



NEWS FROM BEMIS HALL

Vol 8 Issue 9



September 2017

The Lincoln Council on Aging Monthly



A PIANO RECITAL OF MUSIC BY SCHUMANN, GERSHWIN, AND LISZT BY ABLA SHOCAIR

You are invited to enjoy an afternoon of piano music with Ablu Shocair on **Friday, September 22 at 2:15 pm at Bemis Hall**. She will play Schumann's Carnival, Gershwin's Rhapsody in Blue, and Liszt's Hungarian Rhapsody No. 2 in C# minor. Ablu, originally from Jordan, started playing piano at age 4. She is a Civil Engineer and has given many piano concerts in a variety of venues.



GREATEST ARTWORKS OF THE 20TH CENTURY

Adults of all ages are invited to take a 5-week free course that will reveal the genius behind various 20th century artworks and artists — from Picasso to Pollock and beyond — and discuss their own thoughts and reactions to each piece. The course will be from **3 to 4:30 pm at the Library on Saturdays September 23, October 7, 21, and 28, and November 4**. The course is taught by Steven Kendall, tour leader and teacher. The course is co-sponsored by the Library and COA and made possible by the Friends of the Lincoln Library and the Friends of the Lincoln Council on Aging. Please sign up by calling the Library at (781) 259-8465.

HAND DRUMMING FOR FUN AND WELLNESS

Hand drumming is a fun and unique way to spend enjoyable time with others, improve musical skills for playing any instrument, and de-stress, relax, and feel more positive. Learn this special art with acclaimed drummer Mike Connors from the Concord Conservatory of Music on **six Tuesday mornings at 9:30 beginning September 19** at a cost of \$78. Sign up now!



COA OFFERS NEW FITNESS FOR ALL LEVELS!

Looking for an opportunity to get fit and toned, limber up, and enhance your physical and mental well being? Try one of our new fitness classes! At 11:30 on Tuesdays and Thursdays, come to **Stretch and Flex** for all fitness levels. You'll start with a gentle warm up, then progress to resistance training with bands or weights. At 1 pm on Tuesdays and Thursdays, come to **Active Aging** that begins with a stretch followed by muscle toning and strengthening with weights, aerobic dance, and cooldown. Both classes are \$3 a session, with no sign up needed, and begin **September 5**. Attend when you like! Our certified instructor, Terri Zaborowski, teaches these two classes in other COAs where they are so popular they have wait lists.



MEET ABBY, OUR NEW ASSISTANT DIRECTOR!



We are delighted to introduce our new COA Assistant Director, Abby Butt! Perhaps you need some emotional support or help arranging home care services. You may be considering a move to an assisted living facility and not know how to begin. Are you a caregiver feeling overwhelmed? Or perhaps you just could use someone to talk with about your life. Abby, who brings to the COA many years of experience, is happy to help you. Please call the COA anytime to make an appointment or to see if she is available for a conversation right then.

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ENJOY A DAY OUT WITH THE COA!



TOUR OF THE STATE HOUSE AND LUNCH!



Come to the *Massachusetts State House* and the *John Adams Courthouse* on *Wednesday, October 11*. These historic and truly beautiful buildings house the story of Massachusetts. Think you know our history? John Adams's passion for justice, community and learning are evident in the stunning 19th c. courthouse where the Supreme Judicial Court or Appeals Court meets right across the street from the Massachusetts State House where we begin our docent led tours. Do you know our state motto? Why do we have a state insect? Who owned this land? Who designed this beautiful building? Why is our Constitution so important? There is a lot to learn! We will leave Donelan's parking lot at 9:15am sharp and plan to be back in Lincoln by 4pm. Lunch will be on your own at **The Union Oyster House**, the oldest continually operating restaurant in the country. The cost of the trip is \$15 and is supported by the Hurff Fund so the trip is limited to Lincoln seniors. Both buildings have *elevators* but expect to be standing on both tours. Send your check payable to FLCOA, along with your phone # and email, to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA 01773 or call 781-257-5050 or email donna@ecacbed.com.

LET'S BOWL!

Let's go bowling on **Thursday, November 9th!** Most of us haven't bowled in years and certainly not with large balls. Don't worry we will be using small balls (called candlepin bowling). We will have four bowlers to a lane and maybe get a little competition going. Afterwards we will head for an early dinner to a nearby restaurant to discuss our bowling skills or lack thereof. Details in future newsletters.



