



NEWS FROM BEMIS HALL

Vol 10 Issue 11



November 2019



The Lincoln Council on Aging Monthly

Toni Lynn Washington and Sax Gordon Beadle Play the Blues!



All ages are invited to a free concert by renowned Boston-area blues vocalist Toni Lynn Washington and acclaimed saxophonist Sax Gordon Beadle on **Sunday, November 3 at 2 pm at Bemis Hall**. The performance is the Third Annual Ronna Cooper Memorial Concert and is sponsored by the Friends of the Lincoln COA. It is a gift from Margo Cooper in celebration of her mother's life. Ms. Washington has delighted and awed audiences in Boston and around the country and the globe for decades as both a singer and songwriter. She has received the Boston Blues Festival Lifetime Achievement Award, had seven Blues Music Award nominations, and released five CDs. Sax Gordon, known for his "hard-blowing, exciting, gutsy" signature style, has performed around the world, won numerous awards, and recorded six CDs. Marty Ballou on bass, Bryan Claunch on keyboard, Tom Avery on drums, and Cheryl Arena on vocals and harmonica will back up Toni Lynn and Sax Gordon for this fabulous afternoon of music.

State of the Town Meeting

The Board of Selectmen will be hosting the Town's Annual State of the Town Meeting (SOTT) on **Saturday, Nov. 2nd, from 9:00 a.m. until 12:30 p.m., at the Brooks School Auditorium**. This year's SOTT agenda will include discussions of Lincoln Station planning and proposed zoning changes, as well as other topics, and an open forum segment during which attendees are welcome to ask questions or comment on any of the issues of the day. The SOTT is a wonderful Lincoln tradition that provides the opportunity for residents to help shape the decisions of their elected and appointed representatives.



You May Apply Now for the Rental Assistance Program

Applications are now available for the Lincoln Rental Assistance Program, a collaborative program of the Lincoln Housing Commission and the Lincoln Council on Aging (COA), funded by the Community Preservation Act. Through the program, households that pay more than 30% of their income in rent and utilities and meet income and other eligibility guidelines may apply to receive a monthly subsidy to bring their rent down to 30% of income. Households may be in the program for three years with an annual maximum subsidy of \$5,000. Households will be chosen based on a lottery that will be held in a public place. Potential applicants may pick up an application at Lincoln Town Offices, the Lincoln Public Library, the Department of Parks and Recreation, and Bemis Hall, download it from the Town of Lincoln municipal website, or contact the Lincoln Council on Aging. Applications are due to the COA by 4:30 pm on December 31. For information, call Carolyn at the COA at (781) 259-8811.

Need Help Paying Fuel and Other Bills or Can You Help Others?



If you need help paying your fuel bill, the Fuel Assistance Program may be able to help. The Program provides a cash benefit for both home owners and renters with eligible incomes. Recipients may also be eligible for other benefits. To apply, residents of all ages should call the COA at (781) 259-8811 to set up an appointment. Those who are experiencing extreme financial emergencies may also call the COA to learn more about other programs such as the Emergency Assistance Fund, funded by the Ogden Codman Trust, First Parish, and donations. If you can make a donation to the Emergency Assistance Fund to help other residents, please send your contribution to the COA at 16 Lincoln Rd, Lincoln, MA 01773.



ENJOY A DAY OUT WITH THE COA!



Edward M. Kennedy Institute of the Senate

Are you signed up for the **Wednesday, November 20th** trip to the Edward M. Kennedy Institute of the Senate and lunch? Please remember that the bus will leave the Donelan's parking lot at 9:00 am, and return at 4:00 pm. After a private tour of the Institute and time to explore, we will join high school students in the "Senate Chamber" to participate in the debate of the day then to lunch off the menu of a local restaurant and on your own. If you would like to sign up for the trip, please call Ginny at (781) 259-0421 to see if there are any spaces left. This trip is rated moderate for physical ability, as there will be a walking tour and some stairs involved. The cost is \$28, including bus and admission to the Institute. Questions? Call Ginny or email her at vobrien39@yahoo.com.

