



# NEWS FROM BEMIS HALL

Volume 5 Issue 9

September 2014

## The Lincoln Council on Aging Monthly

### WELCOME FALL WITH JAZZ AND LUNCH!



Say goodbye to the last of the lazy days of summer and hello to crisp fall days with a very special lunch and a show on **Friday, September 12 at noon!** First, you'll be treated to "Tradition's Summer Salad" consisting of mesclun greens with fresh berries and grilled chicken finished with drizzled champagne vinaigrette, with rolls and butter, followed by a mouth-watering light dessert. Then you'll enjoy a jazz concert by a jazz group from the world-famous Berklee College of Music. The group is led by Sudbury native Chris Nifong, a senior at Berklee majoring in performance as a guitarist. This program is sponsored by Traditions of Wayland. It is free, but sign up by calling the COA at (781) 259-8811.

### CONCORD CONSERVATORY OF MUSIC AT BEMIS HALL

The Concord Conservatory of Music and the COA will be offering eight-week courses at Bemis Hall beginning October 21 at a cost of \$60 each, with *free* introductory sessions on **September 16**. The courses will be taught by the Conservatory's Ehud Ettun, a bassist, composer, and recording artist who has performed worldwide.

#### MUSICAL EAR TRAINING

Listen to different music to learn about music history, forms, and how to better understand what we hear. Soon you'll recognize musical elements, identify style, time, and even artists. The free introduction will be on **Tuesday, September 16 at 10 am.**

#### LINCOLN CHOIR SINGERS

Learn vocal techniques and music theory while experiencing the joy of singing with others. You do not need to have "a good voice" or experience to join—a love of singing is enough! The free introduction will be on **Tuesday, September 16 at 12:30 pm.**

### SAVE THE DATE! THE NEW SOUND ASSEMBLY

Music lovers of all ages should save **Sunday, October 5 at 3 pm** to hear the New Sound Assembly, a 23-man chorus, perform *An American Songbook*. The free hour-long performance will be a mix of barbershop songs and patriotic and modern favorites. This program is supported by a grant from the Lincoln Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



### SAVE THE DATE! CHARLIE CHAPLIN MEETS BEETHOVEN ON OCTOBER 3!

Mark your calendars for **Friday, October 3 at 1 pm**, to see "The Immigrant," a silent film by Charlie Chaplin accompanied by a live string group, Con Affeto, including Lincoln residents Laura Bossert and Terry King, and others. Con Affeto will play music by Beethoven, Mozart, Kreisler, and more. This event is supported by the Friends of the Lincoln COA.

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**STATE PRIMARY ELECTION IS SEPTEMBER 9** The Primary Election features contests for party nominees, including Governor and Attorney General, among others, and will occur on Tuesday, September 9 at the Smith School gym, 7:00 am to 8:00 pm. **See back page for more information!**

## GET WHAT YOU DESERVE WITH A BENEFITS CHECK-UP

Would you like to know what government programs you might be eligible for that you might be missing? Call the COA to make an appointment to come down and have a “BenefitsCheckUp”! You can fill out a form at home, then bring it in so that one of our COA staff can enter it into a special program developed by the National Council on Aging. You’ll then learn which among the nearly 200 programs covered by BenefitsCheckUp you may qualify for. Programs include Social Security, Alzheimer’s programs, caregiver and respite services, education and employment programs, help with housing and foreclosures, pension assistance, Medicare and other health insurance, health care and dental services, programs for those with disabilities, transportation programs and more.

## 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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*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

**September 8, 12:30 pm: Lynn Gargill—Images from Space,  
Blending Art & Science**

**September 15, 12:30 pm: Rory Browne—Beastly Boston—100 Years at the  
Franklin Park Zoo, 1912/1913 to the Present**

**September 22, 12:30 pm: Pam Taylor—Am I Just Forgetful,  
or Do I Have Alzheimer's?**

**September 29, 12:30 pm: Sarah Thomas—Are Libraries Obsolete  
in the Digital Age?**

*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: JAZZ GREAT - WILLIE THE LION!

