



NEWS FROM BEMIS HALL

Vol 10 Issue 4



April 2019

The Lincoln Council on Aging Monthly

Herman Melville: Sailing Towards My Father



Celebrate the 200th anniversary of Herman Melville's birth by enjoying a free performance of *Sailing Towards My Father* by actor Stephen Collins on **Sunday, April 28 at 2:00 pm at Bemis Hall**. *Sailing Towards My Father* is a one-man play about Melville (1819-1891), author of the whaling epic *Moby-Dick*, from youth to old age, concentrating on his evolution as a writer and his complex relationship with God, his family, and Nathaniel Hawthorne. Stephen Collins performs one-man shows and teaches courses on historical figures like Melville, Walt Whitman, Robert Frost, James MacNeill Whistler, and Shakespeare. This program is supported in part by a grant from the Lincoln Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



Edith Wharton and Ogden Codman: Kinship Talk and Tour

Historic New England and the Lincoln COA invite you to a lecture and slide show on **Wednesday, April 24 at 11:30 am at Bemis Hall** followed by a **Special Access Tour of the Codman House, 34 Codman Road, beginning at 1:30**. Using original letters from Historic New England's Codman archival collection, the talk and tour will highlight the artistic friendship between Edith Wharton and Ogden Codman that spanned more than 40 years and resulted in the publication of *The Decoration of Houses*, a classic manual of interior design. Registration is recommended by calling Historic New England at (617) 994-6690. The lecture at Bemis is free to all. The tour is free for Lincoln residents.



Non-residents may attend the tour at a cost of \$10 for Historic New England members and \$15 for non-members. This program is supported in part by a grant from the Lincoln Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

French History: French Revolution and Age of Napoleon

The COA and the Library are proud to present a two-part series on French history given by retired history teacher John Gardella. Come to the **Library on April 13 at 2:00 pm** to learn about the French Revolution, a period of national political and social upheaval. Though inspired by the American Revolution, the revolution in France was a civil war based on the inequity of the social classes and a struggle between the "Old Order" and the "New Order." Mr. Gardella will discuss the Age of Napoleon on Saturday, May 15 at 7:00 pm at the Library.

Patriots Day Events 2019

Saturday, April 6: "The Capture Of Paul Revere: A Dramatic Narrative"; Minute Man National Historical Park (MMNHP) Visitor Center, 250 N. Great Road, Lincoln, 2:45 pm.

Saturday, April 13: "The Lincoln Minute Men at Capt. William Smith House; Parker's Revenge"; Capt. William Smith House, Minute Man National Historical Park, 9:30 am – Noon. Parker's Revenge Battle, Minute Man Visitors Center, 1:00 pm.

Sunday, April 14: "Lincoln Salute: A Festival of Fife & Drum Music"; Pierce Park, 2:00 - 3:30 pm.

Sunday, April 14: "Alarm & Muster"; Lincoln Public Library Lawn, 7:00 pm

Monday, April 15: "Dawn Tribute and March to Concord"; Outside Bemis Hall, 6:45 am.

Sunday, April 28: Old Burial Ground Tribute; Pierce House, 2:30 pm.



ENJOY A DAY OUT WITH THE COA!



Peabody Essex Museum: Nature's Nation—American Art and Environment



Join us for a trip to the Peabody Essex Museum to see *Nature's Nation: American Art and Environment* on **Thursday, April 18**. If there is time, you may be able to visit the Chinese House or other parts of the museum. We will then go to Turner Seafood for lunch. The trip requires a good amount of walking and standing. The price is \$45, which includes lunch. We will leave Donelan's parking lot at 9:15 am in a comfortable air-ride bus and return about 3:30 pm. The cost is non-refundable. 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@ecaced.com.

