



# NEWS FROM BEMIS HALL

Vol 10 Issue 9



September 2019



## The Lincoln Council on Aging Monthly

### Pianist Wanda Paik in a Noontime Concert



Wanda Paik will present a solo piano performance on **Friday, September 27 at 12:00 noon at Bemis Hall**. Admission is free; refreshments will be served. The program will include music by Chopin, Liszt, Debussy, and Rachmaninoff. Wanda Paik has appeared with the Boston Pops with Arthur Fiedler and Erich Kunzel, and also with Harry Ellis Dickson and Max Hobart, among others. She has given solo piano recitals at the National Gallery in Washington, D.C., the Fogg Museum at Harvard University, and at many colleges and universities throughout the country. Ms. Paik has performed at the American Embassies in Brazil and Trinidad as well as at Yonsei University in Seoul, Korea. Ms. Paik has served as president of the New England Piano Teachers' Association (NEPTA) and board member of the Concord Area Music School Association (CAMSA). She is a retired music faculty member of Regis College in Weston, MA. She has recorded two CD's: Piano Perennials and Romantic Classics. She is a graduate of Northwestern University, continuing her studies coaching with Adele Marcus, Menachem Pressler, Theodore Lettvin, and Anthony diBonaventura.

### Painters and Personalities at the Codman Estate

Historic New England and the Lincoln Council on Aging are pleased to present a special talk and tour, *Portraits and Personalities: The Codman Portrait Collection*, at the **Codman Estate, 34 Codman Road, on Saturday, September 28 from 10:00 to 11:00 am**. From high-end works by John Singleton Copley and Gilbert Stuart, to others by once-famous artists, to humble family snapshots, the Codman portrait collection extends over 200 years of changing styles. Hear the real stories of the people behind these pictures, both the subjects and the artists. Lincoln residents free of charge. \$15 Historic New England members, \$20 nonmembers. All are required to register. Call (617) 994-6690 or register online at [www.historicnewengland.org](http://www.historicnewengland.org). 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.



### 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, September 26 from 10:30 a.m. to noon in the main building of The Commons in Lincoln**. The Memory Café offers the opportunity for older adults with memory impairment and those who care for them to spend some fun, social time together. Enjoy delicious refreshments and entertainment by pianist Jerry Hurley who will play some of your favorite oldies as well as new songs. The Memory Café is held each fourth Thursday of the month from 10:30 am to noon at The Commons in Lincoln (except in November and December when it will be the third Thursday due to holidays). Call Elizabeth Kaupp of Right at Home at (781) 275-1400 or the COA at (781) 259-8811 for more information.

### The Fireside Chat: Welcome to Lincoln for Newcomers!

Come to the "Welcome to Lincoln" Fireside Chat, **Friday, September 13, 10:00 to 11:30 a.m., Bemis Hall**. Are you a newcomer to Lincoln? Are you curious about Lincoln's Town Meeting, LincolnTalk, the Lincoln Squirrel, extensive hiking trails, the active volunteer scene and much more? Come join Sarah Cannon Holden, Lincoln's Town Moderator, Sharon Antia, the Founder of Lincoln's Fireside Chats, and Barbara Slayter, member of the Lincoln Scholarship Committee, and others, to get acquainted with the opportunities, specialties, and idiosyncrasies of this town you now call home.





## ENJOY A DAY OUT WITH THE COA!



### Edward M. Kennedy Institute of the Senate



Join us on **Wednesday, November 20<sup>th</sup>**, for a trip to the Edward M. Kennedy Institute of the Senate and lunch at the famous Doyle's in Jamaica Plain. We will take an air conditioned air ride bus, leaving the Donelan's parking lot at 9:00 am, and returning around 4:00 pm. We will have a private tour of the Institute, time to explore, and then will join a group of high school students in the "Senate Chamber" to participate in the debate of the day. Then we will go to Doyle's, the famous Irish pub, covered with murals and photos of any and every politician worth their salt. They all knew that a trip to Doyle's is critical to a campaign! This trip is rated moderate for physical ability, as there will be a walking tour and some stairs involved. The cost of the trip is \$28, which covers the bus and admission to the Institute. Lunch is off the regular menu and is on your own. Space is limited and trips fill up fast. To reserve a space, send a non-refundable check made out to FLCOA/Trips to Virginia O'Brien, 4 Linway Rd., Lincoln, MA 01773. Be sure to include your phone number and email address. Your reservation is complete when your check is received. Any questions, call Virginia (Ginny) at (781) 259-0421, or email her at vobrien39@yahoo.com.

