



NEWS FROM BEMIS HALL

Vol 11 Issue 3



March 2020



The Lincoln Council on Aging Monthly

Annual Town Meeting on March 28

with 25 Extra Parking Spaces for those with Limited Mobility!

All Lincoln residents are encouraged to attend Annual Town Meeting on **Saturday, March 28, beginning at 9:30 am in the Brooks Auditorium**. **If you have not attended Town Meeting in the past because the distance between where you can park and Brooks Auditorium was too far, please know that the COA and Town have heard you and the Town has set aside 25 extra parking spaces close to the entrance for those who find walking the long distances insurmountable.** The agenda will include the Town and School budgets, the recommendation of the Property Tax Study Committee, proposals to change the name of the Board of Selectmen and Council on Aging and for more gender neutral bylaws, regulations and policies, the Eighth Grade petition in support of the Parkland School students' efforts to end school shootings, articles related to climate change, and more. Annual Town Meeting, the legislative session of the Town Meeting form of government, is among the most important ways to make your voice heard and participate in our town's governance. The Town Election will be held on **Monday, March 30, 7:30 am to 8:00 pm at the Smith School Gym**.

A Matter of Balance Fall Prevention Program

Are you concerned about falls? Have you fallen in the past? Are you interested in improving balance, strength and flexibility? Minuteman Senior Services, in partnership with the Lincoln COA, is pleased to offer *A Matter of Balance*, a proven, award-winning fall prevention program designed for older adults. This eight-week course focuses on useful strategies to manage falls. It will meet on **Tuesdays from 10 am to 12 pm, March 10 through April 28**. Participants will learn to: view falls as controllable, set goals for increasing activity, make changes to lessen the risk of falls at home, exercise to increase strength and balance, and get up after a fall. The workshop is **FREE**. Please register early as space is limited. To register, call the COA at (781) 259-8811. This program was funded through a grant by CHNA 15, and was made possible by Determination of Need funds received from Lahey Hospital & Medical Center, and the Cummings Foundation. For more information, call Carolyn Bottum at the COA.



There's Still Time to Apply for Energy/Fuel Assistance!

If you have not yet applied for the Fuel Assistance program, there's still time! You may apply anytime before April 30. Fuel Assistance is a federally funded program that helps eligible households with heating costs during the winter months. Depending on your household income, you may qualify if you own or rent your home, even if heat is included in your rent. The program covers oil, gas, electric, propane, kerosene, and wood. Those approved for Fuel Assistance are also eligible for a discount on utility bills, weatherization for your home, and a program to repair or replace your primary heating system. To apply for Fuel Assistance, residents of all ages can contact the COA at (781) 259-8811 to set up an appointment. We will let you know what documents to bring.

8th Grade Warrant Article Group

This year the 8th grade Warrant Article Group is submitting a citizens' petition to support the Parkland, Florida students' movement, March for Our Lives. Their goal is to urge Congress to pass gun control legislation including enhanced gun ownership standards, a ban on assault weapons and high capacity magazines, and to create policies to disarm gun owners who are a risk to themselves and others. Every town that supports the students' efforts strengthens their cause. Please support our petition at Town Meeting on March 28th. Thank you. *The 8th Grade Warrant Article Group*



ENJOY A DAY OUT WITH THE COA!



The Red Lion Inn and Norman Rockwell Museum



Journey with us through the beautiful Berkshires to Stockbridge, MA on **Wednesday, May 6**. We'll have lunch at the Red Lion Inn, strategically located in the center of this quaint village that has hosted notables including American presidents plus Nathaniel Hawthorne and Longfellow. Following lunch, take a stroll about town before we head to the Norman Rockwell Museum. At the museum you will have time to visit the world's largest and most significant collection of Rockwell art at your own pace. Departure is from Donelans' parking lot at 9:00 a.m. and return by 6:30 p.m. This trip requires the ability to stand and walk for extended periods of time. Cost, including lunch, is \$55 and is nonrefundable. To make a reservation please send a check payable to FLCOA/Trips to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA 01773. Include your telephone number and email address. Your reservation is complete when your check has been received. Questions? Contact Donna at (781) 257-5050.