Prudential Center and Lunch at Eataly

Please join us on **Wednesday, May 15th** for a trip atop the Prudential Center at the Skywalk. The Skywalk offers a spectacular 360-degree view of Boston and beyond, with an audio-tour that provides the history of the city below. We will have lunch at the famous Italian food emporium, **Eataly**, La Pizza & La Pasta. After lunch, we will walk a **half-mile** to the Christian Science Center Plaza. Guides will take us through the 1894 Romanesque style Original Church building. We'll also visit the 1906 Byzantine-Renaissance style Church Extension with its soaring dome, and one of the world's largest Aeolian-Skinner pipe organs. We will learn about the life history of Mary Baker Eddy, who established Christian Science as a religion. In addition, we will visit the Mapparium, a world-famous, three-story, stained-glass globe. We will depart Donelan's parking lot at 8:45 am and return about 4 pm. The cost of the trip is \$25 (lunch not included) and is non-refundable. Questions, contact Sara Mattes at 781-259-0421 or smattes@gmail.com. To reserve a space send check made out to FLCOA/Trips to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA 01773. This trip will require standing and walking for a good portion. The Skywalk has no seating. The walk from the Pru is through the building, on city streets and across a brick plaza.



OKLAHOMA! North Shore Music Theatre

We have a real treat for you! On **Wednesday, June 12**, we are going to the North Shore Music Theatre for the matinee performance of Rodgers And Hammerstein's **OKLAHOMA**. The legendary score including, "Oh, What a Beautiful Morning," "The Surry With the Fringe on Top," "I Cain't Say No!" and the rousing title tune will put a smile on your face! Our air-conditioned air-ride bus will be in the Donelan's parking lot at 10:15 am, **departure is 10:30 am**. We will return at approximately 6:00 pm. Before the show we will have lunch at the Danvers Yacht Club. You'll have your choice of three entrees, salad and dessert. We have just 27 Inner Circle tickets, so don't delay as this show will sell out. The final count must be given by May 12. The trip is rated easy for physical ability and entails only a moderate amount of walking. There are no steps. The price is **\$59 including lunch**, and is non-refundable. To reserve a space, send a check made out to FLCOA/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 residents and out-of-town seniors may sign up after Lincoln seniors have had an opportunity. Copies of the Trip Policy are available at Bemis Hall.

COUNCIL ON AGING INFORMATION

The COA is located in Bemis Hall, 15 Bedford Rd
Mail: c/o Town Offices, 16 Lincoln Road
Phone: (781) 259-8811

E-mail: bottumc@lincolntown.org

Internet: www.lincolntown.org

Hours: Monday — 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

April 1 — Richard Pierson, MD: Healthy Aging: A New Science, A New Art

As more and more people live to their 90s and 100s, “healthy aging” has become both absolutely essential and more complex. Richard Pierson, MD, retired Professor of Medicine at Columbia University, will talk about how ideas of aging have changed over the millennia, how our body composition changes and affects our health as we age, and how this will affect society and our everyday lives.

April 8 — Evelyn Harris: The Art in Repetition

What can a composer do to “improve” the repetition? Come join Evelyn Harris as she explores some of the possibilities of doing just that!

April 22 — Mark Meehl: Establishing Your Own American Chestnut Tree Backyard Orchard, with Free Seedlings!

In this follow-up to last fall's program, Mark Meehl will show a short TEDTalk by Dr. William Powell, Professor and Director, SUNY College of Environmental Science and Forestry, who is one of the foremost researchers on reviving the American chestnut population. Mark will then answer questions about the program and give instructions on planting two or three tree backyard mother tree orchards. We need people to plant these mother tree orchards so they have a wild type tree to cross with the blight resistant tree when it is available. Mark has free seedlings for anyone who has space and at least six hours of full sunlight a day.

April 29 — Richard Boynton: Planet Earth

Earthquakes, volcanic explosions, tsunamis, solar storms – what is happening in our world? Although it seems that we have been beset with a rash of recent global disasters, in fact many of these have been occurring for eons, often more severely than now. Richard Boynton, former rocket scientist and president of an aerospace company, will give down-to-earth explanations of these natural phenomena. He will discuss plate tectonics, noting that 250 million years ago the Earth was a single land mass, and the 11 year cycle of sun storms, set to peak again in 2023.

Boynton will also produce irrefutable evidence of global warming. Richard Boynton is an engineer, a writer, a musician, and an artist.