### Crane Estate and Woodman's for Lunch

Are you on the list for the **Thursday, October 3<sup>rd</sup> trip** to the Crane Estate in Ipswich? Please remember that we will leave Donelan's parking lot at 9:45 am sharp, and plan to return to Lincoln by 3:30 pm. 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. If you do not have a reservation but would like to go, please contact Donna at (781) 257-5050 or donna@ecached.com to be placed on the wait list.

**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 AND OTHER 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 the Fire Department?** Call Ben Juhola of the Fire Department at (781) 259-8113.

**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 am to noon at Bemis Hall**. To avoid waiting, please call ahead. Peter can also be reached by email at [Lincolnveterans@lincolntown.org](mailto: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 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 are gratefully accepted.



## 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

#### September 9—Richard Boynton: Global Warming and Climate Change

How can the earth be warming when Boston has had one of the biggest snowfalls in recent history? Besides, who cares if the earth warms by 4 degrees in 100 years? The answer is that starvation could occur in vast sections of the earth, other parts of the earth including Florida and New York City could be under water, and the Gulf Stream could stop flowing, plunging Europe into an ice age, all because of a two thousandth of a degree average increase in global temperature per week. The earth is in a precarious balance. If the permafrost in the Arctic Circle melts and releases its methane (a greenhouse gas that is 30 times more potent than carbon dioxide), we are in danger of causing a runaway situation that is irreversible. In his lecture, Mr. Boynton, a former rocket scientist, will separate fact from oil company propaganda. This could be the most important issue affecting mankind today. Every day we delay in dealing with it could bring us closer to the extinction of half of the species on earth, including the ultimate demise of the human race.

#### September 16 — Jennifer Burney: Update on South Lincoln Initiatives

Jennifer Burney, Director of Planning and Land Use, will provide an overview of the initiatives going on at South Lincoln Village District (Lincoln Station) to create a vibrant and pedestrian-friendly village center by encouraging a mix of residential and non-residential uses, promote an active and connected pedestrian environment, promote innovative approaches to parking, and provide housing choices for households of all incomes, ages, and sizes.

#### September 23 — Ron McAdow and Betsy Stokey: Tanzania Safari, and a Visit to Zanzibar

If you enjoy travel slideshows and seeing African animals, come to Ron and Betsy's presentation about Tanzania. They will show photos of the amazing landscapes in Ngorongoro Caldera, wonderful birds and animals, the Masai and other indigenous peoples, and the exotic seaside destination of Zanzibar.



#### September 30 — Lawrence Buell: Herman Melville at 200: The Man, the Books, and the Legends, with a Special Look at the Afterlives of *Moby-Dick*

### How To Decide What To Do with Retirement's Freedom

What do you want to do with retirement's freedom? Join Lincolnite Jean Risley in a free course of practical strategies to uncover your own values, plan retirement's stages, identify goals, create helpful habits, balance your days and weeks, celebrate accomplishments, and build in flexibility. It will be held on **nine Wednesdays at 10 starting with an overview on September 11**. Jean is a retired "techie," businessperson, and minister sharing her experiences for making retirement purposeful and grounded in our own choices. Please sign up so we have enough materials!



### Can You Help Us Brainstorm LGBT Programming?



The Lincoln COA, Minuteman Senior Services and the LGBT Aging Project at Fenway Health are exploring potential LGBT programs to be offered in the future – **and we want your ideas!** All are invited to a pizza dinner to brainstorm what we may offer and other issues to be held from **5:30 to 7:00 pm on Wednesday, September 18 at Bemis Hall.**



## Art, Music, Entertainment, Enjoyment!



### Bernadette Quirk: An Immersion Trip to a Home for Children in the Dominican Republic in Pastels and Photos



Come experience the recent St Julia Immersion Trip to the Nuestros Pequeños Hermanos (NPH) Casa in the Dominican Republic in June, 2019 through pastel paintings and photos by Bernadette Quirk. You can learn more about the NPH Casa Santa Maria as well as hear stories of Bernadette's time there working with children at an Artist's Coffee on **Thursday, September 19 at 2:30 pm**. Bernadette's exhibit will be up through October. On October 28 at 12:30, come to Bemis to hear Colm McGarry, St. Julia's Pastoral and Youth Minister, talk more about the NPH/St. Julia Partnership and the trip.

