



# NEWS FROM BEMIS HALL

Vol 9 Issue 5



May 2018

## The Lincoln Council on Aging Monthly Spring Piano Recital by Wanda Paik



Join Lincoln resident Wanda Paik for a solo piano performance on **Friday, May 18 at 2:00 pm at Bemis Hall**. Admission is free and open to the public and will be followed by refreshments. The program will include music by Bach, Beethoven, Debussy, and Chopin. Ms. Paik has appeared extensively in the U.S. and abroad at American Embassies. Highlights include performances with the Boston Pops Orchestra, the National Gallery in Washington, D.C. and Fogg Museum at Harvard University. She has served as president of the NEPTA (New England Piano Teachers' Association), and board member of CAMSA (Concord Music School Association) and former music faculty member at Regis College in Weston.



### Update on School Building Concepts

**Please join the School Building Committee on Friday, May 11th at 10am for an update on the school building concepts.** We are thankful to the COA for providing the School Building Committee (SBC) another opportunity to present the latest school building concepts. In addition to the building concepts, the SBC will also update the community on how the June 9th Town Meeting will be structured. Please join us at **Bemis Hall on Friday, May 11th at 10am!** We hope to see you there. For the most up-to-date information on the Lincoln School project, visit us at [www.lincolnsbc.org](http://www.lincolnsbc.org). Questions or comments, email us at [SBC@lincnet.org](mailto:SBC@lincnet.org).

### 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 21, and June 28.



### Aging in Place in Lincoln Neighborhoods: A Forum

Many people want to stay in their home as they age. There are often challenges that arise in order to make that happen. Public agencies like the Council on Aging or various private organizations can offer many valuable programs. Throughout the country there are also numerous examples of local communities coming together for mutual aid as they age, loosely termed "the village movement." In Lincoln we are beginning to focus on **neighborhoods** as a potential for connection and a resource for support as we and members of our community age. This may range from simply meeting together occasionally and exchanging contact information to checking in on neighbors during a major storm to providing small favors as help like giving rides or bringing dinner when someone may not feel well enough to cook. These neighborhood initiatives are now getting started in Lincoln. To hear more about these initiatives and to share your ideas about aging in place in Lincoln, join us at **Bemis Hall on Friday, May 11 at 1 PM** with Peter Conrad and Mary Brody. Bring your thoughts, questions and concerns.

### Can You Help Us Tell the History of the COA and Parks and Recreation?

The COA and Parks and Recreation Department (PRD) are working with the Library and the Town Archives to create an exhibit about how forward thinking residents in the 1970s organized the programs and services now offered by these two departments and the civic spirit that motivated them. We are looking for documents, photos, items and other memorabilia related to the development of the COA and PRD to display (they will be returned), people involved who would be willing to tell their stories, and volunteers to do oral histories and help put the exhibit together. For more information, please call Carolyn at the COA at (781) 259-8811.



## ENJOY A DAY OUT WITH THE COA!



### 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 machine, 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@ecached.com](mailto:donna@ecached.com).

### Fruitlands Hudson River School Exhibit with Lunch

Join us for a trip to the Fruitlands Museum and Café on **MONDAY, June 25<sup>th</sup>**. We will have a guided tour through the exhibition *A New View:*



*Landscapes from the Permanent Collection*. The walls on the South Gallery will be resplendent with a salon-style display of the largest grouping in decades of landscape paintings from the museum's permanent collection. Featuring more than 50 paintings from Hudson River School painters including Albert Bierstadt, Thomas Cole, and Frederic Church, the 19th-century oil on canvas paintings will transport visitors to 1947, when museum founder Clara Endicott Sears first presented them to the public. The bus will leave Donelan's parking lot at 9:30 a.m. and return by 2:30 p.m. Lunch arrangements and the cost are yet to be determined—watch for the June newsletter! Call Donna at 781-257-5050 or email her at [donna@ecached.com](mailto:donna@ecached.com) for more information or to sign up.

