



NEWS FROM BEMIS HALL

Vol 7 Issue 12



December 2016

The Lincoln Council on Aging Monthly

REVEL AT THE TOP OF THE TOWN WINTER GALA!



The Friends of the Lincoln COA (FLCOA) are pleased to announce that the annual **Top of the Town Winter Gala** will again be held at the deCordova Museum! The date is set for **Saturday January 21, 5-8 pm**. Mark your calendars and look for your invitation in the mail in late December. Be sure to return your reservation form promptly — space is limited to 200 people. Don't procrastinate! The FLCOA, as always, is extremely grateful for any donations to support this event and all its activities.

WOULD YOU LIKE A WELL-BEING CALL DURING STORMS AND OTHER EMERGENCIES?

The Council on Aging and Public Safety are pleased to offer residents of all ages well-being telephone calls during storms and other emergencies. We will call you before, during and after storms that cause extensive power outages, extended spells of extreme cold, and other similar situations. If we are not able to reach you by phone, Public Safety will do a well-being check at your home to make sure you are all right. You may also specify when you would like to be called. To sign up for this service please call the COA at (781) 259-8811 and give us your name, address, and any phone numbers you would like us to call (a cell phone or family member, for example), as well as any other pertinent information you would like to share with us, such as special medical needs. You may ask to be taken off the list to be called at any time.



SNOWBIRD ALERTS FROM THE TOWN CLERK AND WATER DEPT



FROM THE TOWN CLERK: The Annual Town Census is mailed to all Lincoln households in January of each year. It serves, among other things, to verify your continuing residency in Town, upon which your status as a bona fide Registered Voter rests. It is, in other words, a **Very Important Document!** If you will be out of town for an extended period this winter, but wish to maintain your status as an Active Voter, please consult with the Town Clerk's Office at (781) 259-2607 before your departure.

FROM THE WATER DEPARTMENT: If you are leaving the house for extended periods, the Water Department will come and turn the water supply off at the property line and remove the water meter to prevent it from being damaged in the event the temperatures drop below freezing. If you plan to have the Department turn off your water supply, please let them know as soon as possible so they can locate and uncover the valve box while the weather is good. **For tips on winterizing your home**, go to <http://www.lincolntown.org/DocumentCenter/View/26819> or come to Bemis Hall for a paper copy.



WINTER WEATHER POLICY

If the Lincoln schools are closed due to weather, activities at the COA are cancelled. ***If your power is out, however, call to see if Bemis Hall will be open as a place to warm-up, recharge computers and cell phones, and more.*** Even if the schools are not closed, but the weather is bad, call before coming to see if your event is cancelled.

Inside This Issue:

COA Services/Trips	2
Lincoln Academy	3
Art, Music, Entertainment	4
Spend Time with Others	5
For Your Well Being	8
What You Need to Know	9



ENJOY A DAY OUT WITH THE COA!



SIGNED UP FOR MAME AT THE STONEHAM THEATRE?

Remember, the matinee performance of **Mame** at the Stoneham Theatre will be on **Thursday, December 8**. The Doherty bus will be at the Lincoln Mall at 12:45 PM, and 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. If you have not signed up and would like to see if there are any spaces left, please 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 sign up.

THANKS TO OUR PUBLISHERS FOR COLOR!

The COA would like to thank our publishers, LPi, for publishing our newsletter in color beginning this month! LPi publishes our newsletter for us for free in exchange for revenue from the advertising and they have agreed to publish our newsletter in color at no extra cost to us. Over the coming months we will be experimenting with different formats and ways to use color, so if you have suggestions, please let us know!

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.

COUNCIL ON AGING INFORMATION

Please send mail to: Town Offices, 16 Lincoln Road,
Lincoln, MA 01773 (Street address: 15 Bedford Rd.)
Phone: (781) 259-8811

Internet: www.lincolntown.org

E-mail: bottumc@lincolntown.org

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

BRING YOUR DONELAN'S RECEIPTS TO BEMIS HALL to raise funds for the Schools. Just bring your receipts and put them in the box in the vestibule before March 31, 2017.

