

NEWS FROM BEMIS HALL

Volume 6 Issue 1

January 2015

The Lincoln Council on Aging Monthly

HAUTE FUN AT TOP OF THE TOWN!



Are you planning to go to the **Top of the Town Winter Gala** on **January 24 from 5 to 8 pm at the deCordova Museum**? If so, please send in the reservation form on the invitation mailed to you in December. The form must reach the FLCOA at PO Box 143 or Bemis Hall by January 15 to confirm your attendance. This is a catered party, and an accurate head count is important! Because there is a space limit of 200 persons, we will start a wait list if replies reach that number.

We request that you let us know promptly if you must cancel so we can notify the next person on the list. The Friends of the Lincoln COA are pleased to host this event with free admission for Lincoln residents. The Friends are grateful for donations to show your support for this event. The snow date is January 25.

SCHOOL BUILDING ADVISORY COMMITTEE AT BEMIS

The SBAC has been working with consultants from Dore & Whittier since last July. Dore & Whittier will be issuing a final report summarizing all the input gathered from the community and their analysis of the building. The final report will be presented at Public Forum #4 on January 13th, 7:00 pm, Reed Gym. Residents, especially those who are unable to come to the Jan.13th meeting, are also invited to a meeting on **Friday, January 9 at 1 pm at Bemis Hall**. This meeting at the COA is an opportunity to get a preview of the final report and to continue the discussion about renovation pathways and the decisions the Town will need to make to move a project forward.

A REALLY BIG SHOW FOR WINTER CARNIVAL!

All are welcome to come see your friends and neighbors at the COA's free "Really Big Show," a variety show and part of the Winter Carnival at **Bemis Hall on Friday, January 30 at 1 pm**. The show will feature classical, jazz, and folk music, a dramatic performance, a comedy video, and demonstrations from the COA's fitness, line dancing, Tai Chi, and yoga classes. The show will be fun, entertaining, thought-provoking, and enlightening!

GET FREE INCOME TAX PREPARATION HELP



Volunteers certified under the AARP TaxAide program will prepare your Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers, with special attention to those over age 60. Appointments begin in February. Call the COA office to schedule a confidential appointment and get a list of documents you will need to bring. You may also speak to a volunteer in person on **January 23 at 10 am** (see page 9).

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DO YOU HAVE TOILETRIES YOU CAN DONATE?

Women and children who are in shelters remaking their lives after experiencing domestic violence need toiletries like shampoo, soap, toothpaste, hand and body lotions, and more. If you have unopened toiletries from hotels or stores that you can't use, please bring them to the COA at Bemis Hall by Friday, Feb. 6. A volunteer will take them to local domestic violence organizations for Valentine's Day distribution.

WOULD YOU LIKE A CHECK-UP CALL DURING SNOWSTORMS OR OTHER EVENTS?

The COA is happy to call residents who would like to be checked on during snowstorms and other similar events that might result in increased risk to those with disabilities, who live alone, or who are in other circumstances. If you would like calls, just call Pam Alberts Mizrahi and give us your name, phone number, emergency contact, and any other information you would like us to know.

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.

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

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 Mizrahi, 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.

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

**January 5, 12:30 pm: Deane Ellsworth —
The Magic of the Steam Train Whistle**

**January 12, 12:30 pm: Ron McAdow—First Novel at Age 65? Knowing
When You Know Enough about Life to Write about It**

January 26, 12:30 pm: Sharon Antia—Stories from the Campaign Trail

*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 Friday January 9 at 10 am!** 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, different from those shown previously, of a one-hour lecture from the course about the justice behind taxing the rich to give to the poor and facilitates a discussion. 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.



ENJOY A DAY OUT WITH THE COA!



