

# NEWS FROM BEMIS HALL

Volume 5 Issue 12

December 2014

## The Lincoln Council on Aging Monthly

### WINTER PIANO RECITAL BY WANDA PAIK



Join Lincoln resident Wanda Paik for a solo piano performance on **Friday, December 5, at 2:30 pm at Bemis Hall**. Admission is free and open to the public and will be followed by refreshments. Music by Chopin will be performed. Ms. Paik has appeared as soloist with the Boston Pops under Arthur Fiedler and Erich Kunzel, the Boston Classical Orchestra with Harry Ellis Dickson and the Boston Civic Symphony with Max Hobart, among others. She has also performed at the National Gallery in Washington, D.C., the Fogg Museum at Harvard University, at numerous colleges and universities throughout the U.S., and in Brazil, Trinidad and South Korea. Ms. Paik has served as president of the New England Piano Teachers' Association and a board member of the Concord Area Music School Association. She is a member of the music faculty at Regis College in Weston, MA and has released two CDs: *Piano Perennials* and *Romantic Classics*.

### SCHOOL BUILDING ADVISORY COMMITTEE NEEDS YOU!

**December 19, 2014, 2:00 pm, Bemis Hall**

The SBAC has been working since April to develop a series of alternatives for renovating the Lincoln School. The needs are many and the decisions complex! Using community input from the November 15th State of the Town meeting, the SBAC has worked to further clarify a set of choices. **NOW WE NEED YOU** to help us narrow and refine those alternatives. The first opportunity to do so is at the SBAC's 3rd Public Forum on Tuesday, December 2nd (7:00 pm, Reed Gym). The next opportunity will be at the COA on December 19th at 2:00 pm at Bemis Hall where we will continue the conversation from the Public Forum and solicit questions and feedback. We warmly invite you to attend both events! — The School Building Advisory Committee

### EMERGENCY ASSISTANCE FUND AND SMALL NECESSITIES

The Lincoln Emergency Assistance Fund and the Small Necessities Project offer essential assistance to Lincoln residents in extreme financial need so that they may stay safely in our community. The Fund and Project are overseen by the town's Emergency Assistance Committee and supported entirely by grants and donations. Last year, they provided assistance for rent, utilities, medical bills, and more. To make a donation, please send a check made out to Emergency Assistance Fund or Small Necessities Project, c/o Council on Aging, Town Offices, 16 Lincoln Road, Lincoln, MA 01773.

### TOP OF THE TOWN WINTER GALA!



The Friends of the Lincoln COA (FLCOA) is pleased to announce that the annual **Top of the Town Winter Gala** will again be held at the deCordova Museum! The date is set for **Saturday January 24, 2015**. Mark your calendars, and look for your invitation in the mail in late December. Be sure to return your reservation form promptly - space is limited to 200 people.

Don't procrastinate! The FLCOA is grateful for any donations to support this event.

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## WINTER WEATHER POLICY



If the Lincoln schools are closed due to weather, activities at the COA are cancelled. *If your power is out, however, call to see if Bemis Hall will be open as a place to warm-up, recharge your computers and cell phones, and more.* Even if the schools are not closed, but the weather is bad, call before coming as some events may still be canceled if the teacher cannot drive in.

## 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.

**FUEL ASSISTANCE** Need help paying fuel bills? Call Pam Alberts to see if you qualify for Fuel Assistance, a Massachusetts program providing help to income-eligible residents to pay for fuel.

**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 [lincolnvetsservices@gmail.com](mailto:lincolnvetsservices@gmail.com).

**TRANSPORTATION** The COA offers free 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. *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:

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**Internet:** [www.lincolntown.org](http://www.lincolntown.org), then click on "Council on Aging" under "Community Services"

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

**BRING YOUR DONELAN'S RECEIPTS TO BEMIS HALL** to raise funds for the Schools. Just bring your receipts and put them in the box in the vestibule before March 31, 2015.

## 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. If you know of someone who would be a good speaker or if you would like to speak, please call Carolyn at (781) 259-8811.