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: 16 Lincoln Road, Lincoln, MA
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, Discussions, and More about Our World



THE LINCOLN ACADEMY LECTURE SERIES

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

This Month's Speakers

September 11—Donald L. Hafner, Captain, Lincoln Minute Men: The “Inexplicable” Captain: William Smith and Lincoln’s Minute Men of 1775

What explains the election of William Smith as Captain of Lincoln’s minute men in 1775? A report in 2007 for Minute Man National Historical Park asserted that Smith’s election was “inexplicable,” and it does seem puzzling. Among the minute men were long-time Lincoln residents, military veterans, and men older than William Smith. Yet to command them in battle, they elected Smith, who had moved to Lincoln barely a year earlier, was only 28 years old, and had no military experience. Various explanations have been offered for William’s election, but are they persuasive? Come join the conversation, review the evidence, and judge for yourself whether William Smith was the “inexplicable” Captain. Donald L. Hafner is a retired professor of political science and a long-time member of the Lincoln Minute Men. His most recent book, published by the Lincoln Historical Society, is *William Smith, Captain: Life and Death of a Soldier of the American Revolution*.

September 18—Heather Korostoff Murray: African-American Improvisational Quilts

Quilt collector Heather Korostoff Murray introduces us to African-American improvisational quilts: the unique qualities of these extraordinary textiles, their possible African connections, and the stories behind their creators, including their inspirations and astonishing talents. Heather’s talk will focus on the lives and work of eight significant African-American improvisational quilt makers, with slides from her mentor’s (quilt scholar and curator Eli Leon) extensive quilt collection and research. On exhibit will be several antique and vintage quilts from her collection, illustrating the key characteristics of the genre.

September 25—Susan MacMillan Kains (Siusaidh Nic a’Mhaoilean Cahans): Gaelic Woman on a Braided Path

This presentation will trace the interweaving of Susan Kains’s life as a Scots-Gael, moving among and living with her Gaelic speaking relatives of Canada and the North American Indian tribes, especially the Oglala Lakota Sioux of western South Dakota, with whom she has been an adopted family member for 35 years.

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

SCIENCE AND TECHNOLOGY CLUB: THE SCIENCE AND ECONOMICS OF DEVELOPING NEW DRUGS

Every new medication undergoes years of development and testing between the initial spark of scientific innovation and the time patients’ lives are saved or improved. What is the scientific process of bringing a drug from idea to market and what are the costs involved that can raise the price of a medication to thousands, or tens of thousands, of dollars a dose? Find out when Mary Elisabeth Field comes to **Bemis Hall on Thursday, September 21 at 10:15 am**. Ms. Field, a Lincoln resident, has provided quality assurance and compliance services to Genzyme and other pharmaceutical corporations as they develop new medications for over 30 years.





Art, Music, Entertainment



COFFEE WITH ARTIST SUSAN WU



Come join Lincoln artist Susan Wu for Coffee with the Artist on **Thursday, September 7, at 2:15 pm at Bemis Hall**. Ms. Wu will be showing her Chinese brush paintings at Bemis Hall in September and October. Originally from Taoyuan, Taiwan,

Susan Wu has studied Chinese brush painting at the deCordova Museum and with Qinxiong Ma. Susan is a member of the Chinese Painting Guild of Boston, and is a featured artist on their website, chinesepaintingguild.org, and is also a member of the Sumi-e Society of America, Sarasota, Florida Chapter. She has shown her work in the Annual Art in the Park exhibits at University Park in Sarasota, Florida since 2001 and has won many awards. Ms. Wu has also exhibited her work at the deCordova Museum and the Lincoln Library, among other places.

EXPRESS YOUR LOVE OF NATURE WITH WATERCOLORS WITH JANE COOPER

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 on **October 13, 16, 20, and 23 from 9 am to 11 am**. The cost is \$30, all materials included. Call to sign up now!



THINK YOU MIGHT WANT TO JOIN THE MEMOIR GROUP?

If you are interested in writing your memoirs or just curious about what goes on in the group, please come to the first meeting of the Memoir Group on **Wednesday, September 6 from 10 am to noon** and find out what we do. If you like what you hear and you want to continue, the cost of the eight-session term is \$75. The dates for the term are Sept. 6 and 20; Oct. 4 and 18; Nov. 1, 15, and 29; and Dec. 13. If you want more information, call Connie Lewis (781) 259-9415 or email her at conlewis1000@gmail.com.

AT THE MOVIES

TUESDAY, SEPTEMBER 5, 2:15 PM. A QUIET PASSION Reclusive poet Emily Dickinson comes to life in this lush biopic that follows her from her days as a gifted but insecure student through her years as an introverted adult whose attachment to her family leads to self-imposed sequestration. 2017. PG-13. 124 mins.

