

NEWS FROM BEMIS HALL

Volume 6 Issue 2

February 2015

The Lincoln Council on Aging Monthly

COFFEE WITH THE TOWN AND SCHOOLS ABOUT ANNUAL TOWN MEETING



Get a sneak preview of Annual Town Meeting! You are invited to share coffee and conversation with Town Administrator Tim Higgins, Selectman Renel Fredriksen, School Superintendent Becky McFall, and School Committee Chair Jennifer Glass

on **Friday, February 13 at 1 pm at Bemis Hall.** You will hear about the budget and other issues that are on the agenda for the Annual Town Meeting and you will have a chance to ask questions and give ideas. This is your opportunity to become informed about and discuss issues of importance to the Town in an informal setting. Bring your questions and concerns!

TAKE CHARGE OF YOUR WELLNESS WITH THE NEW AGING MASTERY PROGRAM

Be better than ever in time for summer! Forge your own path to better physical and emotional health, financial well-being, and life enrichment through actionable goals, small but impactful life changes, peer support, and rewards! Lincoln seniors are invited to join others from Weston and Wayland at the Weston COA in this free 12-week program meeting on Wednesday mornings from 9:15 to 10:45 am beginning **March 11.** Sessions will cover fitness, nutrition, sleep, financial well being, relationships, advance planning, benefits of helping others, and civic engagement and will include a healthy continental breakfast bar followed by a presentation by an expert and discussion. Please sign up now as space is limited. Supported by the National Council on Aging, the Massachusetts Councils on Aging, and the Massachusetts Executive Office of Elder Affairs.

GET FREE INCOME TAX PREPARATION HELP

Volunteers certified under the AARP Tax Aide 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. Call the COA office to schedule a confidential appointment and get a list of documents you will need to bring.

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 please bring them to Bemis Hall by Friday, February 6. A volunteer will take them to local domestic violence organizations for Valentine's Day distribution.

WINTER WEATHER POLICY If the Lincoln schools are closed due to weather, activities at the COA are canceled. *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.

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MAKE YOUR HOME SAFER FROM FIRE WITH SENIOR SAFE

The Lincoln Fire Department is pleased to announce the second year of Senior SAFE, a program that offers free fire safety evaluations of your home and installation of free smoke and carbon monoxide detectors. Trained fire fighters will come to your home at your convenience and make suggestions about how you may make your home safer from fires. If there is equipment you may need that you cannot afford or if you need helping carrying out the suggestions, the Fire Department or COA may be able to help. The Fire Department will also install a free new smoke and carbon monoxide detector or replace batteries in one you already have. Seniors may also receive a free fall prevention home safety evaluation from the COA's Home Safe program. Senior SAFE is funded by the Commonwealth of Massachusetts. For more information, call Ben Juhola of the Lincoln Fire Department at (781) 259-8113. To schedule a fire or fall prevention home safety evaluation, call the COA at (781) 259-8811.

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 home safety? Call the COA. The 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.

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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

February 9, 12:30 pm — Elizabeth ten Grotenhuis: Alexander the Great, From Conqueror to Deity

February 23, 12:30 pm — Packy and Judith Lawler: Some Favorite Romanesque Churches in France

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>

JUSTICE COURSE: PRIVATE PROPERTY AND CONSENTING ADULTS



“This land is my land.” The right to private property. How far does it go? Justice and consenting adults. The relationship between consent and justice. These are some of the issues which will be considered and discussed in the fourth installment of the Justice course, which will be held at **Bemis Hall on Friday February 20 at 1:00 p.m.** Please come and join the conversation! 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 about the above issues 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 that will spark a spirited discussion.



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 a comfortable minibus 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) at a nearby restaurant. 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. This trip will be partially subsidized by the Hurff Fund. 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.

SAVE THE DATE—SHREK AT THE WHELOCK THEATER WITH GRANDFRIENDS AND GRANDCHILDREN! Bring your grandkids and/or grandfriends, or come by yourself, to see the delightful Broadway hit musical *Shrek* at the **Wheelock Theater in Boston on Sunday, April 19 at 3 pm!**

*** JUST FOR FUN ***

PUT A LITTLE SPRING IN YOUR STEP!

It'll be *Bye Bye Blues* when the Lincoln Trad Jazz Jammers Septet bring their instruments upstairs to Bemis Hall on **Thursday February 5 at 2:30 pm**. Celebrate the easy living of Gershwin's *Summertime* in the depths of the February snow. Maybe *Somebody Stole Your Gal* or *Bill Bailey* left you alone and won't come home and you're in a nostalgic mood, more suited to *The Birth of the Blues* or Fats Waller's *Blue Turning Grey Over You?* Well *Doctor Jazz* will be here to fix it for you. *Lady Be Good* ring your bells? *Yes Sir That's My Baby*? Come on down and join the regulars at these monthly shindigs.



