



NEWS FROM BEMIS HALL

Vol 9 Issue 6



June 2018

The Lincoln Council on Aging Monthly

Special Town Meeting on June 9 to Vote on Concepts/Budget for the School Building and See Community Center Designs

All are encouraged to come to the Special Town Meeting to be held on **Saturday, June 9, beginning at 9:30 am in the Brooks Auditorium** to choose the footprint and budget of the school building project that will be developed in preparation for a bond vote in the Fall of 2018, and to see concepts for the community center. This is your opportunity to have a voice in the design and cost for these two projects that will shape our community for decades to come. At the meeting, you will be able to vote on your preferences among a number of concepts and budget for the school building and to learn about design choices for the community center. You will have ample time to ask questions and make comments. For more information about the School Building Project, go to www.lincolnsbc.org. To learn more about the community center project, please visit www.lincolncppdc.org.



Piano Concert with Abla Shocair

All ages are invited to a piano concert with Abla Shocair at **Bemis Hall on Friday, June 8 at 2:15 pm**. The program will include Four Impromptus by Schubert, Torre Bermeja (Serenata) and Leyenda by I. Albeniz, La Campanella by Paganini/Liszt transcribed and Mephisto Valzer by Liszt. The audience will also enjoy performances of an Old Fashioned Waltz, Lavender's Blue, and The Bear Went Over the Mountain by Abla's grandson Zaineddeen Kawaf and Beethoven's Fur Elise by her grandson Nooreddeen Kawaf. Abla, originally from Jordan, started playing piano at age 4. She is a Civil Engineer and has given many piano concerts in a variety of venues.

Celebrate Summer at a Strawberry Ice Cream Social June 21

Celebrate this special time of year at the annual Strawberry Ice Cream Social which will be held at **Bemis Hall on Thursday, June 21 at noon**. The Social is sponsored by the COA and the Friends of the COA. Bring a bag lunch at noon or just join us for dessert. Make your own ice cream sundae with luscious ice cream topped with strawberries, chocolate, and more! Then share conversation with friends old and new! Please RSVP to the COA. Tell us when you call if you will need a ride.



A Public Safety Cookout! Learn about Current Frauds and Scams, Home Safety, and Public Safety Services



Join Public Safety on **Friday, June 15 at 11 am for a cookout at the Pierce House!** You'll start off by finding out more about current trends in frauds and scams and how to avoid being a victim, home safety from both police and fire perspectives, and services offered by Public Safety. At noon, Public Safety will be cooking up hamburgers, hot dogs, and veggie burgers with all the fix-in's. Because the event will be under the tent, the cookout will go on rain or shine. Please sign up by June 8 by calling the COA at (781) 259-8811.

Florence Montgomery Is Volunteer of the Year



Congratulations to Florence Montgomery, our Volunteer of the Year! Florence is on the COA board, has volunteered for many years on the reception desk, coordinates the Celebrations Table, and helps with refreshment set-up and clean-up. We so appreciate that Florence sees something that needs to be done and then just quietly does it. Thank you so much, Florence!



ENJOY A DAY OUT WITH THE COA!



Fruitlands Museum Hudson River School Exhibit with Lunch



Join us for a trip to the Fruitlands Museum and Café on **MONDAY, June 25th**. 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. Expect to be standing and walking. Space is limited. The bus will leave Donelan's parking lot at 9:30 a.m. and return by 2:30 p.m. The non-refundable cost of the trip is \$35, which includes lunch in the Fruitlands Café. To reserve a space, send your check payable to FLCOA/Trips to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA 01773. Be sure to include your phone and email. Your reservation is complete when Donna receives your check. Questions? Contact Donna at 781-257-5050 or email her at 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/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 Services Contact Priscilla Leach at (781) 259-4472 or leachp@lincolntown.org.

Transportation The COA offers rides to medical and other appointments, local shopping, COA activities and, occasionally depending on capacity, some other local rides 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 a ride. There is no charge for either volunteer or taxi rides. *COA transportation is intended for those who have no other means of transportation such as The Ride, family, friends or caregivers and who cannot afford taxi service without it creating a hardship.* The Ride is the MBTA door to door transportation system for those who have a disability, and runs evenings and weekends. Call the COA for help applying for The Ride. The COA's taxi rides are supported entirely by the Friends of the Lincoln COA. Donations are gratefully accepted.

