

NEWS FROM BEMIS HALL

Volume 7 Issue 10

October 2016

The Lincoln Council on Aging Monthly

MEDICARE OPEN ENROLLMENT INSURANCE UPDATE

Find out what changes could affect your Medicare coverage and how much you will pay in 2017 when Don Milan and Anne Meade, Lincoln's counselors from the Minuteman Senior Services SHINE Program-health benefits counseling for Medicare enrollees, come to Bemis Hall on **Friday, October 28 at 10 am**. This is an important time to understand the changes for 2017 and to be sure you are satisfied with your current health insurance benefits. **Medicare open enrollment period—October 15 to December 7, 2016—is your opportunity to make any changes to your Medicare coverage, effective Jan. 1st.** Representatives from most major supplemental health insurance plans (Harvard Pilgrim, Blue Cross Blue Shield, Tufts, Fallon, and AARP/United Health Care) will have 2017 information for Medigap, Advantage and Part D plans. Also present will be Priscilla Leach (Veterans Service Officer) and Brookhaven Hospice (We Honor Veterans). **Note:** This program is designed to go over **2017 changes** in basic Medicare, Medigap and Medicare Advantage insurance plans. **On Wednesday, November 2nd at 7:00 pm, SHINE will present an in-depth "Medicare 101" to go over the basics of Medicare and the different types of insurance plans (Medigap and Advantage) available to supplement coverage.**



A PIANO RECITAL WITH SPANISH FLAIR

You are invited to enjoy an afternoon of piano music with Spanish flair by Ablah Shocair on **Friday, October 7 at 2:15 pm at Bemis Hall**. She will play Beethoven's Sonata No. 17 (Tempest), Rachmaninoff's Prelude in C Sharp Minor, two Impromptus from Chopin, selections from Isaac Albeniz's Spanish-inspired compositions and finish with three songs from the Arabic-Andalusian heritage. Ablah, originally from Jordan, started playing piano at age 4. She is a Civil Engineer and has given many piano concerts.

HOW TO DECIDE WHAT TO DO WITH RETIREMENT'S FREEDOM

What do you want to do with retirement's freedom? Join Lincolnite Jean Risley in a free course of practical strategies to uncover your own values, plan retirement's stages, identify goals, create helpful habits, balance your days and weeks, celebrate accomplishments, and build in flexibility. It will be held on nine **Mondays at 10 starting with an overview on Oct. 17**. Jean is a retired "techie," businessperson, and minister sharing her experiences for making retirement purposeful and grounded in our own choices. Sign up now!



AT LAST, THE 2016 PRESIDENTIAL ELECTION!



The big day, mercifully, is about to arrive: Tuesday, November 8, 7:00 am to 8:00 pm at the Smith School Gym. If you are not yet a Registered Voter in the Town of Lincoln and wish to participate in the Presidential Election, you must register by or **BEFORE October 19, 2016**. You may register in person at the Town Clerk's Office or on-line at <https://www.sec.state.ma.us/ovr/>. **Early Voting**, introduced in Massachusetts with this election, will be available in the Town Clerk's Office, starting Monday, October 24, and running through Friday, November 4, at 4:30 pm. Early voting will be available during regular office hours (8:30 – 4:30) throughout this period, and until 8:00 pm on both Tuesdays and Thursdays, and from 9:00 to 3:00 on Saturday, October 29. **Absentee voting** for those unable to avail themselves of Early Voting will remain an option; applications must be in writing and can be made by oneself or by a family member. For those wishing to serve as poll workers in this and future elections, an **election worker training** will be offered on Wednesday night, October 5. Please call 781-259-2607 for details.



ENJOY A DAY OUT WITH THE COA!



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 physical 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@ecached.com.

