



NEWS FROM BEMIS HALL

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July/August 2014

The Lincoln Council on Aging Monthly



ENJOY A DAY OUT WITH THE COA!



CRUISE THE CONCORD RIVER



What better way to spend a relaxing summer afternoon than winding down the Concord River on a luncheon cruise? Join the COA on **Monday, August 11** for a

Concord River Cruise lasting an hour and 15 minutes, complete with lunch, sunshine, and glorious memories! You'll leave the Lincoln Mall at 10:30 am and venture by Doherty's bus to the South Bridge boathouse where you will board a boat and begin your cruise. You will enjoy a lunch of chicken salad, tuna salad, sliced turkey, ham and cheese, or vegetarian salad sandwich, and fruit, dessert, and lemonade or iced tea while you cruise. The bus will arrive back at the Mall at about 1 pm. The cost is \$28 per person, payable by a check made out to FLCOA/Trips and sent to Donna Rizzo, 22 Blackburnian Road, Lincoln MA 01773. Please enclose your phone number and email address and indicate your choice of sandwich when you send your check. Sign up now as there is a limit of 20! Reservations must be made by August 4 and are non-refundable. Questions? Call Donna at (781) 257-5050.

EXPERIENCE THE HISTORIC SAUGUS IRON WORKS

Travel to the banks of the Saugus River on **Friday, September 26** to explore the birthplace of the American iron and steel industry. Discover where European iron makers brought their skills in the 17th century to a young Massachusetts colony at the site of the archaeological excavations done by Lincoln native Roland W. Robbins. Enjoy morning options of a guided tour, orientation film, museum visit and nature trails at this nine acre National Park. We will depart from the Lincoln Mall at 9 am by Doherty school bus. After a morning at the site we will travel to Marblehead for lunch at a seafood restaurant at your own expense with our group. We plan to depart Marblehead by 2 pm, arriving back at the Lincoln Mall by 3 pm. The non-refundable cost of the trip is \$8.00 made payable by check to FLCOA Trips and mailed with your email or phone number to Rob Todd, 126 Old Concord Rd, Lincoln, MA 01773. Payment must be made by September 23. Questions? Email Rob at hmbt@comcast.net or call (781) 259-8820.



COME TO BEMIS HALL TO GET OUT OF THE HEAT!



Summer heat getting you down? Come on down to air-conditioned Bemis Hall. Most likely we will have some activity going on for you to enjoy. We also have space for you to just come, sit and relax. If there is a power outage in town and Bemis has power, feel free to come in to stay cool as well as recharge laptops and cell phones.

COA SUMMER HOURS Between July 7 and August 29, the COA will be open 7 am to 5 pm Monday to Thursday and closed Fridays. Activities that regularly happen on Fridays have been moved to Wednesdays.

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WOULD YOU DRIVE SENIORS OR DELIVER MEALS-ON-WHEELS?

The Lincoln Council on Aging needs people to drive seniors to medical appointments and other essential destinations and deliver Meals-on-Wheels either regularly or as occasional substitutes. Regular drivers provide several rides on one day per month or can be on call for individual rides or days when the regular driver cannot drive. Meals-on-wheels drivers pick up the meals in Concord at about 10:30 and deliver them to two to three home-bound residents once or twice per month or can be on call for when the regular driver is unavailable. For more information, please talk to Carolyn at the Council on Aging at 781-259-8811. Meals-on-Wheels is administered by Minuteman Senior Services.

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 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.

Please send mail to: c/o Town Offices, 16 Lincoln Road, Lincoln, MA 01773

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

E-mail: Carolyn Bottum, Director:

bottumc@lincolntown.org

Pam Alberts, Assistant Director:

albertsp@lincolntown.org

Internet: www.lincolntown.org, then click on

“Council on Aging” under “Community Services”

Disclaimer: The COA does not specifically endorse any service or product advertised herein. We encourage our readers to investigate any service or product they may consider using in order to make an informed decision.

*** JUST FOR FUN ***

SHARE THE JOY OF JAZZ WITH THE TRAD JAZZ JAMMERS!