Experience the Magic of Christmas at the Newport Mansions



Discover the elegance of three centuries of American History, architecture and the decorative arts with the COA on **Thursday, December 12**. We will visit the summer homes of the gilded age all decked out for the holidays. Our first stop will be at The Elms, followed by lunch at Johnny's at The Atlantic Resort. After lunch we will then proceed to the crown jewel, The Breakers. Be at Donelan's parking lot by 8:00 am and return by 5:30 pm.

This trip requires the ability to stand and walk for extended periods of time. Cost, including lunch, is \$59 and is nonrefundable. To make a reservation please send a check payable to FLCOA/Trips to Ginny O'Brien, 4 Linway Road, Lincoln, MA 01773 including your telephone number and email address. Your reservation is complete when your check has been received. Questions? Contact Ginny 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 SERVICES

Information and Referral/Care Management Answers to questions about and assistance in evaluating in-home care needs and locating elder services, well-being check-ins, crisis intervention, and more. We are unable to provide names of agencies offering services that are not elder-related or of individuals instead of agencies.

Minuteman SHINE (Serving Health Information Needs of Everyone) Counselors give help regarding Medicare and Medicaid/MA Health, including plans and benefits, medical bills and long-term care needs.

Meals on Wheels (Minuteman Senior Services) Home-delivered meals.

Are You in a Financial Crisis? 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

Fuel Assistance Need help paying fuel bills? Call the COA to see if you qualify for Fuel Assistance, a Massachusetts program providing help to income-eligible residents to pay for fuel.

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

November 4— Claire Tensa: Minuteman National Park — Its History, Archeological Discoveries, Volunteer Opportunities

Minute Man National Historical Park tells the story of the first battle of the American Revolution in Lexington and Concord as well as the stories of authors such as Louisa May Alcott, Nathaniel Hawthorne and Margaret Sidney. Come learn about how the Park was established in 1959 due to the advocacy of residents who wished to preserve the Battle Road Trail that would have been obliterated by a proposed Air Force Base and how it has grown into its current six mile stretch from Concord to Lexington. Find out more about exciting new historic discoveries such as the exact location of Parker's Revenge, which was uncovered with advanced archeological technology. Finally, hear about the many volunteer opportunities at Minute Man. Volunteers can be Visitor Center guides at the North Bridge, North Bridge Visitor Center and Minute Man Visitor Center, give directions to visitors of places to visit in the park, and interpret its history. You may also volunteer with the Natural Resource Department that oversees over 1000 acres with a variety of wildlife, over 250 species of plants and many habitats and natural features. Come weed the Buttrick Garden near the North Bridge Visitor Center on Wednesdays!

November 18 — Lisa Welter, Town Archivist: Treasures from the Town Archives

Holding an array of objects from our past, including lists of who won Town elections (did you know that Fenceviewer was a real job?) to 300 years of Town Meeting minutes, to embroidered samplers, maps, hand-drawn illustrations, photographs, and more, the Town Archives tells our story to ourselves and those who will come after us. Town Archivist Lisa Welter will show slides of some of the amazing treasures of our Town Archives, tell you about how and what they collect, and answer questions!

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, November 21 from 10:30 a.m. to noon in the main building of The Commons in Lincoln**. Enjoy delicious refreshments and the song and tap dance of Ted Powers! 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.



Holiday Visits and Gift Baskets



During the holidays Council on Aging staff visit homebound, frail, and needy seniors to deliver baskets full of basic necessities. We are collecting NEW, UNOPENED, UNSCENTED, FULL-SIZED items to fill the baskets: shampoo, conditioner, body wash, toothbrushes, toothpaste, mouthwash, tissues, paper towels, toilet paper, lip balm, deodorant, disposable razors, shaving cream, kitchen sponges, trash bags, laundry soap, socks, coffee and tea, postage stamps, pharmacy gift cards. Questions? Call Carolyn at (781) 259-8811. Please bring your donations to the Council on Aging. Collection ends December 6th. Thank you for your generosity!



Art, Music, Entertainment, Enjoyment!



