

NEWS FROM BEMIS HALL

Volume 6 Issue 5

May 2015

The Lincoln Council on Aging Monthly

ENJOY AN AFTERNOON OF JAZZ DELIGHTS WITH EHUD ETTUN & HARUKA YABUNO



Join bassist/composer Ehud Ettun and pianist/composer Haruka Yabuno in a free concert celebrating the release of their new CD *BiPolar* on **Friday, May 22 at 12 pm at Bemis Hall**. They will play such traditional jazz and ragtime pieces as *Moon River* and *Night and Day* as well as original compositions. Mr. Ettun is a performer and composer of global reknown and is instructor of the COA's very popular "Ear Training" classes. He currently teaches at the Concord Conservatory of Music. Ms. Yabuno has brought her love of both classical and jazz music to well-known venues in New York and elsewhere. Bring a lunch! We provide coffee and dessert.

CHOOSING AN ASSISTED LIVING OR OTHER ELDER HOUSING FACILITY

Moving into an assisted living facility or other elder housing can offer the opportunity for independence, safety, convenience, and an enjoyable and happy way of life. But how to find the right facility for you? Considerations go far beyond what you can afford. You need to think about what services you need, what kind of social atmosphere you are comfortable in, and more. Find out more about what assisted living and other elder housing offers, what to look for, and how to choose a facility when Janice Bernstein of the Massachusetts Assisted Living Facilities Association comes to **Bemis Hall on Friday, May 29 at 1 pm**.

VISIT HISTORIC MOUNT AUBURN CEMETERY ON MAY 22!



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 guided walking tour of the cemetery. The guide will point out the art, history, architecture and people of note buried there. Please bring cash for lunch at Asai restaurant in Belmont. We will leave the Lincoln Mall parking lot at 9:00 am on a Doherty's school bus and plan to return by 2:00 pm. The cost is \$10, which does not include lunch. The trip is limited to 30 people. To reserve your place, make your check out to FLCOA trips and send it to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA 01773 by May 15th. Please include your telephone number and your email address. For more information, call Donna at (781) 257-5050.

BOOMERS AT BEMIS! (The COA isn't what you think!)



As a generation which never saw itself cutting back on their "Seize the Day" attitude towards life, boomers everywhere are finally starting to think about what aging means to them. Just as they re-imagined adult life and changed the world to meet their expectations, its time for boomers to re-think aging and what services and programs they want from Lincoln and the COA. We invite you to be part of preparing the COA for a new generation of users! Come to **Bemis Hall on Thursday, May 28, 2015 10:00 am**. Meet the COA staff and one another, give us suggestions, offer ideas, and perhaps form an on-going group. We look forward to welcoming you!

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ATTENTION LINCOLN VETERANS!

We invite all who have served in America's five formal armed services: USA, USN, USAF, USMC, and USCG, including reserves and National Guard, to affiliate with a new initiative to revitalize our town veterans' organization. The tentative plan is to have occasional meetings, and perhaps a service project to advance a worthy American veterans' cause, to be determined. We need, of course, additional riflemen for the Memorial Day Celebration, and it would be good to have a contingent of vets march in our Memorial Day parade, if not the Independence Day event. Participation will be entirely optional, and we guarantee there will be no unwelcome solicitation into activities that each vet doesn't choose to make time for. If you'd like to participate, even marginally, please contact Tom Risser (thomas_risser@hms.harvard.edu or 781-789-6253) or Adam Hogue (adam.m.hogue@gmail.com or 978-828-6184). Sincerely, CAPT Tom Risser, MC, USN (Ret.) and CPT Adam Hogue, MAARNG, Commanding Officer, 1166th Transportation Company, Massachusetts Army National Guard

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.

Please send mail to: c/o Town Offices, 16 Lincoln Road, Lincoln, MA 01773

Phone: (781) 259-8811; **Fax:** (781) 259-7990

E-mail: Carolyn Bottum, Director:
bottumc@lincolntown.org

Pamela Mizrahi, Assistant Director:
mizrahip@lincolntown.org

Internet: www.lincolntown.org, then click on
"Council on Aging" under "Community Services"

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

THE LINCOLN ACADEMY

Come to **Bemis Hall on Mondays at 12:30** to hear a fascinating speaker from or associated with Lincoln. Bring a bag lunch. We provide beverages and dessert. The lectures last about an hour, including a question and answer period. Participants are welcome to stay after the program to continue their discussion.

