

NEWS FROM BEMIS HALL

Volume 7 Issue 11

November 2016

The Lincoln Council on Aging Monthly

STATE OF THE TOWN MEETING

The Board of Selectmen will be hosting the Town's Annual State of the Town Meeting (SOTT) on **Saturday, Nov. 12th, from 9:00 a.m. until 12:30 p.m., at the Brooks School Auditorium.** This year's SOTT agenda will include a discussion of roadway and traffic planning, a preview of several bylaws that are likely to appear on the March Annual Town Meeting warrant, an update on our assessment of the feasibility of installing solar at the landfill, and an open forum segment during which attendees are welcome to ask questions or comment on any of the issues of the day. The SOTT is a wonderful Lincoln tradition that provides the opportunity for residents to help shape the decisions of their elected and appointed representatives. We urge your participation. Peter Braun, Chairman, Renel Fredriksen, James Craig, Board of Selectmen

VOTE IN THE 2016

PRESIDENTIAL ELECTION!

Voting in the Presidential Election will be on Tuesday, November 8, 7:00 am to 8:00 pm at the Smith School Gym. The deadline for registration has passed. **Early Voting** will be available in the Town Clerk's Office from Monday, October 24, through Friday, November 4, during regular office hours (Mon. – Fri., 8:30 – 4:30); 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.



GOURMET LUNCHEON: CCRCS, ASSISTED LIVING, REHAB— WHAT SERVICES THEY OFFER AND WHAT THEY COST

CCRCs (Continuing Care Retirement Communities), Assisted Living, and Rehabilitation Facilities offer options for those who need housing and services on a short or long term basis. But, exactly what services does each offer? How do you pay and what do they cost? Are there lower cost options? Do you need a physician referral and how do you choose where and when to go? Find out the answers to these and other questions when Mike Myers and Lauren Griffiths from The Commons in Lincoln come to **Bemis Hall on Friday, November 18 at Noon.** The Commons will provide lunch, including shrimp cocktail with kiwi-lemon cocktail sauce, filet mignon topped with lobster mousse with potato pancakes and grilled asparagus and salmon Marcella with Turkish rice and sweet roasted carrots. Please sign up in advance by calling the COA!

LET'S TALK ABOUT AFFORDABLE HOUSING!

Please join the Housing Coalition for tea and cookies at **Bemis Hall on Thursday, November 3 at 2:30 pm** to talk about affordable housing. What exactly is affordable housing? How does it differ from moderate income and subsidized housing? How much do we have in Lincoln and why does it matter? Who is eligible for it and how do you apply? Do we need more? What are some innovative ideas for adding more affordable housing? Come find out what the Housing Coalition is up to and give your thoughts and ideas!

NEED HELP PAYING FUEL OR OTHER BILLS?



If you need help paying your fuel bill, the Fuel Assistance Program may be able to help. The Program provides a cash benefit for both home owners and renters with eligible incomes. To apply, residents of all ages should call the COA at (781) 259-8811 to set up an appointment. Those who are experiencing extreme financial emergencies may also call the COA to learn more about other programs such as the Emergency Assistance Fund, funded by the Ogden Codman Trust, First Parish, and donations.



ENJOY A DAY OUT WITH THE COA!



AUNTIE MAME AT THE STONEHAM THEATRE



Please join us on **Thursday, December 8**, for the matinee performance of **Mame** at the Stoneham Theatre. The unforgettable Tony Award winning Broadway musical centers on the irrepressibly eccentric Mame Dennis, and her 10-year-old nephew Patrick, who comes to live with her in New York. This show is bound to put you in a holiday mood. The Doherty Bus will be at the Lincoln Mall at 12:45 PM, and we will **depart promptly at 1:00**. Light refreshment will be served at intermission free of charge. This trip is rated easy for physical difficulty with a short walk and no stairs at the theatre. The cost for the trip is \$25 and is subsidized by the Hurff Fund. Tickets are limited, and the deadline is two weeks prior to the show (November 24). To reserve your space, you must send a check made payable to FLCOA/Trips, to Virginia O'Brien, 4 Linway Road, Lincoln, MA 01173. Please include your email address and phone number with your check. If you have further questions, contact Virginia at vobrien39@yahoo.com or 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 do so.