Poetry and Music with Mary Crowe and Evelyn Harris



The Lincoln Library, the Council on Aging, and Mary Crowe and Evelyn Harris invite you to an afternoon of poetry and music on **Sunday, November 17 at 3 pm at Bemis Hall**. Mary Crowe, mezzo -soprano, and Evelyn Harris, piano, explore the interaction of poetry and music in a program that features readings of poems by Dickinson, Agee, Joyce, Yeats, Milosc, and Fletcher followed by art song settings of these poems by 20th century composers Copland, Barber and Hermann. Lincoln residents Mary Crowe and Evelyn Harris are classically trained professional musicians. Mary holds a Masters in Voice Performance and has performed as a soloist with numerous area choruses as well as in recital throughout the Boston area. Evelyn Harris has played in Carnegie Hall, the Gardner Museum and the Lincoln schools. Mary and Evelyn also perform cabaret jazz and Broadway repertoire in venues throughout Boston. In 2014 they released a jazz/blues CD of Mary's original songs, available at Something Special and at CD Baby.



Perspective in Drawing and Painting

Beginners and experienced artists alike are invited to learn more about perspective in a special class to be given by Lincoln artist Sarah Chester **Wednesdays, November 6 and 13 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 provided. Cost is \$25 for both sessions. Call the COA to sign up.

Coffee with Artist Jane Cooper and Her Students

Join Jane Cooper and her watercolor class students for a special reception to celebrate their exhibit, *Expressions in Watercolor*, on **Tuesday, November 19 at 2:30 pm at Bemis Hall**. The exhibit will be on view in the Map Room at Bemis Hall in November and December. Featuring many still lifes and images drawn from nature, as well as portraits and other subjects, the paintings are the work of Jane and those who have taken watercolor with her at the COA and elsewhere over the years.



Relax 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 **Friday, November 1 starting at noon**.



Noticing Walks in Nature

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

New Sewing Group

Do you love to sew and would like to share tips, show off projects, and chat? Come to the next meeting of the COA Sewing Club on **Wednesday, November 13 from 3:00 to 4:00 pm**.

AT THE MOVIES

Thursday, November 7, 2:15 pm. Pavarotti (2019). An intimate portrait of Luciano Pavarotti, including genre-defining performances with revealing, never-before-seen footage. PG-13. 114 mins.

Wednesday, November 13, 1:00 pm. Maiden (2019). In 1989, an all-female crew entered the Whitbread Round the World Race on the yacht "Maiden," finishing second and changing yachting forever. PG. 97 mins.

Tuesday, November 26, 2:15 pm. Biggest Little Farm (2019). The 8-year quest of John and Molly Chester to turn 200 acres of barren farmland into their dream of a harvest in harmony with nature. PG. 91 mins.



SPEND TIME WITH OTHERS



Enjoy a Gourmet Lunch with the DPW!

Lincolniters 60 and older are invited to enjoy a delicious gourmet lunch with friends new and old at **11:30 on Tuesday, November 19 at St. Anne's Church. Our special guests will be the DPW! Come meet them, ask them your questions and give your ideas!** Tricia McGean, Lincoln's Public Health Nurse, will offer free blood pressure readings. 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, November 25 at 11:00 am at Bemis Hall.** This is not a class, but rather a chance for people to teach each other.

Learn and Play Mah Jongg! Come to Bemis Hall **each Monday from 1:00 to 4:00 pm** for Mah Jongg lessons or a drop-in game for those who know how to play. Bring your own card or we will provide one for \$9. To register for lessons or a game, contact Joan Ingersoll, ingersollj@lincolntown.org or (781) 259-8811.

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 "Clybourne Park," a spin-off by Bruce Norris on Lorraine Hansberry's "A Raisin in the Sun," on **November 12 and 19 at 11 am.** Sally will bring copies.

Russian Conversation Group Come brush up on your Russian by speaking it with others on Wednesdays **November 6 and 20 at 1 pm.** All are welcome whether you are a native speaker, beginner, or in-between!

Conservation Breakfast Thursday, November 14 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, November 21 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, November 14 at 10 am.** Come join others to play and share information, tips, and strategies.

