



NEWS FROM BEMIS HALL

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The Lincoln Council on Aging Monthly



MIDDLESEX DISTRICT ATTORNEY MARIAN RYAN: AN UPDATE ON ELDER SAFETY INITIATIVES AND MORE

Join Middlesex District Attorney Marian Ryan and Lincoln Police Chief Kevin Kennedy on **Friday, September 23 at 12:30 at Bemis Hall** for an update on the latest crimes and threats to safety for older adults, including SCAMS, computer security, and fake charities. She will also discuss prevention initiatives on topics in the news such as the opioid crisis and preventing and prosecuting violent crime. A special focus will be on identifying potential SCAMS through “red flags” by way of calls, emails, and solicitations and the best way to respond. Prior to being named District Attorney, Marian Ryan served as the Chief of the office’s Elder and Disabled Unit for 18 years. Through her experience she has worked to promote best practices and protocols in investigating and prosecuting abuse cases. Bring questions! Call to sign up.

OGDEN CODMAN TRUST FUNDS POSITIVE PSYCHOLOGY CLASS

Positive Psychology is an innovative way to build on strengths to lead a meaningful life, cultivate what is best within ourselves, and enhance love, work, and play. The Ogden Codman Trust is generously supporting a free, eight-session course in Positive Psychology beginning **Friday, September 16 at 9:30**. Sign up to hear presentations and engage in discussions to learn strategies for being happier, realizing dreams, bringing about personal change, using mindfulness, exercise, sleep, and nutrition to enhance quality of life, and improving relationships. Taught by Alyson Lee, a social worker and life coach.



HAVE COFFEE WITH THE NEW PLANNING DIRECTOR

Jennifer Burney, Lincoln’s new Director of Planning and Land Use, is already off and running on a number of important projects and initiatives that will shape Lincoln for decades to come, including South Lincoln, the commuter rail, open space, housing, and more. Come meet Jennifer, find out more about what is going on in the town and her goals and priorities, ask her questions, and give her ideas on **Wednesday, September 14 at 10 am at Bemis Hall**.

“COFFEE WITH A COP”: SHARE CONCERNS AND IDEAS WITH POLICE CHIEF KENNEDY

Come to Bemis Hall on **Thursday, September 15 from 1 to 3 pm** to meet privately with Police Chief Kennedy. Do you have a security concern regarding yourself, a family member, or neighbor? An idea for the Police should try? Would you like guidance about a situation? Come on down! No need to make an appointment. An officer will be at Bemis each third Thursday of the month from 1 to 3.

TWO FALL ELECTIONS

The State Primary is scheduled for **Thursday, September 8**, at the Smith School gym, 7:00 am – 8:00 pm. Massachusetts law permits Unenrolled (also known as “Independent”) voters to vote any party’s ballot. Voter registration deadline for residents not yet registered has passed. A special election for all sixteen member towns of the **Minuteman High School district** will be held **September 20, noon to 8:00 pm**, at the Smith School Gym. The voter registration deadline is Wednesday, August 31. A majority of the votes cast throughout the entire district will determine the outcome. Voting will be conducted alphabetically by last name using a single ballot box. For further information, please visit the Town Clerk’s webpages at <http://www.lincolntown.org/index.aspx?nid=154> or call the Town Clerk’s Office at (781) 259-2607.





ENJOY A DAY OUT WITH THE COA!