### This Month's Speakers

**December 1, 12:30 pm: Jim Cunningham and Rick Detwiler — A Historical Architecture Journey and the Barrett Farm Restoration Project**  
([www.jamesbarrettfarm.org](http://www.jamesbarrettfarm.org))

**December 8, 12:30 pm: Rick Wiggin & Ron Trial— A Winter Yellowstone Adventure: The First Skiing Traverse of Yellowstone, Retracing Mountainman John Colter's 1807 Journey, with Wildlife, Snowy Geysers, Storms & Getting Lost for Days**

**December 15, 12:30 pm: Heidi Webb — A Mother-Daughter Trek Up Treacherous, Otherworldly, and Glorious Kilimanjaro**

*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”: HARVARD’S JUSTICE COURSE

“Justice” comes to **Bemis Hall on Thursday, December 11 at 2:30 pm!** Michael Sandel’s “Justice” course at Harvard is reputed to be its most popular course. Experience it when Steven Perlmutter, a Lincoln attorney, shows a video of a one-hour lecture from the course and facilitates a discussion. This will be a different lecture from that shown and discussed in October. The course is about what justice, or the right thing to do, is, drawing upon the great philosophers and contemporary issues. Mr. Perlmutter will encourage the exchange of a wide range of ideas about the “justice” issues raised in the lecture and will seek to ask thought-provoking questions.

## PETER SUGAR: IMPRESSIONS OF ITALY



Italy is, in Peter Sugar’s words, “a country of beautiful landscapes and a variety of different visual perspectives, inhabited by people, friendly and welcoming to visitors, and possessing a multiplicity of historical remains.” He has wandered its many regions for years, sketching its wonders and has recently published the book “Impressions of Italy” with over 100 sketches of historic buildings, landmarks, churches, piazzas, and more, including background descriptions. Come hear him speak about the book and sign copies, which will be available for purchase, at **Bemis Hall on Friday, December 12, at 1 pm.**



## ENJOY A DAY OUT WITH THE COA!



### REAGLE HOLIDAY GALA

Are you signed up for the Reagle Holiday Gala on **Sunday, December 7<sup>th</sup>**? If so, please remember to be at the Lincoln Mall by 3 pm when the Doherty’s bus is scheduled to depart. Also, please remember to bring cash to purchase ice cream and drinks at intermission. If you are not signed up, but would like to go, please call Claire Mount at (781) 259-8695 to see if there are any spaces still available. The cost is \$36.

**FIRST DAY AT THE PIERCE HOUSE** Whether you’re new to Lincoln or have lived here forever, come to historic Pierce House to celebrate the new year together at the town’s 16th annual First Day gathering. Complimentary admission for Lincoln residents, but donations are gratefully accepted for the upkeep of this special town resource. **January 1, 1:00 to 5:00 pm.**



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

### EHUD ETTUN AND HARUKA YABUNO IN CONCERT



Join bassist/composer Ehud Ettun and pianist/composer Haruka Yabuno in a concert celebrating the release of their new CD *BiPolar* on **Tuesday, December 16 at 10 am at Bemis Hall**. They will play a number of selections from the CD which consists of such traditional jazz and ragtime pieces as Moon River and Night and Day as well as original compositions. Ehud is a performer and composer of global reknown and is instructor of the COA's very popular "Ear Training" classes while Haruka has brought her love of both classical and jazz music to well-known venues in New York and elsewhere.

### FROM DRAWING TO PASTEL PAINTING WITH JULIET

Express your most vibrant self with the brilliant colors of pastels in a new class with Juliet Rago! She will begin with a short introduction to drawing for those who feel they need it. The class will meet from **10 am to noon on January 5, 9, 12, 16 and 23**. No experience is necessary. All materials will be furnished. Please sign up by calling the COA at (781) 259-8811. Limit of six people. The fee is \$20.



### TOE TAPPIN' JAZZ AT BEMIS

Come join the fun on **Thursday, December 4 at 2:30** when our regular traditional jazz combo gathers around the Steinway Grand at Bemis Hall for an afternoon of hot old-time favorites. Share in the excitement as trumpet, sax, clarinet, trombone, bass, drums and piano belt out foot stompers of the '20s to the '40s. Tap your toes to good ole oldies such as *Ain't She Sweet*, *Somebody Stole My Gal*, *Bei Mir Bist Du Shein*, and *I'm Sittin' On Top Of The World*. By all means just sit back in your chair and take it in, and if you feel an irresistible urge, by all means get up and dance.

### SING WITH THE LINCOLN NURSERY SCHOOL

Sing along with the children from the Lincoln Nursery School on **Monday, December 15 at 10:45 am at Bemis Hall**. The kids will visit with their teachers to sing some of their favorite songs. The kids love to share their love of music when people come hear them sing!

