

NEWS FROM BEMIS HALL

Volume 6 Issue 9

September 2015

The Lincoln Council on Aging Monthly

EDWARD M KENNEDY INSTITUTE FOR THE US SENATE TRIP AND LINCOLN ACADEMY LECTURE



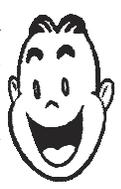
Learn about the US Senate in an interactive and exploratory way on a trip to the new Edward M. Kennedy Institute for the US Senate on **Friday, September 25**. After a short introduction folks can independently wander through the museum with a tablet which allows them to engage fully in the democratic 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 tour has quite a bit of walking, but there is seating throughout the building. The tour lasts an hour to an hour and a half. We will stop for lunch on your own after the tour at a yet-to-be-decided restaurant. Our bus will leave the Lincoln Mall at 9:30 am and return about 3:00 pm. The cost is \$15 per person. Please send your check made out to FLCOA/trips to Sally Kindleberger, 14A North Commons, Lincoln, MA 01773. For more information, call Sally at (781) 259-1169. To learn more about Senator Kennedy, come hear Kathi Anderson, who worked closely with him, speak at the Lincoln Academy on **Monday, September 14, at 12:30 pm** on Senator Kennedy's legacy and the Institute.

UNDERSTANDING YOURSELF AND OTHERS: *An Introduction to the Enneagram*

On Monday, **September 21 from 9:30 to 11 am**, Dan & Janet Boynton will begin a series of six 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. Participants should commit to attending all six sessions, and especially the first session, in order to properly understand the Enneagram.

LAUGH INTO FALL!

Celebrate the beginning of a new season here at Bemis Hall with dessert and a performance by comedian David Shikes on **Friday, September 11 at 1 pm!** Mr. Shikes is a five-time Boston marathon runner and an independent bookseller who enjoys classical music...and comedy! He spent many years travelling around New England marketing books to libraries and now shares stories and jokes about life and New England! He is a hit at many area libraries and community organizations.



LINCOLN LOOKS AT LIFE

We are lucky to live in a town offering so many programs, whether we are in our 40's, 50's, 60's or beyond! But sometimes, they are not quite what we are looking for, it's hard to find them, or our interests change over time. Please come to a meeting on Friday, September 11 at 9 am at Bemis Hall sponsored by the COA, Parks and Rec, and the Library, to be part of an ongoing discussion about meeting the needs of ALL members of the 40+ adult community. We'll also hear more about a committee being formed to explore ways to improve programs and services for all ages. Come to listen or volunteer!

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ENJOY A DAY OUT WITH THE COA!



OCT 9: CURRIER, BEETHOVEN & BRAHMS AT BSO MATINEE

LCOA is offering, once again, a trip to Symphony Hall on **October 9** for a Friday matinee performance of the BSO. Andris Nelsons conducts Currier, Beethoven and Brahms featuring pianist Paul Lewis. (Symphony Hall is Handicapped Accessible.) Participants will meet at the Donelan's parking lot at 10:45 am. The non-refundable cost of your orchestra ticket and bus ride is \$45.50, partially subsidized by the Hurff Fund. There is also the option of a sumptuous buffet lunch at Symphony Hall for an additional cost of \$29.50 including tax and gratuities or you may opt to arrange for your own lunch. This trip is open to Lincoln seniors only. Space is limited. Please make your check out to FLCOA Trips for \$45.50 or \$75 if you are having the buffet, and mail to Marilyn Buckler, 12 Hiddenwood Path, Lincoln MA. 01773. Your reservation is complete when Marilyn receives your check. Questions? Marilyn can be reached at (781) 259-8886 or mbuckler1@comcast.net.