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



THE LINCOLN ACADEMY

Lectures, Discussions, and More about Our World to Educate, Enlighten, and Enliven!



THE LINCOLN ACADEMY LECTURE SERIES

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

This Month's Speakers

December 5 — Moses Ajou: South Sudanese Enrichment for Families, Its Vision and Future

Learn how South Sudanese Enrichment for Families (formerly the Sudanese Education Fund) is embarking on its next stage of organizational transformation through the "2020 Project" with a commitment to greater impact, community leadership, a flourishing community center, and innovative approaches in order to advance opportunity, security, cohesion, and sustainability of the South Sudanese diaspora of greater Boston. They envision future community development based on declining reliance on charity-based operations, and a strategic rise in business-based income and practical job skills improvement.

December 12 — Raymond Levy, Psy.D.: Fathers Can Be Found Everywhere Today—Fathers in Obstetrics and Pediatrics

The Fatherhood Project (TFP) at MGH, a non-profit within the Psychiatry Department, is developing research and programs for fathers to improve child outcomes by helping fathers be more knowledgeable, active and emotionally engaged with their children. TFP has completed original research on fathers in prenatal care leading to changes in the obstetrical service. In addition, TFP has an innovative program in Pediatrics that engages fathers in the lives of their children while learning state of the art parenting skills.

THE FIRESIDE CHAT: POLITICAL CORRECTNESS AND CENSORSHIP



Do we feel the tide is swinging toward being overly sensitive to others? Is it a good idea to ban certain speakers at college events much as we used to ban books from school libraries? Of course we need to be respectful of others when we speak but is there room for differing views and discussion around what hurts us rather than laying down the gauntlet for all? Come join others in a lively but respectful discussion of this topic using questions and answers on **Wednesday, December 28 at 10 am at Bemis Hall**. The Fireside Chats happen once each month, on the fourth Wednesday at 10 am, and are facilitated by Sharon Antia. The purpose of the Fireside Chats is not to convince others of your opinion, but rather to share information and ideas so as to create dialogue and greater understanding.

THE COA SCIENCE GROUP: ETHICS AND CLIMATE CHANGE

Climate change has not only a scientific component, but an ethical one as well that relates to political, economic, and other actions on local, national, and international levels. The COA Science and Technology Club invites you to a presentation and discussion led by John Terrell, Ph.D., on **Thursday, December 15 at 10 am at Bemis Hall** on the many facets of ethics and climate change. Mr. Terrell will highlight the most recent successful Annual Town Meeting warrant article and a critique of the Paris Agreement including the possibilities of various alternate energy options and the economic and political necessities to effectively combat climate change. Come with your questions, concerns, and ideas!





Art, Music, Entertainment



PAINT A SILK SCARF AS A GIFT OR FOR YOURSELF!



Silk scarves are elegant and just right for so many occasions. When you paint a scarf you add your own touch in a beautiful and unique way. Join Karen Halloran, Community Liaison at CareOne at Concord, for a complimentary silk scarf painting class on **Friday, December 9 at 9:30 am**. You will leave with a lovely scarf for yourself or a gift for a friend! No experience necessary and all materials included. Call the COA to sign up (limited to 12).

COLOR YOUR LIFE WITH PASTELS WITH JULIET

Express your most vibrant self with the brilliant colors of pastels in a class with Juliet Rago! She will begin with a short introduction to drawing for those who feel they need it. The class will meet from **10 am to noon on January 9, 13, 20, 23, 27, and 30**. No experience is necessary. All materials will be furnished. Please sign up by calling the COA at (781) 259-8811. Limit of six people. The fee is \$40.



COFFEE WITH ARTIST DONNA HUNSBERGER

All are invited to enjoy coffee with artist Donna Hunsberger on **Tuesday, December 6 at 2:30** to celebrate her exhibit of delightful, vivid paintings that are on exhibit in Bemis Hall through December. Donna earned her BFA from University of Buffalo and has had a long career of being a "Sunday Painter" ever since. Instead of painting from outdoor views or pictures, this bold colorist paints in abstractionist terms — working mostly from layered memories.



