



NEWS FROM BEMIS HALL

Vol 11 Issue 1



January 2020



The Lincoln Council on Aging Monthly

2020 Top of the Town Winter Gala!

The Friends of the COA invites all Lincoln residents 60 or over to the **Top of the Town Winter Gala on Saturday, January 25 from 5 to 8 pm at the deCordova Museum**. Meet and greet old friends and new at this elegant gala party! Enjoy beverages along with finger food, small plates, and delicious desserts! Be sure to send in the reservation form you will receive or may have already received. *If you are a Lincoln resident 60 or over and do not receive an invitation by January 10, please call the COA right away!* The form must reach the FLCOA at PO Box 143, Lincoln, MA 01773 or Bemis Hall by January 17 to confirm your attendance. This is a catered party, and an accurate head count is important! Because there is a space limit of 200 persons, the FLCOA will start a wait list if replies reach that number. They request that you let them know promptly if you must cancel so they can notify the next person on the list. While the Friends of the Lincoln COA are pleased to host this event with free admission for Lincoln residents, they greatly appreciate your donations to help defray expenses for this event.



What You Need to Know to Be Prepared for Winter Storms— For All Ages!



Winter storms, with power outages and the possibility of not being able to leave your home for days, can be dangerous. The Fire Department, Parks and Recreation Department, and Council on Aging invite residents of all ages to come learn how to be prepared to weather whatever comes our way on **Tuesday, January 21 at 2:15 at Bemis Hall**. Interim Chief Brian Young and Ben Juhola of the Fire Department, David Sequiera of Parks and Recreation, and Tricia McGean, Lincoln's Public Health Nurse will discuss shelter opportunities in Lincoln, how to prepare a winter emergency storm kit, maintaining your health during a storm, creating a support network should you need help, and more!

Celebrate Lincoln's Generations with a Sing-Along!

The LEAP After-School Program, the Lincoln Council on Aging, and the Magic Garden Children's Center invite Lincoln residents of all ages to enjoy a free Multigenerational Concert and Sing-Along as part of the Winter Carnival on **Friday, January 31 at 3:45 pm at Bemis Hall**. The program will include singing groups from each of the three organizations. Members of the audience will enjoy favorite folk songs, children songs, and more! Come enjoy some songs that are beloved from childhood and others that are new and delightful! Don't miss this wonderful event!



Property Tax Study Committee Update

The Property Tax Study Committee is currently drafting a final report of recommendations for the Selectmen that incorporates feedback from the forums and State of the Town Meeting. Please visit the Committee's page on the Town website, <http://www.lincolntown.org/1084/Property-Tax-Study-Committee>, to follow their work.

Free Income Tax Preparation Help

Volunteers certified under the AARP TaxAide program will prepare your Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers, with special attention to those over age 60. Appointments begin in February. Call the COA office at (781) 259-8811 to schedule a confidential appointment and get a list of documents to bring. Please be sure that you will have all your paperwork and will be ready for the appointment date you choose. Due to the number of people requesting appointments, we may not be able to accommodate requests to reschedule.



ENJOY A DAY OUT WITH THE COA!



Museum of Fine Arts in March



Join us on Thursday, March 19th, for a trip to the Museum of Fine Arts. We will have a one hour guided tour, "Highlights of the Art of the Americas," featuring masterpieces from the Art of the Americas collection. Then you are free to wander the museum and grab lunch (not included in the fee) in one of their four restaurants and visit the gift shop. We will leave Donelan's parking lot at 9:00 am and leave the MFA at 2:00 pm to return to Lincoln by 3:00 pm. This trip requires the ability to stand and walk for extended periods of time. The cost is \$30 and is non-refundable. To make a reservation send a check payable to FLCOA/Trips to Ginny O'Brien, 4 Linway Road, Lincoln, MA 01773. Include your telephone number and email. 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.

Are You Eligible for the Circuit Breaker Tax Credit?

The Senior Circuit Breaker Tax Credit gives a state tax credit of up to \$1130 for owners or renters 65 or older who meet income and property value guidelines and who pay more than 10% of their income for real estate taxes. You may apply for the credit even if you do not owe state tax. To receive the credit, complete Schedule CB and submit it with your state tax return. For help, call the COA to make an appointment with our TaxAide volunteers.

