

NEWS FROM BEMIS HALL

Volume 5 Issue 5

May 2014

The Lincoln Council on Aging Monthly

SPRING INTO HEALTH IN MAY AT THE COA!

STAYING HEALTHY THROUGH PREVENTION



Everyone can benefit from practical, doable changes in behavior to prevent disease and stay healthy no matter their age. Come find out the latest information on how to prevent disease and stay well when Betty Ann Pomerleau, MD, of Lincoln Physicians and Emerson Hospital, comes to **Bemis Hall on Friday, May 23 at 1 pm**. The presentation will be followed by “Everything you wanted to know about health but were afraid to ask ...” in a question and answer format.

KEEPING A POSITIVE MENTAL OUTLOOK AS YOU AGE

Much research has shown that keeping a positive mental outlook improves your emotional and physical health, helping you get the most out of life. Spending time with others so that you don't feel lonely, keeping depression at bay, and managing anxiety are all key to an independent, fulfilled life. Come to **Bemis Hall on Friday, May 9 at 1 pm** to hear Jason Strauss, MD, a geriatric psychiatrist with the Cambridge Health Alliance, discuss the importance of a positive mental outlook and how to cultivate one even in the face of life's difficult challenges.

IMPROVE BRAIN HEALTH FOR VITAL LIVING!

Myriad research studies have shown that you can help memory loss and other cognitive issues with healthy behaviors. Come to **Bemis Hall on Friday, May 16 at 1 pm** to learn the secrets to brain health to help you enjoy life with vitality and joy. Marilyn Stasonis, RN, and Tracey Meech from the Stonebridge at Burlington assisted living facility will show you how to follow the path to a better brain with exercise, diet and lifestyle secrets! Together Marilyn and Tracey have more than 50 years experience of working with people who need memory support.

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 in pastel painting for beginners to advanced artists 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.



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STRAWBERRY SOCIAL! Save the date for the Strawberry Social! Join your friends and have some ice cream at this free event on **Thursday, June 19 at noon in Bemis Hall**. Please RSVP by calling the COA. Tell us when you call if you will need a ride.

TICK AWARENESS AND PREVENTION WORKSHOP

The Middlesex Tick Task Force invites you to attend a free *“Let’s Talk about Ticks”* presentation **Wednesday, April 30th from 7-9pm at the Lincoln School Auditorium** (6 Ballfield Rd) featuring three presentations from tick experts. Dr. Alfred DeMaria, MA Department of Public Health State Epidemiologist, will talk about Tick-borne Disease Awareness and Prevention and provide tips on how to protect you and your family from ticks. He will also talk about emerging tick-borne diseases such as Babesiosis and Anaplasmosis. Kurt Upham, President of *ohDeer, Inc.*, will present Landscaping Ideas to Reduce Tick Exposure in Your Yard, including safe solutions for deer, tick, and mosquito control. Finally, Dr. Stephen Rich, UMass Laboratory of Medical Zoology, will discuss the New Tick Testing Program for Residents. If you have been bitten by a tick, you may be eligible to submit the tick free or at low cost to see if it carries the pathogens causing Lyme disease, Babesiosis, or Anaplasmosis.

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.

TRANSPORTATION The COA offers rides to medical and other appointments, local shopping, COA activities and, occasionally, other local rides through volunteer drivers (LINC) and taxis Monday through Friday from 9 am to 4 pm. Call Lincoln Concord Coach at (781) 259-8722 at least three business days but not more than a month ahead to book a ride. Both volunteer and taxi rides are free. *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 gratefully accepted.

TO CONTACT US

The Lincoln Council on Aging is located in Bemis Hall, 15 Bedford Road, Lincoln.

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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

**May 12, 12:30 pm: Alan Banks —
Landscape Architect Frederick Law Olmsted's Career**

May 19, 12:30 pm: Bill Stason — A Buddhist Medical Mission to Nepal

*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: INEQUALITY FOR ALL

What are the facts about income inequality in the US and how does it affect not only our economy but many aspects of American life? Watch the documentary "Inequality for All" featuring Richard Reich, then participate in a spirited discussion with Crawley Cooper on **Friday, May 30 at 1 pm at Bemis Hall**. Come give your ideas on what income inequality means as well as how to address it.



ENJOY A DAY OUT WITH THE COA!



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 or (781) 259-1291.

