



NEWS FROM BEMIS HALL

Volume 6 Issue 3

March 2015

The Lincoln Council on Aging Monthly



SAVE THE DATE FOR AN AFTERNOON OF KURDISH FOLK TALES

One Thousand Doorways: Journey among the Kurds of Turkey, is the true account of

storyteller Diane Edgecomb's decade long quest to document the vanishing folk tales of the Kurds of Turkey. This performance, suitable for middle school and older, takes us on an exotic journey from Diane's first humorous meetings with carpet dealers and chain-smoking elders to her travels up sheer mountain passes to remote villages usually forbidden to outsiders. Join us on Sunday, **April 12 at 2 pm** for



this event supported in part by a grant from the Lincoln Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

CELEBRATE SONDHEIM WITH MARY AND EVELYN

Stephen Sondheim is one of this century's most eminent lyricists and composers of musical theater, with the musicals *Follies*, *A Little Night Music*, *Into the Woods*, and *Sweeney Todd* all to his credit. Join singer Mary Crowe and pianist Evelyn Harris as they celebrate all things Sondheim in a free concert on **Friday, March 13 at 1 pm**. Mary and Evelyn are Lincoln residents and popular performers known for their lively and virtuoso renditions of old favorites and originals. They frequently appear in a variety of venues in our area.



TAKE CHARGE OF YOUR WELLNESS WITH AGING MASTERY



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 en-

gagement 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.

WOULD YOU LIKE TO RECEIVE COA AND PUBLIC SAFETY PHONE MESSAGES?

The COA and Public Safety are joining together to create a notification system. This will allow you to receive messages of importance related to the COA and seniors in a timely manner. You will have the option(s) of having the message delivered to you via telephone, email or text. The system is part of the Town's current Blackboard Connect system whereby residents currently receive emergency information through recorded calls from the Police Department. Call the COA at (781) 259-8811 to be placed on the list and give your name, address, cell and home phone numbers, and email, and if you would like to receive messages by phone, email, or text.

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GET HELP PAYING FUEL BILLS

The Fuel Assistance Program provides a cash benefit, payable to an authorized fuel provider, for both home owners and renters whose incomes are eligible. How much you receive depends on your household income, how many people you have in your household, and your heating costs. Those who receive Fuel Assistance may also be eligible for other benefits, such as weatherization services, heating system repairs, discount utility rates, and Citizens Energy heat assistance programs. To apply for Fuel Assistance, residents of all ages should call Pam Mizrahi of the Lincoln Council on Aging at (781) 259-8811 to set up an appointment.

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.

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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 from 12:30 to 1:30 to hear a fascinating speaker from or associated with Lincoln. Bring a bag lunch. We provide beverages and dessert.

March 9: Dilla Tingley — Fabric Art: 25 Years of GOOCH

March 16: Peter Sugar — London Squares

March 23: Jerome Ritz, MD — Fighting Cancer with Your Immune System

March 30: Walter Bossert —The Unpleasantness in the Colonies: The American Revolution —The British View (with Music by Handel)

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: RACHEL CARSON FILM WITH COMMENTARY BY GWYN LOUD

The film *A Sense of Wonder* describes Rachel Carson's love for the natural world and her fight to defend it. The Lincoln Land Conservation Trust is delighted to share this film about one of the nation's pioneering environmentalists, whose book *Silent Spring* made a huge impact in 1962, **Thursday, March 26 at 2:15 pm at Bemis Hall**. Gwyn Loud from the LLCT will add comments about Rachel Carson's links to Lincoln.



ENJOY A DAY OUT WITH THE COA!



SHREK THE MUSICAL WITH GRANDKIDS AND GRANDFRIENDS!



Come see Shrek the Musical at the **Wheelock Family Theater on Sunday, April 19 at 3:00 pm!** With wit and a mischievous humor, we follow our misanthropic, green hero as he learns about the power of friendship and the magical nature of love; all while thwarting a dastardly villain. This singing, dancing extravaganza explores the beguiling myth of "happily-ever-after". Bring a grandchild or grand friend! Tickets are **ONLY \$18 per person (including children)!** We will meet at the Lincoln Mall parking lot at 2 pm to board the Doherty's school bus and plan to return about 6 pm. There may be a short walk from the bus to the theatre and there are a few stairs with a railing. To reserve your place, send a check made out to FLCOA Trips to Sally Kindleberger, 14A North Commons, Lincoln, MA 01773 by March 25. Please write on your check your email and home addresses and your telephone number. Questions? Call Sally at (781) 259-1169.

