



NEWS FROM BEMIS HALL

Vol 9 Issue 3



March 2018

The Lincoln Council on Aging Monthly

Annual Town Meeting on March 24 and Election on March 26

All Lincoln residents are encouraged to attend Annual Town Meeting on **Saturday, March 24, beginning at 9:30 am at Brooks Auditorium**. On the agenda will be the School and Town budgets, updates on the School Building and Community Center projects, a proposed zoning change to permit the construction of a multi-family rental housing development on Mary's Way, including a 25% affordable component, a Historic District Bylaw amendment related to Modernist Homes, citizen petitions related to plastic bottle and bag bans, a Safe and Welcoming Town resolution, support for gas leak state legislation, and a vote to initiate an Electricity Aggregation Program, among other issues. Annual Town Meeting, the legislative session of the Town Meeting form of government, is among the most important ways to make your voice heard and participate in our town's governance. The Town Election will be held on **Monday, March 26, 7:30 am to 8:00 pm at the Smith School Gym**.



School Building Committee Update

Please join the School Building Committee on March 30th at 10am for an update on the latest building concepts and cost estimates.

We are thankful to the COA for providing the School Building Committee another opportunity to update the community on the latest school building concepts and costs as well as a review of the SBC's presentation at our Annual Town Meeting. Our gathering at Bemis provides another important checkpoint for our community in moving collectively closer to a town-wide vote on June 9th for a preferred school-building concept. Please join the SBC at **Bemis Hall on March 30th at 10 am!** We hope to see you there. For the most up to date information on the Lincoln School project, visit us at www.lincolnsbc.org. Questions or comments, email us at SBC@lincnet.org.

Coffee with the Candidates!

Get to know the candidates running for local offices at the March 26 election by coming to two Coffees with the Candidates! Ask them your questions, and hear their approaches to the issues facing our community. Come to the **Bemis Hall on March 23 at 10:00 am** to meet with candidates for Lincoln offices including Board of Selectmen, Board of Assessors, Board of Health, Housing Commission, Parks and Recreation Committee, Planning Board, School Committee, and more. On **Wednesday, March 14th from 1:30pm-3pm**, meet all the Lincoln Sudbury High School Committee Candidates who will speak about the issues facing our High School. Two LSRHS School Committee seats are up for election. This is your opportunity to meet the people who will be making the decisions that affect your life and that of your family and community before you enter the voting booth!

What You Need to Know about Oriole Landing and Site Plan Review Zoning Proposals To Be Voted On at Town Meeting

Important new changes related to Planning and Land use will be voted on at Annual Town Meeting. Come find out more and have a chance to ask questions at **Bemis Hall on Friday, March 16 at 1 pm**. Planning and Land Use Staff, Director Jennifer Burney and Assistant Director Paula Vaughn-MacKenzie, will discuss a Site Plan Review Zoning Amendment. Then, members of the Housing Coalition and Civico Development will give information about a Bylaw Amendment to establish a North Lincoln Planning Development Overlay District and a Preliminary Development and Land Use Plan. Civico Development is proposing Oriole Landing, a 60-unit mixed-income rental community adjacent to the Rt. 2 interchange, Mary's Way and the Commons including fifteen units (25%) reserved for those earning a maximum of 80% of the Area Median Income.

For informational sessions on proposed plastic bag/bottle ban and gas leak resolution, see page 9.



ENJOY A DAY OUT WITH THE COA!



The Irish and How They Got That Way at the Stoneham Theater



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.

Boston Symphony Orchestra Matinee in April!

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 arrange for your own lunch. The cost of the trip is \$45.50 with lunch on your own, or \$75 with the lunch buffet. This trip is funded by the Hurff Fund and is therefore open to Lincoln seniors only. Space is limited. To reserve a space, send your check made out to FLCOA/Trips to Marilyn Buckler, 12 Hiddenwood Path, Lincoln, MA 01773. Be sure to include your phone and email. Your reservation is complete when Marilyn receives your check. Questions? Contact her at (781) 259-8886 or mbuckler1@comcast.net.

The International Museum of World War II in May

In May the COA will have a trip to the International Museum of World War II in Natick with lunch at a delicious Thai restaurant! The Museum hosts over 500,000 artifacts, letters, and documents including the famous enigma machines, letters, diaries, magazines, photos, secret items used by the resistance and much more! Check the April COA newsletter for more information!