LS HIGH SCHOOL LSB PLAYERS' HOW TO SUCCEED IN BUSINESS

L-S High School LSB Players offer Lincoln seniors complimentary tickets to their **Nov. 16, 7:30 pm**, performance of *How to Succeed in Business Without Really Trying* at the **LSRHS Auditorium**. Tickets at Bemis Hall starting Nov. 10. Tickets to Nov. 17, 18, and 19 shows at <http://www.lsrhs.net/sites/lspbplayers/tickets/>.

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.

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

HOW TO FIND US AND GET IN TOUCH WITH US

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

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

THE LINCOLN ACADEMY

Lectures and Discussions 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. The lectures last about an hour, including a question and answer period.

This Month's Speakers

November 7—Tom Gumbart: *On Safari in Tanzania*

In the fall of 2015 Tom Gumbart, Lincoln's Conservation Director, went on a trip of a lifetime to Tanzania. It was the classic northern safari circuit and included visits to Lake Manyara National Park, Serengeti National Park, Ngorongoro Crater Conservation Area, and Tarangire National Park. Tom will share his photos of the spectacular wildlife and scenery found in this area of Africa.

November 14 — Miranda Loud:

The New Approach to Caring About the Environment: Maybe Anthropomorphism is Good For Us?

November 21—Maria Madison: *The Robbins House and the Heroes and Heroines of Our Region's Little Known African American History*

The Lincoln/Concord area's past is filled with extraordinary, though little known, African American people like Ellen Garrison, who took a stand against segregation a century before Rosa Parks, and Caesar Robbins, a previously enslaved Revolutionary War Veteran whose house embodies much about the African American community of the 18th and 19th centuries. Be inspired by their stories and our community's rich African American history.

SECURING COMMUNICATIONS BETWEEN WEB SITES AND BROWSERS

The Lincoln COA Science and Technology Club invites everyone to learn more about internet security when Stephen T. Kent, Chief Scientist Emeritus of Raytheon BBN Technologies, speaks at **Bemis Hall on Thursday, November 17 at 10 am**. He will explore the technology underlying web communications, the sorts of attacks they may sustain, typical methods for achieving security and how they may still leave communications vulnerable, and new and emerging Internet standards that may address these. Dr. Kent has acted as system architect in the design and development of network security systems, and served as principal investigator on network security R&D projects for over 35 years and has lectured on network security for government agencies, universities, and private companies throughout the United States, Europe, Australia, Africa and the Far East.

THE FIRESIDE CHAT: AGEISM AND THE TRIALS OF AGING



60 is the new 50, or is it 40. Statistics tells us we are living longer and healthier lives. On the other hand, Chat facilitator Sharon Antia recently encountered a 94-year-old woman who was irate because she felt she was not believed because of her age. How do we manage the complexities of an aging society and how do we help ourselves and our communities rise to the occasion? Come bring your experiences and ideas to discuss this topic at the Fireside Chat on **Wed., November 23 at 10 am, Bemis Hall**.

SUSAN B. ANTHONY, ELIZABETH CADY STANTON AND WOMEN'S SUFFRAGE: FILM AND DISCUSSION

Celebrate the right to vote for the candidate of your choice this election season by watching Ken Burns' documentary *Not for Ourselves Alone* about Susan B. Anthony and Elizabeth Cady Stanton and the fight for women's suffrage on **Thursday, November 3 from 10 am to 3 pm**. Carol DiGianni will present the four-hour long documentary and lead a discussion. Bring your lunch! It is a riveting portrayal of the 72-year fight for the right to vote.

*** JUST FOR FUN ***

FOOTBALL 101!



