



NEWS FROM BEMIS HALL

Vol 9 Issue 12



December 2018

The Lincoln Council on Aging Monthly

Campus Projects — Part I — Lincoln School Project! December 1, 2018, Special Town Meeting, Lincoln School Auditorium; December 3, 2018, Ballot Vote, Smith Gym

For the past several years Lincoln has concentrated on planning the development of Ballfield Road as a community campus with facilities that meet the needs of all our residents: The Lincoln School for our preK - grade 8 students, and a Community Center to house our Parks & Recreation Department and Council on Aging. After almost 2 decades of planning, our town will come together to vote on the first part of this community vision - a bond vote to fund the comprehensive renovation of the Lincoln School. Funding capital projects is a 2-step process: 1) a Town Meeting vote; and 2) a ballot vote. Please save the dates! *Residents must be registered to vote in Lincoln, and must be present in order to vote at the Special Town Meeting. Absentee ballots are available for the December 3rd vote until Friday, November 30 at 5 pm at the Town Clerk's Office.*

Revel at the Top of the Town Winter Gala!

The Friends of the Lincoln COA (FLCOA) are pleased to announce that the annual **Top of the Town Winter Gala** will again be held at the deCordova Museum! The date is set for **Saturday January 26, 5-8 pm**. Mark your calendars and look for your invitation in the mail in late December. Be sure to return your reservation form promptly — space is limited to 200 people. Don't procrastinate! The event is free but the FLCOA, as always, is extremely grateful for any donations to support this event and all the FLCOA's activities.



You Can Stay Safer from Scams and ID Theft



The only way to protect yourself against becoming the victim of scams and ID theft is to find out what scammers are up to and how you can outsmart them. All are welcome to join Lincoln Police Chief Kevin Kennedy and Bongani Jeranyama, Program Manager in the Community Engagement Division of the Office of Attorney General Maura Healey, on **Friday, December 7 at 10 am at Bemis Hall** to learn about some of the everyday scams you may run into. You will get an outline of and tips regarding rights when shopping and valuable information on how to avoid various mail, phone, and online scams. You will also get resources to take home!

The Roaring Twenties — Ford, Flappers, and Fitzgerald!

In the 1920's, the sound of radios and phonographs filled the air. Motion pictures offered new vistas for millions of moviegoers. Prosperity was everywhere. Americans began their love affair with the automobile. Women "bobbed" their hair, danced the Charleston and voted for the first time. "Keep Cool with Coolidge" was the slogan of the times. Join us for a fascinating lecture series as we take a detailed look at this exciting period in time with Gary Hylander, Ph.D. at the **Lincoln Library on Sundays January 6 and 27th and February 3, 10, 17, and 24th at 1:30**. The series is co-sponsored by the Lincoln Library and the Council on Aging.

Winter Weather Policy



If the Lincoln schools are closed due to weather, activities at the COA are cancelled. *If your power is out, however, call to see if Bemis Hall will be open as a place to warm-up, recharge computers and cell phones, and more.* Even if the schools are not closed, but the weather is bad, call before coming to see if your event is cancelled.





ENJOY A DAY OUT WITH THE COA!



Are You Signed Up for the Holiday Pops?

Are you signed up for the Holiday Pops trip on December 7? Please remember that our air-conditioned air-ride bus will leave **Donelan's parking lot at 2:00 pm**, returning at approximately 7:30 pm. The trip is currently sold out, but if you would like to be put on the wait list, contact Virginia at 781-259-1291 or vobrien39@yahoo.com.



Lincoln seniors have first priority to sign up for trips. Younger residents and out-of-town seniors may sign up after Lincoln seniors have had an opportunity. If you can't afford a trip, contact the COA for a scholarship application. Copies of the Trip Policy are available at Bemis Hall.

Holiday Visits and Gift Baskets



During the holidays Council on Aging staff visit homebound, frail, and needy seniors to deliver baskets full of basic necessities. We are collecting NEW, UNOPENED, UNSCENTED, FULL-SIZED items to fill the baskets: shampoo, conditioner, body wash, toothbrushes, toothpaste, mouthwash, tissues, paper towels, toilet paper, lip balm, deodorant, disposable razors, shaving cream, kitchen sponges, trash bags, laundry soap, socks, coffee and tea, postage stamps, pharmacy gift cards. Questions? Call Abigail at 781-259-8811. Please bring your donations to the Council on Aging. Collection ends December 7th. Thank you for your generosity!

