



# NEWS FROM BEMIS HALL

Vol 9 Issue 4



April 2018

## *The Lincoln Council on Aging Monthly*

### **The New Sound Assembly: The Spirit of America in Song!**



Music lovers of all ages! Come to Bemis Hall **Sunday, April 29 at 2 pm** to hear the New Sound Assembly perform *The Spirit of America in Song!* The New Sound Assembly, a 23-man chorus of singers, presents musical programs all over the region and in England and Ireland. The free hour-long performance for all ages will be a mix of barbershop songs, patriotic, and modern favorites. All songs are sung A Capella in four-

part classical Barbershop Harmony, a unique and traditional American musical form. This program is supported by a grant from the Lincoln Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



### **Learn More about the Community Center Project and Tour the New Wellesley COA To See What a Modern Center Is Like**

Please join the Community Center Preliminary Planning and Design Committee on **Friday, April 20 at 1 pm** to get an update and learn more about building concepts for the proposed community center! The Committee and their architects are busy at work on a number of potential concepts for both siting and building design and they need your ideas and thoughts. This is a great time to ask questions and voice your concerns. You are also invited to a tour of the new COA senior center in Wellesley that just opened a few months ago. The center includes a number of design elements and principles that might be used in the Lincoln community center, and offers a chance for residents to see what a modern center looks and feels like. The tour will be on **Friday, April 13**. You must sign up by calling the COA, or sign up online, in advance as only 20 may go. Anyone who would like transportation is welcome to come on a Doherty's bus that will leave the Mall parking lot at **12:00 noon**, but you must tell us you would like transportation when you sign up for the tour.

### **FDR's America: The Great Depression and World War II**

The Friends of the Lincoln COA and the Friends of the Lincoln Public Library invite you to a free six-week series about *FDR's America: The Great Depression and World War II* given by Gary Hylander, PhD, of Framingham State University and Boston University. The series begins on **Thursday, May 3, from 7 to 8 pm at the Library** with *The Great Crash Turns Into the Great Depression* and continues May 17, May 24, May 31, June 7, and June 21.



### **Patriots Day Events 2018**



**Saturday, April 7: "The Capture Of Paul Revere: A Dramatic Narrative";** Minute Man National Historical Park (MMNHP), 3:00 p.m.

**Saturday, April 14: "The Lincoln Minute Men at Capt. William Smith House; Parker's Revenge";** Capt. William Smith House, Minute Man National Historical Park, 10:00 a.m – Noon. Parker's Revenge Battle, Minute Man Visitors Center, 2:00 p.m.

**Sunday, April 15: "Lincoln Salute: A Festival of Fife & Drum Music";** Pierce Park, 2:00 - 3:30 p.m.

**Sunday, April 15: "Alarm & Muster";** Lincoln Public Library Lawn, 7:00 p.m

**Monday, April 16: "Dawn Tribute and March to Concord";** Outside Bemis Hall, 6:45 a.m.

**Sunday, April 22: Old Burial Ground Tribute;** Pierce House, 2:30 p.m.



## ENJOY A DAY OUT WITH THE COA!



### 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 you may opt to 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. The bus will leave the Mall parking lot at **10:45 am sharp!** 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 Marilyn Buckler at (781) 259-8886 or mbuckler1@comcast.net.

### International Museum of World War II and Indian Lunch Buffet

Join us to commemorate Memorial Day with a visit to the **International Museum of WWII** in Natick on **Wednesday, May 23.** The museum hosts over 500,000 artifacts, letters, and documents including the famous enigma machines, diaries, magazines, photos, secret items used by the resistance and much more. Many items are hands on. After a group orientation, you will visit the museum at your own pace with a self-guided audio tour. After the museum tour we will have a delicious buffet lunch at an Indian restaurant close by. For the short ride to Natick we will travel on a Doherty school bus. We will leave Donelan's parking lot at **11:15 AM**, returning at approximately **3:45 PM.** The trip is rated easy/moderate. There are no stairs to negotiate in the museum, but the only seating is at the orientation area, not along the tour route. The cost of the trip is **\$25 including the buffet lunch.** To reserve a space, send a check made out to FLCOA/Trips to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA 01773. Be sure to include your phone number and email address. Your reservation is complete when your check is received. Questions? Contact Donna at 781-257-5050 or donna@ecacbed.com.