**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.**

## Do You Know Which Veterans Services and Benefits You Might Be Eligible For?



Priscilla Leach, Lincoln's Veterans Services Officer (VSO), assists Lincoln veterans and their spouses to determine what benefits they qualify for and helps them apply. Most veterans benefits are based on income and they include financial assistance for needy veterans, "aid and attendance" for in-home care, and membership in the VA medical system. Compensation benefits, such as for service connected disabilities, do not depend on income. All veterans are eligible for a free headstone placed in the cemetery they choose. For more information, contact Priscilla at 781-259-4472. or [leachp@lincolntown.org](mailto:leachp@lincolntown.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).

*Disclaimer: The COA does not specifically endorse any service or product advertised herein. We encourage our readers to investigate any service or product they may consider using in order to make an informed decision.*



## THE LINCOLN ACADEMY

Lectures, Discussions, and More about Our World!



### THE LINCOLN ACADEMY LECTURE SERIES

Come to **Bemis Hall on Mondays at 12:30** to hear a fascinating speaker from or associated with Lincoln. Bring a bag lunch. We provide beverages and dessert.

#### May 7—Jill Harrison: In the Eyes of the Beholder: Treasures and Trash in the Attic

Jill Harrison, the owner of ArtSmart New England.com, will talk about the best finds in her 15 years of professional work as a qualified personal property appraiser. She'll discuss how we perceive value as a culture and how societal values can influence monetary value. She'll show us examples of items considered "ugly" which turned out to be valuable and "valuable" items which had nominal monetary worth. She'll tell us why material culture is important to understanding history. She'll showcase a collection of 10,000 items inspired by a fire, some unusual items and the "yard sale Picasso" in Newton. In a fast paced discussion we'll comb through hundreds of years of "stuff." We'll leave knowing more about the intrinsic nature of valuing items. And perhaps, we'll understand a bit more about what people save and why they save it.

#### May 14—Lincoln Greenhill: What is Dark Matter?

Only about one sixth of the matter in the universe is "normal." The rest is dark; we only know of it by measuring its gravity. Recently, an unlikely clue has been spotted by radio astronomers that suggests dark matter may not be as shadowy as decades of study concluded.

#### May 21—Ray Shepard: Not Your Grandparents', but Your Grandchildren's George Washington

Local writer and historiographer Ray Anthony Shepard talks about his new work-in-progress, exploring the role of race in American History.

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### The Fireside Chat: Is Sex for Money Morally Wrong? Should It Be Illegal?



The recent *60 Minutes* interview with Stormy Daniels has ignited a national conversation about industries related to having sexual relations with others, whether they be sex workers or performers in adult films. What do you think of this kind of work? Should these professions be "shunned"? Is it morally wrong? Should this work be illegal? Does it affect society as a whole or just the workers and their clients or audience? If doing this work is illegal, are those who do it criminals or victims? Join us on **Wednesday May 23** as we discuss this complex issue. 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.

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### Pay Off Some Property Taxes By Working for the Town!

Residents 60 and older or veterans of any age who are the owners of record of the Lincoln home they live in can earn up to \$1500 (for seniors) and \$1000 (for veterans) off their property taxes by working for the Town. You are compensated at the minimum wage (\$11 an hour) and a variety of jobs are available at many different town departments and in the schools. The programs are intended to help seniors and veterans who may have trouble paying property taxes remain in Lincoln. For more information, call the COA at (781) 259-8811 and ask for Carolyn.

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### Lincoln Bike Drive to Benefit Bikes Not Bombs

The Lincoln Bike Drive will be held on **Saturday, May 19th from 9:00 to 1:00, Hartwell Parking Lot on Ballfield Rd.** The Lincoln Recycling Committee will partner with Bikes Not Bombs (BNB) to keep more items out of the trash bin and benefit an organization that is doing critical work in the service of peace and social justice. Bikes in any condition are accepted, as well as bike supplies. Bikes Not Bombs requests a \$10 per bike donation.



## Art, Music, Entertainment



### Have Coffee with the Artists of the Open Studio



Join members of the Parks and Recreation Department's Open Studio when they share their work with you at an exhibit in the Bemis Hall Lincoln Artists' Gallery in May and June. The Lincoln Open Studio is a group of local painters that come together, once a week, to create art and share skills and artistic interests. The friendly, stimulating environment and supportive critiques of each other's work do much to improve and expand their work. They also gain inspiration from an occasional visiting artist. Further information is available from the Lincoln Parks and Recreation Dept. Meet them at a "Coffee" **Thursday, May 24, 2:15 pm!**

### Old-Fashioned Harmony Like Mom Used to Sing?

Or perhaps it was you yourself who sang *When You're Smilin'*, or *Ain't She Sweet* to Eddie Cantor on the Victrola phonograph.



