



NEWS FROM BEMIS HALL

Volume 6 Issue 4

April 2015

The Lincoln Council on Aging Monthly

AN AFTERNOON OF KURDISH FOLK TALES TO FASCINATE AND DELIGHT



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.



BE A SMARTER DRIVER!

The COA is pleased to offer the AARP Smart Driving program on **Friday, April 24 from 10 am to 3 pm at Bemis Hall**. \$15 for AARP members and \$20 for non-members. Find out about the new technologies in cars, get a refresher on the rules of the road, and learn to compensate for health-related changes and how to handle road rage. The class involves no tests or driving, and you will receive a certificate upon completion that may qualify you for reduced insurance rates. Bring a lunch! Sign up by calling (781) 259-8811.

THE BIRDS OF LINCOLN: SPRING MIGRATION, SUMMER VISITORS

Birds, with their cheerful songs and beauty in flight, are one of spring's most wondrous delights. Lincoln is home to many fascinating bird species. Come to **Bemis Hall Friday, April 10 at 10 am** when Norman Levey and Gwyn Loud will open our eyes and ears to spring birds, their behavior and songs, emphasizing what to look for here in Lincoln. Come learn about birds through this multimedia presentation.



PATRIOT'S DAY EVENTS 2015

- Saturday, April 11, 2:50 pm, Paul Revere Capture Site, MMNH Park:** Commemoration and Play
- Tuesday, April 14, 7:30 pm, Bemis Hall:** Lecture by Meg Watters on Archeology in MMNH Park (see pg. 12)
- Saturday, April 18, 11:00 am, MMNH Park:** Battle Scenario Re-enacting "Parker's Revenge," Colonials and British Regulars
- Saturday, April 18, 4:00 pm, 1200 Lexington Ave, Lexington:** Tower Park Skirmish, Colonials and British Regulars
- Sunday, April 19, 1:45 pm, Pierce Park:** 18th Century Music
- Sunday, April 19, 7:00 pm, White Church:** Alarm and Muster with Rider
- Monday, April 20, 6:40 am, Outside Bemis Hall:** Dawn Tribute, March to Concord
- Monday, April 20, 9:00 am, Concord Center:** Parade with the Minute Men
- Sunday, April 26, 2:30 pm, Pierce House; 3:00 pm, Cemetery on Lexington Road/ or if rain, Pierce House:** Old Burial Ground Tribute to the Patriot and British soldiers buried there. Ceremony and Music

For more information, see <http://www.lincolnminutemen.org/event-calendar/>

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DO YOU HAVE IDEAS FOR PROGRAMS OR SERVICES?



Is there a class, presentation, lecture or workshop you would like the COA to offer? Would you be interested in giving a class or lecture? Is there a service you need to help you stay in your home that we do not yet offer? Do you know of someone who would be a great speaker for Lincoln Academy or another kind of presentation? Have you attended an event elsewhere that you think the COA should hold? Many of our most popular programs have been suggested or presented by people who came to the COA with a great idea. So, if you have a comment, idea, suggestion, or offer of a program or service, please let Carolyn

know! Thank you!

COUNCIL ON AGING SERVICES

INFORMATION AND REFERRAL/CARE MANAGEMENT Answers to questions about and assistance in evaluating in-home care needs and locating elder services, well being check-ins, crisis intervention, and more.

MINUTEMAN SHINE (Serving Health Information Needs of **Everyone**) Counselors give help regarding health insurance, medical bills and long-term care needs.

MEALS-ON-WHEELS (Minuteman Senior Services) Home-delivered meals.

ARE YOU IN A FINANCIAL CRISIS? The Small Necessities Project and the Emergency Assistance Fund, funded by the Ogden Codman Trust, First Parish, and donations, may be able to help. Call the COA for info.

FILE OF LIFE. Call or stop by the COA for your free File of Life, an envelope for your fridge or a folder for your wallet holding essential information for emergency medical personnel should you have an emergency

WOULD YOU LIKE A HOME SAFETY EVALUATION? Would you like a free visit from a physical therapist to give suggestions on making your home safer? Call the COA. The Home Safe Project is funded by the Ogden Codman Trust.