TRAVELING ALONE OR IN A SMALL GROUP



Even if you are single, you can form small groups of friends and still get the same discounts and benefits as couples and larger groups. Find out tips on booking cruises and other trips, sometimes without having to pay the extra cost of having a room to yourself, traveling with friends or other companions, forming travel groups and more when travel advisor and Accredited Cruise Counselor Peggy Dawson comes to Bemis Hall on **Friday, February 27 at 1 pm**. Bring your questions and concerns!

LEARN TO HAND SEW: A WORKSHOP FOR ALL AGES

Life is easier if you know how to sew on a button, repair a simple seam, do an easy hem, and other hand-sewing projects. Come to an intergenerational hand sewing workshop with Barbara Straus on **Friday, February 20 from 10 am to 12 noon**. Barbara will show you the basics of hand sewing and answer your questions. Residents of any age are welcome! You may buy a basic sewing kit from Barbara for \$6 or get a list of suggested supplies from the COA. Please sign up and also let us know if you would like a sewing kit.

AT THE MOVIES

MONDAY, FEBRUARY 2, 10:00—4:30. GOTTERDAMMERUNG (TWILIGHT OF THE GODS). The one where Siegfried makes new friends who stab him in the back, where Brünnhilde is very brave, and finally Valhalla goes up in flames to conclude the mammoth 4-opera RING opera-drama. The young James Levine leads the Metropolitan Opera in the fantastic Otto Schenk production featuring Hildegard Behrens, Siegfried Jerusalem, and Christa Ludwig. 1990. NR. 281 mins. Note 10:00 start time. BYO lunch break between Acts I and II.

TUESDAY, FEBRUARY 3, 2:15 PM. HUNDRED FOOT JOURNEY. Relocating from India to a quiet village in the south of France, chef Hassan Kadam and his family open a restaurant. But when their business starts to thrive, a competing restaurateur launches a war between the eateries. 2014. PG. 122 mins.

TUESDAY, FEBRUARY 17, 2:15 PM. PRIDE. In an unlikely alliance, striking British mineworkers draw support from a coalition of gay and lesbian activists who solicit donations to help tide over the miners' families during the 1984 standoff with Prime Minister Margaret Thatcher's government. 2014. R. 120 mins.

THURSDAY, FEBRUARY 19, 2:15 PM. MAGIC IN THE MOONLIGHT. Exposing a phony soothsayer proves harder than expected when the debunker (an Englishman) becomes smitten with the purported fraud (a French beauty). This deft romantic comedy unwinds amid the gilt and glamour of the French Riviera in the 1920s. 2014. PG-13. 98 mins.

TUESDAY, FEBRUARY 24, 2:15 PM. ELSA AND FRED. After losing his wife, Fred (Christopher Plummer) feels disturbed, confused and alone, so his daughter (Marcia Gay Harden) helps move him into a small apartment where he meets Elsa (Shirley Maclaine). From then on, everything changes. 2014. PG-13. 97 mins.

CONCORD PLAYERS: DESK SET The Concord Players present Senior Open Dress Rehearsal of the comedy "Desk Set," about a group of women reference librarians and the efficiency expert who sets off rumors of pink slips and romance on **Thursday, February 12 at 8 pm, 51 Walden Street, Concord**. Tickets are \$5 at the door.

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, February 17 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 call the COA to reserve. The cost of each meal is \$5. Caregivers may 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 1st, 2nd, 4th Tuesdays 12:15 pm Make new friends while discussing various 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 Tony Kushner's iconic *Angels in America: A Gay Fantasia on National Themes* on **Fridays, February 13 and 20 at 1 pm.** Sally will bring copies.

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. On **February 11** we will focus on what we can do to notice and speak out about potentially dangerous neighbors, relatives, and others in light of the recent mass shootings done by people who were mentally ill.

CONSERVATION BREAKFAST Thursday, February 12 at 8:00 am. Meet and gossip the second Thursday of the month about Town events, also touching on Conservation. Call (781) 259-2612 for this month's venue.

LINCOLN MEN'S COFFEE Thursday, February 19 at 8:00 am. Bagels, cream cheese, and lox, doughnuts, 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.