This Month's Speakers

May 4: Alison Taunton-Rigby, PhD, OBE: Biotechnology in Massachusetts

May 11: Elizabeth ten Grotenhuis: Alexander the Great: From Conqueror to Deity

**May 18: Richard and Peggy Puffer: San Miguel de Allende, Mexico—
Baroque/Neoclassical Colonial Gem, World Heritage Site**

*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: THE JUSTICE OF HUMAN REASON

Immanuel Kant says that justice is doing the right thing for the right reason, not maximizing pleasure and minimizing pain for most people or advancing individual liberty. But how do we know what is “the right thing” or the “right reason?” Aren’t there limits to human reason? Is human reason always “just?” These are some of the issues which will be considered and discussed in the sixth installment of the Justice course, which will be held at **Bemis Hall on May 29 at 10:00 a.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!



NEWBURYPORT CUSHING HOUSE MUSEUM AND GARDENS



Join us at **9:00 am in the Donelan's parking lot on Monday, June 22** for a COA Coach Bus Trip to historic Newburyport at the mouth of the Merrimac River before it empties into the Atlantic Ocean. Inhabited by the Pawtauket tribe, Newburyport was settled in the 1630s by European immigrants as a fishing and ship-building town. Increasingly, it became a trading center. In 1844, Caleb Cushing, the owner of the Cushing House, negotiated the first trading deal with China. We will take a guided tour of the 21-room, Federal Period Cushing House with time to relax in the garden. Please note that the museum covers two floors and there is no elevator. From there we will eat lunch at a near-by seaside restaurant on a pay-on-your-own basis. We should be back in Lincoln at about 3:00 pm. The cost of the trip is \$20.00 (non-refundable) to cover the guided tour and the bus trip (supplemented by Hurff Funds). Sign up soon (the cut-off date is June 5) and include your check, address, telephone number and email address. Checks should be made out to FLCOA and mailed to Peggy Schmertzler, 142 Chestnut Circle, Lincoln, MA 01773. Questions, please ask, email or phone Peggy at (781) 259-0465 or alpegs@verizon.net.

Join us at **9:00 am in the Donelan's parking lot on Monday, June 22** for a COA Coach Bus Trip to historic Newburyport at the mouth of the Merrimac River before it empties into the Atlantic Ocean. Inhabited by the Pawtauket tribe, Newburyport was settled in the 1630s by European immigrants as a fishing and ship-building town. Increasingly, it became a trading center. In 1844, Caleb Cushing, the owner of the Cushing House, negotiated the first trading deal with China. We will take a guided tour of the 21-room, Federal Period Cushing House with time to relax in the garden. Please note that the museum covers two floors and there is no elevator. From there we will eat lunch at a near-by seaside restaurant on a pay-on-your-own basis. We should be back in Lincoln at about 3:00 pm. The cost of the trip is \$20.00 (non-refundable) to cover the guided tour and the bus trip (supplemented by Hurff Funds). Sign up soon (the cut-off date is June 5) and include your check, address, telephone number and email address. Checks should be made out to FLCOA and mailed to Peggy Schmertzler, 142 Chestnut Circle, Lincoln, MA 01773. Questions, please ask, email or phone Peggy at (781) 259-0465 or alpegs@verizon.net.

SAVE THE DATE FOR A TRIP TO THE CAPE COD CANAL!

Join us on **Thursday, July 16** for a COA Coach Bus Trip to the Cape Cod Canal which will include lunch at a seaside restaurant followed by a sightseeing cruise on a canal which is a National Historic Civil Engineering Landmark.

*** JUST FOR FUN ***

MAY DAY CELEBRATION— WALKING THE MAY POLE LABYRINTH!



CELEBRATE SPRING WITH JAI KAUR ANNAMARIA IN ONE OF LINCOLN'S SECRET WONDERS—A LOCAL LABYRINTH WITH OUR VERY OWN MAY POLE! YOU WILL EXPERIENCE THE ANCIENT MEDITATIVE PRACTICE OF WALKING A LABYRINTH, INDULGE YOUR SENSES IN FLOWERS, CREATE YOUR OWN MAY BASKET AND ENJOY SPRING FOODS.