One of jazz's most flamboyant and entertaining pianists, Willie the Lion Smith, was known as a master of the "stride" style, as well as for his ever-present cigar and derby. Harold McAleer continues our series on jazz greats on **Friday, September 5 at 1 pm**. Come watch, listen, and learn about this Giant of the Piano!



## ENJOY A DAY OUT WITH THE COA!



## VISIT THE HISTORIC SAUGUS IRON WORKS—NOTE NEW DATE!



Travel to the banks of the Saugus River on **Thursday, September 24** 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 21. Questions? Email Rob at [hmmt@comcast.net](mailto:hmmt@comcast.net) or call (781) 259-8820.

## THE BOSTON SYMPHONY ORCHESTRA MATINEE IN THE FALL!

Music lovers will be thrilled to hear that the COA Trip Committee is planning a fall trip on **November 7** to the Boston Symphony Orchestra! First you may choose to dine at the buffet at Symphony Hall, then you'll be treated to one of their memorable Friday afternoon matinees. Transportation by bus will be included in the cost. Look for more information in the October and November newsletters!

## CHRISTMAS WITH THE REAGLE MUSIC THEATER!

Welcome in the holidays with a trip to the Reagle Music Theater Christmas Extravaganza on **Sunday, December 7 at 4:00 pm**. We'll travel by bus to Waltham to experience this delightful local theater. Look for more details in future newsletters.

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

### COFFEE WITH PHOTOGRAPHER



#### MARK HOPKINS

Join photographer Mark Hopkins for "Coffee with the Artist" on Tuesday, **September 16, at 2:30 pm** to celebrate his show *Shot in Lincoln* in the Bemis

Artists Gallery in September and October. The show is exclusively devoted to photographs taken in Lincoln, concentrating mostly on intriguing images of the town's fauna, flora, and scenery. Retired from a career as an advertising agency executive and freelance writer, Mark Hopkins has been exploring photography's artistic potential since acquiring his first digital camera in 2004. His photographs, which focus mainly on the natural world, have been featured in many solo and group exhibitions throughout New England and beyond. Mark and his wife Margie Yamamoto reside in Lincoln.

### CELEBRATE FALL WITH THE TRAD JAZZ JAMMERS

Celebrate Fall's beginnings at Bemis Hall on **Thursday, September 4 at 2:30 pm** when the Lincoln Traditional Jazz Jammers share their love of this lively music in a delightfully spontaneous jam! Tap your feet or get up and dance as they belt out favorites such as "Sweet Georgia Brown", "Ain't She Sweet", "Do You Know What It Means To Miss New Orleans?" and others we all know and love. The group are all retirees, amateur musicians who give life to the hot jazz of the '20s, '30s and '40s at the Trad Jazz Jams at the Library on the third Saturday of each month (see back page), at the Colonial Inn on Wednesday nights, and now at Bemis Hall.

### EXPRESS YOURSELF IN WATERCOLORS WITH JANE

Rediscover the joyful soul within you through art and nature in Jane Cooper's watercolor class. Jane will offer fun dabbling in watercolor painting of scenes of nature, landscapes or perhaps some favorite sky. Two sessions of four classes will be offered each Monday and Friday beginning **September 29 (first session) and October 17 (second session) from 9 am to 11 am**. The cost is \$15. Call to sign up.

### TELL YOUR STORY WITH THE COA MEMOIRS GROUP

If you have ever considered writing about your life or you already have a drawer filled with notes and beginnings, come to the first meeting of the memoir group on **September 10** to see if the group would be a good place for you. Writing is a fine way to capture your own unique story and to reflect on its meaning, but it can be hard work. A memoir group can provide a supportive place to share your story and the perils of composition with interested people. Hearing about other people's lives and adventures may also give you new insights into your own life. If you are interested in joining us, please call Connie Lewis at (781) 259-9415, email her at [conlewis1000@gmail.com](mailto:conlewis1000@gmail.com), or just come on September 10. The group will meet on these Wednesdays from 10 a.m.-noon: September 10 and 24; October 8 and 22; November 5 and 19; and December 3 and 17. \$75 for the fall term.

