



NEWS FROM BEMIS HALL

Vol 10 Issue 7/8



July/August 2019

The Lincoln Council on Aging Monthly

Birds of Prey with Drumlin Farm



Birds of prey — they soar above us, majestic and wild. Come join us at **Bemis Hall on Tuesday, July 9 at 1 p.m.** when a Teacher Naturalist from Drumlin Farm brings their spectacular Birds of Prey program to the COA. Observe a live hawk and larger owls as you learn about behavioral and physical adaptations they use to hunt and catch prey. Investigate the role that birds of prey play within their ecosystems. Bring your questions and sense of wonder!

Summer Salad Lunch and Nutrition Tips from the Commons!

Summer is the perfect time to enjoy the bounty and nutrition of nature. Come to **Bemis Hall on Wednesday, August 7 at noon** for a delicious lunch of summer salads specially prepared by the chef at The Commons in Lincoln! Taste familiar salads made in innovative ways as well as new salads to try for the first time! Sadie Daniels, a Registered Dietician at the Commons in Lincoln, will discuss summer produce and how to make salads as healthy as possible, as well as answer your general nutrition questions. Please sign up by Wednesday, July 31 by calling the COA at (781) 259-8811.



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, July 25 from 10:30 a.m. to noon in the main building of The Commons in Lincoln.** Enjoy entertainment by Stradella, Tony D'Eramo, the strolling accordion player, delightful refreshments, and time for fun and socializing. Future Cafés will be held on the fourth Thursday of each month (but not in August) from 10:30 a.m to noon at the Commons. Contact Amy Gagne of Right at Home In Home Care and Assistance, (781) 275-1400 or amy@rightathomecare.com or the Council on Aging at (781) 259-8811 for more information.

Free Mental Health Clinics Now Available in Lincoln

Residents of all ages are invited to call Emily at (781) 259-8811 to schedule an appointment with a mental health counselor from Eliot Community Health Services at Lincoln Woods (50 Wells Road) on **July 8 and August 12 from 9:00 a.m. to 12:15 p.m.** Future clinics will be held the second Monday of each month during those same hours. The counselor is available for 45 minute appointments to discuss issues related to anxiety, depression, joblessness, loss, or any other part of life about which you need to talk and can also make referrals for ongoing treatment if you wish. **Sessions are FREE.** The Eliot Center may be able to bill insurance, but you are not responsible for any copays if you cannot afford them. The Lincoln COA and Eliot Community Health Services are extremely grateful to First Parish in Lincoln and St. Anne's in the Fields for their very generous funding of the clinics.

COA Summer Hours Between July 1 and August 30 the COA will be open 7:00 a.m. to 5:00 p.m. Monday to Thursday and will be closed Fridays.

Crane Estate and Woodman's for Lunch in October



Come with us on **Thursday, October 3rd** to the Crane Estate in Ipswich. We will take a docent led tour of Castle Hill, the elegant 59-room, Stuart-style mansion designed by architect David Adler in 1928. We will have time to see the Olmstead Gardens, the refurbished Rose Garden or walk to the beach on the grand promenade, if weather permits. Then we will head to the famous Woodman's for a seafood lunch, on your own. You must be able to ascend and descend the grand staircase and stand and walk unaided during the hour-long house tour. Cost is \$26, non-refundable, and lunch is not included. We will leave Donelan's parking lot at 9:45 a.m. sharp, and plan to return to Lincoln by 3:30 p.m. To reserve your 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. Your reservation is complete when your check is received. Questions? Contact Donna at 781-257-5050 or donna@ecacbed.com.

A Summer Cruise to the Isles of Shoals

Have you made your reservation to sail away with us on **July 25** to experience the fascinating sagas of the legendary New Hampshire & Maine seacoast? Remember that we will depart Donelan's parking lot at 9:45 a.m. and return about 6:30 p.m. The Isles of Shoals are an intriguing archipelago of nine islands steeped with history. On our three-hour cruise, accompanied by a local historian, we will see up close the workings of Portsmouth Harbor, a unique working port with tugboats, tankers, the nation's oldest active naval yard, the closed castle-like prison known as "the Alcatraz of the East," the quaint Olde Port waterfront, a famous grand resort hotel, historic forts, and lighthouses. On the way up to Portsmouth we will stop for lunch at Warren's Lobster House in Kittery, Maine. As the tour is mainly by ship, walking is minimal and steady sea legs are all that is required. The non-refundable cost of the trip is \$59, lunch included. The trip is full, so please call Donna Rizzo at (781) 257-5050 to be put on the waiting list. The deadline to reserve is July 5.

