

# NEWS FROM BEMIS HALL

Volume 6 Issue 6

June 2015

## *The Lincoln Council on Aging Monthly*

### JUNE IS STRAWBERRY ICE CREAM SOCIAL TIME!



Celebrate this special time of year at the annual Strawberry Ice Cream Social which will be held at **Bemis Hall on Thursday, June 25 at noon**. Music will be provided by the Lincoln Traditional Jazz Sextet! The Social is sponsored by the COA and the Friends of the COA. Bring a bag lunch at noon or just join us for dessert. Make your own ice cream sundae with luscious ice cream topped with strawberries, chocolate, and more! Please RSVP to the COA. Tell us when you call if you will need a ride.

### FIND OUT ABOUT LINCOLN VOLUNTEER OPPORTUNITIES AT OUR VOLUNTEER FAIR!

Would you like to contribute to your community while having fun, meeting people, and learning new skills? Residents of all ages are invited to our Volunteer Fair on **Friday, June 12 from 1 to 2:30 pm**. See what volunteer opportunities are available and speak to representatives of town committees and departments, charitable and educational organizations, and service agencies about how they can use your skills and experience and you can know you are making a difference.

### 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 to take a guided tour of the 21-room, Federal Period Cushing House Museum with time to relax in the garden. Please note that the museum covers two floors and there is no elevator. Newburyport is situated 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. After the tour 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 email or phone Peggy at (781) 259-0465 or [alpegs@verizon.net](mailto:alpegs@verizon.net).



### SHINE'S DON MILAN AND ANNE MEADE VOLUNTEERS OF THE YEAR



Minuteman SHINE counselors Don Milan and Anne Meade are the Lincoln COA Volunteers of the Year for 2015. For many years, Don and, more recently, the team of Don and Anne have volunteered hundreds of hours each

year to assist residents of all ages with complex decisions and problems related to Medicare, MassHealth, medical bills, and long term care needs. Their tireless efforts, professional attention to the smallest detail, and genuine caring have eased the lives of hundreds of residents. Don has also been on the COA board for many years. Thank you, Don and Anne!

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## THE COA NEEDS DRIVERS AND NEWSLETTER COLLATORS



The COA needs LINC drivers to transport older residents to medical appointments, essential shopping, and the COA, meals-on-wheels drivers to deliver meals to homebound residents, and collators to fold the newsletter each month. LINC drivers drive one day per month transporting residents to destinations in Lincoln and surrounding towns or may be substitutes, driving only occasionally. Meals-on-wheels drivers drive one or more days per month, picking up meals in Concord and then delivering them to several residents, or occasionally substitute. Collators come to the COA for one Tuesday morning per month to fold newsletters with others in a fun, social activity. If you are interested in learning more about any of these opportunities, please call the COA and speak with Pamela Mizrahi.

### 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](mailto: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

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**Internet:** [www.lincolntown.org](http://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

**June 1, 12:30 pm — Rob Fallon: Stories of Real Life Under the Circus Big Top**

**June 8, 12:30 pm — Susie Rheault and Gil Williams: Behind the Picture Postcard of Africa: Serving Poor, Vulnerable Children in Rural Tanzania**

**June 15, 12:30 pm — Wendy Hubbard: Material Mementoes-Three Centuries of Jewelry in the Historic New England Collection**

*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 OF SEX, LIES AND POLITICS

Sex, Lies and Politics. Would Immanuel Kant have defended Bill Clinton in the Monica Lewinsky affair? The immorality of lying v. the morality of clever evasions. An introduction to John Rawls and his egalitarian theory of what is just and fair. Does Rawls' "Veil of Ignorance" provide a useful way of thinking about what is just and fair? The morality of contracts. These are some of the issues which will be considered and discussed in the seventh installment of the Justice course, which will be held at **Bemis Hall on June 26 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!**



### TOUR OF THE CAPE COD CANAL



Join us on **Thursday July 16th** for a tour of the Cape Cod Canal, a National Historic Civil Engineering Landmark. We will depart from the Lincoln Mall at 10:00 am by coach bus to travel to Onset MA for a group lunch at a seafood restaurant at your expense. Cash for lunch is helpful. Following lunch we will enjoy a two-hour boat tour of the historic canal arriving back at the Lincoln Mall at approximately 5:00 pm. The non-refundable cost of the trip is \$15.00 to cover the tour and the bus trip (supplemented by Hurff Funds). Make payment to FLCOA Trips, please include phone number and email and mail to Rob Todd, 126 Old Concord Rd., Lincoln, MA 01773. Reservations must be made by Monday, July 13th. Any questions contact Rob Todd at (781) 259-8820 or [hmbt@comcast.net](mailto:hmbt@comcast.net).

