



NEWS FROM BEMIS HALL

Vol 8 Issue 11



November 2017

The Lincoln Council on Aging Monthly

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



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, 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.

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STATE OF THE TOWN MEETING

The Board of Selectmen will be hosting the Town's Annual State of the Town Meeting (SOTT) on **Saturday, Nov. 4th, from 9:00 a.m. until 12:30 p.m., at the Brooks School Auditorium**. This year's SOTT agenda will include discussions of the School Building Project, the Community Center Project, and a slate of other topics of importance to the Town, and an open forum segment during which attendees are welcome to ask questions or comment on any of the issues of the day. The SOTT is a wonderful Lincoln tradition that provides the opportunity for residents to help shape the decisions of their elected and appointed representatives. We urge your participation. James Craig, Chairman, Jennifer Glass, Jonathan Dwyer, Board of Selectmen



NEED HELP PAYING FUEL OR OTHER BILLS?

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

MY SENIOR CENTER COMING SOON!



An exciting change is coming to the Lincoln COA! Starting soon we will begin using an automated sign-in system called, "MySeniorCenter" for all visitors and volunteers to use when arriving. It's specifically designed to make it easier to sign in and will make vital medical information available should you have an emergency. If you haven't already, we invite you to come to the COA and get your keytag. Simply swipe it across the scanner and the easy-to-navigate touchscreen will allow you to quickly tap the activities of your choosing. Even more, this new system gives us the data we need to better plan the programs and services you like. "My Senior Center" was funded by the Friends of the Lincoln Council on Aging.

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
What's Up in Lincoln	12



ENJOY A DAY OUT WITH THE COA!



BOWLING AND DINNER ON NOVEMBER 9!



Let's go **Bowling at the Acton Bowladrome Thursday, Nov. 9th**. Most of us haven't bowled in years, but don't worry because 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 Joe's 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.

START YOUR HOLIDAY CELEBRATION WITH 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.

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 leachp@lincolntown.org.

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.

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

November 6—Jennifer Haugh: Making Climate Change Personal: Using Public Art to Motivate Sustainable Behavior

Despite the increased frequency of extreme weather events, the effects of individual impacts on climate change are still an abstraction for many. This presentation by the founder of Iconic Energy Consulting looks at concepts ranging from mitigating the aesthetic effects of wind turbines to "feedback" sculpture that rewards communities for reducing energy use, and explores the challenges of connecting the dots between personal choices and global impacts.

November 13—Zach Woods: Amateurs Assist in the Second War for U.S. Independence

Non-professional militia, privateers, and Napoleon hindered and helped as we fought against the superior but hamstrung British Military in the War of 1812. What was the war all about? Learn about some of the surprising and telling moments in the conflict through a short film and presentation.

November 20—Lawrence Climo: An American Doctor in the Vietnamese Health Service, 1966-67

Dr. Lawrence Climo is a retired physician, new to Lincoln. He's also a Vietnam Vet. Larry participated in an unusual military mission during the Vietnam War for which he was awarded the Bronze Star Medal by the US Government and the Gallantry Cross with Palm by the Republic of Vietnam. Come hear about those experiences which he has recently detailed in a book.

THE FIRESIDE CHAT: WHAT ARE YOU GRATEFUL FOR?



Let's Give Thanks. Even if you've had a challenging year, let's not dwell on that. What are you grateful for? Discuss your thoughts and ideas with a group on **Wednesday, November 22 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.

THE COA SCIENCE GROUP: 4000 FEET OF CLIMATE CHANGE, PART II

Join physicist Stanley Solomon on **Thursday, November 16 at 10:15 am in Bemis Hall** for the second 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 this session, Stan will discuss the validity of accumulated temperature measurements. 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 email address.



COUNCIL ON AGING INFORMATION

The COA is located in Bemis Hall, 15 Bedford Road
Send mail to: c/o Town Offices, 16 Lincoln Road

Phone: (781) 259-8811
E-mail: bottumc@lincolntown.org



Art, Music, Entertainment



HOW MUCH IS THAT ANTIQUE OR JEWELRY WORTH?



You never know what treasures you might have hidden in your attic or jewelry box! Come to a special Appraisal Afternoon with Karen M. Keane, CEO, and Kaitlin Shinnick, Senior Specialist, Fine Jewelry, from Skinner Auctioneers, on **Thursday, November 9 at 2:15 at Bemis Hall!** Ms. Keane or Ms. Shinnick will identify, comment on, and place a value on one item. If you don't have anything to be appraised, come on down to join the fun and see what your friends and neighbors have brought!