Fireside Chat: Responding When Someone Feels Unwelcome

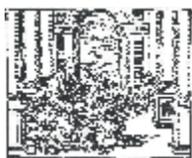
How do we respond when someone tells us they don't feel welcome in Lincoln or that they feel like others see them as outsiders, maybe even unwelcome outsiders? How do we cope with our own feelings when we hear this? Do we strive first to understand? Do we become defensive? How do we react? Are there ways to respond in terms of listening, responding or actions that would be more productive? Join us from **10 to 11:30 am on Saturday, April 20 in the Community Room at Lincoln Woods, 50 Wells Rd.**, for a friendly discussion facilitated by Sharon Antia. Remember to park in “unmarked” spaces.

LGBTQ & A: Answers to Your Questions about LGBTQ Issues

Has a family member or friend just come out? Are you wondering what that may mean for them and for you? Would you like to know what words like “nonbinary” mean or have other questions? Save **May 10 at 1:00 pm** to get answers to these and other questions when Julie Nowak of BayPath Elder Services comes to Bemis Hall.



Art, Music, Entertainment, Enjoyment!



Perspective in Drawing and Painting

Beginners and more experienced artists alike are invited to learn more about perspective in a special two-session class to be given by Lincoln artist Sarah Chester on **Tuesdays, April 23 and 30, from 10 am to 12 pm**. Sarah will discuss how our brains perceive distance in three dimensions and how artists convey that distance in two dimensions. You will produce a simple drawing or painting of a Lincoln scene using the principles of perspective. Materials will be provided. The cost is \$25 for both sessions. Call the COA to sign up.

Noticing Walks with John Calabria

Join us for a gently paced walk through nature guided by John Calabria on **April 2 from 1:00 to 2:30 pm at a location posted at lincolnconservation.org**. Bring walking sticks or walking poles if you like. Other walks will be held May 7 and June 4. If the weather is bad, call 781-259-9251 after 10 am the morning of the walk for an update. Co-sponsored by the COA and Lincoln Land Conservation Trust.



Memory Café for Elders with Dementia and Caregivers



The Commons in Lincoln, Right-at-Home In Home Care and Assistance, and the Lincoln Council on Aging invite those with dementia and their family, friends, and caregivers to the free Lincoln Memory Café on **Thursday, April 25 from 9:30 am to 11:00 am in the main building of The Commons in Lincoln**. This month, the Café presents Joel Light and Dan Moore in "Fill My Heart with Song." This musical program consists of animated show tunes and familiar songs. Joel and Dan bring a lighthearted show that leaves everyone smiling! The

goal of the Café is to offer an opportunity for elders and their care partners to spend relaxing fun and social time together. Each session features entertainment or activities, social time, and delicious refreshments. Future Cafés will be held on the fourth Thursday of each month from 9:30 am to 11:00 am at the Commons. It is helpful, but not required, to sign up by calling the Council on Aging at (781) 259-8811. For information, contact Amy Gagne of Right at Home In Home Care and Assistance at (781) 275-1400 or amy@rightathomecare.com.

When April Showers Come Your Way They Bring... the Lincoln Traditional Jazz Band...

to Bemis Hall! 🎷🎺🎻🎹🎸🎤 Come join your COA friends as we all play and sing those good ole tunes. 🎷🎺🎻🎹🎸🎤 So keep on lookin' for a bluebird and listening for his song . . . 'Till Daddy takes the T-Bird away! Oops, I mean err... 🚗🚗 Just grab your coat and grab your hat and come on down! 📅 **Friday, April 5, 12:30 – 1:30 pm.**

AT THE MOVIES

Tuesday, April 16, 2:15 pm. The Wife. The interwoven story of a couple's youthful passion and ambition with a portrait of a marriage, thirty-plus years later. 2018. R. 100 mins.

Tuesday, April 30, 2:00 pm. BlacKkKlansman. In the 1970s, Ron Stallworth, the first African-American detective in the Colorado Springs Police Department, bravely sets out to infiltrate and expose the Ku Klux Klan. He recruits a seasoned colleague, Flip Zimmerman, into the undercover investigation. 2018. R. 135 mins.