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

Sign up for COA activities online by going to the Activities and Registration Button on www.Lincolntown.org.



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 Speaker

June 4—Bijoy Misra: India's Discovery of Humanity

What is humanity? What is that special endowment that the humans have that distinguishes them from other creatures? Philosophical reflections on topics like this engaged the Indian scholars around 900BC when they happened to ponder on the cosmology of the universe. Massive wars and major conflicts had already happened resulting in huge loss of life and long periods of unrest. We will examine the philosophical speculations that have flourished to build humanity as a rational discovery. Humanity is not grandiose, but it is joyful internal peace!

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

FDR's America: World War II



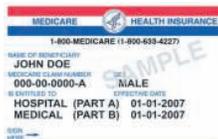
The Friends of the Lincoln COA and the Friends of the Lincoln Public Library invite you to a free series about *FDR's America: The Great Depression and World War II* given by Gary Hylander, PhD, of Framingham State University and Boston University. Two sessions, on **Thursday, June 21 and 28, from 7 to 8 pm at the Library** will focus on World War II, including the beginning of the war in Europe and how the US was plunged into the war in 1941 with Pearl Harbor. All ages are welcome and you do not need to have come to earlier sessions to attend these two.

The Fireside Chat: Town Meeting—Is the Current Format Still the Best Option?

Town Meeting has served our community well for over 250 years. Is the current format still our best option? Are there tweaks we can make, small or large, that would allow it to be more inclusive without sacrificing its integrity and purpose? Join Town Moderator Sarah Cannon Holden at **10 AM on June 27** as we mull over this long standing tradition. Fireside Chats are held the 4th Wednesday of the month in the **Community Room at Lincoln Woods**.



You're Getting a New Medicare Card!



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

Check In and Maybe Get a Door Prize!

Are you using your card to check in on "My Senior Center" every time you come to the center for a class, trip, activity, or to enter your volunteer hours? There is a new category titled "Prize!" Every time that you are at Bemis Hall and check in, remember to touch on the "Prize!" option on the first page and you may be selected to receive a free one-month membership to the Longfellow Sports Club in Natick! If you don't have a card, let our receptionist know and she or he will help you!



Art, Music, Entertainment, Enjoyment!



Wednesday Trail Walks

Explore Lincoln's Open Space. Visit a different area of Lincoln each week. In June, three walks will be led by the Conservation Department staff from **9:30 am to 11:30 am**, rain or shine. They are typically about two miles long. Wear sturdy shoes and always dress for the weather! The three walks in June are:

June 6: Muster Field to DeCordova Museum to Flint's Pond East. Meet at the Brooks School Parking Lot, Ballfield Road, next to the Town Pool.

June 13: Minute Man National Historical Park. Meet at the Hartwell Tavern parking lot (from Bedford Road, go left on Rte. 2A, 1st lot on the right)

June 20: Codman East Woodland and Hemlock Grove. Meet at the Codman House (Historic New England) parking lot on the North Side of Codman Road.

Sponsored by the Lincoln Conservation Commission and the Lincoln Council on Aging.

Mindfulness Walk In Nature June 5

Summer is just around the corner! Join naturalist John Calabria for a walk in one of Lincoln's most beautiful places on Tuesday **June 5 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.



Put a Spring in Your Step with Lincoln Trad Jazz Band!

Dance if you wanna dance, sing if you wanna sing, the regulars know what tomorrow will bring . . . the Lincoln Traditional Jazz Band at **Bemis!** Come join us on **Friday June 1** when the band returns for another sell-out lunchtime concert from **12:30 – 1:30**. And it's not just because it's free. It's because it's fun! So take a welcome break from all that weeding and mowing, straighten up and sit up and enjoy. Or sing. Or dance if you can't resist the urge.

AT THE MOVIES

Thursday, June 7, 2:15 pm. Frantz In the wake of World War I, young Anna tends her fallen fiancé's grave each day. During one of her visits, she sees a stranger placing a bouquet on the grave and soon comes to learn that the two men were once friends — but all is not what it seems. 2017. PG-13. 114 mins.