**Lincoln seniors have first priority to sign up for trips. Younger Lincoln residents and out-of-town seniors may sign up after Lincoln seniors have had an opportunity to sign up.**

## COUNCIL ON AGING SERVICES

**Information and Referral and 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.



## 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

#### **April 2 — Dana Robbat: Modern Houses Proposed for Lincoln Historic District Highlight a Meaningful Legacy**

At the March 2018 Town Meeting, Lincoln residents were asked to support the Lincoln Historic Commission's proposal to add twenty-nine Modern houses to the Lincoln Historic District, including the Brown's Wood neighborhood District. Built between 1937 and 1969, they represent Modernism's concern for social reform through the subtle, but powerful force thoughtful design can bring to our lives. Much of Lincoln's quiet, naturalistic aura is due to the scale of these efficient Modern houses carefully integrated into the landscape.

#### **April 9 — Mark Hopkins: Cruising the Balkan Peninsula from Top to Bottom**

Mark Hopkins' camera documents a trip that begins in Athens, Greece and proceeds by small ship through the Gulf of Corinth and up the spectacular east coast of the Adriatic Sea, with many stopovers in Greece, Albania, Montenegro, and Croatia. After eight days at sea, the tour continues overland to the Croatian capital of Zagreb. A final visit to the Julian Alps of Slovenia completes the adventure. Mark's photographs bring the viewer to the famed Acropolis in Athens, the site of the Oracle at Delphi, the majestic mountains of Montenegro, and the historic port cities and islands of Croatia. Along the way, they capture Albania's struggles to right itself after years of stifling repression. And they end with some delightful discoveries in Zagreb, capped by scenes of the beautiful valleys of Slovenia. The talk includes discussion of the region's recent history of political upheaval.

#### **April 23 — Lucretia Giese: Rivera and Rockefeller: Artist and Patron**

A newly "minted" New York skyscraper, a wealthy American patron of the arts and her son, and a volatile and prodigious Mexican painter came together in 1933. These are the ingredients of Diego Rivera's Rockefeller Center mural "Man at the Crossroads," which was to celebrate American technology and the American Worker. Join us to learn more about this story that resonates today.

#### **April 30— Jack Fultz: Winning Is an Attitude**

Jack Fultz, the 1976 Boston Marathon Men's Champion and currently Training Advisor to the Dana-Farber Running Programs which has raised more than \$85 million for cancer research, will discuss life's lessons learned on the marathon trail. He will talk about this year's marathon as well as how he came to Boston in 1976 and how he went about winning the race, along with other stories from his life in competitive athletics.

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#### **The Fireside Chat: What to Do about Firearms**



We started these FireSide chats five years ago as a result of conversations following the Sandy Hook shooting incident. Seemingly nothing has changed. Join us on **Wednesday April 25** as we discuss what exactly the problem is and what can be done. Fireside chats take place in the **Community Room at Lincoln Woods on the 4th Wednesday of the month from 10 - 11:30 AM**. Facilitated by Sharon Antia.