MEDICAL EQUIPMENT LOAN The COA has a supply of used medical equipment. Walkers, canes, wheel chairs, tub benches, shower chairs, and commodes are available for loan.

VETERANS BENEFITS For assistance with veterans' benefits and other related issues, contact Priscilla Leach at (781) 259-4472 or lincolnvetservices@gmail.com.

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

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

THE LINCOLN ACADEMY

Come to **Bemis Hall on Mondays at 12:30** to hear a fascinating speaker from or associated with Lincoln. Bring a bag lunch. We provide beverages and dessert. The lectures last about an hour, including questions and answers.

April 6, 12:30 pm: Ray Shepard — The 54th Massachusetts' Fight for Freedom and Citizenship

April 13, 12:30 pm: Susan Kahn — New Discoveries in Reading Education

April 27, 12:30 pm: Susana and Clark Bernard — Dunes to the Delta: A Safari to Namibia and Botswana

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>

THE JUSTICE COURSE: ARE MARKETS MORAL?

Is today's paid voluntary army, in which lower income people disproportionately serve and risk their lives for our country, fair? What are the moral boundaries of modern reproductive technology and pregnancy for pay? Who is the real parent of a baby born through artificial means – the biological mother or egg and sperm donors? The *Baby M.* case revisited and beyond *Baby M.* These are some of the issues which will be considered and discussed in the fifth installment of the Justice course, which will be held at **Bemis Hall on April 17 at 2:00 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!



VISIT HISTORIC MOUNT AUBURN CEMETERY IN MAY!



See some of the fascinating and beautiful places and monuments in this amazing historical and nature site on **Friday, May 22**. The trip will include a 60-minute walking tour of the cemetery and transportation by Doherty's bus. Trip limited to 30 people. For more information, including details about the time and cost, call Donna Rizzo at (781) 257-5050 or email her at donna@ECACBED.com or Claire Mount at (781) 259-8695 or email her at Mounts781@gmail.com.

SIGNED UP FOR SHREK?

Are you signed up to see *Shrek the Musical* at the **Wheelock Family Theater on Sunday, April 19 at 3:00 pm**? Don't forget that 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. If you haven't signed up, but want to go, please call Sally Kindleberger at (781) 259-1169.

CUSHING HOUSE MUSEUM & 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 featuring period rooms and galleries about the history of Newburyport. The house was the home of Caleb Cushing who, in 1844, negotiated the first trading contract with China. Newburyport, founded in the 1600s, was a fishing and shipping town. After the tour, you will have lunch at a seaside restaurant at your own cost. Please note that the museum is on two floors, with a long stairway, and there is no elevator. For more information or to sign up, please contact Peggy Schmeitzler at (781) 259-0465 or alpegs@verizon.net. Sign up by June 5.

*** JUST FOR FUN ***

FREE TRAD JAZZ SHOW! DO YOU REMEMBER?



Your Dad wandering around the house doing his best to imitate Bing Crosby crooning “Dinah, is there anyone finah?” or charming your Mom with “I only have eyes for you” while she would hum *These Foolish Things* as she ironed everyone’s clothes? Or maybe that was you! Relive those good old days again when the Lincoln Traditional Jazz Jammers perform for you at Bemis on **Thursday, April 2 at 2:30**. Sit back while they stir up memories and set your toes atappin’ as their music fills the hall and wafts down the stairs to put a smile on the faces of everyone all over the building.

INDULGE IN THE ART OF EMBROIDERY SAMPLERS

For centuries, people learned to make embroidered samplers and then continued creating these lovely personal and unique pieces throughout their lives. Learn this art, which is just perfect for those quiet, meditative times, when Barbara Straus comes to the COA on **Friday, April 24 at 10 am**. Please sign up in advance and also let us know if you would like to purchase a sampler sewing kit for \$15 to take home with you.