ADAMS NATIONAL HISTORICAL PARK TRIP IN NOVEMBER

Join us on **Thursday, Nov. 5**, for a visit to the Adams National Historic Park in Quincy, MA. We will depart from the Lincoln Mall at 8:45 am by comfortable air ride bus. Our tour on the National Parks Trolley will visit the birthplaces of John Adams and John Quincy Adams, and the Old House at Peace Field where four generations of Adams lived. After the tour we will have a buffet lunch at an Indian restaurant across the street. After lunch we will visit with a guide the church and final resting place of the two presidents. We will return to Lincoln about 3:30 pm. The tour involves some walking, and one flight of stairs up and down at Peace Field and at the church. The cost of the trip (**including the buffet lunch**) is \$28. This trip is limited to 25 people and the cutoff date is October 30. This trip is subsidized by the Hurff Fund and is open to Lincoln residents only. Please include along with your check, your address, phone number and email. Send checks, made out to FLCOA TRIPS, to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA 01773. Questions, please contact Donna at (781) 257-5050 or donna@ecacbed.com.

**In December, experience the 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.

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.

WOULD YOU LIKE A FREE HOME SAFETY EVALUATION WITH A PHYSICAL THERAPIST? Call the COA. The Home Safe Project is funded by the Ogden Codman Trust.

MEDICAL EQUIPMENT Free loans of walkers, canes, wheelchairs, tub benches, shower chairs, commodes.

VETERANS BENEFITS Contact Priscilla Leach at (781) 259-4472 or lincolnvetservices@gmail.com.

TRANSPORTATION Free rides to medical and other appointments, local shopping, and COA activities 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. All rides are free. The COA's taxi rides are supported by the Friends of the Lincoln COA. Donations are gratefully accepted.



THE LINCOLN ACADEMY
*Lectures, Discussions, and More about Our World to
 Educate, Enlighten, and Enliven!*



THE LINCOLN ACADEMY LECTURE SERIES

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

This Month's Speakers

September 14 — Kathi Anderson, Former Staff to Senator Edward Kennedy: THE LEGACY OF SENATOR KENNEDY ENDURES AT THE EDWARD M KENNEDY INSTITUTE (See Page 1 to visit the Kennedy Institute for the US Senate!)

September 21 — Sarah Cannon Holden: CINDER BLOCKS AND MEZCLA: BUILDING A HABITAT FOR HUMANITY HOUSE IN GUATEMALA

September 28 — Rob & Harriet Todd: THE PANAMA CANAL, A JOURNEY BETWEEN THE SEAS

For DVDs of past programs, go to the Library or COA, or view them online at <http://lincolntv.pegcentral.com/>

THE JUSTICE COURSE: SO YOU THINK YOU ARE SO SPECIAL?

John Rawls and fair equality of opportunity. What is “fair equality of opportunity?” Do our efforts and achievements make us more deserving? Is it fair that the Chief Justice of the Supreme Court makes \$255,500.00 a year while Judge Judy makes \$25 million a year or that teachers make about \$45,000.00 a year while David Letterman makes \$31 million a year? How would John Rawls’ “difference principle” tend to reduce such differences? These are some of the issues which will be considered and discussed in the eighth installment of the Justice course, which will be held at Bemis Hall on September 25 at 10:00 am. 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.

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 “Departments”

*** JUST FOR FUN ***

MUSIC APPRECIATION: Unwrapping the Music



It's time to develop your musical listening skills and music appreciation, and we've got the new course for you — Music Appreciation: Unwrapping the Music — presented at the COA by the Concord Conservatory of Music. Learn about different musical genres by covering the music history, and the forms and function that shaped the musical styles. Soon you'll recognize musical elements, identify style, time, and even the artists! The class will be held **12 Tuesday mornings from 9:30 to 11 am beginning September 15** at a cost of \$108. The class will be taught by flutist Ela Brandys, DMA, of the Conservatory's faculty. Sign up now!

COFFEE WITH ARTISTS VICTORIA & BILL PEARMAIN



Join Lincoln-born artists Victoria Pearmain (painter) and brother Bill Pearmain (multi-media, visual artist) on **Sept. 1st at 2:30 pm** at a coffee to celebrate their exhibit at Bemis Hall's Lincoln Artists Gallery. The exhibit will include paintings, photographs and sculpture and will be on view September and October. Victoria graduated from Massachusetts College of Art and her work has been in many shows and collections. Her paintings are primarily plein-air. Bill's studies include New England College and Brandeis University. He has also exhibited in multiple shows and collections.