REDISCOVER THE HARVARD ART MUSEUMS



Admire art treasures from ancient sculptures to contemporary paintings at the newly renovated Harvard Art Museums on **Thursday, February 12**. Renowned Italian architect Renzo Piano has designed a stunning five-story light-filled glass expansion rising up from the Renaissance courtyard of the old Fogg building. This now showcases the combined collections of the Fogg, Busch-Reisinger, and Arthur M. Sackler Museums. The current special exhibition displays Mark Rothko paintings. We'll start loading the Doherty Bus at the Donelan's Mall at 9:15 AM, departing promptly at 9:30 AM for the Museums, which open at 10:00. We'll be exploring

on our own, or by using themed digital guides that are available there for use on your own smartphone or tablet. Around noon, we'll depart for lunch together at your own cost (bring cash). We expect to return to Lincoln by 3:00 PM. This trip is handicapped accessible, but you must be able to climb onto the bus, manage short flights of stairs and walk short distances. Some wheelchairs are available at the Museums for visitors' use. Our group will be limited to 30. Payment is non-refundable, unless you find a replacement. To register, send a check for \$15 per person by February 5 made out to FLCOA Trips to Ginny O'Brien, 4 Linway Rd. Please include your email address and phone number in the envelope with your check. Questions: call Ginny at (781) 259-1291 or email her at vobrien39@yahoo.com.

*** JUST FOR FUN ***

COFFEE WITH ARTIST ED KOEHLER



Join Lincoln illustrator and muralist Ed Koehler on **Tuesday, January 27 at 2:30 pm** for “Coffee with the Artist” to celebrate his exhibit, which will be in January and February in the Bemis Hall Artists Gallery. Mr. Koehler has been drawing since he was eight years old. His commissions include architectural and artistic projects such as murals, portraits, historic scenes and varied drawings. He was an architect in Boston and Cambridge for 55 years while maintaining partnerships and independent commissions. A veteran of the Korean War, he is presently working on murals at the VA Hospital in Bedford.

CONCORD CONSERVATORY OFFERS MUSICAL EAR TRAINING

The Concord Conservatory once again offers 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. Ehud Ettun teaches a beginner's class at 9 am and an intermediate class at 10 am for 10 weeks on Tuesday mornings beginning on **January 13** at a cost of \$65 for each course. Sign up now!



ARE WE HAVIN' FUN YET?

Dot and Royce are. Haven't missed one yet. Rob and Juliet are. They dance all over the hall. Come celebrate the joy of jazz oldies **at Bemis on Thursday January 8 at 2:30** when the Lincoln Traditional Jazz Jammers will share with you their love of this sometimes hot sometimes cool music. The musicians are mostly retirees, spirited amateurs who give life to the music of the 20's, 30's and 40's. You too will be tapping your feet, maybe even dancing, as they gather around the magnificent Bemis Steinway Grand and with trumpet, clarinet, sax, trombone, bass and drums tuned up and ready to go, belt out those favorites we all know and love.

SUN SHIP GAME: FLYING WITHOUT AN ENGINE

Soaring, or flying without an engine, especially through wild weather for days at a time, requires extraordinary physical skill, brilliant mental effort, and fearlessness. Come see *The Sun Ship Game*, a film about two pilots trying to win a competition, and then discuss the film as well as the experience of soaring with pilot Bill Nockles on **Tuesday, January 6, at 2:15 at Bemis Hall.**

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, 23 and 26.** 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.

AT THE MOVIES

TUESDAY, JANUARY 6, 11:00 am to 4:30 pm. WAGNER'S SIEGFRIED. The one where Siegfried turns blacksmith and forges a sword with which he kills a dwarf and then walks through fire to discover eternal love. The young James Levine leads the Metropolitan Opera in the fantastic Otto Schenk production featuring Hildegard Behrens, Dawn Upshaw, Siegfried Jerusalem and James Morris. 1990. NR. 253 mins. Note: BYO lunch break between Acts I and II.

TUESDAY, JANUARY 20, 2:15 PM. MALEFICENT. This fantasy drama retells the “Sleeping Beauty” story from the point of view of evil godmother Maleficent. 2014. PG. 97 mins.

