



# NEWS FROM BEMIS HALL

Volume 6 Issue 10

October 2015

## *The Lincoln Council on Aging Monthly*

### **LINCOLN COMMUNITY INVITED TO CAMPUS MASTER PLAN COMMITTEE PUBLIC FORUMS AND REGULAR MEETINGS**

The Lincoln Campus Master Planning Committee (CMPC) invites you to attend Public Forums on **Thursday, October 15 at 7 pm at a location on the Ballfield Road campus to be announced** and **Friday, October 30 at 1 pm at Bemis Hall** to hear an update of and give ideas and opinions about the Committee's work. The Committee is composed of three At-Large representatives as well as representatives from the Lincoln Public Schools, Selectmen, Conservation Commission, Council on Aging, Parks & Recreation, Planning Board, and Roadway and Traffic Committee, and is charged with studying the basic infrastructure and physical layout of the Ballfield Road campus and informing the planning for the contemplated school building and community center projects. The CMPC, which was convened earlier this summer, must complete its work by December 31<sup>st</sup> of this year, and invites the community to attend any of their near-weekly committee meetings. For a complete list of meetings, come to Bemis Hall or go to the Committee's page on the Town website at [www.lincolntown.org](http://www.lincolntown.org).

### **MEDICARE OPEN ENROLLMENT INSURANCE UPDATE**

Find out what changes could affect your Medicare coverage and how much you will pay in 2016 when Don Milan and Anne Meade, Lincoln's counselors from the Minuteman Senior Services SHINE Program—health benefits counseling for Medicare enrollees, come to Bemis Hall on **Friday, October 30 at 10 am**. This is an important time to be sure you understand and are satisfied with your health insurance benefits. **Medicare open enrollment period—October 15 to December 7, 2015—is your opportunity to change your Medicare Advantage HMO, PPO and Prescription Drug Plans, effective Jan. 1st.** Representatives from most major supplemental health insurance plans (Harvard Pilgrim, Blue Cross Blue Shield, Tufts, Fallon, and AARP/United Health Care) will have 2016 information for Medigap, Advantage and Part D plans. It is a unique opportunity for you to learn about their products and get answers to questions. Also present will be representatives of Prescription Advantage (Massachusetts' secondary prescription assistance program), Priscilla Leach (Veterans Service Officer) and Anthony Moreschi, Constituent Services Representative for Congresswoman Katherine Clark.

### **ADAMS NATIONAL HISTORICAL PARK TRIP AND LINCOLN ACADEMY LECTURE**



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 Peacefield 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 Peacefield 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@ecached.com](mailto:donna@ecached.com). For more about the Adamses, come hear Doug Adams speak on *Adams' at Home* at the Lincoln Academy on **October 26 at 12:30 pm (Page 3)**.



## ENJOY A DAY OUT WITH THE COA!



### SAVE THE DATE FOR THE REAGLE HOLIDAY GALA TRIP ON DECEMBER 12

Revel in holiday joy as you experience over two hours of enchanting Christmas cheer at the Reagle Music Theater's Holiday Gala in Waltham on **Saturday, December 12th at 4 pm!** You'll enjoy a breath-taking spectacle including a full orchestra and 150 talented performers featuring Yuletide songs and pageants of the Parade of Wooden Soldiers, Santa's Workshop, a Victorian Christmas and more. Ice cream and drinks are available at the venue. Sign up begins November 1. The cost is \$36 per person. For more information, call Claire Mount at (781) 259-8695.

### CURRIER, BEETHOVEN AND BRAHMS AT BSO MATINEE

Are you signed up for the BSO trip on **October 9?** If so, please remember to meet at the Donelan's parking lot at 10:45 am. If you are interested in going to this performance with Andris Nelsons conducting Currier, Beethoven and Brahms featuring pianist Paul Lewis and have not signed up, contact Marilyn Buckler at (781) 259-8886 or mbuckler1@comcast.net to see if space is available. The cost is \$45.50 or \$75 if you would like a sumptuous luncheon buffet at Symphony Hall.