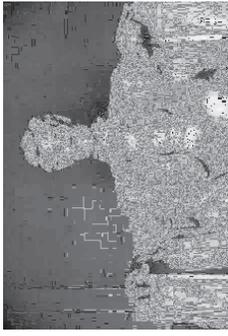
EAT WELL, BE WELL GROUP! If you like to discuss nutrition and share tips and information, join the Eat Well, Be Well group that will meet monthly on the **fourth Tuesday of the month at 1:00 at Bemis Hall.**

UKULELE AND SING-ALONG GROUP meets on **Thursday, February 12 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.

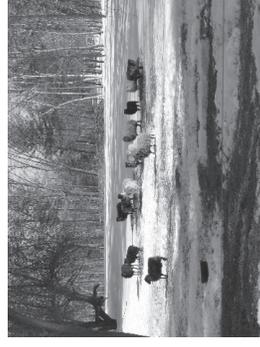
GUIDED MEDITATION 20-40 minutes of guided meditation while we sit quietly and take in inspiring words that lead to a peaceful state. Suitable for beginners to experienced meditators. **2nd and 4th Fridays at 12:15 pm.**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:00 Opera Extravaganza: Gottedammerang</p> <p>2:00 Let's Connect Group</p> <p>2:00/3:15 Tai Chi</p>	<p>3</p> <p>9:00 Podiatry</p> <p>9:00/10:00 Ear Training</p> <p>10:00 Do Less, Accomplish More, Feel Better</p> <p>11:30 You Can Do It Exercise</p> <p>12:15 Life After 60 Group</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>2:15 Movie: Hundred Foot Journey</p>	<p>4</p> <p>9:00 Gentle Yoga</p> <p>10:00 Memoirs</p> <p>11:00 Line Dancing</p> <p>1:00 Office Hours with Aide to Katherine Clark</p> <p>1:00/2:15 Tai Chi</p> <p>2:00 Let's Connect Group</p>	<p>5</p> <p>9:15/10:15 Tai Chi</p> <p>11:30 Piano Duets</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>1:30 Computer Drop-In</p> <p>2:30 Traditional Jazz Jamers</p>	<p>6</p> <p>9:00 Beginning German</p> <p>10:00 German Conv.</p> <p>10:00 Wellness Clinic (LW)</p> <p>11:00 Finding What's Next</p> <p>1:00 Intermediate Bridge</p> <p>1:00 Eldercare Basics</p>
<p>SUNDAY</p> <p>2:00 Life in Lincoln During World War II</p>	<p>1</p>	<p>7</p> <p>SATURDAY</p> <p>5:00 Midwinter Colonial Reception (Buttrick)</p>	<p>12</p> <p>8:00 Conservation Bkfst (TBA)</p> <p>9:15 Harvard Art Museum Trip (Mall)</p> <p>9:15/10:15 Tai Chi</p> <p>9:30 Handwork Circle</p> <p>11:00 Design Your Destiny</p> <p>11:30 Piano Duets</p> <p>12:00 Declutter Lite</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>1:30 Computer Drop-In</p> <p>3:00 Ukulele Gathering</p>	<p>13</p> <p>11:00 Shake Off the Winter Drums</p> <p>11:00 Finding What's Next</p> <p>12:15 Meditation</p> <p>1:00 Playreading: Angels in America</p> <p>1:00 Intermediate Bridge</p> <p>1:00 Town and Schools Budget Update</p>
<p>9</p> <p>9:30 French Conversation</p> <p>11:30 Spanish Conversation</p> <p>12:30 Lincoln Academy: Alexander the Great</p> <p>2:00 Let's Connect Group</p> <p>2:00/3:15 Tai Chi</p> <p>7:00 Acoustic Music (Lib)</p>	<p>10</p> <p>9:00/10:00 Ear Training</p> <p>9:30 FCOA Meeting</p> <p>10:00 Do Less, Accomplish More, Feel Better</p> <p>11:30 You Can Do It Exercise</p> <p>12:15 Life After 60 Group</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>2:30 COA Board</p>	<p>11</p> <p>9:00 Gentle Yoga</p> <p>10:00 Fireside Chat</p> <p>11:00 Line Dancing</p> <p>1:00/2:15 Tai Chi</p> <p>2:00 Let's Connect Group</p> <p>7:30 Classic Jazz (Lib)</p>	<p>12</p> <p>8:00 Conservation Bkfst (TBA)</p> <p>9:15 Harvard Art Museum Trip (Mall)</p> <p>9:15/10:15 Tai Chi</p> <p>9:30 Handwork Circle</p> <p>11:00 Design Your Destiny</p> <p>11:30 Piano Duets</p> <p>12:00 Declutter Lite</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>1:30 Computer Drop-In</p> <p>3:00 Ukulele Gathering</p>	<p>14</p> <p>SATURDAY</p> <p>9:00 Library Book Sale</p> <p>1:00 Seacoast Stompers</p>
<p>16</p> <p>COA CLOSED/ PRESIDENT'S DAY</p> 	<p>17</p> <p>9:00/10:00 Ear Training</p> <p>9:00 Blood Pressure/Wellness Clinic</p> <p>10:00 Do Less, Accomplish More, Feel Better</p> <p>11:30 Senior Dining (St. Anne's)</p> <p>11:30 You Can Do It Exercise</p> <p>1:00 Exercise: Aerobics and</p>	<p>18</p> <p>9:00 Gentle Yoga</p> <p>9:00 Podiatry</p> <p>10:00 Memoirs</p> <p>11:00 Line Dancing</p> <p>1:00/2:15 Tai Chi</p> <p>2:00 Let's Connect Group</p>	<p>19</p> <p>8:00 Men's Coffee</p> <p>9:15/10:15 Tai Chi</p> <p>11:30 Piano Duets</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>1:30 Computer Drop-In</p> <p>2:15 Movie: Magic in the Moonlight</p>	<p>20</p> <p>9:00 Beginning German</p> <p>10:00 German Converts.</p> <p>10:00 Hand Sewing Workshop</p> <p>11:00 Finding What's Next</p> <p>12:15 Meditation</p> <p>1:00 Intermediate Bridge</p> <p>1:00 Justice Course</p> <p>1:00 Playreading: Angels in America</p>