WEDNESDAY, SEPTEMBER 6, 1 PM. DIE FLEDERMAUS Johann Strauss's most famous operetta has charm, wit, and some of the world's greatest music. Deceptions and disguises give way to affection, laughter and champagne for all. This Viennese production was performed live and broadcast on New Year's Eve 1980, and was highly praised as a FLEDERMAUS that "flies high above the rest". Shown on request, this performance is superior to our June offering and is one of the greatest recordings of operetta ever made. Rated NR. 1980. 169 mins.

TUESDAY, SEPTEMBER 19, 2:15 PM. A UNITED KINGDOM Meeting at a dance in 1947, African prince Seretse Khama and London office worker Ruth Williams share a love of jazz and an instant attraction. When they wed, their interracial union sparks an international political crisis. 2017. PG-13. 111 mins.

TUESDAY, SEPTEMBER 26, 2:15 PM. THE BEATLES-EIGHT DAYS A WEEK: THE TOURING YEARS From gigs at Liverpool's Cavern Club to their final concert in 1966 in San Francisco, this insightful documentary centers on the Beatles' touring years, using found footage and interviews to paint a picture of the band in the context of their time. 2016. NR. 106 mins.

SAVE THE DATE! MEDICARE 101! Are you turning 65 in the next year? Save **November 1 at 7 pm** for a program about what Medicare offers, how to choose a plan, when to sign up, and more, provided by the Minuteman Senior Services SHINE program. The federally-funded SHINE program only has funding through March, 2018 due to federal budget cuts, so this may be your last opportunity to attend a program about Medicare benefits.



SPEND TIME WITH OTHERS



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, September 19 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.

THE FIRESIDE CHAT: WHAT'S ON YOUR BUCKET LIST?



What is on your bucket list? What should/could be but isn't? What is your favorite list item, either something you have done or have yet to do? Let's get together and

have some fun talking about things we want to do or have done, things that make us happy, on **Wednesday, September 27 at 10 am at our new location in the Community Room at Lincoln Woods, 50 Wells Rd.** The Fireside Chat meets monthly on the fourth Wednesday at 10 am and is facilitated by Sharon Antia.

JOIN A NEW GROUP TO DECLUTTER AND GET ORGANIZED!

Decluttering and getting organized can seem overwhelming, but you can do it with some help, and you will enjoy your living space more and feel better about yourself and your life. Come to a new decluttering group facilitated by Pam Mizrahi on **September 6 and 20 at 2 pm**, and every other week thereafter, to talk about why we clutter and learn strategies.

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.

PLAY PIANO DUETS with Evelyn Harris each **Monday at 9:30 am**. She brings books for all levels.

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**. Come get help, give help, share projects, get new ideas or just enjoy the conversation. The group is always changing.

PLAY-READING Elizabeth Creighton leads a group in reading the romantic comedy "Bell, Book and Candle" by John van Druten on **September 12 and 19 (new weeks this month only) at 11 am**. Elizabeth will bring copies.

STAYING IN TOUCH GROUP Meets **Tuesdays at 2:00** to discuss topics of the group's choice. We occasionally schedule guest speakers and special events.

FIRESIDE CHAT Join other residents in a respectful "Fireside Chat" discussion using questions and answers on **Wednesday, September 27, 10 am, at Lincoln Woods**. This month's topic is "What's on Your Bucket List?"

CONSERVATION BREAKFAST **Thursday, September 14 at 8:00 am at a location to be announced**. Meet and gossip the second Thursday of every month about Town events, also touching on Conservation.

LINCOLN MEN'S COFFEE **Thursday, September 21 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.

UKULELE AND SING-ALONG GROUP meets on **Thursday, September 14 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
<p>SEPTEMBER</p> 	<p>LOCATIONS Codman: Codman Estate Lib: Library LW: Lincoln Woods PS: Public Safety Building Smith: Smith Building Parking Lot St. Anne's: St. Anne's Church TBA: Location to be announced</p>			<p>1</p> <p>COA CLOSED/SUMMER HOURS</p>
<p>4</p> <p>COA CLOSED/LABOR DAY</p>	<p>5</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:00 Staying in Touch Group 2:15 Movie: A Quiet Passion</p>	<p>6</p> <p>10:00 Memoirs 11:00 Line Dancing 1:00 Office Hours with Aide to Katherine Clark 1:00 Opera Movie: Die Fledermaus 2:00 Declutter Your Life</p>	<p>7</p> <p>11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:15 Coffee with the Artist</p>	<p>8</p> <p>1:00 Open Bridge</p>
<p>11</p> <p>9:30 French Conversation 9:30 Piano Duets 12:30 Lincoln Academy 2:15/3:15 Tai Chi 3:00 Legal Clinic 7:00 Acoustic Night (Lib)</p>	<p>12</p> <p>9:30 FCOA Meeting 9:30 Knitting Drop-In 10:00 Wellness Clinic (LW) 11:00 Playreading: Bell, Book, and Candle 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:00 Staying in Touch Group 2:30 COA Board</p>	<p>13</p> <p>9:30 Positive Psychology Group 11:00 Line Dancing 1:00/2:15 Tai Chi 7:30 Classic Jazz at the Library (Lib)</p>	<p>14</p> <p>8:00 Conservation Bkfst (TBA) 9:15/10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>15</p> <p>9:30 Iphones/Ipads 11:00 Using Social Media 10:00 German Conversation 1:00 Open Bridge</p>
				<p>9</p> <p>SATURDAY 9:00 Library Book Sale 10:00 Crafts Fair (Codman)</p> <p>10</p> <p>SUNDAY 1:00 Pollinators Tour (Smith)</p>