## Art, Music, Entertainment



### Remember the Name of Anyone You Meet!



What is the cost to you of not remembering names? Embarrassment? Missed opportunities? Fear of meeting new people? Lost business? Join us for a wonderful workshop on **Thursday, April 5 from 6:30 to 8:30 pm (Snow Date: April 12th, 6:30-8:30 pm) at the Library** with Neil Kutzen that will train you to remember anyone's name you meet. Mr. Kutzen has a master's degree in Clinical Psychology and has developed the program MemorizeBest. Open to everyone, pre-registration is required (Mr. Kutzen will be testing his own memorization abilities prior to class!) To register please contact Lisa Rothenberg at the Library 781-259-8465 or by email at [lrothenberg@minlib.net](mailto:lrothenberg@minlib.net). Co-sponsored by The Friends of the Lincoln Public Library and the Friends of the COA.

### Celebrate Spring with the Lincoln



#### Traditional Jazz Band

*I Can't Give You Anything But Love, Toot Toot Tootsie Goodbye, All Of Me . . .* you name it. Join in and sing

along if the spirit moves you. Where can you get to enjoy this kind of music live these days? On **Friday April 6 at 12:30 pm at Bemis Hall**, the ever-popular Lincoln Traditional Jazz Band will entertain you with such favorites. Don't miss the free Welcome Spring concert of the old time jazz you know and love.

### 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 **Tuesdays April 3 and 17 and May 1 and 15 from 10 to 11:15 am**.



### One-on-One Help with Library eBooks



Do you have a smart phone, Kindle, or tablet? Would you like assistance using it to check out library ebooks and audiobooks? Consider making an appointment for a 30 minute one-on-one help session with Kate Tranquada, Lincoln Public Library Reference Librarian. Kate will be at **Bemis Hall Tuesdays, April 17 and 24, from 10 – noon**. The library has a growing selection of ebooks and digital audiobooks available for loan. Kate can help you set up your account and select the titles you want, so you can take advantage of the library's digital services. When you come for your appointment, be sure to bring your phone, Kindle, or tablet, as well as your Minuteman Library Network card and password. Kindle owners will need their Amazon usernames and passwords; Apple owners will need their Apple IDs and passwords. Questions? Contact Kate at [ktranquada@minlib.net](mailto:ktranquada@minlib.net), or call the library at 781-259-8465. Call the COA to sign up.

## AT THE MOVIES

**Tuesday, April 17, 2:15 PM. Lady Bird** In her senior year of high school in Sacramento, teenage Lady Bird is set on making her way east to attend college in New York City. With help from her adopted brother, Miguel, she begins putting together a plan for her great escape. 2017. R. 93 mins.

**Tuesday, April 24, 2:15 PM. Three Billboards Outside Ebbing, Missouri** When law enforcement fails to make headway on the months-long hunt for her daughter's killer, Mildred Hayes takes the drastic step of putting up three large signs questioning the motivation of the town's widely respected police chief. 2017. R. 115 mins.

**Wednesday, April 25, 10:00 am. Richard Strauss's Ariadne Aux Naxos** Rescheduled by demand! 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.

**Thursday, April 26, 2:15 PM. Coco** Pixar's magical animation lights up this colorful tale of adventure that follows Miguel Rivera, a 12-year-old Mexican boy who unlocks a long-hidden family mystery after he ends up in the Land of the Dead. 2017. PG. 105 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, April 17 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!**

### 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 tenets of Positive Psychology to become more resilient and happier! Join us at **9:30 on Wednesdays, April 4 and 18 and then every second 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.

## 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 each 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 on the **first and third Wednesdays of the month at 10 am** to talk about why we clutter and learn strategies.

**Get-Together for Spouses of Veterans** Spouses of veterans (whether living or deceased) are invited to a group to be led by Priscilla Leach, Lincoln's Veterans Service Officer, **Friday, April 20, 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 April 2.

**Spanish Conversation** Enjoy Spanish conversation with others each **first and third Monday at 11 am here at Bemis Hall**.

**Knitter's 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 Tom Stoppard's *The Real Thing* on **Tuesdays, April 10 and 17 at 11 am**. Sally will bring copies.

**Conservation Breakfast** **Thursday, April 12 at 8:00 am at a location to be announced**. Meet and gossip the second Thursday of every month about Town events, also touching on Conservation.