But Lincoln's in a free country. You don't have to sing along with the rest of the gang if you don't want to. You can just sit and tap your toes, or get up and dance around the room if you prefer. Come join the COA's swingin' seniors when the Lincoln Traditional Jazz Band performs a lunchtime concert at **Bemis Hall on Friday May 4<sup>th</sup> at 12:30**. No tickets necessary.

### 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, May 1 and 15 from 10 to 11:15 am**.



### Elements of Drawing with Bernadette Quirk

Drawing is a fundamental skill that will bring joy to your life, whether you think of yourself as an artist or not. Come join Lincoln artist Bernadette Quirk for a six-week course in drawing that will be held **Fridays at 10 am beginning May 11 at Bemis Hall**. You may start and finish a project in the class, or bring drawings you have started but need help with. No experience necessary! You will receive a supply list when you sign up by calling the COA or online. \$45.

### Express Your Love of Nature with Watercolors with Jane Cooper



Rediscover your joyful soul through art and nature in Jane Cooper's watercolor class. Jane will offer fun dabbling in watercolor painting of scenes of nature, landscapes or some favorite sky. One class of four sessions will be offered on **Monday May 14 and 21 and June 4 and June 11 from 9 to 11 am at Bemis Hall**. Cost is \$30, materials included. Sign up now!

## AT THE MOVIES

**Monday, May 14, 10:00 AM. The Magic Flute** The one with three temples, three ladies, three boys, a bird-catcher, the Queen of the Night, and a serpent. *The Magic Flute* (aka *Die Zauberflöte*), premiered on 30 September 1791, just two months before Mozart's death, and is one of the most popular operas ever written, pleasing both fanatics and novices alike. James Levine leads the Metropolitan Opera Chorus and Orchestra in an all-star cast including Kathleen Battle, Kurt Moll and Francisco Araiza. Rated NR. 1991. 169 mins.

**Friday, May 25, 1:00 PM. Dunkirk** This historical drama chronicles the epic battle to evacuate more than 300,000 Allied soldiers who find themselves trapped on the beaches of Northern France during the 1940 invasion by Adolf Hitler's Nazi forces. 2017. PG-13. 107 mins.

**Tuesday, May 29, 2:15 PM. I, Tonya** This wickedly entertaining biopic looks at the life and doomed career of ice skater Tonya Harding and her connection to one of the most infamous sports scandals in American history: the assault on rival Nancy Kerrigan before the 1994 Winter Olympics. 2017. R. 120 mins.

**Thursday, May 31, 2:15 PM. The Post** When the "Washington Post" agrees to publish the leaked Pentagon Papers — which point to a secret escalation of the Vietnam War — the Nixon administration tries to block publication, setting off an epic legal and political battle. 2017. PG-13. 115 mins.



## SPEND TIME WITH OTHERS



### Gourmet Lunch with Friends Old and New!

Lincolniters 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, May 15 at St. Anne's Church**. We welcome new diners often — give us a try! Please reserve by calling the COA at least a week ahead even if you have previously attended. The cost of each meal is \$5. Caregivers are welcome to come with those for whom they are caring. Let us know if you need transportation or a seating partner. The lunch is co-sponsored by the COA, the Friends of the COA, Minuteman Senior Services, Newbury Court, St. Anne's, and the Lincoln Garden Club. **Let us know if it's your birthday month and lunch is free!**

### 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, May 2, 16, and 30 and June 13** 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 10:30 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 led by Priscilla Leach, Veterans Service Officer, **Friday, May 18, at 10 am at Lincoln Woods**. Get to know each other, discuss common concerns, and have fun! For info: 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 May 7.

**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 Edward Albee's *The Sandbox* at **11 am on May 8 and 15**. Sally will bring copies.