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 and medical bills.

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.

Winter Weather Policy

If the Lincoln schools are closed due to weather, activities at the COA are cancelled. Even if the schools are not closed, but the weather is bad, call before coming to see if your event is cancelled.



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.

January 6—Heidi Webb: Rocking the Law in Finland

Lincoln attorney Heidi Webb will talk about her recent hike through Iceland's Þingvellir (Thingvellir) National Park including the site of the Icelandic people's "law rock", dating from 930. The "law rock" was where Icelanders came together from far and wide each summer to hear anyone who wanted to speak and be heard, and was the locus for their system of governance until 1262 when Iceland came under rule of the Norwegian King. Heidi will share some of the history surrounding how and why it became central to the development of Icelandic law, and ask questions surrounding the importance of place as it relates to rules, regulations, negotiations and mediation, both then and there and now and here. Heidi will also share with you photos from her recent trip to Iceland as well as a 2004 trip when she visited there with her sister and mother, Gertrude Webb (a former COA volunteer).

January 13—Ray Anthony Shepard: The MLK You Don't Know

Award-winning author and historiographer Ray Anthony Shepard discusses his forthcoming collective biography, *A Long Time Coming: Chronicles of Six African Americans from Ona to Obama*. Written in flash lines of verse, prose, and quotes, it tells the story of six African Americans' quest to transform the United States into a multiracial democracy. Ray will share how he compressed two and a half centuries into less than 300 pages and why he chose to tell that history in free verse. In honor of MLK's birthday, he will also read from his story poem on Martin Luther King Jr., "A Man in a Hurry." For more information on our speaker go to: www.Biographers International Group/Podcast Episode #8 - Ray Anthony Shepard

January 27—Michelle Tristani: Ageism and the Language We Use

Despite today's heightened sensibilities and belief in diversity, the majority of older persons have experience ageism. Language carries and conveys meanings that feed assumptions and judgments that can lead to the development of stereotypes and discrimination. When treated and spoken to as if negative stereotypes and prejudices about aging were actually true, older people can experience diminished self-regard and their functional health can worsen over time as a result. In contrast, those with positive perceptions of aging live longer. Join Corporate Director of Memory Care with Benchmark Senior Living Michelle Tristani for this presentation that outlines steps each of us can take to counteract ageism, discrimination, and stereotyping on the basis of age. Our goal is for all of us to foster pride in aging.

Explore the Poetry of Robert Frost



Join Stephen Collins for a free four session interactive seminar on the poetry of Robert Frost at **2:00 pm at the Library on Saturdays, January 4, 11, and 25 and at Bemis Hall on January 18**. It is sponsored by the Council on Aging and the Public Library. Stephen performs one-man shows and teaches courses on historical figures like Melville, Walt Whitman, James MacNeill Whistler, and Shakespeare.

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, January 23 from 10:30 a.m. to noon in the main building of The Commons in Lincoln**. Enjoy delicious refreshments and an interactive creative program with ElderPlay specialist CC King in a fun, informal, social atmosphere. The Memory Café is held each fourth Thursday of the month from 10:30 am to noon at The Commons in Lincoln. Call Elizabeth Kaupp of Right at Home at (781) 275-1400 or the COA at (781) 259-8811 for more information.





Art, Music, Entertainment, Enjoyment!



Coffee with Sheila Beenhouwer: Russian Art and My Own Work

Join artist Sheila Beenhouwer at a Coffee with the Artist on **Tuesday, January 7 at 2:30 at Bemis Hall** as she shares with you “ART FROM MY TRAVELING LIFE IN RUSSIA, and a bit of my own work!” Sheila was “so very lucky to live in Moscow and travel to large and small art communities for two whole years. Much of the work I have purchased was collected from weekend visits in and out of LOTS of snow, at ISMILAVO PARK. This was a Metro ride from my home. Wonderful people and art both modern and traditional.” The exhibit will be up in the Bemis Hall Gallery through the end of February.

Sages and Seekers Intergenerational Program Opportunity with Middle and High School Students

Sages and Seekers is a national program that brings together older adults with high school and college students to break down barriers through simple conversation. The program at The Rivers School in Weston is interested in finding some older adults to participate in Sages and Seekers there this spring. Come find out more when parent volunteer Ingrid Cornetta comes to **Bemis Hall on Wednesday, January 29 at 10 am**. Bring your questions!

