



NEWS FROM BEMIS HALL

Vol 9 Issue 2



February 2018

The Lincoln Council on Aging Monthly

MARY CROWE AND EVELYN HARRIS PRESENT CABARET SONGS BY CLASSICAL COMPOSERS



Mary Crowe (vocals) and Evelyn Harris (piano) will present an unusual program of cabaret songs written by mostly classical composers on **Friday, February 9 at 12:30 pm at Bemis Hall**. Composers will include Benjamin Britten, Kurt Weill, William Bolcom, Samuel Barber, and Ellen Mandel. The songs reveal another side of these composers, many of whom made their livings as popular songwriters before they became known in the classical world. Mary Crowe and Evelyn Harris are long-time Lincoln residents and professional musicians who have been performing together since 2008. They have released three CD's including one of original songs written by Mary and perform throughout the Boston area as a duo and with their band, the Lincoln Hill Trio. Both are classically trained but currently specialize in jazz and cabaret.

SCHOOL BUILDING UPDATE WITH PROJECT CONCEPTS AND COSTS



Please join the School Building Committee on February 9th at 9:30 am at Bemis Hall to review project concepts including cost

estimates! As a Town, we always knew that developing a Lincoln School building project would be complicated, and require a careful cost/benefit analysis of criteria and options. *We are now at the heart of that process, and we need you.* Please join the SBC at **Bemis Hall on February 9th** to review and provide feedback on a series of 4 – 6 project concepts. We are at a critical stage in the design process and your feedback is crucial. Hope to see you on the 9th! For the most up to date information on the Lincoln School project, visit us at www.lincolnsbc.org.

VALENTINE'S DAY SPEED DATING!

Speed Dating is the fun and efficient way to meet new people. The Lincoln COA is teaming up with the Bedford COA for this **FREE** event for seniors aged 65 and up to be held on **Wednesday, February 14 at 12:30 at the Bedford COA at 12 Mudge Way in Bedford**. All orientations welcome. You'll meet up to twelve other local, single seniors through a series of six minute "pre-dates." We facilitate the whole thing so there's no awkwardness, pressure, embarrassment, or games...just great fun! After your "speed-dates," spend more time getting to know your new connections and join us for a viewing of a feel good, romantic movie. FREE popcorn will be served. After the event, we'll contact you to let you know if you've made a match (more than two-thirds of speed daters match at least one person). Space is limited! Call us or go online to register. If you need transportation, please call to let us know.

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. Call the COA office to schedule a confidential appointment and get a list of documents to bring.

REGISTER ONLINE FOR COA PROGRAMS!

You may now register online as well as by phone for many COA programs by going to www.lincolntown.org, then the "Activities and Registration" button, then the picture of Bemis Hall. You will need a COA keycard and to set up an account the first time. To get your keycard, just come down to Bemis!

CAN YOU DONATE TOILETRIES?

If you have fresh, unopened toiletries from hotels or stores that you can't use, please bring them to Bemis Hall by Friday, February 9 for women and children remaking their lives after domestic violence.



ENJOY A DAY OUT WITH THE COA!



THE IRISH AND HOW THEY GOT THAT WAY AT THE STONEHAM THEATRE

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. Questions? Call Virginia at 781-259-1291 or email her at vobrien39@yahoo.com.

SAVE APRIL 20 FOR THE BOSTON SYMPHONY ORCHESTRA!

Spend a delightful afternoon with the COA on a trip to a matinee performance of the Boston Symphony Orchestra on **FRIDAY, APRIL 20!** Tugan Sokhiev will conduct works by Britten, Chopin and Mendelssohn featuring pianist Jan Lisiecki. The program includes Britten's Simple Symphony, Chopin's Piano Concerto No. 1 and Mendelssohn's Symphony No. 4, Italian. (Symphony Hall is Handicapped Accessible.) You may have a sumptuous buffet at Symphony Hall or you may opt to arrange for your own lunch. This trip is open to Lincoln seniors only. Space is limited. Look for more details in the March newsletter! Questions? Marilyn can be reached at (781) 259-8886 or mbuckler1@comcast.net.

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.

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, including a question and answer period. Participants are welcome to stay after the program to continue their discussion.