FRIDAY, MAY 8, 10 AM TO 1 PM. PLEASE CALL TO SIGN UP.

LOCATION GIVEN ON REGISTRATION. \$5 DONATION REQUESTED.

COFFEE WITH LINCOLN ARTIST



JULIET RAGO

“My new work departs from conventional ways of depicting the skies,” says Lincoln artist Juliet Rago. “My studies are about the

emotion I feel when I contemplate the ever-changing color, the dark and the light, of the heavens in all their manifestations and transformations. My materials are conventional, but I use them in unconventional ways.” View Ms. Rago’s new exhibit at the Bemis Gallery in May and June and join her for “Coffee with the Artist” on **Tuesday, May 19 at 2:30 pm.** Ms. Rago studied at the School of the Art Institute in Chicago and in Florence, Italy, and has taught and been featured in numerous exhibits in the U.S. and Italy.

Enjoy Dixieland Jazz

TIRED OF THE GRANDKIDS

assailing your ears with that whiny noise they call “music”? Just want to sit back and enjoy some good old fashioned harmony? A melody you can hum along with? Tap your toes to? Well, look no further. The Lincoln Traditional Jazz Sextet will be back at Bemis **at 2:30 on May 7th** to entertain you with those wholesome tunes you know and love. The group are all retirees, amateur musicians who give expression to their love of the jazz of the ‘20s, ‘30s and ‘40s by belting out beloved good ole tunes that will have you tapping your toes and clapping your hands! And bring the grandkids!

EXPRESS YOUR LOVE OF NATURE WITH 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.

HAVE FUN WITH ARABIC CONVERSATION!

Ms. Azza Omer has generously offered to teach a free informal, light and easy conversational Arabic language class on **Mondays, May 4 and 18 at 9:45 am at Bemis Hall.** You'll learn some common words and phrases.

AT THE MOVIES

TUESDAY, MAY 5, 10:00 AM. PUCCINI'S MADAMA BUTTERFLY. Patricia Racette stars as the young and vulnerable Madama Butterfly in this poignant opera of young and tragic love. Anthony Minghella's innovative staging features authentic Bunraku puppetry portraying Butterfly's child. This Met Opera production was filmed in high-definition clarity and broadcast in movie theaters globally. 2009. NR. 146 mins.

TUESDAY, MAY 5, 2:15 PM. IMITATION GAME. Chronicling mathematical wizard Alan Turing's key role in cracking Germany's Enigma code during World War II. 2014. PG-13. 114 mins.

TUESDAY, MAY 26, 2:15 PM. THE LAST LIONS. This thrilling documentary follows an African lioness as she and her cubs flee a devastating fire, then struggle to live in new territory amidst dangerous predators and a lethal pride of rival lions. 2011. PG. 89 mins.

THURSDAY, MAY 28, 2:15 PM. NIGHT AT THE MUSEUM: SECRET OF THE TOMB. Security guard Larry Daley plunges into an adventure in a London museum. 2014. PG. 98 mins.

SPEND TIME WITH OTHERS

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



Lincolntites 60 and older are invited to enjoy a gourmet meal with new friends and old at **11:30 on Tuesday, May 19 at St. Anne's Church. We have new diners often — please come and brighten your spring 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, St. Anne's, and the Lincoln Garden Club. And the volunteer serving staff consists of your Lincoln friends and neighbors.

PAMELA'S GROUPS—NEW MEMBERS ALWAYS WELCOME!

LIFE AFTER 60 GROUP Tuesdays 12:15 pm Relax, socialize and dine out at Senior Dining or a café.

DECLUTTER—LITE May 21, 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 John Guare's *Six Degrees of Separation* on **Fridays, May 8 and 15 at 1 pm at Bemis Hall.** Sally will bring copies. The play explores the premise that everyone in the world is connected to everyone else in the world by a chain of no more than six acquaintances.