**Lincoln seniors (60+) have first priority for signing up for trips. Younger Lincoln residents and out-of-town seniors may sign up if there is room after Lincoln seniors have had the opportunity to sign up.**

**FALL TRIPS!** September: Edward M. Kennedy Institute for the US Senate, Boston; October: Boston Symphony Orchestra, Boston; November: Adams Historic Site, Quincy; December: Christmas Gala at the Reagle Theater, Waltham. See future newsletters for more information!

## \*\*\* JUST FOR FUN \*\*\*

### CREATING A HEALING GARDEN



The Healing Garden in Harvard is “a community of support where integrative therapies join with nature to improve the quality of life for those affected by cancer” with an actual “healing garden” that reduces stress and offers connection to nature to bring solace, perspective and a sense of control, all without use of toxic chemicals. To learn more about The Healing Garden’s programs and services as well as what features make a home or community garden a “healing garden” for those facing illness or just for overall wellness, come hear Janet Ganson on **Wednesday, June 17 at 10 am at Bemis Hall**. You’ll learn about how to design a garden to support healing activities like relaxation and meditation, choosing plants and other elements to provide a therapeutic experience, and more. Janet manages the Healing Garden’s volunteer gardeners.

### AN EXPLORATION OF MUSSORGSKY’S PICTURES AT AN EXHIBITION AND MORE

The 19th century *Pictures at an Exhibition* by Modest Mussorgsky is an ambitious musical work in 10 movements, each inspired by a particular artwork at an exhibition he visited. Come hear a live performance of *Pictures at an Exhibition* and learn about how and why it was composed as well as about the artworks that each movement interprets when Abla Shocair plays and discusses this work on **Friday, June 5, at 2:30 pm at Bemis Hall**. She will also play *Papillons* by Robert Schumann which is believed to have had an influence on the *Pictures* suite and Franz Liszt’s *Rhapsody #6* as it relates to Mussorgsky’s piano training. Abla, originally from Jordan, started playing piano at age 4. She is a Civil Engineer and has given many piano concerts.



## SUMMERTIME AND THE LIVING IS EASY. JUNE is bustin’ out all over.



However you look at it, the Lincoln Traditional Jazz Sextet will be at Bemis to entertain you, and themselves, with a basketful of those good old tunes we all know and love. This bunch of happy retirees will be in the house to lift your spirits as they engage in their favorite pastime – making good music to make good people happy. When? **Thursday June 4**. Where? **Bemis Hall, of course**. What time? **2:30 – 3:30** (or a little later if everyone wants more.) In the words of Al Jolson: You ain’t seen nuthin’ yet!

## AT THE MOVIES

**TUESDAY, JUNE 2, 2:15 PM. GILBERT & SULLIVAN'S THE MIKADO.** Set in Japan but really about Victorian England, "The Mikado" is the best known and most performed of Gilbert & Sullivan's operettas. Our sparkling and lavish performance recreates Gilbert's original 1885 stage production and features authentic costumes, settings, poses, and attitudes researched by Gilbert himself. 2001. NR. 110 mins.

**TUESDAY, JUNE 16, 2:15 PM. BIG EYES.** This biopic tells the complex story of Margaret Keane, the American painter who came to prominence in the 1950s and was known for her pop art paintings that often featured children with large doe eyes. 2014. PG-13. 105 mins.

**THURSDAY, JUNE 18, 2:15 PM. SELMA.** Commemorating the 50th anniversary of the 1965 civil rights march from Selma, Ala., to Montgomery, this stirring historical drama highlights the courage of the marchers as they withstand racist and violent attacks by the police. 2014. PG-13. 128 mins.

**MONDAY, JUNE 29, 1:00 PM. MR. TURNER.** This incandescent biographical portrait of famed 19th-century painter J.M.W. Turner spotlights his artistic genius, along with the eccentric and frequently insensitive behavior that he exhibited in his private life. 2014. R. 150 mins.