CUSHING HOUSE MUSEUM AND GARDENS

Join us on **Monday, June 22** for a COA Coach Bus Trip to Newburyport for a guided-tour through the 21 Room, Federal Period Cushing House Museum and Gardens. Lunch afterwards at a seaside restaurant. Newburyport was founded in the 1600's and became a fishing and shipping town. In 1844 Caleb Cushing negotiated the first trading contract with China. Please sign up by June 5.

SAVE THE DATE FOR A TRIP TO THE MOUNT AUBURN CEMETERY IN MAY!

See some of the fascinating and beautiful places and monuments in this amazing historical site!

*** JUST FOR FUN ***

IS IT TRUE WHAT THEY SAY ABOUT DIXIE?



Well, we don't know about Dixie, but the people who come to the monthly Trad Jazz Jams have said "Love it!" "The music is always beautiful!" "Fabulous...always

great!" "Try to keep your feet still while listening... can't be done!" The musicians are spirited amateurs who give life to the New Orleans Dixieland and other music of the 20's, 30's and 40's. Give yourself the gift of an afternoon of trumpet, clarinet, sax, trombone, bass and drums that will have you singing along with your favorites and tapping your toes! So put the next performance in your calendar: **Bemis Hall at 2:30 on March 5th**.

HAVE COFFEE WITH THE ARTISTS OF THE OPEN STUDIO

Join members of the Parks and Recreation Department's Open Studio when they share their work with you at an exhibit in the Bemis Hall Lincoln Artists'



Gallery in March and April. The Lincoln Open Studio is a group of local painters that come together, once a week, to create art and share skills and artistic interests. The friendly, stimulating environment and supportive critiques of each other's work do much to improve and expand their work. Once each semester they gain inspiration from a visiting artist. Further information is available from the Lincoln Parks and Recreation Department. Meet them at a "Coffee with the Artists" on **Thursday, March 19 at 2:30 pm!**

HAVE SOME FUN WITH ARABIC CONVERSATION!

Ms. Azza Omer from Sudan has generously offered to teach a free informal, light and easy conversational Arabic language class on **Monday, March 2 and Monday, March 16 at 9:45 am at Bemis Hall**. Learning something completely new is great for brain fitness and for having fun! You'll learn the alphabet and some common words and phrases. Come give the class a try!

FREE YOUR INNER THESPIAN IN A PLAY-READING GROUP!

Indulge your inner thespian while having lots of fun when Sally Kindleberger leads a group in reading the hilarious Christopher Durang's *The Actor's Nightmare* and *Sister Mary Ignatius Explains It All for You* on **Fridays, March 13 and 20 at 1 pm at Bemis Hall**. Each person will take a part and you will read delightful plays together! No previous dramatic experience necessary. Sally will bring copies of the scripts.

AT THE MOVIES

MONDAY, MARCH 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, MARCH 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, MARCH 24, 2:15 PM. LIFE ITSELF. Follow Roger Ebert from his school newspaper days to his status as America's premier film critic in this documentary drawn from his memoir. The film covers his rivalry with fellow critic Gene Siskel, his alcoholism and his personal philosophies. 2014. R. 120 mins.

FRIDAY, MARCH 27, 1:00 PM. BOYHOOD. After divorcing, a mother and father continue to share the task of guiding their young son through youth and adolescence, and finally to adulthood. As the years roll by, the relationships among the three characters continue to evolve as well. 2014. R. 164 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, March 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 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!

DO LESS, ACCOMPLISH MORE, FEEL BETTER Learn techniques from others, **Tuesdays, 10-11:30 am.**
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 two one-act plays by the hilarious Christopher Durang — *The Actor’s Nightmare* and *Sister Mary Ignatius Explains It All for You* on **Fridays, March 13 and 20 at 1 pm at Bemis Hall.** Sally will bring copies.

FRENCH CONVERSATION Brush up on your French speaking skills **the second and fourth Monday of each month at 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 fourth Wednesday at 10 am. This month’s discussion, to be held on **March 25**, will focus on the Lincoln Police department, personal safety and other related topics with Chief Kevin Kennedy.

