



# NEWS FROM BEMIS HALL

Volume 7 Issue 1

JANUARY 2016

## *The Lincoln Council on Aging Monthly*

### HAUTE FUN AT TOP OF THE TOWN!



Are you planning to go to the **Top of the Town Winter Gala on Saturday, January 23 from 5 to 8 pm at the deCordova Museum**? If so, please send in the reservation form on the invitation mailed to you in December. The form must reach the FLCOA at PO Box 143 or Bemis Hall by January 14 to confirm your attendance. This is a catered party, and an accurate head count is important! Because there is a space limit of 200 persons, we will start a wait list if replies reach that number. We request that you let us know promptly if you must cancel so we can notify the next person on the list. The Friends of the Lincoln COA are pleased to host this event with free admission for Lincoln residents. The Friends are grateful for donations to show your support for this event. The snow date is January 24.



### COA EVENTS FOR WINTER CARNIVAL!



#### SENIORSPEAK THEATRE PERFORMANCE

Join the SeniorSpeak group for a theatre performance on **Saturday, January 30 at 1:00 pm in Bemis Hall** as part of the Winter Carnival. The performance is an outgrowth of the work participants have been engaged in as they worked to rediscover their voices as older adults. Drawing upon memories, feelings, and life lessons, participants have created a performance piece that incorporates pivotal moments and events that shaped their lives both as individuals and as a group. The piece uses scenes, poetry, and music as tools to capture key moments. After the performance, all are invited to join a discussion with the performers about the development of the theatre piece and the insights gained in the process.

#### A REALLY BIG SHOW!

All are welcome to come see your friends and neighbors at the COA's free "Really Big Show," a variety show and part of the Winter Carnival at **Bemis Hall on Friday, January 29 at 1 pm**. The show will feature music of many genres, samples of some of our COA classes, a dramatic performance or two, and more! The show will be fun and entertaining!

### FREE INCOME TAX PREPARATION HELP

Volunteers certified under the AARP TaxAide program will prepare your Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers, with special attention to those over age 60. Appointments begin in February. Call the COA office to schedule a confidential appointment and get a list of documents to bring. You may speak to a volunteer without an appointment on **Thursday, January 21 from 10 am till noon** (see Page 9).

#### DO YOU HAVE TOILETRIES YOU CAN DONATE?



Women and children who are in shelters remaking their lives after experiencing domestic violence need toiletries like shampoo, soap, toothpaste, hand and body lotions, and more. If you have unopened toiletries from hotels or stores that you can't use, please bring them to the COA at Bemis Hall by Friday, Feb. 6. A volunteer will take them to local domestic violence organizations for Valentine's Day distribution.

organizations for Valentine's Day distribution.

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## ENJOY A DAY OUT WITH THE COA!



### SEE THE SCULPTURES OF CYRUS DALLIN AT A MUSEUM IN ARLINGTON



The celebrated American sculptor Cyrus Dallin created the Museum of Fine Arts' iconic sculptures "Appeal to the Great Spirit" and Boston's "Paul Revere," all while living and working in Arlington. Join us for a trip to the Cyrus E. Dallin Art Museum in Arlington on **Tuesday February 23**, with a snow date of March 1. You will experience a private tour of this exquisite collection of sculptures, coins, medals, and paintings. Find out more about his special Lincoln connections! We will depart from the Lincoln Mall at 10:00 a.m. by Doherty school bus. After the museum tour we will have lunch together at your own cost at a nearby restaurant in Arlington Center returning to the Mall by 2:30 p.m. The non-refundable cost of the trip is \$7.00 per person made payable by check to FLCOA Trips and sent to Rob Todd, 126 Old Concord Rd., Lincoln, MA 01773. Please include your phone number and email address. Group size is limited to 25 and reservations must be made by February 19. Any questions contact Rob Todd at 781-259-8820 or [hmbt@comcast.net](mailto:hmbt@comcast.net).

