



NEWS FROM BEMIS HALL

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October 2017

The Lincoln Council on Aging Monthly

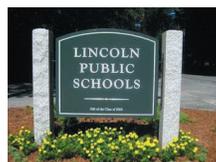
MEDICARE OPEN ENROLLMENT INSURANCE UPDATE

Find out what changes could affect your Medicare coverage and how much you will pay in 2018 when Don Milan and Anne Meade, Lincoln’s counselors from the Minuteman Senior Services SHINE Program-health benefits counseling for Medicare enrollees, come to Bemis Hall on **Friday, October 27 at 10 am**. This is an important time to understand the changes for 2018 and to be sure you are satisfied with your current health insurance benefits. **Medicare open enrollment period—October 15 to December 7, 2017—is your opportunity to make any changes to your Medicare coverage, effective Jan. 1st.** Representatives from most major supplemental health insurance plans (Harvard Pilgrim, Blue Cross Blue Shield, Tufts, Fallon, and (continues on Page 9)

TONI LYNN WASHINGTON AND SAX GORDON BEADLE SING AND PLAY THE BLUES!



All ages are invited to a free concert by renowned Boston-area blues vocalist Toni Lynn Washington and acclaimed saxophonist Sax Gordon Beadle on **Sunday, November 5 at 2 pm at Bemis Hall**. The performance is the First Annual Ronna Cooper Memorial Concert and is sponsored by the Friends of the Lincoln COA. It is a gift from Margo Cooper in celebration of her mother’s life. Ms. Washington has delighted and awed audiences in Boston and around the country and the globe for decades as both a singer and songwriter. She has received the Boston Blues Festival Lifetime Achievement Award, had seven Blues Music Award nominations, and released five CDs. Sax Gordon, known for his “hard-blowing, (Continued on Page 4)



A DISCUSSION OF LINCOLN VALUES AND THE SCHOOL PROJECT

You are invited to join a discussion of the Lincoln School Project with members of the School Building Committee (SBC) and their design team, and with members of the Community Center Preliminary Planning and Design Committee (PPDC), on **Friday, October 20, at 12:30 p.m. in Bemis Hall**. The two committees are working collaboratively to develop plans for the Ballfield Road campus, and will take this opportunity to update (Continued on Page 9)

AGING IN NATURE: KEY TO OUR WELL BEING (PANEL & WALKS)

The Lincoln Land Conservation Trust invites you to (1) a special panel on how and why access to nature is a key ingredient to our well-being as we age and (2) nature walks. Older adults who have the opportunity to spend time in nature have improved physical and mental health, as well as cognitive functioning, and are more likely to have social connections around them and in the community. Come to **Bemis Hall on Fri., Oct. 6, at 12:30** (Cont. Page 8)



GET TO KNOW ABBY BUTT, OUR NEW COA ASSISTANT DIRECTOR!

Come meet and greet the COA’s new Assistant Director, Abby Butt, on **Thursday, October 5, at 10:30 am**. Abby provides assistance in evaluating in-home needs and finding services, as well as crisis intervention, and general support to Lincoln seniors, families, and caregivers, individually or in groups. She brings many years of experience working in other COAs as well as conducting community needs assessments, program and policy development, and more. Bring your questions, concerns, ideas!

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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. 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. We will leave Donelan's parking lot at 9:15 am sharp and plan to be back in Lincoln by 4 pm. Lunch will be on your own at **The Union Oyster House**. 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.

GO BOWLING NOV. 9!

Let's go **Bowling at the Acton Bowladrome Thursday, Nov. 9th**. Most of us haven't bowled in years, but 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 Not Your Average Joes to discuss our bowling skills or lack thereof. We will leave Donelan's parking lot at 2 pm and plan to be back in Lincoln by 6:15 pm. Traveling in a Doherty's School Bus, the cost of the trip is \$15 which includes lane and shoe rental and dinner will be on your own. To make your reservation, send your check to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA, 781-257-5050.

