



# NEWS FROM BEMIS HALL

Vol 9 Issue 7/8



July/August 2018

## The Lincoln Council on Aging Monthly

### Boston Harbor Cruise and Clambake



Come with us on **Thursday evening, July 26<sup>th</sup>**, for the **Boston Harbor Spectacle Island Clambake Cruise**. We will travel on a comfortable air-ride bus to Long Wharf where we will board our Boston Harbor boat for the cruise to Spectacle Island. On the island we'll enjoy a classic New England Clambake/ Lobster Dinner, with beautiful views of the Boston Skyline. If we are lucky there will be a lovely sunset. The bus will leave Donelan's parking lot at **4:45 PM**, returning approximately at **10 PM**. This trip is rated moderate, with walking, standing and negotiating stairs. The ramp for embarking and disembarking on the boat is not steady and not level, so, unfortunately, it is probably not safe for those with walkers. The cost of the trip is **\$68 per person, which includes the cruise and dinner**. Beer and wine will be for sale on the island. 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.

## Intergenerational Fun with the Girl Scouts, The Lincoln Family Association, and Parks and Recreation!



### Picnic in Pierce Park

Enjoy a relaxing early evening picnic at the **Pierce Park on Thursday, July 26 from 4 to 6 pm**. We'll bring the pizza, cookies, and drinks, or bring your own dinner! There will be intergenerational games and activities for all of us to participate in together, or you can just sit and have fun watching the kids play! If you are a senior, please call to sign up and let us know if you would like pizza so we are sure there is enough to go around. Co-sponsored by the Pierce House.

### Dinner Al Fresco Before the Alter Ego Concert at the Codman Pool

If you've never been to one of the Parks and Recreation Concerts at the **Codman Pool**, you are in for a treat! The band Alter Ego will play at 6 pm on **July 11, and at 5 pm** Parks and Recreation, the COA, Lincoln Family Association, and the Girl Scouts invite you to bring a picnic dinner and spend some quality time lounging by the pool! You'll meet old friends and new and have a great time! You may use the pool for the usual fee.

## Would You Like to Be on the COA's Email List?

The COA has an email list that we use to keep residents updated on special programs, snow or other cancellations, scams, and other important information. We never share our list with anyone. If you would like to be on the list, just give us a call at (781) 259-8811 or email us at bottumc@lincolntown.org!

## Come to Bemis to Get Out of the Heat!



Summer heat getting you down? Come on down to air-conditioned Bemis Hall. We have space for you to just come, sit and relax. If there is a power outage in town and Bemis has power, feel free to come in to stay cool as well as recharge laptops and cell phones.

**COA Summer Hours** Between July 2 and August 31 the COA will be open 7 am to 5 pm Monday to Thursday and closed Fridays.

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## CAN YOU VOLUNTEER FOR THE COA?

### Can You Help Translate for Seniors?

The COA serves residents who speak a variety of foreign languages, including Chinese, Farsi, Spanish, and more. While many are very fluent in English, we sometimes need a translator to help make sure we are giving the correct information and assistance. If you can translate on an occasional basis, please call Carolyn, Abby, or Susan at (781) 259-8811 to let us know what languages you speak and any other information we should know.

### Help Us Keep Our Garden Bountiful and Beautiful!

Our landscape is beautiful and we need help keeping it looking this way all season long! We have a dedicated group of gardening volunteers and we just need a few more to help out with watering. We are looking for people to commit to watering the garden in front of Bemis Hall for one week, however many times you feel it needs to be watered. We have a hose. If you can volunteer or would like more information, please call Carolyn or Abby at the COA at (781) 259-8811 or Peggy at (781) 259-9496.

### We Need Lawyers in Various Specialties

Sometimes lower income Lincoln residents need legal advice on various issues including employment, landlord-tenant concerns, immigration, intellectual property, real estate, tax law, and more. We are looking for lawyers who would be willing to provide occasional pro bono advice. You would only be providing an initial consultation rather than ongoing legal services. If you are interested, please call Carolyn at (781) 259-8811.