**Conservation Breakfast** **Thursday, May 10 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, May 17 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, May 10 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>MAY</b></p> 	<p><b>1</b></p> <p>9:00 Podiatry            9:30 Knitting Drop-In            9:30 Hand Drumming            10:00 Piano Class with Wanda Paik            11:30 Stretch and Flex            1:00 Active Aging Fitness            1:00 Mindfulness Walk (TBA)            7:00 Bemis Lecture: Learning Deeply</p>	<p><b>2</b></p> <p>9:30 Surviving and Thriving Group            10:00 Faces of Loss 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><b>3</b></p> <p>9:15/10:15 Tai Chi            11:30 Stretch and Flex            1:00 Active Aging Fitness            1:30 Computer Drop-In            7:00 Roosevelt Presidency (Lib)</p>	<p><b>4</b></p> <p>10:00 German Conversation            12:30 Trad Jazz Band            1:00 Open Bridge</p>
<p><b>7</b></p> <p>11:00 Spanish Conversation            12:30 Lincoln Academy            2:15/3:15 Tai Chi</p>	<p><b>8</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: Sandbox            1:00 Active Aging Fitness            2:00 Staying in Touch Group            2:30 COA Board</p>	<p><b>9</b></p> <p>10:00 Faces of Loss Group            11:00 Line Dancing            1:00/2:15 Tai Chi            7:00 Jim Mazzy Jazz</p>	<p><b>10</b></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><b>11</b></p> <p>10:00 Drawing            10:00 School Building Project Update            1:00 Open Bridge            1:00 Neighborhood Aging in Place Forum</p>
<p><b>14</b></p> <p>9:00 Watercolors            9:30 French Conversation            9:30 Piano Duets            10:00 Opera Movie: Magic Flute            12:30 Lincoln Academy            2:15/3:15 Tai Chi            3:00 Legal Clinic            7:00 Acoustic Music (Lib)            7:00 LLCT Annual Meeting (St. Anne's)</p>	<p><b>15</b></p> <p>9:00 Wellness Clinic            9:30 Knitting Drop-In            9:30 Hand Drumming            10:00 Piano Class with Wanda Paik            11:00 Playreading: Sandbox            11:30 Senior Dining (St. Anne's)            11:30 Stretch and Flex            1:00 Active Aging Fitness            2:15 Investment Databases Available Through</p>	<p><b>16</b></p> <p>9:00 Podiatry            9:30 Surviving and Thriving Group            10:00 Faces of Loss Group            10:30 Declutter Group            10:00 Memoirs            11:00 Line Dancing            1:00/2:15 Tai Chi</p>	<p><b>17</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            7:00 Roosevelt Presidency (Lib)</p>	<p><b>18</b></p> <p>9:00 Veterans Benefits (LW)            10:00 German Conversation            10:00 Drawing            10:00 Veterans Spouses (LW)            1:00 Open Bridge            2:00 Wanda Paik Recital</p>
<p><b>5</b></p> <p>7:00 Rock the Vote</p> <p><b>6</b></p> <p>7:30 Spring Birding (TBA)            2:00 Farming Town</p>	<p><b>SATURDAY</b></p> <p>7:00 Rock the Vote</p> <p><b>SUNDAY</b></p> <p>7:30 Spring Birding (TBA)            2:00 Farming Town</p>	<p><b>SATURDAY</b></p> <p>9:00 Library Book Sale</p> <p><b>SUNDAY</b></p> <p>7:30 Spring Birding (TBA)</p>	<p><b>12</b></p> <p>9:00 Library Book Sale</p> <p><b>13</b></p> <p>7:30 Spring Birding (TBA)</p>	<p><b>12</b></p> <p>9:00 Library Book Sale</p> <p><b>13</b></p> <p>7:30 Spring Birding (TBA)</p>