Do You Have Parkinson's and Like to Sing?

The Concord Conservatory of Music has formed a chorus for people with Parkinson's to participate in voice therapy while singing, performing, and experiencing the joy of making music. \$5 per rehearsal, which meets Wednesday mornings from 10:30 am to 12:00 pm. Family members and caregivers attend for free. For information, call the Conservatory at (978) 369-0010.

Would You Like to Participate in a COA activity but cannot afford the cost? Call the COA and ask to speak with Carolyn to find out more about our scholarship program.



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, April 16 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!

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 share tips and get help on **Monday, April 22 at 11:00 am at Bemis Hall.** This isn't a class, but rather a chance for people to teach each other.

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 **April 3.**

Chess Club! If you love chess, you are welcome to come to our new Chess Club which will meet **Thursday, April 11 at 10:00 am.** Come join others to play and share information, tips, and strategies.

LGBT-Focused Group 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 (April 19 at 10:00 am) at Bemis Hall.** Share your thoughts, ideas, and life experiences! Those from other towns welcome.

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. Not April 8 or 15.** 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 11:00 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 the drama *The Humans* by Stephen Karam, on **April 9 and 16 at 11:00 am.** Sally will bring copies.

Russian Conversation Group Come brush up on your Russian by speaking it with others on **April 3 and 17 at 1:00 pm.** Please come whether you are a native speaker, beginner, or in-between!

Conservation Breakfast Thursday, April 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, April 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, April 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 1:00 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 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15 Tai Chi 1 3:15 Tai Chi 2</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)</p>	<p>3</p> <p>10:00 Memoir Group 10:30 Declutter Group 11:00 Line Dancing 1:00 Tai Chi 1 1:00 Russian Conversation Group 2:15 Tai Chi 3</p>	<p>4</p> <p>9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>5</p> <p>10:00 German Conversation 12:30 Trad Jazz Band 1:00 Open Bridge 3:00 Women Rowing North</p>
<p>8</p> <p>9:30 French Conversation 12:30 Lincoln Academy 2:15 Tai Chi 1 3:00 Legal Clinic 3:15 Tai Chi 2 7:00 Acoustic Music (Lib)</p>	<p>9</p> <p>9:30 Knitting Drop-In 9:30 FCOA Meeting 10:00 Wellness Clinic (LW) 11:00 Playreading: The Humans 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 Tai Chi 1 2:15 Tai Chi 3 7:00 Jimmy Mazzy Jazz</p>	<p>11</p> <p>8:00 Conservation Bkfst (TBA) 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1 10:00 Faces of Sadness Group 10:00 Chess Club 10:15 Tai Chi 2 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 Healing Motion with Live Music! 1:00 Open Bridge 3:00 Women Rowing North</p>
<p>15</p> <p>COA CLOSED/ PATRIOT'S DAY</p> 	<p>16</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 11:00 Playreading: The Humans 11:30 Stretch and Flex 11:30 Senior Dining (St. Anne's) 1:00 Active Aging Fitness 2:15 Movie: The Wife</p>	<p>17</p> <p>9:00 Podiatry 10:00 Memoir Group 11:00 Line Dancing 1:00 Tai Chi 1 1:00 Russian Conversation Group 2:15 Tai Chi 3</p>	<p>18</p> <p>8:00 Men's Coffee 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1 9:15 Trip to Peabody Essex Leaves (Mall) 10:15 MA Veterans Benefits Overview 10:15 Tai Chi 2 11:30 Stretch and Flex</p>	<p>19</p> <p>10:00 German Conversation 10:00 LGBT Tea and Conversation 1:00 Open Bridge 3:00 Women Rowing North</p>
<p>SUNDAY 7</p> <p>1:00 Vernal Pool Walk (Mall)</p>				
<p>SATURDAY 13</p> <p>9:00 Library Book Sale 2:00 French History (Lib)</p>				