FINDING OUR VOICE: SeniorSpeak Performance Workshop

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 free workshop will be held on Thursdays from **2:30-3:45 pm** starting on **September 17**. The workshop is presented by Leslie Kilgore. No need to sign up.



TRAD JAZZ SEXTET GATHERS AUTUMN LEAVES

Mellow out, get comfortable, and get ready to gather some *Autumn Leaves* when the Trad Jazz Sextet once again play the songs you know and love on **Thursday, September 3, at 2:30 pm**. This band of retirees who love trad jazz just gets better and better. Don't miss out on hearing some of your old and new favorites!

JOIN THE MEMOIR GROUP

Every person, including you, has many stories to tell. They are all worth writing down for your own and others' pleasure and enlightenment. Now is a good time to join the memoir group, to read your stories, and to hear those of others. Come to the first meeting on **Wednesday, Sept. 16 from 10 a.m to noon** and find out what they do. If you want to continue, the cost of the eight-session term is \$75. The dates for the term are 9/16, 9/30, 10/7, 10/21, 11/4, 11/18, 12/2 and 12/16. For more info, contact Connie Lewis (781) 259-9415 or conlewis1000@gmail.com.

AT THE MOVIES

TUESDAY, SEPTEMBER 1, 2:15 PM. PUCCINI'S LA RONDINE. A rare and bittersweet ode to Viennese operetta, *La Rondine* boasts a cornucopia of charming and effervescent music that propels this once-rare gem to the front rank of Puccini's works. 2009. NR. 114 mins.

TUESDAY, SEPTEMBER 15, 2:15 PM. WOMAN IN GOLD. Maria Altmann pursues a quest to reclaim a famed Gustav Klimt masterpiece confiscated from her family by the Nazis. 2015. PG-13. 109 mins.

TUESDAY, SEPTEMBER 22, 2:15 PM. CLOUDS OF SILS MARIA. Twenty years after her role in a play as a young woman, Maria Enders is invited to play the older woman in the same drama. 2014. R. 123 mins.

TUESDAY, SEPTEMBER 29, 2:15 PM. SECOND BEST EXOTIC MARIGOLD HOTEL. Hotel owner Sonny is overwhelmed with finding a second property to accommodate new residents. 2015. PG-13. 122 mins.

SPEND TIME WITH OTHERS

SENIOR DINING: A GATHERING PLACE FOR ALL LINCOLN SENIORS!

Senior Dining is an elegant, gourmet luncheon served monthly on the 3rd Tuesdays at St. Anne's church at 11:30 am. This month Senior Dining will be on **September 15**. Senior Dining is a great place to arrange to meet old friends or new ones, and it is meant for all Lincoln seniors no matter what your income or other needs. 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. The volunteer serving staff consists of your friends and neighbors.

PAMELA'S GROUPS—NEW MEMBERS ALWAYS WELCOME!

LIFE AFTER 60 Tuesdays 12:15 pm except 3rd Relax, socialize, and dine out at Senior Dining or a café.

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

FINDING WHAT'S NEXT Fridays, 11 am and Wednesday, September 2 Discover how you want to spend the next chapter of your life.

STALWART SUPPORTERS 1st and 3rd Fridays at 9:30 am Caregivers come together to discuss joys, challenges, and tips and strategies, share laughs, and be a listening ear.

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

PLAY-READING GROUP. Sally Kindleberger leads a group in reading Ernest Thompson's *On Golden Pond*, a drama about love and aging, on **September 15 and 22 at 11 am**. Sally will bring copies of the play.

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 of a current news topic using questions and answers each fourth Wednesday at 10 am. This month's discussion, on "Local Efforts to Address Local Issues," will be held on **September 23**.

CONSERVATION BREAKFAST Thursday, September 10 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, September 17 at 8:00 am. Bagels, cream cheese, and lox, doughnuts, coffee and camaraderie—a great chance to catch up with buddies and make new friends.

HANDWORK CIRCLE Chat while knitting, crocheting and doing other handwork **the second and fourth Thursdays of each month, 9:30 am**.

