

NEWS FROM BEMIS HALL

Volume 6 Issue 12

December 2015

The Lincoln Council on Aging Monthly

REVEL AT THE TOP OF THE TOWN WINTER GALA!



The Friends of the Lincoln COA (FLCOA) are pleased to announce that the annual **Top of the Town Winter Gala** will again be held at the deCordova Museum! The date is set for **Saturday January 23 2016, 5-8 pm**. Mark your calendars and look for your invitation in

the mail in late December. Be sure to return your reservation form promptly - space is limited to 200 people. Don't procrastinate! The FLCOA, as always, is extremely grateful for any donations to support this event and all its activities.

GET, RENEW, OR REPLACE A CHARLIECARD!

You can apply for, renew, or replace your reduced fare Senior CharlieCard right here at **Bemis Hall on Friday, December 11 at 1 pm**. Seniors (65+) get reduced fares for buses and subways and 50 percent off the regular fare for commuter rail or boat services. No discounts apply to express bus passes, commuter rail passes, or boat passes. You will fill out your application and have your photo taken here, then receive your card in the mail in a few weeks. You need only bring a driver's license, RMV ID card, or passport. No need to sign up in advance!

WOULD YOU LIKE A WELL-BEING CALL DURING STORMS AND OTHER EMERGENCIES?

The Council on Aging and Public Safety are pleased to offer residents of all ages well-being telephone calls during storms and other emergencies. We will call you before, during and after storms that cause extensive power outages, extended spells of extreme cold, and other similar situations. If we are not able to reach you by phone, Public Safety will do a well-being check at your home to make sure you are all right. You may also specify when you would like to be called. If you would like to be called, just call the COA at (781) 259-8811 and give us your name, address, phone number, any alternate numbers you would like us to call (a cell phone or family member, for example), and any other information you would like us to have, such as special medical needs. You may ask to be taken off the list to be called at any time.

THE COA'S 40TH BIRTHDAY!



This fall marks the 40th anniversary of the survey of needs of elder residents that led to the creation of the Council on Aging at the Annual Town Meeting in March, 1976. In fall, 1975, the League of Women Voters, at the initiative of a group of residents concerned that there were no services specifically for Lincoln's residents over 60, conducted a townwide survey of housing, health, transportation, recreation and information needs. Over 300 households responded, and among the conclusions were that the vast majority want to stay in their homes in Lincoln, some needed in-home help and transportation, many were interested in a health center and some wanted a social center. As one survey update memo said, "Things are buzzing!" And they were!

Over 300 households responded, and among the conclusions were that the vast majority want to stay in their homes in Lincoln, some needed in-home help and transportation, many were interested in a health center and some wanted a social center. As one survey update memo said, "Things are buzzing!" And they were!

Inside This Issue:

COA Services/Trips	2
Lincoln Academy	3
Just For Fun	4
Spend Time with Others	5
Calendar	6 & 7
For Your Well Being	8
What You Need to Know	9
What's Up in Lincoln	12

REVEL AT REAGLE HOLIDAY MUSIC SPECTACLE!



Are you signed up to 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**? Remember that you'll need to be at the Mall at Lincoln Station by 3:00 pm to catch the bus and that you may wish to bring some cash to purchase a snack at intermission. If you haven't signed up for this spectacle with a full orchestra and 150 talented performers featuring Yuletide songs and pageants and more but would like to go, call Claire Mount at (781) 259-8695 to see if space is available. The cost is just \$36 per person. Lincoln seniors (60+) have first priority for signing up for trips. Others may sign up later if there are extra spaces.

MEMORIAL GIFTS TO THE FLCOA IN 2015

A memorial gift to the Friends of the Lincoln COA is a greatly appreciated remembrance of those who have themselves contributed to and benefited from the work of the FLCOA. In 2015, we have received donations totaling more than \$2000 in memory of the following:

Robert Beaudry	Crawley Cooper	John Manzelli	Jane Thankful Smith
James Birmingham	Donald Dawes	Ruth Nablo	Bob Sutherland
Walter Brain	Wes Frost	Josephine Podore	Mary Terrell
Marian Cook	Paul Giese	Peggy Schmertzler	Claire Tetreault

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 Loans of Walkers, canes, wheel chairs, tub benches, shower chairs, and 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. Call Lincoln Concord Coach at (781) 259-8722 at least three business days but not more than a month ahead to book. COA Transportation is meant for those with no other resources, including family, friends, the Ride, or financial means for taxis. 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

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"

WINTER WEATHER POLICY

If the Lincoln schools are closed due to weather, activities at the COA are cancelled. *If your power is out, however, call to see if Bemis Hall will be open as a place to warm-up, recharge computers and cell phones, and more.* Even if the schools are not closed, but the weather is bad, call before coming to see if your event is cancelled.