THURSDAY, JANUARY 22, 2:15 PM. AND SO IT GOES. When a realtor take over the care of a previously unknown granddaughter, neighbor Leah comes to the rescue and captures his heart. 2014. PG-13. 94 mins.

THURSDAY, JANUARY 29, 2:15 PM. THE WIND RISES. Master animator Hayao Miyazaki spins a tale inspired by the life of Jirô Horikoshi, designer of the World War II fighter plane the Zero. 2013. PG-13. 126 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, January 20 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 JANUARY.

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 on **January 14** asks: Are books an “essential good”? What does it mean that Lincoln and other towns have no bookstores except the Friends of the Library book sale?

CONSERVATION BREAKFAST Thursday, January 8 at 8:00 am. Meet and gossip the second Thursday of every month about Town events, sometimes touching on Conservation. Call (781) 259-2612 for this month's venue.

LINCOLN MEN'S COFFEE Thursday, January 15 at 8:00 am. Bagels and lox, coffee and camaraderie—a great chance to catch up with buddies and make new friends.

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

DESIGN YOUR DESTINY Ongoing progressive mind-body group. **2nd and 4th Thursdays at 11.**

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

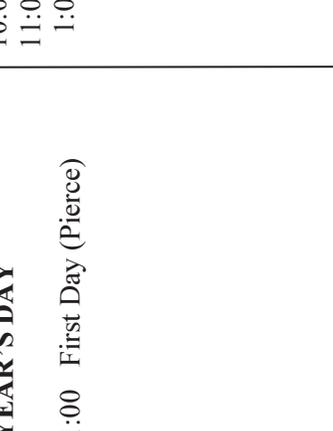
EAT WELL, BE WELL GROUP! If you like to discuss nutrition and share tips and information, join the Eat Well, Be Well group that will meet monthly on the **fourth Tuesday of the month at 1:00 at Bemis Hall.**

UKULELE AND SING-ALONG GROUP meets on **Thursday, January 15 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 of at 12:15 pm.**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JANUARY</p> 	<p>LOCATIONS DeCordova: DeCordova Museum Lib: Library LW: Lincoln Woods Pierce: Pierce House St. Anne's: St. Anne's Church TBA: Location to be announced</p>		<p>1</p> <p>COA CLOSED/NEW YEAR'S DAY</p> <p>1:00 First Day (Pierce)</p>	<p>2</p> <p>9:00 Beginning German 10:00 German Conv. 11:00 Finding What's Next 1:00 Intermediate Bridge</p>
<p>5</p> <p>10:00 Pastel Painting 12:30 Lincoln Academy 2:00 Let's Connect Group</p>	<p>6</p> <p>9:00 Podiatry 11:00 Opera Extravaganza: Siegfried 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Movie and Discussion: The Sun Ship Game</p>	<p>7</p> <p>10:00 Memoirs 11:00 Line Dancing 1:00 Office Hours with Aide to Katherine Clark 2:00 Let's Connect Group</p>	<p>8</p> <p>8:00 Conservation Bkfst (TBA) 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 Traditional Jazz Jammers</p>	<p>9</p> <p>9:00 Pastel Painting 10:00 Lincoln Academy at The Movies: Justice 10:00 Wellness Clinic (LW) 11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge 1:00 Schools Update</p> <p>SATURDAY 10 9:00 Library Book Sale</p> <p>SUNDAY 11 1:00 Seacoast Stompers</p>
<p>12</p> <p>10:00 Pastel Painting 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>13</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 1:00 Exercise: Aerobics and Weights 2:30 COA Board</p>	<p>14</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>15</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>16</p> <p>9:00 Beginning German 10:00 German Conversation 10:00 Voting Machine Demonstration 11:00 Finding What's Next 1:00 Intermediate Bridge 1:00 TED Talks: Aging Well</p>

