



NEWS FROM BEMIS HALL

Volume 7 Issue 5

May 2016

The Lincoln Council on Aging Monthly

SPRING PIANO RECITAL BY WANDA PAIK



Join Lincoln resident Wanda Paik for a solo piano performance on **Friday, May 27, at 2:30 pm at Bemis Hall**. Admission is free and open to the public and will be followed by refreshments. The program will include music by Brahms, Chopin, Liszt, and Rachmaninoff. Ms. Paik has appeared as soloist with the Boston Pops, the Boston Classical Orchestra, the Boston Civic Symphony, the Lincoln-Sudbury Civic Orchestra, and the Stow (MA) Orchestra, among others. She has also performed at the National Gallery in Washington, D.C., the Fogg Museum at Harvard University, at numerous colleges and universities throughout the U.S., and in Brazil, Trinidad and South Korea. Ms. Paik has served as president of the New England Piano Teachers' Association and a board member of the Concord Area Music School Association. She is a member of the music faculty at Regis College in Weston, MA and has released two CDs: *Piano Perennials* and *Romantic Classics*, that will be available for sale for the benefit of the Friends of the Lincoln COA.

SAVE THE DATE! "ATTICUS" PERFORMANCE AND BOOK GROUP

Save **Sunday, June 5 at 2:00 pm at Bemis Hall** for a very special performance by acclaimed actor Richard Clark of his one-man show "Atticus," based on the iconic American character created by Harper Lee in her novels *To Kill a Mockingbird* and, more recently, *Go Set a Watchman*. Mr. Clark will perform scenes from the pages of *To Kill a Mockingbird*. This program is supported in part by a grant from the Lincoln Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Enrich your experience with an intergenerational book group on both books co-sponsored with the Lincoln Public Library on **Saturday, June 11, at 2 pm in the Library's Tarbell Room**.



DISCOVERING DIVERSITY IN LINCOLN

The Lincoln Diversity Committee and First Parish invite Lincoln residents of all ages to a public forum to discover and celebrate Lincoln's diversity. It will be held on **Monday, May 2, from 7 to 9 pm at Bemis Hall**. The evening will begin with a panel including Police Chief Kevin Kennedy, Schools Superintendent Becky McFall, the Rev. Manish Mishra-Manzetti, Senior Minister of First Parish, Jacquelin Apsler, Executive Director of the Domestic Violence Services Network, and Carolyn Bottum, COA Director, talking about the diversity in Lincoln they experience in their roles and efforts their organizations are making to embrace and promote differences of all kinds. A question and answer period and small group discussions will follow.

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TECHNO TEACH-IN WITH TEENS!

The Lincoln-Sudbury Regional High School Senior Class is having a Give Back to the Community Service Day, and they invite you to join them at **Bemis Hall on Wednesday, June 1 from 10 am to 1 pm**. Whether you want some tips on texting to keep up with grandchildren, or need help learning to store and play your favorite music and films on your computer, or anything else tech-related, call for an appointment today!

THE COA NEEDS VOLUNTEER MEALS-ON-WHEELS AND MEDICAL TRANSPORTATION DRIVERS! If you can drive one or two days a month or even just on occasion, please call Carolyn at (781) 259-8811.



ENJOY A DAY OUT WITH THE COA!



CANTERBURY SHAKER VILLAGE

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. **The deadline to sign up is May 15. 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 BUTTERFLY PLACE

Join us for a visit to The Butterfly Place in Westford on Tuesday, **June 21st**. It is an indoor garden with hundreds of free-flying butterflies! We will leave by Doherty's bus from the Lincoln Mall at 9:30 a.m. Cost is \$10.00. Lunch at Kimball Farm. We will return to Lincoln around 1:00 p.m. Send a check made out to FLCOA Trips to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA 01773. Please enclose your phone number and email address. Questions? Contact Donna at 781-257-5050 or Donna@ecached.com.



CHARLES RIVER CRUISE JULY 13! See June newsletter for more details!
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.

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.