### INTERMEDIATE BRIDGE GROUP LOOKING FOR PLAYERS



We are a friendly group looking to increase our numbers. Experience and knowledge of conventional bidding systems are required. These include American Standard with knowledge of Weak 2s, Blackwood, Gerber, Stayman and Jacoby Transfers. You do not need a partner. We often draw cards for those and we have a rotation system including everybody. We play duplicate when numbers permit. Please call Mary Sheldon at (781) 259-0241 or Diana Chirita at (781) 259-0816 for further details.

### AT THE MOVIES

**TUESDAY, DEC 2, 11:00 AM - 4:30 PM. WAGNER'S DIE WALKÜRE.** The one about a sword being pulled out of a tree, the ride of the Valkyries, and a ring of fire being ignited around our heroine. James Levine leads the Metropolitan Opera in the fabulous Otto Schenk production (NOT the controversial new version burdened with the "monster") featuring Jessye Norman, Hildegard Behrens, Christa Ludwig and James Morris. 1990. NR. 241 mins. Note: lunch break between Acts I and II (please bring your own).

**TUESDAY, DEC 16, 2:15 PM. SARAH'S KEY.** Paris, 1942: To protect her brother from the police arresting Jewish families, a young girl hides him away, promising to come back for him. Sixty-seven years later, her story intertwines with that of an American journalist investigating the roundup. 2010. PG-13. 111 mins.

**TUESDAY, DEC 23, 2:15 PM. MILLION DOLLAR ARM.** Looking to save his failing business, sports agent J.B. Bernstein launches a reality show to find India's best cricketers, with the goal of turning them into professional baseball players and signing them to Major League contracts. 2014. PG. 124 mins.

**TUESDAY, DEC 30, 2:15 PM. ILO ILO.** Leaving the Philippines to work in Singapore, Teresa is hired as a maid by a couple whose spoiled son delights in bullying and belittling her. Over time, the household dynamic shifts as the son comes to revere Teresa -- much to his mom's annoyance. Singapore. 2013. NR. 99 mins.

❁❁❁ *SPEND TIME WITH OTHERS* ❁❁❁

**“SENIOR DINING” — JOIN US TO MEET NEW FRIENDS!**



Lincolmites 60 and older are invited to enjoy a gourmet meal with new friends and old at **11:30 on Tuesday, December 16 at St. Anne's Church. We have new diners often — please come and brighten your winter by giving us a try! We need you!** Please reserve by calling the COA at least a week ahead even if you have previously attended. The cost of each meal is \$5. Caregivers are welcome to come with those for whom they are caring. Let us know if you need transportation or a seating partner. The lunch is co-sponsored by the COA, the Friends of the COA, Minuteman Senior Services, and St. Anne's. And the volunteer serving staff consists of your Lincoln friends and neighbors.

**PAM'S GROUPS—NEW MEMBERS ALWAYS WELCOME!**

**LET'S CONNECT Mondays/Wednesdays 2 pm** Chat and connect to caring people in person or by phone.

**LIFE AFTER 60 GROUP Tuesdays 12:15 pm** Make new friends while discussing an array of topics.

**DECLUTTER—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!**

**NO PLAY-READING GROUP IN DECEMBER.**

**FRENCH CONVERSATION** Brush up on your French speaking skills **the second and fourth Monday of each month at 9:30 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 **December 10**, will be an open discussion.

