



NEWS FROM BEMIS HALL

Vol 9 Issue 10



October 2018

The Lincoln Council on Aging Monthly

Medicare Open Enrollment Insurance Update!

Find out what changes could affect your Medicare coverage and how much you will pay in 2019 when Don Milan and Anne Meade, Lincoln's counselors from the Minuteman Senior Services SHINE Program-health benefits counseling for Medicare enrollees, come to Bemis Hall on **Friday, October 26 at 10 am**. This is an important time to understand the changes for 2019 and to be sure you are satisfied with your current health insurance benefits. **Medicare open enrollment period—October 15 to December 7, 2018—is your opportunity to make any changes to your Medicare coverage, effective Jan. 1st.** Representatives from most major supplemental health insurance plans (Harvard Pilgrim, Blue Cross Blue Shield, Tufts, Fallon, and AARP/United Health Care) will have 2019 information for Medicare Supplement plans, Medicare Advantage plans and Part D plans. Also present will be Peter Harvell, Veterans Service Officer. **Note:** This program is designed to go over **2019 changes** in basic Medicare, Medicare Supplement and Medicare Advantage insurance plans. **On Monday, November 5th at 7:00 pm, SHINE will present an in-depth "Medicare 101" to go over the basics of Medicare and the different types of insurance plans (Medicare Supplement and Medicare Advantage) available to supplement coverage.** SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling for Medicare beneficiaries and their caregivers. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice. For more information, call toll-free 888-222-6171 or visit www.minutemansenior.org.

Stay on Your Feet with the Better Balance Fair!



Find out how to improve your balance and prevent injury if you fall at a Better Balance Fair to be held on **Friday, October 19 from 1 to 3 pm at Bemis Hall**. The fair is free and sponsored by the Lincoln Fire Department and the COA. At 1 pm, attend a demonstration by Jane Moss, a COA Tai Chi teacher, of how Tai Chi improves balance, or watch a video about how to prevent fall injuries. At 2 pm, attend a demonstration by Lana Israel, who teaches Lana's Ultimate Fitness classes for the Parks and Rec Department, of exercises that can help you improve and maintain your strength and balance to prevent falls or practice how to fall to prevent injury. You will also be able to take home lots of information about other programs and services. The Fire Department will be providing delicious refreshments!

The Flu Shot Clinic is Back!

Lincoln residents 65 and over are invited to come to the Board of Health/COA flu clinic at **Bemis Hall on Friday, October 19 from 10 am to noon**. Please wear a short-sleeved shirt and bring your insurance cards but there is no out of pocket charge to you. We will have the quadrivalent form of the vaccine which makes up approximately 80% of available 2018-2019 vaccine and is indicated for a majority of the adult population. Check with your doctor if you have questions about the high dose vaccine. Services provided by Emerson Hospital Home Care.

Town Clerk Voter Update!

Join Interim Town Clerk Valerie Fox on **Friday, October 12 at 11:00 am here at Bemis Hall** to find what you need to know to make sure you can make your voice be heard by voting November 6. The deadline for registering to vote for the November 6 election is October 17. Find out how to get an absentee ballot and vote absentee, early voting, making sure you are registered, and more! Valerie will even check to make sure you are on the voting rolls!



Save the Date! Toni Lynn Washington and Sax Gordon Beadle Blues Concert Sunday, November 4 at 2 pm at Bemis Hall!





ENJOY A DAY OUT WITH THE COA!



GO BOWLING NOV. 8!

Let's go **Bowling at the Acton Bowladrome Thursday, Nov. 8th**. Most of us haven't bowled in years, but don't worry we will be using small balls (called candle-pin bowling). We will have four bowlers to a lane and maybe get a little competition going. Afterwards, we will head for an early dinner to Not Your Average Joes to discuss our bowling skills or lack thereof. We will leave Donelan's parking lot at 2:00 pm and plan to be back in Lincoln by 6:00 pm. Traveling in a Doherty's School Bus, the cost of the trip is \$15 which includes lane and shoe rental and dinner will be on your own. To make your reservation, send your check to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA, 01773. Questions call Donna at 781-257-5050 or email donna@ecached.com.