### AT THE MOVIES

**TUESDAY, SEPT. 2, 2:15 PM. GRAND BUDAPEST HOTEL.** Between the world wars, a concierge at a prestigious European hotel, the staff, and the upscale guests are involved in murder and art theft. 2014. R. 100 mins.

**WEDNESDAY, SEPT. 3, 1:00 PM. MOZART'S DON GIOVANNI.** The one where the Don has already scored 1,003 times in Spain before the opera begins and makes four further attempts during it before being consigned to hell. Benjamin Luxon and Stafford Dean are the Don and his sidekick, in a memorable performance from Great Britain's Glyndebourne Festival, conducted by Bernard Haitink. 1977. NR. 168 mins.

**TUESDAY, SEPT. 23, 2:15 PM. STILL MINE.** His home in disrepair, Craig Morrison faces an overzealous government as he seeks to build a better shelter for his ill wife. 2013. PG-13. 103 mins.

**THURSDAY, SEPT. 25, 2:15 PM. TIM'S VERMEER.** A film about the quest to solve one of art's greatest mysteries: How did Vermeer paint so photo-realistically 150 years before photography? 2013. PG-13. 80 mins.

**TUESDAY, SEPT. 30, 2:15 PM. ALL IS LOST.** In this harrowing drama Robert Redford portrays a man stranded alone at sea, courageously battling a ferocious storm as he struggles to survive. 2013. PG-13. 106 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, September 16 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. Except in extenuating circumstances, you must call to cancel at least a week ahead or we will need to charge you for the meal in order to cover our costs.

**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—LITE 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.

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

**PLAY-READING GROUP** Sally Kindleberger leads a group in reading *The Heidi Chronicles* about women's roles by Wendy Wasserstein on **Mondays, September 8 and 15 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 **September 10**, will focus on "our unconscious assumptions and the power of language."

**CONSERVATION BREAKFAST Thursday, September 11 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 the venue.

**LINCOLN MEN'S COFFEE Thursday, September 18 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**.

**DESIGN YOUR DESTINY** Ongoing progressive mind-body group. **2nd and 4th Thursdays at 11**. For info, call Haskel at (781) 259-0973.

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

**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 **fourth Tuesdays of the month at 1:00 at Bemis Hall**.

**UKULELE AND SING-ALONG GROUP** meets on **Thursday, September 11 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**.

**GUIDED MEDITATION** 20-40 minutes of guided meditation while we sit quietly and take in inspiring words that lead to a peaceful state. Suitable for beginners to experienced meditators. **2nd and 4th Fridays at 12:15 pm**.