Jazz up your summer at **Bemis Hall on Monday, August 11 at 1:00 pm** when The Lincoln Traditional Jazz Jammers will share with you their love of traditional jazz music in a delightfully spontaneous jam! They'll have you stomping your feet and cheering as they belt out good ole favorites such as "Honeysuckle Rose", "Sweet Georgia Brown", "Sunny Side of the Street" or "When The Saints Go Marching In"! The group are all retirees, amateur musicians who give expression to their love of the jazz of the '20s, '30s and '40s at the Trad Jazz Jam at the Library or Bemis on the third Saturdays of each month (see back page), at the Colonial Inn on Wednesday nights, and now at Bemis Hall.

CRUISING THE US COAST AND RIVERS WITH PEGGY

Summer is the best time to cruise the US coast and rivers, and it isn't too late to book your spur-of-the-moment vacation! Learn where you might like to go, more about the small boats (usually less than 200 passengers) you will use, and all the fascinating sites you will see when Peggy Dawson, Travel Adviser and Accredited Cruise Counselor, comes to **Bemis Hall on Monday, July 14 at 1 pm**. She will introduce you to cruises you would never have thought of yourself as well as answer your questions about cost and how to find the cruise of your dreams.



OLD TOWN HALL EXCHANGE INTERGENERATIONAL CRAFTS WORKSHOPS AT BEMIS HALL!

The Old Town Hall Exchange will be offering four exciting crafts workshops here at Bemis Hall featuring artists associated with the Exchange! The workshops are intergenerational, so bring along grandchildren or other friends or relatives middle school age or older. Each workshop costs \$15 per person. Sign up is required. Please sign up by calling the COA.

PRECIOUS METAL CLAY JEWELRY. Join Hilary Taylor of Merlin's Silver Star Studio on **Wednesday, July 2, 1 to 2:30 pm** to make a pendant or pair of earrings using clay embedded with fine silver. After firing, the clay burns off, leaving your piece in silver. 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 enjoy your finished piece! You'll receive your piece 10 days later.

MIXED MEDIA COLLAGE. Learn to make a mixed media collage with artist Laurie Bogdan on **Wednesday, July 9, 1 to 3:00 pm**. 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!

CHAIN MAILLE JEWELRY. On **Wednesday, July 16, 1 to 3:30 pm**, 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 byzantine 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 the workshop.

INSTANT BOOKS. Learn how to make a book out of one piece of paper in a matter of minutes with Suzette Durso on **Wednesday, July 23, 1 to 2:30 pm**. Each page of this book will have a pocket where small photographs or business cards can be stored. This book is small enough to fit in a pocketbook or a back pocket. Books can be decorated with flowers and ribbon.

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.



AT THE MOVIES



TUESDAY, JULY 1, 2:30 PM. FROZEN. After her kingdom is doomed to suffer from eternal winter, intrepid Anna goes on a quest to find her reclusive sister, the Snow Queen, and break the curse. 2013. PG-13. 102 mins.

TUESDAY, JULY 8, 2:30 PM. GRAVITY. As a medical engineer on her first shuttle mission embarks on a space walk with a seasoned astronaut, debris strikes their craft and destroys it -- leaving the two floating through space tethered together, with no connection to Earth. 2013. PG-13. 91 mins.

TUESDAY, JULY 15, 2:30 PM. DALLAS BUYERS' CLUB. Loosely based on true events, this drama follows Ron Woodroof, who refuses to accept he'll die in 30 days when he's diagnosed with AIDS. He extends his life and eventually helps other AIDS patients by smuggling medications from abroad. 2013. R. 117 mins.

TUESDAY, JULY 22, 2:30 PM. MONUMENTS MEN. In a race against time, a crew of art historians and museum curators unite to recover renowned works of art stolen by Nazis before Hitler destroys them. Written, directed and starring George Clooney. 2014. PG-13. 118 mins.

TUESDAY, JULY 29, 2:30 PM. INSIDE LLEWYN DAVIS. The Coen Brothers helm this chronicle of struggling musician Llewyn Davis, set during the height of the folk era in the early 1960s. The drama follows Davis through a week of creative highs and lows amid a bleak New York winter. 2013. R. 105 mins.

TUESDAY, AUGUST 5, 2:30 PM. LABOR DAY. What begins as a short ride turns into a life-changing event for divorced single mother Adele Wheeler and her 13-year-old son, Henry, when they give a lift to a bloodied man on a fateful Labor Day weekend. 2013. PG-13 111 mins.