This Month's Speakers

February 5 — Police Chief Kevin Kennedy and REACH Advocates Jyoti John and Pat Cooper: Update on Safety and Security Issues in Our Community

Unfortunately, Lincoln is not immune to the problems of the world outside our borders, whether these be the opioid crisis, crime and scams, domestic violence and elder abuse, and more. Come hear our Police Chief discuss some of the issues facing our community and how the Lincoln Police Department is responding. We will also hear about a new project to combat elder abuse by REACH Beyond Domestic Violence from Elder Community Advocate Jyoti John and Project Coordinator Pat Cooper.

February 12—Mary Crowe and the Reverend Lillian Warner: Living Life to the Fullest with Early Dementia

A diagnosis of early dementia does not mean you cannot have a full and happy life. Come to a very special program with Mary Crowe from CareDimensions (not the musician from Page 1!) and the Reverend Lillian Warner from Deaconess Abundant Life Services. Sign up for lunch to be served at 12:15 pm. See Page 8 for more info.

February 26—Ariel Hoover: Raising Awareness with Al Gore's Climate Reality Leadership Corps

Lincoln resident Ariel Hoover has recently become part of Al Gore's Climate Reality Leadership Corps. She will discuss her own path towards a commitment to being a climate change activist, the global nature of climate change, changing weather patterns, and national security and health. She will end with hopeful news about positive changes!

THE FIRESIDE CHAT: CITIZENS PETITION TO MAKE LINCOLN A "SAFE AND WELCOMING COMMUNITY"

"Let's Make Lincoln a Safe and Welcoming Community." Do you want to know what this means? Are you curious why this citizen petition is coming before the town for a vote in March? Come to the Fireside Chat **Wednesday February 28 from 10 – 11:30 at Lincoln Woods** and engage in a lively conversation. Christine Damon, one of the citizens behind this petition, has agreed to join us for this important discussion. Sharon Antia will facilitate the discussion.



THE COA SCIENCE GROUP: TED TALK—USING ARTIFICIAL INTELLIGENCE TO TURN CREATIVITY INTO ACTION



For this month's Science Club on **Thursday, February 15 at 10:15**, we will view and discuss a TED Talk on how artificial intelligence can "free humanity of repetitive work and unleash our creativity" by educator and entrepreneur Sebastian Thrun. In the Talk, Thrun discusses the progress of deep learning, why we shouldn't fear runaway AI and how society will be better off if dull, tedious work is done with the help of machines. "Only one percent of interesting things have been invented yet," Thrun says.

CARE DIMENSIONS SEEKS VOLUNTEERS Care Dimensions is looking for volunteers to help support their hospice patients and families. Their next training starts soon so please contact Senior Volunteer Coordinator, Jane Corrigan at 781-373-6574 or jcorrigan@caredimensions.org for more information.

SAGES & SEEKERS INTERGENERATIONAL PROGRAM is recruiting seniors to participate in a 7-week intergenerational program with 10th grade students at **The Rivers School in Weston** April 3-May 18th. You will be paired with a student and share your life experiences. For info, call 508-277-0669.



Art, Music, Entertainment



TEA AND SERENITY FOR A QUIET WINTER'S AFTERNOON



Surround yourself with the relaxing ambiance of an old-fashioned tea party, complete with the sounds of nature and aromatherapy on **Friday, February 16 at 1 pm here at Bemis Hall**. Julie Wysocki of Senior Helpers will bring china cups and saucers, novelty tea pots, and an assortment of teas and cookies. Learn trivia about tea as you meet friends old and new! After refreshments, Julie will discuss the benefits of essential oils and provide instruction on how to give a therapeutic hand massage before pairing everyone up so each will receive one! Both men and women will enjoy this program! It is free, but please sign up by phone or online so we know how many to expect.

JOIN THE GIRL SCOUTS FOR TEA AND TREATS!



Do you remember the joy of childhood tea parties? Experience it again while spending time with some of Lincoln's greatest kids when the 3rd grade Girl Scout Troop comes to **Bemis Hall on Wednesday, February 14 at 1:30 pm** for a Valentine's Day tea party! We'll have regular and herbal teas and cookies provided by the girls as well as a chance to chat, reminisce, and learn about what's on the minds of these active, smart, engaged and delightful young women! Please sign up by phone or online so we know how many to expect!

PIANO CLASS WITH WANDA PAIK!

Dust off your piano music books, and come to the Piano Class at COA beginning in February, led by Wanda Paik. This class is open to all pianophiles, whatever your level, to play, share, and learn more about how to play and practice to help reach your goals. This class will meet for 8 sessions, every 1st and 3rd Tuesday of the month (**February 6 and 20**) from 10 to 11:15 am.