SAVE DEC. 8 FOR THE BOSTON POPS!

Join conductor Keith Lockhart and the **Boston Pops on Friday, December 8** in a performance filled with holiday music favorites, the traditional sing-along and a visit from Santa Claus himself! We will be attending the 4 pm matinee performance. Our seats are excellent, floor table seats, front orchestra, side section. We have just 30 seats, so don't delay in signing up. Our air-conditioned air-ride bus will leave **Donelan's parking lot at 2:15 pm**, returning at approximately 7:30 pm. This trip is rated easy for physical ability, and entails only a moderate amount of walking. **The price for the trip is \$67 per person**. The cost is non-refundable and does not include the price of snacks and drinks served at the concert. Funded by the Hurff Fund, this trip is open to Lincoln seniors only. To reserve a space, send a check made out to FLCOA/Trips to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA 01773. Be sure to include your phone number and email address. Your reservation is complete when your check is received. Questions? Contact Donna at 781-257-5050 or donna@ecacbed.com.

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.



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

October 2: Meghan Lytton—Stories, Facts and Photos from the Iditarod Trail

Save yourself the long trip to Nome, Alaska to learn about the Iditarod Trail Race, where dogs pull a sled and their musher 1000 miles over some of the toughest terrain. Meghan will be sharing her adventure to Alaska in 2016 to see what some have called the toughest race on earth. If you would like, you can meet a real sled dog!

October 16: Antje Duvekot—Two Words for Travel

Lincoln resident and nationally touring singer-songwriter Antje Duvekot believes there should be two distinct words for travel, one when traveling for business and another when traveling for adventure or learning. The 40 year old artist has done both. After more than a decade building a grass roots music career on the road brought her loneliness and burnout she began traveling to places like Guatemala, Uganda and the West Bank for humanitarian purposes. This is about those divergent experiences.

October 23: Ray Anthony Shepard—The Emancipation Sword: The Story of the Massachusetts 54th Regiment

Ray Anthony Shepard will speak about his just published biography *Now or Never! Massachusetts 54th Infantry's Fight to End Slavery*. The author shared a working draft with us in the spring of 2015 and returns to share how and why he wanted to tell the story of the "glory" regiment for a new audience.

October 30: Gordon Woodington — Japan: Impressions and Highlights

Gordon Woodington invites you to enjoy the highlights of his many trips to Japan, including a number of cities, his impressions of the people and culture, what turned him into a Japanese "foodie," and interesting aspects of everyday communication.

THE COA SCIENCE GROUP: 4000 FEET OF CLIMATE CHANGE

Join physicist Stanley Solomon on **Thursday, October 19 at 10:15 am in Bemis Hall** for the first in a three-part series exploring the physicists' view of climate change using articles from three issues of *Physics Today*, a professional journal published by the American Physics Society and read by physicists worldwide. In the first session, Stan will provide brief comments about the sun and about geologic records. He plans to distribute copies of the articles before the sessions, so if you would like copies, please call the COA to leave your name and address.



THE FIRESIDE CHAT: THE KEY TO STAYING HEALTH AND HAPPY



What is the Key to Staying Happy and Healthy? Sure genes, luck and finances have a play in it but what have you found keeps you going? Some people seem to stay 'young' and active longer than others. Some people with all sorts of ailments or disadvantages still seem to be living a good life. What is the key? Discuss your thoughts and ideas with a group on **Wednesday, October 25 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.



Art, Music, Entertainment



TONI LYNN WASHINGTON AND SAX GORDON BEADLE (Cont. from Page

1) exciting, gutsy" signature style, has performed around the world, won numerous awards, and recorded six CDs. The Duke Robillard rhythm section: Bruce Bears on keyboard; Jesse Williams on bass; and Mark Teixeira on drums, will back up Toni Lynn and Sax Gordon for this fabulous afternoon of music.