AUNTIE MAME AT THE STONEHAM THEATRE IN DECEMBER

SAVE THE DATE: Thursday, December 8. Come join us for a matinee performance of the musical comedy **MAME** at the Stoneham Theatre. "Need a Little Christmas?" This entertaining show will put you in the holiday mood! This Tony Award-winning classic Broadway musical centers on the irrepressibly eccentric Mame Dennis, who lives a carefree life in 1920s New York until she unexpectedly becomes the guardian to her 10-year-old nephew, Patrick. Rather than change her ways, Mame introduces Patrick to the wonder of her wild bohemian world while discovering the joy of having a family of her own. For further information call Virginia O'Brien at 781-259-1291.

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

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

October 17: Walter Bossert and Mariel Bossert—The Plot to Replace George Washington, the Conway Cabal, with Music

October 24: Mike O'Brien—The Most Important Event in Sigmund Freud's Life and Theory

What was **it**? What was "it" with Freud? He didn't like thinking about it. He tried valiantly not to. Yet he couldn't forget it. He felt constantly compelled to mis-remember it and repeat **it**. It became a dynamic part of his personality. And his theory. Come and gain insight into what "it" was. Your understanding of Freud and his theory will be radically and forever changed.

October 31: Rakesh Karmacharya, MD, PhD —Human Stem Cells in the Study of Psychiatric Neurobiology

Scientific research of brain disorders is hindered by technical and ethical issues involved in growing and studying live neurons (brain cells). Recent advances in stem cell research enable the generation of human stem cells from any individual, which can then be used to generate patient-specific neurons in the laboratory. We will explore how patient stem cells can aid in understanding the neurobiology of schizophrenia and bipolar disorder, and provide approaches to develop novel treatments.

FORUM ON GENERATION-BASED STRENGTHS AND DIFFERENCES

The First Parish, the Council on Aging, the Lincoln Family Association, the Lincoln Diversity Council, and other interested organizations will be co-sponsoring a town-wide forum on generational strengths and differences **Sun. Oct. 16, 2016 from 2-4pm at Bemis Hall**. In preparation for this event, the sponsoring organizations are encouraging participants to read Haydn Shaw's book *Sticking Points*, which provides an excellent introduction to the topic. This book is available from Amazon.com for \$15, and the Lincoln Public Library will be obtaining reserve copies for Lincoln town residents. Please note: the event sponsors are hoping to offer child care and/or children's activities in order to make this event as accessible as possible for families.

LAST CHANCE TO FILL OUT THE OPEN SPACE & REC PLAN SURVEY!

On behalf of the Conservation Commission and Parks & Recreation Committee, the Open Space and Recreation Plan Advisory Group is updating Lincoln's seven-year Plan for approval by the Massachusetts Division of Conservation Services. Your response to a survey will help update and confirm Lincoln's open space and recreation values. It will help to identify priorities, goals, strategies and actions to be implemented over the next seven years. Please take a minute to fill out the survey by following this link: https://www.surveymonkey.com/r/OSRP_Survey_2016. If you have questions regarding the survey or would prefer to fill out a paper copy, please call or stop by the Conservation Department.

*** JUST FOR FUN ***

JUST IN TIME FOR YOUR WINTER VACATION — WHAT'S NEW IN OCEAN CRUISES!



The leaves may still be falling, but time to plan your winter vacation is running out. What better get-away than a relaxing, educational, enlightening ocean cruise to someplace warm? Join Peggy Dawson, Advisor/Accredited Cruise Counselor, on **Thursday, October 27 at 2:30 at Bemis Hall** when she will let you know what is new and exciting in award-winning Viking ocean cruises as well as more unusual ocean cruises — expedition style cruises, small ships, and yachts. Come and bring your questions and thoughts!

COFFEE WITH PHOTOGRAPHERS



HAROLD McALEER AND JOHN SNELLING

Come down to **Bemis Hall on Tuesday, October 4 at 2:30** to join photographers Harold McAleer and John Snelling in celebrating an exhibit that will last through October. The exhibit will include photos of Lincoln scenes and elsewhere by Harold and of the Amish and Mennonite communities in Lancaster, PA by John. Harold and John both returned to photography after their retirements. Harold frequently publishes his photos of nature and wildlife in the Lincoln Journal and has many videos on YouTube. John focuses on patterns of nature and its creatures (including humans!).