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.

Did You Know That Lincoln Has a Food Pantry?

If you need help with your food budget so you can use the money for other bills, Lincoln's Food Pantry may be able to help. The Pantry is at St. Joseph's Church behind the main church in a small building next to the rectory. It is open twice a month: on the second Thursday from 3:00 to 6:00 pm and the last Wednesday from 9:30 am to 2:00 pm and 5:00 to 7:00 pm. They have chicken, fish, fresh and frozen fruits and vegetables, meat, dairy products, cereals, pasta, beans, peanut butter, soup (canned and frozen, think Panera) and more! The Pantry is provided by the St. Vincent de Paul Society, a world-wide organization whose focus is on caring for people of all ages and conditions regardless of religious or personal affiliations. Call the COA to find out how to sign up.

COUNCIL ON AGING SERVICES

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

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

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

Are You in a Financial Crisis? Call the COA for information about some programs that may be able to help.

Would You Like a Free Home Safety Evaluation with 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

March 2, 12:30 pm —James J. Noble, PhD: Glacier National Park & Lewis and Clark

Join James Noble, and 200 fellow riders, as he embarks on the American Lung Association Transamerica Bicycle Trek. This record 3425 mile fund-raising event started in Seattle and ended six weeks later in Atlantic City. You will experience the grandeur of the Glacier National Park in Montana as well as 660 miles of the Lewis and Clark Trail. This video and PowerPoint presentation will have two connected take-aways. The first regards the natural beauty of Glacier NP, the nearby Canadian Rockies, and a global geographical anomaly unique to Glacier. The second focuses on some intriguing political and historical questions regarding President Jefferson, Merriweather Lewis, the Louisiana Purchase, and the 49th Parallel of Latitude.

March 9, 12:30 pm — Walter McClennen: Preserving History Through Family Letters

Walter McClennen is a local author who writes to preserve history through compiling family letters in a book format. His most recent book is *Remembering Clem - A Good American in Iran, Thirty Years of Christian Service, 1948-1978* (Amazon/Bogastow Books, 2017). This fascinating story of one humble American doing Presbyterian Mission work in Iran in the post-World War II era helps us to better understand past and present Iranian/American relations. McClennen will detail the importance of Clement Scott, Jr., and of preserving old family letters. He will detail how to approach organizing collections of old family letters and publishing them in an interesting and informative book format. The goal is to preserve little known - but important - chapters of our national history.

March 16, 12:30 pm —Thomas C. Wang: Town Planning and Design in the Middle East

Join Thomas C. Wang, an acknowledged leader in the field of landscape planning and design, as he discusses three case studies of projects in the Middle East. He has over 38 years of professional experience in designing and management of multi-disciplinary projects in Africa, Asian, Europe, North America and worldwide and is known for integrating the design process with graphic simulation. Come hear how he brought his experience to the special cultural, geographical, and political characteristics of the Middle East.

March 23, 12:30 pm — Craig Donaldson: Massachusetts and the 1917 Halifax Explosion

On December 6, 1917 the Norwegian vessel SS Imo and French cargo ship SS Mont-Blanc, which was full of high explosives, collided close to Halifax Harbor. The resulting explosion destroyed much of the city of Halifax, killing 2000 people and injuring 9000 others. Boston, which had a centuries-long relationship with Halifax immediately sent people and supplies to help. Learn the story of Boston's Herculean rescue efforts and the holiday gift given by Halifax in gratitude that we still enjoy today.

March 30, 12:30 pm — Mark Hopkins: Amazonia's Rainforest: Assessing Its Health and Future

Today's Amazon rainforest, one of the most pristine, wildlife-rich places left on earth, is facing environmental challenges like never before. In this talk, Mark Hopkins discusses why rainforests are of such importance to the planet's health, and reveals how deforestation and other human-induced threats are challenging their very existence. His discussion covers both the damage that environmental exploitation has caused, and the significant successes that teamwork between scientists and local people is achieving to sustain the health of the Peruvian rainforest and its many rare species.



Art, Music, Entertainment, Enjoyment!