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: bottumc@lincolntown.org

Internet: www.lincolntown.org

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

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

**May 2: Renata Pomponi — Protecting our Environment in the 21st Century:
 Responding to the Challenges of Climate Change in Lincoln and Beyond**

**May 9: Kathi Anderson — The Walden Woods Project:
 Keeping Thoreau's Legacy Alive in Lincoln and Beyond**

**May 16: Steve Desrosiers — METCO at 50: Considering the Past
 and The Road Ahead**

**May 23: Julie Dobrow — Not Just Emily Dickinson's Editor:
 The Multifaceted Life of Mabel Loomis Todd**

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

REVISITING OUR HISTORY IN IRAQ REGARDING ISIS

Recently, new articles, books, and films have appeared revisiting our history in Iraq relative to ISIS. Join Michael O'Brien at Bemis Hall in a series of three discussions to explore new information and respectfully share our thoughts and ideas. The series is co-sponsored with the Lincoln Public Library.

May 20, 9:30 am — Where Did ISIS Come From?

On March 13, the Globe Magazine featured a riveting 9-page analysis —“An Iraq Reckoning”—by Neil Swidey on how key decisions by Paul Bremer in Iraq in 2003 “shook the Middle East and paved the way for ISIS.” ISIS now threatens us, Europe, and the Middle East. It's time for us to revisit how it began: when, where, and why. Please read the article—“An Iraq Reckoning”—available on www.bostonglobe.com, and then join us for a 90-minute open discussion of it.

May 27, 9:30 am — Arrogance, Incompetence, and “No End in Sight”

“An Iraq Reckoning” cited the documentary film—“No End in Sight”—made in 2007, that presents “a staggering portrait of arrogance and incompetence” in the chain of decisions that led Iraq into a state of chaos and civil war following our occupation. Please join us to watch this 100-minute documentary. There will be a separate session for discussion the next week.

June 3, 9:30 am — Fiasco

In *Fiasco: The American Military Adventure in Iraq* (Penguin, 2006), senior Pentagon correspondent for *The Washington Post* Thomas Ricks documented the failure of both our civilian and military leadership in the Iraq War “to take even a minimally adequate long view.” This fascinating, spell-binding account provides a larger framework for viewing the documentary “No End in Sight.” Please read (or listen) to the book, after watching the film, and join us to discuss your reactions in a 90-minute session. The book is available at the Library.

*** JUST FOR FUN ***



EXPLORE MUSIC AND MODERNISM — 1900 TO JAZZ

Join Ela Brandys, DMA, of the Concord Conservatory of Music in a special four-part course to be held on **Tuesdays from 9:30 to 11 am beginning May 17** at a cost of \$50. The class will include modern European and American music ranging from the classical joys of Claude Debussy, Ravel, Stravinsky, Ives, and Aaron Copland to the birth of the uniquely American blues and jazz. Learn not just about the music, but about how to listen to the music with greater understanding for a richer, more enjoyable experience. Ms. Brandys is an internationally known flutist who has performed in Carnegie Hall and the Kennedy Center in Washington, DC, and teaches widely in New England. Call the COA to sign up!

KUMIKO ASADA TO EXHIBIT HER PAINTINGS AT BEMIS



In May and June, the Bemis Hall Lincoln Artists Gallery will host an exhibit of paintings by Lincoln resident Kumiko Asada. Kumiko was born in Osaka, Japan. She has two beautiful daughters, a loving husband and one adorable dog. She has been painting since she was just three years old, and it has been a passion of hers ever since. She came to the United States in the 1980s, and since then she has attended painting classes at the Museum of Fine Arts, The DeCordova, and The Cambridge Art Association. Her favorite artist is Giorgio Morandi.

EXPRESS YOUR LOVE OF NATURE USING WATERCOLORS WITH JANE

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

WANT TO SIT BACK AND ENJOY SOME OLD-FASHIONED HARMONY?

A melody you can sing along with? Hum, tap your toes to? The Lincoln Traditional Jazz Sextet will be bringing those tunes you know and love to **Bemis Hall on Friday May 6th at 12:30**. "Geezers" swingin' on Piano, Trumpet, Clarinet, Trombone, Sax, Bass, Drums will be there to entertain you. Come join the regulars singing along to *When You're Smilin'*, put a smile on your face with *Ain't Misbehavin'*, do the Charleston or the Lindy Hop if you're up for it. Or just put your feet up and relax.

