

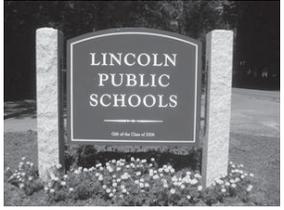
NEWS FROM BEMIS HALL

Volume 7 Issue 3

March 2016

The Lincoln Council on Aging Monthly

WHAT'S NEXT FOR A LINCOLN SCHOOL BUILDING PROJECT?



After last year's Town Meeting, the Lincoln School Committee applied for building project funds from the Massachusetts School Building Authority (MSBA). Many other communities with significant renovation and building needs also applied, and unfortunately Lincoln was not selected to be one of the school districts invited into the 2015 funding cycle. At the March 19th Town Meeting, the School Committee will ask the Town to provide input about how it would like to move forward with a school renovation project. Please join Superintendent Becky McFall and School Committee Chair Jennifer Glass on **Friday, March 11 at 1 pm at Bemis Hall** for a conversation about the warrants and the choices the community must make.

PRESIDENTIAL PRIMARY, ANNUAL TOWN MEETING, AND TOWN ELECTION

Democracy Happens! But only if we all do our part. Upcoming opportunities include:

- Presidential Primary, 7:00 am – 8:00 pm, Tuesday, March 1, 2016, Smith School Gym;
- Annual Town Meeting, 9:30 am, Saturday, March 19, Donaldson Auditorium;
- Annual Town Election, 7:30 am – 8:00 pm, Monday, March 28, Smith School Gym.

Absentee ballots for both elections are available in the Town Clerk's Office now. For additional information, please call 781-259-2607, or visit the Town website at <http://www.lincolntown.org/>

VERY MOVING GRADUATION OF THE NEW ENGLAND ASSISTANCE DOGS SOCIETY IN APRIL

Join us for a wonderful outing to the NEADS graduation on **Sunday, April 10, 2015 at Montachusett Regional Vocational Technical School, in Fitchburg, MA**. We will have a chance to watch these expertly trained dogs in action as they demonstrate their skills in aiding their new owners. We will also hear from their owners as they share the wonderful impact the dogs have had on their lives. We will leave by a Doherty's bus from the Lincoln Mall at 11:30 and have a leisurely lunch at a local restaurant. The graduation is planned from 2:00 until 4:00. We will return to Lincoln between 4:30 and 5:00. The cost for the trip is \$10 for the bus and driver's tip. Lunch is on your own. **Send a check made out to FLCOA/Trips to Sally Kindleberger, 14A North Commons, Lincoln, MA 01773. Call (781) 259-1169 to reserve a spot.**

EIGHTH GRADE WARRANT ARTICLE PROJECT: HYDRATION STATION



This year's group of Lincoln School eighth graders has again gathered sufficient signatures on its Citizen Petition to ensure a place on the 2016 Town Meeting Warrant. In the words of one of the students, their proposal is "to buy and install a hydration station in the Brooks School, to promote greener behavior and save money [currently] spent on water gallon jugs and single use non-recyclable cups." Join them at Town Meeting to learn more.

Inside This Issue:

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



ENJOY A DAY OUT WITH THE COA!



CANTERBURY SHAKER VILLAGE IN MAY



Please join us on a visit to the fascinating **Canterbury Shaker Village** in **Canterbury, NH on Wednesday, May 25**. We will step back in time and learn about the lives of these joyful people. **A comfortable air ride bus will leave Lincoln Mall at 8:45 AM**, returning between 4:30 and 5:00 PM. There will be a 75-minute guided walking tour of the Village, including the Meeting House, the Laundry, and the Dwelling House. Following the tour, we will have a picnic lunch in the Shaker Barn Restaurant. There will be ample time after lunch to explore on your own the School House, the Sister's Shop, and many other exhibits. You may view an excellent film on the history and life of this unique community. This trip is rated moderate for physical difficulty. The price of the trip is \$38 per person, including the picnic lunch. Payment is non-refundable. The trip is subsidized by the **Hurff Fund** and is for Lincoln residents only. Space is limited, so respond ASAP. **Make checks payable to FLCOA/Trips and send to Virginia O'Brien, 4 Linway Road, Lincoln MA, 01773**. Please enclose your phone number and email address with your check. If you have questions please contact Virginia at (781) 259-1291, vobrien39@yahoo.com.

THE COA TRIP COMMITTEE WOULD LIKE TO KNOW WHAT TRIPS YOU WANT TO GO ON AND WHEN

The Trip Committee would like your ideas for day trips that might interest you. Music — art — theater — historic places — nature? Have you been some place you think others would enjoy? What months are you NOT likely to participate? Perhaps you go away for the month of ????. Please email Claire at mounts781@gmail.com to let the Trip Committee know.

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 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.

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.