Spend a Cozy Afternoon Painting Your Own Teacup or Mug!



March is perfect for getting cozy with a cup of coffee or mug of tea! Come down to the COA on **Monday, March 30 at 10:00 am** to paint your own mug or teacup when Pokadot Pottery comes to Bemis Hall! They will bring the mugs, cups, and paint, and you choose your favorite design and create something of your own! The first mug or teacup is free, but you may paint more for \$25 for each mug or teacup. Call the COA to sign up!

The Art of Storytelling

Everyone has a story, or more, to tell. All are invited to join a four-session free class to learn the art of storytelling by sharing a portion of your life with those in the class, and possibly a larger audience. The class will be held on **Wednesday mornings March 25, April 1, April 15, and April 22 from 10:00 to 11:30** and taught by experienced storyteller Sal Lopes. You do not need to come to all sessions. You will have support in preparing your story for telling and then enjoy sharing it and hearing the stories of others. Call the COA to sign up!



Coffee with Artist Jack Foley: Aging Gracefully



All are invited to an Artists Coffee with Jack Foley to celebrate the opening of his watercolor exhibit "Aging Gracefully" on **Tuesday, March 17 at 2:30 at Bemis Hall**. The exhibit includes watercolor paintings of **Architecture**: Historic buildings in old New England towns, with maintenance and loving care, just get better. We sometimes take them for granted, but our everyday lives just wouldn't be the same without them. **Bonsai**: Some trees take generations to create, care for, and refine, but eventually they become beautiful treasures we can all appreciate. **Landscapes**: Sometimes nature herself just can't be improved upon. As time goes by, she just gets better. The exhibit will be up through the end of April.

Relax on a Noticing Walk with John Calabria

Join us for a gently paced walk through nature guided by John Calabria on **March 3 from 1:00 to 2:30 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.

Enjoy 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, March 6 starting at noon**.



SAVE THE DATE!
**Piano Recital with Abla Shocair playing Beethoven
and Brahms on Friday, April 3, 3 pm**
All are Welcome!



AT THE MOVIES

Tuesday, March 24, 2:15 pm. Poms (2019). In this uplifting comedy, life in a retirement community is anything but retiring for a group of young-at-heart senior ladies who decide to pull out the pom-poms and form a cheerleading squad. PG-13. 91 mins.

Tuesday, March 31, 2:15 pm. Beautiful Day in the Neighborhood (2019). After a jaded magazine writer, Tom Junod, is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about kindness, love and forgiveness from America's most beloved neighbor. PG. 108 mins.



SPEND TIME WITH OTHERS



Enjoy a Gourmet Lunch with Parks and Recreation!

Lincolniters 60 and older are invited to enjoy a delicious gourmet lunch with friends new and old at **11:30 on Tuesday, March 17 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. NOT March 2.

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, March 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 Martyna Majok's Pulitzer Prize winning drama about privilege and human connection *Cost of Living* on **March 10 and 17 at 11 am.** Sally will bring copies.

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

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

Conservation Breakfast **Thursday, March 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, March 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, March 12 at 10 am.** Come join others to play and share information, tips, and strategies.

Ukulele and Sing-Along Group meets on **Thursday, March 12 and 26 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 **March 20.** 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.

Play Mah Jongg! Come to Bemis Hall each **Friday from 1:00 to 3:30 pm** for a Mah Jongg drop-in game. Bring your own card. For information, contact Joan Ingersoll, ingersollj@lincolntown.org or (781) 259-8811.