**Lincoln Men's Coffee** **Thursday, April 19 at 8:00 am**. Bagels, cream cheese, and lox, doughnuts, coffee and camaraderie—a great chance to catch up with buddies and make new friends.

**Ukulele and Sing-Along Group** meets on **Thursday, April 12 at 3:00 here at Bemis Hall**. The group, led by Rob Todd, sings and plays simple songs together. Beginners welcome! Bring your ukulele or sing!

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

**Play Open Bridge** each **Friday at 1 pm 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><b>2</b></p> <p>11:00 Spanish Conversation  12:30 Lincoln Academy  2:15/3:15 Tai Chi</p>	<p><b>3</b></p> <p>9:00 Podiatry  9:30 Knitting Drop-In  9:30 Hand Drumming  9:30 Piano Class with Wanda  11:30 Stretch and Flex  1:00 Active Aging Fitness  1:00 Mindfulness Walk (TBA)</p>	<p><b>4</b></p> <p>9:30 Surviving and Thriving  10:00 Memoirs  10:00 Declutter Group  11:00 Line Dancing  1:00/2:15 Tai Chi  2:00 Selectmen Listening Session</p>	<p><b>5</b></p> <p>9:15/10:15 Tai Chi  11:30 Stretch and Flex  1:00 Active Aging Fitness  1:30 Computer Drop-In  6:30 Remembering Names (Lib)</p>	<p><b>6</b></p> <p>10:00 German Conversation  12:30 Trad Jazz Band  1:00 Open Bridge</p>
<p><b>9</b></p> <p>9:30 French Conversation  9:30 Piano Duets  12:30 Lincoln Academy  2:15/3:15 Tai Chi  3:00 Legal Clinic  7:00 Acoustic Music (Lib)</p>	<p><b>10</b></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: Real Thing  1:00 Active Aging Fitness  2:00 Staying in Touch Group  2:30 COA Board</p>	<p><b>11</b></p> <p>10:00 Operation Able  11:00 Line Dancing  1:00/2:15 Tai Chi  7:00 Jim Mazzy Jazz</p>	<p><b>12</b></p> <p>8:00 Conservation Bkfst (TBA)  9:15/10:15 Tai Chi  11:30 Stretch and Flex  11:30 Lunch and Fall Prevention  1:00 Active Aging Fitness  1:30 Computer Drop-In  3:00 Ukulele Gathering</p>	<p><b>13</b></p> <p>10:00 Getting the Best Care?  12:00 Visit to Wellesley Center (Mall)  1:00 Open Bridge</p>
<p><b>16</b></p> <p><b>COA CLOSED/  PATRIOTS DAY</b></p> 	<p><b>17</b></p> <p>9:00 Wellness Clinic  9:30 Knitting Drop-In  9:30 Piano Class with Wanda  10:00 Ebooks and Audiobooks  11:00 Playreading: Real Thing  11:30 Senior Dining (St. Anne's)  11:30 Stretch and Flex  1:00 Active Aging Fitness  2:15 Movie: Lady Bird</p>	<p><b>18</b></p> <p>9:00 Podiatry  9:30 Surviving and Thriving  10:00 Memoirs  10:00 Declutter Group  11:00 Line Dancing  1:00/2:15 Tai Chi</p>	<p><b>19</b></p> <p>8:00 Men's Coffee  9:15/10:15 Tai Chi  11:30 Stretch and Flex  1:00 Active Aging Fitness  1:30 Computer Drop-In</p>	<p><b>20</b></p> <p>10:00 German Conversation  10:00 Veterans Spouses Group  10:45 BSO Trip Leaves (Mall)  1:00 Open Bridge  1:00 Community Center Update</p>
<p><b>SATURDAY 14</b>  9:00 Library Book Sale</p> <p><b>SATURDAY 21</b>  1:00 Jazz Jam</p> <p><b>SUNDAY 22</b></p>				

