



NEWS FROM BEMIS HALL

Vol 9 Issue 1



January 2018

The Lincoln Council on Aging Monthly

2018 TOP OF THE TOWN WINTER GALA!



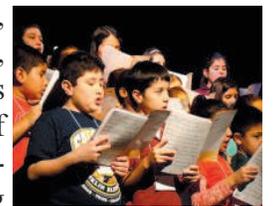
Are you planning to go to the **Top of the Town Winter Gala** on **Saturday, January 20 from 5 to 8 pm at the deCordova Museum**? If so, please send in the reservation form you will receive at the end of December. The form must reach the FLCOA at PO Box 143, Lincoln, MA 01773 or Bemis Hall by January 11 to confirm your attendance. This is a catered party, and an accurate head count is important! Because there is a space limit of 200 persons, the FLCOA will start a wait list if replies reach that number. They request that you let them know promptly if you must cancel so they can notify the next person on the list. While the Friends of the Lincoln COA are pleased to host this event with free admission for Lincoln residents, they greatly appreciate your donations to show support for this event.

WE NEED YOUR INPUT ON THE SCHOOL BUILDING AND THE COMMUNITY CENTER

The next School Building Community Workshop will be on **Tuesday, January 23rd, 8-10 am and 7-9 pm, Reed Gym**. A wide range of concepts, that include cost estimates, will be presented in detail. *The SBC will need your input and guidance to evaluate which concepts are viable options for further development!* On **Tuesday, January 30th, 8-10 am and 7-9 pm in the Hartwell B-Pod**, the Community Center Preliminary Planning and Design Committee will have a forum in which you will be able to see designs specifically for the Hartwell Campus. Snow dates: Jan. 30th for SBC, in which case the CCPPDC forum moves to Feb. 6. If it snows Feb. 6, the CCPPDC forum will move to Feb. 13.

CELEBRATE LINCOLN'S GENERATIONS SING-ALONG!

The LEAP After-School Program, the Lincoln Council on Aging, and the Magic Garden Children's Center invite Lincoln residents of all ages to enjoy a free Multigenerational Concert and Sing-Along as part of the Winter Carnival on **Friday, January 26 at 3:30 pm at Bemis Hall**. The program will include singing groups from each of the three organizations. Members of the audience will enjoy favorite folk songs, children songs, and more! Come enjoy some songs that are beloved from childhood and others that are new and delightful! Don't miss this wonderful event!



THE STORIES OF YOUR LIFE SHOULD BE TOLD



Our lives are made of stories, but too often we don't feel they are valuable to others or we just don't know how to tell them. Sharing both the fun and tough stories is healing for ourselves and important for our families. Join Lincoln native and professional storyteller Elisa Pearmain, on **Friday, January 19 at 12:30 pm at Bemis Hall** for an engaging and playful workshop on remembering, shaping and sharing stories for yourself, your family, and your friends.

CAN YOU DONATE FRESH, UNOPENED TOILETRIES FOR WOMEN IN SHELTERS?



Women and children who are in shelters remaking their lives after experiencing domestic violence need fresh, unopened toiletries like shampoo, soap, toothpaste, hand and body lotions, and more. If you have unopened toiletries from hotels or stores that you can't use, please bring them to the COA at Bemis Hall by Friday, February 9. A volunteer will take them to local domestic violence organizations for Valentine's Day distribution.

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ENJOY A DAY OUT WITH THE COA!



THE IRISH AND HOW THEY GOT THAT WAY



Join us to celebrate Saint Patrick's Day on **Wednesday, March 14** at the Stoneham Theatre. We will attend the matinee performance of **The Irish and How They Got That Way** by Pulitzer Prize winning author Frank McCourt (Angela's Ashes). This revue is a celebration of a heritage that confronts adversity with determination, good humor, music and love of life. It is a fabulous show, with excellent reviews, an uplifting musical that will leave you smiling. A comfortable air-ride bus will leave Donelan's parking lot at **12:45 PM**, returning at approximately **5:30 PM**. This trip is rated easy, as it entails a short walk from the bus to the theater with no stairs to climb. Complimentary refreshments are served at intermission. The cost of the trip is \$29

and is non-refundable. Space is limited. To reserve a seat, send your check, made out to **FLCOA Trips**, to Virginia O'Brien, 4 Linway Road, Lincoln, MA 01773. Please include your phone number and email address. If you have questions you can call Virginia at 781-259-1291 or email her at vobrien39@yahoo.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.