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">2</p> <p>10:00 Many Faces of Loss 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15 Tai Chi 1/3:15 Tai Chi 2</p>	<p style="text-align: right;">3</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 Memoirs 10:30 Declutter Group 11:00 Line Dancing 1:00 Tai Chi 1/2:15 Tai Chi 2 1:00 Russian Conversation</p>
<p style="text-align: right;">9</p> <p>9:30 Piano Duets 9:30 French Conversation 10:00 Many Faces of Loss 12:30 Lincoln Academy 2:15 Tai Chi 1/3:15 Tai Chi 2 3:00 Legal Clinic</p>	<p style="text-align: right;">10</p> <p>9:30 Knitting Drop-In 10:00 Wellness Clinic (LW) 10:00 Matter of Balance 10:30 Office Hours with Aides to Congresswoman Katherine Clark 11:00 Playreading: Cost of Living 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:30 COA Board Meeting</p>	<p>11:00 Line Dancing 1:00 Tai Chi 1/2:15 Tai Chi 2</p>
<p style="text-align: right;">16</p> <p>9:30 Piano Duets 10:00 Many Faces of Loss 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15 Tai Chi 1/3:15 Tai Chi 2</p>	<p style="text-align: right;">17</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 10:00 Matter of Balance 11:00 Playreading: Cost of Living 11:30 Stretch and Flex 11:30 Senior Dining (St. Anne's) 1:00 Active Aging Fitness 2:30 Coffee with the Artist</p>	<p>9:00 Podiatry 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: right;">23</p> <p>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 style="text-align: right;">24</p> <p>9:00 Collating 9:30 Knitting Drop-In 10:00 Matter of Balance 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: Poms</p>	<p>10:00 Storytelling with Sal 11:00 Line Dancing 1:00 Tai Chi 1/2:15 Tai Chi 2</p>
<p style="text-align: right;">30</p> <p>9:30 Piano Duets 10:00 Painting Mugs and Teacups 12:30 Lincoln Academy 2:15 Tai Chi 1/3:15 Tai Chi 2</p>	<p style="text-align: right;">31</p> <p>9:30 Knitting Drop-In 10:00 Matter of Balance 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: Beautiful Day in the Neighborhood</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.

CH 2020

DAY	THURSDAY	FRIDAY
<p>Chi 3 on Group</p> <p>4</p>	<p>5</p> <p>9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1/10:15 Tai Chi 2 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>6</p> <p>10:00 German Conversation 12:00 Trad Jazz Band 1:00 Open Bridge 1:00 Mah Jongg</p>
<p>Chi 3</p> <p>11</p>	<p>12</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 Chess Club 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>13</p> <p>1:00 Open Bridge 1:00 Mah Jongg</p>
<p>Chi 3 n Group</p> <p>18</p>	<p>19</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 Massachusetts Veterans Program Overview 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>20</p> <p>10:00 German Conversation 10:00 Making Advance Decisions 1:00 LGBT Tea and Conversation 1:00 Open Bridge 1:00 Mah Jongg 2:00 Affordable Housing Update</p>
<p>Lopes ni 3</p> <p>25</p>	<p>26</p> <p>9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1/10:15 Tai Chi 2 10:30 New Connections Café (The Commons) 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>27</p> <p>1:00 Open Bridge 1:00 Mah Jongg</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>	

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FOR YOUR WELL BEING

New Connections Café for Elders with Memory Changes and Caregivers



The Commons in Lincoln, Right-at-Home In Home Care and Assistance, and the Lincoln Council on Aging invite those with memory changes and their family, friends, and caregivers to the free Lincoln New Connections Café on **Thursday, March 26 from 10:30 a.m. to noon in the main building of The Commons in Lincoln.** Enjoy delicious refreshments and the jazz vocal stylings of Wendee Glick in a fun, informal, social atmosphere. The New Connections 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.

For Caregivers: Technology to Help Elders Be Safer at Home

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, April 1 at 7 pm** to reprise her November talk during an evening to accommodate working caregivers. 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.



Helping fellow Lincolnites find their next place in the world...
...as well as the next owner for their cherished home.

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Doug Carson doug.carson@compass.com
Realtor® 617.448.1913

compass.com Doug Carson is a real estate broker affiliated with Compass, a licensed real estate broker and abides by equal housing opportunity laws.



Friends of the Lincoln Council on Aging

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- Art – Drama - Music

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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 Beginners may sign up now for March 30 —June 8. **Level I (Beginners)**: Mon 2:15 pm, Wed 1:00 pm, and Thurs 9:15 am. \$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 with BP and Diabetes Screening!