When you are at a Superbowl Party or a grandchild's football game, do you wonder what is being touched down when there's a touchdown? And how does that crazy point system work? What does a quarterback actually do to earn all that money? Why do all the announcers say "OFF-ense" and "DEE-fence" instead of pronouncing those words the right way? Come to "Football 101" with Stacey Mulroy from the Parks and Recreation Department on **November 20 at 2 pm in the Tarbell Room at the Library** to find out! Stacey will explain the basics of football, answer your questions and get you off the bench and into the game! All ages welcome! Co-sponsored by the Library, Parks and Rec, and COA.

COFFEE WITH ARTIST STEPHANIE ROLFE!

Join artist Stephanie Rolfe at Coffee with the Artist on **Tuesday, November 1 at 2:30 pm** to celebrate her exhibit of watercolors showing in the Bemis Gallery. Rolfe didn't begin painting till age 65, but it then became "a vigorous, enjoyable adventure." "I have no grandiose ambitions regarding my work," she says. "My pictures are straightforward, uncomplicated, and bring to mind many happy hours spent with what I love best — people and the outdoors." Ms. Rolfe's work may be viewed through November.

VETERANS DAY ITALIAN LUNCHEON FOR VETERANS AND SPOUSES

All veterans and their spouses and the spouses of deceased veterans are invited to a special Veterans Day Italian Lunch on **Friday, November 4 at 11:30 am**. Enjoy lasagna, spaghetti with sauce and meatballs on the side, Fettucini Alfredo, salad, bread, and dessert. This will be a special time to celebrate Veterans Day and all that our veterans and their families have sacrificed and achieved and to get to know other veterans better! Please call the COA to sign up.



ENJOY A CONCERT WITH BIRCHES SCHOOL CHORUS!



Birches School invites you to attend a free concert performed by the Sapling Singers, an elementary school chorus. The Sapling Singers come from the 2nd through 6th grades at Birches. The children will perform from **11:20 - 11:40 on November 16th, 2016, in Bemis Hall**. Please come to hear these enthusiastic singers!

GIVE THANKS FOR THE LINCOLN TRADITIONAL JAZZ BAND!

Thanksgiving is a traditional American holiday and jazz is America's most traditional music, so celebrate November with the Lincoln Traditional Jazz Band! Come to **Bemis Hall on Friday, November 4 at 12:30** to hear them play, tap your toes and enjoy, or get up and dance if you can't sit still. Cheek to Cheek, Ain't Misbehavin', When You're Smilin' -- you name it, they play it!

AT THE MOVIES

TUESDAY, NOVEMBER 22, 1 PM. OKLAHOMA! Second in our 6-part Rodgers & Hammerstein film festival is their ground-breaking smash musical that broke all attendance records after opening in a war-weary 1943. *Oklahoma!* was revolutionary for being the first Broadway musical to fully integrate dance, story and music. The movie won an Academy Award for Best Score. After seeing this technicolor big-screen version, you'll know why. 1955. NR. 145 mins.

TUESDAY, NOVEMBER 29, 2:15 PM GHOSTBUSTERS In this reboot of the 1984 classic, it's the ladies doing the ghost-busting. After writing a book suggesting that ghosts are real, Erin Gilbert and Abby Yates are called upon to lead the fight when spooks overrun Manhattan. 2016. PG-13. 116 mins.

CAN YOU VOLUNTEER TO TUTOR ON COMPUTERS OR VIDEO OUR PROGRAMS?

The COA is looking for volunteers to provide computer tutoring on PCs and/or Macs on Thursday afternoons from 1:30 to 3:00 pm and also for volunteers to video some of our programs, edit, and make dvd's for broadcast on the internet and cable using your own equipment. Our computer and dvd blanks will be available for your use. If you are interested in either of these opportunities, please call Carolyn at the COA at (781) 259-8811.

~ ~ ~ SPEND TIME WITH OTHERS ~ ~ ~

ENJOY A GOURMET LUNCHEON AT NEWBURY COURT!

Lincolniters 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, November 15 at Newbury Court, 100 Newbury Court in Concord. PLEASE NOTE CHANGE OF PLACE FOR THIS MONTH.** 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. Newbury Court will be providing a van leaving St. Anne's parking lot at 11:00 am and returning about 1:15 pm. Please let us know when you sign up if you will ride the van as seats are limited. 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.