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 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, 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? 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 more at Bemis.

Veterans Services The Veterans' Services Officer (VSO) is an advocate for Lincoln's veterans and their dependents. The VSO can assist veterans with questions 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 a.m. to noon at Bemis Hall**. To avoid waiting, please call ahead. 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 a.m. to 4 p.m. Please call Lincoln Concord Coach at (781) 259-8722 at least three business days but not more than one 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 gratefully accepted.



Art, Music, Entertainment, Enjoyment!



Tom Gumbart's Favorite Nature Photos



The Lincoln Conservation Commission's own Tom Gumbart is a creative and skilled nature photographer, catching through his camera views of wildlife — plants, insects, and animals — that will amaze and amuse you! Come see some of Tom's favorite nature photos on **Monday, July 29th at 1:00 p.m. here at Bemis Hall.** You'll come away with a new appreciation for the natural world all around us!

Are You a Lincoln History Buff?

Do you know about the great Waterworks Controversy? Or what happened on June 17, 1844 that made it important in Lincoln history? If so, come compete in the Lincoln History Trivia Extravaganza on **Wednesday, July 17 at 1:00 p.m. at Bemis Hall.**



The questions will be written by Jack MacLean, who will also judge using his book *A Rich Harvest: The History, Buildings, and People of Lincoln*. You can compete or simply sit and watch! Prizes will be awarded!

Relax! End Your Week with Friends at a Musical Jazz Lunch!



Celebrate the end of the week by grabbing a table at Bemis while the Lincoln Traditional Jazz Band serenades you with familiar good old tunes. Bring old friends. Make new ones. Bring a bag lunch and, if you like, food purchased already prepared at the store to share. We provide beverages and dessert. The band will play on **Thursdays, July 11 and August 1 starting at noon.**

Sip and Paint a Masterpiece by the Numbers!



Come "sip and paint" with some non-alcoholic wine while you "paint by the numbers"! The first of four sessions will be on **Wednesday, July 3 at 10:00 a.m. at Bemis Hall.** We'll provide the paint-by-number kits. The class is almost full, but call the COA to sign up or be put on the waiting list.

Do You Like to Play Games But Have Impaired Vision?

Thanks to the Perkins Library, the COA is proud to offer a Games Afternoon featuring games specially created for those with vision impairments. Come on down to Bemis Hall to play Scrabble (2x Braille), Sudoku (1x Braille), Cribbage (1x Braille), checkers (2x Braille), and Monopoly (1x Braille and large print) on **Wednesday, August 28 at 1:00 p.m.** If you have some games at home you would like to bring in, that's fine, too!

Enjoy a BBQ Al Fresco Before the Concerts at the Codman Pool to Benefit Cops for Kids with Cancer



Parks and Recreation and the Police Department invite you to join them in the second year of a new tradition of having BBQ dinners for sale offered by the Police to benefit Cops for Kids with Cancer before each of the Parks and Rec summer concerts! The dinners begin at 5:00 p.m. and the concerts begin at 6:00 p.m. There is no admission charge to come for the dinner or the concert, and you may use the pool for the usual fee. The concert line-up for this year is: **Local Boys DADDA on June 26, The'Nay's on July 10, Knock on Wood on July 17, and Southbound Train on July 24.**

Come to Bemis to Get Out of the Heat!



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

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.



AT THE MOVIES



New Movies: Action, Drama, Romance!

Tuesday, July 23, 2:15 p.m. A Star Is Born. (2018) Seasoned musician Jackson Maine (Bradley Cooper) discovers—and falls in love with—struggling artist Ally (Lady Gaga). She has just about given up on her dream to make it big as a singer... until Jack coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jack fights an ongoing battle with his own internal demons. R. 136 mins.

Tuesday, August 6, 2:15 pm. What They Had. (2018) When her mother wanders into a snowstorm on Christmas Eve, Bridget responds to her brother's call for help by returning to her hometown, where the siblings face the unenviable task of persuading their dad to put Mom in a care home. R. 101 mins.