<p>1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>SATURDAY 20 10:00 Fireside Chat (LW) 1:00 Jazz Jam</p>	<p>25 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1 9:30 Memory Café (Commons) 10:15 Tai Chi 2 10:00 AARP Driving class 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:00 Ask a Pharmacist</p>	<p>24 11:00 Line Dancing 11:30 Edith Wharton and Ogden Codman Talk 1:00 Tai Chi 1 1:30 Edith Wharton and Ogden Codman House Tour (Codman) 2:15 Tai Chi 3</p>	<p>22 9:30 French Conversation 9:30 Piano Duets 11:00 Smartphone Meetup 12:30 Lincoln Academy 2:15 Tai Chi 1 3:15 Tai Chi 2</p>
<p>9:30 iPhones and iPads 11:00 TV Without Cable 1:00 Open Bridge 3:00 Women Rowing North</p>	<p>26</p>	<p>23 9:00 Collating 9:30 Knitting Drop-In 10:00 Perspective in Drawing and Painting 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Update with the Green Energy Committee</p>	<p>30 9:30 Knitting Drop-In 10:00 Perspective in Drawing and Painting 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:00 Movie: BlacKkKlansman</p>	<p>29 9:30 Piano Duets 12:30 Lincoln Academy 2:15 Tai Chi 1 3:15 Tai Chi 2</p>
<p>SUNDAY 28 7:30 Spring Birding (TBA) 2:00 Herman Melville</p>	<p>APRIL </p>	<p>25</p>	<p>30</p>	<p>29</p>
<p>LOCATIONS Codman: Codman Estate Commons: The Commons Lib: Library LLCT: 145 Lincoln Rd LW: Lincoln Woods Mall: Donelan's Lot St. Anne's: St. Anne's TBA: Location to be announced</p>	<p>26</p>	<p>23</p>	<p>30</p>	<p>29</p>

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<http://lincolntv.viebit.com>



FOR YOUR WELL BEING



Ask a Pharmacist Your Medication Questions

Would you like to know more about your medications and avoiding harmful interactions? What to do if you miss a dose? Is a generic ok? Come to **Bemis Hall on Thursday, April 25 from 2 to 3 pm** when Bob Moura, Director of the Pharmacy and Clinical Services at Emerson Hospital, will be here to have one-to-one consultations to answer your questions and concerns about your medications. Please call the COA to sign up for your 15-minute appointment.



Healing Motion for Life: Free Movement Class with Live Piano Music



Being in touch with the way our bodies move and working to keep our movements unrestricted and fluid helps bring health and clarity to every aspect of our lives. Come to **Bemis Hall on Friday, April 12 at 9:00 am** to experience free-flowing, expressive movement guided by movement educator and wellness program facilitator Susanne Liebich while Lincoln resident, pianist, composer, and music therapist Trevor Berens improvises on the piano. Sponsored by Deaconess Abundant Life Services and Newbury Court.

Women Rowing North: A New Group about Women Aging with Courage and Joy

Carol DiGianni, Lincoln resident and marriage and family therapist, invites you to join her in a new, free group that will meet for **8 Friday afternoons from 3 to 4 pm beginning April 5**. The group will explore the challenges of ageism, misogyny, and loss as well as the deep happiness and gratitude many older women experience, as described in Mary Pipher's book *Women Rowing North: Navigating Life's Currents and Flourishing as We Age*. You may benefit from reading the book before coming.

OPPORTUNITIES FOR EXERCISE

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

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

Tai Chi for Health, Rehabilitation and Wellness Sign up for April 1-June 14. **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!

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, April 9 from 10:00 am to noon**. The second clinic will be on **Tuesday, April 16 from 9:00 to 11:00 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, April 2** and **Wednesday, April 17 at 9:00 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

💡 **WHAT YOU NEED TO KNOW** 💡

AARP Smart Driving Course

Whether you have never gotten a ticket or you are concerned about your ability to drive safely, the AARP Smart Driving Course can help. This course, held on **Thursday, April 25, from 10:00 am to 3:00 pm at Bemis Hall**, will help you better understand updated technologies in new vehicles, give a refresher on rules of the road, and show you how to compensate for age-related changes in vision, hearing and response time. There is no test and no actual driving. Anyone who attends the entire session will receive a certificate that may reduce the cost of your insurance. The cost is \$15 for AARP members and \$20 for non-members. Bring a lunch! Please call the COA to sign up today.



