



NEWS FROM BEMIS HALL

Volume 6 Issue 7/8

July/August 2015

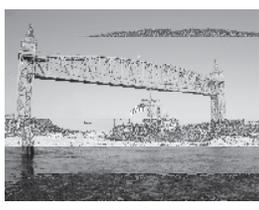
The Lincoln Council on Aging Monthly



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.

EDWARD M KENNEDY INSTITUTE FOR THE US SENATE

Learn about the US Senate in an interactive and exploratory way on a trip to the new Edward M. Kennedy Institute for the US Senate on **Friday, September 25**. After a short introduction folks can independently wander through the museum with a tablet which allows them to engage fully in the democratic process. An issue of the day also enhances the experience. A full-scale replica of the U.S. Senate Chamber and other exhibits are also on view. The Institute opened this past March to rave reviews. Note that this is a self guided tour with quite a bit of walking, but that there are places to sit throughout the building. The tour lasts between an hour to an hour and a half. Our bus will leave the Lincoln Mall at 9:30 am and return about 3:00 pm. The cost is \$15 per person. Lunch is still to be arranged. For more information about the Institute, go to <https://www.emkinstitute.org>. Sign up begins in September.

GET THE LATEST SCOOP ON THE COA'S FACEBOOK PAGE!

Visit the COA's new Facebook page to get updates on programs and services, see what we are doing here at Bemis Hall, watch videos and see photos, and more! Our address is <https://www.facebook.com/pages/Lincoln-MA-Council-on-Aging/545124398958575>. You don't need to be on Facebook to see our page.

COME TO BEMIS HALL TO GET OUT OF THE HEAT!



Summer heat getting you down? Come on down to air-conditioned Bemis Hall. Most likely we will have some activity going on for you to enjoy. We also have space for you to just come, sit and relax. If there is a power outage in town and Bemis has power, feel free to come in to stay cool as well as recharge laptops and cell phones.

COA SUMMER HOURS Between July 6 and August 28 the COA will be open 7 am to 5 pm Monday to Thursday and closed Fridays. Most activities that regularly happen on Fridays have been moved to Wednesdays.

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DON'T MISS THESE FALL TRIPS!

October: Boston Symphony Orchestra, Boston; November: Adams Historic Site, Quincy; December: Christmas Gala at the Reagle Theater, Waltham. See future newsletters for more information! **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.**

VOLUNTEERS NEEDED TO SERVE AT SENIOR DINING!

Senior Dining is our very popular program providing an elegant meal once a month at St. Anne's Church. In order for the program to continue, we need volunteers who can help set tables, serve the meals, and clean up a few times a year on a third Tuesday between 11 am and 1 pm. Contact Kim Buell for information: kim_buell@hotmail.com.

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

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:
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Mizrahip@lincolntown.org

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

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.

*** JUST FOR FUN ***

DID YOU ENJOY THE STRAWBERRY SOCIAL?



Did you hear the Lincoln Traditional Jazz Sextet belting it out while you munched away? Did you like what you heard? Well there's more where that came from. The sextet will be back at Bemis on **Thursdays July 2nd and Aug 6th at 2:30** to give you their renderings of those tunes and others like them. So come on down, put your feet up, or tap them to the music, and hum along. What better way to spend a pleasurable hour on a summer afternoon?

VETERANS SUMMER BBQ!

Veterans and their spouses are invited to a special barbecue on **Monday, August 10 at 12:00 pm at Bemis Hall** featuring a delicious lunch of barbecued pork or chicken. We are hoping to create a dynamic veterans community here in Lincoln and would love to see you and your spouse at the barbecue. You must sign up by calling the COA at (781) 259-8811 by August 3 so that we will have enough meals. Unfortunately, we will not be able to accommodate those who do not sign up. A \$5 donation is requested.