Tuesday, August 13, 2:15 p.m. Mission Impossible: Fall Out. (2018) Überspy Ethan Hunt and his fearless cohorts on the Impossible Missions Force are tested as never before — physically and mentally — in this stunt-heavy installment of the action-thriller series. PG-13. 147 mins.

Broaden Your Horizons with Documentaries



Tuesday, August 20, 2:15 p.m. Apollo 11. (2019) Crafted from a newly discovered trove of 65mm footage, and more than 11,000 hours of uncatalogued audio recordings, Apollo 11 takes us straight to the heart of NASA's most celebrated mission—the one that first put men on the moon, and forever made Neil Armstrong and Buzz Aldrin into household names. Immersed in the perspectives of the astronauts, the team in Mission Control, and the millions of spectators on the ground, we vividly experience those momentous days and hours in 1969 when humankind took a giant leap into the future. G. 93 mins.

Tuesday, August 27, 2:15 p.m. Before the Flood. (2016) Global climate change is examined from multiple perspectives in this illuminating documentary chronicling actor Leonardo DiCaprio's crusade to increase awareness of the potentially catastrophic effects of the environmental changes already under way. PG. 93 mins.



Relive the Joy of Your Favorite Classics!

Wednesday, July 3, 2:15 p.m. Casablanca. (1942). In this Oscar-winning classic, American expat Rick Blaine (Humphrey Bogart) plays host to gamblers, thieves and refugees at his Moroccan nightclub during World War II ... but he never expected Ilsa (Ingrid Bergman) — the woman who broke his heart — to walk through that door. Ilsa hopes that with Rick's help, she and her fugitive husband (Paul Henreid) can escape to America. But the spark that brought the lovers together still burns brightly. PG. 102 min.

Tuesday, July 16, 2:15 p.m. Singin' in the Rain. (1952) Gene Kelly, Debbie Reynolds and Donald O'Connor combine their talents in one of the greatest big-screen musicals ever made, a two-time Oscar nominee that includes the songs "Good Morning," "Make 'Em Laugh" and the iconic title tune. When Hollywood attempts the transition from silent films to talkies, a matinee idol (Kelly) hopes to make the cut. But he's hampered by a silent-movie queen (Jean Hagen) with a voice like fingernails on a blackboard. G. 103 mins.

Tuesday, July 30, 2:15 p.m. Stan and Ollie. (2018) In this fictionalized account starring actors portraying Stan Laurel and Oliver Hardy, Hollywood's premier comedy team begins a 1953 farewell tour of England and Ireland, reminding audiences — and themselves — of the magic of their partnership. PG. 97 mins.



SPEND TIME WITH OTHERS



Are You Dealing with Change? This New Group May Be For You



As we age we deal with a multitude of different changes. It may be grieving the death of a spouse, partner, or dear friend. It may be coping with a chronic or terminal illness, or a change in our own physical capacities. We may be wrestling with decisions about whether to remain in our homes or move to an apartment, retirement community, or assisted living facility. It is often useful for people to have an opportunity to share their feelings and their challenges in a supportive group environment. Claire Gerstein, LICSW will be starting a new group on Thursday mornings from **11:45 am to 1:15 pm on July 11, 18, 25, and August 1 at Bemis Hall.** No need to sign up!

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 a.m. at Bemis Hall.** \$10 per class.

Play Piano Duets with Evelyn Harris each **Monday at 9:30 a.m.** She brings books for all levels.

German Conversation Enjoy speaking German on **the first, third, and fifth Mondays at 10:00 a.m.**

Spanish Conversation Enjoy Spanish conversation **first and third Mondays at 11 a.m. here at Bemis Hall.**

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 **Mondays, July 22 and August 26 at 11:00 a.m. at Bemis Hall.**

Knitters Drop-In All knitters are welcome to come **Tuesdays from 9:30 to 11:00 a.m.** Come get help, give help, share projects, get new ideas, or just enjoy the conversation. The group is always changing.

Simplify & Declutter Simplify and organize your life with some help from a decluttering group. Come on the first Wednesday of the month at 10:30 a.m. to Bemis Hall. In the summer, the group will meet on **August 7.**

Russian Conversation Group Come brush up on your Russian by speaking it with others on **July 3 and 17 and August 7 and 21 at 1:00 p.m.** Please come whether you are a native speaker, beginner, or in-between!