	<p>2:15 Weights Movie: Pride</p>		<p>SATURDAY 21 1:00 Jazz Jam (Lib) SUNDAY 22 3:00 Music for Strings (FP)</p>
<p>23 9:30 French Conversation 11:30 Spanish Conversation 12:30 Lincoln Academy: Romanesque Churches 2:00 Let's Connect Group 2:00/3:15 Tai Chi</p>	<p>24 9:00 Collating 9:00/10:00 Ear Training 10:00 Do Less, Accomplish More, Feel Better 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 1:00 Eat Well, Be Well 2:15 Movie: Elsa and Fred</p>	<p>25 9:00 Gentle Yoga 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>26 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</p>
		<p>27 10:00 Job Search Group 11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge 1:00 Traveling Alone</p>	<p>LOCATIONS Buttrick: Buttrick House FP: First Parish Lib: Lincoln Library LW: Lincoln Woods Mall: Lincoln Mall St. Anne's: St. Anne's Church TBA: Location to be announced</p>

FEBRUARY



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~~ FOR YOUR WELL BEING ~~

THROW OFF WINTER DOLDRUMS!



What better time than Valentine's Day, and Mid-winter, to Warm the Cockles of your Heart and throw off the winter doldrums! Join Jai Kaur Annamaria San Antonio on **Friday, February 13 at 11 am at the Pierce House**, which will provide an Intimate and Cozy setting to share Heart Wisdom, Lore, and Meditation that focuses on healing and opening the heart. Delicious home-made soup, bread, and Valentine's treats will be served. If you are so inclined, bring a favorite poem or song to share to pluck the heart strings and invoke cupid! May the great thaw begin! Please sign up by calling the COA. A donation is requested to cover the cost of the food. You will be done in time to attend the 1 pm program at Bemis Hall.

DO LESS, ACCOMPLISH MORE, FEEL BETTER!

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 Mizrahi. 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 February 3**. You will benefit from this group whether you were in the fall group or not.

GENTLE YOGA JUST RIGHT FOR YOU

Yoga has been shown to help with flexibility, strength, relaxation, blood pressure, your immune system, and more. Would you like to try yoga but are concerned it may be too rigorous for you? Try our Gentle Yoga class with experienced instructor Jai Kaur Annamaria San Antonio! The class will be held on seven Wednesday mornings at 9:00 am beginning on **February 4** at a cost of \$70 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! This class is appropriate whether you have taken previous yoga classes or not. **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 The winter session is now closed. 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. 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!

GENTLE YOGA Gentle yoga on the floor or in a chair, **Wednesdays at 9:00 am**. Taught by Jai Kaur Annamaria San Antonio. See announcement above.

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, February 17 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, February 3** and **Wednesday, February 18, both at 9 am at Bemis Hall** by appointment. \$10 donation requested.

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, February 6 from 10 am to Noon**. These clinics are funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care.