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, January 3 starting at noon**.

Would You Like to Share Writing Memoirs with Others?

If you are interested in writing your memoirs or just curious about what goes on in the memoir group, please come to the first spring meeting of the group at **Bemis on Wednesday, January 8 from 10 am to noon** and find out what we do. If you like what you hear and want to continue, the cost of the 10-week term is \$75. The dates for the term are Jan. 8 and 22; Feb. 5 and 19; Mar. 4 and 18; Apr. 1, 15, and 29; and May 13. If you want more information, call Connie Lewis (781) 259-9415 or email her at conlewis1000@gmail.com.

AT THE MOVIES

Tuesday, January 28, 2:15 pm. A Private War (2018). In world where journalism is under attack, Marie Colvin is one of the most celebrated war correspondents of our time. Her mission is to show the true cost of war, driving her, along with renowned war photographer Paul Conroy, to embark on the most dangerous assignments of their lives as they journey to the front line of conflicts across the globe. R. 110 mins.

Thursday, January 30, 2:00 pm. Rocketman (2019). This one-of-a-kind musical biopic embarks on the spectacular journey of Elton John in his rise to fame. With incredible performances of Elton's most beloved songs, discover how a small-town boy became one of the most iconic figures in rock & roll. R. 121 mins.

First Day at Pierce House



Come to historic Pierce House to celebrate the new year together at the town's 20th annual First Day gathering featuring live music, food, as well as beer and wine. For the children, we will be serving hot apple cider, snacks, and fun activities for children and adults of all ages! Complimentary admission for Lincoln residents, but donations are gratefully accepted for the upkeep of this special town resource. The event is **January 1, 1:00 to 5:00 pm at the Pierce House**. We hope to see you there!

Celebrations/Diversity Table

January themes for our Celebrations/Diversity table are various New Year celebrations and Russian Christmas and New Year festivities, Martin Luther King Day, and Commemoration of the Victims of the Holocaust.



SPEND TIME WITH OTHERS



Enjoy a Gourmet Lunch with Parks and Recreation!



Lincolntites 60 and older are invited to enjoy a delicious gourmet lunch with friends new and old at **11:30 on Tuesday, January 21 at St. Anne's Church**. *Our special guests will be Dan Pereira and David Sequeira from Parks and Recreation! 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, January 27 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 Paul Zindel's comic, yet poignant *The Secret Affairs of Mildred Wild* on **January 14 and 21 at 11 am**. Sally will bring copies.

Russian Conversation Group Come brush up on your Russian by speaking it with others on **Wednesday, January 15 at 1 pm**. All are welcome whether you are a native speaker, beginner, or in-between!

Play Mah Jongg! Come to Bemis Hall **each Wednesday from 1:00 to 4:00 pm** for a Mah Jongg drop-in game. Bring your own card. For more information, contact Joan Ingersoll, ingersollj@lincolntown.org or (781) 259-8811.

Conservation Breakfast **Thursday, January 9 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, January 16 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, January 9 at 10 am**. Come join others to play and share information, tips, and strategies.

Ukulele and Sing-Along Group meets on **Thursdays, January 9 and 23 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 **January 17**. 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 weak two bids, better minors, stayman and other similar terms is welcome to join Open Bridge.