**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 Medicare and Medicaid/MA Health, including plans and benefits, 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.

## 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

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**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.*

**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 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**

**October 5 John Ravenal, Executive Director, deCordova Museum:  
 THE IMPORTANCE OF OUTDOOR SCULPTURE TODAY**

**October 19 Wendy Hubbard, Site Manager, Historic New England:  
 GLORIOUS GARDENS — CODMAN ESTATE LANDSCAPE HISTORY**

**October 26 Doug Adams: ADAMS' AT HOME: THE OLD HOUSE**

*For DVDs of past programs, go to the Library or COA, or view them online at  
<http://ma-lincoln.civicplus.com/index.aspx?NID=309>*

**THE JUSTICE COURSE: AFFIRMATIVE ACTION—IS IT JUST?  
 AN INTRODUCTION TO ARISTOTLE**

Is Affirmative Action just or does it unfairly discriminate? Should we compensate for historical injustices such as slavery and segregation? If so, for how long? When a university's stated mission is to increase diversity, is it a violation of rights to deny a white person admission? Why Aristotle would have been against Affirmative Action. These are some of the issues which will be considered and discussed in the ninth installment of the Justice course, which will be held at **Bemis Hall on October 23 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.

**COMMUNITY RESPONSES TO ACTS OF HATE:  
 LEARNING FROM BEDFORD'S EXPERIENCE**

Any community can experience acts of hate. How a community responds can make the difference between whether it grows stronger, wiser, and more caring and welcoming of diversity, or more fractured, apathetic, unwelcoming, and isolated. Come to a very special "Fireside Chat" on **Wednesday, October 28, at 10 am at Bemis Hall** when Robert Bongiorno, Chief of Police in Bedford, MA, discusses a recent incident of anti-Semitism there and how the community came together to offer a positive response that promoted diversity, tolerance and dialogue. The discussion will be facilitated by Sharon Antia. All residents are invited to come together each fourth Wednesday at 10 for the "Fireside Chat" of a current topic of importance.

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

### HAVE LUNCH AND A MANICURE AT MINUTEMAN HIGH!



Come to Minuteman High School on **Wednesday, October 28**, to have lunch in their Fife and Drum restaurant, get an orientation by Interim Assistant Principal George Clement, shop at their bakery, and, if you like, get a manicure! All services provided by students! Arrive by 11:15 for lunch, including salad, bread, dessert, coffee, and your choice of baked haddock or Tuscan chicken, then stop at the bakery before heading home or coming for a manicure between 1 and 2 pm. The cost of the meal is \$12 (including tax and gratuity) and a regular manicure is \$3. Please call the COA to sign up by October 21 as space is limited, indicating your meal choice and if you plan to have a manicure. Transportation is on your own.

### HAVE SOME GAME SHOW FUN WITH THE METCO COORDINATING COMMITTEE!

The Lincoln Metco Coordinating Committee invites you to join their Boston- and Lincoln-based students after school on **Wednesday, October 21st at the Lincoln Campus** for teaming up to play a game show and other fun. Please join us! For further information and to RSVP please contact [lincolnmetco@gmail.com](mailto:lincolnmetco@gmail.com) or Michelle Barnes (617) 515-6627. Volunteer chaperones also welcome!

### HOT JAZZ FOR A COOL FALL AFTERNOON

Whether you like your jazz hot or cool, you'll love the Trad Jazz Sextet free concert on **Thursday, October 1, at 2:30 pm at Bemis Hall!** This roving band of jazz-lovin' retirees will have you on your feet dancing one minute, then reminiscing to favorites that will bring back sweet memories the next. Nothing is better for lifting your mood than music, so treat yourself to an afternoon of fun, entertainment, and uplifting old-timey tunes.