#### Spring Trips

**The Trip Committee is planning many wonderful trips for the Spring! See future newsletters for more information! Lincoln seniors have first priority to sign up for trips. Younger Lincoln residents and out-of-town seniors may sign up after Lincoln seniors have had an 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.

**FUEL ASSISTANCE** Need help paying fuel bills? Call Pam Alberts Mizrahi to see if you qualify for Fuel Assistance, a Massachusetts program providing help to income-eligible residents to pay for fuel.

**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](mailto: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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[mizrahip@lincolntown.org](mailto:mizrahip@lincolntown.org)

**Internet:** [www.lincolntown.org](http://www.lincolntown.org), then click on "Council on Aging" under "Community Services"

**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**

**January 11 Jane and Pip Moss — Knights and Ladies and Lions  
 and Dogs: Brassrubbing in the English Countryside**

**January 25 John Cowles — Living in Lincoln during World War II**

*For DVDs of past programs, go to the Library or COA, or view them online at  
<https://lincolntv.viebit.com/#coa>*

**THE JUSTICE COURSE: MICHAEL SANDEL COMES CLEAN. HIS VIEW  
 OF THE BEST WAY TO SEEK A JUST SOCIETY**

Same sex marriage, abortion, stem cell research and the divide between liberal neutrality and the common good. Is it possible to settle questions of justice and rights without addressing controversial questions about morality and the common good? The problem with modern liberalism's position that the law should try to be neutral on controversial moral and religious questions. Sandel and the politics of the common good. Is engaging, rather than avoiding, the moral convictions of our fellow citizens the best way of seeking a just society? These are some of the issues which will be considered and discussed in the twelfth and final installment of the Justice course, which will be held at **Bemis Hall on January 22 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 an 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.

**FIRESIDE CHAT: REFUGEES IN AMERICA**

For those around the world suffering oppression and hardship, the United States is a place of hope and promise. But recent events have shown that Americans are not unified in their opinions about our system of asylum. Come join a chat with other residents and special guests Sharon Carlson and Andrea Hewitt, co-founders of the organization Dignity in Asylum, on **Wednesday, January 27 at 10 am at Bemis Hall**. Come find out what others are thinking through a process of questions and answers that is respectful of many different points of view. The discussion is facilitated by Sharon Antia.

**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.

*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 \*\*\*

### MUSIC APPRECIATION: Unwrapping the Music

Develop your musical listening skills and music appreciation, with 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 and 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!

### ENJOY COFFEE WITH PHOTOGRAPHER BARBARA PESKIN: MOMENTS IN NATURE

Join artist Barbara Peskin on Thursday, **January 28 at 2:30 pm** to celebrate her exhibit "Moments in Nature" shown in the Bemis Hall gallery in January and February. Her photos share moments in nature from Yellowstone and Grand Teton National Park, the Machias Seal Island puffin colony in Maine, and Lincoln and surrounding areas. Barbara has exhibited her photography at the Lincoln Library, Cary Library in Lexington, and Bemis Hall; some of her Great Meadows photos have won awards from the Parker River Wildlife Refuge photo contests.



### FROM DRAWING TO PASTEL PAINTING WITH JULIET



Express your most vibrant self with the brilliant colors of pastels in a 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.

### CELEBRATE THE NEW YEAR WITH THE TRAD JAZZ SEXTET

Don't miss the free New Year's offering of traditional jazz of the 1920's, 30s & 40s on **Friday January 8 at 1 pm at Bemis Hall**. Enjoy all the favorites of those days including music of such greats as Irving Berlin, George Gershwin, Louis Armstrong, and Fats Waller, played by the sextet, a fun group of retired professionals who come together to enjoy playing and providing some toe-tapping enjoyment for you. If you're one of the regulars, you know what to expect; if you've never been before ask one of the regulars what it's all about and then come to find out for yourself. (Please note the new day and time, making it easier to get home or we can play longer or both.)