HOLIDAY POPS — BSO!

Back by popular demand, we are going again this year to the **Holiday Pops**. Join conductor Keith Lockhart and the **Boston Pops on Friday, December 7** in a performance filled with holiday music favorites, the traditional sing-along and a visit from Santa Claus himself! We will be attending the 4:00 pm matinee performance. Our seats are excellent, floor table seats, front orchestra, side section. We have just 30 seats, so don't delay in signing up, as this show will sell out. Our air-conditioned air-ride bus will leave **Donelan's parking lot at 2:15 pm**, returning at approximately 7:30 pm. This trip is rated easy for physical ability, and entails only a moderate amount of walking. **The price for the trip is \$69 per person**. The cost is non-refundable and does not include the price of snacks and drinks served at the concert. To reserve a space, send a check made out to FLOCA/Trips to Virginia O'Brien, 4 Linway 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 Virginia at 781-259-1291 or vobrien39@yahoo.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. We are unable to provide names of agencies offering services that are not elder-related or of individuals instead of agencies.

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 The Veterans' Services Officer (VSO) is an advocate for Lincoln's veterans and their dependents. The VSO can assist veterans with questions they have about their state and federal veteran benefits and services. The VSO can also help veterans apply for those benefits. Lincoln's Veterans Services Officer, Peter Harvell, will have regular office hours each **Thursday from 9 am to Noon at Bemis Hall**. Peter can also be reached by email at Lincolnveterans@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. The COA's taxi rides are supported entirely by the Friends of the Lincoln COA. Donations are gratefully accepted.



THE LINCOLN ACADEMY

Lectures, Discussions, and More about Our World!



The Supreme Court with Walter Bossert

Get a deeper understanding of the Court that has influenced almost every aspect of American life for over 200 years when Lincoln resident Walter Bossert presents “The Supreme Court.” The program will be on **Saturday, October 6, from 2 to 4:15 pm at the Library**. First you’ll watch a video by C-Span including interviews with 11 justices about the role, traditions, and history of the Court and a tour of the Supreme Court building. Following the video, Mr. Bossert will discuss the Supreme Court case, *Central Hudson v. PSC* (1980), a seminal case on commercial freedom of speech. For that case, Mr. Bossert successfully organized and led a three man team for a favorable 8 to 1 decision, and was a co-author of the winning brief. Questions will be welcomed after the discussion. Co-sponsored by the COA and the Lincoln Public Library.



THE LINCOLN ACADEMY LECTURE SERIES

Come to **Bemis Hall on Mondays at 12:30** to hear a fascinating speaker from or associated with Lincoln. Bring a bag lunch. We provide beverages and dessert. The lectures last about an hour, including a question and answer period. Participants are welcome to stay after the program to continue their discussion.

This Month’s Speakers

October 1— Timothy Johnson, MD: 35 years at ABC News

For 35 years, Dr. Tim Johnson was the Chief Medical Correspondent for ABC News, giving medical information to millions of Americans in a way that was accurate yet accessible. His contributions to such shows as *Good Morning America*, *World News Tonight*, *Nightline*, *20/20*, and more helped viewers understand their medical conditions as well as how they can take charge of their own health. He will discuss his decades at ABC News and answer your questions!

October 15 — Avram Kalisky: A Voyage Through Scandinavia

Join Avram Kalisky as he takes you on a voyage through Scandinavia that he and Esther enjoyed in 2004. You will visit, vicariously, Copenhagen, Sweden, and a number of locations in Norway, where you will take a train trip with an old steam engine, visit churches, have a barbecue next to a lake, eat shrimp fresh from the sea, and more! Avram will also share thoughts on the current situation in Israel.