COMING UP AT THE COA IN THE FALL

CHRONIC DISEASE MANAGEMENT PROGRAM This free six-week course provided by Minute-man Senior Services is an evidence-based program developed by Stanford University that provides tools and support for those living with chronic disease, including healthy eating and exercise, dealing with pain, fatigue, and stress, problem-solving, and more. You will set and meet personal goals, identify and try simple techniques to improve your quality of life, and build a network of support with highly interactive classes. An informational session will be held on **Wednesday, September 9** at 9:30 am at Bemis Hall and the series will begin on **September 16, also at 9:30 am at Bemis Hall**. Limited space. Sign up now.

SENIORSPEAK Senior citizens have so much to share with the world: a wealth of experience and the wisdom that is gained from it. Yet many older adults lack the opportunity to speak out and share their experiences with others. In a new workshop entitled "*SeniorSpeak*," older adults and Baby Boomers will re-discover their voice. Drawing upon their memories, feelings, and convictions, members will create a performance piece that incorporates key moments and thoughts that shaped their lifetime — individually and as a whole — through scenes, poetry, and music. The workshop will be held on Thursdays from 2:30-3:45 pm starting on **September 17**.

ENNEAGRAM WORKSHOP On Monday, **September 21st**, Dan & Janet Boynton will begin a series of six weekly 1 ½ hour classes to explore the Enneagram, an ancient system of identifying our individual pathways to deeper self-realization and acceptance of others. The Enneagram teaches us that people of various personality types respond differently to life issues such as stress, conflict and intimacy, and that people of each type also use a different way of compensating for their "shadow selves" — the part of their psyche that they hide from others and often from themselves as well. What you realize at a deep level in your sub-conscious is that the person the world knows as "you" is not your true self. This is what you will focus on in the workshop — how to use this special knowledge to free yourself from the constraints which have kept you from being truly fulfilled.

APPRECIATE MUSIC WITH EAR TRAINING The Concord Conservatory of Music and the COA will be offering beginning and intermediate 12-week courses in Appreciating Music with Ear Training at Bemis Hall beginning on **Tuesday, September 15** at a cost of \$90 for each course. The beginning course will be from 9:00 to 10:00 am and the intermediate course will be from 10:00 to 11:00 am. The courses will be taught by faculty from the Conservatory.

MEMOIR GROUP Without any obligation, please come to the first meeting of the Memoir Group on Wednesday, **September 16** from 10 am to noon and find out what we do. If you like what you hear and you want to continue, the cost of the eight-session term is \$75. The dates for the term are September 16 and 30, October 7 and 21, November 4 and 18, and December 2 and 16. If you want more information, call Connie Lewis (781) 259-9415 or email her conlewis1000@gmail.com.

AT THE MOVIES



THURSDAY, JULY 9, 2:30 PM. WILD. Undone by a broken marriage and her mother's death, Cheryl Strayed has been on a years-long reckless tear, fueled by addiction and despair. In a bid to save her life, she decides to hike the entire Pacific Crest Trail — alone and with no experience. 2014. R. 115 mins.

TUESDAY, JULY 14, 2:30 PM. INTO THE WOODS. Woven from a collection of revered fairy tales and characters, this enchanting musical mash-up focuses on a childless couple who venture into the woods hoping to end a curse put on them by a vindictive witch. 2014. PG-13. 125 mins.

TUESDAY, JULY 21, 2:30 PM. THE IDENTICAL. Borrowing freely from the legend of Elvis Presley's life, this absorbing family drama follows young Ryan Wade as he pursues a musical career, unaware that he's the twin brother of rock superstar Drexel Hemsley. 2014. PG. 107 mins.

THURSDAY, JULY 23, 2:30 PM. ST. VINCENT. With his parents preoccupied with their divorce, lonely 12-year-old Oliver strikes up a friendship with his war-veteran neighbor Vincent. A hard-drinking gambler with a fondness for hookers, Vincent finds his life changed by the boy's presence. 2014. PG-13. 102 mins.

THURSDAY, JULY 30, 2:30 PM. MISS POTTER. Blending lush animation sequences with live-action drama, director Chris Noonan constructs this unconventional biopic about the personal life of beloved children's author and illustrator Beatrix Potter. 2006. PG. 93 mins.