Lincoln Men's Coffee **Thursdays, July 18 and August 15 at 8:00 a.m.** Bagels, cream cheese, and lox, doughnuts, coffee and camaraderie—a great chance to catch up with buddies and make new friends.

Chess Club! If you love chess, you are welcome to come to our new Chess Club which will meet **Thursdays, July 11 and August 8 at 10:00 a.m.** Come join others to play and share information, tips, and strategies.

New LGBT-Focused Group for Older Adults to Share Tea and Conversation Enjoy tea and conversation at a new LGBT-focused group to be held **Wednesdays, July 24 and August 28 at 11:00 a.m. at Bemis Hall.** **Note new day for July and August only.** Come share your thoughts, ideas, and life experiences!

Play Open Bridge each **Thursday at 1:00 p.m. 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.

Farmer's Market Coupon Program

Anyone 60 and over whose income is below about \$22,400 for a single person or \$31,300 for a couple may be eligible for the Farmer's Market Coupon Program. The program provides free coupons worth \$25 that can be redeemed at some local farmer's markets. A limited number of coupons will be given to eligible seniors on a first come, first served basis from **9:30 a.m. to 12:30 p.m. at Bemis Hall or 1:00 to 3:00 p.m. at the Lincoln Woods Community Room, 50 Wells Road, on Monday, July 29.** For more information, call Emily at (781) 259-8811.

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

Summer Hours: Monday-Thurs, 7:00 a.m to 5:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:30 Piano Duets 10:00 German Conversation 11:00 Spanish Conversation	9:00 Podiatry 9:30 Knitters Drop-In 11:30 Stretch and Flex 12:00 Podiatry 1:00 Active Aging	10:00 Sip and Paint 11:00 Line Dancing 1:00 Russian Conversation 2:15 Movie: Casablanca	COA CLOSED/ INDEPENDENCE DAY Various events around town	COA CLOSED/ SUMMER HOURS
8	9	10	11	12
9:00 Mental Health Clinic (LW) 9:30 Piano Duets 9:30 French Conversation 1:00 Selectmen's Listening Session 3:00 Legal Clinic	9:30 Knitters 9:30 Tai Chi (PP) 10:00 Wellness (LW) 10:30 Tai Chi (PP) 11:30 Stretch and Flex 1:00 Birds of Prey 1:00 Active Aging	10:00 Sip and Paint 11:00 Line Dancing 1:00 Tick-Borne Dis 5:00 BBQ Dinner (Codman) 6:00 PRD Concert (Codman) 7:30 Jim Mazzy Jazz	9:00 Veterans Off Hrs. 10:00 Chess Club 11:30 Stretch and Flex 11:45 Change Group 12:00 Trad Jazz 1:00 Active Aging 1:00 Open Bridge 1:30 Computer Drop-In	COA CLOSED/ SUMMER HOURS
15	16	17	18	19
9:30 Piano Duets 10:00 German Conversation 11:00 Spanish Conversation 1:00 Coffee with Tim Higgins, Town Administrator	9:00 Wellness Clinic 9:30 Knitters 9:30 Tai Chi (PP) 10:30 Tai Chi (PP) 11:30 Stretch and Flex 1:00 Active Aging 2:15 Movie: Singin' In the Rain	9:00 Podiatry 10:00 Sip and Paint 11:00 Line Dancing 1:00 Russian Conv 1:00 Linc Hist Quiz 5:00 BBQ Dinner (Codman) 6:00 PRD Concert (Codman)	8:00 Men's Coffee 9:00 Veterans Off Hrs 10:15 Aid in Attendance Veterans Program 11:30 Stretch and Flex 11:45 Change Group 1:00 Active Aging 1:00 Open Bridge 1:30 Computer Drop-In	COA CLOSED/ SUMMER HOURS
22	23	24	25	26
9:30 French Conversation 9:30 Piano Duets 11:00 SmartPhone Meet-Up	9:30 Knitters Drop-In 9:30 Tai Chi (PP) 10:30 Tai Chi (PP) 11:30 Stretch Flex 1:00 Active Aging 2:15 Movie: A Star Is Born	10:00 Sip and Paint 11:00 LGBT Tea and Conversation 11:00 Line Dancing 5:00 BBQ Dinner (Codman) 6:00 PRD Concert (Codman)	9:00 Vets Office Hours 9:45 Shoals Trip (Mall) 10:30 Memory Café (Commons) 11:30 Stretch and Flex 11:45 Change Group 1:00 Active Aging 1:00 Open Bridge 1:30 Computer Drop-In	COA CLOSED/ SUMMER HOURS
29	30	31	JULY	LOCATIONS
9:30 Piano Duets 9:30 Fmer's Mkt Cpn 10:00 German Conversation 1:00 Tom Gumbart's Nature Photos 1:00 Fmer's Mkt Cpn (LW)	9:30 Knitters Drop-In 9:30 Tai Chi in the Park (PP) 10:30 Tai Chi in the Park (PP) 11:30 Stretch & Flex 1:00 Active Aging 2:15 Movie: Stan and Ollie	11:00 Line Dancing 1:00 Ask the Fire Dept.		Commons: Commons in Lincoln Codman: Codman Pool on Ballfield Road LW: Lincoln Woods Mall: Parking Lot by Donelan's PP: Pierce Park

