

# NEWS FROM BEMIS HALL

Volume 6 Issue 11

November 2015

## *The Lincoln Council on Aging Monthly*

### STATE OF THE TOWN MEETING TO FOCUS ON CAMPUS MASTER PLANNING PROJECT

All Lincoln residents are invited to a State of the Town meeting to be held on **Saturday, November 14 beginning at 9 am at the Brooks School auditorium.** On the agenda will be the Ballfield Road Campus Master Planning project. The Campus Master Planning Committee 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 Committee will briefly update residents on progress made to date, but the majority of the time will be spent in an open discussion. Residents are urged to attend this important meeting to learn about the different challenges and opportunities available to the town as we explore how the Ballfield Road campus can accommodate the school, administrative offices, a community center and athletic fields.

### GOT CONFLICT? DEAL WITH CONFLICT EFFECTIVELY: Tools for Your Toolbox



Join Gail S. Packer, MSW, Executive Director, Community Dispute Settlement Center, Inc. on **Friday, November 13th at 1 pm at Bemis Hall** in a free, interactive two-hour workshop that will improve your skills in dealing with conflict situations that naturally occur in families, with friends, and in communities. This engaging workshop will provide a framework for understanding the styles of people in conflict, dispel common myths about the nature of conflict, examine how conflicts escalate and identify strategies for de-escalation and prevention, and help you communicate effectively, based on real interests. The Community Dispute Settlement Center, Inc., established in 1979, is a private, non-profit mediation and training center dedicated to providing an alternative and affordable forum for resolving conflict. Funded by the Massachusetts Executive Office of Elder Affairs. Sign up now!

### REVEL AT REAGLE HOLIDAY GALA!

Revel in 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 with 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.

### NEED HELP PAYING FUEL OR OTHER BILLS?

If you need help paying your fuel bill, the Fuel Assistance Program may be able to help. The Program provides a cash benefit for both home owners and renters with eligible incomes. To apply, residents of all ages should call Pam Mizrahi of the COA at (781) 259-8811 to set up an appointment. Those who are experiencing extreme financial emergencies may also call the COA to learn more about other programs such as the Emergency Assistance Fund, funded by the Ogden Codman Trust, First Parish, and donations.

**BRING A FRIEND TO THE COA!** Would someone you know enjoy the COA? Please bring them! Most people come the first time with a friend.

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## ENJOY A DAY OUT WITH THE COA!



### ADAMS NATIONAL HISTORICAL PARK REMINDER

Are you going to the Adams National Historic Park in Quincy, MA on **Thursday, November 5**? Please remember that the bus will depart from the Lincoln Station Mall at 8:45 am and you will return about 3:30 pm. If you are interested in this tour of the birthplaces of John Adams and John Quincy Adams and the Old House at Peacefield, a buffet lunch at an Indian restaurant, and a visit to the church and final resting place of the two presidents and are not signed up, contact Donna at (781) 257-5050 or [donna@ecached.com](mailto:donna@ecached.com) to see if space is still available.

**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.**

### SNOWBIRD ALERT

The Annual Town Census is mailed to all Lincoln households in January of each year. It serves, among other things, to verify your continuing residency in Town, upon which your status as a bona fide Registered Voter rests. It is, in other words, a **Very Important Document!**

Please note, in case you've been paying absolutely no attention to the news, that 2016 is a Presidential election year. The Presidential Primary in Massachusetts is scheduled for Tuesday, March 1, 2016.

If you will be out of town for an extended period this winter, but wish to maintain your status as an Active Voter, please consult with the Town Clerk's Office at 781-259-2607 before your departure.

### 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.

**FILE OF LIFE** Call or stop by the COA for your free File of Life, an envelope for your fridge or a folder for your wallet holding essential information for emergency medical personnel should you have an emergency.

**WOULD YOU LIKE A HOME SAFETY EVALUATION?** Would you like a free visit from a physical therapist to give suggestions on making your home safer? Call the COA. The Home Safe Project is funded by the Ogden Codman Trust.

**MEDICAL EQUIPMENT LOAN** The COA has a supply of used medical equipment. Walkers, canes, wheel chairs, tub benches, shower chairs, and commodes are available for loan.

**VETERANS BENEFITS** For assistance with veterans' benefits and other related issues, contact Priscilla Leach at (781) 259-4472 or [lincolnvetservices@gmail.com](mailto:lincolnvetservices@gmail.com).