**CONSERVATION BREAKFAST Thursday, December 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 this month's venue.

**LINCOLN MEN'S COFFEE Thursday, December 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.**

**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 Tuesday of the month at 1:00 at Bemis Hall.**

**UKULELE AND SING-ALONG GROUP** meets on **Thursday, December 18 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 BEGINNER CLASS 1st and 3rd Fridays of each month at 9 am. CONVERSATION 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></p> <p>12:30 Lincoln Academy  2:00 Let's Connect Group  2:00/3:15 Tai Chi</p>	<p><b>2</b></p> <p>9:00 Podiatry  9:00/10:00 Ear Training  11:00 Opera Movie  Extravaganza:  Stegfried  11:30 You Can Do It  Exercise  12:15 Life After 60 Group  12:30 Lincoln Choir Singers  1:00 Exercise: Aerobics and  Weights  7:00 SBAC  Public Forum (Reed)</p>	<p><b>3</b></p> <p>10:00 Memoirs  11:00 Line Dancing  1:00/2:15 Tai Chi  2:00 Let's Connect Group</p>	<p><b>4</b></p> <p>9:15/10:15 Tai Chi  11:30 Piano Duets  1:00 Exercise: Aerobics  and Weights  1:30 Computer Drop-In  2:30 Trad Jazz Jammers</p>	<p><b>5</b></p> <p>9:00 Beginning German  10:00 German Conv.  10:00 Commons Update  10:00 Wellness Clinic (LW)  11:00 Finding What's Next  1:00 Intermediate Bridge  2:30 Recital by Wanda Paik</p>
<p><b>8</b></p> <p>9:30 French Conversation  11:30 Spanish Conversation  12:30 Lincoln Academy  2:00 Let's Connect Group  2:00/3:15 Tai Chi  7:00 Acoustic Music (Lib)</p>	<p><b>9</b></p> <p>9:00/10:00 Ear Training  9:30 FCOA Meeting  11:30 You Can Do It  Exercise  12:15 Life After 60 Group  12:30 Lincoln Choir Singers  1:00 Exercise: Aerobics and  Weights  2:30 COA Board</p>	<p><b>10</b></p> <p>10:00 Fireside Chat  11:00 Line Dancing  1:00/2:15 Tai Chi  2:00 Let's Connect Group  7:30 Classic Jazz (Lib)</p>	<p><b>11</b></p> <p>8:00 Conservation Bkfst  (TBA)  9:15/10:15 Tai Chi  9:30 Handwork Circle  11:00 Design Your Destiny  11:30 Piano Duets  12:00 Declutter-Lite  1:00 Exercise: Aerobics  and Weights  1:30 Computer Drop-In  2:30 Justice Discussion</p>	<p><b>12</b></p> <p>10:00 Estate Planning  11:00 Finding What's Next  12:15 Meditation  1:00 Intermediate Bridge  1:00 Peter Sugar:  Impressions of Italy</p>
<p><b>15</b></p> <p>10:45 Singalong  12:30 Lincoln Academy  2:00 Let's Connect Group  2:00/3:15 Tai Chi</p>	<p><b>16</b></p> <p>9:00 Blood Pressure/  Wellness Clinic  10:00 Ehud and Haruka  Jazz Concert  11:30 Senior Dining (St.  Anne's)  11:30 You Can Do It  Exercise  12:15 Life After 60 Group  12:30 Lincoln Choir Singers</p>	<p><b>17</b></p> <p>9:00 Podiatry  10:00 Memoirs  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><b>18</b></p> <p>8:00 Men's Coffee  9:15/10:15 Tai Chi  10:00 Digital Photography  11:30 Piano Duets  1:00 Exercise: Aerobics  and Weights  1:30 Computer Drop-In  3:00 Ukulele Gathering</p>	<p><b>19</b></p> <p>9:00 Beginning German  10:00 German  Conversation  10:00 Alzheimer's Training  for Caregivers  11:00 Finding What's Next  1:00 Intermediate Bridge  2:00 Schools Info Session</p>
<p><b>1</b></p> <p>12:30 Lincoln Academy  2:00 Let's Connect Group  2:00/3:15 Tai Chi</p>	<p><b>2</b></p> <p>9:00 Podiatry  9:00/10:00 Ear Training  11:00 Opera Movie  Extravaganza:  Stegfried  11:30 You Can Do It  Exercise  12:15 Life After 60 Group  12:30 Lincoln Choir Singers  1:00 Exercise: Aerobics and  Weights  7:00 SBAC  Public Forum (Reed)</p>	<p><b>3</b></p> <p>10:00 Memoirs  11:00 Line Dancing  1:00/2:15 Tai Chi  2:00 Let's Connect Group</p>	<p><b>4</b></p> <p>9:15/10:15 Tai Chi  11:30 Piano Duets  1:00 Exercise: Aerobics  and Weights  1:30 Computer Drop-In  2:30 Trad Jazz Jammers</p>	<p><b>5</b></p> <p>9:00 Beginning German  10:00 German Conv.  10:00 Commons Update  10:00 Wellness Clinic (LW)  11:00 Finding What's Next  1:00 Intermediate Bridge  2:30 Recital by Wanda Paik</p>
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	<p>1:00 Exercise: Aerobics and Weights 2:15 Movie: Sarah's Key</p>			<p><b>SATURDAY 20</b> 1:00 Jazz Jam (Lib) 3:00 Messiah (FP)</p>
<p><b>22</b> 9:30 French Conversation 11:30 Spanish Conversation 2:00 Let's Connect Group 7:00 Bellringers Concert (FP)</p>	<p><b>23</b> 9:00 Collating 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Eat Well, Be Well Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: Million Dollar Arm</p>	<p><b>24</b> 2:00 Let's Connect Group</p>	<p><b>25</b> <b>COA CLOSED/ CHRISTMAS</b></p>	<p><b>26</b> 11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge</p>
<p><b>29</b> 2:00 Let's Connect Group</p>	<p><b>30</b> 12:15 Life After 60 Group 2:15 Movie: Ilo Ilo</p>	<p><b>31</b> 2:00 Let's Connect Group</p>	<p><b>DECEMBER</b> </p>	<p><b>LOCATIONS</b> FP: First Parish Lib: Library LW: Lincoln Woods Mall: Lincoln Mall Reed: Reed Gym on Ballfield Road St. Anne's: St. Anne's Church TBA: Location to be announced</p>