October 22 — Carol Paik: NYC Landmarks from a Recycled Doll's Perspective

A recycling project became much more than that when former corporate litigator Carol Paik, daughter of Lincoln residents Frank and Wanda Paik, decided to combine her passion for dollmaking with her being a quintessential NYCer, creating a new handmade doll and outfit out of old discarded stuff every week for one year, pairing them with iconic NYC landmarks such as the Met, Central Park, the Cloisters, Natural History Museum, Botanical Gardens, WTC, Whitney Museum, Governors' Island, Roosevelt Island, Brooklyn Bridge, Chinatown, Staten Island ferry, the Plaza Hotel, etc., delving lightly into history, literature, poetry and celebrity quotes. Come hear Carol describe her project and exhibit a sampling of her resting stitch face dolls and their write-ups. You can see more of her dolls at www.restingstitchfacenyc.com.

October 29 — Ruth Mendelson: Producing Jane Goodall

For the past 2 years, composer/producer Ruth Mendelson has been working with longtime friend Dr. Jane Goodall, creating the updated audio version of her classic book, *My Life with the Chimpanzees*. After recording and editing Dr. Goodall's narration track, Ruth created an elaborate soundscape for the audio book-- akin to an old-fashioned radio show in which all text is illustrated with sound. For this week’s Lincoln Academy, Ruth will discuss aspects of production, demonstrate how she created the soundscapes for the book, as well as premier tracks.



Art, Music, Entertainment, Enjoyment!



Coffee with Photographer Barbara Peskin



Join artist Barbara Peskin on **Thursday, October 4th at 3 pm** to celebrate her exhibit "Moments in Nature" shown in the Bemis Hall gallery October through mid-November. Barbara enjoys sharing photos that play on the patience to let nature unfold as you observe, listen and watch and may come unexpectedly in quiet moments. Her photos come from places like Yellowstone and the Grand Tetons, along with mergansers from Rangeley, ME, puffins from Machias Seal Island, ME, and more from Lincoln and local areas. Barbara has exhibited her photography at local libraries and COA's, Concord's Reasons to Be Cheerful and Stow's Nancy's Air Field Cafe. She's won awards from the Lincoln Garden Club and Parker River Wildlife Refuge.



Find Out Who's in Your Family Tree

Tracing your family tree is like a treasure hunt of self-discovery. Enjoy sharing stories, tips, and resources with others (and hearing about what works for others might help you, too) on **Tuesday, October 2 at 2 pm at Bemis Hall** at a discussion group for genealogy enthusiasts!

New Russian Conversation Group

Come brush up on your Russian by speaking it with others the first and third Wednesdays of each month at **1 pm**. In October we will meet on **October 3 and 17**. Please come whether you are a native speaker, beginner, or in-between!

LGBT-Focused Group For Tea and Chat

All are invited to enjoy tea and conversation at a new LGBT-focused group to be held **the second Friday of each month at 10 am at Bemis Hall**. Come share your thoughts, ideas, and life experiences! The date this month is **October 12**. Older adults from other towns most welcome!



Noticing Walks with John Calabria

Join us for a series of gently paced walks through nature guided by John Calabria beginning **October 2 from 1:00 to 2:30 at a location posted at lincolnconservation.org**. Bring walking sticks or walking poles if you like. More walks will be held November 6 and December 4. If the weather is bad, call 781-259-9251 after 10AM the morning of the walk for an update. Co-sponsored by the COA and Lincoln Land Conservation Trust.

Golden Oldies Are Back in Fashion!

You are not alone if when you turn on the radio you find yourself wishing they'd play *On The Sunny Side of the Street* or *Ain't Misbehavin'* or *Toot-Toot-Tootsie*. You can get your wish on **Friday October 5th** when the Lincoln Traditional Jazz Band serves up a lunchtime platter of those golden oldies at **Bemis from 12:30 to 1:30**. Come upstairs, kickoff your shoes, enjoy!

Watercolor Class with Jane!

Rediscover your joyful soul through art and nature in Jane Cooper's watercolor class painting of scenes of nature, landscapes or some favorite sky. One class of four sessions will be offered on Mondays, **October 1 and 15 and Fridays, October 5 and 12 from 9 to 11 am at Bemis Hall**. Cost is \$30, materials included. Sign up now!