WHALES AND TALES AT THE NEW BEDFORD WHALING MUSEUM



Come with us to the **New Bedford Whaling Museum** on **Wednesday, September 21.**

This world- renowned museum brings to life the rich history of the whaling industry and New Bedford's role as its premier port. After viewing a brief film under the guidance of our docents we will see the world's largest whaling ship model, five rare and huge whale skeletons, and a notable collection of scrimshaw, artifacts and logbooks. On our way to lunch, on your own, at a very charming, near-by restaurant, we will stop in at the Seamen's Bethel, still today serving the seafaring community. The price of this trip, rated moderate for physical activity, is \$16, non-refundable and space is limited. This trip is subsidized by the Hurff Fund and is for Lincoln residents only. **The bus will depart from Donelan's parking lot at 9 am. To reserve your spot, you must send your check payable to FLCOA/Trips to Sally Kindeberger, 14A North Commons, Lincoln, MA, 01773 prior to September 7. Without your check, we cannot reserve your spot. For more information, call Sally at (781) 259-1169.**

LONGFELLOW HOUSE IN CAMBRIDGE

Please join us for a visit to the **Henry Wadsworth Longfellow House** in **Cambridge** on **Wednesday, October 26.** Walk through the rooms where Henry Longfellow crafted American



masterpieces and George Washington commanded the Continental Army during the siege of Boston. **We will leave the Lincoln Mall at 9:30 AM** on a Doherty school bus, returning between 2:00 and 2:30 PM. There will be a 50-minute guided walking tour of the house, and time to view the garden and visit the book shop. After the tour we will have lunch at a local restaurant at your own cost. This trip is rated moderate for difficulty. The price of the trip is \$10 per person. Payment is non-refundable and space is limited. **To reserve a space, send checks, payable to FLCOA/Trips, to Donna Rizzo, 22 Blackburnian Road, Lincoln MA, 01773.** Please enclose your phone number and email address with your check. If you have questions please contact Donna at (781) 257-5050, donna@ecacbed.com.

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 SOCIAL WORKER AND OTHER 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.

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

September 19—Noah Eckhouse: Winning the 1992 America's Cup: Technology Triumphs over Pedigree

From 1990 to 1992, I had the honor of being a member of the design team for America Cubed, the winner of the 1992 America's Cup sailboat race. Backed by the vision (and financing) of Bill Koch – an MIT alumnus – we took a technologically-heavy approach to winning the most esteemed yacht race in the world. Over the course of 18 months we developed technologies and capabilities that took the sailing world by storm – and a few hoaxes along the way just to keep the other syndicates honest!

September 26—Lew Lloyd: The Story Of A Young Man and His Off Broadway Theatre In The 60s And How I Met Merce and John And Bob And Learned To Love The Avant Garde

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

THE FIRESIDE CHAT: ANTI-SEMITISM AND ISRAEL



The Fireside Chat meets monthly on the fourth Wednesday at 10 am so that residents may get together for a respectful discussion of important current topics. We use questions and answers so that we can gain a greater understanding of issues as well as why residents think and believe as they do.

On **September 28**, Rabbi David Finkelstein will join us in a discussion about anti-Semitism and negative beliefs and attitudes about Israel. The discussion is facilitated by Sharon Antia.

AGING MASTERY PROGRAM IN WESTON

This fall, forge your path to better physical and emotional health, financial well-being, and life enrichment through actionable goals, small but impactful life changes, and peer support! Lincoln seniors are invited to join others from Weston and Wayland at the Weston COA in this free 10-week program meeting on Wednesday afternoons from **1:30 to 3:00 pm beginning September 14**. Please sign up now; space is limited. Supported by the National Council on Aging, the Massachusetts Councils on Aging, and the Mass/ Executive Office of Elder Affairs.

FORUM ON GENERATION-BASED STRENGTHS AND DIFFERENCES

The First Parish, the Council on Aging, the Lincoln Family Association, the Lincoln Diversity Committee and other interested organizations will be co-sponsoring a town-wide forum on Sunday, **October 16th** on generational strengths and differences. In preparation for this event, residents are encouraged to read Haydn Shaw's book *Sticking Points* on that subject. The Lincoln Public Library will be obtaining reserve copies.