AT THE MOVIES

MONDAY, MAY 2, 10:00 AM. MOZART'S DON GIOVANNI. The one where the Don has already scored 1,003 times in Spain before the opera begins and attempts four more before finally getting his comeuppance. Enjoy Teatro La Scala's acclaimed performance conducted by Riccardo Muti. 1998. NR. 176 mins.

THURSDAY, MAY 5, 2:15 PM. BROOKLYN. After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations—and two men. 2015. PG-13. 112 mins.

TUESDAY, MAY 17, 2:15 PM. SPOTLIGHT. Revealing a string of cover-ups stretching back decades, a team of "Boston Globe" reporters exposes the Catholic Archdiocese's history of keeping reports about child molestation and other priest-initiated abuse under wraps. 2015. R. 129 mins.

THURSDAY, MAY 26, 2:15 PM. BIG SHORT. Before the housing and credit bubble of 2007 triggers an international economic meltdown, a handful of financial outsiders sees the crash coming and bets against the big banks in a daring play that could reap them huge profits. 2015. R. 130 mins.

TUESDAY, MAY 31, 2:15 PM. BREAKFAST AT TIFFANY'S. Fortune hunter Holly Golightly finds herself captivated by aspiring writer Paul Varjak, who moves into her building on a wealthy woman's dime. 1961. NR. 114 mins.

~~~~~ SPEND TIME WITH OTHERS ~~~~~

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



Lincolniters 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, May 17 at St. Anne's Church. We welcome 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.

## FIRESIDE CHAT: OUR OWN STORIES OF FEELING "OTHER"

On **May 25 at 10 am** we will discuss our own stories of times when we have felt that we were treated as being "other," whether because of demographic characteristics or other aspects of who we are. What happened? How did we feel? What did we learn about how and why people are made to feel as if they are "other" than the majority of people in our society? The Fireside Chat is a monthly discussion group where we respectfully discuss issues and experiences using questions and answers facilitated by Sharon Antia. All are welcome!

## 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!

**PLAY-READING GROUP** Sally Kindleberger leads a group in reading Shakespeare's *Measure for Measure* on **May 3 and 10 at 11 am**. Sally will bring copies of the play.

**FIRESIDE CHAT** Join other residents in a respectful "Fireside Chat" discussion of a current news topic using questions and answers each fourth Wednesday at 10 am. This month's discussion, on times we felt like we were "treated as other," will be held on **May 25** (see details above).

**CONSERVATION BREAKFAST** **Thursday, May 12 at 8:00 am**. Meet and gossip the second Thursday of every month about Town events, also touching on Conservation. Call (781) 259-2612 for this month's venue.

**LINCOLN MEN'S COFFEE** **Thursday, May 19 at 8:00 am**. Bagels, cream cheese, and lox, doughnuts, coffee and camaraderie—a great chance to catch up with buddies and make new friends.

**HANDWORK CIRCLE** Chat while knitting, crocheting and doing other handwork the **second and fourth Thursdays of each month, 9:30 am**.

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

**UKULELE AND SING-ALONG GROUP** meets on **Thursday, May 12 at 3:00 here at Bemis Hall**. The group, led by Rob Todd, sings and plays simple songs together. Beginners welcome! Bring your ukulele or sing!

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

**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.

**THE VIETNAM VETERANS MEMORIAL MOVING WALL** is coming to Waltham in August. The "Wall" is a half-size replica of the Washington D.C. Vietnam Memorial. We are looking for families of military personnel who were killed in action during the Vietnam War so they can receive special invitations and participate in honoring our local heroes. Call Veterans Services Officer Priscilla Leach, at 781-259-4472 or [lincolnvetservices@gmail.com](mailto:lincolnvetservices@gmail.com), if you are a member of such a Gold Star Family. See future newsletters for more details.