TUESDAY, AUGUST 12, 2:30 PM. MANDELA: LONG WALK TO FREEDOM. This in-depth biopic portrays Nelson Mandela from his rural childhood through his long imprisonment to his election as the country's first black president. 2013. PG-13. 139 mins.

TUESDAY, AUGUST 19, 2:30 PM. AMERICAN HUSTLE. This fictionalization of the "Abscam" scandal of the early 1980s follows con man Irving Rosenfeld and his lover, Sydney Prosser, as they help an FBI agent expose corruption among several members of Congress in New Jersey and Pennsylvania. 2013. R. 138 mins.

TUESDAY, AUGUST 26, 2:30 PM. 12 YEARS A SLAVE. The autobiography of Solomon Northup, a free black man who was abducted from New York state and sold into slavery in the mid-1800s, serves as the basis for this historical drama. Chiwetel Ejiofor stars as Northup, and Brad Pitt plays an abolitionist. 2013. R. 134 mins.

FRENCH FILM FESTIVAL

THURSDAY, JULY 10, 2:30 PM. LES CHORISTES. Music teacher Clement Mathieu lands a job at a boys' boarding school populated by delinquents and orphans. Sensing potential in the rambunctious ruffians, Mathieu forms a choir to rein in his charges through the transforming power of song. French. 2004. PG-13. 97 mins.



THURSDAY, JULY 17, 2:30 PM. MONSIEUR LAZHAR. When an Algerian immigrant seeking asylum in Montreal takes a job replacing an elementary school teacher who committed suicide, he finds that his own secret, tragic background enables him to help the children deal with their loss. French. 2011. PG-13. 94 mins.

THURSDAY, JULY 24, 2:30 PM. LE CHATEAU DE MA MERE. In turn-of-the-century Provence, young Marcel's mother longs for the tranquility of Bastide Neuve and encourages her family to make the 9-mile trek. They shorten the journey by cutting across a private estate and land in trouble. French. 1990. PG. 99 mins.

THURSDAY, JULY 31, 2:30 PM. LA GLOIRE DE MON PERE. In turn-of-the-century southern France, Marcel turns to his father for an education on the ways of the wild. But his father comes up short in Marcel's eyes when Uncle Jules, an experienced woodsman, proves to be far more knowledgeable. French. 1990. G. 110 mins.

CLASSIC MOVIES

THURSDAY, AUGUST 14, 2:30 PM. WOMAN OF THE YEAR. Newspaper colleagues Sam Craig (Spencer Tracy) and Tess Harding (Katharine Hepburn) trade barbs in print, then meet, fall in love and walk down the aisle. But balancing work and marriage turns out to be a problem. 1942. NR. 112 mins.

THURSDAY, AUGUST 21, 2:30 PM. ARSENIC AND OLD LACE. Two dotty spinsters have a peculiar avocation: helping lonely old gents by poisoning them and burying them in the cellar. But the jig is up when the ladies' newlywed nephew, Mortimer Brewster (Cary Grant), discovers his aunts' "benevolent" deeds. 1944. NR. 118 mins.

THURSDAY, AUGUST 28, 2:30 PM. SHALL WE DANCE? Ballet star Pete Peters (Fred Astaire) is in love with celebrity Linda Keene (Ginger Rogers), which leads him to set sail across the Atlantic. Unfortunately, he hardly knows her, but a little white lie results in everyone thinking the two stars are married. 1937. NR. 109 mins.

OPERA MOVIES

MONDAY, JULY 7, 1:00 PM. RICHARD STRAUSS'S ARIADNE AUF NAXOS. The one where a troupe of comedia dell'arte comedians are instructed to do their act on the stage at the same time as a serious classical tragedy, with confusing, hilarious, and rapturous results. Jessye Norman, Kathleen Battle, and Tatiana Troyanos head a superb cast. James Levine conducts the Metropolitan Opera. 1988. NR. 154 min.