**TRANSPORTATION** The COA offers rides to medical and other appointments, local shopping, COA activities and, occasionally depending on capacity, some other local rides through volunteer drivers (LINC) and taxis Monday through Friday from 9 am to 4 pm. Please call Lincoln Concord Coach at (781) 259-8722 at least three business days but not more than a month ahead to book a ride. There is no charge for either volunteer or taxi rides. *COA transportation is intended for those who have no other means of transportation such as The Ride, family, friends or caregivers and who cannot afford taxi service without it creating a hardship.* The Ride is the MBTA door to door transportation system for those who have a disability, and runs evenings and weekends. Call the COA for help applying for The Ride. The COA's taxi rides are supported entirely by the Friends of the Lincoln COA. Donations are gratefully accepted.

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

**THE LINCOLN ACADEMY**

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

**This Month's Speakers**

**November 2 Avram Kalisky — From the Desert (Israel) to the Midnight Sun (Scandinavia)**

**November 9 Debbie Dorsey — Life Behind The Lens: Thirty Years of Award-Winning Video Editing (Come See a Real Emmy!)**

**November 16 Walter and Mariel Bossert — The Boston Massacre and Trials Revisited, with Music**

**November 30 Sharron Kahn Luttrell — Weekends with Daisy, The Inspiring Story of a Woman, a Felon, and the Labrador Service Dog They Trained Together**

*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: ARISTOTELIAN REASONING AND JUSTICE**

Does Aristotelian reasoning, reasoning from “purpose,” lead to just results? Is “virtue” always just? Aristotle’s “best fit” approach to justice. Is Aristotle’s approach to justice in tension with the modern emphasis on individual freedom? How Aristotle would defend slavery. Casey Martin’s golf cart and Aristotelian justice. These are some of the issues which will be considered and discussed in the tenth installment of the Justice course, which will be held at **Bemis Hall on November 20 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.

**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

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mizrahip@lincolntown.org

**Internet:** www.lincolntown.org, then click on

“Council on Aging” under “Community Services”

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

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

### COFFEE WITH ARTIST DON ALDEN



Don Alden's paintings evoke a mystical expression that transcends the soul and the subconscious. Come meet Don at a "Coffee with the Artist" on **Tuesday, November 17, at 2:30 pm at Bemis Hall**, where he has an exhibit in the Lincoln Artists Gallery in November and December of his oil paintings on canvas. In his paintings, he discovers a world and place of peace and harmony balanced in motion with the tensions of contrasting energy. His studio is in ArtSpace Maynard and he runs a digital marketing company.

### GET BACK INTO KNITTING

Fall and winter, when you want to be cozy inside, is the perfect time to get back into knitting or to start for the first time. Join Nancy Constable on **November 10 and 17 and December 1 at 9:30 am** for a free refresher course in simple knitting! She'll get you started on and encourage you to finish a simple project of your choice — whether a scarf, hat, or something else — and then help if you have problems. Please sign up in advance and give your phone number. Nancy will talk with you about what you might do and then get you started at the first class!

### TRAD JAZZ SEXTET: IT'S COME AROUND AGAIN!

**WHAT?** Your monthly concert of those good old tunes that we all know and love to hum in the shower: April Showers, I Can't Give You Anything But Love, Ain't Misbehavin', etc etc -- you name it, we play it.

**WHO?** The Lincoln Traditional Jazz Sextet and you. We play and enjoy, you tap your toes and enjoy, or get up and dance if you like, or just take it in.

**WHY?** Fun and enjoyment for all, musicians and audience alike. If you've attended, you know what I mean.

**WHEN AND WHERE?** **Thursday afternoon, November 5<sup>th</sup>, 2:30 – 3:30. Bemis Hall.**

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

Lincolnites 60 and older are invited to enjoy a gourmet meal with new friends and old at **11:30 on Tuesday, November 17 at St. Anne's Church. We have new diners often — please come and give 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. And the volunteer serving staff consists of your Lincoln friends and neighbors.

### AT THE MOVIES

**THURSDAY, NOVEMBER 19, 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, NOVEMBER 24, 2:15 PM. TESTAMENT OF YOUTH.** In this adaptation of her World War I memoir, smart and ambitious Vera Brittain breaks free of her conservative home life to attend Oxford University, but news of war soon brings her studies and a blossoming romance to a halt. 2015. PG-13. 129 mins.