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

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

THE LINCOLN ACADEMY LECTURE SERIES

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

This Month's Speakers

March 7: Susan Taylor, Farrington Memorial Trustee and Clerk, and Wendy Matusovich, Executive Director—Farrington Nature Linc: 72 Acres, 105 Years, 1700 Kids and Growing!

*March 14: Kelly Dunn—What Does It Mean to Be Irish:
 A Look at the History of Ireland*

*March 21: Miranda Loud—The New Approach to Caring About the
 Environment: Maybe Anthropomorphism is Good For Us?*

*March 28: Wen Stephenson—What We're Fighting for Now Is Each Other:
 Dispatches from the Front Lines of Climate Justice*

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

**FIRESIDE CHAT: DRUG ADDICTION IN LINCOLN AND
 TREATMENT OPTIONS THAT WORK**

Drug addiction is ruining lives and families throughout our nation, Massachusetts, and here in Lincoln, and those abusing drugs are of all ages and all economic and social strata. How big is the problem in Lincoln? What kinds of drugs are being abused and by whom? What is the effect on our community? What are the best treatment options and why do many who have received treatment go back on drugs? Come discuss these questions at the next Fire-side Chat on **Wednesday, March 23, from 10 to 11:30 am** when our special guests will be Police Chief Kevin Kennedy and Dan Boynton, Lincoln resident and founder of Bay Cove Human Services, Boston's leading drug treatment facility. 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.

COUNCIL ON AGING INFORMATION

The COA is located in Bemis Hall, 15 Bedford Road

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

Hours: Monday through Friday, 8:30 am to 4:30 pm

*** JUST FOR FUN ***

EXPERIENCE THE ROMANCE OF THE RAILROAD WHEN YOU TRAVEL BY TRAIN!



Vacationing by train combines the convenience of letting someone else do the driving with a relaxed pace that lets you see the country as you go. Did you know that there are vacation packages where you can explore national parks, big cities, and small towns throughout the United States and Canada by rail? Come find out about how to plan a railroad vacation when Peggy Dawson, Travel Advisor/Accredited Cruise Counselor, comes to **Bemis Hall on Friday, March 18 at 10 am**. Peggy will explain how train travel works, talk about some of the most popular destinations, and answer your questions!

LINCOLN TRAD JAZZ SEXTET CELEBRATES SECOND ANNIVERSARY!

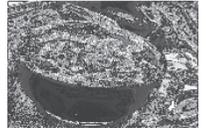


Don't miss the special Celebration Concert that the Lincoln Traditional Jazz Sextet will play at **1 pm on Friday, March 4 at Bemis Hall!** This very special performance will mark the completion of two years of monthly jazz sessions there.

Maybe you are one of their loyal followers or perhaps it's time to check them out and see what's been going on! The Lincoln Traditional Jazz Sextet is a fun group of spirited amateurs who give life to the New Orleans Dixieland and other music of the 20's, 30's and 40's. Give yourself the gift of an afternoon of piano, trumpet, clarinet, sax, trombone, bass and drums that will have you singing along with your favorites and tapping your toes!

ENJOY SOUP AND CHOWDER WITH OTHER VETERANS AND SPOUSES

Veterans and their spouses are invited to a Veterans Day Luncheon on **Wednesday, March 30 at 11:30 am**



at Bemis Hall. Come for soup or chowder and great conversation! This will be a relaxing, fun time for veterans and their spouses to get together, chat, and enjoy some time together. Please sign up by Wednesday, March 23 by calling the COA. A \$5 donation is requested.

AT THE MOVIES

THURSDAY, MARCH 3, 1 PM. BELLINI'S I PURITANI. A Puritan bride goes mad when her Cavalier bridegroom stands her up in order to save the life of a Royalist. A bel canto gem, one of Bellini's best. Anna Netrebko stars in this Metropolitan Opera production. 2007. NR. 149 mins.

TUESDAY, MARCH 15, 2:15 PM. LEARNING TO DRIVE. When soon-to-be-divorced Wendy Shields signs up for driving lessons, her instructor is Darwan, a Sikh immigrant to America. Though their cultural perspectives are poles apart, the two begin to develop a bond that transcends their differences. 2015. R. 90 mins.

THURSDAY, MARCH 17, 2:15 PM. THE MARTIAN. Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney must find a way to survive the planet's harsh environment — despite having only 28 days of supplies left. 2015. PG-13. 106 mins.

THURSDAY, MARCH 24, 2:15 PM. GRANDMA. Elle Reid has just gotten through breaking up with her girlfriend when her granddaughter Sage unexpectedly shows up needing \$600 before sundown. Their unannounced visits to old friends and flames end up rattling skeletons and digging up secrets. 2015. R. 79 mins.

