00/10:00 Musical Ear Training 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>9</b></p> <p>9:00 Easy Yoga 10:00 Fireside Chat 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group 7:00 Signing Up for Medicare (TO) 7:30 Classic Jazz (TBA)</p>	<p><b>10</b></p> <p>8:00 Conservation Bkfst 9:15/10:15 Tai Chi 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>11</b></p> <p>10:00 Collage Workshop 10:00 Wellness Clinic (LW) 10:00 Security with the Lincoln Police 11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge 1:00 Improving Parkinson's Disease</p>
<p><b>SUNDAY 6</b></p> <p>10:00 Ogden Codman (CE) 11:30 NEADS Trip Leaves (Mall)</p>	<p><b>14</b></p> <p>10:00 Playreading: <i>Our Town</i> 10:00 French Conversation 10:00 Walking Club 11:30 Spanish Conversation 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi 7:00 Acoustic Music</p>	<p><b>15</b></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: Contempt</p>	<p><b>16</b></p> <p>9:00 Easy Yoga 9:00 Podiatry 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p><b>SATURDAY 12</b></p> <p>9:00 Library Book Sale</p>
<p><b>17</b></p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Nebraska</p>	<p><b>18</b></p> <p>10:00 Expedition Cruises 10:00 German Conversation 11:00 Finding What's Next 1:00 Intermediate Bridge</p>	<p><b>17</b></p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Nebraska</p>	<p><b>16</b></p> <p>9:00 Easy Yoga 9:00 Podiatry 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p><b>15</b></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: Contempt</p>

				<p><b>SATURDAY 19</b> 1:00 Jazz Jam</p>
<p><b>21</b> <b>COA CLOSED/PATRIOT'S DAY</b></p>	<p><b>22</b> 9:00 Collating 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Opera Movie: Fidelio 1:00 Exercise: Aerobics and Weights 7:30 Shot Heard Round the World</p>	<p><b>23</b> 9:00 Easy Yoga 10:00 Memoirs 10:00 Lincoln Remembers 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p><b>24</b> 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 Group 1:30 Computer Drop-In</p>	<p><b>25</b> 10:00 Embracing Life Transitions 10:00 Be a Smarter Driver 11:00 Finding What's Next Group 12:15 Meditation 1:00 Intermediate Bridge</p>
<p><b>28</b> 10:00 French Conversation 10:00 Walking Club 10:00 Kitchen Legal Chat 11:30 Spanish Conversation 12:30 Lincoln Academy 2:00 Let's Connect 2:00/3:15 Tai Chi</p>	<p><b>29</b> 10:00 Card Workshop 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights</p>	<p><b>30</b> 9:00 Easy Yoga 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p><b>LOCATIONS</b> <b>CE: Codman Estate Commons: Commons in Lincoln</b> <b>LW: Lincoln Woods Mall: Lincoln Mall</b> <b>St. Anne's: St. Anne's Church</b> <b>TBA: Location to be announced</b> <b>TO: Town Offices, 16 Lincoln Road</b></p>	<p><b>SUNDAY 27</b> 10:00 Wharton/Codman (CE) 1:00 Vernal Pools (Mall)</p>

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## ~~ FOR YOUR WELL BEING ~~

### MOVEMENT AND EXERCISE FOR PARKINSON'S DISEASE



If you or a loved one has Parkinson's Disease, please come to **Bemis Hall on Friday, April 11 at 1 pm** to learn about Emerson Hospital's highly intensive and effective LSVT® BIG program providing physical therapy, movement and exercise to improve walking functional mobility and balance. Physical therapists from the program will discuss how it can help manage and improve Parkinson's symptoms and demonstrate some of the body movements and exercises that participants learn.

### BECOME FLEXIBLE AND FOCUSED WITH GENTLE YOGA JUST RIGHT FOR YOU

Would you like to try yoga but are concerned it may be too rigorous for you? Try our new Gentle Yoga class with experienced instructor Jai Kaur Anamaria San Antonio! The class will be held on six Wednesday mornings at 9 am beginning on April 9 at a cost of \$30 for the course. You may do the class on the floor or in a chair and the instructor will help you adapt the poses to your special needs. You may try one class free! **Please sign up in advance by calling the COA. This class is subsidized by the Massachusetts Executive Office of Elder Affairs.**

### 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 spring session will begin on April 6 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.

### 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, April 15 from 9 to 11 am at Bemis Hall**. Services are provided by Emerson Hospital Home Care.

### PODIATRY CLINICS

Podiatry clinics will be held on **Tuesday, April 1** and **Wednesday, April 16, both at 9 am at Bemis Hall** by appointment. \$10 donation requested. Services provided by Dr. Glenn Ruhl.

**WELLNESS CLINIC FOR ALL AGES!** All Lincoln residents are invited to meet with a nurse at **Lincoln Woods' Community Building at 50 Wells Road on Friday, April 11 from 10 am to Noon**. These clinics are funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care. Info: (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 **April 2 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.

## ●●●WHAT YOU NEED TO KNOW●●●



### STAY AHEAD OF SCAMMERS WITH THE LINCOLN POLICE!

The Lincoln Police are dealing with more and more cases of Lincoln's older residents losing their identities or sometimes hundreds of thousands of dollars to criminals through identity theft and fraud. Every day new scams and forms of identity theft are popping up. Learn some of the latest scams and frauds when Lincoln Police Office Ian Spencer comes to Bemis Hall on **Friday, April 11 at 10 am**. He will tell you about some of the cases the police are finding as well as basic tips to protect yourself. In addition he will demonstrate some basic physical self-defense moves to help you stay safe on the streets.