HAVE SOME FUN WITH ARABIC CONVERSATION!

Ms. Azza Omer has generously offered to teach a free informal, light and easy conversational Arabic language class on **Monday, April 6 at 9:45 am at Bemis Hall**. Learning something completely new is great for brain fitness and for having fun! You'll learn some common words and phrases.

EXPRESS YOURSELF IN WATERCOLORS WITH JANE

Rediscover the joyful soul within you through art and nature in Jane Cooper’s watercolor class. Jane will offer fun dabbling in watercolor painting of scenes of nature, landscapes or some favorite sky. Four classes will be offered each Monday and Friday beginning **May 4 and then another session of four classes will begin on May 18 from 9 am to 11 am**. The cost is \$15. Call to sign up.

SING WITH THE LINCOLN NURSERY SCHOOL

Sing along with the children from the Lincoln Nursery School on **Monday, April 6 at 10:45 am at Bemis Hall**. The kids will visit with their teachers to sing some of their favorite songs.



AT THE MOVIES

FRIDAY, APRIL 3, 1:00 PM. BELLINI’S LA SONNAMBULA. The one where our heroine is discovered in a strange gentleman’s bedroom but manages to prove that she is a congenital sleepwalker and didn’t know what she was doing. If you believe all that, you’ll enjoy Bellini’s 1831 masterpiece featuring Natalie Dessay and Juan Diego Florez in a highly acclaimed 2009 Metropolitan Opera production. NR. 138 mins.

TUESDAY, APRIL 7, 2:15 PM. GRAVITY. A medical engineer embarks on a space walk with a seasoned astronaut when debris strikes their craft, leaving the two floating through space tethered together, with no connection to Earth. 20013. PG-13. 91 mins.

THURSDAY, APRIL 16, 2:15 PM. 42: THE JACKIE ROBINSON STORY. This biopic focuses on the relationship between Robinson and Brooklyn Dodgers general manager Branch Rickey, who made him the first black Major League Baseball player of the modern era. 2013. PG-13. 128 mins.

TUESDAY, APRIL 21, 2:15 PM. THE THEORY OF EVERYTHING. With his body progressively ravaged by ALS, world-famous physicist Stephen Hawking must rely on his wife, Jane, to continue his life's work as he faces various challenges. 2014. PG-13. 123 mins.

THURSDAY, APRIL 23, 2:15 PM. BIRDMAN. Michael Keaton delivers a winking performance in this dark comedy about a cinematic superhero trying to forge a comeback with a Broadway play. With none of the superpowers of his former character, the actor struggles to rebuild his career and life. 2014. R. 119 mins.

❀❀❀ **SPEND TIME WITH OTHERS** ❀❀❀

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



Lincolniters 60 and older are invited to enjoy a gourmet meal with new friends and old at **11:30 on Tuesday, April 21 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 Relax, socialize and dine out at Senior Dining or a café.

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 *Absurd Person Singular* on **Fridays, April 10 and 17 at 1 pm at Bemis Hall.** Sally will bring copies. This 1972 play by Alan Ayckbourn documents the changing fortunes of three married couples over three Christmas Eves.

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 **April 22,** will focus on “What promotes peace or violence?”

CONSERVATION BREAKFAST Thursday, April 9 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, April 16 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. Not 4/2.

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, April 9 at 3:00 here at Bemis Hall.** The group, led by Rob Todd, sings and plays simple songs together. Beginners welcome! Bring your ukulele or sing!