TUESDAY, MARCH 29, 2:15 PM. FATHER OF THE BRIDE. In this charming update of the much-loved Hollywood classic, Steve Martin turns in a winning performance as George Banks, the befuddled father who has a hard time letting go of his daughter when she unexpectedly announces her plans to wed. 1991. PG. 105 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, March 15 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.



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.

KNITTERS DROP-IN All knitters are welcome to come **Tuesdays from 9:30 to 11 am** to get help with problems, ask questions, and get encouragement to finish projects! All levels of knitters 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.

PLAY-READING GROUP Sally Kindleberger leads a group in reading the comedy *Bedroom Farce* by Alan Ayckbourn on **March 1 and 8 at 11 am**. Sally will bring copies of the play.

FIRESIDE CHAT Join 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 drug addiction will be held on **March 23**.

CONSERVATION BREAKFAST **Thursday, March 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, March 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, March 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.

PRESCRIPTION DRUG COSTS TOO HIGH?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still *potentially* qualify for this program. Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the COA at (781) 259-8811 and ask for a SHINE appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MARCH</p> 	<p>1</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 11:00 Playreading: Bedroom Farce 11:30 You Can Do It Exercise 12:15 Life after 60 1:00 Exercise: Aerobics and Weights</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 6:30 Yoga</p>	<p>3</p> <p>9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Opera Movie: I Puritani 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In</p>	<p>4</p> <p>8:45 PTO Forum (Hartwell) 10:00 Wellness Clinic (LW) 10:00 German Conversations 1:00 Intermediate Bridge 1:00 Traditional Jazz Sextet</p>
<p>7</p> <p>10:00 Pastels 12:30 Lincoln Academy 2:00/3:15 Tai Chi</p>	<p>8</p> <p>9:30 Music Course 9:30 FCOA Meeting 9:30 Knitting Drop-In 11:00 Playreading: Bedroom Farce 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>11:00 Line Dancing 1:00/2:15 Tai Chi 6:30 Yoga 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 3:00 Ukulele Gathering 7:30 Owl Power (LLCT)</p>	<p>11</p> <p>10:00 Lincolntalk 12:15 Meditation 1:00 Intermediate Bridge 1:00 Schools Update</p>
<p>14</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>15</p> <p>9:00 Wellness Clinic 9:30 Music Course 9:30 Knitting Drop-In 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</p>	<p>16</p> <p>9:00 Podiatry 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 6:30 Yoga</p>	<p>17</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: The Martian</p>	<p>18</p> <p>10:00 German Conversation 10:00 Vacation by Train 1:00 Intermediate Bridge 1:00 Shoppers Rights</p>
<p>SUNDAY 13</p> <p>3:00 Revolutionary Justice</p>				

	2:15 Movie: Learning to Drive			SATURDAY 19 1:00 Jazz Jam
<p>21</p> <p>12:30 Lincoln Academy 2:00/3:15 Tai Chi</p>	<p>22</p> <p>9:30 Music Course 9:30 Knitting Drop-In 11:30 You Can Do It Exercise 12:15 Life after 60 1:00 Exercise: Aerobics and Weights</p>	<p>23</p> <p>10:00 Fireside Chat: Drug Addiction 11:00 Line Dancing 1:00/2:15 Tai Chi 6:30 Yoga</p>	<p>24</p> <p>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 2:15 Movie: Grandma</p>	<p>25</p> <p>10:00 CPR and Auto Defib 12:15 Meditation 1:00 Intermediate Bridge</p>
<p>28</p> <p>9:30 French Conversation 12:30 Lincoln Academy 2:00/3:15 Tai Chi</p>	<p>29</p> <p>9:00 Collating 9:30 Music Course 9:30 Knitting Drop-In 11:30 You Can Do It Exercise 12:15 Life after 60 1:00 Exercise: Aerobics and Weights 2:15 Movie: Father of the Bride</p>	<p>30</p> <p>11:00 Line Dancing 11:30 Veterans Lunch 1:00/2:15 Tai Chi 6:30 Yoga</p>	<p>31</p> <p>9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In</p>	<p><u>LOCATIONS</u> Hartwell: Hartwell Building, Ballfield Road Lib: Library LLCT: LLCT Offices LW: Lincoln Woods St. Anne's: St. Anne's Church TBA: Location to be announced</p>

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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 April 5 to May 17 at the Hartwell 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.



TRY 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 at 9:30 am and will run for 11 weeks beginning April 6. 60+ - \$120 for the series; Under 60 - \$135 for series (series packs and drop-in options available). Call the COA to sign up. Taught by Jai Kaur Annamaria San Antonio.

BLOSSOM WITH TAI CHI THIS SPRING

Beginners may now sign up for spring Tai Chi classes which will run 12 weeks from the week of March 28 till the week of June 13 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. Please see details below.



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. 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.

TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS **Beginners may sign up now. Continuing students do not need to sign up. 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 mind-bodyjm@comcast.net.