DESIGN YOUR DESTINY Ongoing progressive mind-body group. **2nd and 4th Thursdays at 11.**

PLAY PIANO DUETS with Evelyn Harris each **Thursday at 11:30 am**. She brings books for all levels.

EAT WELL, BE WELL GROUP! If you like to discuss nutrition and share tips and information, join the Eat Well, Be Well group that will meet monthly on the **fourth Tuesday of the month at 1:00 at Bemis Hall**.

UKULELE AND SING-ALONG GROUP meets on **Thursday, September 10 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 on **September 11 and 18 at 9:30 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 SOCIAL OR INTERMEDIATE BRIDGE each **Friday at 1 pm at Bemis Hall**. Beginners are invited to play social bridge and those who are experienced and willing to teach beginners are especially welcome. Call the COA at (781) 259-8811 to be added to the email list to see if there are enough players for a table each week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>9:00 Podiatry 11:30 You Can Do It Exercise 12:15 Life after 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: La Rondine 2:30 Coffee with the Artists</p>	<p>2</p> <p>11:00 Finding What's Next 11:00 Line Dancing Practice 1:00 Intermediate Bridge 1:00 Office Hours with Aide to Congresswoman Clark</p>	<p>3</p> <p>11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:30 Traditional Jazz Sextet</p>	<p>4</p> <p>COA CLOSED/ Summer Hours</p>
<p>7</p> <p>COA CLOSED/LABOR DAY</p>	<p>8</p> <p>9:30 FCOA Meeting 11:30 You Can Do It Exercise 12:15 Life after 60 Group 1:00 Exercise: Aerobics and Weights 2:30 COA Board</p>	<p>9</p> <p>9:30 Chronic Disease Management 11:00 Line Dancing 7:30 Classic Jazz (Lib)</p>	<p>10</p> <p>8:00 Conservation Bkfst (TBA) 9:30 Handwork Circle 10:00 Friends and Family CPR (Public Safety) 11:00 Design Your Destiny 11:30 Piano Duets 12:00 Declutter Group 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>11</p> <p>9:00 Lincoln Looks at Life 9:30 German Conversation 10:00 Wellness Clinic (LW) 11:00 Finding What's Next 12:15 Meditation 1:00 Social/Intermediate Bridge 1:00 Laughter with David Shikes</p>
<p>14</p> <p>9:30 French Conversation 12:30 Lincoln Academy 7:00 Acoustic Music (Lib)</p>	<p>15</p> <p>9:00 Wellness Clinic/ Blood Pressure 9:30 Music Course 11:00 Playreading: On Golden Pond 11:30 You Can Do It Exercise 11:30 Senior Dining (St. Anne's) 1:00 Exercise: Aerobics and Weights</p>	<p>16</p> <p>9:00 Podiatry 9:30 Chronic Disease Management 10:00 Memoirs 11:00 Line Dancing</p>	<p>17</p> <p>8:00 Men's Coffee 10:00 Continuing Care Conversation 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:30 SeniorSpeak Performance Workshop</p>	<p>18</p> <p>9:30 Stalwart Supporters 9:30 German Conversation 11:00 Finding What's Next 1:00 Social/ Intermediate Bridge 1:00 Staging and Selling Your Home For Top Dollar</p>

	2:15 Movie: Woman in Gold		<p>SATURDAY 19 1:00 Jazz Jam</p>
<p>9:30 Enneagram 12:30 Lincoln Academy 2:00/3:15 Tai Chi</p>	<p>22</p> <p>9:00 Collating 9:30 Music Course 11:00 Playreading: On Golden Pond 11:30 You Can Do It Exercise 12:15 Life after 60 Group 1:00 Exercise: Aerobics and Weights 1:00 Eat Well, Be Well 2:15 Movie: Clouds of Sils Maria</p>	<p>23</p> <p>9:30 Yoga 9:30 Chronic Disease Management 10:00 Fireside Chat 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p>25</p> <p>9:30 Kennedy trip leaves (Mall) 10:00 Justice 11:00 Finding What's Next 12:15 Meditation 1:00 Social/Intermediate Bridge 1:00 Social Security</p> <p>SATURDAY 26 1:00 Housing Forum (TO)</p>
<p>9:30 Enneagram 9:30 French Conversation 12:30 Lincoln Academy 2:00/3:15 Tai Chi</p>	<p>29</p> <p>9:30 Music Course 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics And Weights 2:15 Movie: Second Best Exotic Marigold Hotel</p>	<p>30</p> <p>9:30 Chronic Disease Management 9:30 Yoga 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p>SEPTEMBER</p>  <p>LOCATIONS Lib: Lincoln Library LW: Lincoln Woods Mall Mall: Lincoln Mall St. Anne's: St. Anne's Church Public Safety: Public Safety building TBA: Location to be Announced TO: Donaldson Room, Town Offices</p>