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 will be held on **May 27.**

CONSERVATION BREAKFAST Thursday, May 14 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 21 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 5/14.**

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.**

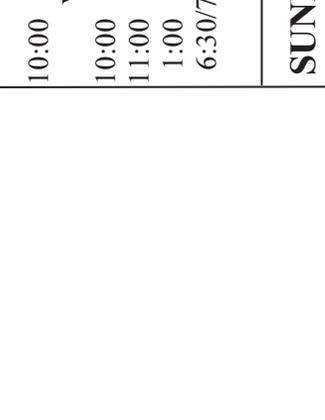
UKULELE AND SING-ALONG GROUP meets on **Thursday, May 21 at 3:00 here at Bemis Hall.** The group, led by Rob Todd, sings and plays simple songs together. Beginners welcome! Bring your ukulele or sing!

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.**

I BELIEVE I HAVE YOUR TRENCH COAT (44 LONG, J.G.HOOK) from Top Of The Town Gala -- and you may have mine (Brooks Brothers, maybe 40 Regular). If so, call me, Gus Browne, [781-259-8582](tel:781-259-8582).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MAY</p> 	<p>LOCATIONS FP: First Parish HS: Lincoln-Sudbury Regional High School Lib: Library LW: Lincoln Woods Mall Mall: Lincoln Mall St. Anne's: St. Anne's Church TBA: Location to be announced</p>			<p>1</p> <p>10:00 Wellness Clinic (LW) 10:00 Burial and Cemetery Veterans Benefits 10:00 German Conv. 11:00 Finding What's Next 1:00 Intermediate Bridge 6:30/7:00 Movie: <i>The Untouchables</i> (HS)</p> <p>SUNDAY 3 2:00 Flint House</p>
<p>4</p> <p>9:00 Watercolors 9:45 Arabic Conversation 12:30 Lincoln Academy 2:00/3:15 Tai Chi</p>	<p>5</p> <p>9:00 Podiatry 10:00 Opera Movie: Madama Butterfly 10:00 Power to the Survivors 11:30 You Can Do It Exercise 12:15 Life After 60 1:00 Exercise: Aerobics and Weights 2:15 Movie: Imitation Game</p>	<p>6</p> <p>9:00 Easy Yoga 11:00 Line Dancing 1:00 Office Hours with Aide to Katherine Clark 1:00/2:15 Tai Chi</p>	<p>7</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 Success Group 2:30 Traditional Jazz Jammers</p>	<p>8</p> <p>9:00 Watercolors 10:00 May Pole Labyrinth (TBA) 11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge 1:00 Playreading: Six Degrees 1:00 Joint Replacement</p> <p>SATURDAY 9 9:00 Library Book Sale</p>
<p>11</p> <p>9:00 Watercolors 9:30 French Conversation 11:30 Spanish Conversation 12:30 Lincoln Academy 2:00/3:15 Tai Chi 7:00 Acoustic Music (Lib)</p>	<p>12</p> <p>9:00/10:00 Ear Training 9:30 FCOA Meeting 10:00 Power to the Survivors 11:30 You Can Do It Exercise 12:15 Life After 60 1:00 Exercise: Aerobics and Weights 2:30 COA Board</p>	<p>13</p> <p>9:00 Easy Yoga 10:00 Caring for Yourself If a Family Member Is Seriously Ill 11:00 Line Dancing 1:00/2:15 Tai Chi 7:30 Classic Jazz (Lib)</p>	<p>14</p> <p>8:00 Conservation Bkfst (TBA) 9:15/10:15 Tai Chi 9:30 Handwork Circle 11:00 Design Your Destiny</p>	<p>15</p> <p>9:00 Watercolors 10:00 German Conversation 11:00 Finding What's Next 1:00 Intermediate Bridge 1:00 Playreading: Six Degrees 1:00 Death with Dignity Film and Discussion</p>