GERMAN CONVERSATION Come enjoy speaking German **the 1st and 3rd Fridays of each month at 10 am.**

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>APRIL</p> 	<p>LOCATIONS HS: Lincoln-Sudbury Regional High School Lib: Library LW: Lincoln Woods Mall St. Anne's: St. Anne's Church TBA: Location to be announced</p>	<p>1</p> <p>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 7:30 FELS Talk: Inspiration, Perspiration, Celebration (HS)</p>	<p>2</p> <p>9:15/10:15 Tai Chi 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:30 Traditional Jazz Jammers</p>	<p>3</p> <p>10:00 German Conv. 10:30 Conversation with an Inventor 11:00 Finding What's Next 1:00 Intermediate Bridge 1:00 Hiring a Contractor 1:00 Opera Movie: Los Sonnambula</p>
<p>6</p> <p>9:45 Have Fun with Arabic 10:45 Sing-Along 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi</p>	<p>7</p> <p>9:00 Podiatry 9:00/10:00 Ear Training 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 1:00 Have a Blast with Lolly 2:15 Movie: Gravity</p>	<p>8</p> <p>10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group 7:30 Classic Jazz (Lib)</p>	<p>9</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>10</p> <p>10:00 Spring Birds 10:00 Wellness Clinic (LW) 11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge 1:00 Playreading 1:00 Researching Businesses with BBB SATURDAY 11 9:00 Book Sale 2:00 Seacoast Stompers SUNDAY 12 2:00 1000 Doorways</p>
<p>13</p> <p>9:30 French Conversation 11:30 Spanish Conversation 12:30 Lincoln Academy 2:00/3:15 Tai Chi 2:00 Let's Connect Group 7:00 Acoustic Music (Lib)</p>	<p>14</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 7:30 Archeologist Examines Parker's Revenge</p>	<p>15</p> <p>9:00 Easy Yoga 9:00 Podiatry 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group 7:00 Medicare 101</p>	<p>16</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 2:15 Movie: 42: The Jackie Robinson Story</p>	<p>17</p> <p>10:00 German Conversation 10:00 Minuteman Senior Services 11:00 Finding What's Next 1:00 Intermediate Bridge 1:00 Playreading 2:00 Justice Course SATURDAY 18</p>

<p>COA CLOSED/PATRIOT'S DAY</p>	<p>20</p>	<p>9:00 Blood Pressure/Wellness Clinic 10:00 Kidney Health 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: Theory of Everything</p>	<p>21</p>	<p>9:00 Easy Yoga 10:00 Memoirs 10:00 Fireside Chat 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>22</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 Movie: Birdman</p>	<p>23</p>	<p>10:00 Sampler Workshop 10:00 AARP Driving 11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge</p>	<p>24</p>	<p>1:00 Jazz Jam SUNDAY 19 3:00 Shrek Trip leaves (Mall)</p>
<p>9:30 French Conversation 11:30 Spanish Conversation 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi</p>	<p>27</p>	<p>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 Group</p>	<p>28</p>	<p>9:00 Easy Yoga 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>29</p>	<p>9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In</p>	<p>30</p>			

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~~ FOR YOUR WELL BEING ~~



LAUGHTER IS THE BEST MEDICINE! HAVE A BLAST WITH LOLLY!

Have fun, relax, and have a blast with Lolly Evangelista! Spend an afternoon of easy, informal fun that is great for your well being — a little laughter, a little singing, and a few jokes — on **Tuesday, April 7, at 1 pm at Bemis Hall**. Bring a joke or a song, and if you give us the words to the song in advance, we'll print them up for a sing-along! Come and enjoy an afternoon of entertainment and loving life!

YOU CAN PREVENT AND MANAGE KIDNEY DISEASE

One in three Americans is at risk for kidney disease, which can result in disability, the need to be on dialysis or have a transplant, or worse. Kidney disease can be caused by overuse of analgesics, diabetes, high blood pressure, and other factors. Find out what kidney disease is, who is at risk, and how you can protect your kidneys when Caryl Diengott of the National Kidney Foundation comes to **Bemis Hall on April 21 at 10 am**. Bring your questions and concerns.