Ukulele and Sing-Along Group meets on **Thursday, November 14 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 at 1 pm at Bemis Hall.** This month's meeting will be on **November 15.** 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 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.

Enjoy Thanksgiving Luncheon at Lincoln-Sudbury Regional High School **Wednesday, November 27 from 12:00 noon to 1:30 pm in the cafeteria.** Turkey and all the fixin's donated by Sudbury Farms, It is FREE and entertainment is included! Call the COA to reserve your place.

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: center;">NOVEMBER</p> 	<p>LOCATIONS Commons: Commons in Lincoln LW: Lincoln Woods Mall: Parking Lot by Donelan's St. Anne's: St. Anne's Church TBA: Location to be announced</p>	
<p style="text-align: right;">4</p> <p>9:30 Piano Duets 10:00 Family Issues Group 11:00 Spanish Conversation 12:30 Lincoln Academy 1:00 Mah Jongg 2:15 Tai Chi 1/3:15 Tai Chi 2</p>	<p style="text-align: right;">5</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>10:00 Retirement's Freedom 10:00 Drawing and Painting 10:00 Memoirs 11:00 Line Dancing 1:00 Tai Chi 1/2:15 Tai Chi 2 1:00 Russian Conversation</p>
<p style="text-align: center;">COA CLOSED/VETERANS DAY</p> 	<p style="text-align: right;">11</p> <p>10:00 Wellness Clinic (LW) 9:30 Knitting Drop-In 11:00 Playreading: Clybourne Park 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:30 COA Board Meeting</p>	<p style="text-align: right;">12</p> <p>10:00 Drawing and Painting 11:00 Line Dancing 1:00 Tai Chi 1/2:15 Tai Chi 2 1:00 Movie: Maiden 3:00 Sewing Club</p>
<p style="text-align: right;">18</p> <p>9:30 Piano Duets 10:00 Family Issues Group 11:00 Spanish Conversation 12:30 Lincoln Academy 1:00 Mah Jongg 2:15 Tai Chi 1/3:15 Tai Chi 2 3:00 Legal Clinic</p>	<p style="text-align: right;">19</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 11:00 Playreading: Clybourne Park 11:30 Stretch and Flex 11:30 Senior Dining (St. Anne's) 1:00 Active Aging Fitness 2:30 Coffee with the Artists</p>	<p>9:00 Podiatry 9:00 Trip to Kennedy Institute 10:00 Memoirs 11:00 Line Dancing 1:00 Tai Chi 1/2:15 Tai Chi 2 1:00 Russian Conversation 1:00 Technology to Be Safe</p>
<p style="text-align: right;">25</p> <p>9:30 Piano Duets 9:30 French Conversation 10:00 Family Issues Group 11:00 Smartphone Meetup 1:00 Mah Jongg 2:15 Tai Chi 1/3:15 Tai Chi 2</p>	<p style="text-align: right;">26</p> <p>9:00 Collating 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: Biggest Little Farm</p>	

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

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.

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.

BER 2019

DAY	THURSDAY	FRIDAY
		<p>9:00 Watercolors 10:00 German Conversation 12:00 Trad Jazz Band 1:00 Open Bridge</p> <p>SUNDAY 2:00 Toni Washington Blues Concert</p>
6	7	8
<p>om ng Perspective</p> <p>Chi 3 on Group</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: Pavarotti</p>	<p>12:00 Lunch with the Commons (Commons) 1:00 Open Bridge</p>
13	14	15
<p>ng Perspective</p> <p>Chi 3</p>	<p>8:00 Conservation Bkfst (TBA) 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1/10:15 Tai Chi 2 10:00 Health Jeopardy 10:00 Chess Club 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>9:30 Iphones and Ipads 10:00 German Conversation 11:00 Taming Paper Tiger with Computers 1:00 LGBT Tea and Conversation 1:00 Open Bridge 2:00 South Lincoln Zoning</p> <p>SUNDAY 3:00 Music and Poetry</p>
20	21	22
<p>itute Leaves (Mall)</p> <p>Chi 3 n Group fer at Home</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 VA Health Systems Overview 10:30 Memory Café (The Commons) 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>1:00 Open Bridge</p>
27	28	29
	<p>COA CLOSED/THANKSGIVING</p> 	<p>CLOSED/THANKSGIVING</p>