NEWS YOU CAN USE!

FREE "FILE OF LIFE!" Why Do I Need a FILE OF LIFE?



An ambulance soars past traffic, sirens screaming. Emergency medical technicians (EMTs) race toward your home. When they arrive, you are unconscious and they have few facts to go on. Do you have any existing conditions? Are you taking any medications? Do you have allergies? This frightening scenario is all too common for seniors and the EMTs who treat them. That's why the FILE OF LIFE, a bright red, mini-medical history posted on the outside of your refrigerator, was developed and is promoted by our COA and Fire Department.

The FILE OF LIFE card enables medics to obtain important medical information when you are unable to provide it. The card also eliminates the risk of obtaining incomplete medical information about yourself or a loved one because you are in a frightened state and forget to mention something important. The card, which is kept in a red plastic pocket labeled FILE OF LIFE, lists your name, emergency medical contacts, insurance policy, health problems, medication dosages, allergies, recent surgeries, religion, doctor's name, and a health care proxy. The entire pocket is held with a magnet on the outside of your refrigerator. For your FREE FILE OF LIFE, please call or visit the Lincoln COA.

Free FILE OF LIFE provided by the Lincoln Council on Aging and the Lincoln Fire Department through the generosity of the MA Dept. of Fire Services Senior SAFE Program.

MAKE YOUR HOME SAFER FROM FIRE WITH SENIOR SAFE

The Fire Department's Senior SAFE program offers free fire safety evaluations of your home and installation of free smoke and carbon monoxide detectors and batteries. Fire fighters will come to your home and suggest how you may make your home safer. If you need assistance carrying out the suggestions, the Fire Department may be able to help. Senior SAFE is funded by the Commonwealth of Massachusetts. For more information, call Lt. Ben Juhola of the Lincoln Fire Department at (781) 259-8113.

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

Internet: www.lincolntown.org

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



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.

This Month's Speakers

January 8 — Margaret Coffin Brown: Linebacks, Lincoln Pippins, and Rangeways: Resource Management at Minute Man National Historical Park

North Lincoln retains historic resources which are preserved in Minute Man National Historical Park. The park interprets the events when the towns between Concord and Boston became a battleground for a day and commemorative sites for centuries. Margie Brown will discuss the delights and challenges of preserving North Lincoln's cultural and natural resources including heirloom cattle, orchards, witness homes, stonewalls, and the Battle Road.

January 22—Peter Conrad: The Medicalization of Society—Origins and Consequences

In recent years an increasing number of behaviors, conditions and human differences have been defined and treated as medical disorders. Examples include addictions of all sorts, ADHD, obesity, menopause, a wide range of sadness, erectile dysfunction, PMS, infertility, childbirth, aging, cognition loss, and dozens of others. This talk examines the origins and consequences of this widespread medicalization of society.

January 29— 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.

THE FIRESIDE CHAT: MARIJUANA

“Should Lincoln become the marijuana mecca? After all, this is a farming community and we are trying to bring more traffic into our downtown area,” quips Fireside Chat facilitator Sharon Antia. Do we want to grow pot commercially? Do we want to have a dispensary here in town? Join us at **10 AM on Wednesday January 24 in the Community Room at Lincoln Woods** as we think through what options make sense for us here in Lincoln. The Fireside Chat meets monthly on the fourth Wednesday at 10 am.



THE SCIENCE CLUB: ADVANCES AND INNOVATIONS IN THE FIELD OF RADIATION THERAPY TO TREAT CANCER FROM THE RESEARCH LABS AT MIT — PAST AND PRESENT

Come to **Bemis Hall on Thursday, January 18, at 10:15 am** to hear Richard Keough discuss a project he was involved in with The Mass. General Hospital's Radiation therapy department to combine the traditional forms of ionizing X-rays with a non-ionizing method of ultrasound hyperthermia to treat cancer. Developing this ultrasound system entailed a major engineering effort over a decade which required that the treatments be done at this facility at M.I.T. Otherwise this lab was a typical academic research center utilizing grad students, post docs, technical and medical talents spanning a wide spectrum of talent. Mr. Keough will discuss the fundamental principles differentiating the types of radiation interactions that take place in treating this disease as well as some more recent research efforts in this field utilizing concepts of nuclear and high energy physics.