### EXPEDITION CRUISES: JOURNEYS INTO A WORLD OF NATURAL WONDER

Our world is full of natural wonders and now, through expedition cruises, you can see nature's most amazing creations in the Galapagos, Antarctica, Alaska, Central America, and more! These cruises, accompanied by naturalists and wildlife photographers, feature expeditions in zodiacs, special small boats that allow you to go right into the heart of places inaccessible before. To learn more about expedition cruises, come to Bemis Hall on **Friday, April 18, at 10:00 am** when Peggy Dawson, Travel Adviser and Accredited Cruise Counselor, will let you know more about expedition cruises, where they go, how much they cost, and how to join one.

### GETTING READY TO SIGN UP FOR MEDICARE?



Are you or a family member about to turn 65 and sign up for Medicare? The process of choosing among many different plans to find the best for your circumstances and budget can be daunting, but you can get a head start by coming to a program on **Wednesday, April 9, at 7 pm in the Donaldson Room of Town Offices at 16 Lincoln Road**. Lincoln's SHINE counselors Don Milan and Anne Meade will present a basic explanation of what those turning 65 need to know about Medicare and supplementary insurance benefits. It also will be useful for anyone having general questions about Medicare.

### KITCHEN LEGAL CHAT



Do you have legal questions you would like answered? Then call the COA (up to the day of the event) to make a 15-minute appointment to have a chat around our kitchen table with Lincoln attorney Martha Lufkin on **Monday, April 28 between 10 and 11:30 am**. Martha will provide legal information and will answer questions, but will not be acting as your attorney or giving you legal advice. If there is interest, we may continue the "kitchen legal chats"!

### GET FREE DETECTORS AND BATTERIES INSTALLED

Get free smoke and carbon dioxide detectors or replace batteries in detectors you already have through the Lincoln Fire Dept.'s Senior SAFE! Program The Fire Dept. has received a grant from the Commonwealth to purchase the detectors and batteries and install them in your home, all at no cost to you! They will also come and do a free fire safety evaluation of your home. For more information or to schedule a visit, call Ben Juhola of the Lincoln Fire Department at (781) 259-8113.

## 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. Please call (781) 259-8811 for info.



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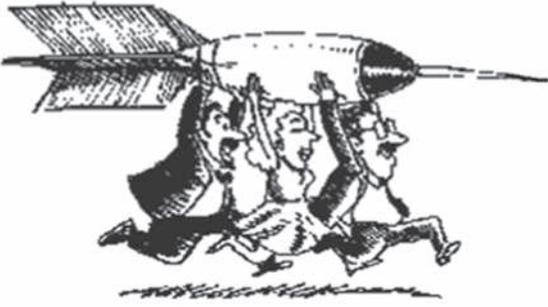
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## GOINGS ON IN AND AROUND LINCOLN

**OGDEN CODMAN, JR: TRANSATLANTIC TASTEMAKER.** Sunday, April 6, lecture 10:00 am, house tour 11:00 am. Codman Estate, 34 Codman Road. Historic New England members and Lincoln residents free, \$5 nonmembers. This program is supported in part by a grant from the Lincoln Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency. Info: 781-259-8098. Tickets: [historicnewengland.org](http://historicnewengland.org)

**CLASSIC JAZZ AT THE LIBRARY** Don't miss Nick Ribush presenting "Australian Jazz: The Melbourne Sound, Pt. II" Wednesday, April 9, 7:30 pm, place TBD. This group meets the 2nd 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, April 12, from 9 am to Noon at Bemis Hall.

**OPEN MIKE ACOUSTIC NIGHT** Enjoy live music at the free Open Mike Acoustic program Monday, April 14 from 7 to 10 pm at Bemis Hall featuring Heather Pierson. Email: [loma3re@gmail.com](mailto:loma3re@gmail.com).

**LIVE TRAD-JAZZ JAMS!** Local musicians drop in and take turns in the group and the joint jumps! Attendance is free. Saturday, April 19, 1:00 pm, Bemis Hall.

**THE SHOT HEARD ROUND THE WORLD: APRIL 19, 1775.** The Lincoln Minute Men invite you to hear Concord Museum curator David Wood and Skinner Auctions specialist Joel Bohy give a slideshow presentation on Tuesday, April 22, 7:30 pm, Bemis Hall. They will discuss the Concord Museum's new special exhibit that presents an hour-by-hour account of the British Regulars and Patriots on that fateful day.

**EDITH WHARTON AND OGDEN CODMAN, JR: A CREATIVE KINSHIP.** Sunday April 27, lecture 10:00 a.m., tour 11:00 a.m. Codman Estate, 34 Codman Road. Historic New England members and Lincoln residents free, \$5 others. Supported in part by a grant from the Lincoln Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency. Info: 781-259-8098. Tickets: [historicnewengland.org](http://historicnewengland.org)

**VERNAL POOL EXPLORATION.** Sunday, April 27, 1-3 pm. Visit local wetlands, learn about the importance of vernal pools and how to protect them. Led by Matt Burne of the Walden Woods Project. Meet at the far end of parking lot beyond Donelan's. Co-sponsored by the Lincoln Land Conservation Trust and Walden Woods Project.

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