### Yard Sale/Yankee Swap Bingo!



Bingo is making a comeback with the younger set and now you can enjoy it, too! Join Tricia McGean on **Wednesday, September 11 at 1 pm at Bemis** for a game of Bingo! There is no fee and no cash prizes, but everyone is encouraged to bring in some small item that you might put out at a yard sale or Yankee Swap and all the winners will get to choose one to take home!

### Musical Jazz Lunch!

Celebrate fall by grabbing a table at Bemis while the Lincoln Traditional Jazz Band serenades you with 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 **Friday, September 6 starting at noon**.



### Noticing Walks with John Calabria



Join us for gently paced walks through nature guided by John Calabria on **September 3 from 1:00 to 2:30 pm at a location posted at [lincolnconservation.org](http://lincolnconservation.org)**. Bring walking sticks or walking poles if you like. Other walks will be held October 1 and November 5. If the weather is bad, call (781) 259-9251 after 10:00 am the morning of the walk for an update. Co-sponsored by the COA and Lincoln Land Conservation Trust.

### Join the Memoir Group

If you are interested in writing a memoir or just curious about what goes on in the memoir group, please come to the first fall meeting of the Memoir Group on **Wednesday, September 11 from 10 am to noon** and find out what we do. If you like what you hear and you want to continue, the cost of the eight-week term is \$75. The dates for the term are Sept. 11 and 25; Oct. 9 and 23; Nov. 6 and 20; and Dec. 4 and 18. If you want more information, call Connie Lewis (781) 259-9415 or email her at [conlewis1000@gmail.com](mailto:conlewis1000@gmail.com).

### New Sewing Group!

Do you love to sew and would like to share tips, show off projects, and chat? Come to the first meeting of the COA Sewing Club on **Wednesday, September 25 from 3:00 to 4:00 pm**. If you cannot meet on September 25 but would like to be part of the group, just let Carolyn know when would be better for you.

**SAVE THE DATE! Watercolors with Jane Cooper!** First session: October 4, 7, 11, and 18, Second session: October 21, 25, 28, and November 1, 9 to 11 am. \$30, materials included. Sign up now!

## AT THE MOVIES

**Thursday, September 5, 2:15 pm. Shoplifters (2018).** Misfortune tests dysfunctional Tokyo grifters united by loyalty and their quietly radical belief that love—not blood—defines a family. R. 121 mins.

**Tuesday, September 24, 2:15 pm. Amazing Grace (2018).** This documentary takes viewers back 40 years when Aretha Franklin delivered two spellbinding nights of gospel music at a church in Los Angeles. G. 120 mins.

**Monday, September 30, 10:00 am. Maria by Callas (2018).** Through private letters, unpublished memoirs, performances and TV interviews, this film tells the life story of the legendary opera singer. PG. 119 mins.



## SPEND TIME WITH OTHERS



### Enjoy a Gourmet Lunch with the Fire Department!



Lincolnites 60 and older are invited to enjoy a delicious gourmet lunch with friends new and old at **11:30 on Tuesday, September 17 at St. Anne's Church**. *Our special guests will be Brian Young, Interim Fire Chief, Ben Juhola, and others from the Fire Department! Come get to know them and ask questions!* 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 lunch is \$5 per person. 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.

### 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 the **first and third Mondays at 11 am at Bemis Hall**.

**SmartPhone Meet Up!** Do you have a smart phone that you would like to be more proficient using? Or, can you give smart phone pointers? Come share tips and get help on **Monday, September 23 at 11:00 am at Bemis Hall**. This is not a class, but rather a chance for people to teach each other.