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

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
| <p><b>1</b><br/><b>COA CLOSED/LABOR DAY</b></p>  | <p><b>2</b></p> <p>9:00 Podiatry<br/>11:30 You Can Do It Exercise<br/>12:15 Life After 60 Group<br/>1:00 Exercise: Aerobics and Weights<br/>2:15 Movie: Grand Budapest Hotel</p>            | <p><b>3</b></p> <p>1:00 Opera Movie: Don Giovanni<br/>2:00 Let's Connect Group</p>  | <p><b>4</b></p> <p>11:30 Piano Duets<br/>1:00 Exercise: Aerobics and Weights<br/>1:30 Computer Drop-In<br/>2:30 Traditional Jazz Jam</p>  | <p><b>5</b></p> <p>10:00 German Conversation<br/>11:00 Finding What's Next<br/>1:00 Intermediate Bridge<br/>1:00 LA at the Movies: Willie the Lion</p>  |
| <p><b>8</b></p> <p>10:00 Playreading: Heidi Chronicles<br/>10:00 French Conversation<br/>11:30 Spanish Conversation<br/>12:30 Lincoln Academy<br/>2:00 Let's Connect Group<br/>2:00/3:15 Tai Chi<br/>7:00 Acoustic Music (Lib)</p> | <p><b>9</b></p> <p>9:30 FCOA Meeting<br/>11:30 You Can Do It Exercise<br/>12:15 Life After 60 Group<br/>1:00 Exercise: Aerobics and Weights<br/>2:30 COA Board</p>                          | <p><b>10</b></p> <p>10:00 Memoirs<br/>10:00 Fireside Chat<br/>11:00 Line Dancing<br/>1:00/2:15 Tai Chi<br/>2:00 Let's Connect Group<br/>7:30 Classic Jazz (Lib)</p>                         | <p><b>11</b></p> <p>8:00 Conservation Bkfst (TBA)<br/>9:15/10:15 Tai Chi<br/>9:30 Handwork Circle<br/>11:00 Design Your Destiny<br/>11:30 Piano Duets<br/>12:00 Declutter-Lite Group<br/>1:00 Exercise: Aerobics and Weights<br/>1:30 Computer Drop-In<br/>3:00 Ukelele Gathering</p> | <p><b>12</b></p> <p>10:00 Living Hopefully with Memory Challenges<br/>10:00 Wellness Clinic (LW)<br/>11:00 Finding What's Next<br/>12:00 Jazz Lunch<br/>12:15 Meditation<br/>1:00 Intermediate Bridge</p> |
| <p><b>15</b></p> <p>10:00 Playreading: Heidi Chronicles<br/>12:30 Lincoln Academy<br/>2:00 Let's Connect Group<br/>2:00/3:15 Tai Chi</p>   | <p><b>16</b></p> <p>9:00 Blood Pressure/Wellness Clinic<br/>10:00 Ear Training<br/>10:00 Do Less, Accomplish More<br/>11:30 Senior Dining (St. Anne's)<br/>11:30 You Can Do It Exercise</p> | <p><b>17</b></p> <p>9:00 Podiatry<br/>10:00 Bemis Basement<br/>11:00 Line Dancing<br/>1:00/2:15 Tai Chi<br/>1:00 Office Hours with Aide to Katherine Clark<br/>2:00 Let's Connect Group</p> | <p><b>18</b></p> <p>8:00 Men's Coffee<br/>9:15/10:15 Tai Chi<br/>10:00 Spring Plant Walk with LLCT (Ring)<br/>11:30 Piano Duets<br/>1:00 Exercise: Aerobics and Weights<br/>1:30 Computer Drop-In<br/>2:30 Better Sleep, Better</p>   | <p><b>19</b></p> <p>10:00 Job Search<br/>10:00 German Conversation<br/>11:00 Finding What's Next<br/>1:00 Communication and Advocacy with Your Doctor<br/>1:00 Intermediate Bridge</p>                    |
| <p><b>SATURDAY</b><br/>9:00 Library Book Sale</p>  |   |   |   | <p><b>13</b></p>  |