AT THE MOVIES

Tuesday, October 16, 2:15 pm. RBG A look at the life of trailblazer Ruth Bader Ginsburg — including her career-defining work in gender-discrimination law and the Supreme Court. 2018. PG. 97 mins.

Thursday, October 18, 2:15 pm. State Fair A family visits the Iowa State Fair and their lives change forever. Includes "It's a Grand Night for Singing" and "It Might as Well Be Spring" 1945. NR .100 mins.

Tuesday, October 23, 2:15 pm. Won't You Be My Neighbor? An in-depth look at Fred Rogers, an unassuming minister, puppeteer, writer/producer, and his beloved children's show. 2018. PG-13. 94 mins.

Tuesday, October 30, 2:15 pm. Ocean's 8 This take on the hit movie franchise follows Danny Ocean's ex-con sister and her all-female crew and their heist of NYC's annual Met Gala. 2018. PG-13. 110 mins.



SPEND TIME WITH OTHERS



Gourmet Lunch with Friends Old and New!

Lincolmites 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, October 16, 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!**

The Challenges of Change and Loss

As we age we face changes in many aspects of our lives. We may be dealing with changes in physical or cognitive health in loved ones, friends or ourselves or the death of a loved one. It may be negotiating the transition to retirement and the loss of professional identity. We may be making decisions about whether to stay in our homes or to move to a retirement community. Relationships with adult children may also change and at times we may have to address their sense of what is good for us and what we want. Claire Gerstein, LICSW, our social worker with many years of experience helping people navigate the issues 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 **Thursdays, 10-11:30 October 4, 11, 18, 25, November 1, and 8th**. Sign up is helpful but not required.

Fall Barbecue for Veterans and Spouses/Partners!

All Lincoln veterans and their spouses/partners are welcome to another of the COA's famous Veterans Barbecues on **Wednesday, October 17 at noon**. The BBQ will feature a delicious lunch of barbecued pork or chicken or beef brisket. Please sign up by calling the COA at (781) 259-8811 by October 10. A \$5 donation is requested.

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 Eugene O'Neill's *Mourning Becomes Electra*, based on *Oresteia* by Aeschylus on **Tuesdays, October 9 and 16 at 11 am**. Sally will bring copies.

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.

Conservation Breakfast **Thursday, October 11 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, October 18, 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, October 11 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30 Piano Duets 9:00 Watercolors 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>2</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:00 Noticing Walk (TBA) 2:00 Whose in Your Family Tree?</p>	<p>3</p> <p>10:00 Memoir Group 10:30 Declutter Group 11:00 Line Dancing 1:00/2:15 Tai Chi 1:00 Russian Conversation Group</p>	<p>4</p> <p>9:00 Veterans Office Hours 9:15/10:15 Tai Chi 10:00 Challenge of Loss Group 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 3:00 Photographer's Coffee with Barbara Peskin</p>	<p>5</p> <p>9:00 Watercolors 10:00 German Conversation 12:30 Trad Jazz Band 1:00 Open Bridge</p>
<p>8</p> <p>COA CLOSED/ COLUMBUS DAY</p>	<p>9</p> <p>9:30 Knitting Drop-In 9:30 FCOA Meeting 10:00 Wellness Clinic (LW) 11:00 Playreading: Mourning Becomes Electra 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:30 COA Board Meeting</p>	<p>10</p> <p>11:00 Line Dancing 1:00/2:15 Tai Chi 7:00 Jimmy Mazzy Jazz</p>	<p>11</p> <p>8:00 Conservation Bkfst (TBA) 9:00 Veterans Office Hours 9:30 iPhones and iPads 9:15/10:15 Tai Chi 10:00 Challenge of Loss Group 11:00 Instagram 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>12</p> <p>9:00 Watercolors 10:00 LGBT Tea and Conversation 11:00 Voter Update 1:00 Open Bridge 1:00 A Trunk full of Tales — Sharing Personal and Family Stories</p>
<p>15</p> <p>9:30 Piano Duets 9:00 Watercolors 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi 3:00 Legal Clinic 7:00 Acoustic Music (Lib)</p>	<p>16</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 11:00 Playreading: Mourning Becomes Electra 11:30 Senior Dining (St. Anne's) 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: RBG</p>	<p>17</p> <p>9:00 Podiatry 10:00 Memoir Group 10:30 Declutter Group 11:00 Line Dancing 12:00 Veterans BBQ 1:00/2:15 Tai Chi 1:00 Russian Conversation Group</p>	<p>18</p> <p>8:00 Men's Coffee 9:00 Veterans Office Hours 9:15/10:15 Tai Chi 10:00 Challenge of Loss Group 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:15 Musical Movie: State Fair</p>	<p>19</p> <p>9:00 Healing Motion for Life 10:00 German Conversation 10:00 Flu Clinic 1:00 Open Bridge 1:00 Better Balance Fair</p>
<p>SATURDAY 13 9:00 Library Book Sale</p> <p>SUNDAY 14 9:30 Scarecrow Classic (Mall)</p>				