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? Do You Need Help Paying for Winter Fuel? Call the COA for information about some programs that may be able to help.

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.

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

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



THE LINCOLN ACADEMY

Lectures, Discussions, and More about Our World!



THE LINCOLN ACADEMY LECTURE SERIES

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

December 3—Heather Douglas Day and the Newton Scottish Dancers: Scottish Country Dance

Enjoy a demonstration of Scottish Country dance and perhaps try a dance or two yourselves! Scottish Country dance is a form of folk and formal dancing which has been practiced in Scotland since at least the early 1700s. People of all ages dance in schools, church halls, army barracks and castles. Many figures have similarity to those in square or contra dancing, with elements of ballet as well, making it fun to watch and even more fun to participate in. The Newton Scottish Dancers was formed seven years ago under the joint sponsorship of the Royal Scottish Dance Society of Boston, and Newton Parks and Recreation. We meet weekly throughout the year for classes taught by certified teachers, and delight in this opportunity to show you all what happens in a class. You can just watch and enjoy the dancing and music. But, if you decide to dance, all you need is a willingness to try, and an ability to follow directions and move at a reasonable pace.

December 10—Ellie Horwitz: Looking for Wildlife in India and Nepal

Last April a small group headed to India and Nepal to see some rare species and learn about efforts to stem the growing international trade in illegally taken wildlife. Follow Ellie and friends as they travelled through India and into Nepal looking for tigers, Indian one-horned rhinos, and other unusual wildlife.

December 17—Ken Hurd: Lifting the Human Spirit by Design: Evoking Positive Emotions to Enhance and Prolong Life

Drawing upon Ken's 40-year career designing hotel interiors, he'll explore how design affects human behavior both positively and negatively. There will be examples from his work as well as his travels, and we'll touch upon some of the recent research in neuroscience for insights into how critical the built environment is to shaping our identities. Although applicable to our entire lives, he'll delve more specifically into the lessons he's deployed in creating environments that enhance the cognitive and emotional experience as people approach the end of their life journeys. Ken will also share how he has recently planned for downsizing in his own home.

You and Your Home: A Perfect Fit for Aging in Place



You may be able to stay in your home safely longer than you thought. Come find out what you need to know to make your home fit your needs and abilities at whatever age you are when Jocelyn Fram of HealthPro Heritage of The Commons in Lincoln comes to **Bemis Hall on Friday, December 21 at 10 am**. She will discuss some of the common safety and falling hazards in our homes, go over a home safety checklist, and talk about the role of occupational therapists in helping you assess your home and making recommendations that are just right for you. The best time to make your home safer is before you have a crisis!

FireSide Chat: Healing Our Divisions

Them: Why We Hate Each Other—and How to Heal by Ben Sasse is the genesis for this month's FireSide Chat. Why is there so much anger in our country and do our everyday actions and decisions feed into this? New school vs remodel, apartment complex in this neighborhood or that, do we love our neighbors even when we have differing opinions? Join us from **10 - 11:30 AM on Saturday December 22 in the Community Room at Lincoln Woods, 50 Wells Rd**. Please note the new day and location and park in 'unmarked' spaces.



Art, Music, Entertainment, Enjoyment!



Coffee with Artist Ellen Milan



Join Ellen Milan for “Coffee with the Artist” on **Tuesday, December 4 at 2:15 pm** to celebrate her exhibit in the Bemis Gallery through December. Ellen Milan is a Lincoln artist whose exploration in multiple media reflects her experience exhibiting and teaching internationally. After graduating from the University of Wisconsin, she began teaching art to both adults and children. Ellen has taught in Wisconsin, Israel, and in the Boston area. During a ten year stay in Israel, she established regional art programs and a group studio/gallery in the Old City of Jerusalem. Her work has appeared in juried competitions through the United States, Europe and Israel. This show at Bemis Hall, includes pastels, paintings on silk, and watercolors. Many of the pieces were inspired by the gardens and landscape in Lincoln at Farrar Pond Village.

Paint a Silk Scarf as a Gift or for Yourself! Free!