**Knitters Drop-In** All knitters are welcome to come **Tuesdays from 9:30 to 11 am**. Come to 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 classic *A Raisin in the Sun* by Lorraine Hansberry about the challenges facing an African American family in 1950s Chicago on **September 10 and 17 at 11 am**. Sally will bring copies.

**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 **September 4 at 10:30 am**.

**Russian Conversation Group** Come brush up on your Russian by speaking it with others on Wednesdays **September 4 and 18 at 1 pm**. All are welcome whether you are a native speaker, beginner, or in-between!

**Conservation Breakfast** **Thursday, September 12 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, September 19 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.

**Chess Club!** If you love chess, you are welcome to come to our new Chess Club which will meet **Thursday, September 12 at 10 am**. Come join others to play and share information, tips, and strategies.

**Ukulele and Sing-Along Group** meets on **Thursday, September 12 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!

**LGBT Group to Share Tea and Conversation** All are invited to enjoy tea and conversation at a new LGBT group to be held **the third Friday of each month (September 20 at 11 am) at Bemis Hall**. Share your thoughts, ideas, and life experiences! Those from other towns welcome.

**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><b>2</b></p> <p><b>COA CLOSED/ LABOR DAY</b></p>	<p><b>3</b></p> <p>9:00 Podiatry 9:30 Knitting Drop-In 11:30 Stretch and Flex 12:00 Podiatry 1:00 Active Aging Fitness 1:00 Noticing Walk (TBA)</p>	<p><b>4</b></p> <p>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><b>5</b></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 2:15 Movie: Shoplifters</p>	<p><b>6</b></p> <p>10:00 German Conversation 12:00 Trad Jazz Band 1:00 Open Bridge</p>
<p><b>9</b></p> <p>9:30 Piano Duets 9:30 French Conversation 12:30 Lincoln Academy 2:15 Tai Chi 1 3:15 Tai Chi 2 7:00 Acoustic Music (Lib)</p>	<p><b>10</b></p> <p>9:30 Knitting Drop-In 9:30 FCOA Meeting 10:00 Wellness Clinic (LW) 11:00 Playreading: Raisin in the Sun 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:30 COA Board Meeting</p>	<p><b>11</b></p> <p>10:00 Retirement's Freedom 10:00 Memoirs 11:00 Line Dancing 1:00 Bingo! 1:00 Tai Chi 1 2:15 Tai Chi 3 7:00 Jimmy Mazzy Jazz</p>	<p><b>12</b></p> <p>8:00 Conservation Bkfst (TBA) 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1 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><b>13</b></p> <p>10:00 Fireside Chat: Welcome to Lincoln! 1:00 Open Bridge</p>
<p><b>16</b></p> <p>9:30 Piano Duets 10:00 CPR 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15 Tai Chi 1 3:15 Tai Chi 2</p>	<p><b>17</b></p> <p>9:00 Wellness Clinic 9:00 Podiatry 9:30 Knitting Drop-In 11:00 Playreading: Raisin in the Sun 11:30 Stretch and Flex 11:30 Senior Dining (St. Anne's) 1:00 Active Aging Fitness 2:15 Better Bowel Health</p>	<p><b>18</b></p> <p>10:00 Retirement's Freedom 11:00 Line Dancing 1:00 Tai Chi 1 1:00 Russian Conversation Group 2:15 Tai Chi 3 5:30 LGBT Brainstorming 7:00 Medicare Facts for LGBT Older Adults</p>	<p><b>19</b></p> <p>8:00 Men's Coffee 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 10:15 MA Veterans Overview 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p><b>SATURDAY 14</b></p> <p>9:00 Library Book Sale</p>
				<p><b>20</b></p> <p>10:00 German Conversation 11:00 LGBT Tea and Conversation 1:00 Open Bridge 1:00 Traveling Solo</p>