BRING YOUR GRANDKIDS OR GRANDFRIENDS TO THE MOVIES DURING SCHOOL VACATION!

Bring your grandkids or grandfriends to **Bemis Hall on Tuesday, February 20 at 2 pm** to see the 1964 classic Disney film *Mary Poppins*! They have probably never seen this delightful musical about the "practically perfect" nanny who changes the lives of the prim and proper Banks family, so they will be just as thrilled as you were when you first saw it so many years ago! Free popcorn!



WANT TO TRY OUT YOUR SINGING VOICE OUTSIDE THE SHOWER?



Come join the Lincoln Traditional Jazz Band at **12:30 pm on Friday February 2nd at Bemis** for an hour of old time jazz. There will be tunes to try out your singing voice in the comfortable company of other seniors as you join them in singalongs and there will be tunes to just listen to and tap your feet. Either way it will be a fun way to spend a lunch hour as the regulars will tell you.

AT THE MOVIES

MONDAY, FEBRUARY 5, 10 AM. RICHARD STRAUSS'S ARIADNE AUF NAXOS A troupe of *comedia del arte* comedians are required to act on stage at the same time as a classical tragedy, resulting in extraordinary consequences. Jessye Norman stars as the beautiful princess abandoned on the Greek island of Naxos. The Metropolitan Opera serves up this delightful feast with flair, humor and panache. 1988. NR. 154 mins.

TUESDAY, FEBRUARY 6, 2:15 PM. STRONGER In this fact-based drama, life changes irrevocably for Jeff Bauman when a bomb goes off at his feet as he's celebrating his completion of the 2013 Boston Marathon. Despite losing his legs, Bauman is determined to help find the culprits. 2017. NR. 129 mins.

THURSDAY, FEBRUARY 22, 2:15 PM. LOVING VINCENT This animated biopic recounts the life and last days of tormented Dutch artist Vincent van Gogh, with each frame of the film consisting of an oil painting executed in the master's style and a plot based on letters he penned. 2017. PG-13. 95 mins.



SPEND TIME WITH OTHERS



NEW GROUP STARTING FOR SPOUSES OF VETERANS



All spouses of veterans (whether the vet is living or deceased) are invited to join a group to 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. This month's meeting will be held on **Friday, February 9, at 10 am at Bemis Hall** and subsequent meeting places will be at The Commons and Lincoln Woods. No need to sign up, but if you would like more information, please contact Priscilla, 781-259-4472 or leachp@lincolntown.org.

SENIOR DINING IS FREE IN YOUR BIRTHDAY MONTH!

Lincolniters 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, February 20 at St. Anne's Church**. We welcome new diners often — give us a try! Please reserve by phone or online 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, Minute-man Senior Services, Newbury Court, St. Anne's, and the Lincoln Garden Club. **ENJOY A LUNCH FREE DURING YOUR BIRTHDAY MONTH! JUST 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 (February 13) at 2:00 pm**. All are welcome and encouraged to bring topics that interest them.

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 and third Wednesdays of the month from 2 to 3 pm** to talk about why we clutter and learn strategies.

SHARE YOUR INTERESTS, MEET FRIENDS, AND HAVE SOME FUN!

FRENCH CONVERSATION Brush up on your French speaking skills **the second and fourth Monday of each month at 9:30 am at Bemis Hall**.

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 Sam Shepard's drama of a disillusioned American family *Buried Child* on **February 13 and 20 at 11 am**. Sally will bring copies.

CONSERVATION BREAKFAST **Thursday, February 8 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, February 15 at 8:00 am**. Bagels, cream cheese, and lox, doughnuts, coffee and camaraderie—a great chance to catch up with buddies and make new friends.

UKULELE AND SING-ALONG GROUP meets on **Thursday, February 8 at 3:00 here at Bemis Hall**. The group, led by Rob Todd, sings and plays simple songs together. Beginners welcome! Bring your ukulele or sing!

GERMAN CONVERSATION Come enjoy speaking German on **the first and third Fridays at 10:00 am**.