Art, Music, Entertainment



ENJOY A POTPOURRI OF SONGS WITH RICH EILBERT!

Spend a fun, enriching musical afternoon with Lincoln-based singer/songwriter **Rich Eilbert on Friday, January 12 at 1 pm!** Rich has run the LOMA open mike at the Lincoln Library for over 8 years and can be seen annually at the Lincoln Winter Carnival coffeehouse. Rich will be performing original songs during the concert. His song themes cover the gamut from romantic to humorous to topical/political. He'll welcome comments or discussions at the end about the songs or songwriting in general.

COFFEE WITH PASTEL ARTIST BERNADETTE QUIRK!

Join Lincoln artist Bernadette Quirk at a Coffee in the Bemis Hall Gallery on **Tuesday, January 16 at 2:15** to celebrate her exhibit of pastel paintings during January and February. Bernadette is currently an active member of the Lowell Arts Association and has a pastel painting in their Fall 2017 Members Juried Show at Lowell's Whistler House Museum until January 27, 2018. She teaches at local senior centers and gives private lessons in art mediums.



CELEBRATE THE NEW YEAR WITH THE TRAD JAZZ BAND

Don't miss the free New Year's offering of traditional jazz on **Friday January 5 from 12:30 – 1:30 at Bemis Hall.** Enjoy all your favorites including music of such greats as Irving Berlin, George Gershwin, Louis Armstrong, and Fats Waller, played by a fun group who enjoy playing and providing toe-tapping enjoyment for you.



WORLD HAND DRUMMING

Hand drumming is a fun and unique way to express yourself and enhance well being that is sweeping the country! Come learn the joy of drumming with acclaimed drummer Mike Connors from the Concord Conservatory of Music on six **Tuesdays at 9:30 am beginning January 16. \$78. Sign up as space is limited.** No need to bring a drum!

PAINT IN PASTELS WITH JULIET

Express your vibrant self with the brilliant colors of pastels with Juliet Rago! She will begin with a short introduction to drawing for those who feel they need it. The class will meet from **10 am to noon on January 8, 12, 19, 22, and 26.** No experience is necessary. All materials furnished. Please sign up by calling the COA at (781) 259-8811. Limit of six. \$40.

GIVE THE MEMOIR GROUP A TRY!

If you are interested in writing your memoirs or just curious about what goes on in the group, come to the first meeting of the group at Bemis Hall on **Wednesday, January 10 from 10 am to noon.** If you want to continue, the cost of the eight-session term is \$75. The dates for the term are Jan. 10 & 24; Feb. 7 & 21; Mar. 7 & 21; Apr. 4, 7 & 18; and May 2 & 16. For info, call Connie Lewis (781) 259-9415 or email her at conlewis1000@gmail.com.

PIANO CLASS WITH WANDA PAIK! Come to the Piano Class at the COA beginning in February, led by Wanda Paik. This class will meet for 8 sessions, every 1st and 3rd Tuesday of the month from 10 to 11:15 am.

AT THE MOVIES

FRIDAY, JANUARY 5, 10 AM. DER ROSENKAVALIER This most beloved of Richard Strauss's 15 operas about a romantic quadrangle with a Princess, a Baron, and two younger lovers stars the legendary soprano Elisabeth Schwarzkopf with Sena Jurinac, Annaliese Rothenberger and Otto Edelmann in the impeccable cast, and Herbert von Karajan leading the Vienna Philharmonic Orchestra. NR. 1961. 191 mins.

TUESDAY, JANUARY 23, 2:15 PM LIGHT BETWEEN OCEANS When a drifting lifeboat washes ashore with a crying baby in it, a couple unable to have children faces a dilemma in a passionate story about love, hope, and a fateful choice. 2016. PG-13. 133 mins.