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SPREAD THE WORD

A Thriving, Vibrant Community Matters



SUPPORT OUR ADVERTISERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 	<u>LOCATIONS</u> LW: Lincoln Woods		1 9:00 Veterans Office Hours 11:30 Stretch and Flex 12:00 Trad Jazz 1:00 Active Aging 1:00 Open Bridge 1:30 Computer Drop-In	2 COA CLOSED/ SUMMER HOURS
5 9:30 Piano Duets 10:00 German Conversation 11:00 Spanish Conversation 1:00 Selectmen's Listening Session	6 9:00 Podiatry 9:30 Knitters Drop-In 9:30 Tai Chi(PP) 10:30 Tai Chi (PP) 11:30 Stretch & Flex 12:00 Podiatry 1:00 Active Aging 2:15 Movie: What Had	7 10:00 Beg Meditation 10:30 Declutter Group 11:00 Line Dancing 11:45 Change Group 12:00 Summer Salads 1:00 Russian Conv 7:30 Jim Mazzy Jazz	8 9:00 Veterans Office Hours 10:00 Chess Club 11:30 Stretch and Flex 1:00 Active Aging 1:00 Open Bridge 1:30 Computer Drop-In	9 COA CLOSED/ SUMMER HOURS
12 9:00 Mental Health Clinic (LW) 9:30 French Conversation 9:30 Piano Duets 1:00 Legal Clinic	13 9:30 Knitters Drop-In 10:00 Wellness Clinic (LW) 2:15 Movie: Mission Impossible	14 10:00 Beginning Meditation 11:00 Line Dancing	15 8:00 Men's Coff 9:00 Veterans Office Hours 10:15 Benefits for Veterans' Survivors 1:00 Open Bridge 1:30 Computer Drop-In	16 COA CLOSED/ SUMMER HOURS
19 9:30 Piano Duets 10:00 German Conversation 11:00 Spanish Conversation	20 9:00 Wellness Clinic 9:30 Knitters Drop-In 2:15 Movie: Apollo 11	21 9:00 Podiatry 10:00 Beginning Meditation 11:00 Line Dancing 1:00 Russian Conversation	22 9:00 Veterans Office Hours 1:00 Open Bridge 1:30 Computer Drop-In	23 COA CLOSED/ SUMMER HOURS
26 9:30 French Conversation 9:30 Piano Duets 11:00 SmartPhone Meet-Up	27 9:00 Collating 9:30 Knitters Drop-In 11:30 Stretch and Flex 1:00 Active Aging 2:15 Movie: Before the Flood	28 11:00 LGBT Tea and Conversation 11:00 Line Dancing 1:00 Accessible Games Afternoon	29 9:00 Veterans Office Hours 11:30 Stretch and Flex 1:00 Active Aging 1:00 Open Bridge 1:30 Computer Drop-In	30 COACLOSED/ SUMMER HOURS

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<http://lincolntv.viebit.com>

THIS SPACE IS
AVAILABLE

Call LPi at
1.800.477.4574
 for more
 information.