## 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 the COA at (781) 259-8811 for an appointment regarding veterans benefits.

**Benefits Check-Up and RMV Near Me** Call Susan at the COA for an appointment to find out what benefits you might be eligible for and get help applying. She can also provide assistance in doing many routine RMV transactions here at Bemis!

**Transportation** The COA offers rides to medical and other appointments, local shopping, COA activities and, 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.* The COA's taxi rides are supported by the Friends of the Lincoln COA. Donations 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](mailto:bottumc@lincolntown.org)

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

**Summer Hours:** Monday to Thurs, 7:00 am to 5:00 pm

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



## Art, Music, Entertainment, Enjoyment!



### Draw Your Pet Class for Beginners!

If you have always wanted to draw, but didn't know how to begin, this is the class for you! Artist and Lincoln resident Bernadette Quirk will show you how to draw a lifelike picture from a photo of your pet, 5 x 7 or larger. You'll learn how to sketch your pet, then fill in shading and other details to make your work more lifelike. You will leave with a drawing that you can finish at home! The class will be given on **Thursday, July 12 at 10 am**. Materials are provided, but bring a spiral notebook for notes. The class is free but please sign up so we know how many to expect. Limited to eight people. If there is interest, we may offer a weekly open studio.

### Sip and Paint by the Numbers!

We're combining two fun trends into one! Come "sip and paint" with some non-alcoholic wine while you "paint by the numbers," a hobby from long ago that's making a comeback and was recently featured in *Historic New England* magazine! You'll have a masterpiece in no time! The session will be on **Wednesday, July 11 at 1 pm at Bemis Hall**. You don't need to bring anything, just a willingness to socialize and have fun! We'll provide the paint-by-number kits. Please call the COA to sign up as the number of kits is limited!



### Share the Joy of Jazz with the Lincoln Traditional Jazz Band!



Jazz up your summer at **Bemis Hall on Thursdays, July 5 and August 2 at 12:30 pm** when the The Lincoln Traditional Jazz Band will share with you their love of traditional jazz music in a delightfully spontaneous concert! They'll have you stomping your feet and cheering as they belt out good ole favorites such as "Honeysuckle Rose", "Sweet Georgia Brown", "Sunny Side of the Street" or "When The Saints Go Marching In"! The group are all retirees, amateur musicians who give expression to their love of the jazz of the '20s, '30s and '40s at Bemis the first Thursdays (summer) at 12:30 or Fridays (Fall) or the third Saturdays at 1.



### LGBT Get-Together for Tea and Conversation

All are invited to a get-together for LGBT elders to enjoy tea and conversation at **Bemis Hall on Monday, August 6, at 1 pm**. Spend some relaxed social time, get to know others, and share your thoughts and experiences! If there is interest, we will plan more events for the future! Let us know what events you would like to attend. Elders from other towns are more than welcome.

### Veterans and Spouses/Partners Are Invited to an Italian Lunch!

Veterans of all ages and their spouses or partners are invited to come to **Bemis Hall on Wednesday, August 1 at noon** to enjoy spaghetti with sauce, meat lasagna, and a salad with coffee and dessert. As delightful as the meal will be, the conversation will be great, too! Come have a chance to talk about your service or anything else you like with people who understand. Please call the COA at (781) 259-8811 to sign up so we know how many to expect.



### Sizzle Your Summer Style with an Accessory Swap!

Go through your accessories to clean out jewelry, hats, scarves, etc that you just don't use anymore. Then come on down to **Bemis Hall on Monday, August 27 at 1 pm** for an accessory swap! Bring one or more pieces (not more than five) — scarves, jewelry, etc. — put them on a table, and then pick out some to take home! It's fun and it's a great way to swap out what's OLD to you and breathe some new life, color and style into your wardrobe!