### LIBRARY HOME DELIVERY SERVICE

Did you know that the Lincoln Public Library offers a home delivery service for shut-ins? Through the Friends of the Lincoln Public Library a volunteer will deliver library materials weekly to your home. You may order up to six library items at one time. You may use the Minuteman online catalog to request materials or you may call the library and request either specific material ("A is for Alibi") or general selections (5 mysteries by women authors). When the library calls to say selections are available, just ask the library staff member to have the material delivered. Items to be returned will be picked up when deliveries are made. To use this service or to ask questions contact the library's circulation desk (781) 259-8465 or Belinda Gingrich of the Friends (781) 577-7004.

~ ~ ~ SPEND TIME WITH OTHERS ~ ~ ~

**PAMELA'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.

**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, and tips and strategies, share laughs, and be a listening ear.

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

**FRENCH CONVERSATION** Brush up on your French speaking skills **the second and fourth Monday of each month at 9:30 am at Bemis Hall** at our French conversation group.

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

**VETERANS GROUP 1st and 3rd Mondays at 10:00.** Share stories and memories and learn from other veterans.

**EXPLORING LIVING WELL WITH HEALTH CHALLENGES GROUP** Come 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.**

**PLAY-READING GROUP** Sally Kindleberger leads a group in reading Thornton Wilder's philosophical play *The Skin of Our Teeth*, on **November 3 and 10 at 11 am.** Sally will bring copies of the play.

**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 "The Impact of Pope Francis' Visit to the United States," will be held on **November 25.**

**CONSERVATION BREAKFAST Thursday, November 12 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, November 19 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.**

**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 meets monthly on the **fourth Tuesday of the month at 1:00 at Bemis Hall.**

**UKULELE AND SING-ALONG GROUP** meets on **Thursday, November 12 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!

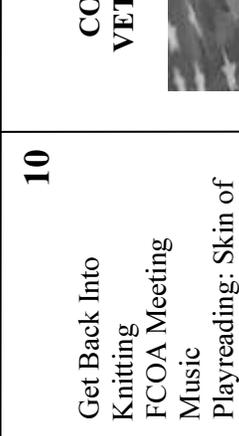
**GERMAN CONVERSATION** Come enjoy speaking German on **the first and third Fridays at 10:00 am.**

**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.**

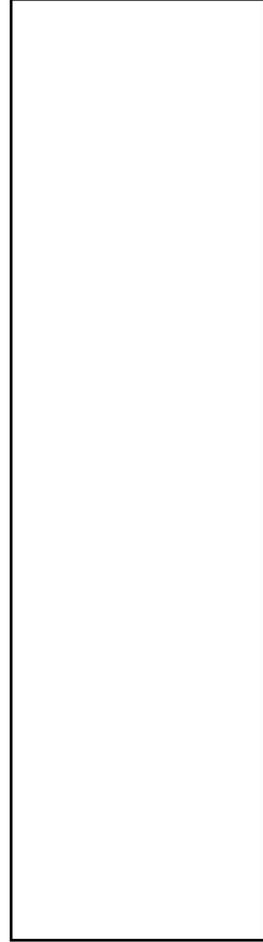
**PLAY INTERMEDIATE BRIDGE** each **Friday at 1 pm at Bemis Hall.** Call the COA at (781) 259-8811 to be added to the email list to see if there are enough players for a table each week.