AFRICAN STORY TIME: UGANDA IN THE SPOTLIGHT

Come to Bemis Hall on Friday, October 27 at 12:30 pm to expand on your knowledge about Uganda, a country located in the Eastern part of the African Continent. Please join Gaspar Kalemera for some ice cream and a wonderful time while he tells you interesting things about this country that was once known because of its dictator President Idi Amin during the 1970s. Come socialize and learn!



EXPRESS YOUR LOVE OF NATURE WITH WATERCOLORS WITH JANE



Rediscover the joyful soul within you through art and nature in Jane Cooper's watercolor class. Jane will offer fun dabbling in watercolor painting of scenes of nature, landscapes or some favorite sky. One class of four sessions will be offered on **October 13, 16, 20, and 23 from 1:30 to 3:00 pm on Mondays and 9 am to 11 am on Fridays**. Cost is \$30, all materials included. Sign up now!

CELEBRATE FALL'S COOL DAYS WITH THE TRAD JAZZ BAND!



Join the Trad Jazz Band regulars, including a busload who come from the Commons each month, in our series of lunchtime old time jazz concerts at Bemis. Come find out what brings them in! The band plays your favorites that bring back memories and get you up on your feet dancing and clapping! This month's concert is on **Friday, October 13, from 12:30 to 1:30**.

SIGNED UP FOR ARTWORKS OF THE 20TH CENTURY?

Are you signed up for this free course that will reveal the genius behind various 20th century artworks and artists and give you the chance to discuss your own thoughts and reactions to each piece? Remember, the course, which began in September, will be from **3 to 4:30 pm at the Library on Saturdays 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. *The course is currently full, but call the Library at (781) 259-8465 to see if spaces are available for individual sessions or to be put on the waitlist.*



AT THE MOVIES

THURSDAY, OCTOBER 5, 1 PM. THE GONDOLIERS This final operetta from Gilbert & Sullivan is full of memorable tunes and high-spirited dancing. The Duke and Duchess of Plaza-Toro come to Venice in search of the heir to the throne of Barataria. The most likely candidates are two handsome Gondoliers, but they're more interested in parties than politics and what's more, just married! Opera Australia's finest Savoyards unravel the story with a humorous touch and great vocal style. Gilbert & Sullivan at their best! NR. 1990. 152 mins.

TUESDAY, OCTOBER 17, 2:15 PM. THEIR FINEST Hired to pen scripts for films intended to boost Britain's spirits during World War II's London Blitz, Catrin Cole finds drama and comedy offscreen as she contends with a chauvinistic fellow screenwriter and a self-important aging actor. 2017. R. 117 mins.

THURSDAY, OCTOBER 26, 2:15 PM. PARIS CAN WAIT With her daughter at college and her workaholic husband perpetually absent, Anne Lockwood is ripe for the wooing when one of her spouse's associates offers to give her a lift from Cannes to Paris — a seven-hour journey that turns into two days. 2017. PG. 92 mins.

TUESDAY, OCTOBER 31, 2:15 PM. TO WALK INVISIBLE Charlotte, Emily, and Anne Bronte face a bleak future, with their father half-blind, and troubled brother Branwell in decline. As their situation worsens, Charlotte sees that writing could offer a way out. 2017. TV-14. 120 mins.



SPEND TIME WITH OTHERS



ENJOY A GOURMET LUNCH 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, October 17 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.



GROUPS TO ENCOURAGE, SUPPORT, AND ENRICH YOU!

STAYING IN TOUCH This informal group focuses their weekly discussion on social, cultural, and technological issues of the day. Please join them **Tuesdays at 2:00 pm**. All are welcome and encouraged to bring topics that interest them.



MIND-BODY-SPIRIT Our minds, bodies and spirits are deeply intertwined. How have you created overall wellness by caring for all three aspects of yourself? Share your practices and experiences in a group facilitated by Pam Mizrahi on the **second and fourth Wednesdays of the month, 2 to 3 pm**.