THURSDAY, AUGUST 7, 2:30 PM. VERDI'S REQUIEM. A refreshing change of pace, as we feature the world-renowned choral work from Italy's greatest opera composer. Performed in the grandeur of St. Paul's Cathedral, Soprano Martina Arroyo, Mezzo-Soprano Josephine Veasey, tenor Placido Domingo, and bass Ruggero Raimondi join Leonard Bernstein, who leads the London Symphony Orchestra and Chorus in an eloquent performance for the ages. 1970. NR. 93 min.

SPEND TIME WITH OTHERS

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 Wednesdays, 11 am Discover how you want to spend the next chapter of your life.

DECLUTTER-LITE GROUP 2nd Thursdays, 12 -1 pm Learn how to get organized by discussing strategies.

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

PLAY-READING GROUP. Sally Kindleberger leads a group in reading plays. On **Mondays, July 7 and 14 at 10 am at Bemis Hall**, the group will read *Biloxi Blues*. On **Mondays, August 4 and 11, at 10 am**, the group will read *Broadway Bound*. Sally will bring copies.

FRENCH CONVERSATION Brush up on your French speaking skills **the second and fourth Mondays of July at 10:00 am at Bemis Hall** at our French conversation group.

LINCOLN MEN'S COFFEE Thursdays, July 17 and August 14, 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 Tuesday of the month at 1:00 at Bemis Hall.**

GERMAN CONVERSATION Speak German on the **1st and 3rd Wednesdays of each month at 10 am.**

PLAY PIANO DUETS with Evelyn Harris each **Thursday at 11:30 am.** She brings books for all levels.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>JULY</p> 	<p style="text-align: right;">1</p> <p>9:00 Podiatry 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Aerobics and Weights 2:30 Movie: Frozen</p>	<p style="text-align: right;">2</p> <p>9:00 Easy Yoga 10:00 German Conv 11:00 What's Next 11:00 Line Dancing Practice 1:00 Precious Metal Clay Workshop 2:00 Let's Connect 6:00 Concert: Daddios (Codman Pool)</p>	<p style="text-align: right;">3</p> <p>11:30 Piano Duets 1:00 Aerobics and Weights 1:30 Computer Drop-In</p>	<p style="text-align: right;">4</p> <p>COA CLOSED/ INDEPENDENCE DAY Various events going on throughout Town</p>
<p style="text-align: right;">7</p> <p>10:00 Playreading: Biloxi Blues 1:00 Opera Movie: Ariadne Auf Naxos 2:00 Let's Connect</p>	<p style="text-align: right;">8</p> <p>11:30 You Can Do It 12:15 Life After 60 Group 1:00 Eat Well, Be Well Group 1:00 Aerobics and Weights 2:30 Movie: Gravity</p>	<p style="text-align: right;">9</p> <p>9:00 Easy Yoga 11:00 What's Next Group 11:00 Line Dancing Practice 1:00 Mixed Media Collage Workshop 2:00 Let's Connect 6:00 Concert: The Nays (Codman Pool)</p>	<p style="text-align: right;">10</p> <p>9:30 Handwork Circle 10:00 Tai Chi in the Park 11:30 Piano Duets 12:00 Declutter Group 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:30 Movie: Les Choristes</p>	<p style="text-align: right;">11</p> <p>COA CLOSED/ SUMMER HOURS 10:00 Wellness Clinic (LW)</p> <hr/> <p>SATURDAY 12 9:00 Library Book Sale</p>
<p style="text-align: right;">14</p> <p>10:00 Playreading: Biloxi Blues 10:00 French Conversation 1:00 US Cruises 2:00 Let's Connect</p>	<p style="text-align: right;">15</p> <p>9:00 Blood Pressure/ Wellness Clinic 9:00 Podiatry 11:30 You Can Do It 12:15 Life After 60 Group 1:00 Aerobics and Weights 2:30 Movie: Dallas Buyers Club</p>	<p style="text-align: right;">16</p> <p>9:00 Easy Yoga 10:00 German Conv 11:00 What's Next 11:00 Line Dancing Practice 1:00 Aide to Katherine Clark Office Hours 1:00 Chain Maille Jewelry Workshop 2:00 Let's Connect</p>	<p style="text-align: right;">17</p> <p>8:00 Men's Coffee 10:00 Tai Chi in the Park 11:30 Piano Duets 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:30 Movie: Monsieur Lazhar</p>	<p style="text-align: right;">18</p> <p>COA CLOSED/ SUMMER HOURS</p> <hr/> <p>SATURDAY 19 1:00 Jazz Jam</p>
<p style="text-align: right;">21</p> <p>1:00 Job Search Skills 2:00 Let's Connect</p>	<p style="text-align: right;">22</p> <p>11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Aerobics and Weights 2:30 Movie: Monuments Men</p>	<p style="text-align: right;">23</p> <p>9:00 Easy Yoga 11:00 What's Next Group 11:00 Line Dancing Practice 1:00 Instant Books Workshop 2:00 Let's Connect</p>	<p style="text-align: right;">24</p> <p>9:30 Handwork Circle 10:00 Tai Chi in the Park 11:30 Piano Duets 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:30 Movie: Le Chateau de Ma Mere</p>	<p style="text-align: right;">25</p> <p>COA CLOSED/ SUMMER HOURS</p>
<p style="text-align: right;">28</p> <p>10:00 French Conversation 2:00 Let's Connect</p>	<p style="text-align: right;">29</p> <p>11:30 You Can Do It 12:15 Life After 60 1:00 Aerobics and Weights 2:30 Movie: Inside Llewyn Davis</p>	<p style="text-align: right;">30</p> <p>9:00 Easy Yoga 11:00 What's Next Group 11:00 Line Dancing Practice 2:00 Let's Connect</p>	<p style="text-align: right;">31</p> <p>10:00 Tai Chi in the Park 11:30 Piano Duets 1:00 Aerobics & Weights 1:30 Computer Drop-In 2:30 Movie: La Gloire de Mon Pere</p>	<p>LOCATIONS Codman Pool: Codman Pool on Ballfield Road LW: Lincoln Woods</p>