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## ~~ FOR YOUR WELL BEING ~~

### CARE FOR YOUR LOVED ONE WITH ALZHEIMER'S AT HOME WITH THE "I'M STILL HERE" APPROACH



The "I'm Still Here" approach to caring for those with dementia features activities that bring quality of life and independence while maintaining good relationships and reducing behaviors that caregivers can find challenging. This approach is featured at Hearthstone's Learning for Life program offered at The Commons, and now you can learn the principles and strategies to make life easier and better for both you and your loved one at home. Susan Blackler of Hearthstone will be offering a free training for caregivers at **Bemis Hall on Friday, December 19 from 10 am to 2 pm**. Lunch from the Whistlestop Café will be provided. Learn strategies for: reducing repetitive questioning and resistance to bathing, dining out, communicating successfully, making your home "dementia friendly," activities you can do at home, and creating memory cues to enhance independence. Call the COA to sign up by December 12.

### 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. **No class December 30.**

**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 December 30.**

**TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS** Winter classes begin January 12 and run for 12 weeks. New students may sign up for Tai Chi I, the beginner's class. Continuing students do not need to sign up. Monday-Beginners: 2-3; Tai Chi Short Form (TCSF): 3:15 – 4:15; Wednesday-TCQG: 1-2; TCSF: 2:15–3:15; Thursday-Beginners: 9:15 – 10:15; TCSF: 10:15 – 11:15. Cost: \$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 by email at [mindbodyjm@comcast.net](mailto:mindbodyjm@comcast.net).

**LINE DANCING** Come enjoy the fun and fitness of line dancing on **Wednesdays at 11 am** with Katrina Rotondi. \$3 payable the day of the class. No sign up needed! **No class December 24 and 31.**

*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, December 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, December 2** and **Wednesday, December 17, both at 9 am at Bemis Hall** by appointment. \$10 donation requested. Services provided by Dr. Glenn Ruhl.

### SEEKING NEW MEMBERS FOR MEMOIRS GROUP

Does this describe you? "I don't think my life has been very interesting; but my children have asked me to write my stories down for my grandchildren." Or this? "I think there are some things about my life that are worth recording, but I don't know where to begin." Or "As soon as life settles down, I promise I'm going to get started"? Perhaps if you make "Writing my memoir" one of your New Year's Resolutions, 2015 will be a banner year. Without any obligation, please come to the first meeting of the Memoir Group on Wednesday, January 7 from 10 am to noon and see what we do. If you like what you see and you want to continue, the cost of the eight-session term is \$75. The dates for the term are **January 7 and 21, February 4 and 18, March 4 and 18, and April 8 and 22**. For more information, call Connie Lewis at (781) 259-9415 or email her at [conlewis1000@gmail.com](mailto:conlewis1000@gmail.com).

## ●●●WHAT YOU NEED TO KNOW●●●

### ESTATE PLANNING FOR YOUR FUTURE

Making sure that your legal affairs are in order is important both for your peace of mind and to make sure that your wishes are carried out as you would want them to be. The legal landscape of estate planning changes frequently. Come find out what you need to know about estate planning when Estate Planning and Elder Law attorney Denise Yurkofsky comes to **Bemis Hall on Friday, December 12 at 10 am**. Ms. Yurkofsky will review changes in the Massachusetts and federal estate tax, the probate process, when a trust can be useful, planning for incapacity with a durable power of attorney, health care proxy and living will, and long term care planning.