<p>19 COA CLOSED/MARTIN LUTHER KING DAY</p>	<p>20 9:00/10:00 Ear Training 9:00 Blood Pressure/Wellness Clinic 11:30 Senior Dining (St. Anne's) 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: Maleficent</p>	<p>26 9:00 Pastel Painting 9:30 French Conversation 10:00 Sewing Drop-In 11:30 Spanish Conversation 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi 7:00 Medicare 101</p>	<p>21 9:00 Podiatry 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>22 9:15/10:15 Tai Chi 9:30 Handwork Circle 11:00 Design Your Destiny 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: And So It Goes</p>	<p>27 9:00/10:00 Ear Training 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 2:30 Coffee with the Artist</p>	<p>23 10:00 Pastel Painting 10:00 TaxAide Office Hours 11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge 1:00 Therapeutic Touch</p>	<p>28 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>29 9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: The Wind Rises</p>	<p>24 5:00 Top of the Town (deCordova)</p>	<p>30 10:00 Researching Businesses 11:00 Finding What's Next 1:00 Intermediate Bridge 1:00 Winter Carnival Variety Show</p>	<p>31 10:00 Pastel Painting 10:00 TaxAide Office Hours 11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge 1:00 Therapeutic Touch</p>	<p>SATURDAY 17 1:00 Jazz Jam</p>
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~ ~ FOR YOUR WELL BEING ~ ~

MEDICARE 101: BASICS FOR THOSE ABOUT TO SIGN UP AND OTHERS



Come find out the basics of Medicare on **Monday, January 26 at 7:00 pm at Bemis Hall** with Minuteman Senior Services SHINE counselors Don Milan and Anne Meade. This introduction to Medicare is especially for those who will be signing up soon, but is also for those who just wish to learn more and understand their benefits better. Don and Anne will discuss traditional Medicare, medigap plans, Advantage plans, and medication drug coverage (Medicare, Parts A, B, C, and D), how to go about choosing the plan or plans that are best for you, avoiding penalties when you sign up late, and more. Bring your questions and concerns!

THERAPEUTIC TOUCH FOR PHYSICAL AND EMOTIONAL WELL BEING

Therapeutic Touch® is a holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being in all aspects of the individual: body, mind, and spirit. It was developed 40 years ago by Delores Krieger RN, PhD, and Dora Kunz, a natural healer and is now practiced in hospitals and elsewhere all over the world. Come learn more about Therapeutic Touch when Lincoln resident and certified practitioner Catherine Collins RN, MS, QTTP (Qualified Therapeutic Touch Practitioner) comes to **Bemis Hall on Friday, January 23 at 1 pm**. She will discuss Therapeutic Touch — its origins, how it works, and what to expect from a session — then do short sessions. If you would like a 10-minute treatment between either 12:00 and 1:00 pm or 2:00 and 3:00 pm, please call the COA to sign up for an appointment.

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 Spring- weeks of Jan 12-March 30. 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 info, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

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

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, January 20 from 9 to 11 am at Bemis Hall**. Services are provided by Emerson Hospital Home Care.

PODIATRY CLINICS

Podiatry clinics will be held on **Tuesday, January 6** and **Wednesday, January 21, both at 9 am at Bemis Hall** by appointment. \$10 donation requested.

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, January 9 from 10 am to noon**. This clinic is funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care.

FRIENDS OF THE LIBRARY VOLUNTEERS NEEDED. Tuesdays 1-3 pm sorting books at Bemis Hall for the book sale and technical and non-technical help for Lincoln Directory. Call Belinda @ 781-577-7004.

•••WHAT YOU NEED TO KNOW•••

GETTING THE FACTS WITH THE BBB BEFORE YOU BUY



Find out how you can check the complaint history and other essential information of retailers or home improvement or other services before you buy when Amy Schram of the Better Business Bureau comes to

Bemis Hall on Friday, January 30 at 10 am. Just by going to the BBB site, you can create a list of who provides what you are looking for in our area, learn about complaints against them, find out how long they have been in business and how many employees they have, and read customer reviews, all for free!

