



# NEWS FROM BEMIS HALL

Vol 12 Issue 2



February 2021



*The Lincoln Council on Aging Monthly*

## A Message to Residents aged 65+ about COVID Vaccine Availability

This is a uniquely challenging moment in history for seniors. Many are now eligible for the COVID vaccine, but do not know where to get it. The information on vaccine availability seems sparse and it is easy to feel anxious when COVID rates are high. The COA wants you to know that our priority is supporting senior residents during the vaccine roll out. As we write this, we know that more info will likely become available between the time this newsletter goes to print and reaches your mailbox. **Thus, here is what you need to know about how to stay up to date.**

We are updating the COA website ([www.lincolntown.org/132/Council-on-aging](http://www.lincolntown.org/132/Council-on-aging)) regularly with the latest public health info received. If you do not have access to the internet, please do not hesitate to call the COA (781-259-8811) and ask for either Abigail or Amy. We will provide you with current information.

If you have questions about COVID-19, its prevention, vaccine information, transmission, symptoms, or treatment, join Lincoln's Public Health Nurse, Tricia McGean, in our "Chat with a Nurse" Zoom. The next chat is **February 9 at 11am via Zoom**. To sign up for the chat, contact Amy at 781-259-8811 / [gagnea@lincolntown.org](mailto:gagnea@lincolntown.org). You do not need to have a computer to join in. You can participate by phone.

The Town is dedicated to supporting residents during this time and has put together a Public Health Team that is actively monitoring the Commonwealth's vaccine rollout plan and is developing its own plan to ensure that our residents have access to the vaccine as soon as it is available, consistent with the rollout priorities that have been established by the State Department of Public Health (DPH).

**Rollout Status in Lincoln.** Consistent with the vaccination priorities established by the Commonwealth, the next priority populations include citizens age 65 and older, teachers and other school personnel, and our public health workers. The vaccine is expected to be available to these populations in the beginning of February in a phased approach.

**Vaccine Providers.** The state's plan anticipates that primary care physicians (PCPs) and pharmacies will be the backbone of the vaccine delivery system. Residents are encouraged to communicate early with their PCP. The Town's Public Health Team is also planning to file a plan with State DPH and to request authorization to conduct town-sponsored vaccination clinics to augment the work of PCPs and pharmacies. If the plan receives approval, residents will be able to sign up to receive the vaccine at a local clinic as the vaccine is made available to the town.

We will be providing additional detail about our clinics as information becomes available. In the meantime, residents are again urged to be in communication with their PCPs and to continue to refer to the [DPH COVID-19 website](https://www.mass.gov/info-details/dph-covid-19-website) at Mass.gov and to monitor the Town's COVID-19 page at [lincolnpublihealthnews.com](http://lincolnpublihealthnews.com).

For the Town's Public Health Team,  
*Tricia McGean, Public Health Nurse*  
*Patricia Miller, Board of Health*  
*Timothy Higgins, Town Administrator*  
*Abigail Butt, COA Director*



## Permanent Absentee Voter Information

### *Information kindly submitted by Town Clerk, Valerie Fox*

If you wish to become a **Permanent Absentee Voter** you need to present the Town Clerk's Office with a document from your physician stating your inability, by reason of whatever your physical condition, to appear personally at the polls. Please call the Town Clerk at 781-259-2607 with any questions. Elections this year are the Annual Town Election on Monday, March 29, 2021 and a Special Town Election on Monday, May 17, 2021. **The Annual Town Meeting has been postponed until Saturday, May 15, 2021.**

## 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.

**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. Call 781-1259-8811 to request contactless delivery at Bemis Hall.

**Veterans Services** The Veterans' Services Officer (VSO) is an advocate for Lincoln's veterans and their dependents. The VSO can assist veterans with questions about their state and federal veteran benefits and services. The VSO can also help veterans apply for those benefits. Lincoln's Veterans Services Officer, Peter Harvell, will have regular office hours each **Thursday from 9 am to Noon at Bemis Hall**. To avoid waiting, please call ahead. Peter can also be reached by email at [Lincolnveterans@lincolntown.org](mailto:Lincolnveterans@lincolntown.org)

**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 appointments at this time. Please email [GagneA@Lincolntown.org](mailto:GagneA@Lincolntown.org) to request a ride. These rides are set up in advance and Wednesdays are the best day to schedule rides.

**Tax Preparation Information** The COA is awaiting information regarding tax preparation from the AARP program. Please watch the March newsletter for updates. We are sorry that COVID has affected this in-person service.