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>AUGUST</p> 	<p><u>LOCATIONS</u> Mall: Lincoln Mall by Donelan's</p>			<p>COA CLOSED/ SUMMER HOURS</p>
<p>4</p> <p>10:00 Play-reading: Broadway Bound 2:00 Let's Connect</p>	<p>5</p> <p>9:00 Podiatry 11:30 You Can Do It Exer 12:15 Life After 60 Group 1:00 Aerobics and Weights 2:30 Movie: Labor Day</p>	<p>6</p> <p>9:00 Easy Yoga 10:00 German Conversation 11:00 Line Dancing Practice 11:00 What's Next Group 2:00 Let's Connect</p>	<p>7</p> <p>10:00 Tai Chi in the Park 11:30 Piano Duets 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:30 Opera Movie: Requiem</p>	<p>8</p> <p>COA CLOSED/ SUMMER HOURS</p>
<p>11</p> <p>10:00 Play-reading: Broadway Bound 10:30 River Cruise (Mall) 1:00 Trad Jazz Jammers! 2:00 Let's Connect</p>	<p>12</p> <p>11:30 You Can Do It Exer 12:15 Life After 60 Group 1:00 Aerobics and Weights 1:00 Eat Well, Be Well 2:30 Movie: Mandela: Long Walk</p>	<p>13</p> <p>9:00 Easy Yoga 11:00 Line Dancing Practice 11:00 What's Next Group 2:00 Let's Connect</p>	<p>14</p> <p>8:00 Men's Coff 9:30 Handwork 10:00 Tai Chi 11:30 Piano Duets 12:00 Declutter 1:00 Aerobics and Weights 1:30 Computer 2:30 Movie: Woman of the Year</p>	<p>15</p> <p>COA CLOSED/ SUMMER HOURS</p>
<p>18</p> <p>1:00 TED University: Physics and Puppies 2:00 Let's Connect</p>	<p>19</p> <p>11:30 You Can Do It Exer 12:15 Life After 60 Group 1:00 Aerobics and Weights 2:30 Movie: American Hustle</p>	<p>20</p> <p>9:00 Easy Yoga 9:00 Podiatry 10:00 German Con 11:00 What's Next 11:00 Line Danc 1:00 Aide to K Clark Hours 1:00 String & Prayer 2:00 Let's Connect</p>	<p>21</p> <p>11:30 Piano Duets 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:30 Movie: Arsenic and Old Lace</p>	<p>22</p> <p>COA CLOSED/ SUMMER HOURS</p>
<p>25</p> <p>1:00 TED Univ: The Creative Life 1:00 Self-Defense 2:00 Let's Connect</p>	<p>26</p> <p>9:00 Collating 11:30 You Can Do It 12:15 Life Aft 60 1:00 Aer/Wts 2:30 Movie: 12 Years a Slave</p>	<p>27</p> <p>9:00 Easy Yoga 11:00 What's Next 11:00 Line Dancing Practice 1:00 Self-Defense 2:00 Let's Connect</p>	<p>28</p> <p>9:30 Handwork 11:30 Piano Duets 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:30 Movie: Shall We Dance</p>	<p>29</p> <p>COA CLOSED/ SUMMER HOURS</p>