THURSDAY, JANUARY 25, 2:15 PM. ZOOKEEPER'S WIFE After the Nazis invade Poland, two zoo caretakers place themselves in grave danger to save Jews from the Warsaw Ghetto. 2017. PG-13. 126 mins.

TUESDAY, JANUARY 30, 2:15 PM. GIFTED When his sister dies, a bachelor assumes the care of her 7-year-old math prodigy daughter, but his plans are threatened when his mom gets involved. 2017. PG-13. 101 mins.



SPEND TIME WITH OTHERS



NEW GROUP STARTING FOR SPOUSES OF VETERANS



We are pleased to announce that we are starting a group for spouses of veterans (whether the vet is living or deceased). The group will be led by Priscilla Leach, Lincoln's Veterans Service Officer. We hope that the spouses will benefit from getting to know each other, discussing common concerns, and having fun together. The first meeting will be held on **Friday, January 19, at 10 am at Bemis Hall** and subsequent meeting places will be The Commons and Lincoln Woods. No need to sign up, but if you would like more information, please contact Priscilla Leach at 781-259-4472 or leachp@lincolntown.org.

SENIOR DINING IS FREE IN YOUR BIRTHDAY MONTH!

Lincolmites 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, January 16 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. 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. **NEW! ENJOY A LUNCH FREE DURING THE MONTH OF YOUR BIRTHDAY! JUST COME AND LET US KNOW IT'S YOUR SPECIAL MONTH!**

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 the **second Tuesday of the month at 2:00 pm**. All are welcome and encouraged to bring topics that interest you.

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 to talk about why we clutter and learn strategies on **January 3, 17, and 31 at 2:00 pm**.

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 **January 29 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 Beth Henley's tragicomedy *Crimes of the Heart*, on **January 2 and 9 at 11 am**. Sally will bring copies.

CONSERVATION BREAKFAST **Thursday, January 11 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, January 18 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, January 11 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>1</p> <p>COA CLOSED/NEW YEAR'S</p> 	<p>2</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 11:00 Playreading: Crimes of the Heart 11:30 Stretch and Flex 1:00 Active Aging Fitness</p>	<p>3</p> <p>11:00 Line Dancing 1:00 Declutter Presentation 2:00 Declutter Group 2:00 Selectmen Listening Session</p>	<p>4</p> <p>11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>5</p> <p>10:00 German Conversation 10:00 Opera Movie: Der Rosenkavalier 12:30 Trad Jazz Band 1:00 Open Bridge</p>
<p>8</p> <p>9:30 Piano Duets 9:30 French Conversation 10:00 Pastels with Juliet 12:30 Lincoln Academy 2:15/3:15 Tai Chi 3:00 Legal Clinic 7:00 Acoustic Music (Lib)</p>	<p>9</p> <p>9:30 FCOA Meeting 9:30 Knitting Drop-In 10:00 Wellness Clinic (LW) 11:30 Stretch and Flex 11:00 Playreading: Crimes of the Heart 1:00 Active Aging Fitness 2:00 Staying in Touch Group 2:30 COA Board</p>	<p>10</p> <p>10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 What to do with Freedom 7:30 Classic Jazz at the Library (Lib)</p>	<p>11</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>SATURDAY 6</p> <p>5:30 LLCT Bash</p>
<p>15</p> <p>COA CLOSED/MARTIN LUTHER KING DAY</p>	<p>16</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 2:15 Coffee with the Artist</p>	<p>17</p> <p>9:00 Podiatry 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Declutter Group</p>	<p>18</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 10:15 Science Club: Radiation Treatment for Cancer 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:00 Coffee with a Cop 1:30 Computer Drop-In</p>	<p>SATURDAY 13</p> <p>9:00 Library Book Sale</p>
<p>12</p> <p>10:00 Medicare Senior Patrol 10:00 Pastels with Juliet 1:00 Rich Eilbert Concert 1:00 Open Bridge</p>	<p>19</p> <p>9:30 iPhones and IPads 10:00 German Conversation 10:00 Spouses of Veterans Group 10:00 Pastels with Juliet 11:00 Uber and Lyft 12:30 Telling Our Stories 1:00 Open Bridge</p>	<p>11</p> <p>10:00 Medicare Senior Patrol 10:00 Pastels with Juliet 1:00 Rich Eilbert Concert 1:00 Open Bridge</p>	<p>12</p> <p>10:00 Medicare Senior Patrol 10:00 Pastels with Juliet 1:00 Rich Eilbert Concert 1:00 Open Bridge</p>	<p>SATURDAY 13</p> <p>9:00 Library Book Sale</p>