|  |   |  |  |  |
|--|---|--|--|--|
|  | <p>12:15 Life After 60 Group<br/>12:30 Lincoln Choir Singers<br/>1:00 Exercise: Aerobics and Weights<br/>2:30 Coffee with the Artist</p>  |  | Well Being   | <p><b>SATURDAY 20</b><br/>1:00 Jazz Jam (Lib)</p>  |
| <p><b>22</b><br/>10:00 French Conversation<br/>11:30 Spanish Conversation<br/>12:30 Lincoln Academy<br/>2:00 Let's Connect Group<br/>2:00/3:15 Tai Chi</p> | <p><b>23</b><br/>9:00 Collating<br/>10:00 Do Less, Accomplish More<br/>11:30 You Can Do It Exercise<br/>12:15 Life After 60 Group<br/>1:00 Exercise: Aerobics and Weights<br/>1:00 Eat Well, Be Well Group<br/>2:15 Movie: Still Mine</p> | <p><b>24</b><br/>9:00 Saugus Trip Leaves (Mall)<br/>9:00 Easy Yoga<br/>10:00 Memoirs<br/>11:00 Line Dancing<br/>1:00/2:15 Tai Chi<br/>2:00 Let's Connect Group</p> | <p><b>25</b><br/>9:15/10:15 Tai Chi<br/>9:30 Handwork Circle<br/>11:00 Design Your Destiny<br/>11:30 Piano Duets<br/>1:00 Exercise: Aerobics and Weights<br/>1:00 Seamstress Drop-In<br/>1:30 Computer Drop-In<br/>2:15 Movie: Tim's Vermeer</p> | <p><b>26</b><br/>11:00 Finding What's Next Group<br/>12:15 Meditation<br/>1:00 Intermediate Bridge</p> |
| <p><b>29</b><br/>9:00 Watercolors with Jane<br/>12:30 Lincoln Academy<br/>2:00 Let's Connect Group<br/>2:00/3:15 Tai Chi</p>                               | <p><b>30</b><br/>10:00 Do Less, Accomplish More<br/>11:30 You Can Do It Exercise<br/>12:15 Life After 60 Group<br/>1:00 Exercise: Aerobics and Weights<br/>2:15 Movie: All Is Lost</p>  | <p><b>SEPTEMBER</b></p>   | <p><b>LOCATIONS</b><br/>Lib: Lincoln Library<br/>LW: Lincoln Woods Mall: Lincoln Mall<br/>Ring: Horse Riding Ring off Weston Road, near intersection of Silver Hill Road<br/>St. Anne's: St. Anne's Church<br/>TBA: Location to be announced</p> |  |

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## ~~ FOR YOUR WELL BEING ~~

### SLEEP BETTER FOR OVERALL WELL BEING



A good night's sleep is essential for our physical, cognitive, and emotional well being. Find out more about how you can get to sleep and stay asleep when Jason Strauss, MD, a geriatric psychiatrist with the Cambridge Health Alliance, comes to **Bemis Hall on Thursday, September 18 at 2:30 pm**. Dr. Strauss will discuss why we may have more difficulty sleeping as we age and the latest treatments and strategies that are available to help, then answer questions.

### LIVING HOPEFULLY WITH MEMORY CHALLENGES

People living with memory challenges can continue to learn, grow and contribute to their communities. Find out more about innovative techniques to live fully and happily with memory loss as well as efforts to promote hopeful living when John Zeisel, Ph.D., comes to **Bemis Hall on Friday, September 12 at 10 am**. Dr. Zeisel is the President of Hearthstone Alzheimer Care, which operates a program at The Commons in Lincoln and six memory care residences, as well as the Founder of the I'm Still Here Foundation.

### DO LESS, ACCOMPLISH MORE— A NEW GROUP!

We're all overwhelmed with information about what we should be doing that's good for us. Simplify to be more productive with a 6-week group led by Pam Alberts. The group will explore how to determine what you can do to do less while accomplishing more to make you happier and healthier physically, mentally, and spiritually. This free group will meet on **Tuesday mornings at 10 am beginning on September 16**.

### 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 Annamaria San Antonio! The class will be held on eight Wednesday mornings at 9:00 am beginning on **September 24** at a cost of \$40 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 MA 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** Fall classes begin Sept. 8 and run for 15 weeks. New students may sign up for Tai Chi I, the beginner's class. Continuing students do not need to sign up. Tai Chi 1: Mondays 2-3 and Thursdays 9:15 – 10:15; Tai Chi 2: Mondays 3:15 – 4:15, Wednesdays 1-2, and Thursdays 10:15 – 11:15; Tai Chi 3: Wednesdays 2:15 – 3:15. 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.

**LINE DANCING** Enjoy line dancing on **Wednesdays at 11 am** with Katrina Rotondi. \$3 per class. No sign up needed! Begins September 10.

*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 on managing chronic conditions, getting health services, and more on **Tuesday, September 16 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, September 2** and **Wednesday, September 17, both at 9 am at Bemis Hall** by appointment. \$10 donation requested. Services provided by Dr. Glenn Ruhl.