COME ON DOWN FOR JAZZ! COA REFUSES TO CARD!

Anyone old enough to remember fondly the old Al Jolson, Ella Fitzgerald, Frank Sinatra, and Bing Crosby tunes does not need proof of age unless you consider an impulse to burst into song at the hint of a singalong or getting up to dance around the room when the music gets hot to be evidence of underage passion. If that's true you'd better come on down and join the fun when the irrepressible musicians of the Lincoln Traditional Jazz Band get going for you for free on the sunny side of the street at **Bemis at 12:30 pm on Friday, Oct. 7.**



EXPRESS YOUR LOVE OF NATURE WITH 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 **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

THURSDAY, OCTOBER 6, 2:15 PM. STATE FAIR. Kicking off our six-part Rodgers & Hammerstein film festival is their only musical to be written not for the stage but for the screen. A farm family visits the Iowa State Fair and their lives are changed forever. Look for some great songs: "It's a grand night for singing" and "It might as well be spring". An early technical spree. 1945. NR. 100 mins.

FRIDAY, OCTOBER 14, 1:30 PM. THE INTERN. Agreeing to participate in a community outreach program, e-commerce entrepreneur Jules Ostin hires a 70-year-old intern — who ends up bringing his special brand of business savvy to her fashion enterprise. 2015. PG-13. 121 mins.

TUESDAY, OCTOBER 18, 2:15 PM. THE MAN WHO KNEW INFINITY. This absorbing biopic recounts the life of self-taught Indian mathematician Srinivasa Ramanujan, who came to Trinity College at Cambridge in 1913 and rose to prominence under the tutelage of renowned math professor G.H. Hardy. 2016. PG-13. 108 mins.

THURSDAY, OCTOBER 20, 2:15 PM. LOVE & FRIENDSHIP. In this adaptation of Jane Austen's comic novella, scheming widow Lady Susan Vernon retreats to her in-laws' rural estate while waiting for scandalous rumors to subside. Soon, she's on the hunt for a husband — and one for her teenage daughter. 2016. PG-13. 92 mins.

~ ~ ~ SPEND TIME WITH OTHERS ~ ~ ~

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 others on **Tuesday, October 25 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.

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, October 18 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 of seniors attending are also welcome. 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. 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.

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 Sally Kindleberger leads a group in reading William Inge's drama *Come Back Little Sheba*, about a loveless marriage and a lustful boarder on **October 4 and 11 at 11 am**. Sally will bring copies.

STAYING IN TOUCH GROUP Come each **Tuesday from 2:00 to 4:00 pm** to chat with others on an array of topics of the group's choosing and get to know your neighbors.

FIRESIDE CHAT Join other residents in a respectful "Fireside Chat" discussion using questions and answers on **Wednesday, October 26 at 10 am**. In the midst of all the political rigamarole, let's take a step back and talk about who, past or present, has had the most influence on us personally. A teacher, parent, neighbor, religious leader, aunt or uncle - who is the, or one of the people that has had a major influence in your life. And why?

CONSERVATION BREAKFAST **Thursday, October 13 at 8:00 am. At the Thoreau Institute, 44 Baker Farm Road**. Meet and gossip the second Thursday of every month about Town events, also touching on Conservation.