	<p>18</p> <p>9:30 Piano Duets 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	
	<p>19</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 9:30 Hand Drumming 11:00 Playreading: Bell, Book and Candle 11:30 Senior Dining (St. Anne's) 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:00 Staying in Touch Group 2:15 Movie: A United Kingdom</p>	<p>20</p> <p>9:00 Podiatry 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Declutter Your Life 2:30 Techno-Teach-In with LEAP</p>
	<p>21</p> <p>8:00 Men's Coffee 10:15 Science Club: Science and Economics of Developing New Drugs 9:15/10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:00 Coffee with a Cop 1:30 Computer Drop-In</p>	<p>22</p> <p>11:30 Lunch and Learn with the Fire Department (PS) 1:00 Open Bridge 2:15 Schumann, Gershwin and Liszt Concert</p>
	<p>23</p> <p>3:00 Art History (Lib)</p>	<p>23</p> <p>10:00 Financial Advisors 1:00 Open Bridge 1:00 Anti-Inflammatory Lifestyle</p>
	<p>SATURDAY 16 1:00 Jazz Jam (Lib)</p>	<p>SATURDAY 23 3:00 Art History (Lib)</p>
	<p>25</p> <p>9:30 Piano Duets 9:30 French Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>26</p> <p>9:00 Collating 9:30 Knitting Drop-In 9:30 Hand Drumming 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:00 Staying in Touch Group 2:15 Movie: Eight Days a Week</p>
	<p>27</p> <p>9:30 Positive Psychology Group 10:00 Fireside Chat: What's on Your Bucket List? (LW) 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p>28</p> <p>9:15/10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>

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<http://lincolntv.viebit.com>



FOR YOUR WELL BEING



GOOD HABITS TO REDUCE INFLAMMATION FOR HEALTH

Chronic inflammation is associated with major diseases like cancer, heart disease, Alzheimer's disease, diabetes, and depression. You can help reduce chronic inflammation through eating the right foods, exercising, reducing stress, sleeping better and more. Find out about what foods to eat and avoid, how to exercise, and more when Jane Polley, MS, RD, LDN, and Laila Vehvilainen, MS, MPH, NASM, come to **Bemis Hall Friday, September 29 at 1:00 pm.**

FALL AND WINTER SAFETY WITH THE FIRE DEPARTMENT

Fall and winter will soon be here, so brush up on how you can prevent a fire, accident, or related tragedy. Join Ben Juhola of the Fire Department on **Friday, September 22 at 11:30 at the Public Safety Building** to learn about such topics as burning leaves, using space heaters safely, shoveling snow the right way, and more. The Fire Department will be serving a sandwich lunch, so please sign up!



JOIN THE MONTHLY POSITIVE PSYCHOLOGY GROUP!

All are welcome to come to a new group to support each other in Positive Psychology practices like gratitude, mindfulness, resilience, coping, and more! The group will focus on incorporating Positive Psychology into our daily lives through community-building, support, shared practices, facilitated discussions, and social media like Facebook. You don't need to have attended previous Positive Psychology groups. The group will be facilitated by Alyson Lee, who is certified to teach Positive Psychology. The group will meet at **9:30 on Wednesdays, September 13 and 27, and then monthly every second Wednesday.** Funded by the Friends of the Lincoln COA.

OPPORTUNITIES FOR EXERCISE

STRETCH AND FLEX Designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both provided by the COA). No floor work. **Tuesdays and Thursdays, 11:30 am;** \$3 per class; no need to sign up. Taught by Terri Zaborowski.