				<p>SATURDAY 20 1:30 Jazz Jam (Lib) 3:00 Live in Lincoln Center (FP)</p>
<p>22 9:30 French Conversation 9:30 Piano Duets 11:00 SmartPhone MeetUp 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>23 9:00 Collating 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: Won't You Be My Neighbor?</p>	<p>24 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p>25 9:00 Veterans Office Hours 9:15/10:15 Tai Chi 10:00 Challenge of Loss Group 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>26 10:00 Medicare Update 1:00 Open Bridge</p> <p>SATURDAY 27 11:00 Portraits Tour (Codman) 2:00 Swing Senders Jazz Concert</p> <p>SUNDAY 28 3:00 Rhapsody Piano Recital</p>
<p>29 9:30 Piano Duets 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>30 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: Ocean 's 8</p>	<p>31 10:00 Memoir Group 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p>LOCATIONS Codman: Codman Estate FP: First Parish Lib: Library LW: Lincoln Woods Mall: Parking Lot by Donelan's St. Anne's: St. Anne's Church TBA: Location to be announced</p>	<p>OCTOBER</p> 

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FOR YOUR WELL BEING



A Trunk Full of Tales – Sharing Personal and Family Stories



Our lives are made of stories. Stories of our family members and ancestors who influenced our lives, and our own stories of the experiences that helped us become who we are today. They live inside us, but too often we don't feel they are valuable to others or we just don't know how to tell them. Sharing and hearing both the fun and tough stories is healing for ourselves and important for our children, grandchildren and peers. Join Lincoln native and professional storyteller Elisa Pearmain, on **Friday, October 12 at 1 pm at Bemis Hall** for an engaging and playful workshop on remembering, shaping and sharing personal and family stories. You may bring an item (or facsimile) that has been passed to you, or that represents an experience that touched your life. No experience necessary!

Healing Motion for Life: A Free Movement Workshop

Being in touch with the way our bodies move, and working to keep our movements unrestricted and fluid help bring health and clarity to every aspect of our lives. Join Susanne Liebich on **Friday, October 19 at 9 am at Bemis Hall** to experience a variety of sustainable exercises including expressive movement, breathing and relaxation in a program sponsored by Deaconess Abundant Life Services and Newbury Court. Susanne's movement practice helps you achieve body awareness, presence, physical strength, balance, focus, and serenity.



Welcome John Dorr, Boston University Social Work Intern

We are extremely happy to welcome John Dorr, a Lincoln resident and first year Social Work student from the acclaimed Boston University School of Social Work, as an intern. John, who previously had a successful career in business, will be providing case management, counseling, information and referral, and more. We are looking forward to our collaboration with John!