LEARN TO USE LINCOLN'S VOTING MACHINES FOR VOTERS WITH DISABILITIES

Come see a demonstration of Lincoln's Automark balloting marking device on **Friday, January 16 at 10 am at Bemis Hall.** The AutoMARK machine is designed to enable voters with disabilities to cast their ballots independently. The machines are deployed in all 1700 Massachusetts polling places. The Friday demonstration will feature two of Lincoln's most dedicated voters, Kitty Stein and John Langell, and Nancy Pimental and Mike Russell. This program is co-sponsored by the Lincoln Commission on Disabilities and the Lincoln Town Clerk's Office.

TED TALKS: "ELDERS ARE HAPPIER" AND "LIVING TO 100"

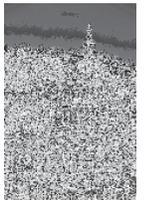
Come watch two short TED Talk videos on aging well and then discuss them on **Friday, January 16 at 1 pm at Bemis Hall.** We'll show "Older People Are Happier," which explores research showing that older people are more satisfied with their lives and have a more positive outlook, and "Living to 100," which looks at what behaviors and cultural attributes centenarians have in common and what we can learn from them about aging well. Then we'll share our experiences, insights, thoughts, and ideas about the joys and challenges of later life.

HAVE A QUESTION ABOUT YOUR TAXES?

If you have a simple question about your taxes or preparation of your returns, come down to **Bemis Hall on Friday, January 23 from 10 am to noon** when Packy Lawler will hold "Office Hours." Packy is one of Lincoln's highly trained AARP/IRS TaxAide counselors who provides free preparation of federal and state tax returns each year (please see page 1). Please call the COA to make an appointment.

MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, January 7 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.



DO YOU HAVE SOMETHING YOU NEED TO HAVE SEWN OR WOULD YOU LIKE TO LEARN HAND SEWING?

Do you have a small sewing job you need done? Barbara Straus will be here on **Monday, January 26 from 10 am to 2 pm.** to help you with your sewing needs! She can do small quick jobs like a button or a seam repair, but not more involved work. She will also do a hand-sewing tutorial. No need to sign up!

The Computer Corner...

COMPUTER AND DIGITAL CAMERA TUTORING!

Come to our drop-in computer and digital photography tutoring on **Thursday afternoons from 1:30 to 3:30 pm!** If you need Mac help, call before you come to see if a Mac tutor will be available. If you have a laptop or netbook, please bring it! Tutors are available at other times and will come to your home. Call (781) 259-8811 for info.

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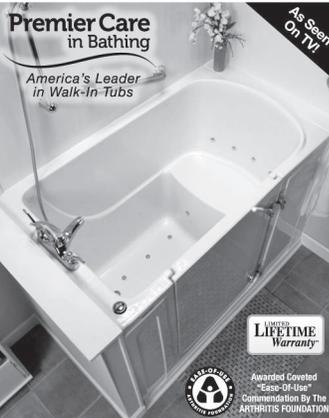
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GOINGS ON IN AND AROUND LINCOLN

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.**

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, January 10 from 9 am to Noon at Bemis Hall.**

SWING TO THE SEACOAST STOMPERS Dixieland Band at **Bemis Hall on January 11, 1-4 pm.** \$10. Light refreshments. Sponsored by Classic Jazz at the Library.

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, January 12 from 7 to 10 pm at the Library** featuring Outrageous Fortune. Email: loma3re@gmail.com.

CLASSIC JAZZ AT THE LIBRARY Dean Smith presents "Ticklin' the Ivories" about jazz pianists on **Wednesday, January 14, 7:30 pm at the Library.** This group meets the second Wednesday of every month.

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, January 17 from 1:00 pm – 5:00 pm at Bemis Hall.** Come hear local musicians belting out old favorites which will set your feet a-tappin'. Free

LIFE IN LINCOLN DURING WORLD WAR II. Feb. 1, 2015, 2 pm at Bemis Hall. How much do you remember from those years? Come share your memories whether you grew up in Lincoln or elsewhere.

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.* If the schools are not closed, but the weather is bad, call before coming as some events may be canceled.

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