**LINCOLN-SADBURY HIGH SCHOOL LSB PLAYERS' WONDERFUL TOWN**

Lincoln-Sudbury Regional High School LSB Players are pleased to offer Lincoln seniors a limited number of complimentary tickets to their **Nov. 18, 7:30 pm**, performance of the charming 1930s musical *Wonderful Town* at the **LSRHS Kirshner Auditorium.** Pick up tickets at Bemis Hall starting Nov. 13. For tickets to performances on November 19, 20, and 21 at 7:30 pm, go to <http://www.lsrhs.net/sites/lsbplayers/tickets/>.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Watercolors 9:00/10:15 Overboard Concert (Brooks) 9:30 Enneagram 10:00 Veterans Group 11:00 Spanish Conversation 12:30 Lincoln Academy 2:00/3:15 Tai Chi 2:00 Exploring Living Well with Health Challenges</p>	<p>9:00 Podiatry 9:30 Music 11:00 Playreading: Skin of Our Teeth 11:30 You Can Do It Exercise 12:15 Life after 60 1:00 Exercise: Aerobics and Weights 2:30 Minuteman High School Conversation</p>	<p>9:30 Yoga 10:00 Memoirs 11:00 Line Dancing 12:00 Mindfulness 1:00 Office Hours with Aide to Katherine Clark 1:00/2:15 Tai Chi</p>	<p>8:45 Adams Trip Leaves (Mall) 9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:30 Traditional Jazz Sextet 2:30 SeniorSpeak 7:30 LLCT Movie Night: Leave It To Beavers (LLCT)</p>	<p>9:00 Watercolors 9:30 Stalwart Supportes 10:00 German Conv. 11:00 Finding What's Next 1:00 Intermediate Bridge 1:00 Brain Healthy Cooking</p>
<p><b>SUNDAY</b> 4:00 Coyotes</p>	<p>9:00 Get Back Into Knitting 9:30 FCOA Meeting 9:30 Music 11:00 Playreading: Skin of Our Teeth 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>COA CLOSED / VETERANS DAY</b></p> 	<p>8:00 Conservation Bkfst (TBA) 9:15/10:15 Tai Chi 9:30 Handwork Circle 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:30 SeniorSpeak 3:00 Ukulele Gathering</p>	<p>10:00 Secret Lives of Elephants 10:00 Wellness Clinic (LW) 11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge 1:00 Dealing with Conflict</p>
<p>9:00 Watercolors 9:30 Enneagrams 9:30 French Conversation 12:30 Lincoln Academy 2:00 Exploring Living Well with Health Challenges 2:00/3:15 Tai Chi 7:00 Acoustic Music (Lib)</p>	<p>9:00 Wellness Clinic/ Blood Pressure 9:30 Get Back Into Knitting 9:30 Music 11:30 Senior Dining (St. Anne's) 11:30 You Can Do It Exercise 12:15 Life after 60</p>	<p>9:00 Podiatry 9:30 Yoga 10:00 Memoirs 11:00 Line Dancing 12:00 Mindfulness 1:00/2:15 Tai Chi 7:30 LSRHS's <i>Wonderful Town</i> (LSRHS)</p>	<p>8:00 Men's Coffee 9:15/10:15 Tai Chi 10:00 Adult Family Care 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Opera Movie: La Rondine 2:30 SeniorSneak</p>	<p>9:30 Stalwart Supporters 10:00 Justice 10:00 German Conv. 11:00 Finding What's Next 1:00 Intermediate Bridge 1:00 When a Family Member Dies 7:00 When a Family Member Dies (TO)</p>
<p>9:30 Enneagram 10:00 Veterans Group 12:30 Lincoln Academy 2:00/3:15 Tai Chi 2:00 Exploring Living Well with Health Challenges</p>	<p>9:00 Wellness Clinic/ Blood Pressure 9:30 Get Back Into Knitting 9:30 Music 11:30 Senior Dining (St. Anne's) 11:30 You Can Do It Exercise 12:15 Life after 60</p>	<p>9:00 Podiatry 9:30 Yoga 10:00 Memoirs 11:00 Line Dancing 12:00 Mindfulness 1:00/2:15 Tai Chi 7:30 LSRHS's <i>Wonderful Town</i> (LSRHS)</p>	<p>8:00 Men's Coffee 9:15/10:15 Tai Chi 10:00 Adult Family Care 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Opera Movie: La Rondine 2:30 SeniorSneak</p>	<p>9:30 Stalwart Supporters 10:00 Justice 10:00 German Conv. 11:00 Finding What's Next 1:00 Intermediate Bridge 1:00 When a Family Member Dies 7:00 When a Family Member Dies (TO)</p>