THURSDAY, AUGUST 13, 2:30 PM. A BIRDER'S GUIDE TO EVERYTHING. The day before his widowed father's wedding, a 15-year-old bird-watching fanatic impulsively sets off on a road trip with three friends in an effort to locate the extinct Labrador duck he may have spotted. 2013. PG-13. 88 mins.

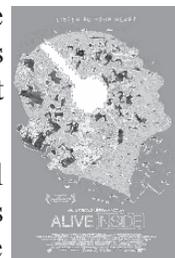
TUESDAY, AUGUST 25, 2:30 PM. SPARE PARTS. The journey of four undocumented Mexican-American high school students from Phoenix, AZ who form a robotics club and are led by their teacher with nothing but spare parts and a dream to compete against MIT in a National Underwater Robotics Competition. 2015. PG-13. 115 mins.

DOCUMENTARIES

THURSDAY, JULY 16, 2:30 PM. LAST DAYS IN VIETNAM. This documentary recounts the Vietnam War's final days, when unexpected roadblocks threatened the evacuation of America's South Vietnamese allies. Witnesses and rare footage reveal the heroism and sacrifice that played out amid the chaos. 2014. 98 mins.

TUESDAY, AUGUST 11, 2:30 PM. ALIVE INSIDE. This moving documentary follows social worker Dan Cohen as he uses music to unlock memory in nursing-home patients with Alzheimer's disease. Aided by well-known neurologist Oliver Sacks, Cohen aims to transform the quality of life for the patients. 2014. NR. 78 mins.

THURSDAY, AUGUST 20, 2:30 PM. HAPPY PEOPLE: A YEAR IN THE TAIGA. Venerated documentarian Werner Herzog teams with director Dmitry Vasyukov for this observant look at life along the River Yenisei in northern Russia, where the industrious inhabitants of a rural village truly live off the land. 2010. NR. 90 mins.



MOVIES TO SEE WITH YOUR GRANDKIDS AND GRANDFRIENDS

TUESDAY, JULY 28, 2:30 PM. PENGUINS OF MADAGASCAR. Having shown their mettle in previous Madagascar animated epics, dauntless penguins Skipper, Rico, Private and Kowalski team with a covert group, the North Wind, to stage an all-or-nothing showdown with the fiendish Dr. Octavius Brine. 2014. PG. 92 mins.

TUESDAY, AUGUST 18, 2:30 PM. PADDINGTON. This family tale chronicles the adventures of Paddington Bear, who's rescued at a train station and taken home by a young boy. Paddington adapts quickly to city life, but there's an evil museum director in town with her eye on the lovable bruin. 2015. PG. 95 mins.

OPERA MOVIES

MONDAY, JULY 6, 1:00 PM. MOZART'S THE ABDUCTION FROM THE SERAGLIO. Tuneful Viennese comedy meets serious Enlightenment philosophy. Two Spaniards rescue maidens from a Turkish harem and are saved from punishment by a benevolent Pasha. Mozart's first fully mature stage work. 1980. NR. 140 mins.

MONDAY, AUGUST 3, 12:00 PM. MOZART'S THE MARRIAGE OF FIGARO. The one where the Count and the page hide behind the same chair, where the Countess makes a surprise exit from a closet, and where Figaro discovers the woman who wants to marry him is his mother. A masterpiece! 1973. NR. 185 mins.

SPEND TIME WITH OTHERS

“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 meets each **first and third Monday of the month (first and third Fridays beginning September) at 9:30 am at Bemis Hall.** The group talks 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.



PAMELA’S GROUPS—NEW MEMBERS ALWAYS WELCOME!

STALWART SUPPORTERS First and third Mondays at 9:30 am Caregivers come together to discuss joys, challenges, tips, and strategies, share laughs, be a listening ear.

LIFE AFTER 60 GROUP Tuesdays 12:15 pm Discuss issues of interest to seniors and other topics.

FINDING WHAT’S NEXT Wednesdays, 11 am Discover how to spend the next chapter of your life.

DECLUTTER—LITE 2nd Thursdays, 12 -1 pm Learn how to get organized by discussing strategies.

SUCCESS GROUP Thursday, July 2 at 2:30 Discuss what authentic success is and how you can be truly successful.