<p><b>SATURDAY 21</b> 1:00 Jazz Jam (lib)</p>		
<p><b>SATURDAY 27</b> 12:00 Piano Recital with Wanda Paik 1:00 Open Bridge</p>	<p><b>26</b> 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 10:30 Memory Café (Commons) 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:15 AAA, RMV, and Real ID</p>	<p><b>SATURDAY 28</b> 10:00 Painters and Personalities (Codman)</p>
<p><b>25</b> 10:00 Retirement's Freedom 10:00 Memoirs 11:00 Line Dancing 1:00 Tai Chi 1 2:15 Tai Chi 3 3:00 Sewing Club</p>	<p><b>24</b> 9:00 Collating 9:00 Wellness Clinic 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: Amazing Grace 7:00 Birdfeeding 101</p>	<p><b>LOCATIONS</b> Codman: Codman Estate Commons: Commons in Lincoln Lib: Library LW: Lincoln Woods Mall: Donelan's Parking Lot St. Anne's: St. Anne's Church TBA: Location to be announced</p>
<p><b>23</b> 9:30 Piano Duets 9:30 French Conversation 11:00 Smartphone Meetup 12:30 Lincoln Academy 2:15 Tai Chi 1 3:15 Tai Chi 2</p>	<p><b>24</b> 9:00 Collating 9:00 Wellness Clinic 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: Amazing Grace 7:00 Birdfeeding 101</p>	<p><b>SEPTEMBER</b></p> 
<p><b>30</b> 9:30 Piano Duets 10:00 Movie: Maria by Callas 12:30 Lincoln Academy 2:15 Tai Chi 1 3:15 Tai Chi 2</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>

## HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.

**CALL NOW! 1-888-862-6429**



HOME SECURITY TEAM





## FOR YOUR WELL BEING



### Keep It Moving! Better Bowels for Your Best Health



You may not like talking about them, but if you don't keep your bowels in shape, you will be uncomfortable and you could end up with serious disease. Come find out what you need to know when Tricia McGean, RN, comes to **Bemis Hall on Tuesday, September 17 at 2:15 pm**. Tricia will discuss what can go wrong with your bowels, how to stay healthy, and what to do if you suspect something is seriously wrong.

### CPR and Defibrillators to Save Family and Friends

Knowing CPR and how to use an automatic defibrillator (AED) can help you save a life. Come to **Bemis Hall on Monday, September 16 at 10:00 am** for a brush-up or an introduction to CPR and use of a defibrillator given by the Fire Department. This free workshop will not lead to certification, but it will give you the basics of what to do if you are with someone who has a medical crisis for which CPR or a defibrillator are appropriate. Call the COA to sign up. All ages are welcome! (Maximum of 20).

### Navigating Medicare if You Are an LGBT Older Adult

Getting the most from your Medicare benefits can present special challenges for older adults in the LGBT community, whether because you are not married to your partner or for other reasons. All are invited to a presentation by Mark Heumann of the Minuteman Senior Services SHINE program on **Wednesday, September 18, at 7:00 pm here at Bemis Hall** to learn more about how to navigate Medicare in these special circumstances. Bring your questions and concerns! Also all are invited to come from **5:30 to 7:00 pm** to enjoy pizza and brainstorm for potential LGBT programs for older adults in Lincoln!



### 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** Beginners may sign up now for September 16—December 12. **Level I (Beginners)**: Mon 2:15 pm, Wed 1:00 pm, and Thurs 9:15 am. **Level 2**: Mon 3:15 pm; Level 2 Practice: Thurs 10:15 am. **Level 3**: Wed 2:15-3:15. The cost is \$60 for 1 hr/wk, \$80 for 2 hrs/wk, \$100 for 3 hrs/wk and \$120 for 4 hrs/wk. For info, contact Jane Moss (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 all ages for blood pressure readings, 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 **Tuesday, September 10 at 10:00 am at Lincoln Woods' Community Building at 50 Wells Road**. The second clinic will be on **Tuesday, September 17, from 9 to 11 am at Bemis Hall**. This clinic is sponsored by the Pierce House. Services for both are provided by Emerson Hospital Home Care.

### Podiatry Clinics

Podiatry clinics will be held on **Tuesday, September 3 at 9:00 am and 12:00 pm and September 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 💡

### Getting RMV Services and Your REAL ID at the AAA

The AAA offers road service, travel, insurance, financial services and Registry of Motor Vehicles services. You can renew or replace your license or ID, renew or replace your registration, transfer your registration, and replace your vehicle title. You can also get your "REAL ID," an enhanced form of identification that you will need to travel or enter federal buildings beginning October 1, 2020. Come to **Bemis Hall on Thursday, September 26 at 2:15 pm** to hear Samantha Sheridan from AAA talk about their services and how to use them as well as what documents are required for REAL ID.