	<p>1:00 Exercise: Aerobics and Weights</p> <p>2:30 Coffee with the Artist</p>			<p><b>SATURDAY 21</b> 1:00 Jazz Jam</p>
<p><b>23</b></p> <p>9:30 French Conversation</p> <p>11:00 Spanish Conversation</p> <p>2:00/3:15 Tai Chi</p> <p>2:00 Exploring Living Well with Health Challenges</p>	<p><b>24</b></p> <p>9:30 Music</p> <p>9:00 Collating</p> <p>12:15 Life after 60</p> <p>11:30 You Can Do It Exercise</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>1:00 Eat Well, Be Well</p> <p>2:15 Movie: Testament of Youth</p>	<p><b>25</b></p> <p>9:30 Yoga</p> <p>10:00 Fireside Chat</p> <p>11:00 Line Dancing</p>	<p><b>26</b></p> <p>COA CLOSED/ THANKSGIVING</p> 	<p><b>27</b></p> <p>COA CLOSED/DAY AFTER THANKSGIVING</p>
<p><b>30</b></p> <p>12:30 Lincoln Academy</p> <p>2:00/3:15 Tai Chi</p> <p>2:00 Exploring Living Well with Health Challenges</p>			<p><b>LOCATIONS</b></p> <p><b>Brooks: Brooks School Auditorium, Ballfield Road</b></p> <p><b>Lib: Library</b></p> <p><b>LLCT: LLCT Offices</b></p> <p><b>LW: Lincoln Woods</b></p> <p><b>LSRHS: L-S High School</b></p> <p><b>Mall: Mall at Lincoln Station</b></p> <p><b>St. Anne's: St. Anne's</b></p> <p><b>TO: Donaldson Room, Town Offices</b></p> <p><b>TBA: Location to be Announced</b></p>	<p><b>NOVEMBER</b></p> 





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## ~~ FOR YOUR WELL BEING ~~

### THE ART AND SCIENCE OF BRAIN HEALTHY COOKING



Recent research demonstrates that what you eat can affect how you think and remember. Learn and experience a way of eating and cooking that promotes a healthy brain on **Friday, November 6 at 1 pm** when Maryellen King of Concord Park provides nutrition guidelines and recipes to get you started towards a healthier mind and improved memory. Then you'll get to sample some of the food! Concord Park's management company Senior Living Residences' (SLR) developed the award-winning Brain Healthy Cooking Program

for the residents at their assisted living communities and offers heart-healthy, memory boosting advice and recipes for anyone through their companion website [BrainHealthyCooking.com](http://BrainHealthyCooking.com). Please call the COA to sign up.

### SECRET LIVES OF ELEPHANTS

Telepathic animal communicator and healer Caroline McNerney returns to **Bemis Hall on Friday, November 13 at 10 am** to speak about the inner lives of elephants. Caroline will share stories from her three months spent observing elephants in South Africa, including her experiences of being touched by the healing spirit of these great beings. Join us and deepen your awareness of the life purposes and healing gifts elephants offer us – and what they are calling for in return.

### 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 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.

### 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.

**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.

**TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS** The fall class is now closed. **Level 1 (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 [mindbodyjm@comcast.net](mailto:mindbodyjm@comcast.net). **No class Wednesday, November 25.**

**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, 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, November 17 from 9 to 11 am at Bemis Hall**. Services are sponsored by the Pierce House and provided by Emerson Hospital Home Care.

### PODIATRY CLINICS

Podiatry clinics will be held on **Tuesday, November 3** and **Wednesday, November 18, 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

**WELLNESS CLINIC FOR ALL AGES!** All Lincoln residents are invited to meet with a nurse at **Lincoln Woods' Community Building at 50 Wells Road on Friday, November 13 from 10 am to Noon**. These clinics are funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care.

## ●●●WHAT YOU NEED TO KNOW●●●

### WHAT TO DO WHEN A FAMILY MEMBER DIES



The first days after a family member dies can be heart-breaking, but knowing what you need to do can help ease the stress. All are invited to come to **Bemis Hall on Friday, November 20 at 1 pm** or to the **Donaldson Room at Town Offices on November 20 at 7 pm** to hear Elder Law attorney (and Lincoln resident) Sasha Golden and Town Clerk Susan Brooks give information and advice about what needs to be done and how to do it when someone passes away. Find out what you need to do about notifying Social Security, pension providers and financial institutions; finding an attorney and taking care of probate, estate administration and taxes; the dos and don'ts of transferring money and assets; letting the Town know and arranging for burial, and more. Bring your questions and concerns!