SHARE YOUR INTERESTS, MEET FRIENDS, AND HAVE SOME FUN!

FRENCH CONVERSATION Brush up on your French speaking skills the second and fourth Mondays in July at 9:30 am at Bemis Hall at our French conversation group.

LINCOLN MEN’S COFFEE Thursdays, July 16 and August 20, at 8:00 am. Bagels and lox, 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.

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.

GERMAN CONVERSATION Speak German on the 1st and 3rd Wednesdays of each month at 9:30 am.

PLAY INTERMEDIATE BRIDGE each Wednesday at 1 pm at Bemis Hall. *Beginning bridge is played in locations outside of Bemis Hall on Friday afternoons. Call the COA for location and information.*

CAN YOU TUTOR PEOPLE ON MACS? If so, please call Carolyn at (781) 259-8811.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>JULY</p> 		<p style="text-align: right;">1</p> <p>9:30 German Conv 11:00 What's Next 11:00 Line Dancing 1:00 Intermediate Bridge 1:00 Office Hours with Aide to K. Clark 6:00 Summer Concert: The Infracrations (Codman Pool)</p>	<p style="text-align: right;">2</p> <p>1:00 Aerobics and Weights 1:30 Computer Drop-In 2:30 Success Group 2:30 Traditional Jazz</p>	<p style="text-align: right;">3</p> <p>COA CLOSED/ INDEPENDENCE DAY</p> <hr/> <p>SATURDAY 4 Various activities going on around town</p>
<p style="text-align: right;">6</p> <p>9:30 Stalwart Supporters 1:00 Opera Movie: Abduction from the Seraglio</p>	<p style="text-align: right;">7</p> <p>9:00 Podiatry 9:30/10:30 Tai Chi in the Park (PP) 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Aerobics and Weights</p>	<p style="text-align: right;">8</p> <p>11:00 What's Next 11:00 Line Dancing Practice 1:00 Intermediate Bridge 6:00 Summer Concert: Alan and the Alligators (Codman Pool)</p>	<p style="text-align: right;">9</p> <p>9:30 Handwork Circle 11:00 Design Your Destiny 12:00 Declutter Group 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:30 Movie: Wild</p>	<p style="text-align: right;">10</p> <p>COA CLOSED/ SUMMER HOURS</p>
<p style="text-align: right;">13</p> <p>9:30 What to Expect When Your Loved One Has Alzheimer's Disease 9:30 French Conversation 11:00 DYDP</p>	<p style="text-align: right;">14</p> <p>9:30/10:30 Tai Chi in the Park (PP) 11:30 You Can Do It 12:15 Life After 60 Group 1:00 Aerobics and Weights 2:30 Movie: Into the Woods</p>	<p style="text-align: right;">15</p> <p>9:00 Podiatry 9:30 German Conv 11:00 What's Next 11:00 Line Dancing Practice 1:00 Intermediate Bridge 6:00 Summer Concert: The Nays (Codman Pool)</p>	<p style="text-align: right;">16</p> <p>8:00 Men's Coffee 10:00 Cape Cod Trip Leaves (Mall) 10:00 Prevent Heatstroke 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:30 Movie: Last Days in Vietnam</p>	<p style="text-align: right;">17</p> <p>COA CLOSED/ SUMMER HOURS</p> <hr/> <p>SATURDAY 18 1:00 Jazz Jam</p>
<p style="text-align: right;">20</p> <p>9:30 Stalwart Supporters 1:00 Wheel of Life</p>	<p style="text-align: right;">21</p> <p>9:00 Blood Pressure/Wellness Clinic 9:30/10:30 Tai Chi (PP) 11:30 You Can Do It 12:15 Life After 60 1:00 Aerobics and Weights 2:30 Movie: Identical</p>	<p style="text-align: right;">22</p> <p>11:00 What's Next Group 11:00 Line Dancing Practice 1:00 Intermediate Bridge</p>	<p style="text-align: right;">23</p> <p>9:30 Handwork Circle 11:00 Design Your Destiny 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:30 Movie: St. Vincent</p>	<p style="text-align: right;">24</p> <p>COA CLOSED/ SUMMER HOURS</p>
<p style="text-align: right;">27</p> <p>9:30 French Conversation 11:00 DYDP 1:00 Self-Defense with Lincoln Police</p>	<p style="text-align: right;">28</p> <p>9:30/10:30 Tai Chi (PP) 11:30 You Can Do It 12:15 Life After 60 1:00 Aer/Weights 1:00 Eat Well, Be Well Group 2:30 Movie: Penguins of Mad.</p>	<p style="text-align: right;">29</p> <p>11:00 What's Next Group 11:00 Line Dancing Practice 1:00 Intermediate Bridge 1:00 Drug Addiction and Treatment</p>	<p style="text-align: right;">30</p> <p>1:00 Aerobics & Weights 1:30 Computer Drop-In 2:30 Movie: Miss Potter</p>	<p>LOCATIONS Codman Pool: Codman Pool on Ballfield Road Mall: Lincoln Mall by Donelan's PP: Pierce Park</p>