NEW ENGLAND WILDLIFE PHOTOS FROM MASS AUDUBON COLLECTION



Come enjoy a selection of the exquisite collection of photographs by New England-based wildlife photographers from the Massachusetts Audubon Society in November in Bemis Hall. Eric Smith has chosen a variety of photos that reflect the diversity and beauty of New England's landscapes, flora and fauna. Call to see when the exhibit is available for viewing and lose yourself in our region's natural magnificence!

GIVE THANKS FOR THE LINCOLN TRAD JAZZ BAND!

Thanksgiving is a traditional American holiday and jazz is America's most traditional music, so celebrate November with the Lincoln Traditional Jazz Band! Come to **Bemis Hall on Friday, November 3 at 12:30** to hear them play, tap your toes, or get up and dance if you can't sit still. *Cheek to Cheek, Ain't Misbehavin', When You're Smilin'* -- you name it, they play it!



CELEBRATE VETERANS DAY WITH OTHER VETERANS AND SPOUSES

Celebrate Veterans Day with other veterans and their spouses on **Thursday, November 9 at 9 am at Bemis Hall.** You'll be treated to pancakes with butter and syrup, coffee, and great conversation! This is a social time just to chat and get to know other veterans in town. The breakfast is free, but please sign up.

AT THE MOVIES

THURSDAY, NOVEMBER 2, 1:00 PM. OPERA MOVIE: DIE FLEDERMAUS Back by popular demand! 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, performed live and broadcast on New Year's Eve 1980, was highly praised as a FLEDERMAUS "flying high above the rest". One of the greatest operetta recordings. Rated NR. 1980. 169 mins.

TUESDAY, NOVEMBER 7, 2:15 PM. NORMAN As a small-time "fixer" whose business involves arranging quiet deals among politicians and other power brokers, opportunistic Norman Oppenheimer makes a golden connection when a politician he once befriended later becomes Israel's prime minister. 2017. R. 118 mins.

TUESDAY, NOVEMBER 21, 2:00 PM FANTASTIC BEASTS This wizardly spin-off from the world of Harry Potter relates the wondrous and exotic life of "magizoologist" Newt Scamander, who wrote the Hogwarts School's textbook on magical creatures. 2016. PG-13. 133 mins. NOTE EARLIER TIME.

TUESDAY, NOVEMBER 28, 2:15 PM. MAUDIE This affecting biopic charts the story of Maud Lewis, who rises above the juvenile rheumatoid arthritis that made her a social outcast and finds a passion for painting, becoming a beloved Canadian folk artist in the process. 2017. PG. 115 mins.

THANKSGIVING PIES FUNDRAISER FOR EDUCATORS AT L-S Gourmet pies; \$18. Order by **Nov 10** and pick up at **Bemis from 11:00-4:00 Tues, November 21.** Order forms are at Bemis or online at www.felsgrant.org.

THANKSGIVING DINNER AT L-S HIGH Lincoln Sudbury Regional High School invites Lincoln seniors to a Thanksgiving Dinner at the school, 390 Lincoln Road in Sudbury, on **Wednesday, November 22 at noon.** Enjoy live music! Please call the COA to sign up.



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, November 21 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 **Wednesday, November 8 and Monday, November 20, 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, November 8, 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**.

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 Sally Kindleberger leads a group in reading Noel Coward's comedy of manners, *Private Lives*, on **November 7 and 14 at 11 am**. Sally will bring copies.

FIRESIDE CHAT Join other residents in a respectful "Fireside Chat" discussion using questions and answers on **Wednesday, November 22 at 10 am**. The topic this month is "What are you grateful for?"

CONSERVATION BREAKFAST **Thursday, November 9 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.

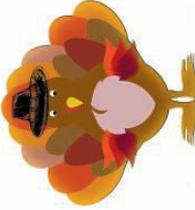
LINCOLN MEN'S COFFEE **Thursday, November 16 at 8:00 am**. Bagels, cream cheese, and lox, doughnuts, coffee and camaraderie—a great chance to catch up with buddies and make new friends.