Tuesday, June 19, 2:15 pm. Bombshell: The Hedy Lamarr Story Remembered as one of the most ravishing stars of her day, screen legend Hedy Lamarr had brains and beauty — which are on full display in this illuminating documentary that spotlights her World War II-era coinvention of wireless communication forms. 2017. NR. 90 mins.

Wednesday, June 20, 10 am. Puccini's La Boheme Angela Gheorghiu stars as the young and vulnerable Mimi, and Ramon Vargas is featured as her lover, in a spectacular, poignant Metropolitan Opera staging of Puccini's classic, highlighting Franco Zeffirelli's spectacular scenery. LA BOHEME is one of the most beloved operas ever written. This lovely production was filmed in high-definition clarity and originally broadcast live in movie theaters around the world. NR. 2008. 136 mins.

Tuesday, June 26, 2:15 pm. Peter Rabbit Peter Rabbit, the mischievous and adventurous hero who has captivated generations of readers, now takes on the starring role of his own cute, contemporary comedy with attitude. In the film, Peter's feud with Mr. McGregor escalates to greater heights than ever before as they rival for the affections of the warm-hearted animal lover who lives next door. 2018. PG-13. 93 mins.

Thursday, June 28, 2:15 pm. Wonder Entering fifth grade will be momentous for Auggie — because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face. 2017. PG. 113 mins.



SPEND TIME WITH OTHERS



Come to a Newcomers Coffee!



Are you new to Lincoln or the COA? Come on down to **Bemis Hall on Wednesday, June 20 at 1 pm** for coffee and conversation with staff from the COA and others who are new! You'll have a chance to get to know some people, become familiar with the COA and its programs and services, and ask some questions about Lincoln and all our wonderful town offers! This will be a fun, informal time to enjoy being with others and make some new acquaintances! Please call us at 781-259-8811 to let us know you are coming!

Surviving... and Thriving Through Life's Challenges

No matter 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 Wednesday, 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.

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.

Spanish Conversation Enjoy Spanish conversation **first and third Mondays 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 Tennessee Williams' romantic drama *Summer and Smoke* on **June 12 and 19 at 11 am**. Sally will bring copies.

Conservation Breakfast **Thursday, June 14 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, June 21 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, June 14 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**.

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.

Play Chess in Acton! Lincoln seniors (60+) are invited to the Acton COA at 30 Sudbury Road, Rear, in Acton, for chess activities Thursday afternoons. The beginner class meets 12:30 to 2:00 pm. The intermediate class meets 2:00 to 3:30 pm. The Chess Club for players with some experience meets from 1:30 to 4:30. There is no charge and all equipment is supplied. For info: Ken at 484-318-1186 or euterpe20@aol.com.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JUNE</p> 	<p>LOCATIONS Auditorium: Brooks Auditorium B Pod: Hartwell B Pod Brooks: Brooks School Lot Codman: Codman Estate Lib: Library LW: Lincoln Woods Mall: Parking Lot by Donelan's MMNHP: Harwell Tavern Parking Lot Pierce: Pierce House Pool: Codman Pool, Ballfield Road TBA: Location to be announced</p>			<p>1</p> <p>10:00 German Conversation Drawing with Bernadette</p> <p>12:30 Trad Jazz Band 1:00 Open Bridge 3:00 Art Show (B Pod) 5:00 Art Show Reception (B Pod)</p> <p>SATURDAY 2 12:00 Art Show (B Pod)</p> <p>SUNDAY 3 12:00 Art Show (B Pod)</p>
<p>4</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>5</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:00 Mindfulness Walk (TBA)</p>	<p>6</p> <p>9:30 Trail Walk (Brooks) 10:30 Declutter Group 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Selectmen Listening Session</p>	<p>7</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: Frantz</p>	<p>8</p> <p>10:00 Drawing with Bernadette 1:00 Open Bridge 2:15 Spring Concert with Abba Shocair</p> <p>SATURDAY 9 9:00 Library Book Sale 9:30 Special Town Meeting (Auditorium)</p> <p>SUNDAY 10 12:30 Codman Pool Opens (Pool)</p>
<p>11</p> <p>9:00 Watercolors 9:30 French Conversation 9:30 Piano Duets 2:15/3:15 Tai Chi 3:00 Legal Clinic 7:00 Acoustic Music (Lib)</p>	<p>12</p> <p>9:30 Knitting Drop-In 10:00 Wellness Clinic (LW) 11:00 Playreading: Summer and Smoke 11:00 FCOA Meeting 11:30 Stretch and Flex 12:00 Joint FCOA/COA Meeting 1:00 Active Aging Fitness</p>	<p>13</p> <p>9:30 Surviving and Thriving Group 9:30 Trail Walk (MMNHP) 10:00 Cooking for One 11:00 Line Dancing 1:00/2:15 Tai Chi 7:00 Jimmy Mazzy Jazz</p>	<p>14</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>15</p> <p>10:00 German Conversation Drawing with Bernadette</p> <p>11:00 Public Safety Cookout (Pierce) 1:00 Open Bridge</p>