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, March 10 at 10:00 am to noon at Lincoln Woods' Community Building at 50 Wells Road; Tuesday, March 17 from 9 to 11 am at Bemis Hall. The March 17 clinic at Bemis Hall will feature free diabetes screenings** and is sponsored by the Pierce House. Services are provided by Emerson Hospital Home Care.

Podiatry Clinics

Tues., March 3 at 9 am and 12 pm and Wed., March 18 at 9 am at Bemis Hall by appointment. \$10 donation. Sponsored by the Pierce House and FLCOA.

With our 130 year tradition of excellence in care for our community, you can trust us with all of your home care needs.

As a non-profit, Deaconess Abundant Life Services offers personal care assistance and help with all activities of daily living. Whether returning home from the hospital, memory support care or end of life care... turn to the name your community depends on.



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💡 **WHAT YOU NEED TO KNOW** 💡

What You Need to Know about Affordable Housing



If you are interested in applying for or living in affordable housing, this presentation is for you! Elizabeth Rust, Director of the Regional Housing Services Office, which

works with the Town of Lincoln on affordable housing issues, will be at **Bemis Hall on Friday, March 20 at 2:00 pm** to explain the many different types of affordable housing, how to apply for it, where it is in Lincoln, and how to tell if you might be eligible. Bring your questions and concerns!

Making Decisions When It Matters Most: Conversations about Health Care Proxy, Five Wishes, and More!

Come to **Bemis Hall on Friday, March 20, at 10:00 am** to learn about the importance of advance care planning and making one's health care wishes known through the use of "Five Wishes" and other planning tools. Mary Crowe and Joan Sullivan of Care Dimensions, offering hospice, palliative care, and support services, will provide this program for those who have concerns about family or friends or anyone who would like to know more about making sure your wishes at the end of life are known and followed.

Meet and Chat with Jay Higgins from the Office of Congresswoman Katherine Clark

Come down to **Bemis Hall on Tuesday, March 10, 10:30 am** when Jay Higgins from US Congresswoman Katherine Clark's office will be available to discuss any federal issues or concerns you have. All ages welcome!

Massachusetts Veterans Benefits Overview



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

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, March 9, 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

Designing Biodiversity: Toolkits to Create Pollinator Habitat and Biodiversity Sunday March 1 Bemis Hall at 1pm. Evan Abramson will speak about how we can all create pollinator habitat. He will highlight the design for a pollinator garden at Birches School which will support a wide range of wild pollinators.

Lincoln Democratic Caucus All Democrats registered in Lincoln are invited to the Lincoln Democratic Caucus, **Sunday, March 8, 1:30 – 3:30 pm at Bemis Hall.** We shall elect five delegates and four alternatives to the Massachusetts Democratic Convention in Lowell on Saturday, May 30. You are eligible both to vote and to be elected as a delegate.

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

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

LLCT Movie Night: A Squirrel's Guide to Success Thursday March 12 at 7:30pm at LLCT Offices. Squirrels get a bad rap sometimes! Come learn about these ingenious mammals and their ability to adapt and thrive.

Tough Guys and Gentle Men: Healthy Men in the Age of #MeToo Saturday, March 14, 9:30 am to 2:00 pm, St. Anne's Church. The Sudbury-Wayland-Lincoln Domestic Violence Roundtable will be sponsoring this event as part of the international White Ribbon campaign. Keynote speakers: Emma Brown of *The Washington Post*, author of a forthcoming book on raising boys in the age of #MeToo; and Dan Lebowitz, Executive Director of the Center for the Study of Sport in Society at Northeastern University.

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, March 14 from 9 am to Noon at Bemis Hall.**

Electric Vehicle Test Drive. The Lincoln Green Energy Committee (GEC) and the Green Energy Consumers Alliance are hosting an electric vehicle (EV) test drive as part of the GEC's EV 2020 Campaign at **the Mall at Lincoln Station parking lot on March 21st at 11 am - 2 pm.** **Rain date March 22nd.** Find more info at Greenenergyconsumers.org/drivegreen. For additional questions on how best to buy an EV, contact Peter Watkinson at pjwatkinson@mac.com

Free Live Traditional Jazz Jams on **Saturday, March 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.

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