UKULELE AND SING-ALONG GROUP meets on **Thursday, November 9 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>NOVEMBER</p> 	<p>LOCATIONS <u>Brooks: Brooks School Auditorium</u> Commons: The Commons in Lincoln Lib: Library L-S: L-S High School LW: Lincoln Woods Mall: Parking Lot by Donelan's St. Anne's: St. Anne's Church TBA: Location to be announced</p>	<p>1</p> <p>10:00 Memoirs 11:00 Line Dancing 12:00 Holiday Fraud Prevention 1:00 Office Hours with Aide to Katherine Clark 1:00/2:15 Tai Chi 2:00 Declutter Group 2:00 Selectmen Listening Session 7:00 Medicare 101</p>	<p>2</p> <p>9:15/10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:00 Opera Movie: Die Fledermaus 1:30 Computer Drop-In</p>	<p>3</p> <p>10:00 German Conversation 10:00 Families of Hospice 12:30 Trad Jazz Band 1:00 Open Bridge</p> <p>SATURDAY 4 9:00 State of the Town (Brooks) 3:00 20th Century Art Class (lib)</p> <p>SUNDAY 5 2:00 Toni Lynn Washington Concert</p>
<p>6</p> <p>9:30 Piano Duets 9:30 Play to Your Strengths 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>7</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 11:00 Playreading: Private Lives 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:00 Staying in Touch Group 2:15 Movie: Norman</p>	<p>8</p> <p>9:30 Positive Psychology Group 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Mind/Body/Spirit Wellness Group 2:30 Techno Teach-In with LEAP 7:30 Classic Jazz at the Library</p>	<p>9</p> <p>8:00 Conservation Bkfst (TBA) 9:00 Veterans Breakfast 9:15/10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:00 Bowling Trip (Mall) 2:15 Antiques Appraisals 3:00 Ukulele Gathering</p>	<p>10</p> <p>COA CLOSED/ VETERANS DAY</p>  <p>SATURDAY 11 9:00 Library Book Sale</p> <p>SUNDAY 12 2:00 Marriage is Taxing (Commons) 4:00 Kids in Nature</p>
<p>13</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 Music (Lib)</p>	<p>14</p> <p>9:30 FCOA Meeting 9:30 Knitting Drop-In 10:00 Wellness Clinic (LW) 11:30 Stretch and Flex 11:00 Playreading: Private Lives 1:00 Active Aging Fitness 2:00 Staying in Touch Group 2:30 COA Board</p>	<p>15</p> <p>9:00 Podiatry 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Declutter Group 7:30 L-S Play (L-S)</p>	<p>16</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 1:00 Coffee with a Cop 1:30 Computer Drop-In</p>	<p>17</p> <p>9:00 CPR and AED 10:00 German Conversation 1:00 Open Bridge</p>

	<p>20</p> <p>9:30 Piano Duets 11:00 Spanish Conversation 12:30 Lincoln Academy 2:00 Mind/Body/Spirit Wellness Group 2:15/3:15 Tai Chi</p>	<p>21</p> <p>9:00 Collating 9:00 Wellness Clinic 9:30 Knitting Drop-In 11:30 Senior Dining (St. Anne's) 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:00 Staying in Touch Group 2:00 Movie: Fantastic Beasts</p>	<p>22</p> <p>10:00 Fireside Chat: What Are You Grateful For? (LW) 11:00 Line Dancing 12:00 Thanksgiving at Lincoln-Sudbury Regional High School (L-S)</p>	<p>23</p> <p>COA CLOSED/ THANKSGIVING</p> 	<p>24</p> <p>COA CLOSED DAY AFTER THANKSGIVING</p>	<p>SATURDAY 18 1:00 Jazz Jam (Lib)</p>
	<p>27</p> <p>9:30 Piano Duets 9:30 French Conversation 2:15/3:15 Tai Chi</p>	<p>28</p> <p>9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:00 Staying in Touch Group 2:15 Movie: Maudie</p>	<p>29</p> <p>10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Declutter Group</p>	<p>30</p> <p>9:15/10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</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



BRUSH UP ON CPR AND AUTO DEFIBRILLATORS



Knowing CPR and how to use an automatic defibrillator (AED) can help you save a life. Come to **Bemis Hall on Friday, November**

17 at 9 am for a brush-up or an introduction to CPR and use of a defibrillator given by the Fire Department. This free workshop may lead to certification or you may take it just in case you come across someone in need in your daily life. Call the COA to sign up and let us know if you would like certification. All ages are welcome! (Maximum of 20).

COPING WHEN YOU HAVE A FAMILY MEMBER IN HOSPICE

Having a family member with an advanced/life limiting illness can be overwhelming, but this stage of life can also be a time of healing for all involved. All family members are invited to an informal discussion at **Bemis Hall on Friday, November 3rd, at 10 am**. Steve Menichetti, RN, and Lilian Warner of Deaconess Abundant Life Services, and Mary Crowe, LICSW, ACHP-SW of Care Dimensions will offer some information and strategies on Caring for the Caregiver from a physical, emotional and spiritual perspective with plenty of time for you to share your own experiences.

ARE YOU WORRIED ABOUT MEMORY LOSS OR DEMENTIA?

Everyone misplaces their car keys or forgets an appointment or a name from time to time. Most people even have times when they have trouble thinking something through clearly. But, these occurrences can be worrisome if they make you wonder whether you are suffering from memory loss. The Mini-Mental State Exam (MMSE) is a short test that can help you determine if you should see your doctor about your cognitive concerns. If you would like to have a MMSE right here at the COA, please call Abby (781-259-8811). She can give you the exam and advise you if follow up is needed.