FOR YOUR WELL BEING



Get the Latest Updates on Tick-Borne Diseases



Get the latest information on ticks, how to prevent tick borne diseases, and what to do if you have a tick bite when Lincoln's Public Health Nurse, Tricia McGean, RN, comes to **Bemis Hall on Wednesday, July 10, at 1:00 p.m.** She

will discuss the appearance and life cycle of ticks, habitats and activity seasons of ticks, risky times to be bitten and risky activities, tick borne diseases and their symptoms, how tick borne diseases are diagnosed and treated, personal protection — how to do tick checks, safely remove ticks, and safely repel ticks, and personal advocacy with your doctors. This program will be of interest and is open to all ages. Bring questions and concerns.

Free Beginning Meditation

Come one and all to free Beginners Meditation sessions to be held **August 7, 14, and 21 at 10:00 a.m. for a half-hour at Bemis Hall.** Please join us if you're wondering what others find in meditating. Meditation opens the channels of our natural states of peace, joy, health, and aids in decreasing the negative effects of aging. Experienced meditation teacher Lynne LaSpina will begin each session with a few minutes of stretching muscles to relax, and breathing exercises to help focus before meditating for about 10 minutes. Lynne will offer walking meditation for those who find it difficult to sit quietly for 10 minutes. For more information, call Lynne at 908-892-2408 or llas902551@aol.com.



Tai Chi in Pierce Park and Fall Tai Chi Classes!

Sign up now for Tai Chi in the Park, which will meet Tuesday mornings at **9:30 a.m. with Tai Chi Form practice at 10:30 a.m. at Pierce Park from July 9 to August 6** at a cost of \$5 per day. Bring a water bottle, lawn chair and a hat! In bad weather, we will meet under the tent. We may use the Pierce House restroom. The fall Tai Chi session will begin September 16 and finish the week of December 9. Beginners may sign up now for Mondays, 2:15-3:15, Wednesdays, 1-2 pm, and Thursdays, 9:15-10:15. The cost is \$60 for 1 hr/wk, \$80 for 2 hrs/wk, \$100 for 3 hrs/wk and \$120 for 4 hrs/wk. Continuing students need not sign up. For info, contact Jane Moss (781) 259-9822 or mindbodyjm@comcast.net.

OPPORTUNITIES FOR EXERCISE

Stretch and Flex For all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both provided by the COA). No floor work. **Tuesdays and Thursdays, 11:30 am;** \$3 per class; no need to sign up. Taught by Terri Zaborowski. No classes August 13, 15, 20 or 22

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, 1:00 pm;** \$3 per class; no need to sign up. Taught by Terri Zaborowski (AFAA certified group fitness instructor). No classes August 13, 15, 20 or 22

Line Dancing Enjoy the fun and fitness of line dancing **Wednesdays at 11:00 am** with Katrina Rotondi. \$3 payable the day of the class. No sign up needed!

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

Wellness and Podiatry Clinics

Come to our wellness clinics for blood pressure, information and advice about nutrition and fitness, medication management, and more. Clinics will be held **July 9 and August 13 from 10 to noon at Lincoln Woods** and **Tuesday, July 16 and August 20 from 9 to 11 a.m. at Bemis Hall.** Services provided by Emerson Hospital Home Care. Podiatry clinics will be **July 2 and August 6 at 9 a.m. and 12 noon and July 17 and August 21 at 9 a.m. at Bemis Hall** by appointment. Call the COA for an appointment. \$10 donation requested. Clinics funded by the Town of Lincoln, Friends of Lincoln COA, and the Pierce House.



WHAT YOU NEED TO KNOW



Ask the Fire Department: Fire Prevention, Fall Prevention, CPR and AEDs, Storm Preparedness and More!

Do you have a question or idea about fire prevention or smoke detectors, fall prevention, CPR or AEDs, ambulance and EMT services, being prepared for storms and other disasters, or anything else related to the Fire Department? Come on down to **Bemis Hall on Wednesday, July 31 at 1:00 p.m.** when Ben Juhola of the Fire Department will be here to answer questions and discuss any concerns.



You've Been Selected...



To drop by and visit with a member of the Board of Selectmen. Bring your ideas, feedback, questions, or favorite Lincoln anecdote. Whether you stop by for a minute or an hour, we hope to see you between **1:00 and 2:00 pm on Mondays, July 8 and August 5.**

Coffee with Tim Higgins, Your Town Administrator

Do you have a question, concern or idea about Town government? Come to **Bemis Hall on Monday, July 15 at 1:00 pm** for coffee with Tim Higgins, Lincoln's Town Administrator. Discuss important issues affecting our Town in a friendly, informal atmosphere!