JAZZ OLDIES CONCERT AT BEMIS

The Lincoln Traditional Jazz Band will present a concert of beloved songs from the early days of jazz at **Bemis Hall at 12:30 on Friday December 2**. Channel your inner Al Jolson, Ella Fitzgerald, Louis Armstrong, Frank Sinatra, or Fats Waller by singing along with the band. Or, if you prefer to get up and move around to the music, feel free to do your best Fred Astaire and Ginger Rogers. Everyone welcome!

MEMOIR GROUP WELCOMES NEW MEMBERS

The Memoir Group welcomes new members in September and January if there is room in the group. If you are interested in joining us for the January term or want information about the group, please email the facilitator, Connie Lewis (conlewis1000@gmail.com).

AT THE MOVIES

WEDNESDAY, DECEMBER 7, 1 PM. CAROUSEL Third in our six-part Rodgers & Hammerstein film festival is perhaps their greatest musical of all. *CAROUSEL* was the second of their Broadway classics to be made into a movie, and the first to be shot in the short-lived experimental CINEMASCOPE format. The film reunites *OKLAHOMA!* stars Shirley Jones and Gordon MacRae with their same stunning on-screen chemistry. 1956. G. 129 Mins.

WEDNESDAY, DECEMBER 14, 1 PM. THE OTHER SON While preparing to enter the Israeli military for his compulsory service, young Joseph Silberg learns he was accidentally switched at birth with the son of an Arab couple from the West Bank—a shocking revelation that sends both families reeling. 2012. PG-13. 105 mins. There will be time after the film for discussion.

THURSDAY, DECEMBER 15, 2:15 PM. HUNT FOR THE WILDERPEOPLE Young misfit Ricky Baker has grown comfortable with his foster parents, Aunt Bella and Uncle Hec. But when Bella's death threatens to send Ricky back to child services, the irascible Hec heads for the bush with Ricky, setting off a national manhunt in this offbeat, but delightful comedy. 2016. PG-13. 101 mins.

THURSDAY, DECEMBER 22, 2:15 PM. CAPTAIN FANTASTIC Having raised his six children in the wooded isolation of the Pacific Northwest, Ben is suddenly drawn back into civilization by a shocking tragedy. As the kids face an unfamiliar world, Ben begins to reexamine his approach to parenting. 2016. R. 118 mins.



SPEND TIME WITH OTHERS



ENJOY A GOURMET LUNCHEON WITH FRIENDS OLD AND NEW!



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

TAKE TIME FOR TUESDAY TEA



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, December 20 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.

COME ENJOY CARD AND BOARD GAME 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!

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 Dylan Thomas's *A Child's Christmas in Wales* on **December 6 and 13 at 11 am.** Sally will bring copies.

STAYING IN TOUCH GROUP Come each **Tuesday from 2:00 to 3:30 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 of "Political Correctness and Censorship" using questions and answers on **Wednesday, December 28 at 10 am.**

CONSERVATION BREAKFAST **Thursday, December 8 at 8:00 am.** Meet and gossip the second Thursday of every month about Town events, also touching on Conservation. Location to be announced.

LINCOLN MEN'S COFFEE **Thursday, December 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, December 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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DECEMBER