LINCOLN MEN'S COFFEE **Thursday, October 20 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, October 13 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.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00 Watercolors 11:00 Spanish Conversation 2:15/3:15 Tai Chi</p> <p>SUNDAY 2:00 Israel-Palestine Film 4:00 Bemis Lecture: Climate Change (Brooks)</p>	<p>4</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 11:00 Playreading: Come Back Little Sheba 11:30 You Can Do It 1:00 Exercise: Aerobics and Weights 1:00 Zumba Gold (B Pod) 2:00 Staying in Touch 2:30 Coffee with the Photographers</p>	<p>5</p> <p>9:30 Yoga 10:00 Memoirs 11:00 Line Dancing 1:00 Office Hours with Aide to Katherine Clark 1:00/2:15 Tai Chi 1:30 Aging Mastery (Weston) 7:00 Caregiving for Someone Living in Your Home 7:00 Israel-Palestine (Lib)</p>	<p>6</p> <p>9:15/10:15 Tai Chi 10:00 Tick Conversation 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: State Fair</p>	<p>7</p> <p>9:00 Watercolors 10:00 German 10:00 Conversation 10:00 Wellness Clinic (LW) 12:30 Lincoln Trad Jazz Band 1:00 Open Bridge 2:15 Piano Recital with A Spanish Flair</p>
<p>2</p> <p>Israel-Palestine Film Bemis Lecture: Climate Change (Brooks)</p>	<p>11</p> <p>9:30 FCOA Meeting 9:30 Knitting Drop-In 11:00 Playreading: Come Back Little Sheba 11:30 You Can Do It Exercise 12:00 Winter Safety with the Fire Department 1:00 Exercise: Aerobics and Weights 1:00 Zumba Gold (B Pod) 2:00 Staying in Touch 2:30 COA Board</p>	<p>12</p> <p>9:30 Yoga 11:00 Line Dancing 1:00/2:15 Tai Chi 7:30 Classic Jazz at the Library (Lib)</p>	<p>13</p> <p>8:00 Conservation Bkfst (Thoreau) 9:15/10:15 Tai Chi 10:00 Writing Down Family Memories 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 1:30 Aging Mastery (Weston) 3:00 Ukulele Gathering</p>	<p>8</p> <p>SATURDAY 9:00 Library Book Sale</p>
<p>10</p> <p>COA CLOSED/ COLUMBUS DAY</p>	<p>18</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 11:30 Senior Dining (St. Anne's) 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 1:00 Zumba Gold (B Pod) 2:00 Staying in Touch Group</p>	<p>19</p> <p>9:00 Podiatry 9:30 Yoga 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 1:30 Aging Mastery (Weston)</p>	<p>20</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:00 Coffee with a Cop 1:30 Computer Drop-In 2:15 Movie: Love & Friendship</p>	<p>14</p> <p>9:00 Watercolors 9:30 Positive Psychology 1:00 Open Bridge 1:30 Movie: Intern 7:30 Live in Lincoln Center (St. Anne's)</p> <p>15</p> <p>SATURDAY 1:00 Jazz Jam (Lib)</p> <p>16</p> <p>SUNDAY 2:00 Generational Forum</p>
<p>17</p> <p>9:00 Watercolors 10:00 What to Do with Retirement's Freedom 11:00 Spanish Conversation 12:30 Lincoln Academy 2:00 Legal Clinic 2:15/3:15 Tai Chi 7:00 Acoustic Night (Lib)</p>	<p>21</p> <p>9:00 Watercolors 9:30 Positive Psychology 10:00 German 1:00 Conversation 1:00 Open Bridge</p>			

<p>2:15 Movie: Man Who Knew Infinity</p>	<p>24</p> <p>9:00 Watercolors 9:30 French Conversation 10:00 What to Do with Retirement's Freedom 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>31</p> <p>9:00 Watercolors 10:00 What to Do with Retirement's Freedom 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>25</p> <p>9:00 Collating 9:30 Knitting Drop-In 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 1:00 Zumba Gold (B Pod) 2:15 Tea on Tuesdays 2:00 Staying in Touch Group</p>	<p>26</p> <p>9:30 Longfellow House Trip (Mall) 9:30 Yoga 10:00 Fireside Chat 11:00 Line Dancing 1:00/2:15 Tai Chi 1:30 Aging Mastery (Weston)</p>	<p>27</p> <p>9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:30 Discovering Ocean Cruises</p>	<p>SUNDAY 23 2:00 Wheeler Family and RLF (Commons)</p>	<p>28</p> <p>9:00 Watercolors 10:00 Medicare Update 1:00 Open Bridge 12:30 Living in a Small Space and Loving It</p>	<p>SUNDAY 30 3:00 Rhapsody Piano Recital</p>
<p>LOCATIONS B Pod: Parks and Rec, Ballfield Road Brooks: Brooks Auditorium, Ballfield Road Commons: Commons in Lin Lib: Library LW: Lincoln Woods Mall: Parking lot Donelan's St. Anne's: St. Anne's Church Thoreau: Thoreau Institute, 44 Baker Farm Road Weston: Weston COA</p>			<p>OCTOBER</p> 					