### UPDATE WITH THE COMMONS



What's the latest news about The Commons and construction of their new Health Center? Come to **Bemis Hall on Friday, December 5 at 10 am** to

hear Executive Director Chris Golen update us on how the construction is coming, what the new Health Center will offer, and how The Commons is and will be an active part of the Lincoln community. Come with your questions and concerns!

### DIGITAL PHOTOGRAPHY: CAPTURE YOUR HOLIDAYS

If you want to make sure you have the best photos of the holidays, come to our workshop with Harold McAleer on digital photography on **Thursday, December 18 at 10:00 am at Bemis Hall**. Harold will go over taking digital photos with your camera and your phone, then editing and emailing pictures from your computer. If you have a digital camera, bring it along! All are welcome, even if you do not yet have a digital camera and are just thinking about getting one to capture those special holiday moments.

### SNOWBIRD ALERT FROM THE TOWN CLERK

The Annual Town Census is mailed to all Lincoln households in January of each year. It serves, among other things, to verify your continuing residency in Town, upon which your status as a bona fide Registered Voter rests. It is, in other words, a **Very Important Document**. If you will be out of town for an extended period this winter, but wish to maintain your status as an Active Voter, please consult with the Town Clerk's Office at (781) 259-2607 before your departure.

### MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, December 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 and other matters.

### 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 is here. If you have a laptop or netbook, please bring it! Tutors are also available at other times and will come to your home. Call (781) 259-8811.

**WELLNESS CLINIC FOR ALL AGES!** All Lincoln residents are invited to meet with a nurse at **Lincoln Woods' Community Building at 50 Wells Road on Friday, December 5 from 10 am to Noon**. These clinics are funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care.

### LINCOLN SCHOOL MUSTER FIELD WETLAND TRAIL

Work on the Lincoln School Muster Field Wetland Trail has progressed, including hiring of a landscape architect and a company to conduct a geotechnical survey. Once the survey is complete, a new timeline for construction of the trail will be developed. Anyone wishing more information or to be involved in the project is invited to contact Terry Green (tgreen@lincnet.org) or Mairead Curtis (mcurtis@lincnet.org).

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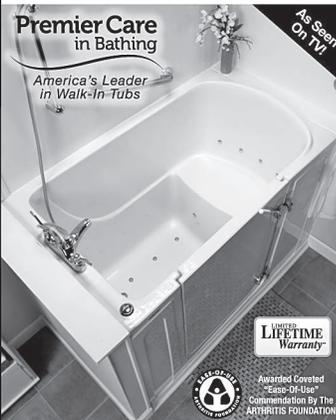
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## GOINGS ON IN AND AROUND LINCOLN

**SCHOOL BUILDING ADVISORY COMMITTEE PUBLIC FORUM.** Come to the **Reed Gym on Tuesday, December 2, from 7 to 9 pm** for a public forum on evaluation of the alternatives for a school building project. *See article on page 1 for more information.*

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

**CLASSIC JAZZ AT THE LIBRARY.** Dean Smith presents "Ticklin' the Ivories" about jazz pianists on **Wednesday, December 10 at 7:30 pm at the Library.** This group meets the second Wednesday of every month.

**FRIENDS OF THE LIBRARY BOOK SALE.** Come pick up a good read and help raise funds for the Library at the Friends of the Library Book Sale on **Saturday, December 13 from 9 am to Noon at Bemis Hall.**

**GIFT LOCAL.** The Old Town Hall Exchange is excited to announce the 4th annual Gift Local Artisan and Craft Show! This event will host a variety of talented local artists, featuring jewelers, woodworkers, and so much more. Stop by and get some of your holiday shopping out of the way while supporting some terrific local businesses! **Saturday December 13, 6:00 – 9:00 pm and Sunday December 14, 1:00 – 6:00 pm, Bemis Hall.**

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

**LIVE IN LINCOLN CENTER.** First Parish in Lincoln presents **Handel's Messiah** on **Saturday, December 20th at 3 pm in the Parish House Auditorium, 16 Bedford Road.** Ian Watson will direct a professional orchestra and chorus; a \$20 donation is suggested.

**HOLIDAY TINTINNABULATIONS.** The Lincoln Bellringers present their Fourth Annual Candlelight Concert of Christmas carols and holiday tunes at **First Parish in Lincoln, Monday, December 22nd at 7:00.** Free.

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