OPPORTUNITIES FOR EXERCISE

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

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

Tai Chi for Health and Wellness The fall classes are now closed. **Level 1 (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 clinics for all ages for blood pressure, information and advice about nutrition and fitness, medication management, and answers about managing 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, October 9 from 10 am to noon**. The second clinic will be on **Tuesday, October 16 from 9 to 11 am at Bemis Hall** and is sponsored by the Pierce House. Services for both clinics are provided by Emerson Hospital Home Care.

Podiatry Clinics

Podiatry clinics will be on **Tuesday, October 2** and **Wednesday, October 17 at 9 am, Bemis Hall** by appointment. \$10 donation. Clinics sponsored by the Pierce House and FLCOA.

COA Information: The COA is located in Bemis Hall, 15 Bedford Road. **Mailing:** c/o Town Offices, 16 Lincoln Road. **Phone:** (781) 259-8811. **E-mail:** bottumc@lincolntown.org **Hours:** Mon-Friday, 8:30 am - 4:30 pm.

**WHAT YOU NEED TO KNOW****Technology Workshops Hosted by Local Boy Scout Troop**

Jacob Anthony, a member of Concord Boy Scout Troop 132 and resident of Lincoln, will be leading two technology workshops for Lincoln seniors. The workshops will take place on **October 6 and December 2 from 2:00-4:00 pm in Bemis Hall**. Each workshop will consist of a presentation on email (October 6th) and internet safety (December 2nd), followed by a chance for COA members to work with with scouts from the troop and troubleshoot any issues they have with their portable electronic devices. The classes will conclude with a refreshment period for socializing. COA members are invited to bring their personal electronic devices (smartphones, tablets, laptops) that they would like help with to the workshop. Please sign up by calling the COA.

**What You Need to Know about Instagram**

Instagram is the latest thing among the kids and you might enjoy this fun and simple way to share photos and videos with your friends and family! Come to **Bemis Hall on Thursday, October 11 at 11:00 am** to hear Andy Payne talk about Instagram, what it is, how to use it safely, and how to communicate via hashtags. He will demonstrate what it is, show you how to set up an account and give some tips!

Getting the Most Out of Your Iphone and iPad

Our programs on iphones and ipads given by Andy Payne have been so popular that we have asked him to come back yet again! Andy will be here on **Thursday, October 11 at 9:30 am** to give you more information on the operation and features of iphones and ipads and answer your questions. If you have tips for using your iphone or ipad, bring those, too!

**SmartPhone Meet Up!**

Do you have a smart phone that you would like to be able to use better? Or, can you give smart phone pointers? Come to a group facilitated by Carol Peskin for smart phone users to share tips and get help on **Monday, October 22 at 11:00 am at Bemis Hall**. This isn't a class, but rather a chance for people to teach each other.

Medicare 101. What To Know. How to Choose. Save the Date!

Come find out the basics of Medicare on **Monday, November 5 at 7:00 pm at Bemis Hall** with Minuteman Senior Services SHINE counselors Don Milan and Anne Meade. This introduction to Medicare is especially for those who will be signing up in the next year, but is also for those who just wish to learn more and understand their benefits better. For more information, call toll-free 888-222-6171 or visit www.minutemansenior.org.

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, October 15, from 3-4 pm**. There is no charge for the thirty-minute consultation, but please sign up by calling the COA.

Veterans Office Hours

The Veterans' Services Officer (VSO) is an advocate for Lincoln's veterans and their dependents. The VSO can assist veterans with questions they have about their state and federal veteran benefits and services. The VSO can also help veterans apply for those benefits. Benefits and services include emergency financial or medical assistance programs for veterans in need, Veterans Affairs Compensation and Pension claims, educational benefits, real estate tax abatement, employment and training opportunities, burial information, and innumerable other benefits. Lincoln's Veterans Services Officer, Peter Harvell, will have regular office hours each **Thursday from 9 am to Noon at Bemis Hall**. Peter can also be reached by email at Lincolnveterans@lincolntown.org

Free Computer and Digital Camera Tutoring

Come to our drop-in PC computer and digital photography tutoring on **Thursday afternoons from 1:30 to 3:30 pm!** If you have a laptop or netbook, please bring it! Tutors are also available at other times.