### AT THE MOVIES

**TUESDAY, JANUARY 5, 2:15 PM. 5 FLIGHTS UP.** New Yorkers Ruth and Alex have had a wonderful life together. Now that it's time to move, the universe seems determined to thwart them. 2015. PG-13. 92 mins.

**TUESDAY, JANUARY 19, 10 AM. ROSSINI'S THE BARBER OF SEVILLE.** The one where Figaro's here, Figaro's there, and Figaro's helping Count Almaviva to abduct Rosina from her nasty old guardian Doctor Bartolo. Joyce DiDonato and Juan Diego Florez star in this brilliant London Royal Opera House Covent Garden production. Look for an unbelievable dramatic twist in the soprano's performance. 2009. NR. 176 mins.

**THURSDAY, JANUARY 21, 2:15 PM. MONKEY KINGDOM.** This documentary follows the perilous lives of a monkey and her newborn daughter in the jungles of southern Asia. 2015. G. 81 mins.

**TUESDAY, JANUARY 26, 2:15 PM. A WALK IN THE WOODS.** Travel writer Bill Bryson decides to hike the length of the Appalachian Trail with his long-estranged, free-living pal Stephen Katz. 2015. R. 104 mins.

❀❀❀ *SPEND TIME WITH OTHERS* ❀❀❀

## SENIOR DINING — ENJOY A GOURMET LUNCHEON WITH FRIENDS OLD AND NEW!!

Lincolmites 60 and older are invited to enjoy a gourmet meal with new friends and old at **11:30 on Tuesday, January 19 at St. Anne's Church. We have new diners often — give us a try!** 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 friends and neighbors.



## ARE YOU AN INTERMEDIATE BRIDGE PLAYER?



Bridge is a great way to keep your mind sharp and get to know others who love to play as much as you do! Our intermediate bridge group that plays each Friday at 1 pm is seeking new members! An intermediate player is defined as knowing basic conventions, including weak 2s and transfers. If you are interested in playing, please contact Neville Harris at [nwh827@comcast.net](mailto:nwh827@comcast.net) to discuss the group and get on the email list so that you will know if there are enough players on any particular Friday.

## 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.

**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.

**PLAY-READING GROUP.** Sally Kindleberger leads a group in reading the comedic drama *Rabbit Hole* by David Lindsay Aboire on **January 5 and 12 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 refugees in America, will be held on **January 27.**

**CONSERVATION BREAKFAST** **Thursday, January 14 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, January 21 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, January 14 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!

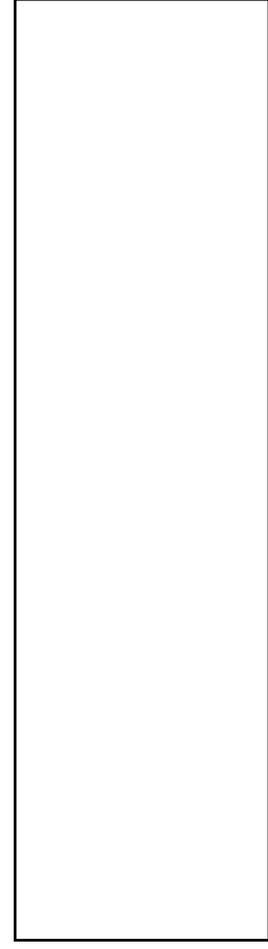
**GERMAN CONVERSATION** Come enjoy speaking German on **January 8 and 15 (usually the first and third Fridays, but different this month due to New Year’s Day) at 10:00 am.**