<p><b>21</b></p> <p>9:00 Watercolors            9:30 Piano Duets            11:00 Spanish Conversation            12:30 Lincoln Academy            2:15/3:15 Tai Chi</p>	<p><b>22</b></p> <p>9:00 Collating            9:30 Knitting Drop-In            9:30 Hand Drumming            11:30 Stretch and Flex            1:00 Active Aging Fitness            2:15 Doing Banking Transactions Online</p>	<p><b>23</b></p> <p>10:00 Faces of Loss Group            10:00 Fireside Chat: Sex for Money (LW)            11:00 Line Dancing            11:15 World War II Museum Trip Leaves (Mall)            1:00/2:15 Tai Chi</p>	<p><b>SATURDAY 19</b></p> <p>9:00 Bike Drive (HW)            1:00 Jazz Jam (Lib)</p>
<p><b>28</b></p> <p><b>COA CLOSED/ MEMORIAL DAY</b></p> 	<p><b>29</b></p> <p>9:30 Knitting Drop-In            9:30 Hand Drumming            10:00 Memorial Day Breakfast            11:30 Stretch and Flex            1:00 Active Aging Fitness            2:15 Movie: I, Tonya</p>	<p><b>30</b></p> <p>9:30 Surviving and Thriving Group            10:00 Faces of Loss Group            10:00 Memoirs            10:00 Techno-Teach-in with Teens            11:00 Line Dancing            1:00/2:15 Tai Chi</p>	<p><b>24</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 Coffee with the Open Studio            7:00 Roosevelt Presidency (Lib)</p>
<p><b>25</b></p> <p>10:00 Drawing            10:00 Summer Nutrition/Brunch with the Commons            1:00 Open Bridge            1:00 Movie: Dunkirk</p>	<p><b>31</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: The Post            7:00 Roosevelt Presidency (Lib)</p> <p><b>LOCATIONS</b>  <b>HW: Hartwell Parking Lot</b>  <b>Lib: Library</b>  <b>LW: Lincoln Woods</b>  <b>Mall: Parking Lot by Donelan's</b>  <b>St. Anne's: St. Anne's Church</b>  <b>TBA: Location to be announced</b></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



### Brunch and Nutrition Tips for Healthy Summer Eating



Choices for healthy cooking and eating are bountiful in the summer, but with so much health information coming at us it can be hard to know who to listen to and how to follow recommendations. Come to **Bemis Hall on Friday, May 25, at 10:00 am** to have a yummy brunch prepared by the chef from the Commons, hear some tips for eating well with summer's bounty, and get answers to your nutrition questions from Sadie Daniels, RD, dietician at the Commons. If you have a special nutrition concern, call Carolyn at the COA and let her know and she will pass it along to Sadie before the program. Please sign up by Monday, May 21 as space is limited.

### The Many Faces of Loss: A New Group



As we age we confront loss in many forms. It may be the death of loved ones. It may also be dealing with physical health, or cognitive changes in loved ones, friends or in ourselves. It may include regrets about lost opportunities and we may also confront the recognition of our own mortality. Claire Gerstein, LICSW, our social worker with many years of experience helping people navigate the losses of later life, will be facilitating a group that will give people the opportunity to talk about these issues in a supportive environment. The six-week group will run on **Wednesdays 10-11:30 May 2, 9, 16, 23, 30 and June 6**. Sign up is helpful but not required.

### Mindfulness Walk in Nature

In May, nature is blooming! Join naturalist John Calabria for a walk in one of Lincoln's most beautiful places on **Tuesday May 1 beginning at 1 pm (location 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).



## 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** Spring classes now closed. **Level 1:** Mon 2:15– 3:15 pm and Wed 1– 2 pm, Thurs 9:15—10:15. **Level 2:** Mon 3:15-4:15; Level 2 Practice: Thurs 10:15-11:15. **Level 3:** Wed 2:15-3:15. For info, contact Jane Moss at (781) 259-9822 or [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

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, May 8 from 10 am to noon**. This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, May 15 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, May 1 and Wednesday, May 16 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

💡 **WHAT YOU NEED TO KNOW** 💡

## **Focus on Personal Finances!**



### **Banking on Your Home Computer**

You can now conduct most routine banking tasks right on your computer (in your jammies)! You can also pay your credit card and other bills without licking a stamp. Finally, those with iPhones can use their phones like a credit card through Apple Pay. Find out how to do these and more from your home computer, securely, when Andy Payne comes to **Bemis Hall on Tuesday, May 22 at 2:15**. Bring your questions and concerns, and your iPhones, smartphones or other devices if you like!