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

3	4	5	6	7
9:30 Stalwart Supporters 11:00 DYDP 12:00 Opera Movie: Marriage of Figaro	9:00 Podiatry 9:30/10:30 Tai Chi (PP) 11:30 You Can Do It Exer 12:15 Life After 60 Group 1:00 Aerobics/Weights	9:30 German 11:00 Line Dancing 11:00 What's Next 1:00 Intermediate Bridge 1:00 Office Hours with Aide to K Clark	1:00 Aerobics and Weights 1:30 Computer Drop-In 2:30 Traditional Jazz	COA CLOSED/ SUMMER HOURS
12:00 Veterans Barbecue	9:30/10:30 Tai Chi (PP) 11:30 You Can Do It Exer 12:15 Life After 60 Group 1:00 Aerobics and Weights 2:30 Movie: Alive Inside	11:00 Line Dancing Practice 11:00 What's Next Group 1:00 Intermediate Bridge 7:30 Jazz Concert	9:30 Handwork 11:00 Design Your Destiny 12:00 Declutter Group 1:00 Aerobics/Weights 1:30 Computer Drop-In 2:30 Movie: Birders Guide	COA CLOSED/ SUMMER HOURS SATURDAY 15 1:00 Jazz Jam
9:30 Stalwart Supporters 10:00 How to Rescue Animals 11:00 DYDP	11:30 You Can Do It Exer 12:15 Life After 60 Group 1:00 Aerobics and Weights 2:30 Movie: Paddington	9:00 Podiatry 9:30 German Con 11:00 What's Next 11:00 Line Dancing Practice 1:00 Intermediate Bridge	8:00 Men's Coff 10:00 Consumer Reports 1:00 Aerobics and Weights 1:30 Computer 2:30 Movie: Happy People	COA CLOSED/ SUMMER HOURS
10:00 Pet Home Safety	9:00 Collating 11:30 You Can Do It 12:15 Life After 60 Group 1:00 Aer/Wts 1:00 Eat Well, Be Well 2:30 Movie: Spare Parts	11:00 What's Next 11:00 Line Dancing Practice 1:00 Intermediate Bridge	9:30 Handwork 11:00 Design Your Destiny 1:00 Aerobics and Weights 1:30 Computer Drop-In	COA CLOSED/ SUMMER HOURS
31 	AUGUST	<u>LOCATION</u> PP: Pierce Park		

- Visiting Nurse Care
- Palliative Care
- Hospice Care
- Hospice Residence
- Community Services
- Food Pantry

Jewish Hospice accreditation



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~ ~ FOR YOUR WELL BEING ~ ~

WHAT TO EXPECT WHEN YOU OR YOUR LOVED ONE HAS ALZHEIMER'S DISEASE



One of the most difficult aspects of Alzheimer's disease, whether in yourself or a loved one, is not knowing what to expect as the disease progresses. Knowing that certain changes and behaviors are part of having the disease, rather than your fault or the fault of your loved one, can help you cope and reduce stress. All are invited to come find out more when Pamela Taylor, LICSW, Community Educator with CareDimensions, comes to **Bemis Hall on Monday, July 13 at 9:30 am**. She will discuss changes in the brain, why some behaviors occur, and how to minimize unwanted behaviors, and give suggestions on improving communication with someone with the disease.