DECLUTTER AND GET ORGANIZED Decluttering and getting organized can seem overwhelming, but you can do it with some help. Come to a new decluttering group facilitated by Pam Mizrahi on the **first, third, and fifth Wednesdays of the month from 2 to 3 pm** to talk about why we clutter and learn strategies.

POSITIVE PSYCHOLOGY PRACTICES Come to a new group to support each other in Positive Psychology practices like gratitude, mindfulness, resilience, coping, and more! The group will be facilitated by Alyson Lee, who is certified to teach Positive Psychology. The group will meet at **9:30 on Wednesday, October 11, and then monthly every second Wednesday**. Funded by the Friends of the Lincoln COA.

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**. \$10 per session.

PLAY PIANO DUETS with Evelyn Harris each **Monday 9:30 am**. She brings books for all levels. Not 10/2.

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

PLAY-READING Sally Kindleberger leads a group in reading a fascinating and delightful play on **October 3 and 10 at 11 am**. Sally will bring copies. Be surprised by what play she has chosen!

CONSERVATION BREAKFAST **Thursday, October 12 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, October 19 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, October 12 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**. Any player who knows "Standard American" and understands week two bids, better minors, stayman and other similar terms is welcome to join Open Bridge.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>3</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 9:30 Hand Drumming 11:00 Playreading 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:00 Staying in Touch Group</p>	<p>4</p> <p>10:00 Memoirs 11:00 Line Dancing 1:00 Office Hours with Aide to Katherine Clark 1:00/2:15 Tai Chi 2:00 Declutter Group</p>	<p>5</p> <p>9:15/10:15 Tai Chi 10:30 Meet and Greet with Abby, New COA Assistant Director 11:30 Stretch & Flex 1:00 Active Aging Fitness 1:00 Opera Movie: The Gondoliers 1:30 Computer Drop-In</p>	<p>6</p> <p>10:00 German Conversation 12:30 Aging in Nature Panel 1:00 Open Bridge</p>
<p>9</p> <p>COA CLOSED/ COLUMBUS DAY</p>	<p>10</p> <p>9:30 FCOA Meeting 9:30 Knitting Drop-In 9:30 Hand Drumming 10:00 Wellness Clinic (LW) 11:00 Playreading 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:00 Nature Walk (TBD) 2:00 Staying in Touch Group 2:30 COA Board</p>	<p>11</p> <p>9:15 State House Trip (Mall) 9:30 Positive Psychology Group 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Mind/Body/Spirit Wellness Group 7:30 Jazz Concert</p>	<p>12</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>13</p> <p>9:00 Watercolors 12:30 Trad Jazz Band 1:00 Open Bridge</p>
<p>16</p> <p>9:30 Play to Your Strengths 9:30 Piano Duets 11:00 Spanish Conversation 12:30 Lincoln Academy 1:30 Watercolors 2:15/3:15 Tai Chi 3:00 Legal Clinic 7:00 Acoustic Music (Lib)</p>	<p>17</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 9:30 Hand Drumming 11:30 Senior Dining (St. Anne's) 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:00 Nature Walk (TBD) 2:00 Staying in Touch</p>	<p>18</p> <p>9:00 Podiatry 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Declutter Group</p>	<p>19</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 10:15 Science Club: 4000 Feet of Climate Change 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>20</p> <p>9:00 Watercolors 10:00 German Conversation 12:30 School Building Project 1:00 Open Bridge</p>
<p>SATURDAY 14</p> <p>9:00 Library Book Sale</p>				
<p>SATURDAY 7</p> <p>3:00 Art History (Lib)</p>				