| MONDAY                                                                                                                                                                                 | TUESDAY                                                                                                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                        | THURSDAY                                                                                                                                                                                                                                                                   | FRIDAY                                                                                                                                                                                                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>2</b></p> <p>9:30 Ageless Grace (Pod A)<br/> 10:00 Opera Movie:<br/> Don Giovanni<br/> 12:30 Lincoln Academy<br/> 2:00/3:15 Tai Chi<br/> 7:00 Diversity Forum</p>                | <p><b>3</b></p> <p>9:00 Podiatry<br/> 9:30 Knitting Drop-In<br/> 11:00 Playreading:<br/> Measure for Measure<br/> 11:30 You Can Do It<br/> Exercise<br/> 1:00 Exercise: Aerobics<br/> and Weights<br/> 1:00 Zumba Gold (BPod)<br/> 3:30 iPads and iPhones<br/> Help</p>                      | <p><b>4</b></p> <p>9:30 Yoga<br/> 11:00 Line Dancing<br/> 1:00 Office Hours with<br/> Aide to Katherine<br/> Clark<br/> 1:00/2:15 Tai Chi</p>                                                                    | <p><b>5</b></p> <p>9:15/10:15 Tai Chi<br/> 11:30 Piano Duets<br/> 1:00 Exercise: Aerobics<br/> and Weights<br/> 1:30 Computer Drop-In<br/> 2:15 Movie: Brooklyn<br/> 7:30 From the Ground Up<br/> (LSRHS)</p>                                                              | <p><b>6</b></p> <p>9:30 We Honor Veterans<br/> 10:00 German<br/> Conversation<br/> 12:30 Traditional Jazz<br/> Sextet<br/> 1:00 Intermediate<br/> Bridge<br/> 7:30 Live in Linc Ctr (St.<br/> Anne's)</p>                                                                                                          |
| <p><b>SUNDAY</b><br/> 7:30 am Spring Bird (TBA)</p>                                                                                                                                    | <p><b>1</b></p>                                                                                                                                                                                                                                                                              | <p><b>11</b></p> <p>9:30 Yoga<br/> 11:00 Line Dancing<br/> 1:00/2:15 Tai Chi<br/> 7:00 Medicare 101<br/> 7:30 Classic Jazz (Lib)</p>                                                                             | <p><b>12</b></p> <p>8:00 Conservation Bkfst<br/> (TBA)<br/> 9:15/10:15 Tai Chi<br/> 9:30 Handwork Circle<br/> 11:30 Piano Duets<br/> 1:00 Exercise: Aerobics<br/> and Weights<br/> 1:30 Computer Drop-In<br/> 3:00 Ukulele Gathering<br/> 7:00 LLCT Meeting<br/> (WWP)</p> | <p><b>SUNDAY</b> <b>8</b><br/> 7:30 am Spr Bird (TBA)</p>                                                                                                                                                                                                                                                          |
| <p><b>9</b></p> <p>9:00 Watercolors<br/> 9:30 French Conversation<br/> 9:30 Ageless Grace (Pod A)<br/> 12:30 Lincoln Academy<br/> 2:00/3:15 Tai Chi<br/> 7:00 Acoustic Night (Lib)</p> | <p><b>10</b></p> <p>9:30 Knitting Drop-In<br/> 11:00 Playreading: Measure<br/> for Measure<br/> 11:30 You Can Do It<br/> Exercise<br/> 1:00 Exercise: Aerobics<br/> and Weights<br/> 1:00 Zumba Gold (BPod)<br/> 2:30 Joint Meeting COA/<br/> FCOA<br/> 3:30 iPads and iPhones<br/> Help</p> | <p><b>18</b></p> <p>9:00 Podiatry<br/> 9:30 Yoga<br/> 11:00 Line Dancing<br/> 1:00/2:15 Tai Chi</p>                                                                                                              | <p><b>19</b></p> <p>8:00 Men's Coffee<br/> 9:15/10:15 Tai Chi<br/> 10:00 iPhones and Ipads<br/> 11:30 Piano Duets<br/> 1:00 Exercise: Aerobics<br/> and Weights<br/> 1:30 Computer Drop-In</p>                                                                             | <p><b>13</b></p> <p>9:00 Watercolors<br/> 9:30 Being Mortal<br/> 10:00 Wellness Clinic<br/> (LW)<br/> 12:30 Tough End-of-Life<br/> Decisions<br/> 1:00 Intermediate Bridge</p> <p><b>SATURDAY</b> <b>14</b><br/> 1:00 Jazz Jam</p> <p><b>SUNDAY</b> <b>15</b><br/> 7:30 am Spr Bird (TBA)<br/> 2:00 METCO 50th</p> |