	<p>22</p> <p>9:30 Piano Duets 9:30 French Conversation 10:00 Pastels with Juliet 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>23</p> <p>8:00 SBC Workshop (Reed) 9:00 Collating 9:30 Knitting Drop-In 9:30 Hand Drumming 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: Light Between Oceans 7:00 SBC Workshop (Reed)</p>		<p>24</p> <p>10:00 Fireside Chat: Marijuana (LW) 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 What to Do with Freedom</p>	<p>31</p> <p>11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Declutter Group</p>		<p>25</p> <p>9:15/10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:15 Movie: Zookeeper's Wife</p>	<p>JANUARY</p> 	<p>SATURDAY 20</p> <p>1:00 Jazz Jam (Lib) 5:00 Top of the Town (deCordova)</p>	<p>26</p> <p>10:00 Pastels with Juliet 1:00 Healing Motion for Life 1:00 Open Bridge 3:30 Winter Carnival Sing-Along</p>	<p>SATURDAY 27 8:00 Scout Breakfast (SC) SUNDAY 28 2:00 Historical Society Program</p>	<p>LOCATIONS</p> <p>B Pod: B Pod in Hartwell Complex DeCordova: DeCordova Museum Lib: Library LW: Lincoln Woods Reed: Reed Gym in Hartwell Complex St. Anne's: St. Anne's Church SC: Stone Church TBA: Location to be announced</p>
<p>29</p> <p>9:30 Piano Duets 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>30</p> <p>8:00 CCPPDC Forum (B Pod) 9:30 Knitting Drop-In 9:30 Hand Drumming 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: Gifted 7:00 CCPPDC Forum (B Pod)</p>	<p>31</p> <p>11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Declutter Group</p>		<p>24</p> <p>10:00 Fireside Chat: Marijuana (LW) 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 What to Do with Freedom</p>	<p>31</p> <p>11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Declutter Group</p>		<p>25</p> <p>9:15/10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:15 Movie: Zookeeper's Wife</p>	<p>JANUARY</p> 	<p>SATURDAY 20</p> <p>1:00 Jazz Jam (Lib) 5:00 Top of the Town (deCordova)</p>	<p>26</p> <p>10:00 Pastels with Juliet 1:00 Healing Motion for Life 1:00 Open Bridge 3:30 Winter Carnival Sing-Along</p>	<p>SATURDAY 27 8:00 Scout Breakfast (SC) SUNDAY 28 2:00 Historical Society Program</p>	<p>LOCATIONS</p> <p>B Pod: B Pod in Hartwell Complex DeCordova: DeCordova Museum Lib: Library LW: Lincoln Woods Reed: Reed Gym in Hartwell Complex St. Anne's: St. Anne's Church SC: Stone 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



HEALING MOTION FOR LIFE: A FREE MOVEMENT WORKSHOP



Being in touch with the way our bodies move, and working to keep our movements unrestricted and fluid help bring health and clarity to every aspect of our lives. Join Susanne Liebich on **Friday, January 26 at 1 pm at Bemis Hall** to experience a variety of sustainable exercises including expressive movement, breathing and relaxation in a program sponsored by Deaconess Abundant Life Services and Newbury Court. Susanne's movement practice helps you achieve body awareness, presence, physical strength, balance, focus, and serenity.

Future programs will be held on February 23 and March 30.