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 ***

TAKE TIME FOR TEA ON TUESDAYS



When was the last time you spent a relaxing hour or so over a cup of tea with friends? You are cordially invited to "Take Time for Tea on Tuesday," when you may enjoy a cup of tea (or coffee) and snacks in an elegant atmosphere with friends, old and new on **Tuesday, September 27 from 2:15 to 4:00 pm at Bemis Hall**. Just come as you are, have a seat at a table, get yourself some tea and cookies and enjoy the company of your friends and neighbors. All are welcome. No need to sign up.

MUSIC APPRECIATION:



Unwrapping the Music—Special Topics

Develop your musical listening skills and music appreciation with *Music Appreciation: Unwrapping the Music — Special Topics* presented at the COA by the Concord Conservatory of Music. This year we'll cover topics like world music, American music, opera, and symphonies. **12 Tuesday mornings from 9:30 to 11 am beginning Sept. 13.** \$117. Taught by Ela Brandys, DMA. Sign up now!

COFFEE WITH LINCOLN ARTIST SHEILA BEENHOUSER

Come to Bemis Hall during the month of September to view an exhibit of Sheila Beenhouwer's work painted after photographing the vibrant colors of the entrancing city lights and sunset. She attended the Arts Students League of New York and graduating from William Paterson University to become an art teacher for grades 7-9 while continuing her studies in painting, silver jewelry-work and welding. Meet her at her Artist's Coffee on **Tuesday, September 20 at 2:30!**



JAZZ UP YOUR FALL WITH THE LINCOLN TRAD JAZZ SEXTET

The beginning of September can be a hectic time as life gets started up again. Come to **Bemis on Friday, September 9 at 12:30 pm**, sit back while the Lincoln Trad Jazz Sextet stirs up memories and sets your toes a-tappin' as their music fills the hall with old favorites from the 20s, 30s, and 40s. All the musicians are highly talented retired amateurs who bring you their love of this uniquely American music for your enjoyment!

JOIN THE MEMOIR GROUP

Without any obligation, please come to the first meeting of the Memoir Group on **Wednesday, September 7 from 10 am to noon** and find out what we do. If you like what you hear and you want to continue, the cost of the eight-session term is \$75. The dates for the term are Sept. 7 and 21; Oct. 5 and 19; Nov. 2, 16, and 30; and Dec. 14. If you want more information, call Connie Lewis (781) 259-9415 or email her at conlewis1000@gmail.com.

WATERCOLORS WITH JANE

Jane Cooper 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 **October 3 and then another session of four classes will begin on October 21 from 9 am to 11 am**. The cost is \$15. Call to sign up now as space is limited.

AT THE MOVIES

TUESDAY, SEPTEMBER 6, 2:15 PM. 45 YEARS. Geoff and Kate Mercer's plans for a 45th anniversary party are upset when a body found in the Swiss Alps is identified as Geoff's long-ago love. 2015. R. 95 mins.

THURSDAY, SEPTEMBER 15, 2:15 PM. MEET THE PATELS. Caught between his American dreams and Indian social mores, Ravi Patel initiates a global search for a woman acceptable to both. 2015. PG. 88 mins.

THURSDAY, SEPTEMBER 22, 2:15 PM. EDDIE THE EAGLE. Spunky Eddie "the Eagle" Edwards relies on valor to compete as the first Englishman in the Winter Olympics ski jump. 2016. PG-13. 105 mins.

THURSDAY, SEPTEMBER 29, 2:15 PM. EAST SIDE SUSHI. Single mom Juana soon learns the journey to sushi chef isn't easy if neither your race nor your gender matches up with expectations. 2015. PG. 106 mins.

~ ~ ~ SPEND TIME WITH OTHERS ~ ~ ~

ENJOY A GOURMET LUNCHEON WITH FRIENDS!

Lincolmites 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, September 20 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 friends and neighbors.

HOW ABOUT JOINING A PHONE CHAT?

Many people aren't able to come to the COA or prefer to stay home. For some it may be because they are unable to leave home due to health issues or they are the primary caregiver for a spouse or parent or they just feel isolated. So, we are hoping to form some phone chat groups — perhaps one for men, one for women, and one for caregivers, and others. Please let Pam or Susan know if you would like to be part of a group!