### Enriching Our Awareness of Diversity/Celebrations

As many know, the COA has a "Diversity/Celebrations" collection of pictures, writings, and books in the lobby. The focus changes as celebratory occasions and commemorations occur according to our calendar. We hope to enrich our awareness of the diversity around us and share festive traditions which include holidays celebrated by different cultures determined by diverse calendars. After a commemoration is over, a bookcase is now a place for the COA to keep these books for you to enjoy as the year goes on. We hope you enjoy these offerings!



## AT THE MOVIES



**Monday, July 2, 1:00 pm. Murder on the Orient Express** In this retelling of Agatha Christie's classic mystery, a train ride through Europe on the famed Orient Express becomes the setting for murder when an American passenger is slain — and almost everyone on board is a suspect. 2017. PG-13. 114 mins.

**Thursday, July 26, 2:30 pm. Black Panther** After the death of his father, the king of Wakanda, young T'Challa returns home to the isolated high-tech African nation to succeed to the throne and take his rightful place as king. But when a powerful enemy reappears, T'Challa's mettle as king — and Black Panther — is tested when he's drawn into a formidable conflict that puts the fate of Wakanda and the entire world at risk. Faced with treachery and danger, he must release the full power of Black Panther to defeat his foes and secure the safety of his people and their way of life. 2018. PG-13. 134 mins.

**Monday, August 13, 1:00 pm. The Man Who Invented Christmas** With his most recent books having little success, Victorian novelist Charles Dickens finds himself obliged to self-publish his masterful fable "A Christmas Carol" — which he hopes will revive his sagging career. 2017. PG. 104 mins.



### Documentaries to inform and inspire you!

**Monday, July 9, 1:00 pm. Jane** The discovery of half-century-old footage of celebrated primatologist Jane Goodall and her jungle menagerie of chimpanzees provides a new and engrossing look at her lifetime of work with humans' closest evolutionary relatives. 2017. NR. 90 mins.

**Wednesday, August 1, 2:30 pm. Dina** Outspoken suburbanite Dina Buno and her fiancé, Scott Levin — a Walmart greeter — are crazy about each other. But their romance undergoes challenges as insecurities and anxieties begin bubbling to the surface after the two move in together. 2017. NR. 102 mins.

**Wednesday, August 22, 1:00 pm. My Letter to the World** An in-depth exploration of the life and work of the great American poet Emily Dickinson, narrated by Cynthia Nixon. Bringing to light new theories about Dickinson's personal relationships and most revered work, this feature documentary rewrites the widely accepted narrative of the poet as a strange recluse in white, and breathes new life into the Dickinson legacy over 130 years after her death. 2017. R. 80 mins.

### Explore the world with the best of foreign films!



**Monday, July 16, 1:00 pm. Faces Places** A key figure in the emergence of French New Wave cinema in the 1950s, director Agnès Varda's career continues more than 60 years later as she joins photographer and muralist JR for a road trip through France, making art as they go. 2017. PG. 89 mins. French.

**Tuesday, August 7, 2:30 pm. The Salesman** Forced to move when their apartment building nearly collapses, Emad and Rana find a new flat, unaware that the prior tenant was a hooker. When Rana unwittingly lets in a stranger and is assaulted, Emad sets out to find and punish his wife's attacker. 2017. PG-13. 125 mins. Iran, France.

**Wednesday, August 29, 1:00 pm. Aquarius** As the last remaining occupant of an old building in Recife, Brazil, 65-year-old Clara is determined to hang on to the home that has defined her life — despite generous offers from a developer who wants to clear the site for new construction. 2016. NR. 146 mins. Brazil.