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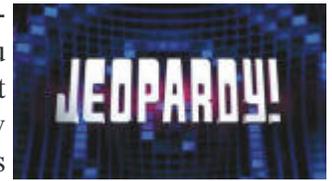


“Field Trip!” You are invited to a special luncheon/ cooking demonstration at the Commons in Lincoln, a Benchmark community, on **Friday, November 8 at noon**. Sadie Daniels,

The Commons Registered Dietitian, will discuss Farro. What is this magical ancient grain? Why is it such a nutritious food to include in your diet? And how the heck do you cook it anyhow? Transportation available. Or you can meet at 2 Harvest Circle. Please reserve your spot by calling The Commons at (781) 272-3433.

Health Jeopardy with Tricia!

Do you keep up with the latest health news and think you have a good handle on what you should be doing to stay as healthy and independent as



you can? Then test your knowledge on different categories related to health when Tricia McGean, our Public Health Nurse, comes to **Bemis Hall on Thursday, November 14 at 10 am** to lead an exciting and enlightening game of Health Jeopardy! Prizes awarded!

New Group Focusing on Family Issues

For many people, relationships with family members are central. They may be a source of great support, satisfaction and pleasure, but they also may be a source of conflict, disappointment and dissatisfaction. All are invited to join a new group that will meet for **five Mondays starting on November 4th from 10:00 to 11:00 am at Bemis Hall**. This group will be an opportunity to share those feelings and to get ideas for ways of trying to improve relationships and to examine expectations and communications which may lead to greater satisfaction. For many the holiday season can bring these feelings in to sharper focus and groups can offer support. The group will be led by Claire Gerstein, an LICSW with many years of experience assisting people with family challenges.

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HOME SECURITY TEAM

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 A stretch and warm-up followed by muscle toning and strengthening using hand weights. Seated and standing exercises. No floor work. Class ends with an aerobic dance routine and cooldown. Weights provided or bring your own. **Tues & Thurs, 1 pm**; \$3 per class; no need to sign up. Taught by Terri Zaborowski.

Tai Chi for Health, Rehabilitation and Wellness The fall classes are now closed. **Level I (Beginners)**: Mon 2:15 pm and Wed 1:00 pm, Thurs 9:15 am. **Level 2**: Mon 3:15 pm; Level 2 Practice: Thurs 10:15 am. **Level 3**: Wed 2:15-3:15. For info, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net. **No class 11/27**.

Line Dancing Enjoy the fun and fitness of line dancing **Wednesdays at 11 am** with Katrina Rotondi. \$3 payable the day of the class. No sign up needed! **No class 11/27**.

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

Wellness Clinics for All Ages

Clinics for all ages for blood pressure readings; advice about nutrition and fitness, medication management, chronic conditions management, where to get health services, and more. **Tuesday, November 12 at 10:00 am to noon at Lincoln Woods' Community Building at 50 Wells Road; Tuesday, November 19 from 9 to 11 am at Bemis Hall.** This clinic is sponsored by the Pierce House. Services are provided by Emerson Hospital Home Care.

Podiatry Clinics

Tues., November 5 at 9 am and 12 pm and Wed., November 20 at 9 am at Bemis Hall by appointment. \$10 donation. Sponsored by the Pierce House and FLCOA.



Introducing the Care Dimensions Hospice House

Combining the comfort of home with the benefits of round-the-clock medical care

When hospice patients require specialized care for acute pain and symptom management, our new 18-bed Care Dimensions Hospice House in Lincoln on the Waltham line, offers hospital-level care in a warm, home-like environment. Our interdisciplinary team provides patients and their families with individualized medical, emotional, and spiritual support to make a difficult time a little easier.

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

Watch our video tour at CareDimensions.org or call 781-373-6616 to learn more about the new Care Dimensions Hospice House.