Silk scarves are elegant and just right for so many occasions. When you paint a scarf you add your own touch in a beautiful and unique way. Join Karen Halloran, Community Liaison at CareOne at Concord, for a free silk scarf painting class on **Friday, December 21 at 1:00 pm at Bemis Hall**. You will leave with a lovely scarf for yourself or a gift for a friend! No experience necessary and all materials included. Please call the COA to sign up.



Tap Your Toes to Trad Jazz Tunes!

Come join your fellow COA neighbors as we all tap our toes and bob our heads and sing to those tunes of yesteryear which we all know and love. Yes, the grandchildren can shake their heads and think we're nuts, but we know where it's at. Led by the Lincoln Traditional Jazz Band we're gonna have a good time -- you might even say a ball -- around the old Steinway upstairs at **Bemis Hall on Friday, December 7, 12:30 – 1:30**.

New Chess Club!

If you love chess, you are welcome to come to our new Chess Club which will meet the second Thursday of each month at 10 am. This month the Club will meet on **Thursday, December 13**. Test your skills! Free lessons! Beginners and experts alike— **ALL ARE WELCOME!** The Club will be facilitated by the COA's Social Work Intern, John C. Dorr.

Would You Like to Share Writing Memoirs with Others?

If you are interested in writing a memoir or just curious about what goes on in the memoir group, please come to the first winter meeting of the Memoir Group on **Wednesday, January 9 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 ten-week term is \$75. The dates for the term are Jan. 9 and 23; Feb. 6 and 20; Mar. 6 and 20; Apr. 3 and 17; and May 1 and 15. If you want more information, call Connie Lewis (781) 259-9415 or email her at conlewis1000@gmail.com.

AT THE MOVIES

Thursday, December 6, 2:15 pm. Woman Walks Ahead This drama tells the story of artist Catherine Weldon who traveled west in 1889 and became immersed in the Plains Indians' land struggle. 2018. R. 101 mins.

Tuesday, December 18, 2:15 pm. Itzhak This affectionate documentary recounts Itzhak Perlman's story through conversations with Perlman, his friends, family and colleagues. 2018. NR. 82 mins.

Wednesday, December 19, 2:15 pm. Leave No Trace Drama about the struggle of survivalist Will and his daughter who are living off the grid till they are forced into the social services system. 2018. PG. 109 mins.

All Are Invited to a Holiday Centerpiece Workshop at First Parish

If you would like to learn how to make a winter greens and candle centerpiece, come join a workshop on Tuesday, December 4 or Wednesday, December 5 between 9:30 am- noon at the Stone Church. You can either donate your centerpiece for sale at the First Parish Touch of Christmas Fair on December 8 or take home your centerpiece for \$20.00. Questions? Contact Kim Buell at kim_buell@hotmail.com or 781-259-1278. No need to pre-register!



SPEND TIME WITH OTHERS



Enjoy a Gourmet Lunch and Have Your Blood Pressure Taken!



Lincolnites 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, December 18 at St. Anne's Church. Tricia McGean, Lincoln's Public Health Nurse, will offer free blood pressure readings!** 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.

GROUPS TO ENCOURAGE, SUPPORT, AND ENRICH YOU!

SIMPLIFY & Declutter Simplify and organize your life with some help from a decluttering group. Learn current strategies to get started and find encouragement to stay on track. Come on the first Wednesday of the month at **10:30 am in Bemis Hall**. This month the group will meet on **December 5**.

A New LGBT-Focused Group for Older Adults to Share Tea and Conversation All are invited to enjoy tea and conversation at a new LGBT-focused group to be held **the third Friday of each month (December 21) at 10 am at Bemis Hall**. Come share your thoughts, ideas, and life experiences! Older adults from other towns warmly welcomed.

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, December 24 at 11:00 am at Bemis Hall**. This isn't a class, but rather a chance for people to teach each other.

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 *Under Milkwood* by Dylan Thomas on **December 11 and 18 at 11 am**. Sally will bring copies.

Russian Conversation Group Come brush up on your Russian by speaking it with others on **December 5 and 19 at 1 pm**. Please come whether you are a native speaker, beginner, or in-between!

Conservation Breakfast **Thursday, December 13 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, December 20 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, December 13 at 3:00 here at Bemis Hall**. The group, led by Rob Todd, sings and plays simple songs together. Beginners welcome! Bring your ukulele or sing!