### MINUTEMAN HIGH SCHOOL BUILDING CONVERSATION



Join the Minuteman High School Building Committee on **November 3 at 2:30 pm at Bemis Hall** to get an update on plans to build a new Minuteman High School. The project, with Massachusetts School Building Authority (MSBA) support, is now in the schematic design phase. Building a new school was determined to be the least expensive alternative for local taxpayers and the option with the most educational benefits for students by Minuteman and the MSBA. The new building will be in Lincoln, next to the existing high school. Come with questions and concerns!

### ADULT FAMILY CARE: AN IN-HOME OPTION FOR ELDERS AND FAMILIES

Adult Family Care provides 24-hour family living and care for elders and those with disabilities. Care may sometimes be performed by a family member living with the person who is not a spouse or guardian. Find out more when Axel Osio and Lona Barney of the Greater Waltham Arc Adult Family Care Program come to **Bemis Hall on Thursday, November 19 at 10 am**. Learn who is eligible to receive care or be a caregiver, costs and compensation, and how to explore this option for you or a family member!

### VETERAN TO VETERAN: A NEW DISCUSSION GROUP

We invite all veterans to join a new discussion group that is 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 the COA's Pam Mizrahi will facilitate. For info, call Pam at (781) 259-8811.

### DECEMBER 4: LUNCH AND LEARNING TO PREPARE FOR WINTER

Save the date of **Friday, December 4 at noon at the Public Safety Building** for a special program presented by the Fire Department on preparing for winter. Last year's winter was a doozy, so come find out how to make sure you have all the supplies you need and know what to do in case of a blizzard, power outage or other potential disaster. Space is limited, so please call the COA to sign up now.

### MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, November 4 at 1 pm** to meet with Anthony Moreschi, Constituent Service Representative for Congresswoman Katherine Clark on federal benefits and other concerns.

### 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. Call (781) 259-8811 for information.

**The Concord Players** invites you to see the award-winning musical Follies! Senior open dress Rehearsal **November 5, 8 pm, 51 Walden Street, Concord.** \$10 at the door.

**DO YOU LIKE JIGSAW PUZZLES?** Come borrow one from the COA's collection!

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// We lived in New Hampshire, where we had lots of outdoor activities. We still have that here. Now **our friends are coming down to visit here and they are really sort of jealous.** We have the best of both worlds. // – Will and Bev Reed, Residents

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## GOINGS ON IN AND AROUND LINCOLN

**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.

**OVERBOARD A CAPELLA GROUP** Nov. 2, 9:00 am or 10:15 am, **Brooks Auditorium.** Join the Lincoln School students to enjoy high-powered soul-infused vocal rock! The Lincoln Schools PTO has applied for support for these performances from the Lincoln Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Call the COA to sign up.

**MOVIE NIGHT: LEAVE IT TO BEAVERS** November 5th at 7:30pm in the **LLCT offices.** The story of North American beavers - their history, near extinction, and current comeback, as experts have begun to see beavers as overlooked tools for reversing the disastrous effects of global warming and world-wide water shortages.

**CONSERVATION NATURE WALK WITH MARK FRASER** November 7th at 2 pm. Exploring Beaver Ponds. Meet in the St. Anne's parking lot. Please wear water resistant, sturdy footwear and dress for the weather.

**FREE JAZZ CONCERT AT BEMIS HALL** Saturday, November 7 from 2:00 to 5:00 pm with Steve Taddeo and his Swing Senders. Special guest performers will be the Midiri Brothers. Don't miss it!

**OPEN MIKE ACOUSTIC NIGHT** Enjoy live music at the free Open Mike Acoustic program **Monday, November 9 from 7 to 10 pm at the Library** featuring Peter Fischman and Deb O'Hanlon. Email: loma3re@gmail.com.

**LIVE IN LINCOLN CENTER** First Parish presents **Beethoven Cello Sonatas** on **Sat., Nov. 14th at 3 PM, Bemis Hall.** Featuring cellist Guy Fishman (principal cello, Handel & Haydn Society) and pianist Ian Watson (Music Director of First Parish and Resident Conductor of Handel & Haydn Society) - \$20 donation is suggested.

**FREE LIVE TRADITIONAL CJALL JAZZ JAMS** on Saturday, November 21 from 1:00 pm – 5:00 pm at **Bemis Hall.** Come hear local musicians belting out old favorites which will set your feet a-tappin.' Free.

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