TAKE TIME FOR TEA ON TUESDAYS

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, November 15 at 2:15 at Bemis Hall.** Just come as you are, get yourself some tea and cookies and enjoy the company of your friends and neighbors.

WEDNESDAY CARD AND BOARD GAMES JAMBOREES

Come down to the COA each **Wednesday afternoon from 1 to 4** for card and board games! We have a supply of cards and games here, or bring your own. This is an open afternoon of fun—no need to sign up. We never know who will show up, so come and see who has come down! No jamboree on November 23.

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 James Thurber's revue *A Thurber Carnival* on **November 1 and 8 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, November 23 at 10 am.** This month's topic is "Ageism and the Trials of Aging."

CONSERVATION BREAKFAST **Thursday, November 10 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, November 17 at 8:00 am.** Bagels, cream cheese, and lox, doughnuts, coffee and camaraderie—a great chance to catch up with buddies and make new friends.

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, November 10 at 3:00 here at Bemis Hall.** The group, led by Rob Todd, sings and plays simple songs together. Beginners welcome! Bring your ukulele or sing!

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

PLAY OPEN BRIDGE each **Friday at 1 pm at Bemis Hall.** Any bridge player who knows "Standard American" and understands weak two bids, better minors, stayman and other similar terms is welcome to join Open Bridge.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOVEMBER</p> 	<p>1</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 11:00 Playreading: Thurber Carnival 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 2:00 Staying in Touch 2:30 Coffee with the Artist 2:45 iPhone and iPad Help</p>	<p>2</p> <p>10:00 Memoirs 11:00 Line Dancing 1:00 Office Hours with Aide to Katherine Clark 1:00/2:15 Tai Chi 1:00 Game Jamboree 1:30 Aging Mastery (Weston) 7:00 Medicare 101 Basics</p>	<p>3</p> <p>9:15/10:15 Tai Chi 10:00 Movie and Discussion: Not For Ourselves Alone 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:30 Affordable Housing Update</p>	<p>4</p> <p>9:30 Positive Psychology 10:00 Wellness Clinic (LW) 10:00 German Conversation 11:30 Veterans Lunch 12:30 Trad Jazz Band 1:00 Open Bridge 2:30 Legal Planning for Grandchildren</p>
<p>7</p> <p>10:00 What to Do with Retirement's Freedom 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi 7:30 Hazard Mitigation (TO)</p>	<p>8</p> <p>9:30 FCOA Meeting 9:30 Knitting Drop-In 11:00 Playreading: Thurber Carnival 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 2:00 Staying in Touch Group 2:30 COA Board</p>	<p>9</p> <p>11:00 Line Dancing 1:00/2:15 Tai Chi 1:00 Game Jamboree 1:30 Aging Mastery (Weston) 7:30 Classic Jazz at the Library (lib)</p>	<p>10</p> <p>8:00 Conservation Bkfst (TBA) 9:15/10:15 Tai Chi 10:00 Joint Replacement 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>11</p> <p>COA CLOSED/ VETERANS DAY</p> 
<p>14</p> <p>9:30 French Conversation 10:00 What to Do with Retirement's Freedom 12:30 Lincoln Academy 2:00 Legal Clinic 2:15/3:15 Tai Chi 7:00 Acoustic Night (Lib) 7:30 Moose Movie (LLCT)</p>	<p>15</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 11:30 Senior Dining (Newbury) 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 1:00 Eat Well, Be Well 2:00 Staying in Touch Group</p>	<p>16</p> <p>9:00 Podiatry 10:00 Memoirs 11:00 Line Dancing 11:20 Birches School Choral Concert 1:00/2:15 Tai Chi 1:00 Game Jamboree 1:30 Aging Mastery (Weston) 7:00 Open Space and Recreation Plan</p>	<p>17</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 10:00 Science Club: Securing Internet Communications 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:00 Coffee with a Cop 1:30 Computer Drop-In 2:30 Winter Drivin^g</p>	<p>12</p> <p>SATURDAY 9:00 Library Book Sale</p>
<p>18</p> <p>9:30 Positive Psychology 10:00 German Conversation 12:00 CCRCs/Assisted Living/Rehab Program with Lunch 1:00 Open Bridge</p>				