	<p>2:00 Staying in Touch Group 2:30 COA Board Meeting</p>			<p>SATURDAY 16 1:00 Jazz Jam</p>
<p>18</p> <p>9:30 Piano Duets 11:00 Spanish Conversation</p>	<p>19</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 11:00 Playreading: Summer and Smoke 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: Bombshell</p>	<p>20</p> <p>9:00 Podiatry 9:30 Trail Walk Codman) 10:00 Opera Movie: La Boheme 10:30 Declutter Group 11:00 Line Dancing 1:00 Newcomers Coffee</p>	<p>21</p> <p>8:00 Men's Coffee 11:30 Stretch and Flex 12:00 Strawberry Social 1:00 Active Aging Fitness 1:30 Computer Drop-In 7:00 Roosevelt Lecture (Lib)</p>	<p>22</p> <p>10:00 Driving Decisions 1:00 Open Bridge 1:00 Tick-Borne Diseases</p>
<p>25</p> <p>9:30 Piano Duets 9:30 French Conversation 9:30 Fruitlands Trip Leaves (Mall)</p>	<p>26</p> <p>9:00 Collating 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: Peter Rabbit</p>	<p>27</p> <p>10:00 Fireside Chat: Town Meeting (LW) 11:00 Line Dancing</p>	<p>28</p> <p>11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:15 Movie: Wonder 6:00 PRD Concert: The Nays (Pool) 7:00 Roosevelt Lecture (Lib)</p>	<p>SATURDAY 23 3:00 Animal Program (B Pod)</p> <p>29</p> <p>10:00 German Conversation 1:00 Open Bridge</p>

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<http://lincolntv.viebit.com>



FOR YOUR WELL BEING



Cooking for One: A New Way of Cooking and Eating



Cooking for one can be both a challenge and an opportunity to try new foods and ways of cooking. How do you cook without wasting food? How can you eat all those leftovers?

How do you downsize recipes? Whether you have lived alone for a long time or it's a new experience for you, come to **Bemis Hall on Wednesday, June 13 at 10 am** when Karen Halloran of CareOne in Concord will provide a demonstration of how to cook efficiently and deliciously for one and then give some tips on using healthy and alternative food choices. Please sign up by calling the COA so we know how many to expect!

Preventing, Diagnosing, and Treating Tick-Borne Diseases

Get the latest information on ticks, how to prevent tick borne diseases, and what to do if you have a tick bite when Lincoln School nurse and Town Nurse Maureen Richichi, RN, comes to **Bemis Hall on Friday, June 22, at 1 pm**. She will discuss the appearance and life cycle of ticks, habitats and activity seasons of ticks, risky times to be bitten and risky activities, tick borne diseases and their symptoms, how tick borne diseases are diagnosed and treated, personal protection — how to do tick checks, safely remove ticks, safely repel ticks, and personal advocacy with your doctors. This program will be of interest and is open to all ages. Bring your questions and concerns.

Tai Chi in the Park!

Sign up now for Tai Chi in the Park, which will meet Tuesday mornings at 9:30 am with Tai Chi Form practice at 10:30 am at Pierce Park from **July 3 to August 7** at a cost of \$5 per day. Bring a water bottle, lawn chair and a hat! In inclement weather, we will meet under the tent. We may use the Pierce House restroom. For info, contact Jane Moss (781) 259-9822 or mindbodyjm@comcast.net. The class is for continuing students only.