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

LINCOLN MEN’S COFFEE **Thursday, March 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, March 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>9:45 Have Fun with Arabic 10:00 Opera Extravaganza: Gottedammerung 11:00 DYD Practice 2:00 Let's Connect Group 2:00/3:15 Tai Chi</p>	<p>3</p> <p>9:00 Podiatry 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 2:15 Movie: Hundred Foot Journey</p>	<p>4</p> <p>9:00 Easy Yoga 10:00 Memoirs 11:00 Line Dancing 1:00 Office Hours with Aide to Katherine Clark 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>5</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 Traditional Jazz Jammers</p>	<p>6</p> <p>9:00 Beginning German 10:00 German Conv. 10:00 Organizing Memories 11:00 Finding What's Next 1:00 Intermediate Bridge 1:00 Low Vision and Aging</p>
<p>9</p> <p>9:30 French Conversation 11:00 DYD Practice 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>10</p> <p>9:00/10:00 Ear Training 9:30 FCOA Meeting 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 2:30 COA Board</p>	<p>11</p> <p>9:00 Easy Yoga 9:15 Aging Mastery (Weston) 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group 7:30 Classic Jazz (Lib)</p>	<p>12</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 Group 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>13</p> <p>10:00 Wellness Clinic (LW) 10:00 Acupuncture 11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge 1:00 Celebrating Sontheim 1:00 Playreading: Two One-Act Plays</p> <p>SATURDAY 14</p> <p>9:00 Library Book Sale 2:00 Seacoast Stompers</p> <p>SUNDAY 15</p> <p>3:00 Parker's Revenge</p>
<p>16</p> <p>9:45 Have Fun with Arabic 11:00 DYD Practice 12:30 Lincoln Academy 2:00/3:15 Tai Chi 2:00 Let's Connect Group</p>	<p>17</p> <p>9:00 Blood Pressure/ Wellness Clinic 9:00/10:00 Ear Training 10:00 Do Less, Accomplish More, Feel Better 11:30 Senior Dining (St. Anne's) 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights</p>	<p>18</p> <p>9:00 Easy Yoga 9:15 Aging Mastery (Weston) 9:00 Podiatry 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>19</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 2:30 Coffee with the Artists</p>	<p>20</p> <p>9:00 Beginning German 10:00 German Conversation 11:00 Finding What's Next 1:00 Intermediate Bridge 1:00 Schools Update 1:00 Playreading: Two One-Act Plays</p>

	<p>23</p> <p>9:30 French Conversation 11:00 DYD Practice 11:30 Spanish Conversation 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi</p>	<p>24</p> <p>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: Life Itself</p>		<p>25</p> <p>9:15 Aging Mastery (Weston) 10:00 Fireside Chat with Police Chief Kennedy 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>			<p>26</p> <p>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 Rachel Carson Film</p>	<p>MARCH</p> 	<p>SATURDAY 21 1:00 Jazz Jam</p>	<p>27</p> <p>11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge 1:00 Movie: Boyhood</p> <p>SUNDAY 29 3:00 War and Slavery in Revolutionary Massachusetts</p>	<p><u>LOCATIONS</u> Lib: Library LW: Lincoln Woods St. Anne's: St. Anne's Church TBA: Location to be announced Weston: Weston COA</p>
	<p>30</p> <p>10:00 Situational Awareness 11:00 DYD Practice 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi</p>										

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~~ FOR YOUR WELL BEING ~~

PREVENTING AND COPING WITH VISION LOSS

Vision is key to remaining independent and vision loss can many times be prevented, but even if you or a loved one already has vision loss, you have resources to help you cope. Come to **Bemis Hall on Friday, March 6 at 1 pm** to hear Andrea Schein of the Massachusetts Commission for the Blind discuss normal changes in vision associated with aging, the major causes of vision loss and what you can do to prevent them, and what agencies, services, and adaptive equipment are available to help those with vision loss. Bring your questions and concerns!

ACUPUNCTURE FOR PAIN RELIEF AND WELL BEING

Acupuncture, a part of traditional Chinese medicine, has been shown in clinical trials to be effective for pain relief and is also used in hospitals, clinics, and elsewhere for better sleep and digestion, to help with anxiety and depression, and to improve overall well being. Find out more about acupuncture and how this non-invasive, non-pharmaceutical healing modality may be able to help relieve your pain when William Stason of All Is Well Acupuncture comes to **Bemis Hall on Friday, March 13 at 10 am**.

SITUATIONAL AWARENESS WITH THE LINCOLN POLICE



Situational awareness is key to remaining safe and preventing crime wherever you happen to be, whether at home, at work, while traveling, in your car, and anywhere else. Situational awareness is the art of not only observing what is happening around you, but knowing what it means and how to respond. Join Jena Salon and Ian Spencer of the Lincoln Police Department when they come to Bemis Hall to discuss how you can gain situational awareness skills and put them to use to protect yourself and others on **Monday, March 30 at 10 am**.