Getting the Most Out of Your iPhone and iPad

Have an iPhone or iPad? Andy Payne will be here on **Friday, April 26 at 9:30 am** to give information on the operation and features of iPhones and iPads and answer questions. If you have tips, bring those, too!

Goodbye Cable! What You Need to Know about Internet-Based TV

More people are using internet-based tv instead of or in addition to cable. What is it? What does it cost? Can you watch your cable favorites on it? Come to **Bemis Hall on Friday, April 26 at 11:00 am** to hear Andy Payne talk about internet-based tv and answer your questions!

Massachusetts Veterans Benefits Overview

Join Lincoln's Veterans Services Officer Peter Harvell on **Thursday, April 18 at 10:15 am** for an overview of Massachusetts Veterans Benefits. Find out the definition of a Massachusetts veteran and learn about a variety of programs and benefits, including annuities, the property tax work-off program, and the Yellow Ribbon program to help with educational expenses. Whether you are interested for yourself or a family member, come on down!

Green Energy Committee: Ask Your Sustainability Questions, Hear Updates, and More!

Join members of Lincoln's Green Energy Committee on **Tuesday, April 23 at 2:15 pm at Bemis Hall**. Get answers to your questions on sustainability. Want to know more about Electric Vehicles, energy efficient heating and cooling, solar, community choice aggregation? Committee members will discuss the various initiatives and projects that they are involved in, what individuals can do to live more sustainably, and more! This is your chance to give your ideas as well as find out more about Green Energy-related topics. Bring questions and concerns!

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, April 8, from 3:00—4:00 pm at Bemis Hall**. 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 9:00 am to noon at Bemis Hall**. To avoid waiting, call ahead. Reach Peter 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 at Bemis Hall!** If you have a laptop or netbook, please bring it! Tutors are also available at other times.



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

Maria Project organizers include Home Ready Solutions; Steinkovitz Real Estate Professionals; Agronovich & Gerin Legal, LLC and Gentle Giant.



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GOINGS ON IN AND AROUND LINCOLN

Who's Hiding in Vernal Pools? April 7th, 1:00 pm. Meet at the end of the commuter lot at 145 Lincoln Road (The Mall at Lincoln Station). Sponsored by the LLCT. Vernal Pools are a critical habitat for salamanders, frogs, beetles, bugs, and more! Join us and see some of the amazing animals that live in this unique and endangered habitat. During this annual event co-hosted with the Walden Woods Project (WWP), Matt Burne, WWP Conservation Director and co-author of *A Field Guide to the Animals of Vernal Pools* will lead us from the Commuter Parking Lot onto conservation land to see the vernal pool. Free. All are welcome. Family-friendly.

Open Mike Acoustic Night Enjoy live music at the free Open Mike Acoustic program **Monday, April 8 from 7:00 to 10:00 pm at the Library** featuring Liz Simmons. Email: loma3re@gmail.com.

Jimmy Mazzy and the Last Minute Men Old Time New Orleans Jazz classics played as they should be! **Wednesday, April 10, 7:00 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, April 13 from 9:00 am to noon at Bemis Hall.**

Free Live Traditional Jazz Jams on **Saturday, April 20 from 1:00 pm – 5:00 pm at Bemis.** Come hear local musicians belting out old favorites which will set your feet a-tappin.' Free.

Spring Birding in Lincoln Sundays, **April 28, May 5, May 12, May 19, 7:30-9:30 am.** Learn to identify birds by sight and song. Dress for weather conditions, including wet grass and cool temperatures. Please bring binoculars if you have them! Leaders: at least two of the following local birding experts will lead each walk: Vin Durso, Nancy Hammond, Norman Levey, Gwyn Loud, Nancy Soulette. Free. All are welcome. Walks will not take place if it is raining. Call the LLCT's general line at 781-259-9251 after 6:00 am the morning of the walk for direction.

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