### DELIGHT IN RON BOISSEAU'S READING OF HIS SLICES OF LIFE

Join Ron Boisseau as he reads and shares with you inspirational short pieces exploring love, politics, nature and more, including slices of his own life and those he has witnessed on **Saturday, October 3, 2 to 4 pm, Library**. Ron will entertain and inspire people of all ages as he brings his unique and insightful perspective to experiences we have all shared as well as those that are fascinatingly unusual. The program is co-sponsored by the COA and Library.

### EXPRESS YOUR LOVE OF NATURE WITH WATERCOLORS WITH JANE

Rediscover the joyful soul within you through art and nature in Jane Cooper's watercolor class. Jane will offer fun dabbling in watercolor painting of scenes of nature, landscapes or some favorite sky. Four classes will be offered each Friday and Monday beginning **October 16 and then another session of four classes will begin on October 30 from 9 am to 11 am. Class is at 1 pm on October 23**. The cost is \$15. Call to sign up now as space is limited.

### AT THE MOVIES

**THURSDAY, OCTOBER 1, 10:00 AM. WAGNER'S DIE MEISTERSINGER VON NÜRNBERG.** Wagner's best-liked and most life-enhancing opera. It's the one with a disagreeable town clerk, a noble cobbler, a street brawl and a prize song to die for. Note 10:00 start of a 4 1/2 hour performance. Bring lunch.

**THURSDAY, OCTOBER 15, 2:15 PM. FAR FROM THE MADDING CROWD.** Winsome Bathsheba Everdene wins the hearts of a sheep farmer, a dashing soldier, and a moneyed older man. PG-13. 2015. 119 mins.

**TUESDAY, OCTOBER 20, 2:15 PM. LEVIATHAN.** Living on Russia's northern fringe, an auto-shop owner gets in a battle of wills when the corrupt mayor insists on buying his property. 2014. R. 141 mins.

**THURSDAY, OCTOBER 22, 2:15 PM. A LITTLE CHAOS.** When headstrong landscape designer Sabine De Barra works on Versailles' gardens, she is thrust into a web of court intrigue. 2015. R. 113 mins.

**TUESDAY, OCTOBER 27, 2:15 PM. LAST CHANCE HARVEY.** While in an airport bar, a struggling jingle writer meets a lonely statistician and is thrust into an unexpected romance. 2008. PG-13. 93 mins.

SPEND TIME WITH OTHERS

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

Lincolmites 60 and older are invited to enjoy a gourmet meal with new friends and old at **11:30 on Tuesday, October 20 at St. Anne’s Church. We have new diners often — please come and brighten your fall by giving us a try! We need you!** Please reserve by calling the COA at least a week ahead even if you have previously attended. The cost of each meal is \$5. Caregivers are welcome to come with those for whom they are caring. Let us know if you need transportation or a seating partner. The lunch is co-sponsored by the COA, the Friends of the COA, Minuteman Senior Services, Newbury Court, St. Anne’s, and the Lincoln Garden Club.

## PAM’S GROUPS—NEW MEMBERS ALWAYS WELCOME!

**LIFE AFTER 60 GROUP Tuesdays 12:15 pm** Relax, socialize and dine out at a café or Senior Dining. Call ahead to find out where they will be meeting.

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

**FINDING WHAT’S NEXT Fridays, 11 am** Discover how you want to spend the next chapter of your life.

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

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

**FRENCH CONVERSATION** Brush up your French **the second and fourth Monday of each month at 9:30 am.**

**VETERANS GROUP** All veterans are invited to a discussion **the 1st & 3rd Mondays, 10:00, beginning 10/19.**

**SPANISH CONVERSATION.** Speak Spanish with others **the first and fourth Mondays at 11:30 am.**

**EXPLORING LIVING WELL WITH HEALTH CHALLENGES GROUP** Share who you are and your life experiences in a support group for people with health challenges **each Monday at 2:00 pm at Bemis Hall starting 10/26.**

**PLAY-READING GROUP.** Sally Kindleberger leads a group in reading John Patrick Shanley’s *Doubt*, a drama about faith and doubt, **on October 20 and 27 at 11 am.** Sally will bring copies of the play.