<p>10:00 What to Do in Retirement</p> <p>11:00 Spanish Conversation</p> <p>12:30 Lincoln Academy</p> <p>2:15/3:15 Tai Chi</p>	<p>5</p> <p>9:00 Podiatry</p> <p>9:30 Knitting Drop-In</p> <p>11:00 Playreading: Child's Christmas in Wales</p> <p>11:30 You Can Do It Exercise</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>1:00 Eat Well, Be Well</p> <p>2:00 Staying in Touch Group</p> <p>2:30 Coffee with the Artist</p> <p>2:45 iPhone and iPad Help</p>
-------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>LOCATIONS FP: First Parish Lib: Library LW: Lincoln Woods Mall: Parking Lot by Donelan's TBA: Location to be announced TO: Town Offices, Donaldson Room</p>	<p>7</p> <p>9:30 Yoga</p> <p>10:00 Domestic Violence Services Network</p> <p>Office Hours</p> <p>11:00 Line Dancing</p> <p>1:00/2:15 Tai Chi</p> <p>1:00 Game Jamboree</p> <p>1:00 Movie: Carousel</p> <p>7:00 Film and Discussion: Syrian Bride</p> <p>7:30 Complete Streets (TO)</p>
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>1</p> <p>9:15/10:15 Tai Chi</p> <p>11:30 Piano Duets</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>1:30 Computer Drop-In</p>	<p>8</p> <p>8:00 Conservation Bkfst (TBA)</p> <p>9:15/10:15 Tai Chi</p> <p>11:30 Piano Duets</p> <p>1:00 Mame Trip Leaves (Mall)</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>1:30 Computer Drop-In</p> <p>3:00 Ukulele Gathering</p>
--------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>2</p> <p>9:30 Positive Psychology</p> <p>10:00 Wellness Clinic (LW)</p> <p>10:00 German Conversation</p> <p>12:30 Trad Jazz Band</p> <p>1:00 Open Bridge</p>	<p>3</p> <p>SATURDAY</p> <p>5:00 Gift Local</p> <p>4</p> <p>SUNDAY</p> <p>11:00 Gift Local</p>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------

<p>9:30 French Conversation</p> <p>10:00 What to Do in Retirement</p> <p>12:30 Lincoln Academy</p> <p>2:00 Legal Clinic</p> <p>2:15/3:15 Tai Chi</p> <p>7:00 Acoustic Night (Lib)</p>	<p>12</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------

<p>9:30 FCOA Meeting</p> <p>9:30 Knitting Drop-In</p> <p>11:00 Playreading: Child's Christmas in Wales</p> <p>11:30 You Can Do It Exercise</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>2:00 Staying in Touch Group</p> <p>2:30 COA Board</p>	<p>13</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------

<p>9:30 Yoga</p> <p>11:00 Line Dancing</p> <p>1:00/2:15 Tai Chi</p> <p>1:00 Game Jamboree</p> <p>1:00 Office Hours with Aide to Katherine Clark</p> <p>1:00 Movie: The Other Son</p> <p>7:30 Classic Jazz at the Library (Lib)</p>	<p>14</p>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------

<p>8:00 Men's Coffee</p> <p>9:15/10:15 Tai Chi</p> <p>10:00 Ethics and Climate</p> <p>11:30 Piano Duets</p> <p>1:00 Exercise: Aerobics and Weights</p> <p>1:00 Coffee with a Cop</p> <p>1:30 Computer Drop-In</p> <p>2:15 Movie: Hunt for the Wilderpeople</p>	<p>15</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------

<p>9:30 Caring for the Caregiver</p> <p>10:00 German Conversation</p> <p>12:30 Digital Photography For the Holidays</p> <p>1:00 Open Bridge</p>	<p>16</p>
-------------------------------------------------------------------------------------------------------------------------------------------------	------------------

<p>SATURDAY 10</p> <p>9:00 Library Book Sale</p> <p>SUNDAY 11</p> <p>2:00 Film and Discussion: Syrian Bride</p>	
-------------------------------------------------------------------------------------------------------------------------------	--

<p>9:30 Silk Scarves Workshop</p> <p>12:30 Online Journalism</p> <p>1:00 Open Bridge</p>	
------------------------------------------------------------------------------------------	--

<p>11:00 Spanish Conversation</p>	<p>19</p> <p>9:00 Collating 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 2:00 Staying in Touch 2:15 Tea on Tuesdays 2:45 iPhone and iPad Help 7:00 Handbells (FP)</p>	<p>20</p> <p>9:00 Podiatry 10:00 The Gift of Forgiveness 11:00 Line Dancing 1:00 Game Jamboree</p>	<p>SATURDAY 17 1:00 Jazz Jam (Lib) 3:00 Messiah (FP)</p>
<p>21</p> <p>11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Captain Fantastic</p>	<p>22</p> <p>11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Captain Fantastic</p>	<p>23</p> <p>1:00 Open Bridge</p>	<p>24</p>
<p>25</p> <p>10:00 Fireside Chat: Political Correctness And Censorship 1:00 Game Jamboree</p>	<p>26</p> <p>9:30 Knitting Drop-In 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 2:30 Staying in Touch Group</p>	<p>27</p>	<p>28</p>
<p>28</p> <p>11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In</p>	<p>29</p> <p>11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In</p>	<p>30</p> <p>1:00 Open Bridge</p>	<p>31</p>
<p>COA CLOSED/ CHRISTMAS</p> 	<p>32</p>	<p>33</p>	<p>34</p>

Lincoln Cable TV

Selectmen, Schools, Town Meetings, COA Lectures, Bulletin Board and more!