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

Play Open Bridge each **Friday at 1 pm at Bemis Hall**. Any bridge player who knows "Standard American" and understands week two bids, better minors, stayman and other similar terms is welcome to join Open Bridge.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>7:30 Special Ballot Vote (Smith)</p> <p>9:30 Piano Duets</p> <p>11:00 Spanish Conversation</p> <p>12:30 Lincoln Academy</p> <p>2:15/3:15 Tai Chi</p>	<p>4</p> <p>9:00 Podiatry</p> <p>9:30 Knitting Drop-In</p> <p>11:30 Stretch and Flex</p> <p>1:00 Active Aging Fitness</p> <p>1:00 Noticing Walk (TBA)</p> <p>2:15 Coffee with Artist Ellen Milan</p>	<p>5</p> <p>10:30 Declutter Group</p> <p>11:00 Line Dancing</p> <p>1:00/2:15 Tai Chi</p> <p>1:00 Russian Conversation Group</p>	<p>6</p> <p>9:00 Veterans Services Officer Office Hours</p> <p>9:15/10:15 Tai Chi</p> <p>11:30 Stretch and Flex</p> <p>1:00 Active Aging Fitness</p> <p>1:30 Computer Drop-In</p> <p>2:15 Movie: Woman Walks Ahead</p>	<p>7</p> <p>10:00 German Conversation</p> <p>10:00 Scams and ID Theft</p> <p>12:30 Trad Jazz Band</p> <p>1:00 Open Bridge</p> <p>2:00 Boston Pops Trip Leaves (Mall)</p>
<p>SATURDAY 1</p> <p>9:00 Special Town Meeting (School Auditorium)</p> <p>10:00 Gift Local (Pierce)</p> <p>SUNDAY 2</p> <p>11:00 Gift Local (Pierce)</p> <p>2:00 Tech Workshop</p>	<p>11</p> <p>9:30 Knitting Drop-In</p> <p>9:30 FCOA Meeting</p> <p>10:00 Wellness Clinic (LW)</p> <p>11:00 Playreading: Under Milkwood</p> <p>11:30 Stretch and Flex</p> <p>1:00 Active Aging Fitness</p> <p>2:30 COA Board Meeting</p>	<p>12</p> <p>11:00 Line Dancing</p> <p>1:00/2:15 Tai Chi</p> <p>7:00 Jimmy Mazzy Jazz</p>	<p>13</p> <p>8:00 Conservation Bkfst (TBA)</p> <p>9:00 Veterans Services Officer Office Hours</p> <p>9:15/10:15 Tai Chi</p> <p>10:00 Chess Club</p> <p>11:30 Stretch and Flex</p> <p>1:00 Active Aging Fitness</p> <p>1:30 Computer Drop-In</p> <p>3:00 Ukulele Gathering</p>	<p>SATURDAY 8</p> <p>9:00 Library Book Sale</p>
<p>10</p> <p>9:30 Piano Duets</p> <p>9:30 French Conversation</p> <p>12:30 Lincoln Academy</p> <p>2:15/3:15 Tai Chi</p> <p>3:00 Legal Clinic</p> <p>7:00 Acoustic Music (Lib)</p>	<p>18</p> <p>9:00 Wellness Clinic</p> <p>9:30 Knitting Drop-In</p> <p>11:00 Playreading: Under Milkwood</p> <p>11:30 Stretch and Flex</p> <p>11:30 Senior Dining (St. Anne's)</p> <p>1:00 Active Aging Fitness</p> <p>2:00 Who's in Your Family Tree?</p> <p>2:15 Movie: Itzhak</p>	<p>19</p> <p>9:00 Podiatry</p> <p>10:00 Memoir Group</p> <p>11:00 Line Dancing</p> <p>1:00 Russian Conversation Group</p> <p>2:15 Movie: Leave No Trace</p>	<p>20</p> <p>8:00 Men's Coffee</p> <p>9:00 Veterans Services Officer Office Hours</p> <p>11:30 Stretch and Flex</p> <p>1:00 Active Aging Fitness</p> <p>1:30 Computer Drop-In</p>	<p>SATURDAY 15</p> <p>1:00 Jazz Jam</p>
<p>17</p> <p>9:30 Piano Duets</p> <p>11:00 Spanish Conversation</p> <p>12:30 Lincoln Academy</p>	<p>18</p> <p>9:00 Wellness Clinic</p> <p>9:30 Knitting Drop-In</p> <p>11:00 Playreading: Under Milkwood</p> <p>11:30 Stretch and Flex</p> <p>11:30 Senior Dining (St. Anne's)</p> <p>1:00 Active Aging Fitness</p> <p>2:00 Who's in Your Family Tree?</p> <p>2:15 Movie: Itzhak</p>	<p>19</p> <p>9:00 Podiatry</p> <p>10:00 Memoir Group</p> <p>11:00 Line Dancing</p> <p>1:00 Russian Conversation Group</p> <p>2:15 Movie: Leave No Trace</p>	<p>20</p> <p>8:00 Men's Coffee</p> <p>9:00 Veterans Services Officer Office Hours</p> <p>11:30 Stretch and Flex</p> <p>1:00 Active Aging Fitness</p> <p>1:30 Computer Drop-In</p>	<p>21</p> <p>10:00 German Conversation</p> <p>10:00 LGBT Tea and Conversation</p> <p>10:00 You and Your Home</p> <p>1:00 Open Bridge</p> <p>1:00 Paint a Silk Scarf</p>