## SPEND TIME WITH OTHERS



### How Has Literature Enriched Your Life? Share Your Story!

Seeing life through characters in novels can help us broaden our perspective and find insights into our own dilemmas. As we age, we may find new books that speak to our own situations. Come for three sessions on **August 15, 22, and 29 at 10 am at Bemis Hall** in which we'll talk about books that speak to us now and some of the personal issues they address. Please bring a book you would like to share with others. The group will be facilitated by trained leader Alyson Lee.

### Who's in Your Family Tree?

Tracing your family tree is like a treasure hunt of self-discovery. You will be surprised, moved, enlightened, and inspired—but discovering ancestors takes time and a nose for sleuthing. Whether you are just starting out or have been at it for years, you'll enjoy sharing your stories, tips, and resources with others (and hearing about what works for others might help you, too) on **Tuesday, July 24 at 2 pm at Bemis Hall** when we hold a discussion group for genealogy enthusiasts! If there is interest, we will continue the group in the fall.

## 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.

**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 third Wednesdays of the month at 10:30 am** to talk about why we clutter and learn strategies.

**Lincoln Men's Coffee** **Thursdays, July 19 and August 16 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.

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

**Play Open Bridge** each **Thursday 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.

## FALL COURSE PREVIEW!

**Memoir Group** If you are interested in writing your memoir or just curious about what goes on in the memoir group, please come to our first meeting on Wednesday, September 5 from 10 am to noon and find out what we do. If you like what you hear and you want to continue, the cost of the eight-session term is \$75. The dates for the term are Sept. 5 and 19; Oct. 3, 17, and 31; Nov. 14 and 31; and Dec. 12. If you want more information, call Connie Lewis (781) 259-9415 or email her at [conlewis1000@gmail.com](mailto:conlewis1000@gmail.com).

**World Hand Drumming** We will once again offer six-week sessions to learn world hand drumming. Hand drumming is a relaxing, fun art form that is sweeping the nation and is especially popular among seniors! The class is held Tuesday mornings from 9:30 to 10:30 at Bemis Hall. The first session will begin September 18 at a cost of \$84. The course is taught by Mike Connors of the Concord Conservatory of Music. You may sign up now!

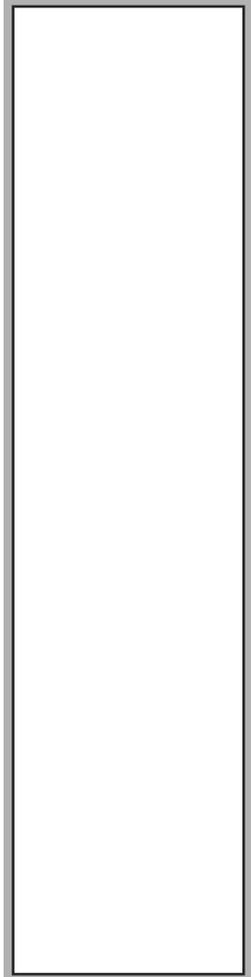
**Radio Drama** Join Sally Kindleberger in a fun workshop in which the group will produce, direct, and star in a radio drama! Watch your fall newsletters for details!