STAY COOLER AND PREVENT HEATSTROKE

Summer heat can be dangerous, especially for those who are older. Even if you never had trouble with the heat before, age-related changes can make you more susceptible to falling ill from the heat. Come hear the Lincoln Fire Department on **Thursday, July 16 at 10:00 am at Bemis Hall** talk about why heat can send you to the hospital, how to keep yourself cooler, symptoms of heat stroke, and what to do if you think you may be getting heat stroke.

THE WHEEL OF LIFE FOR GRATITUDE AND GROWTH

The Wheel of Life is a visual representation of the many components of our lives — physical, spiritual, financial, work/volunteering, social, mental, and family. Come find out how you can use the Wheel of Life both to enhance your gratitude and for personal growth when Pamela Mizrahi, LICSW, of the COA, presents a workshop at **Bemis Hall on Monday, July 20 at 1:00 pm**. You'll learn how to look at each component singly and in relation to one another and live more fully, healthfully, and happily.

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 at (781) 259-9822 or mindbodyjm@comcast.net. The class is for continuing students only.



SUMMER FITNESS CLASSES

YOU CAN DO IT! This 45-minute class offers gentle aerobic and weight-strengthening exercises that can be done in a chair or standing. It is perfect for those who need a less vigorous class or who have been hospitalized or are recovering. **Tuesdays, 11:30 am**; \$3 per class; no need to sign up. Taught by Marilyn Onorato.

FITNESS AND STRENGTH TRAINING. A moderate 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.

LINE DANCING PRACTICE. Come practice line dancing **each Wednesday at 11:00**. No sign-up needed!

Fitness classes are subsidized by the MA Executive Office of Elder Affairs.

WELLNESS AND PODIATRY CLINICS

WELLNESS CLINIC Come to our clinic for blood pressure, information and advice about nutrition and fitness, medication management, and answers to general questions about how to manage chronic conditions, where to get health services, and more. This summer's clinic will be on **Tuesday, July 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 **Tuesdays, July 7 and August 4** and **Wednesdays, July 15 and August 19** all at **9 am at Bemis Hall** by appointment. \$10 donation requested.

●●●WHAT YOU NEED TO KNOW●●●

IS YOUR HOME SAFE FOR YOUR PETS?



Sometimes even the most loving home can be dangerous for pets. Food, plants, medicine, and household chemicals can be toxic. Furniture with sharp edges can cause injuries. Pets can get locked into rooms, in dryers, and other places. Buttons and strings can cause choking, and more. Find out what you need to know to make sure your home is safe for your pets when Lincoln veterinarian Doug Meade comes to **Bemis Hall on Monday, August 24, at 10 am.** Doug will let you know what to look out for and answer your questions!

WHAT YOU NEED TO KNOW ABOUT RESCUING ANIMALS

Lincoln residents share our backyards, our conservation land, and more with animals who come from the wild or, sometimes, may have been bought as pets but then left on their own for one reason or another. Knowing what to do when you encounter an animal, especially one who may be sick or who is in danger, is essential to your own and the animal's safety. Find out about the animals you may come across in Lincoln and what to do when you would like to help but do not know how. Daniela Caride, President of the Board of Phinney's Friends, comes to **Bemis Hall on Monday, August 17 at 10 am.** Ms. Caride will also discuss the mission and services of Phinney's Friends, a Lincoln-based non-profit dedicated to helping people keep their pets in times of crisis.

WHAT YOU WANT TO KNOW ABOUT DRUG ADDICTION BUT ARE AFRAID TO ASK

Abuse of prescription medications is replacing alcoholism as the most common form of addiction for residents of affluent communities. And among teenagers, heroin use has become an epidemic in our suburbs. The impact of addiction to these substances can be devastating for both the addicts and their families. Spouses, parents and grandparents are often confused about what to do and are too embarrassed to ask for advice. On **July 29th from 1 pm to 2:30**, Dan Boynton, the founder of Bay Cove, Boston's leading drug treatment facility, will provide a practical overview of today's addictive drugs and the treatment options that work. His wife, Janet Boynton, will show brief video interviews with young people in recovery. Participants will be encouraged to share their concerns.