	<p>2:15 Movie: Their Finest Group</p>			<p>SATURDAY 21 1:00 Jazz Jam 3:00 Art History (Lib)</p>
<p>23 9:30 Play to Your Strengths 9:30 French Conversation 9:30 Piano Duets 12:30 Lincoln Academy 1:30 Watercolors 2:15/3:15 Tai Chi</p>	<p>24 9:00 Collating 9:30 Knitting Drop-In 9:30 Hand Drumming 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:00 Nature Walk (TBD) 2:00 Staying in Touch Group</p>	<p>25 10:00 Fireside Chat: Key to Happiness (LW) 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Mind/Body/Spirit Wellness Group</p>	<p>26 9:15/10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:15 Movie: Paris Can Wait</p>	<p>27 10:00 Medicare Update 12:30 Uganda in the Spotlight 1:00 Open Bridge</p> <p>SATURDAY 28 3:00 Art History (Lib)</p> <p>SUNDAY 29 3:00 Rhapsody Recital</p>
<p>30 9:30 Piano Duets 9:30 Play to Your Strengths 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>31 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: To Walk Invisible</p>		<p>OCTOBER</p> 	<p>LOCATIONS Lib: Library LW: Lincoln Woods Mall: Parking Lot by Donelan's St. Anne's: St. Anne's Church TBA: Location to be announced</p>

Lincoln Cable TV

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

Watch on TV - Comcast channels 8 and 99 • Verizon channels 33 & 24

Watch on your computer - "Streaming" or Video on Demand at

<http://lincolntv.viebit.com>



FOR YOUR WELL BEING



PLAY TO YOUR STRENGTHS! A NEW COURSE WITH ALYSON LEE!

Learn to identify your unique strengths and then, in a playful, upbeat environment, discover how to live life by leading with those strengths in a new free course given by Alyson Lee on **Monday Oct. 16, 23, and 30 and Nov. 6 at 9:30 am at Bemis Hall**. Ms. Lee will use presentation of information, discussion of meaningful experiences, and strength-based games to help you improve your overall well being and relationships. Ms. Lee is a Co-Active Life Coach, Social Worker and Certified Positive Psychology Instructor who taught the wildly popular Positive Psychology course and the new monthly Positive Psychology Practice group (see Page 5). This course is supported by the Friends of the Lincoln COA. All are welcome to any session!



AGING IN NATURE: Panel and Nature Walks (Continued from Page 1)

to hear John Calabria, yoga teacher and expert in mindfulness and nature, who will share his outings with an elder friend who cares for 60 bluebird nest boxes; Ellie Horwitz, certified wildlife biologist and Tai Chi instructor; and Sophie Wadsworth, Executive Director of the Nature Connection. They will discuss how contact with nature benefits them and those they work with. A question and answer period will follow and all are invited to share their own experiences with keeping in contact with nature. All are welcome! Refreshments will be provided! Then, join naturalist John Calabria for a series of walks in some of Lincoln's most beautiful places on Tuesdays **October 10, 17, and 24 at 1 pm**. Unplug, disconnect from the world for a while and let our senses come alive in nature. These programs are co-sponsored by the Lincoln Land Conservation Trust, the Lincoln Council on Aging, and Deaconess Abundant Life Services and Newbury Court. For more information, go to lincolnconservation.org.

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 are now closed. **Level 1 (Beginners)**: Mon 2:15– 3:15 pm and Wed 1– 2 pm (Jane Moss), Thurs 9:15—10:15 (Ellie Horwitz and Cynthia Rosenberger). **Level 2**: Mon 3:15-4:15 (Jane Moss). Level 2 Practice: Thurs 10:15-11:15 (Ellie Horwitz and Cynthia Rosenberger). **Level 3**: Wed 2:15-3:15 (Jane Moss). Cost: \$60 - 1 hr/wk, \$80 - 2 hrs/wk, \$100 - 4 hrs/wk. For info, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

LINE DANCING Enjoy the fun and fitness of line dancing **Wednesdays at 11 am** with Katrina Rotondi. \$3 payable the day of the class. No sign up needed!

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, October 10 from 10 am to noon**. This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, October 17 from 9 to 11 am at Bemis Hall**. This clinic is sponsored by the Pierce House. And the Friends of the Lincoln COA. Services for both clinics are provided by Emerson Hospital Home Care.