<p>9:00 Watercolors 9:00 Arabic conversation 12:30 Lincoln Academy 2:00/3:15 Tai Chi</p>	<p>18</p>	<p>19</p> <p>9:00/10:00 Ear Training 9:00 Blood Pressure/ Wellness Clinic 10:00 Power to the Survivors 11:30 Senior Dining (St. Anne's) 12:15 Life After 60 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 2:30 Coffee with the Artist</p>	<p>9:00 Easy Yoga 9:00 Podiatry 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p>20</p>	<p>27</p> <p>9:00 Easy Yoga 10:00 Fireside Chat 11:00 Line Dancing 1:00/2:15 Tai Chi 7:30 Bay State Synchronators</p>	<p>SATURDAY 1:00 Jazz Jam</p>	<p>21</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 11:30 Piano Duets 12:00 Declutter Group 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:30 Success Group 3:00 Ukulele Gathering</p>	<p>28</p> <p>9:15/10:15 Tai Chi 9:30 Handwork Circle 10:00 Boomers at Bemis 11:00 Design Your Destiny 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Night at the Museum—Secret of the Tomb 2:30 Success Group</p>	<p>16</p>	<p>22</p> <p>9:00 Mount Auburn trip Leaves (Mall) 9:00 Watercolors 11:00 Finding What's Next 12:00 Ehud Eftun/Haruka Yabuno Concert 12:15 Meditation 1:00 Intermediate Bridge</p>	<p>29</p> <p>9:00 Watercolors 10:00 Justice Course 11:00 Finding What's Next 1:00 Intermediate Bridge 1:00 Choosing an Assisted Living or Other Elder Housing Facility</p>
<p>COA CLOSED/ MEMORIAL DAY</p> 	<p>25</p>	<p>26</p> <p>9:00 Collating 9:00/10:00 Ear Training 10:00 Power to the Survivors 11:30 You Can Do It Exercise 12:15 Life After 60 1:00 Eat Well, Be Well Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: the Last Lions</p>	<p>SUNDAY 3:00 Spring Choral Concert (FP)</p>	<p>31</p>	<p>31</p>						

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~~ FOR YOUR WELL BEING ~~

CONSIDERING A HIP, KNEE OR SHOULDER REPLACEMENT?



Do you have hip, knee, or shoulder pain? Is this pain keeping you from daily activities? Are you or a loved one considering having a hip, knee, or shoulder replacement? Come hear Sara Heldman,

PT, DPT, from Physical Therapy Associates of Concord at **Bemis Hall on Friday, May 8 at 1:00 pm** discuss how to prepare your body and environment to optimize outcomes, strategies for the right time to plan surgery, and what to expect following surgery. Bring your questions and concerns!

STRATEGIES FOR CARING FOR YOURSELF IF A FAMILY MEMBER IS SERIOUSLY ILL

Taking care of yourself may not be high on your priority list when a family member is seriously ill, but it should be. Staying healthy can be a challenge when caring for someone else, but if you are not well, then you will not be able to effectively care for your loved one. Come find out how you can make sure you are able to care for your loved one when Pam Taylor of CareDimensions comes to **Bemis Hall on Wednesday, May 13 at 10 am**. All are welcome, including friends of those seriously ill, family, neighbors, and others.

POWER TO THE SURVIVORS: LOOKING FORWARD FROM CANCER

Surviving cancer can transform us to live a much fuller and more joyful and passionate life. Come join with other survivors for an eight-week group to share information and ideas about how you are living differently and more positively as a result of being a survivor. The group will be held on **Tuesday mornings at 10 am beginning May 5** and facilitated by Pam Mizrahi. The group is **not** for sharing treatment options or looking backwards to the past, but rather coming together as we move ahead on a life-affirming journey with more wisdom and self-awareness.

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. **No class May 14.**

TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS The spring session is now closed. Monday: Beginners, 2-3; Intermediate, 3:15 – 4:15; Wednesday: Intermediate, 1-2; Advanced, 2:15–3:15; Thursday: Beginners, 9:15 – 10:15; Intermediate, 10:15 – 11:15. For info, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net

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

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

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, May 19 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, May 5 and Wednesday, May 20 both at 9 am at Bemis Hall** by appointment. \$10 donation requested. Services provided by Dr. Glenn Ruhl.

WELLNESS CLINIC FOR ALL AGES! All Lincoln residents are invited to meet with a nurse at **Lincoln Woods' Community Building at 50 Wells Road on Friday, May 1, 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•••

VETERANS BURIAL AND CEMETERY BENEFITS

Join Town Clerk Susan Brooks, our Veterans officers, Priscilla Leach and Jim Hogan, and Charles W. Dee, Jr., President of the Dee Funeral Home, on **Friday, May 1 at 10 am** to learn more about veterans benefits related to interment and cemetery costs, flags, and grave markers. Find out what you or a relative are entitled to, how to make sure you are getting your maximum benefit, what you need to do with the Town Clerk's Office related to the Town cemeteries, and how to obtain a flag and grave marker. Bring questions. Dee Funeral Home has been serving Concord area families since 1868.