**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><b>JANUARY</b></p> 	<p><u>LOCATIONS</u>  <b>BPod:</b> B Pod at Hartwell Area  <b>deCordova:</b> deCordova Museum  <b>Lib:</b> Library  <b>LW:</b> Lincoln Woods  <b>St. Anne's:</b> St. Anne's Church  <b>PH:</b> Pierce House  <b>TBA:</b> Location to be announced  <b>TO:</b> Town Offices</p>			<p><b>1</b></p> <p><b>COA CLOSED/ NEW YEAR'S</b></p> <p>1:00 First Day at Pierce House (PH)</p>
<p><b>4</b></p> <p>10:00 Pastels  2:00/3:15 Tai Chi</p>	<p><b>5</b></p> <p>9:00 Podiatry  11:00 Playreading: Rabbit Hole  12:15 Life after 60  1:00 Zumba Gold (BPod)  2:15 Movie: 5 Flights Up</p>	<p><b>6</b></p> <p>10:00 Memoirs  11:00 Line Dancing  1:00 Office Hours with Aide to Katherine Clark  1:00/2:15 Tai Chi  7:00 Medicare 101</p>	<p><b>7</b></p> <p>9:15/10:15 Tai Chi  11:30 Piano Duets  1:30 Computer Drop-In  2:30 SeniorSpeak</p>	<p><b>8</b></p> <p>10:00 Wellness Clinic (LW)  10:00 German Conversation  12:15 Meditation  1:00 Intermediate Bridge  1:00 Traditional Jazz Sextet</p> <p><b>SUNDAY 10</b>  2:00 Football 101 (Lib)</p>
<p><b>11</b></p> <p>9:30 French Conversation  10:00 Pastels  12:30 Lincoln Academy  2:00/3:15 Tai Chi  7:00 Acoustic Night (Lib)</p>	<p><b>12</b></p> <p>9:30 Music Course  9:30 FCOA Meeting  11:00 Playreading : Rabbit Hole  11:30 You Can Do It Exercise  12:15 Life after 60  1:00 Exercise: Aerobics and Weights  1:00 Zumba Gold (BPod)</p>	<p><b>13</b></p> <p>9:30 Yoga  11:00 Line Dancing  1:00/2:15 Tai Chi  7:30 Classic Jazz (Lib)</p>	<p><b>14</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><b>15</b></p> <p>10:00 German Conversation  1:00 Intermediate Bridge  1:00 Virtual Dementia Tour</p>

	2:30 COA Board			<b>SATURDAY 16</b> 1:00 Jazz Jam <b>SUNDAY 17</b> 2:00 Hermione Lecture
<b>18</b> COA CLOSED/MARTIN LUTHER KING DAY	<b>19</b> 9:00 Wellness Clinic 9:30 Music Course 10:00 Opera Movie: Barber of Seville 11:30 You Can Do It Exercise 11:30 Senior Dining (St. Anne's) 12:15 Life after 60 1:00 Zumba Gold (BPod) 1:00 Exercise: Aerobics and Weights	<b>20</b> 9:00 Podiatry 9:30 Yoga 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi	<b>21</b> 8:00 Men's Coffee 9:15/10:15 Tai Chi 10:00 Tax Office Hours 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:30 SeniorSpeak 2:15 Movie: Monkey Kingdom	<b>22</b> 10:00 Justice 12:15 Meditation 1:00 Intermediate Bridge 1:00 Hearing Loss <b>SATURDAY 23</b> 5:00 Top of the Town (deCordova—see page 1 for invitation information)
<b>25</b> 9:30 French Conversation 10:00 Pastels 12:30 Lincoln Academy 2:00/3:15 Tai Chi	<b>26</b> 9:00 Collating 9:30 Music Course 11:30 You Can Do It Exercise 12:15 Life after 60 1:00 Exercise: Aerobics And Weights 1:00 Zumba Gold (BPod) 2:15 Movie: Walk in the Woods	<b>27</b> 9:30 Yoga 10:00 Fireside Chat 11:00 Line Dancing 1:00/2:15 Tai Chi	<b>28</b> 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 Coffee with the Artist 2:30 SeniorSpeak	<b>29</b> 1:00 Intermediate Bridge 1:00 Really Big Show <b>SATURDAY 30</b> 1:00 SeniorSpeak Theatre Performance <b>SUNDAY 31</b> 2:00 Author Reception (TO)





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## ~~ 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](http://www.lincolntown.org) or at the COA at Bemis Hall. Co-sponsored with Lincoln Parks and Recreation.