**EAT WELL, BE WELL GROUP!** Discuss nutrition and share tips on the **fourth Tuesday of the month at 1:00.**

**FIRESIDE CHAT** Come to a “Fireside Chat” discussion of a current news topic each fourth Wednesday at 10 am. This month’s discussion on community responses to incidents of hate will be held on **October 28.** See Page 3.

**CONSERVATION BREAKFAST Thursday, October 8 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, October 15 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 doing handwork **the second and fourth Thursdays of each month, 9:30 am.**

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

**UKULELE AND SING-ALONG GROUP** meets on **Thursday, October 8 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 **the first and third Fridays at 10:00 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 at 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><b>5</b></p> <p>9:30 Enneagram  11:30 Spanish Conversation  12:30 Lincoln Academy  2:00/3:15 Tai Chi</p>	<p><b>LOCATIONS</b>  <b>CL:</b> Concord Library  <b>Flint:</b> Flint House on Lexington Road  <b>Lib:</b> Lincoln Library  <b>LW:</b> Lincoln Woods  <b>Mall:</b> Mall by Donelan's Minuteman  <b>High Schools:</b> School Campus St. Anne's  <b>Church</b>  <b>TBA:</b> Location to be announced</p>	<p><b>OCTOBER</b></p> 	<p><b>1</b></p> <p>9:15/10:15 Tai Chi  10:00 Opera Movie (till 4): Die Meistersinger  11:30 Piano Duets  1:00 Exercise: Aerobics and Weights  1:30 Computer Drop-In  2:30 Traditional Jazz Sextet</p>	<p><b>2</b></p> <p>9:30 Stalwart Supporters  10:00 German Conv.  10:30 Aging Life Care Ex.  10:00 Wellness Clinic (LW)  11:00 Finding What's Next  1:00 Social/ Inter Bridge</p> <p><b>SATURDAY 3</b></p> <p>2:00 Ron Boisseau (Lib)  7:00 Parker's Rev (CL)</p> <p><b>SUNDAY 4</b></p> <p>1:00 Flint Homestead (Flint)</p>
<p><b>12</b></p> <p>COA CLOSED/COLUMBUS DAY</p>	<p><b>6</b></p> <p>9:00 Podiatry  9:30 Music Course  11:30 You Can Do It Exercise  12:15 Life After 60  1:00 Exercise: Aerobics and Weights</p>	<p><b>7</b></p> <p>9:30 Yoga  10:00 Memoirs  9:30 Chronic Disease Management  11:00 Line Dancing  1:00/2:15 Tai Chi  1:00 Office Hours with Aide to Congresswomen Clark</p>	<p><b>8</b></p> <p>8:00 Conservation Bkfst (TBA)  9:15/10:15 Tai Chi  9:30 Handwork Circle  11:30 Piano Duets  12:00 Declutter Group  1:00 Exercise: Aerobics and Weights  1:30 Computer Drop-In  2:30 SeniorSpeak  3:00 Ukulele Gathering</p>	<p><b>9</b></p> <p>10:00 Healing Power of Animals  10:45 BSO Trip Leaves (Mall)  11:00 Finding What's Next  12:15 Meditation  1:00 Social/ Intermediate Bridge</p>
<p><b>13</b></p> <p>9:30 FCOA Meeting  9:30 Music Course  11:30 You Can Do It Exercise  12:15 Life After 60  1:00 Exercise: Aerobics and Weights  2:30 COA Board</p>	<p><b>14</b></p> <p>9:30 Chronic Disease Management  9:30 Yoga  11:00 Line Dancing  1:00/2:15 Tai Chi  7:30 Classic Jazz (Lib)</p>	<p><b>15</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  2:30 SeniorSpeak  2:15 Movie: Far from the Madding Crowd  7:00 Campus Master Plan</p>	<p><b>16</b></p> <p>9:00 Watercolors  9:30 Stalwart Supporters  10:00 German Conversation  11:00 Finding What's Next  1:00 Social/ Intermediate Bridge</p>	