Watch on TV - Comcast channels 8 and 99 • Verizon channel 33
Watch on your computer - "Streaming" or Video on Demand at <http://lincolntv.viebit.com>

America's Choice in Homecare!



• Up to 24 hour Care • Meal Preparation • Errands/Shopping • Hygiene Assistance
• Light Housekeeping • Respite Care for Families • Rewarding Companionship
978-287-2002 • www.visitingangels.com



FOR YOUR WELL BEING



CARING FOR YOURSELF WHEN YOU ARE THE CAREGIVER

If you're a caregiver, whether as a parent, spouse, adult child, relative or friend, you probably give your time, compassion and physical self to your loved one without taking time out for yourself. This one-hour workshop presented by Lincoln resident Catherine Collins, RN, MS, **Friday, December 16 at 9:30** will offer simple self-care practices that can be incorporated into a 10-minute break. Techniques will include breathing practices, imagery, progressive muscle relaxation, and gentle movement. You'll also learn simple, comforting techniques to use with your loved one such as a simple reflexology point and the "hand/heart connection" technique.

GIVE YOURSELF THE GIFT OF FORGIVENESS

Forgiveness is not simply an attitude or an action towards someone who has wronged you, but a way of living more peacefully and joyfully. Come find out about some of the most up-to-date research on the benefits of forgiveness and exactly what it means to make forgiveness a part of your life when Betsy Connolly, MS, Executive Director of Traditions in Wayland, comes to **Bemis Hall on Wednesday, December 21 at 10 am**. Ms. Connolly will talk about how to view something or someone differently, how to begin to forgive even if you think you can't, and more.



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 January 2 and continue for 12 weeks. New students may sign up now. Continuing students do not need to sign up. **Level I (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! No line dancing on December 28.

GENTLE YOGA FOR FOCUS AND FLEXIBILITY Gentle yoga on the floor or in a chair, **Wednesdays at 9:30 am**. The new session begins on January 11 and runs for 11 weeks at a cost of \$110 (under 60: \$143). 5-class packs and drop-in is \$10/class (\$13 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**. \$110 for 12 weeks beginning January 10. Register on Parks and Rec page at www.lincolntown.org or at 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 on Friday, December 2 from 10 am to noon**. This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, December 20 from 9 to 11 am at Bemis Hall**. This clinic is sponsored by the Pierce House. Services for both clinics are provided by Emerson Hospital Home Care.

PODIATRY CLINICS

Podiatry clinics will be held on **Tuesday, December 6** and **Wednesday, December 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



ONLINE NEWSPAPERS: WHAT THEY ARE, HOW TO READ THEM AND GET THEM



More and more, the latest news is available only online or online first, and we need to know how to find it if we are to stay in touch even if we have a subscription to a printed newspaper. Come to **Bemis Hall on Wednesday, December 9 at 12:30 pm** when Alice Waugh, editor of the online *Lincoln Squirrel*, comes to tell us more about what online newspapers are and how to find them on the web, navigate through them for the information you need, and get a subscription to them. It's easier than you think and you'll be amazed at the array of news at your fingertips!

DIGITAL PHOTOGRAPHY: CAPTURE YOUR HOLIDAYS

If you want to make sure you have the best photos of the holidays, come to our workshop with Harold McAleer on digital photography on **Friday, December 16 at 12:30 pm at Bemis Hall**. Harold will go over taking digital photos with your camera and your phone, then editing and emailing pictures from your computer. If you have a digital camera, bring it along!