**TUESDAY, JUNE 30, 2:15 PM. STILL ALICE.** When 50-year-old linguistics professor Alice Howland begins having trouble remembering words, her symptoms ultimately lead to a diagnosis of early-onset Alzheimer's -- which forces Alice and her family to make radical changes in their lives. 2014. PG.101 mins.

~ ~ ~ *SPEND TIME WITH OTHERS* ~ ~ ~

## ENJOY AFTERNOONS OF BEGINNING SOCIAL BRIDGE

All those who would like to play beginning and advanced beginning bridge are invited to join a new group that will play **Fridays at 1 pm at Bemis Hall**. The group will play elsewhere in July and August when the COA is closed on Fridays. This is a group for those who have not played bridge for many years, or perhaps not at all, and would like to play in a fun, informal, social environment. There will be no formal instructor but those players who are more experienced will be glad to share what they know with those who have less knowledge. It would be helpful to call Carolyn at the COA before you come for the first time so that we will know how many to expect.

## PAMELA'S GROUPS—NEW MEMBERS ALWAYS WELCOME!

**POWER TO THE SURVIVORS Tuesdays June 2, 9, 16** A group for cancer survivors to share information and ideas about how they are living more positively after treatment.

**LIFE AFTER 60 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.

**SUCCESS GROUP Thursdays at 2:30** Discuss what authentic success is and how you can be truly successful.

**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 Gina Gionfriddo's *Becky Shaw*, a wickedly funny comedy about the crisis and comedy that ensue when a blind date goes bad, on **Fridays, June 12 and 19 at 1 pm at Bemis Hall**. This 2009 Pulitzer Prize finalist contains adult language. 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.

**FIRESIDE CHAT** Join other residents in a respectful "Fireside Chat" discussion using questions and answers each fourth Wednesday at 10 am. This month's discussion, be held on **June 24**, will focus on "What's most important to you at this stage of your life?"

**CONSERVATION BREAKFAST Thursday, June 11 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, June 18 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 (all levels)** with Evelyn Harris **Thursdays, 11:30 am. No class June 25.**

**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, June 11 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 of at 12:15 pm.**

**PLAY BEGINNING/ADVANCED BEGINNING OR INTERMEDIATE BRIDGE** each **Friday at 1 pm at Bemis Hall.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>9:00 Watercolors 12:30 Lincoln Academy 2:00/3:15 Tai Chi</p>	<p><b>2</b></p> <p>9:00 Podiatry 10:00 Power to the Survivors 11:30 You Can Do It Exercise 12:15 Life after 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Opera Movie: The Mikado</p>	<p><b>3</b></p> <p>9:30 Yoga 10:00 Techno Teach-In with Teens 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p><b>4</b></p> <p>9:15/10:15 Tai Chi 11:30 Piano Duets 1:30 Computer Drop-In 1:00 Exercise: Aerobics and Weights 2:30 Success Group 2:30 Traditional Jazz Jammers</p>	<p><b>5</b></p> <p>9:30 Stalwart Supporters 10:00 German Conv. 11:00 Finding What's Next 1:00 Beginning/Intermediate Bridge 2:30 Pictures at an Exhibition Concert And Discussion</p> <p><b>SATURDAY 6</b></p> <p>10:00 Katherine Clark (Whistlestop)</p> <p><b>SUNDAY 7</b></p> <p>1:00 Garden Tour (Varied)</p>
<p><b>8</b></p> <p>9:30 French Conversation 12:30 Lincoln Academy 2:00/3:15 Tai Chi 7:00 Acoustic Music (Lib)</p>	<p><b>9</b></p> <p>10:00 Power to the Survivors 11:00 FCOA Meeting 11:30 You Can Do It Exercise 12:00 Joint Board Meeting 12:15 Life after 60 Group 1:00 Exercise: Aerobics and Weights 1:30 COA Board</p>	<p><b>10</b></p> <p>9:30 Yoga 10:00 Coffee with the Town Administrator 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p><b>11</b></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 2:30 Success Group 3:00 Ukulele Gathering</p>	<p><b>12</b></p> <p>9:00 Watercolors 10:00 Medical ID Theft 10:00 Wellness Clinic (LW) 11:00 Finding What's Next 12:15 Meditation 1:00 Begin/Interm Bridge 1:00 Playreading 1:00 Volunteer Fair</p> <p><b>SATURDAY 13</b></p> <p>9:00 Library Book Sale</p> <p><b>SUNDAY 14</b></p> <p>3:00 Caterpillars (A)</p>
<p><b>15</b></p> <p>9:00 Watercolors 12:30 Lincoln Academy 2:00/3:15 Tai Chi</p>	<p><b>16</b></p> <p>9:00 Blood Pressure/Wellness Clinic 10:00 Power to the Survivors 11:30 You Can Do It Exercise 12:15 Life after 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: Big Eyes</p>	<p><b>17</b></p> <p>9:00 Podiatry 9:30 Yoga 10:00 Creating a Healing Garden 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p><b>18</b></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: Selma 2:30 Success Group</p>	<p><b>19</b></p> <p>9:00 Watercolors 9:30 Stalwart Supporters 10:00 German Conversation 11:00 Finding What's Next 1:00 Beginning/Intermediate Bridge 1:00 Playreading 1:00 Tick Talk</p>