PODIATRY CLINICS

Podiatry clinics will be held on **Tuesday, October 3** and **Wednesday, October 18 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and friends of the Lincoln COA.



WHAT YOU NEED TO KNOW



MEDICARE 101: WHAT TO KNOW. HOW TO CHOOSE.



Come find out the basics of Medicare on **Wednesday, November 1 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 in the next year, but is also for those who just wish to learn more and understand their benefits better. Don and Anne will discuss traditional Medicare, Medicare Supplement plans, Medicare 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! Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice. For more information, call toll-free 888-222-6171 or visit www.minutemansenior.org.

MEDICARE OPEN ENROLLMENT INSURANCE UPDATE *(Continued from Page 1)*

AARP/United Health Care) will have 2018 information for Medicare Supplement plans, Medicare Advantage plans and Part D plans. Also present will be Priscilla Leach, Veterans Service Officer. **Note:** This program is designed to go over **2018 changes** in basic Medicare, Medicare Supplement and Medicare Advantage insurance plans. **On Wednesday, November 1st at 7:00 pm, SHINE will present an in-depth "Medicare 101" to go over the basics of Medicare and the different types of insurance plans (Medicare Supplement and Medicare Advantage) available to supplement coverage.** SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling for Medicare beneficiaries and their caregivers. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice. For more information, call toll-free 888-222-6171 or visit www.minutemansenior.org.

A DISCUSSION OF LINCOLN VALUES AND THE SCHOOL PROJECT *(Continued from Page 1)*

members of the COA on the work so far, and to engage in a discussion of the town's values and priorities. The SBC will be working with its project manager, Daedalus Projects, Inc., and its design team from SMMA, and with the PPDC, to design a school and a campus that reflect those values and priorities – come and make your voice heard.

COME FOR FREE ONE-TO-ONE CONSULTATIONS!

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, October 4 from 1 to 2 pm** on federal benefits and other concerns. No need to sign up!

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, October 16 from 3-4 pm**. There is no charge for the thirty-minute consultation, but please sign up by calling the COA.

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

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

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VOLUNTEER TO HELP SOUTH SUDAN REFUGEES & IMMIGRANTS Help needed for Saturday educational programs in Lincoln for children. Training **October 4** in Lincoln. Info: SouthSudaneseBoston@gmail.com

FREE LIVE JAZZ CONCERT AT BEMIS HALL! **Wednesday, October 11, 7:30 PM.** Sarah Spencer and her Transatlantic All Stars: a swinging band with music of the 30's and 40's! Hear Herb Gardner on piano, Justin Meyer on bass, Jimmy Mazzy on banjo, Bill Doyle on guitar, Jeff Hughes on cornet, John Clark on reeds, Gerry Gagnon on trombone, Steve Taddeo on drums and Special Guest Sarah Spencer on sax.

FRIENDS OF THE LIBRARY BOOK SALE Come pick up a good read and help raise funds for the Library at the Friends of the Library Book Sale on **Saturday, October 14 from 9 am to Noon at Bemis Hall.**

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, October 16 from 7 to 10 pm at the Library** featuring Eleanor Buckland. Email: loma3re@gmail.com.

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, October 21 from 1:00 pm – 5:00 pm at Bemis Hall.** Come hear local musicians belting out old favorites which will set your feet a-tappin' and your hands a-clappin.' Free.

RHAPSODY PIANO RECITAL On **Sunday, October 29 at 3 pm at Bemis Hall** hear a free recital by amateur pianists who will perform selections by Bach, Brahms, Debussy, Guastavino, Liszt, Scarlatti & more.

COUNCIL ON AGING INFORMATION

The COA is located in Bemis Hall, 15 Bedford Road
Please send mail to: c/o Town Offices, 16 Lincoln
 Road, Lincoln, MA 01773
Phone: (781) 259-8811

E-mail: bottumc@lincolntown.org

Internet: www.lincolntown.org

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

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