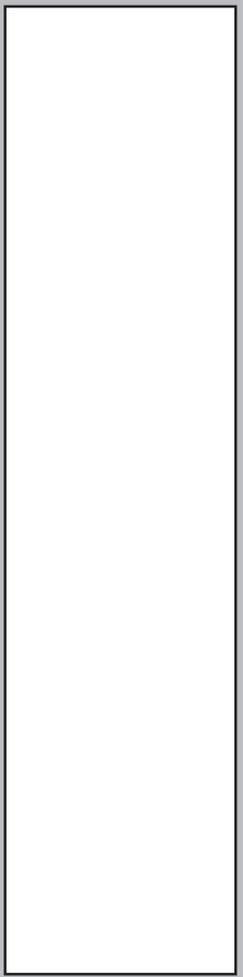
<p>7:30 Spring Birding(TBA) 1:00 Vernal Pools (Mall) 2:00 Dave Whitney Jazz 3:00 LLCT Movie (LLCT)</p>				<p>2:15 Movie: Lady Bird</p>
<p><b>23</b></p> <p>9:30 French Conversation 9:30 Piano Duets 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p><b>24</b></p> <p>9:00 Collating 9:30 Knitting Drop-In 9:30 Hand Drumming 10:00 Ebooks and Audiobooks 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: Three Billboards Outside Ebbing, Missouri</p>	<p><b>25</b></p> <p>10:00 Opera Movie: Ariadne Aux Naxos 10:00 Fireside Chat (LW) 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p><b>26</b></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: Coco</p>	<p><b>27</b></p> <p>9:30 iPhones and iPads 11:00 Fake News 1:00 Open Bridge 1:00 Property Tax Exemptions, Deferral, Abatements</p>
<p><b>30</b></p> <p>9:30 Piano Duets 9:30 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p><b>APRIL</b></p> 	<p><b>LOCATIONS</b> Lib: Library LLCT: LLCT Offices, 145 Lincoln Road, Ste. 102A LW: Lincoln Woods Mall; Parking Lot by Donelan's St. Anne's: St. Anne's Church TBA: Location to be announced</p>	<p><b>SUNDAY 29</b></p> <p>2:00 New Sound Assembly</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



### Falls Don't Have to Trip You Up! Lunch and Learn with the Fire Dept!

Falls are the Number One reason why people end up in the Emergency Room, yet they are almost entirely preventable. Join Ben Juhola of the Fire Department on **Thursday, April 12 at 11:30 here at Bemis Hall** to learn how you can make your home safer with easy-to-take actions, stay on your feet while enjoying spring weather outside, and use assistive devices. Find out more about health conditions that may contribute to falls. The Fire Department will be serving a delicious sandwich lunch, so please sign up by calling the COA or going online!



### Mindful Nature Walks!

Welcome spring by connecting 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 **April 3, May 1, and June 5 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](http://lincolnconservation.org).

### Are You Getting the Best Care?

When physicians and others order tests or treatments you don't need, bill for services you don't get, or sell you used equipment as new, you suffer. To learn how you can prevent, detect, report healthcare errors, fraud and abuse, come to **Bemis Hall on Friday, April 13 at 10 am** to hear a presentation by Patricia McMillen, a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program. If you have questions about your healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP office at 800-892-0890. Please call the COA to sign up or go online so Patricia knows how much material to bring.

## 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](mailto: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 at Lincoln Woods, Bemis

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, April 10 from 10 am to noon**. This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, April 17 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, April 3** and **Wednesday, April 18 at 9 am at Bemis Hall** \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA. Call the COA to make an appointment.