<p>7:00 Handbell Concert (FP)</p>	<p>SATURDAY 22 10:00 FireSide Chat (LW) 3:00 Handel's Messiah (FP)</p>	<p>1:00 Open Bridge</p>	<p>LOCATIONS FP: First Parish Lib: Library LW: Lincoln Woods Mall: Parking Lot by Donelan's Pierce: Pierce House School Auditorium (Lincoln School Auditorium) Smith: Smith Gym St. Anne's: St. Anne's Church TBA: to be announced</p>
	<p>27</p> <p>9:00 Veterans Services Officer Office Hours 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>26</p> <p>9:00 Collating</p>	<p>DECEMBER</p> 
<p>7:00 Handbell Concert (FP)</p>	<p>25</p> <p>COA CLOSED/ CHRISTMAS</p> 	<p>24</p> <p>9:30 French Conversation 9:30 Piano Duets 11:00 Smartphone Meetup</p>	<p>31</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



You Can Eat Healthfully and Still Enjoy the Holidays



Feasting on your favorite foods during the holidays doesn't have to mean extra pounds and being unhealthy. Find out how you can keep your diet on track during the holidays when Lincoln's Public Health Nurse Tricia McGean, RN, comes to Bemis Hall on **Friday, December 14 at 10 am**. Get tips and strategies! Test your nutrition IQ and learn what to look for on food labels to make sure you are getting more of what you need and less of what you do not want. Bring questions and concerns. Tricia will bring recipes for you to take home!

Relax on a Noticing Walk with John Calabria



Join us for a gently paced walk through nature guided by John Calabria on **December 4 from 1:00 to 2:30 at a location posted at lincolnconservation.org**. Bring walking sticks or walking poles if you like. 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.

Would You Like a Well Being Call During Storms and Other Emergencies?

The COA and Public Safety are pleased to offer well-being telephone calls during storms and other emergencies. We will call you when storms cause extensive power outages, and in extended spells of extreme cold and other similar situations. If we can't reach you by phone, Public Safety will do a well-being check at your home to make sure you are all right. To sign up for this service please call the COA at (781) 259-8811 and give us your name, address, and any phone numbers you would like us to call (a cell phone or family member, for example), as well as any other pertinent information you would like to share with us, such as special medical needs. You may ask to be taken off the list at any time.

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 New beginners may sign up now for the session Jan 7 to March 28. **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. \$60 1 class/week ; \$80 2 classes/week; \$100 3 classes/week; \$120 4 classes/week. 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! **No class Wednesday, December 26.**

Fitness classes subsidized by the MA Executive Office of Elder Affairs. Tai Chi also subsidized by the FLCOA.