TOUR OF FENWAY PARK

Come join us on **Thursday, June 5th** for a tour of "America's Most Beloved Ballpark," home of the 2013 World Series champion Boston Red Sox. We will depart the Lincoln Mall by Doherty school bus at 9:00 am to arrive in plenty of time for a 10:30 walking tour which lasts about an hour, is handicapped-accessible, and cameras and video cameras allowed. After the tour we will have lunch together at your own cost at a restaurant in Kenmore Square and return at approximately 2:30 pm. The trip will run rain or shine at the non-refundable cost of \$18.00 per person which covers the cost of the tour and the bus. Reservations must be made by Monday June 2nd. Send checks, payable to FLCOA/Trips, to Rob Todd, 126 Old Concord Rd, Lincoln, MA 01773. Please enclose your phone number and email address. Any questions contact Rob Todd at (781) 259-8820 or hmbt@comcast.net.

TRAIN TO LUNCH AND FITCHBURG ART MUSEUM

TRAIN TO LUNCH will have a reunion this month and we are inviting all the seniors in Lincoln to join us. We will meet at the **outbound platform on May 8 to board at 10:14 am** for a wonderful railroad trip to Fitchburg, share a taxi to the excellent Fitchburg Art Museum (Fitchburgartmuseum.org) to see the show "No More Funny Business" and then eat a delicious pizza lunch, all for under \$25. We'll take the 3:05 train back, arriving in Lincoln at 3:53. Call (617) 378-1415 for further information.

LSB PLAYERS PRESENT THE SPY SPOOF 39 STEPS Kirshner Auditorium at L-S High School, April 30, May 1, 2, 3, 7:30 pm. Free tickets for seniors for the April 30 performance available for pick up at Bemis Hall.

*** JUST FOR FUN ***

CELEBRATE AMERICA'S TRADITIONAL JAZZ WITH THE JAMMERS

No music is more American than traditional jazz, so come on down to **Bemis Hall on Thursday, May 15, at 2:30 pm** when The Lincoln Traditional Jazz Jammers will share with you their love of this music. The group are all retirees, amateur musicians who give expression to their love of the jazz of the '20s, '30s and '40s by participating in the Trad Jazz Jam at the Lincoln Library or Bemis Hall on the third Saturdays of each month (see back page), and at the Colonial Inn on Wednesday nights. You'll hear Manson Solomon on piano, Jack Martin on trombone, Gid Loring on cornet, Dave Rich on sax, and Rob Saunders on bass belting out such beloved good ole tunes as "Alexander's Ragtime Band," "Lady Be Good," and others like them.



ELLEN MILAN EXHIBIT IN THE BEMIS ARTISTS GALLERY



Indulge your senses in the grace and liveliness of paintings on silk, prints, pastels, and scratch board engravings by Ellen Milan in the Bemis Hall Artists Gallery in May and June. Ellen's work has been included in public and private collections and shows in Wisconsin, Massachusetts, New York, Israel and Europe. Locally, her work has been part of group shows at the Danforth Museum, Concord Art Association and elsewhere. Last year she had exhibitions at the Lincoln Library and the Harvey Wheeler Community Center. You can see the full scope of her work in various media, including wearable art, at www.ellenmilan.com. Come meet Ellen at the "Coffee with the Artist" on **June 5 at 2:30 pm**.

LINCOLN REMEMBERS THE HIGH TECH BOOM!

What do you remember of life in Lincoln in the years of the high tech Rte. 128 boom? How did the influx of corporations and research entities leading this revolution affect Lincoln's character and our work and family lives? 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, May 28 at 10 am at Bemis Hall**. Martha Lufkin will lead the discussion and may take notes on your stories if you like. Engineers, scientists, and others involved in the Rte. 128 boom are especially welcome!

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, MAY 6, 2:15 PM. JULES AND JIM. Writers Jules and Jim are close friends who fall in love with the same woman amid the turbulence of World War I Paris. What results is a decades-long love triangle that both tests and strengthens the bond between the two men. French. 1962. NR. 105 mins.

TUESDAY, MAY 20, 2:15 PM. AUGUST: OSAGE COUNTY. When their father disappears, three strong-willed women return to their childhood home and to their equally strong-willed mother. As they search for their patriarch, the dysfunctional family members wind up facing difficult truths about themselves. 2013. R. 121 mins.

THURSDAY, MAY 22, 1:00 PM. WAGNER'S DAS RHEINGOLD. The one where we start under water, where a goddess is walled up in gold blocks, one giant kills another, and a dwarf turns into a toad. Who said Wagner was boring? Not when Otto Schenk's welcomingly traditional Metropolitan Opera staging triumphs over its revisionist successor. Starring James Morris, Christa Ludwig and three lovely Rhinemaidens. James Levine conducts the Metropolitan Opera. 1989. NR. 163 mins.