Friends of the Lincoln Council on Aging

P.O. Box 143 • Lincoln, MA 01773

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With 40 years of compassionate expertise in caring for people with advanced illness, Care Dimensions is Massachusetts' premier non-profit provider of hospice, palliative care, and grief support, and is nationally recognized for quality and innovation. Let our experience improve yours – ask for Care Dimensions by name.

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Free Services to Help Seniors Prepare Their Homes for the Market, Sell and Transition to the Next Stage of Life

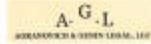
As real estate, legal and moving professionals dedicated to helping people transition from one home to another, we understand how stressful and overwhelming this process can be. We want to make it easier. Through the Maria Project, we are giving selected seniors and people with disabilities a package of free services that will include everything needed for a smoother transition.

The package includes:

- Organizing personal possessions
- House repair and clean-up
- Packing and moving
- Real Estate representation
- Legal Services

The Maria Project was inspired by Leon Gelfand in honor of his grandmother, Maria.

Maria Project organizers include Home Ready Solutions; Stokrovecz Real Estate Professionals; Agnewevich & Genin Legal, LLC and Gentle Giant.



We will be there at every step of the process.

To apply or nominate someone, visit mariaproject.org

or call **617-331-7848**.

We will meet with candidates at their homes at their convenience.

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GOINGS ON IN AND AROUND LINCOLN

Jimmy Mazzy and the Last Minute Men Old Time New Orleans Jazz classics played as they should be! **Wednesday, October 10, 7 pm, Bemis Hall.** Don't be late. Be there when the band starts playing.

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, October 13 from 9 am to Noon at Bemis Hall.**

Scarecrow Classic 5K to benefit the Lincoln Land Conservation Trust on **Sunday, October 14 at 9:30AM at The Mall at Lincoln Station.** Run, walk, and join the festivities. Register at: scarecrowclassic5k.com

Open Mike Acoustic Night Enjoy live music at the free Open Mike Acoustic program **Monday, October 15, from 7 to 10 pm at the Library** featuring Eric Lee. Email: loma3re@gmail.com.

Free Live Traditional Jazz Jams on **Saturday, October 20, from 1:30 pm – 4:30 pm at the Library.** Come hear local musicians belting out old favorites which will set your feet a-tappin.' Free.

Live in Lincoln Center Concert The First Parish in Lincoln will present a concert featuring works by Corelli, Handel, Vivaldi, Bach & de Boismortier on **October 20th, 2018 at 3pm** in the Parish House, 14 Bedford Road across from Bemis Hall in Lincoln, MA. Doors open ½ hour before performance time. Suggested donation \$30.

Portraits and Personalities: Codman Portrait Collection Specialty Tour Saturday, October 27, 11:00 a.m. to 12:30 p.m., Codman Estate. \$15 Historic New England members and Lincoln residents, \$20 nonmembers. Registration required. Info: 617-994-6690 or register online www.historicnewengland.org.

Free Live Jazz Concert at **Bemis Hall. Saturday, October 27, 2-5 pm,** Steve Taddeo's Swing Senders with guest stars Dan Levinson and Deb Nordyke. A swinging band with music of the 30s and 40s. Don't miss it!

Rhapsody Piano Recital Sunday, October 28 at 3 pm at Bemis Hall hear a free recital by amateur pianists performing selections by Albeniz, Brahms, Granados, Guastavino, Liszt, Piazzola, Scarlatti, Schumann & more.

First Day 2019 Plans Are Underway and the Pierce House is forming a Volunteer Planning Committee to assist with the following: ideas for improving the event, soliciting monetary support from other associations and private individuals, planning food & beverages to be served, and organizing volunteer staffing for day of event (setup/food prep/clean up). If you would like to join, please contact Nancy at the Pierce House. Email: nancy@piercehouse.com; Ph. 781-259-9757.

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