<p>2:15 Tea on Tuesdays 2:45 iPhone and iPad Help</p>	<p>Recreation 1 Hour Update Community Forum (TO) 7:30 LSB Players Play (LSRHS)</p>	<p>SATURDAY 19 1:00 Jazz Jam SUNDAY 20 2:00 Football 101 (Lib)</p>
<p>21 10:00 What to Do with Retirement's Freedom 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>22 9:00 Collating 9:30 Knitting Drop-In 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 1:00 Eat Well, Be Well 1:00 Movie: Oklahoma! 2:00 Staying in Touch Group</p>	<p>23 10:00 Fireside Chat: Ageism and the Trials of Aging 11:00 Line Dancing</p>
<p>28 9:30 French Conversation 10:00 What to Do with Retirement's Freedom 2:15/3:15 Tai Chi</p>	<p>29 9:30 Knitting Drop-In 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 1:00 Eat Well, Be Well 2:00 Staying in Touch Group 2:15 Movie: Ghostbusters 2016</p>	<p>24 COA CLOSED/ THANKSGIVING </p>
	<p>30 11:00 Line Dancing 1:00/2:15 Tai Chi 1:00 Game Jamboree</p>	<p>25 COA CLOSED/DAY AFTER THANKSGIVING</p>
<p>LOCATIONS Lib: Library LLCT: Lincoln Land Conservation Trust LSRHS: Lincoln-Sudbury Regional High School LW: Lincoln Woods Newbury: Newbury Court off ORNAC, Concord Pierce: Pierce House TBA: Location to be announced TO: Town Offices Weston: Weston COA</p>		

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~~ FOR YOUR WELL BEING ~~

PREPARING FOR KNEE AND HIP REPLACEMENT



Hip and knee replacements are among the most common surgeries for older adults. Knowing what to expect and how to prepare beforehand can help ensure an easier and faster recovery. Come find out what you need to know before a joint replacement when Pete Frye, Doctorate in Physical Therapy and Emerson Hospital Rehab Director, comes to **Bemis Hall on Thursday, November 10 at 10 am**. He will discuss total knee and hip replacement procedures, what to do prior to surgery, what to expect during your stay in the hospital, and what to expect when you return home. Bring your questions and concerns. All ages welcome!

POSITIVE PSYCHOLOGY FOR A MEANINGFUL LIFE

Come to Bemis Hall Fridays **November 4 and 18 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 need not have come to previous sessions to attend.

HOW TO DECIDE WHAT 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. Classes began in October and will continue each **Monday at 10 at Bemis Hall**. You don't need to have come to previous sessions to attend.

EAT WELL, BE WELL: SHARING GOOD NUTRITION FOR THE HOLIDAYS

Come to Bemis Hall to meet with others to share knowledge, tips, and recipes for eating healthfully, mindfully, and enjoyably for the holidays in our Eat Well, Be Well group! The group will meet for four **Tuesdays at 1 pm beginning November 15** at Bemis Hall and be facilitated by Tracey Cornogg. You don't need to have any special expertise in nutrition or cooking, just a desire to share the joys of healthy eating with others!

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. No class Wednesday, November 23.

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!

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, November 15 from 9 to 11 am at Bemis Hall**. Services are sponsored by the Pierce House and provided by Emerson Hospital Home Care.

PODIATRY CLINICS

Podiatry clinics will be held on **Tuesday, November 1** and **Wednesday, November 16 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

...WHAT YOU NEED TO KNOW...

MEDICARE 101: WHAT TO KNOW. HOW TO CHOOSE.