<p><b>SATURDAY 17</b> 1:00 Jazz Jam (Lib)</p> <p><b>SUNDAY 18</b> 3:00 Widow's Hdbk (Lib)</p>	<p>Public Forum (Schools)</p>			
<p><b>23</b></p> <p>9:30 Depression Screening</p> <p>10:00 Justice</p> <p>11:00 Finding What's Next</p> <p>12:15 Meditation</p> <p>1:00 Social/ Intermediate Bridge</p> <p>1:00 Watercolors</p>	<p><b>22</b></p> <p>9:15/10:15 Tai Chi</p> <p>9:30 Handwork Circle</p> <p>11:30 Piano Duets</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>1:30 Computer Drop-In</p> <p>2:15 Movie: A Little Chaos</p> <p>2:30 SeniorSpeak</p>	<p><b>21</b></p> <p>9:00 Podiatry</p> <p>9:30 Chronic Disease Management</p> <p>9:30 Yoga</p> <p>10:00 Memoirs</p> <p>11:00 Line Dancing</p> <p>12:00 Mindfulness</p> <p>1:00/2:15 Tai Chi</p> <p>After School Game Show Fun with the Metco Coordinating Committee (Schools)</p>	<p><b>20</b></p> <p>9:00 Wellness/Blood Pressure Clinic</p> <p>9:30 Music Course</p> <p>11:00 Playreading: Doubt</p> <p>11:30 You Can Do It Exercise</p> <p>11:30 Senior Dining (St. Anne's)</p> <p>12:15 Life after 60</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>2:15 Movie: Leviathan</p>	<p><b>19</b></p> <p>9:00 Watercolors</p> <p>9:30 Enneagram</p> <p>10:00 Veterans Group</p> <p>12:30 Lincoln Academy</p> <p>2:00/3:15 Tai Chi</p> <p>7:00 Acoustic Night (Lib)</p>
<p><b>SUNDAY 25</b> 3:00 Rhapsody Concert</p>	<p><b>29</b></p> <p>9:15/10:15 Tai Chi</p> <p>11:30 Piano Duets</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>1:30 Computer Drop-In</p> <p>2:30 SeniorSpeak</p> <p>7:00 Climate Change</p>	<p><b>28</b></p> <p>9:30 Yoga</p> <p>10:00 Fireside Chat: Community Responses to Incidents of Hate</p> <p>11:00 Line Dancing</p> <p>11:15 Minuteman High Lunch and Manicure (Minuteman)</p> <p>12:00 Mindfulness</p> <p>1:00/2:15 Tai Chi</p>	<p><b>27</b></p> <p>9:00 Collating</p> <p>9:30 Music Course</p> <p>11:00 Playreading: Doubt</p> <p>11:30 You Can Do It Exercise</p> <p>12:15 Life after 60</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>1:00 Eat Well, Be Well</p> <p>2:15 Movie: Last Chance Harvey</p>	<p><b>26</b></p> <p>9:00 Watercolors</p> <p>9:30 Enneagram</p> <p>9:30 French Conversation</p> <p>11:30 Spanish Conversation</p> <p>12:30 Lincoln Academy</p> <p>2:00 Exploring Living Well with Health Challenges</p> <p>2:00/3:15 Tai Chi</p>
<p><b>30</b></p> <p>9:00 Watercolors</p> <p>10:00 Medicare Update</p> <p>11:00 Finding What's Next Social/ Intermediate Bridge</p> <p>1:00 Campus Master Plan Public Forum</p>				