HOW TO KNOW WHAT TO DO WITH RETIREMENT'S FREEDOM

Join Lincolnite Jean Risley **Monday, December 5 and 12 at 10 at Bemis Hall** to learn 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. You don't need to have come to previous sessions.

NEW! DOMESTIC VIOLENCE SERVICES NETWORK OFFICE HOURS!

If you are experiencing violence or abuse by a family member, whether physical, emotional, or sexual, or you are concerned about someone who is, come to **Bemis Hall on Wednesday, December 7 between 10 am and noon** to have a confidential discussion with an advocate from Domestic Violence Services Network, Inc. Come find out more about domestic violence, and how to cope with it, as well as learn about available resources in a supportive, non-judgmental environment. **All conversations are completely confidential.**

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, December 12 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

Jimmy Santos, Constituent Services and Military Liaison for Congresswoman Katherine Clark, will hold Office Hours at **Bemis Hall on Wednesday, December 14 from 1 to 2 pm** on federal benefits and other concerns. No need to sign up! Please note special day for this month only!

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

Come to Bemis Hall on **Thursday, December 15 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 PC computer and digital photography tutoring on **Thursday afternoons from 1:30 to 3:30 pm!** Help with iphones and ipads is available on **December 6 and 20 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.



Friends of the Lincoln Council on Aging

P.O. Box 143 • Lincoln, MA 01773

**Proud to Support the Lincoln Council on Aging!
Serving people of all ages!**

Trips – Music – Social Events
Exercise – Tai Chi – Yoga – Line Dancing
Counseling – Transportation - Caregiving Help
Art – Drama - Music

More and more every month!



our
SENIOR CENTER
The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com

The Lincoln Council on Aging and Liturgical Publications Inc. invite you to become their partner in publishing this newsletter. Your support will permit the council to receive this service at no cost.
For advertising information, call LPi today.
1-800-477-4574



**LITURGICAL
PUBLICATIONS**

LAW OFFICES OF RENEE LAZAR

MILITARY AND FAMILY LAW • GUARDIANSHIPS



4308 THOMPSON FARM • BEDFORD, MA 01730

978-844-4095



FREE CONSULTATION • WWW.RENEELAZARLAW.COM

DEE FUNERAL & CREMATION SERVICES

Caring for Families since 1868



978-369-2030 • 800-942-1868
Susan M. Dee • Charles W. Dee
www.deefuneralhome.com



Care & Beyond Home Care LLC
RN Supervised

Home Health Aides, CNA's Companions & Homemakers

Meal Prep • Bathing • Grooming • Toileting • Errands Shopping
Laundry • Medication Reminders

In Home & Assisted Living • Licensed, Bonded & Insured
Call 978-319-9118 for Free Nurse Evaluation & References.

We Take Pride In Our Work

Medicare Certified
Most Insurances Accepted

CRUISE PLANNERS

Your Land and Cruise Specialist

River & Ocean Cruises
Independent & Guided Travel

Peggy Dawson

978-460-5642

www.sandpipervoyages.com



TRAVEL

HAPPY AT HOME

COMFORT & COMPASSIONATE CARE
WHEREVER YOU CALL HOME



MARGARET LUCERO, PRESIDENT

DAYTIME • 781-205-2105

EVENINGS & WEEKENDS • 781-492-4762

WWW.HAPPYATHOMELLC.COM

13 RIPLEY STREET • WALTHAM, MA 02453

HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



HOME SECURITY TEAM



Lincoln Est. 1974
Tree & Landscape

781-259-8020

www.lincolntree.com

Margo's Hair Design

Formerly Salon 160



At Lincoln Crossing

"Your one stop for full service hair care!"

We have a new name...a new look...

with the same caring staff to fulfill all your haircare needs! Shop in our new accessories boutique during your appointment!

Visit us at www.margosatlincolncrossing.com for monthly promotions and to see what we're all about!