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~~ FOR YOUR WELL BEING ~~

BE READY TO PREVENT TICKBORNE DISEASE

Join School Nurse and Town Nurse Maureen Richichi, RN, in a question and answer conversation on ticks, how to prevent tickborne diseases, and what to do if you have a tick bite at **Bemis Hall on Thursday, October 6 at 10 am**. Among the topics she may discuss will be how the tick season is shaping up in Lincoln, tickborne diseases and their symptoms, how tickborne diseases are diagnosed and treated, and personal protection including how to do tick checks and safely repel and remove ticks, and personal advocacy with your doctors.

CAREGIVING FOR A FAMILY MEMBER WHO LIVES IN YOUR HOME

Caring for someone who is living in your home presents special opportunities and challenges. How can you handle the tendency to reverse dependency roles? What are some strategies for keeping communication positive? 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 caregiving for someone who lives with you a positive experience, how to avoid crises and how to enhance your loved one's well being. Join us at Bemis Hall, on **Wednesday, October 5 at 7 pm** to hear how you can be a more effective and confident caregiver.

POSITIVE PSYCHOLOGY FOR A MEANINGFUL LIFE

Come to Bemis Hall Fridays **Oct. 14 and 21 at 9:30** to learn to be happier, realize dreams, bring about personal change, use mindfulness, exercise, sleep, and nutrition to enhance quality of life, and improve relationships. The course is taught by Alyson Lee, who is a social worker and life coach and certified to teach Positive Psychology. It is funded by the Ogden Codman Trust. You do not need to have come to previous sessions to attend.



WOULD YOU LIKE TO RECEIVE EMAILS ABOUT CAREGIVER EVENTS?

If you would like us to forward emails regarding area caregivers groups and events to you, please email Carolyn at bottumc@lincolntown.org to be added to our list. Thanks!

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 Fall classes now closed. **Level 1:** Mon 2:15– 3:15 pm, Wed 1– 2 pm, Thurs 9:15—10:15. **Level 2:** Mon 3:15-4:15. 2 Practice: Thurs 10:15-11:15. **Level 3:** Wed 2:15-3:15. Instructors: Jane Moss, Ellie Horwitz, Cynthia Rosenberger. For info: Jane at (781) 259-9822 or mindbodyjm@comcast.net.

LINE DANCING Enjoy the fun & fitness of line dancing **Wednesdays at 11 am** with Katrina Rotondi. \$3 payable each 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!

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

WELLNESS CLINIC

Come to a clinic for blood pressure, information and advice about nutrition and fitness, medication management, and answers about how to manage chronic conditions, where to get health services, and more. This month's clinic will be on **Tuesday, October 18 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, October 4** and **Wednesday, October 19 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

●●● *WHAT YOU NEED TO KNOW* ●●●

LIVING IN A SMALL SPACE AND LOVING IT!



You're thinking of downsizing or you've already done it and now you realize that you'll need to learn to live in a smaller space. Fear not! Living in a smaller space does not have to mean living smaller. With the right attitude and know-how you can make your smaller space one that is more attractive, more energetic, and even more convenient than the space you needed decades ago.

Come hear Lyn Spaeth of Transformations, which specializes in home staging, new home set-up and interior redesign, on **Friday, October 28 at 12:30 pm in Bemis Hall**. She'll talk about how to design your smaller space so that it fits who you are now, making your life easier by focusing on the essence of what is most important to you while getting what you no longer need and desire out of your way. Bring your questions and concerns!



WRITING DOWN FAMILY MEMORIES FOR FUTURE GENERATIONS

We all carry a treasure trove of family history in us, but often we don't write any of it down for future generations at least in part because the task seems overwhelming. How can you organize the stories of your own life and those of other family members? How do you write your family's stories even if you don't think of yourself as a writer? Come to a special free workshop on preserving family memories with Memoirs leader Connie Lewis on **Thursday, October 13, at 10 am** to get suggestions and strategies!