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Every day new technology comes out that can assist elders to be safer in their homes, whether it monitors well being and sends information to caregivers or others, provides virtual assistants, or offers support for those with hearing or visual impairments. Learn more about what is available, as well as their advantages and possible challenges, when Margaret McLaughlin comes to **Bemis Hall on Wednesday, November 20 at 1 pm**. Ms. McLaughlin is Professor of Communication at the Annenberg School for Communication and Journalism at the University of Southern California, and is currently Distinguished Visiting Research Scholar in the College of Communication at Boston University.

Proposed Zoning Changes to Revitalize South Lincoln

The Town's South Lincoln Planning Implementation Committee (SLPIC) is working on various initiatives to help revitalize the Village at Lincoln Station. As part of this effort, the Committee is working with the Metropolitan Area Planning Council (MAPC) on zoning with design guidelines to create an equitable transit oriented development (ETOD) that will allow various housing options and create a vibrant and active, walkable and sustainable village center. Come to **Bemis Hall on Friday, November 15 at 2:00 pm** when Gary Taylor, of the Planning Board and SLPIC, and Jennifer Burney, Director of Planning and Land Use, will update you on what zoning changes might be proposed, answer questions, and get ideas.



Getting the Most Out of Your iPhone and iPad

Have an iPhone or iPad? Andy Payne will be here on **Friday, November 15 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!



Use Your iPhone/iPad To Tame the Paper Tiger

Come to **Bemis Hall on Friday, November 15 at 11:00 am** to hear Andy Payne tell you how to "Use Your iPhone/iPad to Tame the Paper Tiger." Learn how to scan, file, and email paper documents using just your phone. Did you know you can sign a document using the Apple Notes app? Or, fill out a form without printing it out? Come on down!

VA Health System Benefits Overview

Join Lincoln's Veterans Services Officer Peter Harvell on **Thursday, November 21 at 10:15 a.m.** for an overview of the VA's Health Benefits system. Get an overview of the system and how it works and what benefits it offers and find out if you or a family member might be eligible. Come find out what you need to know!

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, November 18, from 3-4 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) can assist veterans and dependents with questions about their state and federal veteran benefits and services and help them apply for those benefits, including emergency financial or medical assistance programs, 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 am to Noon at Bemis Hall**. To avoid waiting, call ahead. You can reach Peter by email at 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!

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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, November 9 from 9 am to Noon at Bemis Hall.**

LLCT Presents Eyes on Owls **November 10th, 3:00 pm Bemis Hall**, free. All are welcome. Fun for all ages! Eyes on Owls is an amazing program with live-owls. Learn all about these birds with Mark and Marcia Wilson, who have been educating and entertaining the public for more than 25 years. Mark and Marcia are also celebrating the release of *Owling: Enter the World of the Mysterious Birds of the Night*. Great for holiday gifts! Mark and Marcia will be available for book sales and book signing after the program.

Jimmy Mazzy and the Last Minute Men Old Time New Orleans Jazz classics played as they should be! **Wednesday, November 13, 7 pm, Bemis Hall.** Don't be late. Be there when the band starts playing.

The Lincoln Democratic Town Committee will meet **Saturday, November 16**, with coffee/pastries from 8:45 and program starting at 9:00 am at Bemis Hall. We will strategize about effective action for Lincoln Democrats in the 2020 election. Bring your ideas and energy to explore and plan how build a Blue Wave for 2020!

Free Live Traditional Jazz Jams on **Saturday, November 16 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.

Open Mike Acoustic Night Enjoy live music at the free Open Mike Acoustic program **Monday, November 18 from 7 to 10 pm at the Library** featuring Marylou Ferrante. Email: loma3re@gmail.com.

Lincoln-Sudbury High School LSB Players, Be More Chill, complimentary tickets for seniors for **Nov. 20, 7:30 pm show at LSRHS** available at Bemis Nov 15. https://www.lsrhs.net/students/activities_clubs/drama/

LLCT Movie Night **Thursday, November 21st at 7:30 pm at LLCT offices, 145 Lincoln Road.** For more information see lincolnconservation.org.

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