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 The spring classes are now closed. **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. For info, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

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

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, June 12 from 10 am to noon**. This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, June 19 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, June 5** and **Wednesday, June 20 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

☀️ **WHAT YOU NEED TO KNOW** ☀️

What To Do When It's Time to Retire from Driving, Including Getting a Massachusetts ID



If you are wondering if it might be time to stop driving or you are concerned about someone else's driving, come to **Bemis Hall on Friday, June 22 at 10 am** when Michelle Ellicks of the Mass Registry of Motor Vehicles will host an interactive discussion highlighting older driver issues. Topics include reporting procedures, relicensing requirements, liability, older driver assessment, the importance of obtaining a Massachusetts ID card when retiring from driving, functional impairments and the effects of medications. You'll learn the warning signs of unsafe driving, about RMV policies and procedures, and best practices to use when talking with older drivers about their driving. Information on disability plates and placards, the application process, eligibility, as well as a list of placards *do's and don'ts* is also provided.

Get a Benefits Check-Up at the Lincoln COA



Susan Isbell of the Lincoln COA is offering help in finding what benefits you may be eligible for through the National Council on Aging's BenefitsCheckUp Service. Through BenefitsCheckUp,

Susan will assist you in filling out the online questionnaire with your personal information. The program is designed to give you a list of federal and state benefits you may be eligible for. Benefits include medication, health care, food and nutrition, income assistance, housing and utilities, tax relief, employment, transportation, and more! Susan can also help you apply for many of the above benefits. To arrange for a BenefitsCheckUp, call Susan to make an appointment at (781) 259-8811.

RMV Near Me: Do Registry of Motor Vehicle Transactions Right Here at the COA!

Susan Isbell of the Lincoln COA has been trained by the RMV to assist residents with conducting online transactions. Renewing both your Massachusetts driver's license,



(if the resident is younger than 75) and your motor vehicle registration are two examples of transactions that can be accomplished at the COA without having to visit the Local RMV branch. Susan will also be able to locate important forms, documents and resources online. To make an appointment with Susan, give her a call at 781-259-8811.

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, June 6.**

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, June 11 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.



Friends of the Lincoln Council on Aging

P.O. Box 143 • Lincoln, MA 01773

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GOINGS ON IN AND AROUND LINCOLN

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. Reception, Friday, June 1, 5-7 pm. Sponsored by Lincoln Parks and Recreation and the Lincoln Council on Aging.

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, June 9 from 9 am to Noon at Bemis Hall.**

Codman Pool Opens Sunday, June 10, 12:30 pm—8:00 pm

Open Mike Acoustic Night Enjoy live music at the free Open Mike Acoustic program **Monday, June 11 from 7 to 10 pm at the Library** featuring Sparrow Blue. Email: loma3re@gmail.com.

Jimmy Mazzy and the Last Minute Men Old Time New Orleans Jazz classics played as they should be! **Wednesday, June 13, 7 pm, Bemis Hall.** Don't be late. Be there when the band starts playing.

Free Live Traditional CJALL Jazz Jams on **Saturday, June 16 from 1:00 pm – 5:00 pm at the Bemis Hall.** Come hear local musicians belting out old favorites which will set your feet a-tappin.' Free.

Live Animal Program Saturday, June 23 from 3:00-4:00 PM at Hartwell B-Pod, Ballfield Road. LLCT presents naturalists from Drumlin Farm. Observe and learn about local, native animals. Free. Family-friendly. All are welcome. More information at lincolnconservation.org.

PARKS AND RECREATION SUMMER CONCERTS

Concerts begin at 6 pm at the Codman Pool on Ballfield Road. Concerts may be rescheduled due to rain. Check event status at www.LincolnRec.com. Concerts are free while pool admission during the show is \$5/person. **See The Nays on June 28th, Alter Ego on July 11thth, DADDA on July 18th, and Desperate Measures on July 25th.**

Lincoln Parks and Recreation needs volunteers for the **June 16 Lincoln Kids Triathlon** and the **4th of July Celebrations**. Please visit lincolnrec.com for more information or contact the Lincoln Parks and Recreation Department at (781) 259-0784.

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