**Navigating the Emotional Terrain of "Aging with In Place" with Intent** Join Alyson Lee, a social worker and life coach who has led many Lincoln COA groups, in a new group to share insights into some of the emotional work of "aging in place" including dealing with adult children, feeling good about downsizing, and more! The free group begins September 12 and runs for six Wednesdays at 9:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;"><b>2</b></p> <p>9:30 Piano Duets 10:00 German Converaation 11:00 Spanish Conversation 1:00 Movie: Murder on the Orient Express</p>	<p style="text-align: right;"><b>3</b></p> <p>9:00 Podiatry 9:30 Knitters Drop- In 9:30/10:30 Tai Chi in the Park(PP) 11:30 Stretch and Flex 1:00 Active Aging</p>	<p style="text-align: right;"><b>4</b></p> <p style="text-align: center;"><b>COA CLOSED/ INDEPENDENCE DAY</b> <b>Various events around town</b></p> 	<p style="text-align: right;"><b>5</b></p> <p>11:30 Stretch and Flex 12:30 Trad Jazz Concert 1:00 Active Aging 1:00 Open Bridge 1:30 Computer Drop-In</p>	<p style="text-align: right;"><b>6</b></p> <p><b>COA CLOSED/ SUMMER HOURS</b></p> <hr/> <p><b>SATURDAY 7</b> 9:00 Library Book Sale <b>SUNDAY 8</b> 2:00 GRALTA Film</p>
<p style="text-align: right;"><b>9</b></p> <p>9:30 French Conversation 9:30 Piano Duets 1:00 Movie: Jane</p>	<p style="text-align: right;"><b>10</b></p> <p>9:30 Knitters Drop- In 9:30/10:30 Tai Chi in the Park(PP) 10:00 Wellness Clinic (LW)</p>	<p style="text-align: right;"><b>11</b></p> <p>11:00 Line Dancing 1:00 Sip and Paint by the Numbers 5:00 Intergenerational Picnic (CP) 6:00 PRD Concert: Alter Ego (CP) 7:30 Trad Jazz on a Summer's Day</p>	<p style="text-align: right;"><b>12</b></p> <p>10:00 Draw Your Pet 1:00 Open Bridge 1:30 Computer Drop-In 7:30 GRALTA Film</p>	<p style="text-align: right;"><b>13</b></p> <p><b>COA CLOSED/ SUMMER HOURS</b></p> <hr/> <p><b>SATURDAY 14</b> 1:00 Jazz Jam <b>SUNDAY 15</b> 2:00 GRALTA Film</p>
<p style="text-align: right;"><b>16</b></p> <p>9:30 Piano Duets 10:00 German Converaation 11:00 Spanish Conversation 1:00 Movie: Faces Places</p>	<p style="text-align: right;"><b>17</b></p> <p>9:00 Blood Pressure/ Wellness Clinic 9:30 Knitters Drop-In 9:30/10:30 Tai Chi in the Park(PP) 11:30 Stretch and Flex 1:00 Active Aging</p>	<p style="text-align: right;"><b>18</b></p> <p>9:00 Podiatry 10:00 Draw Your Pet 10:30 Declutter Group 11:00 Line Dancing 6:00 PRD Concert: DADDA (CP)</p>	<p style="text-align: right;"><b>19</b></p> <p>8:00 Men's Coffee 11:30 Stretch and Flex 1:00 Active Aging 1:00 Open Bridge 1:30 Computer Drop-In 7:30 GRALTA Film</p>	<p style="text-align: right;"><b>20</b></p> <p><b>COA CLOSED/ SUMMER HOURS</b></p> <hr/> <p><b>SUNDAY 22</b> 2:00 GRALTA Film</p>
<p style="text-align: right;"><b>23</b></p> <p>9:30 Piano Duets 9:30 French Conversation 1:00 SmartPhone Tips</p>	<p style="text-align: right;"><b>24</b></p> <p>9:30 Knitters Drop-In 9:30/10:30 Tai Chi In the Park (PP) 11:30 Stretch and Flex 1:00 Active Aging 2:00 Who's In Your Family Tree?</p>	<p style="text-align: right;"><b>25</b></p> <p>11:00 Line Dancing 1:00 Am I Losing It? 6:00 PRD Concert: Desperate Measures (CP)</p>	<p style="text-align: right;"><b>26</b></p> <p>11:30 Stretch and Flex 1:00 Active Aging 1:00 Open Bridge 1:30 Computer Drop-In 2:30 Movie: B1 Panther 4:00 Picnic Pierce Park (PP) 4:45 Boston Harbor Cruise (Mall) 7:30 GRALTA Film</p>	<p style="text-align: right;"><b>27</b></p> <p><b>COA CLOSED/ SUMMER HOURS</b></p> <hr/> <p><b>SUNDAY 29</b> 2:00 GRALTA Film</p>
<p style="text-align: right;"><b>30</b></p> <p>9:30 Piano Duets 10:00 German Converaation 11:30 Lunch and Fall Prevention with The Fire Department</p>	<p style="text-align: right;"><b>31</b></p> <p>9:30 Knitters Drop-In 11:30 Stretch and Flex 1:00 Active Aging</p>	<p style="text-align: center;"><b>JULY</b></p> 	<p><b>LOCATIONS</b> <b>CP: Codman Pool on Ballfield Road</b> <b>LW: Lincoln Woods Mall: Parking Lot by Donelan's</b> <b>PP: Pierce Park</b></p>	