●●●WHAT YOU NEED TO KNOW●●●

JOIN THE JOB SEARCH GROUP AND MAKE AN ACTION PLAN



Join Tee Provost of Operation ABLE when she continues her series on successfully finding a job on **Friday, February 27 at 10 am here at Bemis Hall.** Tee will focus on deciding between job options, setting goals, evaluating resources and

obstacles to achieving goals, and developing an action plan with clear, obtainable steps. This is a great chance to not only get tips for your job search, but also to get to know others who are also looking and share experiences and ideas. This program will be of benefit even if you have not come to previous sessions.

ELDER SERVICES BASICS: GETTING STARTED WITH IN-HOME AND OTHER CARE

The moment when you realize that you or a loved one needs in-home care can be daunting. How do you decide what services you need? How do you know who provides them and how do you choose among agencies? What help is available for caregivers? For the answers to these and other questions, come to **Bemis Hall on Friday, February 6, at 1 pm.** Carolyn from the COA will go over the process of getting going with in-home services, from evaluating needs, to arranging and monitoring services, to making sure that services keep up as needs change, as well as where caregivers can turn for help. All are welcome, even if you don't currently need in-home services.

ARE YOU ELIGIBLE FOR THE MASSACHUSETTS CIRCUIT BREAKER TAX CREDIT?

For the Tax Year 2014, the Senior Circuit Breaker Tax Credit gives a state tax credit of up to \$1050 for owners or renters 65 years or older who meet income and property value guidelines and who pay more than 10% of their income for real estate taxes (renters may count 25% of their rent as real estate taxes). To qualify, an owner or renter's income cannot exceed \$56,000 for an individual; \$70,000 for head of household; or \$84,000 for taxpayers filing a joint return. A home's assessed value cannot exceed \$691,000. You may apply for the credit, and possibly receive a check, even if you do not owe state tax. To receive the credit, just complete Schedule CB and submit it with your state tax return. For help, call the COA to make an appointment with our AARP TaxAide volunteers.



COMPUTER AND DIGITAL CAMERA TUTORING!

Come to our drop-in computer and digital photography tutoring on **Thursday afternoons from 1:30 to**

3:30 pm! If you need Mac help, call before you come to see if a Mac tutor will be available. If you have a laptop or netbook, please bring it! Tutors are also available at other times and will come to your home. Call (781) 259-8811 for information.

MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, February 4 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.

EMERSON HOSPITAL "BETTER BREATHERS"

The "Better Breathers Club" at Emerson Hospital provides support and information to people with lung disease and their families and friends. Interactive lectures take place every third Wednesday from 12:00 to 1:00 pm at Emerson Hospital. The topic on February 19 is "Good Cardiac Care for the Pulmonary Patient." Call Claire Rindenello, RRT, at (978) 287-3715 for more information.

Do you have a bridge table in good condition you no longer use and would donate? Please call Carolyn!

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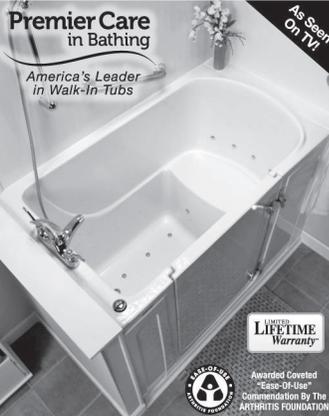
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GOINGS ON IN AND AROUND LINCOLN

LIFE IN LINCOLN DURING WORLD WAR II February 1, 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.

MIDWINTER COLONIAL RECEPTION The Friends of Minute Man National Park invite you to their Midwinter Colonial Reception with refreshments and colonial entertainment on **Saturday, February 7, from 5 to 7 pm at the Major John Buttrick House**, 174 Liberty Street, Concord. Members: \$25/Non-members: \$30. Call Betsy at (978) 318-7822 or email elanjuin@friendsofminuteman.org for more information.

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, February 9 from 7 to 10 pm at the Library** featuring Peter Fischman & Deb O'Hanlon. Email: loma3re@gmail.com.

CLASSIC JAZZ AT THE LIBRARY Don't miss Peter Gerler presenting "Benny Goodman's Musical Roots" on **Wednesday, February 11, 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, February 14 from 9 am to Noon at Bemis Hall**.

SWING TO THE SEACOAST STOMPERS Dixieland Band at **Bemis Hall on February 14, 1-4 pm**. \$10. Light refreshments. Sponsored by Classic Jazz at the Library.

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, February 21 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'. Free.

LIVE IN LINCOLN CENTER First Parish in Lincoln presents **English Music for Strings** on **Sunday, February 22nd at 3pm in the Parish House Auditorium**, 16 Bedford Road. Featuring the evocative music of Britten, Walton, Elgar, Leigh and others, performed by top Boston string players, directed by Ian Watson; a \$20 donation is suggested.

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