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 - Hospice Residence
 - Community Services
 - Food Pantry
- Jewish Hospice accreditation

~ ~ FOR YOUR WELL BEING ~ ~

FIND JOY AND REDUCE STRESS WITH STRING AND A PRAYER

Making and using sacred beaded objects for prayer and meditation is both fun and joyful and has been proven to reduce stress and lower blood pressure. Come to a special program with Laura Coulter on **Wednesday, August 20 at 1 pm** when she will lead you in making a mala, or bracelet or necklace made of prayer beads, and then teach some centering approaches using both breath and mantras. Please bring an old necklace or remnants of necklaces, buttons, or beads. Laura will also bring large beads for those who need them (just let the COA know when you sign up). The workshop is free, but please sign up in advance!



EASY YOGA JUST RIGHT FOR YOU IN SUMMER AND FALL



Would you like to try yoga but are concerned it may be too rigorous for you? Try our new Easy Yoga class with experienced instructor Jai Kaur Annamaria San Antonio! The class will be held on **nine Wednesday mornings at 9 am beginning on July 2** at a cost of \$45 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! You may also sign up for our fall classes which will begin on Wednesday, September 24 at 9 am and run for 8 weeks at a cost of \$40. Please sign up in advance by calling the COA. This class is subsidized by the Massachusetts Executive Office of Elder Affairs.

TAI CHI IN THE PARK AND FALL CLASS SIGN-UP!

You may sign up now for Tai Chi in the Park, which will begin on **Thursday July 10 at 10 am** and continue for four to six weeks (depending on weather) at a cost of \$5 per class. The class will meet at **Pierce Park**. Bring a lawn chair and a hat! In inclement weather, we will meet under the tent. The Pierce House restroom will be open to us. For info, contact Jane Moss (781) 259-9822 or mindbodyjm@comcast.net. The class is for continuing students only. Fall classes begin September 8 and will run for 15 weeks. New students may sign up for the beginner's class taught Mondays at 2:00 pm or Thursdays at 9:15 am. Continuing students do not need to sign up. Cost: \$50 for 1 class/week, \$75 for 2 classes/week, \$100 for 4 classes per week. For more information, please contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

SUMMER FITNESS CLASSES

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 moderate 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.

LINE DANCING PRACTICE. Come practice line dancing **each Wednesday at 11:00.** No sign-up needed!

Fitness classes are subsidized by the MA Executive Office of Elder Affairs.

WELLNESS AND PODIATRY CLINICS

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 summer's clinic will be on **Tuesday, July 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 **Tuesdays, July 1, July 15, and August 5** and **Wednesday, August 20, all at 9 am at Bemis Hall** by appointment. \$10 donation requested.

●●●WHAT YOU NEED TO KNOW●●●

BASIC SELF-DEFENSE WITH THE LINCOLN POLICE



Whether you are at home in Lincoln or traveling to another place, you need to know how to prevent crime or, if you find yourself in a dangerous situation, know how to get away unharmed. Find out the best ways to secure your home and your vehicle as well as learn strikes, blocks, kicks, and patterns of movement to get you out of a situation in which you are being attacked when Ian Spencer of the Lincoln Police comes to **Bemis Hall in a two-part series Monday, August 25 at 1 pm and Wednesday, August 27 at 1 pm.** The methods you learn will use minimal energy with the goal being escape.

JOB SEEKERS: DOING A SELF-ASSESSMENT FOR TODAY'S JOB MARKET

Finding the right job requires you to first assess your skills, interests, values and motivations as they relate to your career, job possibilities, and what jobs require. Find out more about how to do a self-assessment, including some exercises, when Tee Provost, SCSEP Project Manager for Operation Able, comes to **Bemis Hall on Monday, July 21 at 1 pm.** This workshop is part of a continuing series that will progressively assist you in your job search. You do not need to have attended previous sessions to benefit from this presentation.