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

EASY YOGA Gentle yoga on the floor or in a chair, **Wednesdays at 6:30 pm at Bemis Hall**. Taught by Jai Kaur Annamaria San Antonio. For more information, contact Jai Kaur at asanajai@verizon.net. See details above.

ZUMBA GOLD A less vigorous version of the fun dancing workout! A new session starts **April 5 for 6 weeks at the B Pod for \$50**. See details above.

All fitness classes except Zumba Gold 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, March 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, March 1** and **Wednesday, March 16, 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

●●●WHAT YOU NEED TO KNOW●●●

LEARN YOUR RIGHTS AS A SHOPPER!



You have rights when you shop so make sure you get what you deserve! Come to **Bemis Hall on Friday, March 18 at 1 pm** to hear Robin Putnam, Research and Special Projects Manager from the MA Office of Consumer Affairs and Business Regulation, present Consumer University with a focus on shopping rights. She will tell you about the Office, expressed and implied warranties, return policies, defective merchandise, pricing discrepancies, and shopping online, through the mail or television. Bring your questions and concerns!

WHERE CAN YOU FIND EVERYTHING FROM A CAT-SITTER TO WHAT'S UP IN TOWN? LINCOLNTALK!

LincolnTalk is an email list especially for Lincoln residents where we share recommendations for contractors and professionals, news of local events, opinions on local issues, and more! All you need is a computer and internet access. Come find out more when Jena Salon and Alice Waugh come to **Bemis Hall on Friday, March 11 at 10 am!** You'll learn about LincolnTalk and how to get on the list so you can get all the benefits of knowing who to call when you have a job that needs to get done and get in touch with your fellow residents for some lively chat. Bring your laptop if you like!

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



Knowing CPR and how to use an automatic defibrillator can help you save a life. Come to Bemis Hall **on March 25 at 10 am** for a brush-up or an introduction to CPR and use of defibrillators given by the Fire Department. This free workshop by itself will not lead to certification, but it will give you the basics of what to do if you are with someone who has a medical crisis. Call to sign up.

THE PTO INVITES YOU TO TOWN CANDIDATE AND TOWN MEETING FORUM

Each March the Lincoln School PTO hosts a Lincoln Town Candidate and Town Meeting Forum. This forum is intended as a voter information session featuring candidates running for election/re-election on Monday, March 28th. This year the PTO will be hosting their forum on **Friday, March 4th from 8:45-9:30 am** in the Hartwell multi-purpose room following the PTO monthly meeting at 8:15 am. They would like to formally invite Lincoln seniors to join them for this event! If you would like to attend, please RSVP to ptochair@lpto.org. The Hartwell multi-purpose room is located in the school administrative building. Take the first right off of Ballfield Road, and the administrative building is immediately on the right. The room is on the 1st floor, 2nd door on the right. All are welcome to attend the PTO portion of the meeting at 8:15 if they wish.

MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, March 2 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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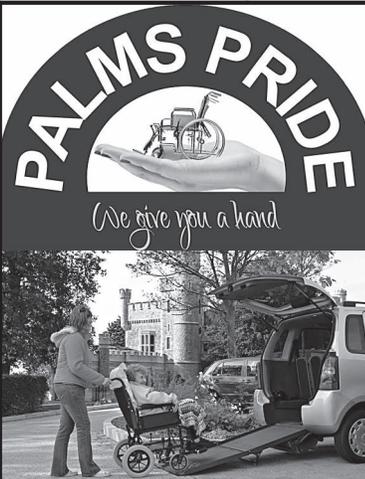
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Now our friends are coming down to visit here and they are really sort of jealous. We have the best of both worlds. // – Will and Bev Reed, Residents

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GOINGS ON IN AND AROUND LINCOLN

CLASSIC JAZZ AT LINCOLN LIBRARY Come hear Peter Gerler present *JAZZ FUNNIES*, a humorous look at the world of Jazz, on **Wednesday, March 9, 7:30 pm at the Library**. Don't miss it! This group meets the second Wednesday of every month.

OWL POWER A fascinating film that uses technology to demonstrate owl's amazing abilities. Presented by the Lincoln Land Conservation Trust on **Thursday, March 10 at 7:30 at the LLCT Offices** at 145 Lincoln Road (Lincoln Station, above the Post Office). For more information, call (781) 259-9251 or email llct@lincolnconservation.org.

REVOLUTIONARY JUSTICE Professor Bruce Mann of the Harvard University School of Law will discuss Revolutionary Justice: Law and Society in the American Revolution on **Sunday, March 13, at 3:00 pm at Bemis Hall**. Presented by the Friends of Minuteman National Park.

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, March 14 from 7 to 10 pm at the Library** featuring Dawn Kenney. Email: loma3re@gmail.com.

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

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, March 4 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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