<p>9:00 Watercolors 9:00 Newburyport Trip Leaves (Mall) 9:30 French Conversation 2:00/3:15 Tai Chi</p>	<p><b>22</b></p>	<p>9:00 Collating 10:00 Power to the Survivors 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Eat Well, Be Well 1:00 Exercise: Aerobics and Weights</p>	<p><b>23</b></p>	<p>9:30 Yoga 10:00 Fireside Chat 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p><b>24</b></p>	<p>9:15/10:15 Tai Chi 9:30 Handwork Circle 11:00 Design Your Destiny 12:00 Ice Cream Social 2:30 Success Group</p>	<p><b>25</b></p>	<p><b>SATURDAY 20</b> 1:00 Jazz Jam (Lib)</p>	<p>10:00 Justice 11:00 Finding What's Next 12:15 Meditation 1:00 Beginning/ Intermediate Bridge 1:00 Double Exercise Routine</p>	<p>1:00 Movie: Mr. Turner</p> <p><b>29</b></p>	<p>11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: Still Alice</p> <p><b>30</b></p>	<p><b>JUNE</b></p> 	<p><b>LOCATIONS</b> A: Ballfield Rd, Pod A Lib: Library LW: Lincoln Woods Mall: Lincoln Mall by Donelan's TBA: Location to be Announced Varied: Various places Whistlestop: Whistlestop Café</p>	
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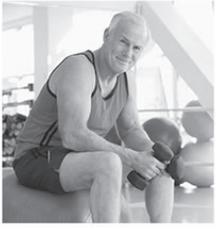
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## ~~ FOR YOUR WELL BEING ~~

### A DOABLE EXERCISE ROUTINE: AN EASY PILL TO SWALLOW



We all know how importance exercise is to disease prevention and overall wellness, and you may enjoy one exercise class or another, but how do you create a plan that includes all the kinds of exercise you need and that you can easily incorporate into your busy life? Find out when Terrie Enis, PT, MSPT, Director of Rehabilitation Services at Emerson Hospital, comes to **Bemis Hall on Friday, June 26 at 1 pm**. You will leave with a few pearls of wisdom on the power of exercise as well as ideas on how to make your exercise goals successful for healthy future years!

### “THE STALWART SUPPORTERS” GROUP FOR CAREGIVERS

All those who are caring for someone who is seriously ill, whether their diagnosis is Alzheimer’s disease or another form of dementia, Parkinson’s disease, mental or emotional disorders, cancer, or something else, are invited to a new discussion group, “The Stalwart Supporters.” The group will meet each **first and third Friday of the month at 9:30 am at Bemis Hall**. The group will talk about the challenges, as well as the unexpected joys, of being a caregiver, share tips and strategies, share some laughs, and be listening ears of people who understand. You do not need to sign up, but for more information, call Pamela Mizrahi of the COA at (781) 259-8811.

### TAI CHI IN THE PARK!

You may sign up now for Tai Chi in the Park, which will begin on **Tuesday, July 7** and continue each Tuesday morning until August 11 at a cost of \$5 per day. Tai Chi I will be held at 9:30 am and Tai Chi II will be at 10:30 am. The class will meet at Pierce Park. Bring a lawn chair and a hat! In inclement weather, we will meet under the tent. The Pierce House restroom will be open to us. For info, contact Jane Moss (781) 259-9822 or [mindbodyjm@comcast.net](mailto:mindbodyjm@comcast.net). The class is for continuing students only.