"STAYING IN TOUCH" GROUP

Take time to get in touch and stay in touch with ourselves and others. All are invited to a discussion group to be held each **Tuesday from 2:30 to 4:00 pm beginning September 6**. This is an opportunity to chat with others on an array of topics of the group's choosing and get to know your neighbors.

SCIENCE AND TECHNOLOGY GROUP FORMING

Would you be interested in attending a monthly discussion group to talk about various discoveries, issues, or aspects of science, engineering, and technology? The group could either be free-flowing or have a formal speaker to introduce a topic each month. If you are interested, please come to a meeting on **Thursday, September 15 at 10 am at Bemis Hall** where we will discuss what the group might be like and when it might meet.

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

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

SPANISH CONVERSATION Enjoy Spanish conversation with others each **first and third Monday at 11 am** here at Bemis Hall.

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 Philip King's English comedy "See How They Run" on **September 6 and 13 at 11 am**. Sally will bring copies of the play.

FIRESIDE CHAT Join others in a respectful discussion of a current news topic using questions and answers each fourth Wednesday at 10 am. This month's discussion, on anti-Semitism and Israel, will be held on **September 28**.

CONSERVATION BREAKFAST **Thursday, September 8 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, September 15 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.

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, September 8 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 OPEN BRIDGE each **Friday at 1 pm at Bemis Hall**. Any bridge player who knows "Standard American" and understands week two bids, better minors, stayman and other similar terms is welcome to join Open Bridge. We hope to offer lessons for interested beginners this fall. Let Carolyn know if you are interested in lessons.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SEPTEMBER</p> 		<p>LOCATIONS B Pod: B Pod at Ballfield Road Lib: Library LW: Lincoln Woods Mall: Parking Lot by Donelan's St. Anne's: St. Anne's Church TBA: Location to be announced Weston: Weston COA</p>	<p>1</p> <p>11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In</p>	<p>2</p> <p>COA CLOSED/ SUMMER HOURS 10:00 Wellness Clinic (LW)</p>
<p>5</p> <p>COA CLOSED/ LABOR DAY</p>	<p>6</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 11:00 Playreading: See How They Run 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 2:15 Movie: 45 Years 2:30 Staying in Touch Group</p>	<p>7</p> <p>10:00 Memoirs 11:00 Line Dancing 1:00 Office Hours with Aide to Katherine Clark</p>	<p>8</p> <p>8:00 Conservation Bkfst (TBA) 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>9</p> <p>12:30 Trad Jazz Sextet 1:00 Open Bridge</p> <p>SATURDAY 10 9:00 Library Book Sale</p>
<p>12</p> <p>9:30 French Conversation 2:00 Legal Clinic 2:15/3:15 Tai Chi 7:00 Acoustic Night (Lib)</p>	<p>13</p> <p>9:30 FCOA Meeting 9:30 Knitting Drop-In 9:30 Unwrapping the Music 11:00 Playreading: See How They Run 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights</p>	<p>14</p> <p>10:00 Coffee with the Planning Director 11:00 Line Dancing 1:00/2:15 Tai Chi 1:30 AMP (Weston) 7:30 Classic Jazz at the Library</p>	<p>15</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 10:00 Science and Technology Group Discussion 11:30 Piano Duets 1:00 Meet with Police Chief Kennedy 1:00 Exercise: Aerobics and Weights</p>	<p>16</p> <p>9:30 Positive Psychology 10:00 German Conversation 12:30 Sleep Better 1:00 Open Bridge</p>