| <p><b>16</b></p> <p>9:00 Watercolors<br/> 9:30 Ageless Grace (Pod A)<br/> 12:30 Lincoln Academy<br/> 2:00/3:15 Tai Chi</p>                                                             | <p><b>17</b></p> <p>9:00 Wellness Clinic<br/> 9:30 Music and Modernism<br/> 9:30 Knitting Drop-In<br/> 11:30 You Can Do It<br/> Exercise<br/> 11:30 Senior Dining (St.<br/> Anne's)<br/> 1:00 Zumba Gold (BPod)<br/> 1:00 Exercise: Aerobics<br/> and Weights</p>                            | <p><b>20</b></p> <p>9:00 Watercolors<br/> 9:30 Discussion: Where<br/> Did ISIS Come<br/> From?<br/> 10:00 German<br/> Conversation<br/> 12:30 Creating<br/> Independence at<br/> Home<br/> 1:00 Intermediate</p> | <p><b>20</b></p>                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                    |

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|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>2:15 Movie: Spotlight</p>                                                                                                                          | <p><b>23</b></p> <p>9:00 Watercolors<br/> 9:30 French Conversation<br/> 12:30 Lincoln Academy<br/> 2:00/3:15 Tai Chi</p> | <p><b>24</b></p> <p>9:00 Collating<br/> 9:30 Music and Modernism<br/> 9:30 Knitting Drop-In<br/> 11:30 You Can Do It Exercise<br/> 1:00 Exercise: Aerobics And Weights<br/> 3:30 iPads and iPhones Help</p> | <p><b>25</b></p> <p>8:45 Canterbury Trip Leaves (Mall)<br/> 9:30 Yoga<br/> 10:00 Fireside Chat: Telling Our Stories of "Otherness"<br/> 11:00 Line Dancing<br/> 1:00/2:15 Tai Chi</p>                                                                                                                     | <p><b>26</b></p> <p>9:15/10:15 Tai Chi<br/> 9:30 Handwork Circle<br/> 11:30 Piano Duets<br/> 1:00 Exercise: Aerobics and Weights<br/> 1:30 Computer Drop-In<br/> 2:15 Movie: Big Short</p> | <p><b>27</b></p> <p>9:00 Watercolors<br/> 9:30 Film and Discussion: Arrogance, Incompetence, and No End in Sight<br/> 1:00 Intermediate Bridge<br/> 2:30 Recital with Wanda Paik</p> <p><b>SUNDAY 29</b><br/> 2:00 Swing Senders</p> |
| <p>Bridge</p>                                                                                                                                         | <p><b>30</b></p> <p><b>COA CLOSED/<br/> MEMORIAL DAY</b></p>                                                             |                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                            | <p><b>31</b></p> <p>9:30 Music and Modernism<br/> 9:30 Knitting Drop-In<br/> 11:30 You Can Do It Exercise<br/> 1:00 Exercise: Aerobics And Weights<br/> 2:15 Movie: Breakfast at Tiffany's<br/> 3:30 iPads and iPhones Help</p>      |
| <p><b>25</b></p> <p>Canterbury Trip Leaves (Mall)<br/> Yoga<br/> Fireside Chat: Telling Our Stories of "Otherness"<br/> Line Dancing<br/> Tai Chi</p> |                                                                                                                          | <p><b>MAY</b></p>                                                                                                        | <p><b>LOCATIONS</b><br/> <b>A&amp;BPoda: B Pod at Hartwell Area Lib: Library</b><br/> <b>LW: Lincoln Woods</b><br/> <b>LSRHS: Linc-Sud High Sch</b><br/> <b>Mall: Mall by Donelan's St. Anne's: St. Anne's Church</b><br/> <b>TBA: Location to be announced</b><br/> <b>WWP: Walden Woods Project</b></p> |                                                                                                                                                                                            |                                                                                                                                                                                                                                      |

**Lincoln Cable TV**  
Selectmen, Schools, Town Meetings, COA Lectures, Bulletin Board and more!  
**Watch on TV** - Comcast channels 8 and 99 • Verizon channel 33  
**Watch on your computer** - "Streaming" or Video on Demand at <http://lincolntv.viebit.com>

  
**Parmenter**  
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- Hospice Residence
- Community Services