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, Thurs 9:15—10:15. **Level 2**: Mon 3:15-4:15; Level 2 Practice: Thurs 10:15-11:15. **Level 3**: Wed 2:15-3:15. For info, contact Jane Moss at (781) 259-9822 or mind-bodyjm@comcast.net. **No class Wednesday, November 22.**

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 also subsidized by the FLCOA.

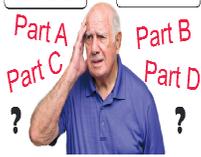
WELLNESS CLINICS FOR ALL AGES

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, November 14 from 10 am to noon**. This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, November 21 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, November 7** and **Wednesday, November 15 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

💡 **WHAT YOU NEED TO KNOW** 💡



MEDICARE 101: WHAT TO KNOW. HOW TO CHOOSE.

Part A Part B
Part C Part D

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.

HOLIDAY SHOPPING FRAUD PREVENTION

The holidays are right around the corner. Are you armed with vital information to keep yourself safe from scammers when you do your shopping, whether in stores or online? Come to **Bemis Hall on Wednesday, November 1 at 12 pm** when Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, will lead a discussion on topics such as: Black Friday shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices and how to spot them, and identity theft and fraud prevention.



TECHNO TEACH-IN WITH LEAP STUDENTS!

Middle school students from the LEAP afterschool program invite you to join them at **Bemis Hall on Wednesday, November 8 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!

MEET WITH AN AIDE TO CONGRESSWOMAN KATHERINE CLARK

A constituent representative for Congresswoman Katherine Clark will hold Office Hours at **Bemis Hall on Wednesday, November 1 from 1 to 2 pm** on federal benefits and other concerns. No need to sign up!

YOU'VE BEEN SELECTED!...

To drop by and visit with a member of the Board of Selectmen. Bring your ideas, feedback, questions, or favorite Lincoln anecdote. Whether you stop by for a minute or stay for the hour, we hope to see you between **2:00 - 3:00 pm on Wednesday, November 1.**

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, November 13 from 3-4 pm**. There is no charge for the thirty-minute consultation, but please sign up by calling the COA.

“COFFEE WITH A COP”: SHARE YOUR CONCERNS AND IDEAS

Come to Bemis Hall on **Thursday, November 16 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 on the third Thursday 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.



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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GOINGS ON IN AND AROUND LINCOLN

CLASSIC JAZZ AT LINCOLN LIBRARY Harold McAleer presents a documentary on Cole Porter on **Wednesday, November 8, 7:30 pm at the Library.** This group meets the second Wednesday of every month.

FRIENDS OF THE LIBRARY BOOK SALE Come pick up a good read and help raise funds for the Library at the Friends of the Library Book Sale on **Saturday, November 11 from 9 am to Noon at Bemis Hall.**

MARRIAGE IS TAXING Join the Lincoln Historical Society on **Sunday, Nov. 12 at 2 pm, at The Commons** as history meets humor regarding the 1765 Stamp Act. Walter Bossert as England's Prime Minister delivers a scathing rebuke to colonial rebels, and Martha Lufkin performs her comedy on the stampede to marry before the Act took effect. Free!

KIDS IN NATURE **Sunday, November 12 at 4 pm at Bemis Hall.** Lincoln Land Conservation Trust presents a panel discussion on the physiological benefits and conservation values cultivated in children who spend time in nature. Jeffrey Perrin of Lesley University will keynote, and educators from Birches School, Drumlin Farm Community Preschool, Farrington Nature Linc, and Lincoln Public Schools will provide substantive examples. Info: lincolnconservation.org

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, November 13 from 7 to 10 pm at the Library** featuring Hedgerow (21st century bluegrass) . Email: loma3re@gmail.com.

LSB PLAYERS: THE SECRET GARDEN The LSB Players of Lincoln-Sudbury Regional High School present The Secret Garden, with limited free tickets for seniors for the **Nov. 15, 7:30 performance (at LSRHS)** available at the COA.

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, November 18 from 1:00 pm – 5:00 pm at the Library.** Come hear local musicians belting out old favorites which will set your feet a-tappin.' Free.

OPEN TABLE DINNERS IN MAYNARD AND CONCORD All are welcome to enjoy delicious food and meet new people at the Open Table dinners in Maynard (33 Main Street) on Tuesdays and Concord (First Parish, 20 Lexington Road) on Thursdays, both at 5:30.

NO FLU CLINIC THIS YEAR The Board of Health and COA will not be able to offer a flu shot clinic this year due to a state decision not to provide flu vaccine. We encourage you to obtain your vaccine through your physician, at a pharmacy, or elsewhere.

FRIENDS OF THE LINCOLN COUNCIL ON AGING

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