TED UNIVERSITY: SHORT FILMS AND DISCUSSIONS

The "TED (Technology, Entertainment and Design)" Talks are a series of short, but powerful films on every topic under the sun. This summer we invite you to come watch some TED talks and then discuss them with your fellow Lincolniters as part of our own "TED University." The topics we'll be discussing are:

Physics and Puppies, Monday, August 18 at 1 pm. Explore two diverse areas of science! First, find out about "The Discovery That Could Rewrite Physics" when physicist Allan Adams explains in easily accessible terms the recent discovery that seems to confirm that our universe is inflating and what that means to you and me. Then explore the complexity of animal behavior and how this helps them adapt when Nicolas Perony presents "Puppies! Now that I've Got Your Attention, Complexity Theory" (and it does have puppies in it!).



The Creative Life, Monday, August 25 at 1 pm. Explore your creative self when you come hear author Elizabeth Gilbert talk about "Success, Failure and the Drive to Keep Creating." Then find out the "Four Lessons in Creativity" when Julie Burstein reveals what she learned from interviewing hundreds of artists, writers, musicians and film-makers. Finally, experience creativity in action with "To Hear this Music You Have to Be There, Literally" with composer Ryan Holliday.

MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesdays, July 16 and August 20 at 1 pm** to meet with Natalie Kaufman, Constituent Service Representative for Congresswoman Katherine Clark. She will 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.

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.



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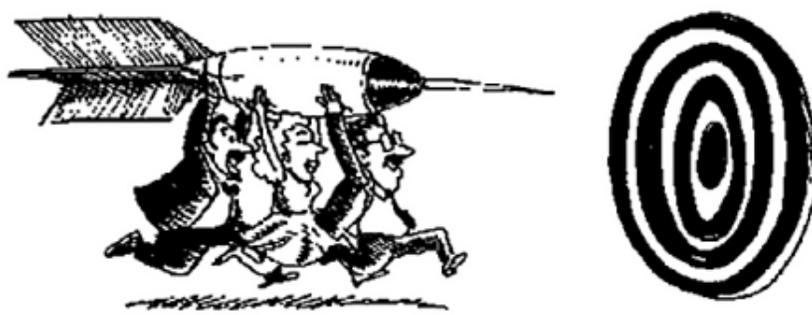
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GOINGS ON IN AND AROUND LINCOLN

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, July 12 from 9 am to noon at Bemis Hall.**

LIVE TRAD-JAZZ JAMBOREES Local musicians drop in and take turns in the group and the joint jumps! Attendance is free. **Saturdays, July 19 and August 16 at Bemis Hall, 1:00 pm.**

WELLNESS CLINIC FOR ALL AGES! Lincoln residents of all ages are invited to a wellness clinic at the **Lincoln Woods Community Building, 50 Wells Road, on Friday, July 11 from 10 am to noon.** This clinic is funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care. For info, call (781) 259-8811.

PARKS AND REC CONCERTS!

All concerts begin at 6:00 pm at the Codman Pool on Ballfield Road!! Concerts may be rescheduled for rain. Event status can be checked at www.LincolnRec.com. Concerts are free, and pool use during the show is only \$5/person!

June 25: The Nowheremen, Boston's feistiest Beatles band, will have you dancing and singing!

July 2: The Wayland Daddios, a parent-based band, plays hits from the 60's to today, reggae to rock to blues.

July 9: The Nays play rock music from the 50's and 60's, specializing in Beatles music and their own original music.

JULY 4 FIREWORKS!

Parking at Ballfield Road Campus for \$20/car. Enjoy Firebox BBQ, White Mountain Creamery ice cream and a performance from rock band Groove Syndicate! Food served starting at 7:00 and music begins at 7:30 p.m. Fireworks begin at about 9:15 pm. Check www.Lincolnrec.com for updates. **All bags and coolers subject to search!** Concert and fireworks will be held in light rain (food not so much) but visit www.LincolnRec.com for updates. Rain date is July 5th.



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