<p>2:30 COA Board 2:30 Staying in Touch Group</p>	<p>2:30 COA Board 2:30 Staying in Touch Group</p>	<p>SATURDAY 17 1:00 Jazz Jam</p>	<p>1:30 Computer Drop-In 2:15 Movie: Meet the Patels</p>
<p>19 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>20 9:00 Wellness Clinic 9:30 Knitting Drop-In 9:30 Unwrapping the Music 11:30 Senior Dining (St. Anne's) 11:30 You Can Do It 1:00 Exercise: Aerobics and Weights 1:00 Zumba Gold (B Pod) 2:30 Coffee with the Artist 2:30 Staying in Touch 7:00 Community Conver.</p>	<p>23 9:30 Positive Psychology 12:30 DA Marian Ryan Update 1:00 Open Bridge</p>	<p>22 9:15/10:15 Tai Chi 10:00 Iphones and Ipads—Beginners 11:00 Iphones and ipad —Intermediate 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2 2:15 Movie: Eddie the Eagle</p>
<p>26 9:30 French Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>27 9:00 Collating 9:30 Knitting Drop-In 9:30 Unwrapping the Music 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 1:00 Zumba Gold (B Pod) 2:15 Tea on Tuesday 2:30 Staying in Touch Group</p>	<p>30 9:30 Positive Psychology 12:30 Legal Aspects of Incapacity 1:00 Open Bridge</p>	<p>29 9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: East Side Sushi</p>
<p>21 9:00 Podiatry 9:00 Whaling Museum Trip Leaves (Mall) 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 1:30 AMP (Weston) 2:00 Techno-Teens with LEAP</p>	<p>28 10:00 Fireside Chat: Anti-Semitism and Israel 11:00 Line Dancing 1:00/2:15 Tai Chi 1:30 AMP (Weston) 7:00 Long Distance Caregiving</p>		

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~~ FOR YOUR WELL BEING ~~



MAXIMIZING LONG DISTANCE CAREGIVING

Do you find it challenging to help a loved one from a distance? How can you ensure your aging relative is getting the attention they need to avoid crises? Are you familiar with the Lincoln area resources? Come learn tips from Linda Smith, BSN, RN, CMC a certified Aging Life Care Manager, a registered nurse of 30 years and principal of Metrowest Eldercare Management. Ms Smith will discuss how to make long distance caregiving a positive experience, how to avoid crises and how to enhance your loved one's well being. She will discuss warning signs depicting when immediate help may be needed, how to start difficult conversations, and how to lessen the long distance caregiver's worry. Join us at Bemis Hall, on **Wednesday, September 28 at 7 pm** to hear how you can be a more effective and confident long distance caregiver.

GO TO SLEEP EASIER AND STAY ASLEEP LONGER

Many people of all ages have problems sleeping, whether it is getting to sleep or staying asleep. Improving your sleep can make a big difference in how you feel and cope with life's challenges. Come find out more about why you may be having trouble sleeping, common sleep disorders, and how you can sleep better when Neil M. Kruskowski, RRT/CPFT, a registered respiratory therapist and Director of Cardio/Pulmonary/Neurology/Sleep Disorders Program at Emerson Hospital comes to **Bemis Hall on Friday, September 16 at 12:30 pm**. Bring your questions and concerns.

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 Tai chi will begin the week of September 12 and continue for 14 weeks. New students may sign up now. Continuing students do not need to sign up. **Level 1 (Beginners)**: Mon 2:15– 3:15 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.

LINE DANCING Enjoy the fun and fitness of line dancing **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**. The Fall session will begin on October 5 and run for 11 weeks at a cost of \$110 (under 60: \$133). 5-class packs and drop-in is \$12/class (\$15 for under 60). Taught by Jai Kaur Annamaria San Antonio. Sign up now!

ZUMBA GOLD! Dance moves make up a total body workout in this less vigorous version of Zumba. **Tuesdays at 1 pm at the B Pod**. \$85 for 10 weeks beginning September 20. Register on Parks and Rec page at www.lincolntown.org or Bemis Hall. Taught by Katrina Rotondi.

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, September 2 from 10 am to noon**. This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, September 20 from 9 to 11 am at Bemis Hall**. This clinic is sponsored by the Pierce House. Services are provided by Emerson Hospital Home Care.