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: center;">JANUARY</p> 	<p>LOCATIONS Commons: Commons in Lincoln Lib: Library LW: Lincoln Woods St. Anne's: St. Anne's Church TBA: Location to be announced</p>	<p style="text-align: center;">COA CLOSED NEW YEAR'S</p> 
<p style="text-align: right;">6</p> <p>9:30 Piano Duets 10:00 Discussion Group Brainstorming 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15 Tai Chi 1/3:15 Tai Chi 2</p>	<p style="text-align: right;">7</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 12:00 Podiatry 2:30 Coffee with the Artist</p>	<p>10:00 Memoirs 10:00 When You or Someone Has More Than Just 11:00 Line Dancing 1:00 Tai Chi 1/2:15 Tai Chi 1:00 Mah Jongg</p>
<p style="text-align: right;">13</p> <p>9:30 Piano Duets 9:30 French Conversation 12:30 Lincoln Academy 2:15 Tai Chi 1/3:15 Tai Chi 2 3:00 Legal Clinic</p>	<p style="text-align: right;">14</p> <p>10:00 Wellness Clinic (LW) 9:30 Knitting Drop-In 11:00 Playreading: Secret Affairs of Mildred Wild 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:30 COA Board Meeting</p>	<p>9:00 Podiatry 11:00 Line Dancing 1:00 Tai Chi 1/2:15 Tai Chi 1:00 Russian Conversation 1:00 Mah Jongg</p>
<p style="text-align: center;">COA CLOSED/ MARTIN LUTHER KING DAY</p>  <p style="text-align: right;">20</p>	<p style="text-align: right;">21</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 11:00 Playreading: Secret Affairs of Mildred Wild 11:30 Stretch and Flex 11:30 Senior Dining (St. Anne's) 1:00 Active Aging Fitness 2:15 Winter Storm Emergency Preparation</p>	<p>10:00 Memoirs 11:00 Line Dancing 1:00 Tai Chi 1/2:15 Tai Chi 1:00 Mah Jongg</p>
<p style="text-align: right;">27</p> <p>9:30 Piano Duets 9:30 French Conversation 11:00 SmartPhone Meet-Up 12:30 Lincoln Academy 2:15 Tai Chi 1/3:15 Tai Chi 2</p>	<p style="text-align: right;">28</p> <p>9:00 Collating 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: A Private War</p>	<p>10:00 Sages and Seekers 11:00 Line Dancing 1:00 Tai Chi 1/2:15 Tai Chi 1:00 Mah Jongg</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 am — 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.

RY 2020

DAY	THURSDAY	FRIDAY
1 WEDNESDAY 	2 9:00 Veterans Services Officer Office Hours 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In	3 10:00 German Conversation 12:00 Trad Jazz Band 1:00 Open Bridge
		SATURDAY 4 2:00 Robert Frost Poetry (Lib)
8 One You Care about the Winter Blues Chi 3	9 8:00 Conservation Bkfst (TBA) 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1/10:15 Tai Chi 2 10:00 Chess Club 1:30 Computer Drop-In 3:00 Ukulele Gathering	10 1:00 Open Bridge 1:00 Update on Scams with the Police
		SATURDAY 11 2:00 Robert Frost Poetry (Lib)
15 Chi 3 on Group	16 8:00 Men's Coffee 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1/10:15 Tai Chi 2 10:15 Veterans Aid in Attendance Program 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In	17 10:00 German Conversation 1:00 LGBT Tea and Conversation 1:00 Open Bridge
		SATURDAY 18 2:00 Robert Frost Poetry
22 Chi 3	23 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1/10:15 Tai Chi 2 10:30 Memory Café (The Commons) 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 3:00 Ukulele Gathering	24 10:00 Palliative and Hospice Care 1:00 Open Bridge 1:00 South Lincoln Planning Update
		SATURDAY 25 2:00 Robert Frost Poetry (Lib) 5:00 Top of the Town Gala
29 Chi 3	30 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 2:00 Movie: Rocketman	31 10:00 German Conversation 1:00 Open Bridge 3:45 Intergenerational Sing-Along

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FOR YOUR WELL BEING



When You or Someone You Care about Has More than Just the Winter Blues



Winter can be a time when it's easy to feel blue, but if your mood lasts a long time or interferes with your ability to enjoy life, it's time to do something about it. Some people feel depressed at the holidays, reminded of loved ones or good times lost, or may have Seasonal Affective Disorder. Come find out more about the difference between clinical depression and everyday sadness, Seasonal Affective Disorder, and what to do if you think you may need help when Lincoln's Public Health Nurse, Tricia McGean, comes to **Bemis Hall on Wednesday, January 8 at 10 am**. Bring questions and concerns!

What New Discussion Groups Would You Like?

The COA needs your help! We love to offer discussion groups for people who would like to discuss their experiences in a supportive group environment where they can share with others their concerns and challenges and get and give tips and strategies. We want to make sure that we are providing the groups you are most interested in. In the past, we have held groups about coping with losses, change, and difficult family issues. Which of these topics would you like to see offered again or what new topics would you like to talk about? Come to **Bemis Hall at 10:00 am on January 6** to brainstorm with us, or call Carolyn at the COA with your ideas!