TUESDAY, MAY 27, 2:15 PM. SAVING MR. BANKS. When Walt Disney sets his sights on obtaining the rights to the children's classic "Mary Poppins," he reaches out to the book's author, P.L. Travers, only to find that she proves a tough nut to crack. 2013. PG-13. 125 mins.

THURSDAY, MAY 29, 2:15 PM. PHILOMENA. Floundering BBC journalist Martin Sixsmith and aging Irishwoman Philomena Lee form an unlikely bond when they pair up to find the son Philomena was forced to give up for adoption 50 years ago. 2013. PG-13. 95 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, May 20 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.

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 experiences 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: Memories of past summers, those we loved and those we didn't.

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

PLAY-READING GROUP Sally Kindleberger leads a group in reading Brighton Beach Memoirs by Neil Simon on **Mondays, May 5 and 12 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.

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**.

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 **May 14**, will focus on Immigration. June: Personal Boundaries/Letting Go.

CONSERVATION BREAKFAST Thursday, May 8 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, May 15 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, May 8 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>MAY</p> 	<p>LOCATIONS Codman: Codman Barn at Codman Farm Commons: The Commons FP: First Parish LLCT: See LLCT pg. 9 LW: Lincoln Woods Mall: Lincoln Mall St. Anne's: St. Anne's Church TBA: Location to be announced Train: Train station at Lincoln Mall</p>		<p>1</p> <p>9:15/10:15 Tai Chi 11:30 Piano Duets</p>	<p>2</p> <p>9:00 Watercolors 10:00 German Conv. 10:00 Wellness Clinic (LW) 11:00 Finding What's Next 1:00 Intermediate Bridge 1:00 Pastel Painting</p>
<p>5</p> <p>9:00 Watercolors 10:00 Playreading: Brighton Beach Memoirs 10:00 Walking Club 2:00 Let's Connect Group 2:00/3:15 Tai Chi</p>	<p>6</p> <p>9:00 Podiatry 10:00 Precious Metal Clay Workshop 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: Jules and Jim</p>	<p>7</p> <p>9:00 Easy Yoga 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>8</p> <p>8:00 Conservation Bkfst (TBA) 9:15/10:15 Tai Chi 9:30 Handwork Circle 10:14 Train to Lunch (Train) 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:15 Eat Well, Be Well Group 1:30 Computer Drop-In 3:00 Ukelele Gathering 7:30 Classic Jazz</p>	<p>9</p> <p>9:00 Watercolors 10:00 Job Search Skills 11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge 1:00 Keeping a Positive Outlook as You Age</p>
<p>12</p> <p>9:00 Watercolors 10:00 Playreading: Brighton Beach Memoirs 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>13</p> <p>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>14</p> <p>9:00 Easy Yoga 10:00 Fireside Chat 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>15</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 10:00 Spring Plant Walk with Ellen (LLCT) 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:30 Trad Jazz Jammers</p>	<p>16</p> <p>9:00 Watercolors 9:00 Olmsted Trip Leaves (Mall) 10:00 German Conversation 11:00 Finding What's Next 12:15 Meditation 1:00 Brain Health 1:00 Intermediate Bridge</p>
<p>17</p>	<p>10</p> <p>9:00 Library Book Sale 9:00 Garden Club Plant Sale (Codman)</p>	<p>3</p> <p>SATURDAY 7:00 Viva Vivaldi (FP)</p> <p>4</p> <p>SUNDAY 3:00 Wang Labs</p>	<p>10</p> <p>SATURDAY 9:00 Library Book Sale 9:00 Garden Club Plant Sale (Codman)</p>	<p>17</p> <p>SATURDAY</p>

<p>9:00 Watercolors 10:00 Kitchen Legal Chat 10:00 Walking Club 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi</p>	<p>19</p> <p>9:00 Blood Pressure/Wellness Clinic 10:00 Chain Maille Jewelry 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: Osage County 7:30 LLCT Mtg (Commons)</p>	<p>20</p> <p>9:00 Podiatry 11:00 Line Dancing 1:00/2:15 Tai Chi 1:00 Office Hours with Aide to Katherine Clark 2:00 Let's Connect Group</p>	<p>1:00 Jazz Jam SUNDAY 18 7:30 am Bird Walk with Gwyn (LLCT)</p>	<p>21</p> <p>9:15/10:15 Tai Chi 9:30 Handwork Circle 11:30 Piano Duets 1:00 Opera Movie: Das Rheingold 1:00 Exercise: Aerobics and Weights 1:15 Eat Well, Be Well Group 1:30 Computer Drop-In</p>	<p>22</p> <p>9:00 Watercolors 10:00 Embracing Life Transitions 11:00 Finding What's Next Group 12:15 Meditation 1:00 Intermediate Bridge 1:00 Stay Healthy Through Prevention</p>	<p>1:00 Jazz Jam SUNDAY 18 7:30 am Bird Walk with Gwyn (LLCT)</p>	<p>23</p>
<p>COA CLOSED/MEMORIAL DAY</p>	<p>26</p> <p>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: Saving Mr. Banks</p>	<p>27</p> <p>9:00 Techno-Teen Teach-In 10:00 Lincoln Remembers 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group 7:00 Classic Jazz Concert</p>	<p>29</p> <p>9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Philomena</p>	<p>30</p> <p>9:00 Watercolors 11:00 Finding What's Next Group 11:30 Vets BBQ 1:00 Intermediate Bridge 1:00 LA Academy at the Movies: Inequality for All</p>			