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.

The New England Pension Assistance Project

Since 1994, The New England Pension Assistance Project (NEPAP) has helped retirees and their families recover over 54 million in lost pension monies **FOR FREE**. Common scenarios that NEPAP assists with include:

- A person is entitled to a pension but, because s/he either does not understand the process or the employer is unresponsive to her/his application, s/he is not receiving it.
- A person has a vested pension in a company that has gone bankrupt and the employee cannot find the plan.
- A person has worked for a company or union over a period of years but is being denied a pension because of a break-in-service or for other reasons that the company claims s/he is not vested. The individual does not know how to go about finding employment records to prove his/her eligibility.
- A company abandons its 401(k) plan and the employees cannot access their money.
- A widow, after the death of her husband, finds she is impoverished because her husband's pension is terminated, even though she never waived her right to a survivor benefit.
- A worker starts receiving a pension less than he expected because the plan has miscalculated the benefit.

Not only has NEPAP helped with lost pensions funds, they also offer a variety of other services like individual counseling and an explanation of benefits and rights under a pension plan. **This is a Free Service**. If you have any questions about your pension or you think you have lost a pension, contact NEPAP toll free at 1-888-425-6067.



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

March 5 — Karin Flynn: A Family Divided by the Berlin Wall 1961-1989

Karin will discuss the effect of the Berlin Wall on her family and how they held together despite political pressure trying to divide them. She will also read a few of her poems and tributes to people who helped her and her two brothers when they decided to come to the US and become American citizens.

March 12—Steve Low: Jerusalem & At Tuwani: International Law & Local Action

A retired business consultant, Steve Low's frequent travels to the Holy Land have brought the Israel-Palestine conflict into sharper focus. His talk will address two timely questions: (1) Why is moving the American embassy to Jerusalem so contentious? and (2) Can Lincoln play a role in promoting peace?

March 19— Jonathan Ammen: Acupuncture and Traditional Asian Medicine, Overview, Modern Research and Integration

Acupuncture and traditional Asian medicine have become popular and enjoyed increasing acceptance in the western world over the last two decades. Today, many hospitals and academic medical centers are integrating acupuncture services with conventional care. This talk will include a quick overview of traditional Asian medicine followed by an up-to-date chronicle of the science behind acupuncture, how it works and what it can treat. Jonathan Ammen has practiced and researched traditional Asian medicine for 37 years. He currently sees patients and conducts research at Lahey Hospital and Medical Center in Burlington, Lexington, and Peabody.

March 26 — Evelyn Harris: Music— Understanding the Art of Repetition

Evelyn Harris invites you to spend an hour with her as she discusses (mostly performs) music by four different composers (Beethoven, Liszt, Debussy, and Gershwin) and their creativity regarding repetition.

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

The Fireside Chat: Coping with Grief, Sadness and Disappointment



How do you handle grief or deep sadness, disappointment? Do you have any strategies to share, tips to help others who may be struggling? Come to the Fireside Chat **Wednesday, March 28 from 10 – 11:30 at Lincoln Woods** and engage in a lively conversation. Sharon Antia will facilitate the discussion.

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



Art, Music, Entertainment



Coffee with Artist Owen Beenhouwer



Come have coffee with Lincoln artist Owen Beenhouwer on **Tuesday, March 20, at 2:15 pm** to celebrate his exhibit of photographs in March and April in the Bemis Artists Gallery. Born in Amsterdam, Owen has lived in Lincoln for 45 years, as well as NYC and four other New England states and taught architectural design at the University of Washington. Owen has always done photography in first black-and-white, then color, then slides, and now digital. He has been fascinated with patterns and structure and their beauty, both in nature and man-made, and urban oddities including watertanks, and reflections. So come see shots of buildings, bridges, stairs, flowers, glass and windows, overhead wires and more!

Birches School: The Rumpelstiltskin Method!

Birches School invites Lincoln seniors to attend their mid-winter musical, *Learning To Learn: The Rumpelstiltskin Method* **Friday, March 16, 8:15 am at Bemis Hall**. Lexi Miller bragged that she could spin straw into gold—and now the king wants her to prove it! She thinks she can call up Rumpelstiltskin and have him do it for her, but he's only willing to teach her how to do it herself. Can Lexi get over her bad attitude and learn how to learn?