Come find out the basics of Medicare on **Wednesday, November 2 at 7:00 pm at Bemis Hall** with Minuteman Senior Services SHINE counselors Don Milan and Anne Meade. This introduction to Medicare is especially for those who will be signing up soon, but is also for those who just wish to learn more and understand their benefits better. Don and Anne will discuss traditional Medicare, medigap plans, Advantage plans, and medication drug coverage (Medicare, Parts A, B, C, and D), how to go about choosing the plan or plans that are best for you, avoiding penalties when you sign up late, and more. Bring your questions and concerns!

BE SAFER DRIVING IN WINTER: A SEMINAR WITH POLICE CHIEF KEVIN KENNEDY



No matter how long you've been driving, everyone can become a safer driver in snow, ice, and winter storms. Come to **Bemis Hall on Thursday, November 17 at 2:30** when Police Chief Kevin Kennedy will talk about basic tips to remember to avoid losing control of your car, and what to do if you do lose control, as well as some of the latest safety features of cars and how to use them. When the snow starts falling you'll be glad you did!

MAKE SURE YOUR LEGAL PLANS ARE IN PLACE TO ASSIST YOUR GRANDCHILDREN

Every grandparent wants to help their grandchildren, but you can make sure that what you do is as beneficial as possible by knowing about the legal and tax ramifications. Learn what expenses, like education, you can pay for without triggering taxes as well as little-known options like special needs trusts when Lincoln resident and elder law attorney Sasha Golden comes to **Bemis Hall on Friday, November 4 at 2:30 pm**.



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, November 14 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, November 2 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, November 17 from 1 to 2:30 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 to 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 PC computer and digital photography tutoring on **Thursday afternoons from 1:30 to 3:30 pm!** Help with iphones and ipads is available on **November 1 and 15 from 2:45 to 3:45**. If you have a laptop or netbook, please bring it! Tutors are also available at other times. Call (781) 259-8811 for information.

THANKSGIVING PIES FUNDRAISER FOR FOUNDATION FOR EDUCATORS AT L-S Gourmet home baked pies; \$18. Order by November 4 and pick up your pies at **Bemis from 11:00 am-4:00 pm Tuesday, November 22**. Order forms are at Bemis or online at www.felsgrant.org. Info: Diane Metzger (508) 395-2184.



Friends of the Lincoln Council on Aging

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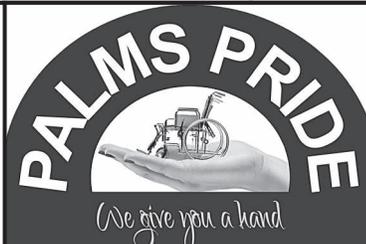
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GOINGS ON IN AND AROUND LINCOLN

LINCOLN HISTORICAL SOCIETY Nov. 5, 1-3 pm. Historical Society tour of the Wheeler Homestead and reception 2-5 at the Pierce House. Meet at the Pierce House. Busing from Pierce House to homestead and back.

HAZARD MITIGATION PLAN PUBLIC MEETING Learn about the Town's preparation for natural hazards like flooding, blizzards, hurricanes **Mon., Nov. 7, 7:30 pm, Selectmens Meeting, Donaldson Rm, Town Offices.**

CLASSIC JAZZ AT LINCOLN LIBRARY Vern Welch presents a potpourri of jazz videos **Wednesday, November 9, 7:30 pm at the Library.** This group meets the second Wednesday of every month.

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, November 12 from 9 am to Noon at Bemis Hall.**

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

MOOSE: LIFE OF A TWIG EATER film follows a moose calf and its mother in the Canadian Rockies. **Mon., Nov. 14, 7:30 pm at Lincoln Land Conservation Trust, 145 Lincoln Rd.** Presented by LLCT. Info: 259-9251.

OPEN SPACE AND RECREATION PLAN UPDATE COMMUNITY FORUM Come learn more about the Open Space and Rec Plan and give your opinions and ideas. **Wednesday, November 16, 7:00 pm, Town Offices.**

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

WELLNESS CLINIC FOR ALL AGES! Meet with a nurse at **Lincoln Woods on Friday, November 4 from 10 am to noon.** Blood pressure, nutrition and fitness, medication management, chronic disease management, where to get services, and more. Funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care.

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