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CREATIVITY BLOOMS AT THE COA IN MAY!

OLD TOWN HALL EXCHANGE CRAFTS WORKSHOPS!

These workshops 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. Cost is \$15. Sign up by calling the COA.



PRECIOUS METAL CLAY

Join Hilary Taylor of Merlin's Silver Star Studio on **Tuesday, May 6, at 10 am at Bemis Hall** to make a pendant or pair of earrings using clay embedded with fine silver. After firing, the clay burns off, leaving our piece in silver. The clay enables us to use textures and rubber stamps to create images, so bring items with texture (bits of nature, lace fabric, a piece of metal with a texture) to use in your piece. No experience is needed and we are sure you will be pleased with your piece. You'll receive your piece 10 days later.

CHAIN MAILLE JEWELRY

On **Tuesday, May 20 at 10 am at Bemis Hall**, Shing Hsieh will show you how to create chain maille jewelry by weaving together metal jump rings in a 2-1/2 hour workshop. She will demonstrate two different techniques: the box and mobius weaves. Participants will leave class with a pair of earrings and, time permitting, the option to start a bracelet. Participants will need to bring two pairs of flat nose or needle nose pliers, preferably without teeth, but bring what you have and we can modify at workshop.

EXPRESS YOUR LOVE OF NATURE IN WATERCOLORS

Rediscover your joyful inner soul through art & nature in Jane Cooper's watercolor class. Jane will offer fun dabbling in watercolor painting of plants, birds, and other natural elements for three sessions of four classes each on Monday and Friday mornings, 9 am. Sessions begin **May 2, May 16, and June 2**. \$15. Call the COA to sign up.

~~ FOR YOUR WELL BEING ~~

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. **No class May 1.**

TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS The spring session is now closed. 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. For info, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

LINE DANCING Come enjoy line dancing on **Wednesdays at 11 am** with Katrina Rotondi. \$3 payable the day of the class. No sign up needed!

WALKING CLUB Walk each **Monday at 10 am**. Meet at Bemis Hall.

EASY YOGA, Wednesdays at 9 am, is now closed for this session.

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 a clinic for blood pressure, information and advice about nutrition and fitness, medication management, and answers about how to manage chronic conditions, where to get health services, and more. This month's clinic will be on **Tuesday, May 20 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, May 6 and Wednesday, May 21, both at 9 am at Bemis Hall** by appointment. \$10 donation requested. Services provided by Dr. Glenn Ruhl.

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

●●●WHAT YOU NEED TO KNOW●●●

JOB SEEKERS: POSITION YOURSELF FOR TODAY'S JOBS

More and more mature workers are looking for jobs, either because they were laid off or maybe they would like to retire from retirement and try a new career. From where you post your qualifications to what you say in your resume to how you dress and answer interview questions, you need to make your best impression on today's employers. Find out what you need to know to find the job you want and land it when Tee Provost, SCSEP Project Manager for Operation Able, comes to **Bemis Hall on Friday, May 9 at 10 am**. She'll outline strategies for successful job-seeking as well as job training opportunities and other resources especially for older workers.



VETERANS MEMORIAL DAY BBQ!

Veterans and their spouses are invited to a special Memorial Day barbecue on **Friday, May 30 at 11:30 am at Bemis Hall** featuring a delicious lunch of barbecued pork or chicken, and all the fixins and a chance to chat with other veterans and get updates on what's going on for veterans in town and elsewhere. We are hoping to create a dynamic veterans community here in Lincoln and would love to see you and your spouse at the barbecue. You must sign up by calling the COA at (781) 259-8811 by May 23 so that we will have enough meals. Unfortunately, we will not be able to accommodate those who do not sign up. A \$5 donation is requested.

MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, May 21 at 1 pm** to meet with Natalie Kaufman, Constituent Service Representative for Congresswoman Katherine Clark. She will be available to assist residents with Social Security, Medicare, and MassHealth/Medicaid. You are also welcome to discuss other matters with her that she may be able to help with. Ms. Kaufman will hold office hours at the COA each third Wednesday of the month at 1 pm.

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, May 19 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.

The Computer Corner...

TECHNO TEACH-IN WITH TEENS!



The Lincoln-Sudbury Regional High School Senior Class is having a Give Back to the Community Service Day, and they invite you to join them at **Bemis Hall on Wednesday, May 28 from 9 am to 1 pm**. High School students will be here to help you operate your cell phone or assist you with email, Skype, saving photos and more! Call the COA for an appointment!

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. **No tutoring on May 1.**

LINCOLN LAND CONSERVATION TRUST EVENTS

- **Thursday, May 15, 10 a.m. Spring Plant Walk with Ellen Meadors** Please park and meet at the horse riding ring off of Weston Rd. (near the intersection of Silver Hill Rd and Weston Rd).
- **Sunday, May 18, 7:30 a.m. Spring Bird Walk with Gwyn Loud**, around the Harrington and Twin Pond area. Meet at the parking area off of Rte. 117 on the Lincoln/Weston town line for the Harrington woods.
- **Tuesday, May 20, 7:30 p.m. LLCT Annual Meeting.** Concord naturalist on *Rare Birds, Uncommon Butterflies, and Unheard of Spiders*. The meeting will be held at The Commons, One Harvest Circle, Lincoln, MA.

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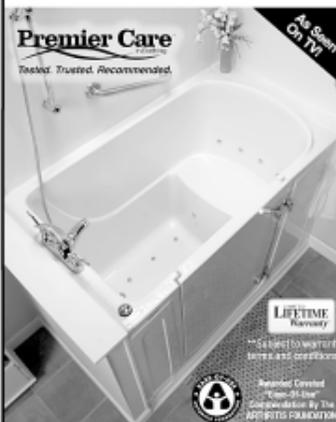
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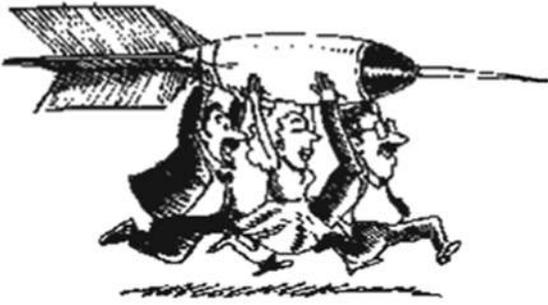
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GOINGS ON IN AND AROUND LINCOLN

VIVA VIVALDI. Saturday, May 3, 7:00 pm, Parish House Auditorium. Works by Vivaldi featuring Ian Watson, instrumentalists and soloists from Handel & Hayden Society, and First Parish Choir. \$20 donation suggested.

THE STORY OF WANG LABS. Celebrate Lincoln's modern legacy of technology with the Lincoln Historical Society's third in its series on Lincoln entrepreneurs on Sunday, May 4 at 3:00 pm at Bemis Hall. Wang Labs' corporate counsel Ed Grayson will be the keynote speaker.

CLASSIC JAZZ AT THE LIBRARY Don't miss Vern Welch presenting "Jazz Clips — Then and Now" on Thursday, May 8, 7:30 pm at Bemis Hall.

GARDEN CLUB PLANT SALE. Saturday, May 10, 9-1 Codman Barn at Codman Farm. Enhance your garden or find a Mother's Day treat. New England favorites and colorful exotics from club members' own gardens.

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, May 10, from 9 am to Noon at Bemis Hall.

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program Monday, May 12 from 7 to 10 pm at Bemis Hall featuring Tom Hanlon and Leslie Bryant. Email: 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, May 17, 1:00 pm, Bemis Hall.

CLASSIC JAZZ CONCERT Come hear Dan Gabel's High Society Orchestra free on Wednesday, May 28 at 7 pm at Bemis Hall. This concert is presented by Classic Jazz at the Library.

PAINTING THE SECRET GARDEN: A WATERCOLOR WORKSHOP FOR ALL AGES. Sunday, June 1, 9:00 am - noon. Codman Estate, 34 Codman Road. \$5 Historic New England members and children under 15, \$10 nonmembers (fee includes basic materials). Co-sponsored with the Lincoln Family Association. Info and tickets: 781-259-8098 or www.historicnewengland.org.

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