Express Your Vibrant Self by Painting 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 March 5, 9, 12, 16, 19, and 23**. No experience is necessary. All materials furnished. Please sign up by calling the COA at (781) 259-8811. Limit of six. \$40.



Piano Class with Wanda Paik



Dust off your piano music books, and come to the Piano Class at COA 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 on **March 6 and 20 and April 3 and 17 from 10 to 11:15 am**.

World Hand Drumming

Hand drumming is a fun way to express yourself and enhance well being! Come learn the joy of drumming with acclaimed drummer Mike Connors from the Concord Conservatory of Music on **12 Tuesdays at 9:30 am beginning March 6. \$156. Sign up now**. No need to bring a drum!



WHAT? Lincoln Traditional Jazz Band concert WHY? Fun! Fun! Fun!

WHEN? WHERE? Friday, March 2, 12:30—1:30 pm, Bemis Hall

WHO? Musicians & old time jazz fans, old and new!

AT THE MOVIES

Monday, March 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.

Thursday, March 15, 2:15 pm. St. Patrick's Day Special! The Secret of Roan Inish When 10-year-old Fiona learns how her ancestors came to leave the island of the seals, Roan Inish, she discovers there may be magic afoot in her family tree, in an Irish fairy tale for all ages. 1993. PG. 102 mins

Thursday, March 22, 2:15 pm. Underfire: The Untold Story of Pvt. Tony Vaccaro As a U.S. infantryman in World War II, Tony Vaccaro took thousands of combat photos, but he locked away the pictures after the war. More than 70 years later, his remarkable cache is unveiled in this compelling documentary. 2016. NR. 71 mins.

Thursday, March 29, 2:15 pm. Darkest Hour Winston Churchill's stirring defiance of the Nazi threat is the focus of this historical drama that depicts his fearless refusal to surrender Britain to Adolf Hitler. 2017. PG-13. 125 mins.



SPEND TIME WITH OTHERS



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, March 20 at St. Anne's Church**. Please reserve by phone or online. 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. **ENJOY A LUNCH FREE DURING YOUR BIRTHDAY MONTH! JUST LET US KNOW!**

Explore "What's Next" in a New Group

Explore simple ways to have greater joy and meaning in your life in a new group, facilitated by Pam Mizrahi, that will be held **every other Wednesday at 10:30 am beginning March 14 in Bemis Hall**. This group will help you discover what is truly important to you and how you want to spend the next chapter of your life. People in the group will share their in-depth knowledge and wisdom, do some brainstorming, and be supported in their endeavor to get more out of life. What you discuss in the group will be confidential.

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 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 **March 7 from 10:30 to 11:30 am** to talk about why we clutter and learn strategies.

Get-Together for Spouses of Veterans Spouses of veterans (whether the vet is living or deceased) are invited to a group to be led by Priscilla Leach, Lincoln's Veterans Service Officer, **Friday, March 16, at 10 am at Bemis Hall**. We hope that the spouses will benefit from getting to know each other, discussing common concerns, and having fun. No need to sign up. For info, contact Priscilla, 781-259-4472, leachp@lincolntown.org.

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

French Conversation Brush up on your French speaking skills **the second and fourth Monday of each month at 9:30 am at Bemis Hall**. \$10 per class.

Play Piano Duets with Evelyn Harris each **Monday at 9:30 am**. She brings books for all levels. Not March 5.

Spanish Conversation Enjoy Spanish conversation each **first and third Monday at 11 am 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 Lillian Hellman's classic *Little Foxes* on **March 13 and 20 at 11 am**. Sally will bring copies.

Conservation Breakfast **Thursday, March 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, March 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, March 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, third, and fifth Fridays at 10:00 am**.