### 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 June 25.**

**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](mailto: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 9:30 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, June 16 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, June 2** and **Wednesday, June 17, between 9 and 11 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, June 12 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●●●

### BE READY FOR TICKS AND PREVENTING TICK BORNE DISEASE



Due to our wild winter, we may be in for a particularly tough tick season. Get the latest information on ticks, how to prevent tick borne diseases, and what to do if you have a tick bite when Lincoln School nurse and Town Nurse Maureen Richichi, RN, comes to **Bemis Hall on Friday, June 19, at 1 pm.** She will discuss the appearance and life cycle of ticks, habitats and activity seasons of ticks, risky times to be bitten and risky activities, tick borne diseases and their symptoms, how tick borne diseases are diagnosed and treated, personal protection -- how to do tick checks, safely remove ticks, safely repel ticks, and personal advocacy with your doctors. This program will be of interest and is open to all ages. Bring your questions and concerns.

### PREVENTING AND COPING WITH MEDICAL IDENTITY THEFT



Medical identity theft, a crime which occurs when someone uses your health insurance information to falsely obtain medical care or gain access to other personal information, is on the rise and can lead to problems getting health care or insurance coverage, ruin your credit rating, cost you money and hours of time, and more. Find out how criminals gain access to your data and how to prevent it, how to know if you are a victim, and what to do if your medical identity is stolen when Police Chief Kevin Kennedy comes to **Bemis Hall on Friday, June 12 at 10 am.** He will also touch on other forms of identity theft. A Lincoln resident who was the victim of medical identity theft will give you the benefit of her experience by telling her story.

### COFFEE WITH LINCOLN'S TOWN ADMINISTRATOR

Come to **Bemis Hall on Wednesday, June 10 at 10 am** for Coffee with Town Administrator Tim Higgins. Tim will update you on some of the projects going on around town and news — including the results of Town Meeting, the state of Town finances, Ballfield Road Campus planning, Route 2 construction, CareDimensions, Hanscom, Minuteman High School and more, and answer your questions about Town services and initiatives. He would also like to know your ideas and suggestions. Get to know Tim in an informal setting and chat about those aspects of the Town that are most important to you.

### TECHNO TEACH-IN WITH TEENS!

The Lincoln-Sudbury Regional High School Senior Class is having a Senior 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!



## The Computer Corner...

### COMPUTER AND DIGITAL CAMERA TUTORING!

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

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## GOINGS ON IN AND AROUND LINCOLN

**CONGRESSWOMAN KATHERINE CLARK** at the **Whistlestop, June 6, 10-11:30 am**. Coffee with Katherine is a regular coffee get-together where neighbors can visit and talk to Congresswoman Clark about what's important to them. She holds several each month in a different town in the district. If you need help with a federal agency, she will have staff ready to assist. She hopes to see you there!

**LINCOLN GARDEN CLUB TOUR AND RECEPTION** **Sunday, June 7, 1 to 7 pm**, self-guided tour of gardens followed by a Champagne Reception at the historic Pierce House. The Reception includes a Nature Photo Exhibit, live music, delicacies prepared by Lincoln Garden Club members and a silent auction. The proceeds will help finance a horticultural intern at the New England Wildflower Society who will design and install a native plant garden at Lincoln's Station Park. For tickets and information, visit [www.LincolnGardenClub.org](http://www.LincolnGardenClub.org).

**OPEN MIKE ACOUSTIC NIGHT** Enjoy live music at the free Open Mike Acoustic program **Monday, June 8 from 7 to 10 pm at the Library** featuring Sam Bayer. Email: [loma3re@gmail.com](mailto:loma3re@gmail.com).

**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, June 13 from 9 am to Noon at Bemis Hall**.

**CATERPILLARS LIVE!** See a program on caterpillars with naturalist photographer, Sam Jaffee. The show-and-tell presentation will be followed by a short caterpillar walk. It will be held on **Sunday, June 14, 3 pm, at the Lincoln Public Schools, Hartwell Pod A**. \$5/person (or \$15 for families of 3 or more) donation is requested. Sponsored by Lincoln Land Conservation Trust.

**FREE LIVE TRADITIONAL CJALL JAZZ JAMS** on **Saturday, June 20 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.

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