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~~ FOR YOUR WELL BEING ~~

LEARN TO LIVE BETTER WITH CHRONIC DISEASE



This free, interactive six-week course provided by Minuteman Senior Services is an evidence-based program developed by Stanford University that provides tools and support for 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 quality of life, and build a network of support. 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, from 9:30 am to noon at Bemis Hall**. Space is limited. Please sign up now.

BRUSH UP ON CPR AND AUTO DEFIBS TO SAVE FAMILY AND FRIENDS

Knowing CPR and how to use an automatic defibrillator can help you save a life. Come to the **Public Safety building on September 10 at 10 am** for a brush-up or an introduction to CPR and use of a defibrillator given by the Fire Department. This free workshop will not lead to certification, but it will give you the basics of what to do if you are with someone who has a medical crisis for which CPR or a defibrillator are appropriate. Call the COA to sign up. Class limited to 8!

WEIGHTS/AEROBICS, TAI CHI, YOGA, AND LINE DANCING!

YOU CAN DO IT! This 45-minute class offers gentle aerobic and weight-strengthening exercises that can be done in a chair or standing. **Tuesdays, 11:30 am**; \$3 per class; no need to sign up. Taught by Marilyn Onorato.

FITNESS AND STRENGTH TRAINING A moderately vigorous, one-hour class offering fun aerobics and weight strengthening. A great way to meet new people while getting fit! **Tuesdays and Thursdays, 1 pm**; \$3 per class; no need to sign up. Taught by Marilyn Onorato.

TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS **Beginners may sign up now. Continuing students do not need to sign up. Classes begin the week of Sept. 21 and run for 13 weeks. Level I (Beginners):** Mon 2– 3 pm and Wed 1– 2 pm (Jane Moss), Thurs 9:15—10:15 (Ellie Horowitz and Cynthia Rosenberger). Qi Gong warm-up, 6 moves from Tai Chi form, integrate Tai Chi principles into daily life. **Level 2:** Mon 3:15-4:15 (Jane Moss) choreography of Tai Chi form, Thurs 10:15-11:15 (Ellie Horowitz and Cynthia Rosenberger). Practice. **Level 3:** Wed 2:15-3:15 Jane Moss, practice deepening, by permission. Cost: \$60 - 1 hr/wk, \$80 - 2 hrs/wk, \$100 - 4 hrs/wk. For info, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

EASY YOGA Yoga has been shown to help with flexibility, strength, relaxation, blood pressure, your immune system, and more. Would you like to try yoga but are concerned it may be too rigorous for you? Try our Easy Yoga class with experienced instructor Jai Kaur Annamaria San Antonio! You may do the class on the floor or in a chair and the instructor will help you adapt the poses to your special needs. **Wednesdays at 9:30 am. Beginning September 23** for 10 weeks at a cost of \$100.

LINE DANCING Come enjoy the fun and fitness of line dancing on **Wednesdays at 11 am** with Katrina Rtondi beginning on September 9. \$3 payable the day of the class. No sign up needed!

All classes are subsidized by the MA Executive Office of Elder Affairs. Tai Chi is 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, September 15 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, September 1** and **Wednesday, September 16, both at 9 am at Bemis Hall** by appointment. \$10 donation requested. Services provided by Dr. Glenn Ruhl.