## ...WHAT YOU NEED TO KNOW...



### COMMUNICATION, ADVOCACY AND DOCUMENTATION TO MAKE YOUR HEALTH WISHES KNOWN

Communicating effectively with your doctor, knowing how to advocate for yourself, and filling out a Medical Orders for Life-Sustaining Treatment (MOLST) form with your doctor are all essential to making sure that your wishes about your medical care are known and followed. Come find out strategies for teaming with your doctor in your care and more about the MOLST form and how you can benefit from it when Betty Ann Pomerleau, MD, and Marianne Martinkus, Medical Assistant, A.S., of Lincoln Physicians and Emerson Hospital come to **Bemis Hall on Friday, September 19 at 1 pm**. Bring your questions and concerns!

### RESEARCHING YOUR NEXT JOB IN TODAY'S MARKET

Finding the right job for you requires exploring your own skills and interests as well as brainstorming and researching the current job market.



Get tips and strategies for identifying your skills, values, and interests, brainstorming job possibilities, researching job options, conducting informational interviews and establishing a contact network, and testing out careers with temp or volunteer work when Tee Provost of Operation ABLE comes to Bemis Hall on **Friday, September 19 at 10 am**. This is part of an ongoing series about Returning to Work, but you do not have to have attended the other sessions to benefit from this one.

### DO YOU HAVE IDEAS ON THE BEMIS BASEMENT?

The Town is undertaking a study of the Bemis Hall basement to see what services and activities we may be able to hold there and what renovations and repairs would be necessary to make the space more useable, both for the COA and for others who may wish to use the basement for meetings or activities. We invite you to give your ideas of what kinds of activities should be in the basement, how the space should be configured into rooms, what amenities it should have, and any other suggestions you might have at a meeting on **September 17 at 10 am at Bemis Hall**. Come let us know what you think!

### MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, September 17 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.

### DO YOU HAVE SOMETHING YOU NEED SEWN?

Do you have a seam that needs repairing or a hem to be taken up, or some other sewing need? Barbara Straus has volunteered to come on **Thursday, September 25 at 1 pm** to help you with your sewing needs! No need to sign up, just come on down!



## 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 net-book, please bring it! Tutors are also available at other times and will come to your home. Call (781) 259-8811 for information.

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## GOINGS ON IN AND AROUND LINCOLN

**OPEN MIKE ACOUSTIC NIGHT** Enjoy live music at the free Open Mike Acoustic program **Monday, September 8 from 7 to 10 pm at the Library** featuring Julie Dougherty. Email: loma3re@gmail.com.

**CLASSIC JAZZ AT THE LIBRARY** On **Wednesday, September 10 at 7:30 pm** Classic Jazz at Lincoln Library will open their 34th season at the Lincoln Library with Vern Welch and two presentations. First will be a donation to the Library of books for a Jazz Shelf. Then, Vern Welch will show a Potpourri of Local Jazz Videos.

**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, September 13, from 9 am to Noon at Bemis Hall.**

**SPRING PLANT WALK.** The Lincoln Land Conservation Trust invites you to join Ellen Meadors to observe wildflowers **Thursday, Sept. 18 at 10 am. Meet at horse riding ring off Weston Road (near Silver Hill Road).**

**FREE LIVE TRADITIONAL JAZZ JAMS** on **Saturday, Sept. 20 from 1:00 – 5:00 pm at the Library.** Hear local musicians belting out old favorites which will set your feet a-tappin' and your hands a-clappin' . Free.

**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, September 12 from 10 am to Noon.** These clinics are funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care.

### PRIMARY ELECTION INFORMATION

The Massachusetts Democratic and Republican parties will choose their nominees for state-wide office at the State Election on Tuesday, September 9, 2014. Polls open at the Smith School gym, 7:00 am – 8:00 pm. Massachusetts law permits Unenrolled (also known as “Independent”) voters to vote either party’s ballot. The deadline to register or to change one’s party enrollment was Wednesday, August 20, 2014. Questions? Please call the Town Clerk’s Office at (781) 259-2607.

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