BASIC SELF-DEFENSE

Whether you are at home in Lincoln or traveling, you need to know how to prevent crime or, if you find yourself in a dangerous situation, how to get away unharmed. Find out the best ways to secure your home and your vehicle as well as learn strikes, blocks, kicks, and patterns of movement to get you out of a situation in which you are being attacked when Jena Salon and Ian Spencer of the Lincoln Police come to **Bemis Hall on Monday, July 27 at 1 pm.** The methods you learn will use minimal energy with the goal being escape. Those who attended the previous workshop will benefit from the refresher provided by this workshop.

SEARCHING CONSUMER REPORTS ONLINE FREE!

Consumer Reports has information about products from cars to airlines to cleaners to shoes, food, insurance, and everything in-between. Because the Library has a subscription, any Lincoln resident can search for product reviews from their homes on their computers for free! Get a demonstration of how to do this when Kate Tranquada, one of Lincoln's reference librarians, comes to **Bemis Hall on Thursday, August 20, at 10 am.**

COMPUTER AND DIGITAL CAMERA TUTORING!

Drop-in computer and digital photography tutoring on **Thursday afternoons from 1:30 to 3:30 pm!** If you need Mac help, call first. If you have a laptop or netbook, please bring it! Tutors are also available at other times.

MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesdays, July 1 and August 5 at 1 pm** to meet with Anthony Moreschi, Constituent Service Representative for Congresswoman Katherine Clark. He will be available to assist residents with a variety of concerns regarding benefits and more.

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LIVE TRAD-JAZZ JAMBOREES Local musicians drop in and take turns in the group and the joint jumps! Attendance is free. **Saturdays, July 18 and August 15 at Bemis Hall, 1:00 pm.**

FREE JAZZ CONCERT AT BEMIS HALL Wednesday, August 12 from 7:30 to 9:30 pm with Steve Taddeo and his Swing Senders. Special guests performers will be the Midiri Brothers. Don't miss it!

SAVE THE DATE! Forum on Affordable Accessory Apartments hosted by the Lincoln Housing Coalition, scheduled for **Saturday, September 26, 1 to 3 pm, location to be determined.**

INDEPENDENCE DAY EVENTS

July 4th is right around the corner so make plans to enjoy all our community has to offer! Our Annual Road Race begins at 8:30AM sharp in front of Town Hall, followed by a children's bike parade at 10:00 AM and a reading of the Declaration of Independence at 10:30AM. **The main event, our July 4TH Parade, begins at 10:40AM.** Featuring floats from organizations town-wide, the parade leaves Ballfield Road, heads to the public library and back, so come and cheer! Immediately following the parade is a BBQ provided by the Lincoln Boy Scouts on the Pierce House lawn, followed by an afternoon of tennis, soccer and baseball games, and free swimming at the Codman Pool. **Our Concert, Barbeque and Fireworks event begins at 7:00 pm at the Codman Pool.** Parking is available in the Ballfield Road Campus for \$20/car. Enjoy BBQ from Firebox in Bedford, ice cream and a performance from one of New England's greatest Bands: Alter Ego!! Food is served at 7:00 and music starts at 7:30 p.m. Fireworks begin at app. 9:15 pm. Concert and fireworks will be held in light rain, but in case of extreme weather, check www.Lincolnrec.com for updates. Rain date is July 5th. **All bags and coolers are subject to search!**

PARK AND RECREATION SUMMER CONCERTS

All concerts begin at 6 pm at the Codman Pool on Ballfield Road. Concerts may be rescheduled due to rain. Check event status at www.LincolnRec.com. Concerts are free while pool admission during the show is \$5/person. **See The Infractions on July 1st, Alan and the Alligators on July 8th, and the 'Nay's on July 15th!**

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