(781) 259-9177 • 160 Lincoln Rd., Lincoln

All new clients receive 20% off your first visit w/ this ad



We give you a hand



Privacy • Autonomy • Liberty • Mobility • Safety

Palms Pride: We give you a hand
Nonemergency medical transport to:

Doctor's & Dental Appointments

Rehab: Stroke • Cardiac • Pulmonary

Hospital Admission • Discharge • Dialysis

Chemotherapy • Physical Therapy

Nurse available to assist • Licensed & Insured

Open 24/7

Call 781-373-3460

Members of the United
medical Transportation Group

Prestige • Respect • Integrity • Dignity • Empowerment

// We lived in New Hampshire, where we had lots of outdoor activities. We still have that here. Now our friends are coming down to visit here and they are really sort of jealous. We have the best of both worlds. // – Will and Bev Reed, Residents

A lifestyle that gives you the freedom to pursue your passions is something that everyone can appreciate. At The Commons in Lincoln, you can do the things you love because we take care of everything else for you. That includes lawn care, housekeeping and even snow removal. Every day, our expert chefs prepare lunches and dinners that will tantalize your taste buds. All this leaves you time to enjoy whatever you please, from nature walks on nearby trails to cultural attractions only minutes away in Boston. It is all part of our *Lifecare Advantage*.

Call 1-877-219-6116 to schedule a personal tour, or visit www.TheCommonsInLincoln.com/visit to take a video tour of the Reeds' home.



The Commons
IN LINCOLN
A Benchmark Signature Living Lifecare Community

222 Sandy Pond Road | Lincoln, MA 01773

NOW OPEN!

Rental Assisted Living and Memory Care Community.

Call 1-877-219-6116 for special pricing.



For ad info. call 1-800-888-4574 • www.4lpi.com

Lincoln Council on Aging, Lincoln, MA 06-5118

GOINGS ON IN AND AROUND LINCOLN

GIFT LOCAL The Old Town Hall Exchange Gift Local Artisan and Craft Show hosts a variety of talented local jewelers, woodworkers, and more **Sat., December 3, 5:00 –9:00 pm and Sun., December 4, 11:00 am-4:00 pm, Bemis Hall.**

EXPLORING THE ISRAEL-PALESTINE CONFLICT THROUGH TRAVEL AND FILM Fact-finding trip to Israel and Palestine, **Jan 4-14, affordable cost. Film: The Syrian Bride, Dec. 7, 7 pm and Dec.11, 2 pm, Bemis Hall.** Free. Both sponsored by GRALTA Foundation. Info, call Steve Low at (781) 259-1300 or steve.low@gordianconcepts.com.

COMPLETE STREETS PROGRAM **Wed., December 7, 7:30-9:30 pm, Donaldson Room, Town Offices.** Presentation & discussion of the summary of ideas and recommended project list as a result of the October public forum.

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, December 10 from 9 am to Noon at Bemis Hall.**

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, December 12 from 7 to 10 pm at the Library** featuring Jackson Gillman. Email: loma3re@gmail.com.

CLASSIC JAZZ AT LINCOLN LIBRARY **Wednesday, December 14, 7:30 pm at the Library** Vern Welch presents "Some Nice Local Jazz You've Missed." This group meets the second Wednesday of every month.

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, December 17 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.

LIVE IN LINCOLN CENTER First Parish Lincoln presents Handel's Messiah on **Saturday, December 17 at 3 pm.** Ian Watson directs a professional orchestra and chorus. Parish House, 14 Bedford Rd. \$30 donation suggested.

HOLIDAY HANDBELLS The Lincoln Ringers present their Fifth Annual Candlelight Concert of Christmas carols and holiday favorites at **First Parish in Lincoln, Tuesday, December 20 at 7:00 in the Stone Church.** Free.

FIRST DAY AT THE PIERCE HOUSE Come to historic Pierce House to celebrate the new year together at the town's 18th annual First Day gathering. Complimentary admission for Lincoln residents, but donations are gratefully accepted for the upkeep of this special town resource. **January 1, 1:00 to 5:00 pm.**

FRIENDS OF THE LINCOLN COUNCIL ON AGING

P.O. BOX 143

Lincoln, MA 01773

**Non-Profit Org.
Pre-Sorted Standard
U.S. Postage Paid
PERMIT #51**

EGR-WSS

POSTAL CUSTOMER

Lincoln, MA 01773