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>MARCH</p> 	<p>LOCATIONS Brooks: Brooks Auditorium FP: First Parish Lib: Library LLCT: LLCT Offices LW: Lincoln Woods Mall: Parking Lot by Donelan's Smith: Smith School Gym 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>10:00 Pastels with Juliet 10:00 Opera Movie: Der Rosenkavalier 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 9:30 Hand Drumming 10:00 Piano Class with Wanda 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:00 Mindfulness Walk (TBA) 3:10 L-S Environmental Club Plastic Ban Proposal Information Session</p>	<p>7</p> <p>9:30 Surviving and Thriving Group 10:00 Memoirs 10:30 Declutter Group 11:00 Line Dancing 1:00/2:15 Tai Chi 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>10:00 Pastels with Juliet 10:00 Caring for Loved One at Home After Death and Green Burials 1:00 Open Bridge 1:00 Resolution on Gas Leaks</p>
<p>12</p> <p>9:30 French Conversation 9:30 Piano Duets 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>13</p> <p>9:30 FCOA Meeting 9:30 Knitting Drop-In 9:30 Hand Drumming 10:00 Wellness Clinic (LW) 11:30 Stretch and Flex 11:00 Playreading: Little Foxes 1:00 Active Aging Fitness 2:00 Staying in Touch Group 2:30 COA Board</p>	<p>14</p> <p>10:30 What's Next 11:00 Line Dancing 12:45 Stoneham Theater Trip Leaves (Mall) 1:00/2:15 Tai Chi 1:30 Coffee with L-S High School Committee Candidates 7:30 Movie Night at LLCT (LLCT)</p>	<p>15</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:00 Coffee with a Cop 1:30 Computer Drop-In 2:15 St. Patrick's Day Movie: Secret of Roan Inish</p>	<p>16</p> <p>8:15 Birches Musical 10:00 Pastels with Juliet 10:00 German Conversation 10:00 Veterans Spouses Group 1:00 Open Bridge 1:00 Oriole Landing and Site Plan Review Zoning Proposal Update</p>
<p>SATURDAY 10 9:00 Library Book Sale SUNDAY 11 2:00 Jazz Concert</p>				

	<p>19</p> <p>9:30 Piano Duets 10:00 Pastels with Juliet 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>20</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 9:30 Hand Drumming 10:00 Piano Class with Wanda 11:00 Playreading: Little Foxes 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>21</p> <p>9:00 Podiatry 9:30 Surviving and Thriving Group 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi</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: UnderFire</p>	<p>23</p> <p>10:00 Pastels with Juliet 10:00 Coffee with Town Candidates 1:00 Open Bridge 1:00 Donating Goods Locally</p>
<p>SATURDAY 17 1:00 Jazz Jam (Lib)</p>	<p>SATURDAY 24 9:30 Annual Town Meeting (Brooks)</p>	<p>26</p> <p>7:30 Town Election (Smith) 9:30 Piano Duets 9:30 French Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>27</p> <p>9:00 Collating 9:30 Hand Drumming 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Investing Databases from the Library 7:00 Domestic Violence Vigil (FP)</p>		<p>28</p> <p>10:00 Fireside Chat: Coping with Grief, Sadness, Disappointment (LW) 10:30 What's Next 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p>29</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: Darkest Hour</p>
	<p>SATURDAY 30</p> <p>10:00 German Conversation 10:00 School Building Committee Update 1:00 Healing Motion for Life 1:00 Open Bridge</p>		<p>30</p> <p>10:00 German Conversation 10:00 School Building Committee Update 1:00 Healing Motion for Life 1:00 Open Bridge</p>			

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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



Mindfulness Walks in Nature!



Early spring 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 **March 6, April 3 and May 1 beginning at 1 pm at a location yet to be determined.** Unplug, disconnect from the world for a while and let our senses come alive in nature. Co-sponsored by the Lincoln Land Conservation Trust and the COA. For more information, including locations, go to lincolnconservation.org. If there is snow, you may wish to bring pull on grippers, walking sticks, or walking poles.

Healing Motion for Life: A Free Expressive Movement Program

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, March 30 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, strength, balance, focus, and serenity.

Surviving... and Thriving Through Life's Challenges

No matter what your phase of life or what you have encountered in life, you can learn and apply the scientifically-proven tenants of Positive Psychology to become more resilient and happier! Join us at **9:30 on Wednesdays, March 7 and 21, and then every other Wednesday** to learn practical strategies, share practices, build connections and support each other. Facilitated by Alyson Lee, Social Worker, Life Coach, Certified and Licensed Facilitator of Positive Psychology. Funded by the Friends of the COA.

OPPORTUNITIES FOR EXERCISE

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

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

Tai Chi for Health and Wellness Spring session starts April 2. Beginners may sign up now. Continuing students need not sign up. **Level I (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. Cost: \$60 - 1 hr/wk, \$80 - 2 hrs/wk, \$100 - 4 hrs/wk. For 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, March 13 from 10 am to noon.** This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, March 20 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, March 6 and Wednesday, March 21 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.