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY**

<p><b>AUGUST</b></p> 		<b>1</b>	<b>2</b>	<b>3</b>
		<p>11:00 Line Dancing 12:00 Italian Lunch for Veterans 2:30 Movie: Dina</p>	<p>11:30 Stretch and Flex 12:30 Trad Jazz 1:00 Active Aging 1:00 Open Bridge 1:30 Computer Drop-In 7:30 GRALTA Film</p>	<p><b>COA CLOSED/ SUMMER HOURS</b></p> <hr/> <p><b>SUNDAY 5</b> 2:00 GRALTA Film</p>
<p style="text-align: right;"><b>6</b></p> <p>9:30 Piano Duets 10:00 German Conv 11:00 Spanish Conv 1:00 LGBT Tea and Conversation</p>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<p>9:00 Podiatry 9:30 Knitters 9:30/10:30 Tai Chi in the Park (PP) 11:30 Stretch and Flex 1:00 Active Aging 2:30 Movie: Salesman</p>	<p>10:00 Summer Nutrition with the Commons 11:00 Line Dancing 7:30 Trad Jazz on a Summer's Day</p>	<p>11:30 Stretch and Flex 1:00 Active Aging 1:00 Open Bridge 1:30 Computer Drop-In 7:30 GRALTA Film</p>	<p><b>COA CLOSED/ SUMMER HOURS</b></p>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<p>9:30 Piano Duets 9:30 French Conv 1:00 Movie: Man Who Invented Christmas</p>	<p>9:30 Knitters Drop-In 9:30/10:30 Tai Chi in the Park(PP) 10:00 Wellness Clinic (LW) 11:30 Stretch and Flex 1:00 Active Aging</p>	<p>9:00 Podiatry 10:00 Life through Literature 10:30 Declutter Group 11:00 Line Dancing 1:00 Foot Health</p>	<p>8:00 Men's Coff 11:30 Stretch and Flex 1:00 Active Aging 1:00 Open Bridge 1:30 Computer Drop-In</p>	<p><b>COA CLOSED/ SUMMER HOURS</b></p> <hr/> <p><b>SATURDAY 18</b> 1:00 Jazz Jam</p>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<p>9:30 Piano Duets 10:00 German Conv 11:00 Spanish Conv 2:00 Legal Clinic</p>	<p>9:00 Blood Pressure/Wellness Clinic 9:30 Knitters Drop-In 11:30 Stretch and Flex 1:00 Active Aging</p>	<p>10:00 Life through Literature 11:00 Line Dancing 1:00 Movie: My Letter to the World</p>	<p>11:30 Stretch and Flex 1:00 Active Aging 1:00 Open Bridge 1:30 Computer Drop-In</p>	<p><b>COA CLOSED/ SUMMER HOURS</b></p>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<p>9:30 Piano Duets 9:30 French Conv 1:00 Accessory Swap</p>	<p>9:00 Collating 9:30 Knitters Drop-In 11:30 Stretch and Flex 1:00 Active Aging</p>	<p>10:00 Life through Literature 11:00 Line Dancing 1:00 Movie: Aquarius</p>	<p>11:30 Stretch and Flex 1:00 Active Aging 1:00 Open Bridge 1:30 Computer Drop-In</p>	<p><b>COACLOSED/ SUMMER HOURS</b> <b>LOCATIONS</b> <b>LW: Lincoln Woods</b> <b>PP: Pierce Park</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



### Am I Losing It? Normal Aging Vs. Dementia



Occasional memory problems or confusion may be normal aging or a medical condition that can be treated such as medication mismanagement or a stroke. **Come to Bemis Hall on Wednesday, July 25 at 1 pm**, when Trish McGean, RN, of Emerson Home Care will discuss what is normal and not and what to do if you have concerns, including being evaluated by a physician who is properly trained.