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 classes begin April 6 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.

LINE DANCING Enjoy the fun and fitness of line dancing on **Wednesdays at 11 am** with Katrina Rotondi. \$3 per class. No sign up needed!

EASY YOGA Gentle yoga on the floor or in a chair, **March 4, 11, 18 at 9:00 am**. Taught by Jai Kaur Annamaria San Antonio. Discuss cost with instructor.

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, March 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, March 3 and Wednesday, March 18, both at 9 am at Bemis Hall** by appointment. \$10 donation requested. Services provided by Dr. Glenn Ruhl.

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, March 13 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●●●

THE LINCOLN SCHOOL BUILDING PROJECT: GETTING READY FOR TOWN MEETING!



Please join Superintendent Becky McFall and School Committee Chair Jennifer Glass on **Friday, March 20 at 1 pm at Bemis Hall** when they will outline

the next steps for a Lincoln School building project, and explain the warrant articles that the Town will be asked to consider at *Town Meeting (Saturday, March 28, 2015)*. Please join us and bring your questions!

KEEP CALM AND DIGITIZE: GETTING FAMILY MEMORIES BACK INTO YOUR LIFE

We all have irreplaceable photos, videos, and other family documents that hold invaluable memories but that maybe are not organized or may be decaying or no longer accessible because they are on outdated media. In a free one-hour class on **Friday, March 6, at 10 am at Bemis Hall** you'll learn how to assess your needs, prioritize them, and organize your personal media archives so you can enjoy, share, and preserve your cherished memories by digitizing them. Bring your photos, slides, video cassette tapes, even scrapbooks and photo albums along with questions to class. Jane Simons, a Memories Consultant with and a certified Personal Photo Organizer with EverPresent, a memories preservation company, will offer her best advice and guidance.

A FIRESIDE CHAT WITH POLICE CHIEF KEVIN KENNEDY

All are invited to a special "Fireside Chat" on **Wednesday, March 25, at 10 am at Bemis Hall** with Police Chief Kevin Kennedy. Chief Kennedy will talk about the police department's work in Lincoln, personal safety and the bigger picture such as has been in the news lately. Other topics might be types of police training, recent police topics, how to decipher the police log in the Lincoln Journal, their use of discretion, and how crime in Lincoln compares to other communities. The Fireside Chat is a respectful discussion of a current news topic using questions and answers which occurs each fourth Wednesday at 10 am.



COME HEAR THE EIGHTH GRADE WARRANT ARTICLE

This year's Eighth Grade Warrant Article group will be seeking Town Meeting support for a \$2500 project to clear an overgrown border of the Smith School playing field that is intended to serve as an emergency evacuation meeting place. Hear more at Town Meeting beginning **Saturday, March 28!**

FREE 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 to schedule a confidential appointment and get a list of documents to bring.

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. 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, March 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.

This Space Available



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GOINGS ON IN AND AROUND LINCOLN

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, March 9 from 7 to 10 pm at the Library** featuring Fishken and Groves (SAMW Appreciation Night). Email: loma3re@gmail.com.

CLASSIC JAZZ AT THE LIBRARY Don't miss Norman Nichols presenting "Jack Teagarden" on **Wednesday, March 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, March 14 from 9 am to Noon at Bemis Hall**.

SEACOAST STOMPERS play Dixieland Jazz & Swing at **Bemis Hall on March 14, 2-5 pm**. \$10. Light refreshments. Sponsored by Classic Jazz at the Library.

PARKER'S REVENGE PROJECT: NOTES FROM THE FIELD with Margaret Watters, Ph.D. **Sunday, March 15 at 3:00 pm, at Bemis Hall**. Sponsored by Friends of Minute Man National Park. Free.

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, March 21 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' and your hands a-clappin' Free.

WAR AND SLAVERY IN REVOLUTIONARY MASSACHUSETTS, 1775-1783 with John Hannigan. **Sunday, March 29 at 3:00 pm at Bemis Hall**. Sponsored by Friends of Minute Man National Park. Free.

SAVE THE DATE! AUTHOR LINDA SUE PARK The Lincoln PTO invites you to hear Linda Sue Park, author of *A Long Walk to Water* about two children in Sudan, one in 2008 and one in 1985, speak on **April 6!** More details in the April newsletter. This program is supported in part by a grant from the Lincoln Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

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