Wellness Clinics for All Ages

Come to two clinics for residents of all ages for blood pressure, information and advice about nutrition and fitness, medication management, and answers about how to manage chronic conditions, where to get health services, and more. Our first clinic will be at **Lincoln Woods' Community Building at 50 Wells Road on Tuesday, December 11 from 10 am to noon**. The second clinic will be on **Tuesday, December 18 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, December 4** and **Wednesday, December 19 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

💡 **WHAT YOU NEED TO KNOW** 💡

Technology Workshop Hosted by Local Boy Scout Troop



Jacob Anthony, a member of Concord Boy Scout Troop 132 and Lincoln resident, will lead a technology workshop on **December 2 from 2:00-4:00 pm in Bemis Hall**. The workshop will consist of a presentation on internet safety followed by a chance for seniors to work with scouts to troubleshoot issues with portable electronic devices. The class will conclude with refreshments and a chance to chat. Seniors may bring their personal electronic devices (smartphones, tablets, laptops) that they would like help with to the workshop. Call the COA to sign up.



Coffee with the Town Administrator

Join Tim Higgins, Lincoln's Town Administrator, for coffee and a discussion of Town issues on **Friday, December 14 at 1 pm** at Bemis Hall. Tim will update you on some of the important issues facing the Town, get your feedback and answer your questions. This is your opportunity to discuss the Town issues that directly affect your life in a friendly, informal setting!

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, December 18 at 2 pm at Bemis Hall** at a discussion group for genealogy enthusiasts!

CPA Exemptions from the CPA Tax for Town of Lincoln Residents

You may qualify for an exemption from the CPA tax for property owned and occupied as a domicile by:

Anyone of any age who would qualify for low income housing

Anyone 60 or over who would qualify for low or moderate income housing.

The application can be found at: <https://www.mass.gov/files/documents/2016/11/uu/cp4-application.pdf>. The size of the exemption would be \$378 for a property with an assessed value of \$998,400 which is the median assessed value of a single-family house in Lincoln for FY2019. The low and moderate income limits are set each year by the Department of Housing and Urban Development and vary by town and family size. They can be found at http://www.communitypreservation.org/content/income_limits.

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, December 10, 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.

Would you like to take a class or a trip with a fee and can't afford it? Call Carolyn or Abby at the COA to find out about the Scholarship program! We want everyone to be able to participate!



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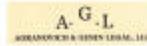
As real estate, legal and moving professionals dedicated to helping people transition from one home to another, we understand how stressful and overwhelming this process can be. We want to make it easier. Through the Maria Project, we are giving selected seniors and people with disabilities a package 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, Stebnetz Real Estate Professionals, Agnewitch & Genin Legal, LLC and Gentle Giant.



We will be there at every step of the process.

To apply or nominate someone, visit mariaproject.org

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

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GOINGS ON IN AND AROUND LINCOLN

Gift Local Market The Old Town Hall Exchange is excited to announce the 8th annual Gift Local Market! This event will host a variety of talented local artists and crafters so stop by and get some of your holiday shopping out of the way while supporting some terrific local businesses. **Saturday, December 1, 10:00 – 4:00 pm and Sunday, December 2, 11:00 – 4:00 pm at the Pierce House**

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, December 8 from 9 am to Noon at Bemis Hall.**

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

Jimmy Mazzy and the Last Minute Men Old Time New Orleans Jazz classics played as they should be! **Wednesday, December 12, 7 pm, Bemis Hall.** Don't be late. Be there when the band starts playing.

Free Live Traditional Jazz Jams on **Saturday, December 15 from 1:00 pm – 5:00 pm at Bemis Hall.** Come hear local musicians belting out old favorites which will set your feet a-tappin.' Free.

Holiday Handbell Concert The First Parish Lincoln Ringers will present their Ninth Annual Candlelight Concert of Christmas carols and holiday favorites in the **Parish House (Stone Church) on Tuesday, December 18th at 7:00.**

Live in Lincoln Center Concert The First Parish in Lincoln will again present Handel's MESSIAH featuring the Lincoln Baroque Players & Chorus on **Saturday, December 22, 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 \$40

Lincoln's First Day – January 1, 2019 First Day at the Pierce House is held annually on New Year's Day afternoon and features live musical entertainment and food, as well as beer and wine. Hot apple cider, kid-friendly snacks, and a children's show make this a fun event for children and adults of all ages. Whether you are new to the town of Lincoln or have lived here forever, this is a great way to get to know your neighbors! The Pierce Property Committee and staff put a lot of time and effort into planning this beloved Town event. We are always looking for **Volunteers** to help out on the day of the event. **Donations** to offset the cost of the event are also much appreciated. If you can help, please contact Nancy Beach at nancy@piercehouse.com or call 781-259-9757.

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