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

**December 7 Mark Hopkins — IT'S NEVER TOO LATE.
HOW TO BUY A CAMERA AT AGE 72 AND BECOME AN
AWARD-WINNING PHOTOGRAPHER**

**December 14 Lucretia Hoover Giese and Henry B. Hoover Jr. —
BREAKING GROUND: THE ARCHITECTURE OF HENRY B. HOOVER**

*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>*

INNOVATIONS IN EARLY CHILDHOOD EDUCATION

Lincoln is home to a variety of high quality early childhood education programs, including the Lincoln Nursery School, now in its 70th year (<https://aamd.org/our-members/from-the-field/preschool-in-an-art-museum>). Spend a morning in a classroom at the deCordova Sculpture Park and Museum, then have coffee and conversation with Executive Director Nancy Fincke on **Tuesday, Dec. 8 at 9:30 am at the School**. Email nancy@lincolnnurseryschool.org or call (781) 259-8866 to sign up by Dec. 4.

FOR THE LOVE OF MOUNTAINS

Hear Mike Tannert read from his new memoir, "For the Love of Mountains," on **Sunday, December 13, at 2:00 pm in the Lincoln Library**. While in the U.S. Air Force in Germany, Mike fell in love with the high Alps. His climb of the Matterhorn years later inspired two decades of climbing and ski mountaineering there with his Swiss guide. In his memoir, Mike relates these breath-taking, fulfilling adventures, along with what he learned from work and life. Co-sponsored with the Lincoln Library.



JUSTICE: WHAT WE OWE TO ONE ANOTHER/DILEMMAS OF LOYALTY

We inherit our past and our identities from family, community or country. What happens if our obligations to our family or community come in conflict with our obligations to humanity? Is patriotism a virtue or a form of prejudice? Since we do not choose where we are born, why are we obligated to people from our own country and not those from other countries? Should loyalty override universal moral principles? Should government be morally neutral? The Bulger brothers v. the Unabomber and his brother. Values in the U.S.A. v. the values of our enemies. Get a glimpse of what Michael Sandel thinks is just. These are some of the issues which will be considered and discussed in the eleventh installment of the Justice course, which will be held at **Bemis Hall on Friday, December 18 at 2:30 p.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.

*** 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 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 **10 Tuesday mornings from 9:30 to 11 am beginning January 12** at a cost of \$90. The class will be taught by flutist Ela Brandys, DMA, of the Conservatory's faculty. This class is appropriate both for those who took the fall class and those who didn't and will focus on the 19th and 20th centuries. Sign up now!

TOE TAPPIN' JAZZ AT BEMIS



Join us on **Thursday, December 3 at 2:30** when our traditional jazz combo gathers around the magnificent piano at Bemis Hall for an afternoon of old-time favorites. Share in the fun as trumpet, sax, clarinet, trombone, bass, drums and piano belt out foot stompers of the '20s, '30s and '40s. Tap your toes to good ole oldies such as *Ain't She Sweet*, *Somebody Stole My Gal*, *Bei Mir Bist Du Shein*, or *I'm Sittin' On Top Of The World*.

FROM DRAWING TO PASTEL PAINTING WITH JULIET

Express your most vibrant self with the brilliant colors of pastels in a new class with Juliet Rago! She will begin with a short introduction to drawing for those who feel they need it. The class will meet from **10 am to noon on January 4, 11, and 25, and February 8, 15, 22, and 29**. No experience is necessary. All materials will be furnished. Please sign up by calling the COA at (781) 259-8811. Limit of six people. The fee is \$40.



JOIN THE MEMOIRS GROUP

Winter is a good time to settle in and start new projects such as your memoirs. Without any obligation, please come to the first meeting of the Memoir Group on Wednesday, January 6 from 10 a.m. to noon and find out what they do. If you like what you hear and you want to continue, the cost of the eight-session term is \$75. The dates for the term are January 6 and 20, February 3 and 17, March 2 and 16, and April 6 and 20. If you want more information, call Connie Lewis (781) 259-9415 or email her (conlewis1000@gmail.com).