Podiatry Clinics

Tues., January 7 at 9 am and 12 pm and Wed., January 15 at 9 am at Bemis Hall by appointment. \$10 donation. Sponsored by the Pierce House and FLCOA.

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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. No class 1/7 and 1/9.

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. Terri Zaborowski. No class 1/7 or 1/9.

Tai Chi for Health, Rehabilitation and Wellness Beginners may sign up now for January 6 —March 23. **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

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, January 14 at 10:00 am to noon at Lincoln Woods' Community Building at 50 Wells Road; Tuesday, January 21 from 9 to 11 am at Bemis Hall.** This clinic is sponsored by the Pierce House. Services are provided by Emerson Hospital Home Care.



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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💡 *WHAT YOU NEED TO KNOW* 💡

Taking the Mystery Out of Hospice and Palliative Care



Hospice and palliative care can be the right choice for many people with a life-limiting illness and their families. But too often people are not aware that this opportunity is available or avail themselves of it only in the last days of life. Please come to **Bemis Hall on Wednesday, January 24 at 10:00 am** for a program for families and friends presented by Care Dimensions, which offers hospice, palliative care and support services. The program will feature a discussion of the common myths and misconceptions of hospice care along with an overview of the benefits of hospice and palliative care services and how to access this help.

Scam Update with the Lincoln Police: What You Need to Know to Avoid Being a Victim



Anyone can be caught by a scam. Scammers are professionals who know how to get people to give away information and money. The best way to avoid becoming a victim is to know what scams are going around and some basic rules to follow that can help you be safe. Find out more when Kevin Kennedy, Lincoln Police Chief, comes to **Bemis Hall on Friday, January 10 at 1:00 pm**. Bring your questions and concerns!

South Lincoln Planning Update

Revitalizing South Lincoln has been a major initiative for many years, and the South Lincoln Planning Implementation Committee (SLPIC) will be putting forth a number of proposals at next March's Annual Town Meeting. Come to **Bemis Hall on Friday, January 24 at 1:00 pm** when Jennifer Burney, Lincoln's Director of Planning and Land Use, and Gary Taylor of the Planning Board and SLPIC update you on the work of the Committee and listen to your concerns and ideas. This is your chance to make your voice heard in an informal, conversational milieu!



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, January 16 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!



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, January 13, 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) 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 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

Food for Thought Supper on **January 8, 5:30-7 at First Parish Auditorium**. Join us for a simple supper and conversation between adult children and aging parents about the challenges of aging while respecting independence and privacy. A panel of people dealing with these challenges will be moderated by Jane O'Rourke, LICSW, to get the conversation started. No RSVP needed. All are welcome. Suggested donation \$10 for adults; \$5 children. Questions? Contact Janet Boynton janetboynton@gmail.com

LLCT Movie Night: River Blue Jan. 9th, 7:30 pm, LLCT Offices (145 Lincoln Rd). Free. Exposes the environmental and human costs of fast fashion; highlights companies making environmentally sustainable products.

Jimmy Mazzy and the Last Minute Men Old Time New Orleans Jazz classics played as they should be! **Wednesday, January 8, 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, January 11 from 9 am to Noon at Bemis Hall**.

Open Mike Acoustic Night Enjoy live music at the free Open Mike Acoustic program **Monday, January 13 from 7 to 10 pm at the Library** featuring Matt Borello. Email: loma3re@gmail.com.

Free Live Traditional Jazz Jams on **Saturday, January 17 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.

LLCT Talk by Dr. Robert Gegear on Native Plants and Pollinators that Promote Biodiversity and Climate Resilience **Sunday, Jan. 26 at 1:00 pm at Bemis Hall**. Free. Kicks off a pollinator corridor initiative.

Age-Restricted Accessible, Affordable Condo Available for Sale

A two-bedroom affordable, ADA-accessible condo unit is available for sale at Minuteman Commons, a warm and inviting 55+ adult community in north Lincoln. The price is \$174,000 with a monthly condo fee of \$650. For more information, please contact Lara Plaskon at (978) 287-1092 or lara@rhsousing.org.

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