- Food Pantry

Jewish Hospice accreditation

## ~~ FOR YOUR WELL BEING ~~

### BEING MORTAL: AN ONGOING CONVERSATION ABOUT LIFE AND END-OF-LIFE PLANNING

How we die and how we help our family and friends at the end of their lives, how the medical system assists or hinders you in making choices about your care, and the best ways to live more independently for as long as possible are all questions that have no easy answers. Join in a series of free-ranging conversations on these and other related topics, with occasional references to Atul Gawande's book *Being Mortal*, facilitated by Alyson Lee, Life Coach, Social Worker, and Certified Facilitator for Honoring Choices/Massachusetts. This month's conversation will be on **Friday, May 13 at 9:30 am at Bemis Hall.**

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

Learn the basics of Medicare on **Wednesday, May 11, at 7:00 pm at Bemis Hall** with Minuteman Senior Services SHINE counselors Don Milan and Anne Meade. Come if you will be signing up soon or you just wish to understand your 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, timeframes for enrolling to avoid penalties and more.

### WOULD YOU BE INTERESTED IN CHRONIC DISEASE MANAGEMENT HELP?

If we have enough interest, we will try to offer a six-session course on some aspect of chronic disease management. If you would be interested in learning more about diabetes self-management, fall prevention, or healthy eating, please contact Carolyn at [bottumc@lincolntown.org](mailto:bottumc@lincolntown.org) or (781) 259-8811 and tell her which you would like.

### 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** Spring classes are now closed. **Level I (Beginners):** Mon 2–3 pm and Wed 1–2 pm (Jane Moss), Thurs 9:15–10:15 (Ellie Horwitz and Cynthia Rosenberger). **Level 2:** Mon 3:15–4:15 (Jane Moss). Level 2 Practice: Thurs 10:15–11:15 (Ellie Horwitz 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. To join the class, please contact Jai Kaur at [asanajai@verizon.net](mailto:asanajai@verizon.net).

*All fitness classes are subsidized by the MA Executive Office of Elder Affairs. Tai Chi is also subsidized by the FLCOA.*

### WELLNESS CLINICS FOR ALL AGES

Come to two clinics for residents of all ages 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. Our first clinic will be at **Lincoln Woods' Community Building at 50 Wells Road on Friday, May 13 from 10 am to noon**. This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, May 17 from 9 to 11 am at Bemis Hall**. This clinic is sponsored by the Pierce House. Services for both clinics are provided by Emerson Hospital Home Care.

### PODIATRY CLINICS

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

## **DESIGN YOUR THIRD AGE YOUR WAY**

### **MAKING AND COMMUNICATING TOUGH END-OF-LIFE DECISIONS**

Communicating your wishes and values about how you would like to be cared for at the end of your life can be among the most difficult conversations you will have, but also the most important. Join Sally Pastorik and Michele Claybourne of Brookhaven Hospice on **Friday, May 13, at 12:30 pm at Bemis Hall** for a frank yet sensitive discussion of when the best time to make these tough decisions is, sharing news of advanced illness with friends and family members, and strategies for breaking through some of the barriers our families may feel about following our wishes and being clear about our wants and needs. This program will include lots of time for small and large group discussion.

### **CREATING INDEPENDENCE AT HOME WITH IN-HOME SERVICES AND TECHNOLOGY**

Almost everyone would like to remain at home for as long as possible, and now you can by using an increasingly wide array of in-home services as well as technology that does what you no longer can and helps monitor your well being. Join Hector Montesino, Director of Home Care for Abundant Life Services, on **Friday, May 20, at 12:30 pm at Bemis Hall**. You'll find out what services are available, how to arrange for them and at what cost as well as some of the newest technology that can keep you safe at home. There will also be plenty of time to talk about your feelings regarding independence as well as to have your questions answered.