PLAY OPEN BRIDGE each **Friday at 1 pm at Bemis Hall**. Any bridge player who knows "Standard American" and understands week two bids, better minors, stayman and other similar terms is welcome to join Open Bridge.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FEBRUARY</p> 	<p><u>LOCATIONS</u> Bedford: Bedford COA, 12 Mudge Way, Bedford FP: First Parish Lib: Library LLCT: LLCT Offices at 145 Lincoln Road LW: Lincoln Woods St. Anne's: St. Anne's Church TBA: Location to be announced</p>		<p>1</p> <p>9:15/10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>2</p> <p>10:00 German Conversation 12:30 Trad Jazz Band 1:00 Open Bridge</p>
<p>5</p> <p>9:30 Piano Duets 10:00 Opera Movie: Ariadne Auf Naxos 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>6</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 10:00 Piano with Wanda Paik 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:00 Mindfulness Walk (TBA) 2:15 Movie: Stronger</p>	<p>7</p> <p>10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Declutter Group 2:00 Selectmen Listening Session</p>	<p>8</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>9</p> <p>9:30 School Building Committee Update 10:00 Veterans Spouses 12:30 Mary Crowe and Evelyn Harris Concert 1:00 Open Bridge</p>
<p>12</p> <p>9:30 French Conversation 9:30 Piano Duets 12:15 Lincoln Academy 2:15/3:15 Tai Chi 3:00 Legal Clinic 7:00 Acoustic Music (Lib)</p>	<p>13</p> <p>9:30 FCOA Meeting 9:30 Knitting Drop-In 10:00 Wellness Clinic (LW) 11:30 Stretch and Flex 11:00 Playreading: Buried Child 1:00 Active Aging Fitness 2:00 Staying in Touch Group 2:30 COA Board</p>	<p>14</p> <p>11:00 Line Dancing 12:30 Speed Dating (Bedford) 1:00/2:15 Tai Chi 1:30 Tea with the Girl Scouts 2:00 What to Do with New Freedom 7:30 Classic Jazz at the Library (Lib)</p>	<p>15</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 10:15 Science Club: AI and Creativity 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 7:30 LLCT Movie Night (LLCT)</p>	<p>16</p> <p>10:00 German Conversation 1:00 Open Bridge 1:00 Tea and Serenity</p>
			<p>10</p> <p>SATURDAY 9:00 Library Book Sale 3:00 Live in Lincoln Centre (FP)</p>	<p>11</p> <p>SUNDAY 4:00 Advocacy and Sense of Place</p>

<p>19</p> <p>COA CLOSED/ PRESIDENTS DAY</p>	<p>20</p> <p>9:00 Collating 9:00 Wellness Clinic 9:30 Knitting Drop-In 10:00 Piano with Wanda Paik 11:00 Playreading: Buried Child 11:30 Senior Dining (St. Anne's) 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:00 Movie: Mary Poppins!</p>	<p>21</p> <p>9:00 Podiatry 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Declutter Group</p>	<p>SATURDAY 17 1:00 Jazz Jam</p>
<p>26</p> <p>9:30 Piano Duets 9:30 French Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>27</p> <p>9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness</p>	<p>28</p> <p>10:00 Fireside Chat: Safe and Welcoming Community (LW) 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 What to Do with New Freedom</p>	<p>22</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: Loving Vincent</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>23</p> <p>1:00 Healing Motion for Life 1:00 Open Bridge</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



LIVING LIFE FULLY WITH EARLY DEMENTIA



A diagnosis of early dementia does not mean you cannot have a full and happy life. Come to a very special Lincoln Academy (see page 3) with Reverend Lillian Warner from Deaconess Abundant Life Services and Mary Crowe, Education Specialist from Care Dimensions, on **Monday, February 12 at 12:15 pm at Bemis Hall** in which they will discuss early dementia and what you or your relative with early dementia can do to continue with the activities you love and have a meaningful life. Deaconess Abundant Life Services will provide a delicious lunch, so please sign up by phone or online!

MINDFULNESS WALKS IN NATURE!



Winter can be a very special time to connect with nature through walking in a mindful way. Join naturalist John Calabria for a series of walks in some of Lincoln's most beautiful places on Tuesdays **February 6, March 6, April 3 and May 1 beginning at 1 pm.** Where the walks will take place are to be determined. Unplug, disconnect from the world for a while and let our senses come alive in nature. These are co-sponsored by the Lincoln Land Conservation Trust and the Lincoln Council on Aging. For more information, including locations of the walks, go to lincolnconservation.org. If there is snow on the ground, you may wish to bring pull on grippers, walking sticks, or walking poles.

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, February 23 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. Another program will be held on March 30.