AT THE MOVIES

TUESDAY, DECEMBER 1, 2:15 PM. PARTICLE FEVER. The creation of the Higgs boson particle, an elusive key to unlocking secrets of the universe, unfolds on camera in this documentary. 2013. NR. 100 mins.

TUESDAY, DECEMBER 15, 2:15 PM. I'LL SEE YOU IN MY DREAMS. With her well-ordered life thrown out of balance by the death of her beloved canine companion, Carol Petersen -- who hasn't dated in 20 years -- unexpectedly finds herself involved with two very different men. 2015. PG-13. 95 mins.

THURSDAY, DECEMBER 17, 1:00 PM. PUCCINI'S TURANDOT. Puccini's final, most opulent opera features the icy princess who finds true love among soaring arias and overwhelming choruses. James Levine leads the Metropolitan Opera Orchestra, Chorus and Ballet, with Eve Marton, Leona Mitchell and the young Placido Domingo. NR. 1989. 132 min.

TUESDAY, DECEMBER 22, 2:15 PM. JOYEUX NOEL. French, Scottish and German soldiers in WWI decide to disobey orders and simply stop fighting for Christmas. Based on a true story. 2005. PG-13. 116 mins.

TUESDAY, DECEMBER 29, 2:15 PM. MR. HOLMES. Long retired Sherlock Holmes struggles with the unsolved case that caused him to call it quits and to save a young boy in a new one. 2015. PG. 103 mins.

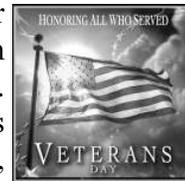
SPEND TIME WITH OTHERS

SENIOR DINING — JOIN US TO MEET NEW FRIENDS AND ENJOY LUNCH!

Lincolmites 60 and older are invited to enjoy a gourmet meal with new friends and old at **11:30 on Tuesday, December 15 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.

CELEBRATE THE HOLIDAYS WITH OTHER VETERANS AND SPOUSES

Celebrate the holidays with other veterans and their spouses on **Monday, December 7 at 9 am.** You'll be treated to pancakes with butter and syrup, coffee, and great conversation! This is a social time just to chat and get to know other veterans in town. The breakfast will be followed by the Veteran to Veteran discussion group at 10 am. The breakfast is free, but please sign up.



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.

VETERANS GROUP **1st and 3rd Mondays at 10:00** Share stories and memories, talk about aspects of your life and service that are important to you, 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 Fredrico Garcia Lorca's 1933 tragedy *Blood Wedding* on **Tuesdays, December 1 and 8 at 11 am.** Sally will bring copies of the play.

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.

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 will be held on **December 23** and the topic will be "What is a good life?" in which we will bring together lessons learned from our sessions in October on responding to incidents of hate and November on the visit from Pope Francis.

CONSERVATION BREAKFAST **Thursday, December 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, December 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.**

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, December 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!

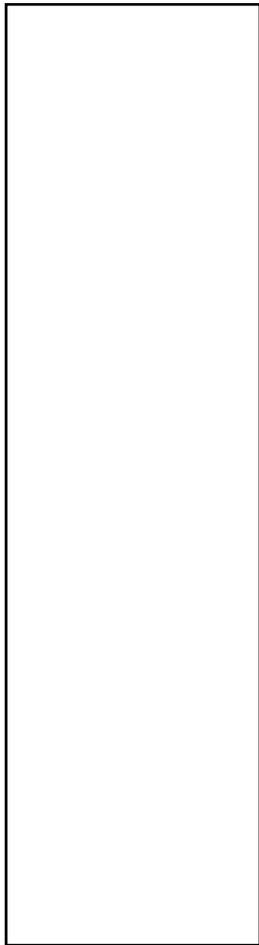
GERMAN CONVERSATION Come enjoy speaking German on **the first and third Fridays at 10:00 am.**