WINTER & STORM SAFETY OVER LUNCH WITH THE FIRE DEPT

Come find out what you need to know to get through the winter safely when Ben Juhola of the Fire Department comes to **Bemis Hall on Tuesday, October 11 from noon to 1 pm**. You'll learn the latest information about heating and fireplace safety, preventing carbon monoxide poisoning, fall prevention, home emergency kits, and smoke and carbon monoxide poisoning alarms. Plus, the Fire Department will provide a free sandwich lunch! Please sign up by calling the COA at (781) 259-8811 so they know how many lunches to bring. Bring your questions and concerns!

COME FOR FREE ONE-TO-ONE CONSULTATIONS!

HAVE A LEGAL ISSUE? COME TO OUR FREE CLINIC!

Got a question about a legal issue? The Council on Aging is pleased to provide a monthly legal clinic with elder law attorney and Lincoln resident Sasha Golden on **Monday, October 17 from 2-4 pm**. There is no charge for the thirty-minute consultation, but advance registration is required. Walk-ins will be accommodated if space is available. Register in advance by calling the COA.

MEET WITH AN AIDE TO CONGRESSWOMAN KATHERINE CLARK

Wade Blackman, District Counsel for Congresswoman Katherine Clark, will hold Office Hours at **Bemis Hall on Wednesday, October 5 from 1 to 2 pm** on federal benefits and other concerns. You must call Mr. Blackman at (617) 354-0292 to make an appointment before coming.

"COFFEE WITH A COP": SHARE YOUR CONCERNS AND IDEAS

Come to Bemis Hall on **Thursday, October 20 from 1 to 3 pm** to meet privately with an officer from the Lincoln Police Department. 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.

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.



Friends of the Lincoln Council on Aging

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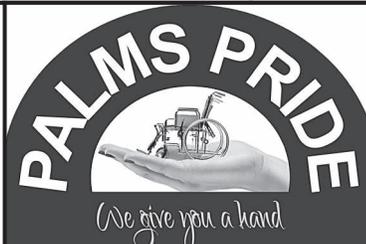
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GOINGS ON IN AND AROUND LINCOLN

EXPLORING THE ISRAEL-PALESTINE CONFLICT THROUGH FILM: THE OTHER SON October 2, 2 PM, Bemis Hall and October 5, 7 PM at the Library. Film and discussion. Sponsored by GRALTA Foundation. Free.

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.**

WELLNESS CLINIC FOR ALL AGES! Meet with a nurse at **Lincoln Woods' on Friday, October 7 from 10 am to noon** for blood pressure checks and information and advice on diet, fitness, and more. These clinics are 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, October 8 from 9 am to Noon at Bemis Hall.**

CLASSIC JAZZ AT LINCOLN LIBRARY Wednesday, October 12, 7:30 pm at the Library, Harold McAleer presents a potpourri of jazz videos — old and new. The group meets every second Wednesday.

LIVE IN LINCOLN CENTER First Parish in Lincoln presents the renowned vocal ensemble BLUE HERON on **Friday, Oct 14 @ 7:30 pm at St. Anne's in-the-Fields.** Suggested Donation \$30. Info: www.blueheron.org.

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, October 15 from 1:00 pm – 5:00 pm at the Library.** Come hear local musicians belting out old favorites which will set your feet a-tappin. Free.

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, October 17 from 7 to 10 pm at the Library** featuring Kirsten Maxwell. Email: loma3re@gmail.com.

LINCOLN HISTORICAL SOCIETY: "SO MUCH THAT REMAINS FOR US TO DO: A HISTORY OF THE WHEELER FAMILY AND FARM AND ROOTS OF THE RLF," Sun., Oct. 23, 2 pm, The Commons.

RHAPSODY PIANO RECITAL On **Sunday, October 30 at 3 pm at Bemis Hall** hear a free recital by amateur pianists who will perform selections by Bach, Beethoven, Chopin, Dvorak, and more.

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