EASY 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 Easy Yoga class with experienced instructor Jai Kaur Annamaria San Antonio! The class will be held on eleven Wednesday mornings at 9:00 am beginning on **April 15** at a cost of \$110 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 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 Come enjoy the fun and fitness of line dancing on **Wednesdays at 11 am** with Katrina Rotondi. \$3 per 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, April 21 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, April 7 and Wednesday, April 15, 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, April 10 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●●●

MINUTEMAN SENIOR SERVICES: THERE WHEN YOU NEED THEM

Minuteman Senior Services is the state-designated agency providing an array of services to residents of all ages, especially those 60 and older and those with disabilities, including information and referral, subsidized home care, care management, caregiver support and education, legal services, health benefits counseling, protective services for abused or neglected elders, meals-on-wheels, and more. Find out more about what they provide, eligibility, and more when Minuteman's Hilary Viola and Diana LaVancher come to **Bemis Hall on Friday, April 17 at 10 am.**

CHOOSING THE RIGHT HOME CONTRACTOR

Whether you need ice dam removal, a renovation, or something else, learn to choose and work with the right contractor when Dan Walsh, Lincoln's Building Commissioner, comes to **Bemis Hall on Friday, April 3 at 1 pm.** He'll explain about the process for getting good estimates, determining a contractor's credentials and insurance, criteria for choosing a contractor, legal requirements for contracts and permits, inspecting the work when completed, and what to do if you have a problem.

A CONVERSATION WITH INVENTOR JIM NICHOLSON

Have you ever spent time in a hospital bed and they put those big white stockings that inflated and deflated around your legs every so often? Well, come and hear your neighbor Jim Nicholson, an MIT graduate inventor and holder of over 50 international patents, tell his story of how he created this life saving system which has saved probably tens of thousands lives from a deadly blood clot on **Friday, April 3, at 10:30 am.** Jim will be interviewed and videoed taped by Harold McAleer and there will be time for discussion after he tells you his story.

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

Learn the basics of Medicare on **Wednesday, April 15, at 7:00 pm at Bemis Hall** with Minuteman Senior Services SHINE counselors Don Milan and Anne Meade. Come if you will be signing up soon or you just wish to understand your 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 questions and concerns!

GET THE FACTS WITH THE BETTER BUSINESS BUREAU BEFORE BUYING

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 Candice Carrington of the Better Business Bureau comes to **Bemis Hall on Friday, April 10 at 1 pm.** By going to the BBB website, you can create a list of service providers or vendors 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!

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 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, April 1 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.

FELS TALK: Jonathan McPhee, Music Director, Boston Ballet Orchestra, on *Inspiration, Perspiration, Celebration.* Wednesday, April 1, 7:30 pm, Lincoln-Sudbury Regional High School, \$10.

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GOINGS ON IN AND AROUND LINCOLN

CLASSIC JAZZ AT THE LIBRARY Don't miss Nick Ribush presenting "Australian Jazz III" on **Wednesday, April 8, 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, April 11 from 9 am to Noon at Bemis Hall**.

THE SEACOAST STOMPERS play hot Dixieland Jazz & Swing at **Bemis Hall on Saturday, April 11, 2-5 pm**. \$10. Light refreshments. Sponsored by Classic Jazz at Lincoln Library.

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, April 13 from 7 to 10 pm at the Library** featuring Amy Herrera. Email: loma3re@gmail.com.

AN ARCHEOLOGIST EXAMINES THE PARKER'S REVENGE BATTLEFIELD OF APRIL 19, 1775, IN THE LINCOLN AND LEXINGTON SECTIONS OF MMNH PARK. **Tuesday, April 14, 7:30 pm, Bemis Hall**. Lecture by Meg Watters of PBS. Free. Sponsored by the Lincoln Minute Men.

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, April 18 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.

LINDA SUE PARK, *AUTHOR OF A LONG WALK TO WATER*, TO SPEAK

The Lincoln PTO invites you to hear Linda Sue Park, author of *A Long Walk to Water* about children in Sudan, speak on **April 6 at either 9:00** about her book **or 10:30 am** about writing **in the Brooks Auditorium!** 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. Please sign in at the school office on arrival.



KISS ME KATE. The Concord Players invite Lincoln seniors to their Senior Open Dress Rehearsal of Cole Porter's *Kiss Me Kate* on **April 23 at 8 pm at 51 Walden Street** in Concord, MA. Tickets are \$10 at the door.

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