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DECEMBER</p> 	<p>1</p> <p>9:00 Podiatry 9:30 Music Course 9:30 Get Started with Knitting 11:00 Playreading: Blood Wedding 11:30 You Can Do It Exercise 12:15 Life after 60 1:00 Exercise: Aerobics and Weights 2:15 Movie: Particle Fever</p>	<p>2</p> <p>10:00 Memoirs 11:00 Line Dancing 1:00 Office Hours with Aide to Katherine Clark 1:00/2:15 Tai Chi</p>	<p>3</p> <p>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</p>	<p>4</p> <p>10:00 German Conv. Intermediate 1:00 Bridge 12:00 Preparing for Winter (PS)</p> <hr/> <p>5</p> <p>SATURDAY 6:00 Gift Local</p> <p>6</p> <p>SUNDAY 12:00 Gift Local</p>
<p>7</p> <p>9:00 Veterans Breakfast 10:00 Veterans Group 12:30 Lincoln Academy 2:00/3:15 Tai Chi 2:00 Exploring Living Well with Health Challenges 2:00 Rethinking the Holidays</p>	<p>8</p> <p>9:30 Early Childhood Education (LNS) 9:30 FCOA Board 11:00 Playreading: Blood Wedding 11:30 You Can Do It Exercise 12:15 Life after 60 1:00 Exercise: Aerobics and Weights 2:30 COA Board</p>	<p>9</p> <p>10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 7:30 Classic Jazz (Lib)</p>	<p>10</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>11</p> <p>10:00 Wellness Clinic (LW) 10:00 Talking to Elders Who Shouldn't Drive 12:15 Meditation 1:00 Intermediate Bridge 1:00 MBTA CharlieCard</p> <hr/> <p>12</p> <p>SATURDAY 4:00 Reagle Trip Leaves (Mall)</p> <p>13</p> <p>SUNDAY 2:00 Mountains (Lib)</p>
<p>14</p> <p>9:30 French Conversation 12:30 Lincoln Academy 2:00 Exploring Living Well with Health Challenges 2:00 Rethinking the Holidays 2:00/3:15 Tai Chi 7:00 Open Mike Acoustic Night (Lib)</p>	<p>15</p> <p>9:00 Wellness Clinic/ Blood Pressure 11:30 You Can Do It Exercise 11:30 Senior Dining (St. Anne's) 12:15 Life after 60 1:00 Exercise: Aerobics and Weights 2:15 Movie: I'll See You in</p>	<p>16</p> <p>9:00 Podiatry 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p>17</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 10:00 iPhones and Ipads 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:00 Opera Movie: Turandot 1:30 Computer Drop-In 2:30 SeniorSpeak</p>	<p>18</p> <p>10:00 German Conversation 10:00 Relax with Massage 1:00 Intermediate Bridge 2:30 Justice</p>

<p>2:15 Movie: <i>I'll See You in My Dreams</i></p>	<p>21</p> <p>10:00 Veterans Group 2:00 Exploring Living Well with Health Challenges 2:00 Rethinking the Holidays</p>	<p>22</p> <p>9:00 Collating 12:15 Life after 60 2:15 Movie: <i>Joyeux Noel</i></p>	<p>23</p> <p>10:00 Fireside Chat 11:00 Line Dancing 7:00 Holiday Handbells (FP)</p>	<p>24</p> <p>9:30 Handwork Circle 11:30 Piano Duets</p>	<p>25</p> <p>COA CLOSED/ CHRISTMAS</p>	<p>28</p> <p>9:30 French Conversation 2:00 Exploring Living Well with Health Challenges</p>	<p>29</p> <p>11:30 You Can Do It Exercise 12:15 Life after 60 1:00 Exercise: Aerobics and Weights 2:15 Movie: <i>Mr. Holmes</i></p>	<p>30</p> <p>11:00 Line Dancing</p>	<p>31</p> <p>11:30 Piano Duets</p>	<p>LOCATIONS FP: First Parish Lib: Lincoln Library LNS: Lincoln Nursery School LW: Lincoln Woods Mall: Mall at Lincoln Station (by Donelan's) PS: Public Safety Building St. Anne's: St. Anne's Church TBA: Location to be announced</p>
<p>SATURDAY 19</p> <p>1:00 Jazz Jam (Lib) 3:00 Handel's Messiah (FP)</p>										





Parmenter
Community Health Care

www.parmenter.org
266 Cochituate Road 1 Wayland, MA
Tel: 508-358-3000

For 57 Years, your local independent nonprofit healthcare at it's best.

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

Jewish Hospice accreditation

~~ FOR YOUR WELL BEING ~~

DANCE YOUR WAY TO FITNESS WITH ZUMBA GOLD



Enjoy the easy-to-learn dance moves that are sure to exercise your heart and muscles in this total workout combining cardio, muscle conditioning, balance, and flexibility that is less vigorous than regular Zumba! The class, taught by Katrina Rotondi, will be held Tuesdays from 1:00 to 1:45 pm from January 5 to February 23 at the B Pod on Ballfield Road. The fee is \$50. You may register on the Parks and Recreation page on the town website at www.lincolntown.org or at the COA at Bemis Hall. Co-sponsored with Lincoln Parks and Recreation.