### Take Care of Your Feet and They Will Take Care of You

Healthy feet are essential for staying mobile and independent as well as preventing falls and having a pain-free quality of life. Come to **Bemis Hall on Wednesday, August 15 at 1 pm** when Trish McGean, RN, of Emerson Home Care discusses what happen to our feet as we age, how to prevent foot problems, and what to do when you can't bend over to trim your toenails.



### Pickleball with Parks and Rec!

Pickleball is a fun racquet sport that combines many elements of tennis, badminton and ping-pong. Players use paddles and a plastic ball with holes similar to a wiffle ball. The game can be played as doubles or singles. **ALL EQUIPMENT WILL BE PROVIDED!** Sign up at [www.lincolnrec.org](http://www.lincolnrec.org) or at the Parks and Rec offices in Pod A and come by the Sport Court in the Brooks Parking Lot. Summer Dates: 7/8 - 8/12 (6 weeks) Day: Sundays, 10:00 - 11:00 am Location: Lincoln Sport Court Min / Max: 4 / 10 Fee: \$40

### Tai Chi in Pierce Park and Fall Tai Chi Classes!

Sign up now for Tai Chi in the Park, beginning **July 3** and continuing each Tuesday morning at 9:30 am, Practice at 10:30 am, until August 7 at a cost of \$5 per day. No class July 31. The class will meet at **Pierce Park**. 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. The class is for continuing students only. The fall Tai Chi session will begin September 17 and finish the week of December 13. Beginners may sign up now for Mondays, 2:15-3:15, Wednesdays, 1-2 pm, and Thursdays, 9:15-10:15. The cost is \$60 for 1 hr/wk, \$80 for 2 hrs/wk, \$100 for 3 hrs/wk and \$120 for 4 hrs/wk. Continuing students need not sign up. For info, contact Jane Moss (781) 259-9822 or [mindbodyjm@comcast.net](mailto:mindbodyjm@comcast.net).

### 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. No class July 10 or 12.

**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). No class July 10 or 12.

**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 and Podiatry Clinics

Come to our clinics for blood pressure, information and advice about nutrition and fitness, medication management, and answers to general questions about how to manage chronic conditions, where to get health services, and more. This summer's clinics will be on **July 10 and August 14 from 10 to noon at Lincoln Woods** and **Tuesday, July 17 and August 21 from 9 to 11 am at Bemis Hall**. Services are provided by Emerson Hospital Home Care. Podiatry clinics will be held **July 3 and 18 and August 7 and 15 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics funded by the Town of Lincoln, Friends of Lincoln COA, and the Pierce House.



## WHAT YOU NEED TO KNOW



### 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 Wednesday, August 8 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 Wednesday, August 1.

### Learn How to Fall to Prevent Injury with the Fire Dept.

While preventing falls is always best, if you do fall, do you know how to fall to prevent injury? You need to know both how to land as well as what to do after you fall so that you don't make injuries worse. Come to **Bemis Hall on Monday, July 30 at 11:30 am** when Ben Juhola of the Lincoln Fire Department will show you how to fall, discuss fall prevention, and tell you what to do if you do fall. The Fire Department will also be providing lunch, so please call the COA to sign up so we know how many are coming!