HOW TO DECIDE WHAT TO DO NEXT WITH YOUR NEW FREEDOM

What do you want to do with your freedom when you've retired or had another life change? How do you decide what to do next? Join Pam Mizrahi in a free course of practical strategies to uncover your own values, plan retirement's stages, identify goals, create helpful habits, balance your days and weeks, celebrate accomplishments, and build in flexibility based on a book by Jean Risley. It will be held every other week for nine Wednesdays **at 2 pm beginning January 10.**

KEY STRATEGIES FOR DECLUTTERING SUCCESS

Decluttering isn't simply a process of throwing things away. You need to know how to think about your possessions, choose which you love and need, make the decision to de-acquire that which you don't, and then maintain your lovely space! Come to a presentation by Pam Mizrahi on **Wednesday, January 3 at 1 pm** to learn how to rethink your possessions and practical strategies for decluttering. A group for support and sharing will continue every other Wednesday at 2 pm.

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 Winter classes begin January 8 and continue till March 28. Beginners may sign up now. **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: Jane Moss,(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 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, January 9 from 10 am to noon.** This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, January 16 from 9 to 11 am at Bemis Hall.** This clinic is sponsored by the Pierce House Fund. Services for both clinics are provided by Emerson Hospital Home Care.

PODIATRY CLINICS

Podiatry clinics will be held on **Tuesday, January 2** and **Wednesday, January 17 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

💡 **WHAT YOU NEED TO KNOW** 💡

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, January 19 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!

UBER AND LYFT: THEY'RE EASIER THAN YOU THINK TO USE!

If you need to get somewhere, the best way may be to use services like Uber and Lyft. However, these require a smartphone or iPhone to set up your rides. If you are befuddled by Uber, Lyft, and GoGoGrandparent (a new service to use Uber and Lyft without a phone) come on down to **Bemis Hall on Friday, January 19 at 11:00 am** for an introduction by Andy Payne. Besides telling you how these options work, the class will go through signing up for Uber and Lyft (bring a credit card for your account setup), as well as showing how to request rides.

PROTECT YOURSELF FROM MEDICARE FRAUD!

\$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year. Come meet Patricia McMillen, a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program, on **Friday, January 12, at 10:00 am at Bemis Hall** to participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. Please sign up by calling the COA! The program is co-sponsored by the Massachusetts Senior Medicare Patrol Program which is funded in part by grant number 90-MP 0226-03-01 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC 20201.

FREE INCOME TAX PREPARATION HELP

Volunteers certified under the AARP TaxAide program will prepare your Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers, with special attention to those over age 60. Appointments begin in February. Call the COA office to schedule a confidential appointment on a Wednesday afternoon or Thursday and get a list of documents to bring.



COME FOR FREE ONE-TO-ONE CONSULTATIONS! 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, January 3.**

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, January 8 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, January 18 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 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.

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.



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GOINGS ON IN AND AROUND LINCOLN

NEW YEAR'S BASH TO BENEFIT LLCT on **Saturday, January 6 from 5:30 to 8:00PM at Bemis Hall** featuring live music by The Bob Davoli Band, an open bar, and complimentary hors d'oeuvres with ticket purchase. All funds raised will be generously matched by event hosts Bob Davoli and Eileen McDonagh of Lincoln. All are welcome. For ticket sales and information, go to lincolnconservation.org.

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, January 8, 7 to 10 pm at the Library** featuring the Intuition Quartet (a capella singers) . Email: loma3re@gmail.com.

CLASSIC JAZZ AT LINCOLN LIBRARY Harold McAleer presents a documentary on Cole Porter on **Wednesday, January 10, 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, January 13 from 9 am to Noon at Bemis Hall**.

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, January 20 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.

THE EMPORER'S NEW CLOTHES The LSB Players of Lincoln Sudbury Regional High School presents *The Emperor's New Clothes* Jan. 26 at 6:00 pm, Jan. 27 at 2:00 pm and 6:00 pm, and January 28 at 2:00 pm. For tickets (\$15, adults; \$8, senior citizens/students; \$5, children age 5 and under) email lsbtickets@gmail.com.

GIRL SCOUTS PANCAKE BREAKFAST **Saturday, Jan. 27, 8—11 am, Old Stone Church, 14 Bedford Rd, \$5 children under 12, \$10 everyone else (\$30 family maximum)**. A variety of pancakes including gluten-free, beverages, and fruit.

LINCOLN HISTORICAL SOCIETY PROGRAM on **Jan. 28, 2 pm, Bemis Hall**. Watch your mail for info!

WINTER WEATHER POLICY

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

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