ACTIVE AGING Start with a stretch and warm-up followed by 30 minutes of muscle toning and strengthening using hand weights. Seated and standing exercises. No floor work. Last 15 minutes of class is an aerobic dance routine and cooldown. Weights are available at the Center or bring your own. **Tues & Thurs, 1 pm;** \$3 per class; no need to sign up. Taught by Terri Zaborowski (AFAA certified group fitness instructor).

TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS Fall classes begin September 11 and continue till the week of December 11. **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. 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!

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

WELLNESS CLINICS FOR ALL AGES

Come to two clinics for residents of all ages for blood pressure, information and advice about nutrition and fitness, medication management, and answers about how to manage chronic conditions, where to get health services, and more. Our first clinic will be at **Lincoln Woods' Community Building at 50 Wells Road on Tuesday, September 12 from 10 am to noon.** This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, September 19 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, September 5 and Wednesday, September 20 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.



WHAT YOU NEED TO KNOW



GET WHAT YOU NEED FROM YOUR FINANCIAL ADVISOR

Financial advisors vary significantly in not only their expertise, but also in how dedicated they are to meeting your needs instead of theirs. To make sure that you are getting the right advice from the right advisor, come to **Bemis Hall on Friday, September 29 at 10 am** when attorney Christine R. Fitzgerald will talk about the suitability of investments, questions to ask when offered a financial product, and what to look for in financial advisors. Christine, a founder of the Belcher Fitzgerald law firm, has extensive experience with legal issues related to the financial services industry.



USING SOCIAL MEDIA LIKE FACEBOOK AND TWITTER: IT'S EASIER THAN YOU THINK!

These days, if you are going to get the latest information about events or other things, you need to know how to use the internet's social media like Facebook, Reddit, Instagram, Pinterest, and Twitter. If you would like to know which site has what kind of information, how to sign up, how to keep your private information private online, and more, come to **Bemis Hall on Friday, September 15 at 11 am** when Andy Payne will give an introduction to what social media is and how to use it.

GETTING THE MOST OUT OF YOUR IPHONE AND IPAD

Our programs on iphones and ipads given by Andy Payne have been so popular that we have asked him to come back yet again! Andy will be here on **Friday, September 15 at 9:30 am** to give you more information on the operation and features of iphones and ipads and answer your questions. You are welcome to attend whether you came to the other sessions or not. If you have tips for using your iphone or ipad, bring those, too!

TECHNO TEACH-IN WITH LEAP STUDENTS!



Middle school students from the LEAP afterschool program invite you to join them at **Bemis Hall on Wednesday, September 20 from 2:30 to 3:30 pm** to get help with a variety of devices, such as computers, cell phones, ipads and tablets, and more! Call the COA to sign up today!

COME FOR FREE ONE-TO-ONE CONSULTATIONS!

FREE ELDER LAW CLINIC! Got a question about issues such as estate planning, MassHealth, protecting assets for a loved one with a serious disability, guardianship, conservatorship or probate? The COA is pleased to provide a monthly legal clinic with elder law attorney and Lincoln resident Sasha Golden on **Monday, September 11 from 3-4 pm**. There is no charge for the thirty-minute consultation, but please sign up.

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, September 6 from 1 to 2 pm** on federal benefits and other concerns. No need to sign up!

"COFFEE WITH A COP": SHARE YOUR CONCERNS AND IDEAS Come to Bemis Hall on **Thursday, September 21 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 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 on the third Thursday of every other 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!** 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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GOINGS ON IN AND AROUND LINCOLN

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

35th ANNUAL FINE ARTS AND CRAFTS FESTIVAL **September 9, 10 am—4 pm, Codman Estate, 34 Codman Road, Lincoln.** Live music, over 100 juried artisans, museum tours, food vendors. \$5, free to Historic New England members and children under 12. Rain or shine. 617-994-5914; HistoricNewEngland.org.

TOUR THE PEOPLE FOR POLLINATORS MEADOW with **Tom Gumbart and LLCT** on **Sunday, September 10 at 1 pm at the Smith Building parking lot at the Lincoln Public Schools.** Observe the bees, butterflies and plants. In the second half, record observations on your mobile device for scientific study. Go to lincolnconservation.org for details.

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, September 11 from 7 to 10 pm at the Library** featuring Steven Pelland. Email: loma3re@gmail.com.

CLASSIC JAZZ AT THE LIBRARY Classic Jazz at the Lincoln Library opens its season with “Potpourri of Local Jazz” with Vern Welch on **Wednesday, September 13 at 7:30 pm at the Library.**

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, September 16 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’ and your hands a-clappin.’ Free.

CARE DIMENSIONS is looking for volunteers to help support hospice patients and families. The next training starts soon so please contact Heather Merrill at 781-373-6509 or hmerrill@caredimensions.org for more information.

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