DEATH WITH DIGNITY: FILM AND DISCUSSION

Should we be able to determine when we die, and, if so, should that choice be limited to only those with a terminal illness? Should physicians be allowed to assist? Join Dilla Tingley for a lively and courteous discussion of these and other questions on **Friday, May 15, at 1 pm**. First we'll show the award-winning film *How to Die in Oregon* that explores the stories of terminally ill people as they decide whether to end their lives under Oregon's Physician-Assisted Suicide law. Then Dilla will lead a discussion of the many complex and emotionally-charged issues involved.



TECHNO TEACH-IN WITH TEENS!



The Lincoln-Sudbury Regional High School Senior Class is having a Give Back to the Community Service Day, and they invite you to join them at **Bemis Hall on Wednesday, June 3 from 10 am to 1 pm**. High School students will be here to help you operate your cell phone or assist you with email, Skype, saving photos and more! The teens come each year, and every year everyone who meets with them raves about how knowledgeable and polite they are. So, whether you want some tips on texting to keep up with grandchildren, or need help learning to store and play your favorite music and films on your computer, or anything else tech-related, call the COA for an appointment today!

MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, May 6 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.

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.

WHAT IS TRUE SUCCESS AND HOW DO YOU PURSUE IT? A NEW MEDITATION AND DISCUSSION GROUP

Do past achievements, good relationships, happiness or other things make a person successful? In this innovative group, we will look at what authentic success is and how you can become truly successful. Please join Pamela Mizrahi in an eight-week group on **Thursday afternoons at 2:30 beginning May 7 (not 5/14)** to consider what true success is and how best to feel successful. Each week you will consider different aspects of success and discuss them as a group as a way of clarifying your own thoughts and looking at your life and success in new ways.

THE LIBERTY ALZHEIMER'S PARTNERSHIP is sponsoring a showing of "The Genius of Marian" at the Concord COA, **Harvey Wheeler Community Center, 1276 Main Street, Concord on Wednesday May 6 at 6 pm**. The film, graciously donated to the COA by Acton Pharmacy, is an intimate documentary that explores one family's struggle to come to terms with Alzheimer's. The event is free of charge. There will be light refreshments.

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GOINGS ON IN AND AROUND LINCOLN

LINCOLN-SUDBURY HIGH SCHOOL FRENCH CINEMA CLASS invites all to La Nuit des Etoiles, a showing of the French movie *The Untouchables* **Fri., May 1, 6:30 reception, 7:00 film at the high school.** Free.

THE HENRY FLINT HOUSE: PAST, PRESENT, FUTURE? The Lincoln Historical Society invites you to their Annual Meeting and program about the historic and iconic Henry Flint House on **Sunday, May 3, at 2 pm at Bemis Hall.** Free.

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, May 9 from 9 am to Noon at Bemis Hall.**

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, May 11 from 7 to 10 pm at the Library** featuring Lisa Martin. Email: loma3re@gmail.com.

CLASSIC JAZZ AT THE LIBRARY Don't miss Joel Wechsler presenting "Ralph Sutton and Friends—Super Stride!" on **Wed., May 13, 7:30 pm at the Library.** This group meets the second Wednesday of every month.

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, May 16 from 1:00 pm – 5:00 pm at Bemis Hall.** Come hear local musicians belting out old favorites which will set your feet a-tappin.' Free.

BAY STATE SYNCOPTORS AT BEMIS HALL To end the season, Classic Jazz at Library will present a Free Live Jazz Concert at **Bemis Hall on Wed, May 27 from 7:30 - 9:30 pm.** For the occasion trumpeter Dave Whitney has assembled a reunion band, the Bay State Syncopators, from the (very) old days in Concord. Don't miss this hot group as they reprise the songbook from the Lu Watters Yerba Buena Jazz Band of San Francisco.

LIVE IN LINCOLN CENTER First Parish presents "Spring Choral Concert" on **Sunday, May 31 at 3 pm in the Parish House Auditorium, 14 Bedford Road.** The program will feature professional soloists and the First Parish Choir performing music from the Renaissance to Spirituals. Ian Watson, Music Director at First Parish and Resident Conductor of the Handel and Hayden Society, is conductor and accompanist. A \$20 donation is suggested.

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