### TAI CHI: NEW YEAR, NEW YOU

Beginners may now sign up for winter Tai Chi classes which will run 12 weeks from the week of January 4 till the week of March 21 on Mondays, 2 to 3 pm, Wednesdays, 1 to 2 pm, and Thursdays, 9:15 to 10:15 am. You may take one or two classes per week at a cost of \$60 for one and \$80 for two. You will learn Qi Gong warm-up, 6 moves from Tai Chi form, and how to integrate Tai Chi principles into daily life. Sign up by calling the COA at (781) 259-8811.

### YOGA FOR OVERALL WELL BEING

Yoga increases strength and flexibility, reduces stress, enhances emotional health, and more. All are welcome to join our Easy Yoga class that can be done on the floor or in a chair. You'll learn poses for stretching and building muscle tone, breathing, and meditation. The class will be on Wednesday mornings from 9:30 to 10:30 am and will run for 12 weeks beginning January 13 at a cost of \$120. Call the COA to sign up. Taught by Jai Kaur Annamaria San Antonio.

### OPPORTUNITIES FOR EXERCISE

**YOU CAN DO IT!** This 45-minute class offers gentle aerobic and weight-strengthening exercises done in a chair or standing. **Tuesdays, 11:30 am;** \$3 per class; no need to sign up. No class January 5. Taught by Terri Zaborowski.

**FITNESS AND STRENGTH TRAINING** A moderately vigorous, one-hour class offering fun aerobics and weight strengthening. **Tues & Thurs, 1 pm;** \$3 per class; no need to sign up. Taught by Terri Zaborowski. No class Jan 5 or 7.

**TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS** **Beginners may sign up now. Continuing students do not need to sign up. Classes begin the week of January 4 and run for 12 weeks. Level 1 (Beginners):** Mon 2–3 pm and Wed 1–2 pm (Jane Moss), Thurs 9:15–10:15 (Ellie Horowitz and Cynthia Rosenberger). **Level 2:** Mon 3:15–4:15 (Jane Moss). **Level 2 Practice:** Thurs 10:15–11:15 (Ellie Horowitz and Cynthia Rosenberger). **Level 3:** Wed 2:15–3:15 Jane Moss. Cost: \$60 - 1 hr/wk, \$80 - 2 hrs/wk, \$100 - 4 hrs/wk. For info, contact Jane Moss at (781) 259-9822 or [mindbodyjm@comcast.net](mailto:mindbodyjm@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 needed!

**EASY YOGA** Gentle yoga on the floor or in a chair, **Wednesdays at 9:30 am.** Taught by Jai Kaur Annamaria San Antonio. See more details above.

**ZUMBA GOLD!** Dance moves make up a total body workout in this less vigorous version of Zumba. **Tuesdays from 1 to 1:45 at B Pod.** \$50 for 6 weeks beginning Jan 5. Register on Parks and Rec page at [www.lincolntown.org](http://www.lincolntown.org) or Bemis Hall. Taught by Katrina Rotondi. See more details above.

*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, January 19 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, January 5** and **Wednesday, January 20, 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

## ●●●WHAT YOU NEED TO KNOW●●●

### MEDICARE 101: BASICS FOR THOSE ABOUT TO SIGN UP AND OTHERS

Come find out the basics of Medicare on **Wednesday, January 6 at 7:00 pm at Bemis Hall** with Minuteman Senior Services SHINE counselors Don Milan and Anne Meade. This introduction to Medicare is especially for those who will be signing up soon, but is also for those who just wish to learn more and understand their benefits better. Don and Anne will discuss traditional Medicare, medigap plans, Advantage plans, and medication drug coverage (Medicare, Parts A, B, C, and D), how to go about choosing the plan or plans that are best for you, avoiding penalties when you sign up late, and more. Bring your questions and concerns!