●●● *WHAT YOU NEED TO KNOW* ●●●

SOCIAL SECURITY UPDATES, ANSWERS, AND SIGN-UPS



Come to **Bemis Hall on Friday, September 25 at 1 pm** to hear Kristen Alberino of the Social Security Administration update you on what's new with Social Security, answer questions, and help you sign up for your "my Social Security" account. Learn valuable information about how Social Security is updating, including offering many services online and what changes to benefits you can expect in the future. She will also answer your questions about Social Security retirement, Medicare, disability benefits and SSI. This program is appropriate for and open to those of all ages. Those who have not yet signed up for a "my Social Security" account, may stay afterwards and have Kristen assist you. Otherwise, you can visit www.socialsecurity.gov/myaccount to create your account in advance.

SELLING YOUR HOME FOR TOP DOLLAR: Knowing Today's Buyers and Using This To Your Advantage!

Lyn Spaeth, of Transformations, Home Staging and Interior Redesign, will share how sellers can get top dollar for their homes on **Friday, September 18 at 1 pm at Bemis Hall**. Many sellers do not prepare properly and either their property languishes on the market or there is a major price reduction. Lyn will provide 'before' and 'after' photos, talk about pitfalls many sellers face, and provide tactical steps that a seller can follow to ensure their property is competitive in the market place. Come have fun, learn something new, and gain new tools to ensure a maximum return on your property investment. Even if you are not planning on moving soon, "staging" your home makes it attractive for you even while you live in it and also gets you ready should you decide to move in the future.

SOME INFORMATION ABOUT CONTINUING CARE RETIREMENT COMMUNITIES AND IDEAS ABOUT HOW TO CHOOSE THEM

Continuing Care Retirement Communities are facilities that offer a range of options from independent living to assisted living to nursing care all on one campus. Over the past several months, Lincoln residents Rachel Mason, Claire Mount, Al and Peggy Schertzler, and Barbara Slayter visited and gathered information about 20 facilities in our region and elsewhere and produced a comprehensive overview. They will be at **Bemis Hall on Thursday, September 17 at 10 am** for an informal discussion about what they learned about the facilities and the process of evaluating which facility might be best for you. We will have copies of the report to hand out. It is important to learn about your options before you need to move. Please come to this discussion even if you have no immediate plans for leaving your home.

COFFEE WITH LINCOLN'S TOWN ADMINISTRATOR

Come to **Bemis Hall on Thursday, September 24 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.

COMPUTER AND DIGITAL CAMERA TUTORING!

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

MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, September 2 at 1 pm** to meet with Anthony Moreschi, Constituent Service Representative for Congresswoman Katherine Clark on federal benefits and other concerns.

This Space Available



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CLASSIC JAZZ AT THE LIBRARY Don't miss Vern Welch presenting "A Potpourri of Jazz" on **Wednesday, September 9, 7:30 pm at the Library**. This group meets the second Wednesday of every month.

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, September 14 from 7 to 10 pm at the Library** featuring actor/poet/lecturer Stephen Collins. Email: loma3re@gmail.com.

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, September 19 from 1:00 pm – 5:00 pm at Bemis Hall**. Come hear local musicians belting out old favorites which will set your feet a-tappin' and your hands a-clappin' Free.

FORUM ON AFFORDABLE ACCESSORY APARTMENTS Learn about the Lincoln Housing Coalition's initiative on Affordable Accessory Apartments at a forum scheduled for **Saturday, September 26, 1 to 3 pm, in the Donaldson Room of Town Offices**.

FLINT HOMESTEAD TOUR The Historical Society invites you for a tour of Flint Homestead **Sunday, October 4 from 1 to 4 pm**. Don't miss this unique opportunity to see this early 1700's house, the first in Lincoln to have a Preservation Restriction Easement. Free. Meet at the Flint House on Lexington Road.

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, September 11 from 10 am to Noon**. These clinics are funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care.

THE METCO COORDINATING COMMITTEE IS SEEKING VOLUNTEER CHAPERONES for a variety of after-school activities with LPS children on one Wednesday per month during the upcoming school year. If you would like to join them, please email lincolnmetco@gmail.com or call Michelle Barnes at (781) 259-3317.

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