WHAT YOU NEED TO KNOW



Donating Your Stuff Locally after You Declutter

Your 2018 decluttering resolution can be easier than you think! Come learn the best choices for giving your possessions a local home while making great strides to de-clutter your home at a panel discussion on **March 23 at 1 pm at Bemis Hall!** Hear about the Transfer Station with Laura Berland, the Library Book Sale with Sally Kindleberger, Old Town Hall Exchange with Dot Taylor, as well as Household Goods Recycling in Acton with Linda Svetz.

Caring for Loved Ones at Home after Death and Green Burial

For millennia families have cared for loved ones at home after death and buried them directly in the earth with simplicity and dignity. You can do the same today. Come to **Bemis Hall on March 9 at 10 AM** to hear Peg Lorenz discuss reclaiming these beautiful traditions. Did you know: embalming is not required; the deceased can be kept at home (2 to 3 days is usual); a family can do the paperwork and transport the deceased; a cement vault is not required by law; both cremation and conventional burial have serious environmental consequences. Get the information you need to make an informed decision.

Access Investment Information Free through the Library!

Did you know that all you need to access subscriptions of investment information worth hundreds of dollars for free is a library card? Having a card allows you to get information at your home computer on mutual funds and stocks from Morningstar, Valueline ratings and reviews of stocks, and more! Find out what is available in the Minuteman Library Network databases and how to use them when Laura Paryl, Reference Librarian of the Lincoln Library, comes to **Bemis Hall on Tuesday, March 27, at 2:15 pm!** Bring your questions!

Proposed ATM Plastic Water Bottle and Bag Ban

Students from the Lincoln Sudbury Regional High School Environmental Club will be at **Bemis Hall on Tuesday, March 6, at 3:10 pm** to discuss the two proposals they are sponsoring at the Annual Town Meeting to ban plastic bags and plastic water bottles in Lincoln. Get information about the impact of plastic water bottles and bags in our environment and why the students are proposing the bans, ask questions, and give your thoughts and ideas!

ATM Resolution on Gas Leaks

Come to **Bemis Hall on Friday, March 9 at 1 pm** to hear information about a resolution to be proposed at Annual Town Meeting by Mothers Out Front Lincoln to support a bill before the State legislature "Protecting Consumers of Gas and Electricity from Paying for Leaked and Unaccounted for Gas." If Lincoln passes this resolution, we will join many other Massachusetts towns which have also passed similar resolutions in an effort to motivate the Utilities to fix the largest gas leaks.

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, March 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, March 12 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" Come to Bemis Hall on **Thursday, March 15 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? Come on down! No need to make an appointment.

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

More and more every month!

our SENIOR CENTER

The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

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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, March 10 from 9 am to Noon at Bemis Hall.**

Classic Jazz Free Live Concert! **Sunday, March 11, 2-4 PM, Bemis Hall.** The Dave Whitney Jazz Band presents live traditional jazz!

Open Mike Acoustic Night Enjoy live music at the free Open Mike Acoustic program **Monday, March 12 from 7 to 10 pm at the Library** featuring Rani Arbo. Email: loma3re@gmail.com.

Movie Night at the LLCT **Wednesday, March 14 at 7:30 PM at the Land Trust office located at 145 Lincoln Road, Suite 102A** (above the Post Office). Popcorn and apple cider served. For movie information, go to lincolnconservation.org.

Free Live Traditional CJALL Jazz Jams on **Saturday, March 17 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.

Domestic Violence Vigil First Parish in Lincoln will host a vigil on **Tuesday, March 27 from 7:00 to 8:30 pm in the Parish House at 14 Bedford Road** to honor and remember survivors of domestic violence and abuse, as well as those who support people in need of help to cope with their situation. Sponsored by First Parish with the generous support of REACH Beyond Domestic Violence.

Phinney's Friends is a local non profit dedicated to helping people in need care for their pets. Our clients are low income disabled people or seniors with 1 or 2 pets. We always need volunteers to help us fostering pets while their owners are going through hardship. Do you have room in your home and heart to care for a cat or dog while their owner is away? If this sounds rewarding please contact us at Phinneysfriends@gmail.com or 617-979-8705.

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