Aid and Attendance Veterans Benefit for In-Home Care

If you are a veteran or spouse who needs in-home care or you know someone who is, please come to **Bemis Hall on Thursday, July 18 at 10:15 am** when Lincoln's Veterans Services Officer, Peter Harvell, will explain the Aid and Attendance Veterans Benefit. These benefits will pay for in-home care, such as that provided by visiting nurses, so that veterans and spouses can age in place. Bring your questions and concerns!

Cash Benefit for Families of Some Deceased Veterans

Surviving spouses of Veterans who died from their service-connected disabilities may be eligible for the Dependency and Indemnity Compensation (DIC), a tax-free monetary benefit, and many other Commonwealth benefits. Come find out more at a presentation by Lincoln's Veterans Services Officer, Peter Harvell, on **Thursday, August 15 at 10:15 am at Bemis Hall.** Parents who were financially dependent on a Service member or Veteran who died from a service-related cause may also be eligible for the Parents DIC.



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 **Mondays, July 8 and August 12, from 3:00 to 4:00 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 many other benefits. Lincoln's Veterans Services Officer, Peter Harvell, will have regular office hours each **Thursday from 9:00 a.m. to noon at Bemis Hall.** To avoid waiting, call ahead. Reach Peter by email at Lincolnveterans@lincolntown.org.

Free Computer and Digital Camera Tutoring

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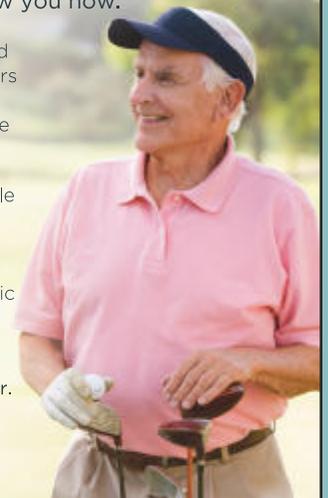
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GOINGS ON IN AND AROUND LINCOLN

Friends of the Library Book Sale Come pick up a good read and help raise funds for the Library at the Friends of the Library Book Sale on **Saturday, July 13 from 9 a.m. to noon at Bemis Hall.**

Free Live Traditional Jazz Jam on **Saturday, July 20 at Bemis Hall, 1:00 p.m.** Come hear local musicians belting out old favorites which will set your feet a-tappin' and your hands a-clappin'! Free.

Trad Jazz on a Summer's Day Come see Jimmy Mazzy and the Last Minute Men doing your favorite old time traditional jazz on **Wednesdays, July 10 and August 7, 7:30 to 10 pm, Bemis Hall.** Free.

Independence Day Events



July 4th is right around the corner so make plans to enjoy all our community has to offer! Our Annual Road Race begins at 8:30 a.m. sharp in front of Town Hall, followed by a children's bike parade at 10:00 a.m. and a reading of the Declaration of Independence at 10:30 a.m. **The main event, our July 4th Parade, begins at 10:40 a.m.!** Featuring floats from organizations town-wide, the parade leaves Ballfield Road, heads to the public library and back, so come and cheer! Immediately following the parade is a BBQ provided by the Lincoln Boy Scouts on the Pierce House lawn, followed by an afternoon of free swimming at the Codman Pool. **Our Concert, Barbeque and Fireworks event begins at 7:00 p.m. at the Codman Pool.** Parking is available in the Ballfield Road Campus for \$20/car. Enjoy Wildfire BBQ and ice cream novelties! Food is served at 6:30 p.m. and our concert featuring JP and Friends starts at 7:00 p.m. Fireworks begin at approximately 9:15 p.m.. Concert and fireworks will be held in light rain, but in case of extreme weather, check www.Lincolnrec.com for updates. Rain date is July 5th. **All bags and coolers are subject to search!**

Parks and Recreation Summer Concerts

Concerts begin at 6:00 p.m. at the Codman Pool on Ballfield Road. Concerts may be rescheduled due to rain. Check event status at www.LincolnRec.com. Concerts are free while pool admission during the show is \$5/person. See Local Boys DADDA on **June 26, The'Nay's on July 10, Knock on Wood on July 17, and South-bound Train on July 24.** For info on BBQ dinners for sale to benefit Cops for Kids with Cancer, see page 3!

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