### Traveling Solo and Loving It

Traveling solo can be fun and a wonderful way to see the world and meet new people. Debbie Toppan is a seasoned solo traveler who will share with you all she has learned on **Friday,**



**September 20 at 1:00 pm at Bemis Hall.** Find out how to plan your trip, where to go and stay, what to do when you arrive and how to meet people along the way! Traveling solo is different from traveling with a companion, but it has its own joys. Come with your questions and concerns!

### Massachusetts Veterans Benefits Overview



Join Lincoln's Veterans Services Officer Peter Harvell on **Thursday, September 19 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!

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

### 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 am to noon at Bemis Hall.** To avoid waiting, call ahead. You can reach Peter by email at [Lincolnveterans@lincolntown.org](mailto:Lincolnveterans@lincolntown.org).

### Free Computer and Digital Camera Tutoring

Come to our drop-in PC computer, iphones, ipads, iwatches, 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.

### Free Safety Services and Equipment from the Fire Department



Did you know that the Lincoln Fire Department has a grant from the Massachusetts Department of Fire Services to provide a wide variety of FREE services to Lincoln seniors through the Senior Safe Program? These include replacing smoke detectors and batteries, fall and fire prevention home safety evaluations, installation of small adaptive equipment like grab bars and nightlights, putting up house numbers, and providing fire extinguishers. For information, call Ben Juhola of the Fire Department at (781) 259-8113.

**The Bemis Hall Diversity Celebrations Table** will feature Labor Day in September, including books about George Washington Carver, Cesar Chavez, Sally Ride and the Chinese workers who built the transcontinental railroad. We will also celebrate Grandparents Day, and Rosh Hashanah.

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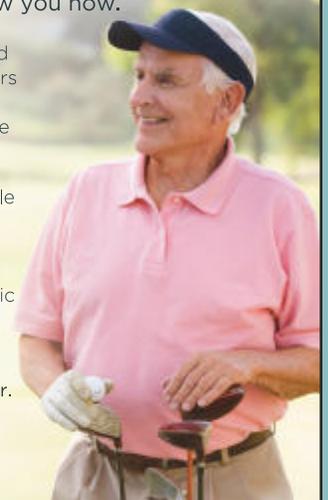
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## GOINGS ON IN AND AROUND LINCOLN

**Open Mike Acoustic Night** Enjoy live music at the free Open Mike Acoustic program **Monday, September 9 from 7:00 to 10:00 pm at the Library** featuring Charlie Koch. Email: loma3re@gmail.com.

**Jimmy Mazzy and the Last Minute Men** Old Time New Orleans Jazz classics played as they should be! **Wednesday, September 11, 7 pm, Bemis Hall.** Don't be late. Be there when the band starts playing.

**Friends of the Library Book Sale** Come pick up a good read and help raise funds for the Library at the Friends of the Library Book Sale on **Saturday, September 14 from 9:00 am to noon at Bemis Hall.**

**Free Live Traditional Jazz Jams** on **Saturday, September 21 from 1:00 pm – 5:00 pm at the Library.** Come hear local musicians belting out old favorites which will set your feet a-tappin.' Free.

**Birdfeeding 101: Feeding and Caring for Birds in an Era of Climate Change. September 24th, 7 pm at Bemis Hall.** Free. Open to the Public. All are welcome. Join the Lincoln Land Conservation Trust and Tia Pinney, Senior Naturalist at Drumlin Farm, for an overview of backyard bird feeding. Tia will also explore the benefits of creating diverse habitats in the yard that enhance local ecosystems, help mitigate the impacts of climate change, and attract birds! Tia Pinney has worked at Mass Audubon's Drumlin Farm Wildlife Sanctuary for 25 years. Currently, she is the senior naturalist and ecological management and adult program coordinators.

### 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— 4:30 pm

**Do You Have Ideas for the COA?** We want to hear from you! Is there is a program, activity, or service you would like us to offer? Please call Carolyn or Joan at (781) 259-8811.

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