### Share Tips for or Get Help Using Your Smart Phone!



Do you have a smart phone that you would like to learn more about or be able to use better? Or, can you give smart phone pointers? Come to a group that will be facilitated by Carol Peskin for smart phone users to share tips and get help on **Monday, July 23 at 1 pm at Bemis Hall**. This isn't a class, but rather a chance for people to teach each others. Whether you are new to smart phones or have them all figured out, this group is for you! If there is enough interest, we will continue the group in the fall.

## COME FOR FREE ONE-TO-ONE CONSULTATIONS!

### 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, August 20 from 2-3 pm**. There is no charge for the thirty-minute consultation, but please sign up by calling the COA. The clinic is intended for lower and moderate income residents with basic legal issues that can be resolved in one session.

### 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.

### Get Your REAL ID from the Massachusetts RMV!



The Massachusetts Registry of Motor Vehicles is now offering "REAL" IDs, whether as your driver's license or a state ID. The REAL ID will be needed after October, 2020 if you fly in the US or enter certain federal buildings. If you choose a REAL ID, you will need to go to an RMV office to renew your license or ID and bring with you more identifying documents than you have needed in the past. If you choose a standard license or ID card, you may be eligible to complete the transaction online. Even if you choose REAL ID and must go to a service center, you should still begin your application online and bring it with you. For more information, go to [www.mass.gov/ID](http://www.mass.gov/ID). You may also call to make an appointment with Susan Isbell at (781) 259-8811 to get assistance with filling out your application online.

*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

**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, July 7 from 9 am to Noon at Bemis Hall.**

**GRALTA Israel-Palestine Film Series** Sundays Jul 8, 15, 22, 29, Aug 5 at 2 PM, with repeats on Thursdays Jul 12, 19, 26, and Aug 2, 9 at 7:30 PM. July 8/12: Israel's multi-award-winning *The Band's Visit* (musical adaptation now on Broadway with 11 Tony Award nominations). Series information: Steve Low (781-259-1300 or [steve.low@gordianconcepts.com](mailto:steve.low@gordianconcepts.com)).

**Free Live Traditional Jazz Jams** on **Saturdays, July 14 and August 18 at Bemis Hall, 1:00 pm.** Come hear local musicians belting out old favorites which will set your feet a-tappin' and your hands a-clappin'! Attendance is free.

**Trad Jazz on a Summer's Day** Perhaps we aren't the Newport Jazz Festival, but we can do our best to create our own Bemis version. We have the talented musicians! **Wednesdays, July 11 and August 8, 7:30 to 10 pm, Bemis Hall.**

### Independence Day Events



July 4<sup>th</sup> is right around the corner so make plans to enjoy all our community has to offer! Our Annual Road Race begins at 8:30AM sharp in front of Town Hall, followed by a children's bike parade at 10:00 AM and a reading of the Declaration of Independence at 10:30AM. **The main event, our July 4<sup>th</sup> Parade, begins at 10:40AM!** Featuring floats from organizations town-wide, the parade leaves Ballfield Road, heads to the public library and back, so come and cheer! Immediately following the parade is a BBQ provided by the Lincoln Boy Scouts on the Pierce House lawn, followed by an afternoon of free swimming at the Codman Pool. **Our Concert, Barbeque and Fireworks event begins at 7:00 pm at the Codman Pool.** Parking is available in the Ballfield Road Campus for \$20/car. Enjoy Wildfire BBQ and ice cream novelties! Food is served at 7:00 and music starts at 7:30 p.m. Fireworks begin at approximately 9:15 PM. Concert and fireworks will be held in light rain, but in case of extreme weather, check [www.Lincolnrec.com](http://www.Lincolnrec.com) for updates. Rain date is July 5th. **All bags and coolers are subject to search!**

### 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](http://www.LincolnRec.com). Concerts are free while pool admission during the show is \$5/person. **See The 'Nays on June 28, Alter Ego on July 11, DADDA on July 18, and Desperate Measures on July 25.**

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