### **SAVE THE DATES FOR YOUR THIRD AGE YOUR WAY IN JUNE!**

Save the date for further explorations with *Living in a Small Space and Loving It* with Lyn Spaeth, Transformations, (**June 10**) and *Sharing Memories, Sharing Lives* with Leslie Kilgore (**June 17**), both at 12:30 pm.

### **...WHAT YOU NEED TO KNOW...**

#### **IPHONES AND IPADS, PART III**

Our programs on iphones and ipads given by Andy Payne have been so popular that we have asked him to come back! Andy will be here on **Thursday, May 19 at 10 am** to give you more information on the operation and features of iphones and ipads and answer your questions. You are welcome to attend whether you came to the other sessions or not. If you have tips for using your iphone or ipad, bring those, too!



#### **WE HONOR VETERANS: END-OF-LIFE AND SURVIVOR BENEFITS**



Veterans and their families have special needs when it comes to end-of-life care, whether related to the unique life and health care experiences of veterans or to the benefits of the Veterans Administration for end-of-life health care, burial benefits, or survivor benefits. We Honor Veterans is an initiative of the Veterans Administration and local hospices and other care providers to make sure that veterans receive sensitive and compassionate care and know about all their benefits. Come find out more when Mary Beth Kawalek of Brookhaven Hospice comes to **Bemis Hall on Friday, May 6 at 9:30 am**.

#### **MEET WITH AN AIDE TO CONGRESSWOMAN KATHARINE CLARK**

Come to **Bemis Hall on Wednesday, May 4 at 1 pm** to meet with Anthony Morreschi, Constituent Service Representative for Congresswoman Katherine Clark, on federal benefits and other concerns.

#### **COME FOR 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. Come **Tuesday afternoons from 3:30 to 4:15 for help specifically with ipads and iphones (except May 17)** ! If you have a laptop or net-book, please bring it! Tutors are also available at other times.



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## GOINGS ON IN AND AROUND LINCOLN

**SPRING BIRDING IN LINCOLN** four Sundays from April 24 through May 15 from 7:30 – 9:30 am at various locations around town. Check the Land Trust website at [www.lincolnconservation.org](http://www.lincolnconservation.org) or call the LLCT at (781) 259-9251 for locations. Local birding experts will lead each walk. All are welcome. Cancelled if raining.

**FELS TALK 2016: FROM THE GROUND UP! Presentations and Discussions with Five Local Farm to Table Business Owners.** May 5, 7:30 pm, Lincoln-Sudbury Regional High School Auditorium. \$10 admission benefits the Foundation for Educators at L-S (FELS), which provides enrichment grants to faculty and staff.

**LIVE IN LINCOLN CENTER @ St Anne's on Friday, May 6 @ 7:30pm,** First Parish in Lincoln presents members of the HANDEL AND HAYDN SOCIETY in a concert of baroque concerti and orchestral music. Reception follows. PLEASE NOTE LOCATION AT St. Anne's at 147 Concord Road. Suggested donation \$30 pp.

**OPEN MIKE ACOUSTIC NIGHT** Enjoy live music at the free Open Mike Acoustic program **Monday, May 9 from 7 to 10 pm at the Library** featuring Mike Laureanno. Email: [loma3re@gmail.com](mailto:loma3re@gmail.com).

**CLASSIC JAZZ AT LINCOLN LIBRARY** Wednesday, May 11, 7:30 pm at the Library — A Video Potpourri by Vern Welch — don't miss it! This group meets the second Wednesday of every month.

**ANNUAL MEETING OF THE LINCOLN LAND CONSERVATION TRUST** Thursday, May 12 from 7:00 - 9:00 pm at the Walden Woods Project, 44 Baker Farm Road, Lincoln. Sara Lewis, professor at Tufts University and Lincoln resident, will discuss "Silent Sparks: The Wondrous World of Fireflies." All are welcome.

**FREE LIVE TRADITIONAL CJALL JAZZ JAMS** on Saturday, May 14 from 1:00 pm – 5:00 pm at Bemis Hall. Come hear local musicians belting out old favorites which will set your feet a-tappin.' Free.

**METCO-LOOKING BACK AFTER 50 YEARS** May 15, 2 pm, Bemis Hall. Join the Lincoln Historical Society in celebrating 50 years of the METCO program with a panel of 4 people involved in METCO over the years.

**CLASSIC JAZZ AT THE LIBRARY FREE LIVE CONCERT!** Sunday, May 29, 2-4 PM, Bemis Hall. Steve Taddeo and the Swing Senders with guest Ken Peplowski. A swinging band with music of the 30s and 40s!

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