PODIATRY CLINICS

Podiatry clinics will be held on **Tuesday, September 6** and **Wednesday, September 21 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

●●●WHAT YOU NEED TO KNOW●●●

NAVIGATING THE LEGAL ASPECTS OF INCAPACITY AND DISABILITY FOR BOTH ELDERS AND FAMILIES

If you or a loved one has a disability or is incapacitated in some way, making sure that you or they are both taken care of and protected should the unexpected happen is essential. Come find out about guardianships — what they can do and when they are and are not appropriate, special needs trusts, requirements of the HIPAA legislation, and more when attorney Renee Lazar comes to **Bemis Hall on Friday, September 30 at 12:30**. She'll explain what you need to be concerned about and how to make the best use of the legal tools available, and then answer questions.



TECHNO TEACH-IN WITH LEAP STUDENTS!

Middle school students from the LEAP afterschool program invite you to join them at **Bemis Hall on Wednesday, September 21 from 2 to 3 pm** to get help with a variety of devices, such as computers, cell phones, ipads and tablets, and more! 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 the COA to sign up today!

IPHONES AND IPADS, HELP FOR BEGINNERS AND ADVANCED!

Our programs on iphones and ipads given by Andy Payne have been so popular that we have asked him to come back yet again! Andy will be here on **Thursday, September 22 at 10 am** to teach a class for beginners and then teach a class at **11 am** for those who have attended previous sessions and are fairly comfortable with their devices. He will 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!

❖❖❖ GET INDIVIDUAL HELP AND ADVICE ❖❖❖

HAVE A LEGAL QUESTION? COME TO OUR FREE CLINIC!

The Council on Aging is pleased to provide a monthly legal clinic with elder law attorney and Lincoln resident Sasha Golden on **Monday, September 12 from 2-4 pm**. There is no charge for the 30-minute consultation, but advance registration is required. Walk-ins will be accommodated if space is available. Register by calling the COA.

MEET WITH AN AIDE TO CONGRESSWOMAN KATHERINE CLARK

Come to **Bemis Hall on Wednesday, September 7 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!** Our tutors are primarily familiar with PCs so if you have a Mac, call before you come. If you have a laptop or netbook, please bring it! Tutors are also available at other times. Call (781) 259-8811 for information.

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

E-mail: bottumc@lincolntown.org

Internet: www.lincolntown.org

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



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GOINGS ON IN AND AROUND LINCOLN

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, September 2 from 10 am to noon.** This clinic is funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care.

FRIENDS OF THE LIBRARY BOOK SALE Come pick up a good read and help raise funds for the Library at the Friends of the Library Book Sale on **Saturday, September 10 from 9 am to Noon at Bemis Hall.**

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, September 12 from 7 to 10 pm at the Library** featuring Cardboard Ox (Steve Allain and Tracie Potochnik). Email: loma3re@gmail.com.

CLASSIC JAZZ AT LINCOLN LIBRARY Vern Welch presents "Jazz Favorites Old and New" on **Wednesday, September 14, 7:30 pm at the Library.** This group meets the second Wednesday of every month.

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, September 17 from 1:00 pm – 5:00 pm at Bemis.** Come hear local musicians belting out old favorites which will set your feet a-tappin' and your hands a-clappin.' Free.

COMMUNITY CONVERSATION: ANTI-SEMITISM AND ISRAEL Tuesday, **September 20, 7 pm, Bemis Hall.** Rabbi David Wynn Finkelstein will begin the conversation by sharing his experiences both here in the Boston area and while living in Israel. Sponsored by the Lincoln Democratic Town Committee.

BEMIS LECTURE: ALL CLIMATE IS LOCAL: UNDERSTANDING THE IMPACTS OF CLIMATE CHANGE AND THE PARIS AGREEMENT with Heather Goldstone, Science Correspondent for WGBH, on **October 2, 4 PM, Brooks Auditorium, Free.**

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