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  - Community Services
  - Food Pantry
- Jewish Hospice accreditation

## ~~ FOR YOUR WELL BEING ~~

### FEELING DOWN? GET CHECKED OUT AT A SCREENING!

It can be hard to know if feeling down is a normal reaction to life events that will go away or a sign of depression that needs to be treated so that you can live fully and happily. All are invited to a free confidential depression screening to be given at **Bemis Hall on Friday, October 23 from 9:30 to 11:30 am**. You will answer questions and chat with a clinician from The Eliot Center who will suggest whether you might want to follow up with a care provider, either from resources the clinician can offer or your own. The screening, and potentially follow up appointments at the Eliot Center, are offered through funding provided by the Town of Lincoln. No sign up needed.

### ANIMALS: HOW THEY HEAL US



Come to **Bemis Hall on Friday, October 9 at 10 am** for a talk by telepathic animal communicator Caroline McNerney (daughter of Lincoln resident Natalie McNerney). Caroline will share her personal experiences of how animals – both wild and domestic – have healed her with their powerful healing method that all can share. Deepen your understanding of the gifts being offered by the cat on your lap, the dog at your feet, the wild bird at your window. Come listen, learn, and share your own stories. Also -- mark your calendars for Friday, November 13 at 10 am when Caroline returns to speak about her experiences with the healing elephants of South Africa.

### WHERE DO WE GO FROM HERE? AN AGING LIFE CARE EXPERT CAN HELP CHOOSE OPTIONS

Aging Life Care Experts are an invaluable resource to help you choose the best options for an elderly relative, a person with disabilities, or yourself. The need to talk with them may arise when there is a change in circumstances or medical or cognitive status, the loss of a spouse, a crisis, when you live far away, or when family members disagree. Come hear more when Anne FitzPatrick Neu, MS, of LivHOME comes to **Bemis Hall on Friday, October 2 at 10:30**. You will leave with a handout with ideas about when to call these experts for help.

### OPPORTUNITIES FOR EXERCISE

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

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

**TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS** The fall class is now closed. **Level I (Beginners):** Mon 2– 3 pm, Wed 1– 2 pm, Thurs 9:15–10:15. **Level 2:** Mon 3:15-4:15, Thurs 10:15-11:15. **Level 3:** Wed 2:15 -3:15 For info, contact Jane Moss at (781) 259-9822 or mind-bodyjm@comcast.net.

**LINE DANCING** 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.

**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, advice about nutrition and fitness, medication management, answers about how to manage chronic conditions and where to get services, and more. This month's clinic will be on **Tuesday, October 20 from 9 to 11 am**. Services are sponsored by the Pierce House and provided by Emerson Hospital Home Care.

### PODIATRY CLINICS

Podiatry clinics will be held on **Tuesday, October 6** and **Wednesday, October 21, at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

**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, October 2 from 10 am to Noon**. These clinics are funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care.

## EXPLORING LIVING WELL WITH HEALTH CHALLENGES GROUP

Come together with others in a support group for people with health challenges **each Monday from 2:00 to 3:30 pm beginning October 26 at Bemis Hall**. The group is facilitated by Kitty Stein, Psy.D. This is an informal space where people can share who they are and their life experiences. It will continue indefinitely and people may come into and out of the group as they please.

## MINDFULNESS, GRATITUDE AND MEDITATION

Learn more about living mindfully in a way that includes both gratitude and meditation in a new free four-week group with Pam Mizrahi on **October 21 and 28 and November 4 and 18 from noon to 1 pm**. We will do exercises that will help focus our intentions and offer guidance, and share our lives and experiences in discussion.

## VETERAN TO VETERAN: A NEW DISCUSSION GROUP



We invite all veterans to join a new discussion group that will begin on **October 19 and be held each first and third Monday of the month at 10:00 am**. You'll have a chance to share stories and memories, talk about aspects of your life and service that are important to you, and learn from other veterans. Jim Hogan, our Veterans Programming Officer, and Pam Mizrahi of the COA will facilitate the discussions. For info, call Pam at (781) 259-8811.