### FOOTBALL 101!

When you are at a Superbowl Party or a grandchild's football game, do you wonder what is being touched down when there's a touchdown? And how does that crazy point system work? What does a quarterback actually do to earn all that money? Why do all the announcers say "OFF-ense" and "DEE-fence" instead of pronouncing those words the right way? Come to "Football 101" with Stacey Mulroy from the Parks and Recreation Department on **January 10 at 2 pm in the Tarbell Room at the Library** to find out! Stacey will explain the basics of football, answer your questions and get you off the bench and into the game! All ages welcome! Co-sponsored by the Library, Parks and Rec, and COA.



### COPING WITH HEARING LOSS: HEARING AIDS AND MORE

You don't need to stop doing activities or being with people just because of your hearing loss. Come to a talk by Kevin Franck — audiologist, designer of products and services for those with hearing loss, and a board member of the Hearing Loss Association of America (HLAA) — on **Friday, January 22 at 1 pm at Bemis Hall**. Dr. Franck, who does not sell any hearing products, will discuss sound, what can go wrong with hearing, differences between kinds of hearing professionals and between various products and services. He will discuss interesting government happenings around how hearing aids might be sold in the future, and how the HLAA can help. All ages welcome.

### WHAT IS LIFE LIKE FOR YOUR RELATIVE WITH DEMENTIA?



One of the most difficult aspects of caring for an elder with dementia is understanding what they are experiencing that leads to certain feelings or behaviors. Come to **Bemis Hall on Friday, January 15 at 1 pm** for a "Virtual Dementia Tour" with Maryellen King of Senior Living Residences' Concord Park. This interactive training uses sensory modifications and role playing to demonstrate what those with dementia face. You'll also learn about what dementia is and how to recognize it, communication tips, and practical tools and techniques.

### HAVE A TAX PREP QUESTION?

If you have a simple question about your taxes or preparation of your returns, come to **Bemis Hall Thursday, January 21 from 10 am to noon** when Packy Lawler will hold "Office Hours." Packy is one of Lincoln's highly trained AARP/IRS TaxAide counselors who provides free preparation of federal and state tax returns each year (see page 1).

### MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, January 6 at 1 pm** to meet with Anthony Moreschi, Constituent Service Representative for Congresswoman Katherine Clark on federal benefits and other concerns.

### FREE 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.

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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

**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.**

**OPEN MIKE ACOUSTIC NIGHT** Enjoy live music at the free Open Mike Acoustic program **Monday, January 11 from 7 to 10 pm at the Library** featuring Ergo Canto (Paul Beck and Leslie Bryant). Email: loma3re@gmail.com.

**CLASSIC JAZZ AT THE LIBRARY** **Wednesday, January 13, 7:30 pm at the Library** Harold McAleer will show a documentary retrospective of Cole Porter — don't miss it! This group meets the second Wednesday of every month.

**FREE LIVE TRADITIONAL CJALL JAZZ JAMS** on **Saturday, January 16 from 1:00 pm – 5:00 pm at Bemis Hall.** Come hear local musicians belting out old favorites which will set your feet a-tappin' and your hands a-clappin' Free.

**HERMIONE: AN ADVENTURE ON THE HIGH SEAS IN A REPLICA OF THE 18th CENTURY SHIP** **Sunday, Jan. 17, 2 pm, Bemis.** Adam Hodges-Taylor, sole American sailor on the replica of the famed "Hermione" will recount his adventures on the high seas. Presented by the Lincoln Historical Society.

**RECEPTION FOR LINCOLN AUTHORS** **Sun. Jan 31, 2 - 4 pm, Town Offices.** Reception for Lincoln authors, co-sponsored by the Friends of the Library and the Lincoln Historical Society.

**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, January 8 from 10 am to noon.** These clinics are funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care.

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