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 now closed. **Level 1 (Beginners):** Mon 2:15– 3:15 pm, 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: Jane Moss at (781)259-9822 or mindbodyjm@comcast.net.

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

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

WELLNESS CLINICS FOR ALL AGES

Come to clinics for blood pressure, advice about nutrition and fitness, medication management, and answers about how to manage chronic conditions, where to get health services, and more. One clinic, funded by the Ogden Codman Trust, will be at **Lincoln Woods' Community Building at 50 Wells Road on Tuesday, February 13 from 10 am to noon.** The second clinic will be **Tuesday, February 20 from 9 to 11 am at Bemis Hall.** This clinic is sponsored by the Pierce House. Services provided by Emerson Hospital Home Care.

PODIATRY CLINICS

Podiatry clinics will be held on **Tuesday, Feb. 6** and **Wednesday, Feb. 21, 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

💡 **WHAT YOU NEED TO KNOW** 💡

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 at **2 pm on February 14 and 28 and continue every other week till May 9**. You do not need to have come to the sessions in January to attend.



YOU'RE GETTING A NEW MEDICARE CARD!



Starting in April you'll be getting a new Medicare card without your Social Security number on it in the mail. The cards will be mailed in batches, so you may not get yours until April, 2019. Please make sure your mailing address is correct and call Social Security at 1-800-772-1213 or 1-800-325-0778 (TTY) to correct it if necessary. PLEASE NOTE that Social Security will not contact you to ask for personal information. If you get such a call or email, it is a SCAM.

ARE YOU ELIGIBLE FOR THE CIRCUIT BREAKER TAX CREDIT?

For the Tax Year 2017, the Senior Circuit Breaker Tax Credit gives a state tax credit of up to \$1070 for owners or renters 65 years or older who meet income and property value guidelines and who pay more than 10% of their income for real estate taxes (renters may count 25% of their rent as real estate taxes). To qualify, an owner or renter's income cannot exceed \$57,000 for an individual; \$71,000 for head of household; or \$86,000 for taxpayers filing a joint return. A home's assessed value cannot exceed \$720,000. You may apply for the credit, and possibly receive a check, even if you do not owe state tax. To receive the credit, complete Schedule CB and submit it with your state tax return. For help, call the COA to make an appointment with our AARP TaxAide volunteers.

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, February 7**.

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, February 12 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.

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.

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.



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!

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

More and more every month!

our SENIOR CENTER

The Online Directory of Senior Centers

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GOINGS ON IN AND AROUND LINCOLN

FRIENDS OF THE LIBRARY BOOK SALE Come pick up a good read and help raise funds for the Library at the Friends of the Library Book Sale on **Saturday, February 10 from 9 am to Noon at Bemis Hall.**

LIVE IN LINCOLN CENTRE presents the acclaimed Handel and Haydn Society in great chamber music by Johannes Brahms played on instruments of the period. **Saturday February 10 at 3PM in the Parish Auditorium, First Parish** in Lincoln, 16 Bedford Road.

ADVOCACY AND SENSE OF PLACE — THE PROVINCETOWN EXPERIENCE Please join the Friends of Modern Architecture for a slide presentation on **Sunday, February 11 at 4:00 pm at Bemis Hall** to learn about Provincetown's unique preservation accomplishments. Preservation Consultant Eric Dray consults in preservation planning efforts in local communities and has been instrumental in important preservation efforts serving as Historic District Commissioner in Cambridge and Provincetown.

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, February 12 from 7 to 10 pm at the Library** featuring Ethan Robbins of Cold Chocolate. Email: loma3re@gmail.com.

CLASSIC JAZZ AT LINCOLN LIBRARY Vern Welch presents - A Valentines Day Special, Falling in Love with Jazz, on **Wednesday, February 14, 7:30 pm at the Library.** This group meets the second Wednesday of every month.

MOVIE NIGHTS AT THE LLCT coming up on **Thursday, February 15 and Wednesday, March 14 at 7:30 PM at the Land Trust office** located at 145 Lincoln Road, Suite 102A (above the Post Office). For info: lincolnconservation.org.

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, February 17 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.' Free.

THANK YOU FOR DONATIONS FOR HOLIDAY GIFT BASKETS!

A resounding, "Thank you!" is due to everyone who generously provided items for the Holiday Gift Basket program this year. Fifteen seniors were provided with basic necessity items such as new socks, shampoo, kitchen sponges, and deodorant. The positive response was overwhelming and we are truly grateful to all those who gave.

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