MEET NEW FITNESS INSTRUCTOR TERRI ZABOROWSKI



We are delighted to welcome Terri Zaborowski as our new aerobics and strength training instructor teaching our You Can Do It and Fitness and Strength Training classes (see below)! Terri has 15 years' experience teaching senior fitness classes and currently teaches in three area COAs. Her classes are always in demand and frequently have waitlists! She specializes in senior fitness and believes that fitness should be both functional and fun to improve overall health and quality of life.

START THE HOLIDAY SEASON WITH A RELAXING MASSAGE!

Stressed by the thought of shopping, cooking, and cleaning before the holidays? Do you just need a little oomph to get you going this winter? Lincoln resident and certified massage therapist Heidi Nichols is offering Lincoln seniors free relaxing head, neck and shoulder massages on **Friday, December 18 from 10 am to noon** to get your holidays started right! Call the COA to sign up for your 15-minute appointment!

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. No class Dec. 22. Taught by Terri Zaborowski.

FITNESS AND STRENGTH TRAINING A moderately vigorous, one-hour class offering fun aerobics and strength training. A great way to meet new people while getting fit! **Tuesdays and Thursdays, 1 pm;** \$3 per class; no need to sign up. No class Dec 22, 24 or 31. Taught by Terri Zaborowski.

TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS **The Fall session is now closed.** Monday-Beginners: 2-3; Tai Chi Short Form (TCSF): 3:15 – 4:15; Wednesday-TCQG: 1-2; TCSF: 2:15–3:15; Thursday-Beginners: 9:15 – 10:15; TCSF: 10:15 – 11:15. For info, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

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

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, December 15 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, December 1** and **Wednesday, December 16, 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, December 11 from 10 am to Noon.** The clinic is funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care.

●●●WHAT YOU NEED TO KNOW●●●

BE PREPARED FOR WINTER'S FURY: LUNCH AND LEARN

We all learned last year how challenging New England winters can be, but blizzards, power outages, and other potential disasters can be easier if you are prepared. Join Ben Juhola of the Lincoln Fire Department on **Friday, December 4, at 12:00 pm at the Public Safety Building** for lunch and a presentation about how you can be sure you are ready for winter, including what supplies you need, ensuring you have communication, what to take if you need to go to a shelter, how Public Safety will be there to serve you, and more. Please sign up in advance by calling the COA so Public Safety knows how many people to expect.



IPHONES AND IPADS 101

Iphones and ipads can be wonderful tools, but for those of us who have not grown up with them, they can be baffling and frustrating, and make you want to toss them out the window. Come learn the basics of iphones and ipads when Lincoln resident Andrew Payne comes to the COA on **Thursday, December 17 at 10 am at Bemis Hall**. Andrew will go through the basic features and operations of your iphone and ipad, explain how to set it up to meet your needs, and then answer questions. If you have special tips you've learned elsewhere, bring those, too!

WHEN SOMEONE YOU KNOW SHOULDN'T BE DRIVING

Knowing what to do and say when you think a friend or family member should no longer be driving is a challenge. Come get some ideas for having a successful conversation as well as information about the legal process for rescinding a license, which should only be a last resort, on **Friday, December 11, at 10 am** when Police Chief Kevin Kennedy comes to Bemis Hall. Bring your questions and concerns!



RETHINKING THE HOLIDAYS

For many people the holidays have changed and they need to find new ways to feel joyful. Come learn and share with others how to create your own new traditions and be supported as you think about the holidays differently so you can look forward to this season. This group will meet on **Monday, December 7, 14, and 21 at 2 pm at Bemis Hall** and will be facilitated by the COA's Assistant Director and licensed social worker, Pam Mizrahi.

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.

MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, December 2 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 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. Call (781) 259-8811 for information. No sessions on December 24 or 31.



BRING YOUR DONELAN'S RECEIPTS TO BEMIS HALL to raise funds for the Schools. Just bring your receipts and put them in the box in the vestibule before March 31, 2016.

The Lincoln Council on Aging and Liturgical Publications Inc. invite you to become their partner in publishing this newsletter. Your support will permit the council to receive this service at no cost.