## HEAR POETRY FROM THE WIDOW'S HANDBOOK

Join us for an inspiring afternoon as authors read from: *The Widows' Handbook: Poetic Reflections on Grief and Survival* on **Sunday, October 18, 3 to 5 pm, at the Library**. *The Widows' Handbook*, published by Kent State University Press in 2014, is the first anthology of poems by contemporary widows distilling their strongest feelings into poetry and memoir. The authors who will be reading include Lincoln resident Ruth Rothstein. The program is co-sponsored by the COA and Library.

## "THE STALWART SUPPORTERS" GROUP FOR CAREGIVERS

All those who are caring for someone who is seriously ill 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 Pam Mizrahi of the COA at (781) 259-8811.

## ●●●WHAT YOU NEED TO KNOW●●●

### GOT CONFLICT? SAVE NOV 13 FOR A MEDIATION WORKSHOP

Do you have serious disagreements with friends or family? Learn how conflict arises and strategies for making the best possible resolution at a free workshop with experts from the Community Dispute Settlement Center at **1 pm on November 13**. Please sign up now! Workshop funded by Massachusetts Executive Office of Elder Affairs.

## COMPUTER AND DIGITAL CAMERA TUTORING

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

## MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, October 7 at 1 pm** to meet with Anthony Moreschi, Constituent Service Representative for Congresswoman Katherine Clark, on federal benefits and other concerns.

## DID YOU KNOW YOU MAY BE ABLE TO USE 411 DIRECTORY ASSISTANCE FREE?

In Massachusetts if you are 65 or older or if you have a medical disability, you can apply to be exempt from charges for calling "411" for directory assistance. To apply or for more information, contact your phone company.

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## GOINGS ON IN AND AROUND LINCOLN

**PARKER'S REVENGE REVEALED** Saturday, October 3, 7:00 pm at Concord Free Public Library, sponsored by the Friends of Minute Man National Park. Dr. Meg Watters, archaeologist, presents the unique, important discoveries uncovered at this site of an April 19 battle. More info at [www.friendsofminuteman.org](http://www.friendsofminuteman.org).

**FLINT HOMESTEAD TOUR** The Historical Society invites you for a tour of Flint Homestead **Sun., Oct. 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.

**CLASSIC JAZZ AT THE LIBRARY** Harold McAleer will show a documentary film of the 1958 Newport Jazz Festival on **Wednesday, October 14, 7:30 pm at the Library**. CJALL meets each second Wednesday.

**FREE LIVE TRADITIONAL CJALL JAZZ JAMS** on Saturday, October 17 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' and your hands a-clappin' Free.

**OPEN MIKE ACOUSTIC NIGHT** Enjoy live music at the free Open Mike Acoustic program **Monday, October 19 from 7 to 10 pm at the Library** featuring Joanne Lurgio. Email: [loma3re@gmail.com](mailto:loma3re@gmail.com).

**RHAPSODY PIANO RECITAL** Sunday, October 25 at 3 pm at Bemis Hall hear a free recital by amateur pianists who will perform selections by Bartok, Brahms, Beethoven, Chopin, Schubert, Schumann & more.

**CLIMATE CHANGE: What We Can Do Locally and Globally** Thursday, October 29, 7:00 pm at Bemis Hall. This slide show by Quentin Prideaux is sponsored by the Lincoln Garden Club. The public is invited.

**EASTERN COYOTE/COYWOLF ECOLOGY AND BEHAVIOR** with Jonathan Way Sunday, November 1 at 4:00 PM, Bemis Hall. Multi-media presentation of still and video images comprehensively covers coyote populations and hybridization with the eastern red wolf. Presented by the Lincoln Land Conservation Trust.

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