### **Access Investment Info 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 Parryl, Reference Librarian of the Lincoln Library, comes to **Bemis Hall on Tuesday, May 15 at 2:15 pm!**



## **Especially for Veterans**



### **Memorial Day Breakfast and Photo Share**

All veterans and spouses or partners are invited to a special breakfast on **Tuesday, May 29 at 10 am at Bemis Hall**. We will be serving coffee, tea, and pastries, along with fascinating conversation and warm friendship. Everyone is invited to bring photos related to your service or, for spouses and partners, your life during your spouse or partner's service. We will share our photos with each other and then, if you would like, the COA will scan the photos and add them to an exhibit to be displayed at Bemis Hall during June.

### **"Aid and Assistance" In-Home Care Benefits from the VA**

If you are a veteran or spouse of a veteran, on a limited income, and need the "aid and assistance" of another person to perform normal activities like bathing, feeding, or dressing, you may be eligible to receive a cash benefit to pay for this in-home care. To find out more, come to **Lincoln Woods Community Room at 50 Wells Road on Friday, May 18 at 9 am** when Priscilla Leach will provide information about the benefit and help you determine if you might be eligible. Even if you aren't sure, come on down to see if you qualify!

## **Techno-Teach-In with Lincoln-Sudbury Teens**

The Lincoln-Sudbury Regional High School Senior Class is having a Give Back to the Community Service Day, and they invite you to join them at **Bemis Hall on Wednesday, May 30 from 10 am to 1 pm**. Whether you want some tips on texting to keep up with grandchildren, or need help learning to store and play your favorite music and films on your computer, or anything else tech-related, call for an appointment today!

**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, May 2**.

### **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? Come for a free 30-minute consultation with elder law attorney and Lincoln resident Sasha Golden on **Monday, May 14 from 3-4 pm**. 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.



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## GOINGS ON IN AND AROUND LINCOLN

**Learning Deeply at Scale: The Challenge of Our Times** *Bemis Free Lecture Series, Tuesday, May 1 at 7 pm in Bemis Hall* In this talk, Harvard Graduate School of Education professor (and Lincoln resident) Jal Mehta will discuss findings from his forthcoming book, *In Search of Deeper Learning: Inside the Effort to Remake the American High School*. The talk will explore what it means to understand something deeply, why such learning is rare in American public schools, and how some teachers and schools manage to transcend these realities and create powerful, intellectually-enlivening education. The conclusion will suggest both reformist and radical ways to promote powerful learning in schools.

**DaDDa Rocks the Vote** Sat, May 5, 7-10 pm, Bemis, concert to raise awareness of the June 9 campus project vote.

**Spring Birding in Lincoln** on Sundays May 6 and 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).

**Lincoln Has Long Been a Farming Town - Where Will This Heritage Take Us?** Join the Lincoln Historical Soc. and the Agriculture Comm. on Sunday, May 6, 2 pm at Bemis Hall to see a great video and consider the question.

**Jim Mazzy and the Last Minutemen** Old Time New Orleans Jazz played as it should be! To standing room only! Was the last concert they gave that good? You bet! Wednesday, May 9, doors open 7 pm, downbeat at 7:30 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, May 12 from 9 am to Noon at Bemis Hall.

**LLCT Annual Meeting** Monday, May 14 from 7:00-9:00 PM in Flint Hall at St. Anne's in-the-Fields, 147 Concord Road. Keynote address given by Rand Wentworth Senior Fellow at the Harvard Kennedy School and president emeritus of the Land Trust Alliance. For further information go to [lincolnconservation.org](http://lincolnconservation.org).

**Open Mike Acoustic Night** Enjoy live music at the free Open Mike Acoustic program Monday, May 14 from 7 to 10 pm at the Library featuring Seamus Galligan. Email: [loma3re@gmail.com](mailto:loma3re@gmail.com).

**Free Live Traditional CJALL Jazz Jams** on Saturday, May 19 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.

**3rd Annual Lincoln Arts Show.** Friday-Sunday, June 1-3, Hartwell B-Pod, Ballfield Road. Exhibit times: Friday, June 1, 3-5 pm; Saturday, June 2, 12-5 pm; Sunday, June 3, 12-3 pm. Sponsored by the Lincoln Parks and Recreation and the Lincoln Council on Aging. Call for artists and registration on [www.lincolnrec.com](http://www.lincolnrec.com). Info: [schester636@gmail.com](mailto:schester636@gmail.com).

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