For advertising information, call LPI today.
1-800-888-4574



LITURGICAL
PUBLICATIONS



- > Visiting nurses
- > Home health aides
- > Rehabilitation therapists
- > Medical social workers

Medicare certified. For a referral or evaluation, call **978-287-8300** or **1-888-220-5343**.

DEE FUNERAL & CREMATION SERVICES

Caring for Families since 1868



978-369-2030 • 800-942-1868
Susan M. Dee • Charles W. Dee
www.deefuneralhome.com

CRUISE PLANNERS

Your Land and Cruise Specialist

River & Ocean Cruises
Independent & Guided Travel

Peggy Dawson
978-460-5642

www.sandpipervoyages.com



TRAVEL

America's Choice in Homecare!

Visiting Angels. 

LIVING ASSISTANCE SERVICES

- Up to 24 hour Care • Meal Preparation
- Errands/Shopping • Hygiene Assistance
- Light Housekeeping • Respite Care for Families
- Rewarding Companionship

978-287-2002

www.visitingangels.com

HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



HOME SECURITY TEAM



Lincoln Est. 1974
Tree & Landscape

781-259-8020

www.lincolntree.com



BECAUSE VIBRANT CHURCHES MATTER

NEXT EXIT

DREAM JOB



- Growing company hiring Ad Sales Executives • Full-time
- Sales experience preferred • Overnight travel required
- Uncapped commissions • Competitive benefits program

E-mail jobs@4LPi.com for more information



For Advertising Information, call LISA TEMPLETON at LPi today!

1 (800) 888.4574 ext. 3450
ltempleton@4LPi.com

// 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

A lifestyle that gives you the freedom to pursue your passions is something that everyone can appreciate. At The Commons in Lincoln, you can do the things you love because we take care of everything else for you. That includes lawn care, housekeeping and even snow removal. Every day, our expert chefs prepare lunches and dinners that will tantalize your taste buds. All this leaves you time to enjoy whatever you please, from nature walks on nearby trails to cultural attractions only minutes away in Boston. It is all part of our *Lifecare Advantage*.

Call **1-877-219-6116** to schedule a personal tour, or visit www.TheCommonsInLincoln.com/visit to take a video tour of the Reeds' home.



The Commons
IN LINCOLN

A Benchmark Signature Living Lifecare Community

222 Sandy Pond Road | Lincoln, MA 01773

COMING SOON! Rental Assisted Living, Memory Care and Skilled Nursing
NOW TAKING DEPOSITS.

*Opening in 2016. Subject to regulatory approval.

GOINGS ON IN AND AROUND LINCOLN

GIFT LOCAL The Old Town Hall Exchange is excited to announce the 5th annual Gift Local Artisan and Craft Show! This event will host a variety of talented local artists, featuring jewelers, woodworkers, and so much more. Stop by and get some of your holiday shopping out of the way while supporting some terrific local businesses! **Saturday December 5, 6:00 – 9:00 pm and Sunday December 6, 12:00—5:00 pm, Bemis Hall.**

CLASSIC JAZZ AT THE LIBRARY Don't miss Vernon Welch presenting a variety of local bands in performance on **Wednesday, December 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, December 14 from 7 to 10 pm at the Library** featuring Lori Diamond and Fred Abatelli. Email: loma3re@gmail.com.

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, December 19 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.

LIVE IN LINCOLN CENTER. BACK BY POPULAR DEMAND! First Parish in Lincoln presents **Handel's Messiah** on **Saturday, December 19th at 3 pm in the Parish House Auditorium**, 14 Bedford Road. Ian Watson will direct a professional orchestra and chorus; a \$30 donation is suggested.

HOLIDAY HANDBELLS The Lincoln Ringers present their Fourth Annual Candlelight Concert of Christmas carols and holiday favorites at **First Parish in Lincoln, Tuesday, December 23 at 7:00.** Free.

FIRST DAY AT THE PIERCE HOUSE Whether you're new to Lincoln or have lived here forever, come to historic Pierce House to celebrate the new year together at the town's 17th annual First Day gathering. Complimentary admission for Lincoln residents, but donations are gratefully accepted for the upkeep of this special town resource. **January 1, 1:00 to 5:00 pm.**

FRIENDS OF THE LINCOLN COUNCIL ON AGING
P.O. BOX 143
Lincoln, MA 01773

Non-Profit Org.
Pre-Sorted Standard
U.S. Postage Paid
PERMIT #51
Lincoln, MA 01773

EGR-WSS
POSTAL CUSTOMER
Lincoln, MA 01773