**WHAT YOU NEED TO KNOW**

## Are You Eligible for a Property Tax Exemption, Deferral, or Abatement?

The Town of Lincoln offers a number of ways seniors, veterans, those with disabilities, and those with low incomes can lower their property taxes through exemptions and deferral. Come to **Bemis Hall on Friday, April 27 at 1 pm** to hear Dorothy Blakeley and Ellen Meadors of the Lincoln Board of Assessors, Jennifer Glass of the Lincoln Board of Selectmen, and Gina Halsted of the Lincoln Finance Committee discuss the available exemptions and deferral options and how and when to apply. They will also discuss how your property is assessed and how to file for an abatement if you think your property should be valued differently.



### Increase your Media Savvy! Learn How to Sift through 'Fake News' and 'Alternative Facts' to Find the Truth

Are you confused, troubled, or perplexed by the likely presence of 'fake news', 'alternative facts,' and phony sources in your email, on facebook, twitter or even in your newspaper, all of which seem to have mushroomed in this era of rapidly growing social media opportunities? Do you know the difference between fake news and satire? Do you know how to spot a fake? Do you know about trolls and bots? Are you familiar with FactCheck.org, Snopes.com or PolitiFact.com? Andy Payne's workshop on **Friday, April 27 at 11 am at Bemis Hall** will help participants to become more savvy readers and researchers, discerning more readily what is true and what is not as well as sources that are legitimate and those that are not.

### 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, April 27 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!



### Over 55 and Unemployed? Get On-the-Job Training! Start Earning While You Learn!

Those 55 and over who are currently unemployed and meet federal low-income guidelines are eligible for a job training program that places you in a nonprofit or government agency where you can get on-the-job training while earning \$11 an hour. Update your skills and learn new ones! Add to your resumé! If you are interested, come hear Jill Fainberg of Operation A.B.L.E. on **Wednesday, April 11 at 10 am at Bemis** to discuss the program and how to apply.

## 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, April 4.**

### 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, April 9 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.

*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

**Open Mike Acoustic Night** Enjoy live music at the free Open Mike Acoustic program **Monday, April 9 from 7 to 10 pm at the Library** featuring Rupert Wates. Email: loma3re@gmail.com.

**Jim Mazzy and the Last Minute Men** Old Time New Orleans Jazz classics played as they should be! With Carol Moeller on the Steinway Grand and more! **Wednesday, April 11, doors open 7 pm, music 7:30—10:00 pm, Bemis Hall.**

**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, April 14 from 9 am to Noon at Bemis Hall.**

**Free Live Traditional CJALL Jazz Jams** on **Saturday, April 21 from 1:00 pm – 5:00 pm at Bemis Hall.** Come hear local musicians belting out old favorites which will set your feet a-tappin.' Free.

**Spring Birding in Lincoln Sundays from April 22 to May 13 from 7:30-9:30 AM.** Bring your binoculars and explore some birding "hot spots." For locations and further details, visit [lincolnconservation.org](http://lincolnconservation.org).

**Who's Hiding in Vernal Pools? Sunday, April 22 at 1:00 PM.** Meet and park in the commuter lot beyond Donelan's at 145 Lincoln Road. Explore a large vernal pool with Matt Burne, Conservation Director of The Walden Woods Project. Co-sponsored with the Lincoln Land Conservation Trust.

**Classic Jazz Free Live Concert! Sunday, April 22, 2-4 PM, Bemis Hall.** The Dave Whitney Jazz Band presents live traditional jazz!

**LLCT Earth Day Movie Sunday, April 22 from 3:00-4:30 PM at the Land Trust office located at 145 Lincoln Road, Suite 102 A (above Post Office).** Movie refreshments provided. For movie information go to [lincolnconservation.org](http://lincolnconservation.org).

## 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](mailto:bottumc@lincolntown.org)

**Internet:** [www.lincolntown.org](http://www.lincolntown.org)

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

Sign up for COA activities online by going to the Activities and Registration Button on [www.Lincolntown.org](http://www.Lincolntown.org).

**FRIENDS OF THE LINCOLN COUNCIL ON AGING**

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