## THE LINCOLN ACADEMY

*Lectures, Discussions, and More about Our World!*

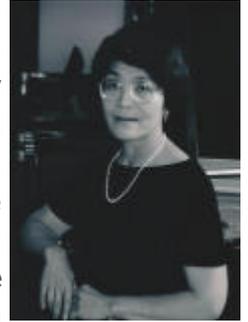


### The Lincoln Academy Lecture Series-Zoom 12-1

➔ **Zoom Link for All February:** <https://zoom.us/j/95445421553> ➔

#### February 1 - Wanda Paik: Classical Piano Music Recital

Wanda Paik will present a recital of some her favorite classic piano pieces, anchoring it with a masterpiece by J. S. Bach (1685 - 1750) the Toccata, Fantasia and Fugue in D Major, BWV 912. This will be followed by 3 works by Frederic Chopin (1810 - 1849), the Impromptu in Ab Major, Op. 29, described as effervescent as bubbling champagne, the Nocturne in C# minor (Op. posthu.) written as a young man before leaving Poland for Paris, and the Etude in Ab Major, (Op. 25 No. 1) which was thought to make the piano sound like an Aeolian harp. In the next group, Johannes Brahms (1833 - 1897) wrote the iconic Intermezzo in Eb minor, Op. 118, No. 6 which weaves, like a golden thread, an ancient Gregorian chant throughout the piece. Wanda will end the program with Claude Debussy's (1862 - 1918) familiar, luminously beautiful Clair de Lune from the Suite Bergamasque, followed by his sweeping, jazzy Prelude from the Suite Pour le Piano.



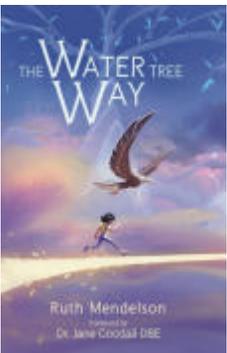
#### February 8 - The Green Choice Energy Committee

Bring your questions and learn about new program to increase renewable energy. Through this program, the Town has negotiated with suppliers to increase the percentage of renewable energy in the electricity sold to Lincoln residents. This leads to more wind and solar capacity getting built in New England, thereby "greening the grid" and reducing emissions of greenhouse gases from burning fossil fuels. Residents have a range of choices under the new program, including the ability to choose 100% renewable energy for a modest additional cost, and to opt out of the program at any time. You can also get more information at [www.LincolnGreenEnergyChoice.com](http://www.LincolnGreenEnergyChoice.com) or by emailing [support@LincolnGreenEnergyChoice.com](mailto:support@LincolnGreenEnergyChoice.com) or by calling 1-844-651-8919. If you do not Zoom, call the COA at 781-259-8811x102 to receive call in phone number to listen to program. Zoom link:<https://zoom.us/j/95445421553>.

#### February 22 - Author Ruth Mendelson

Introducing a new book "The Water Tree Way" written by Lincoln resident who happens to be an award winning producer and film composer.

The main character in book is named Jai (pronounced JAY) and she is more than a girl, she's a phenomenon. Filled with spunk, stealth and blazing courage, she leaves all she has known to embark upon a journey that would be hair-raising for anyone. A full-length (240 page) children's book intended for readers of ALL ages, the story exalts the triumph of the human spirit, as experienced by a girl who can be none other than her unabashed self. This book has the capacity to help many people -- especially NOW. To learn more, read reviews (including Jane Goodall's wonderful video endorsement), please visit [www.TheWaterTreeWay.com](http://www.TheWaterTreeWay.com).



Please call the COA 781-259-8811, if you would like to pick up an Author's copy of this new book. We have limited copies, but encourage everyone to read before the February 22nd Zoom.



## FOR YOUR WELL BEING



### Chat with Public Health Nurse, Tricia McGean

Do you have questions about COVID-19, the latest public health information concerning vaccines, Covid prevention, transmission, symptoms, or treatment? Are there other concerns you have about seasonal health issues? Join Town Nurse, Tricia McGean, on **Tuesday, February 9th at 11 am** and **Wednesday, February 17 at 11 am via Zoom!** Tricia will answer your questions and provide you with accurate and science-based information. To attend, email [gagnea@lincolntown.org](mailto:gagnea@lincolntown.org) or pre-register by calling 781-259-8811 x102 and leave a message.



### Podiatry Clinic with Dr. Ruhl on Feb 23 & March 23

**Note: Clinic Cancelled on Jan 26th – rescheduled to March 9th**

All participants must preregister by calling 781-259-8811.

Space is limited. Registration is on a first come, first serve basis. Suggested \$10 donation.

Co-sponsored by the Friends of the Lincoln Council on Aging and Pierce House.

### Free Mental Health Clinic

The Lincoln Mental Health Clinic is available to Town residents of all ages. Appointments are held by Zoom, or by phone on **Feb 2 or Feb. 16**. Call Abigail 781-259-8811 for an appointment. The appointments are offered between 2:15–4:30 pm.

## We are inviting Lincoln Seniors, Grandparents & Grandchildren to a FREE Intergenerational Event



**Tuesday, February 16 between 12 - 2 pm**



**DRIVE THRU & Pick Up ICE CREAM Sundae Cups**  
at First Parish Parking lot,  
14 Bedford Road (across from Bemis Hall)

Please help us to stagger arrival times.  
Last names beginning with letters  
A-G arrive 12-12:45,  
H thru R arrive 12:45-1:30 , S thru Z arrive 1:30-2 pm

*Ice Cream Cups generously sponsored by The Friends of the Lincoln Council on Aging*

# SPEND TIME WITH OTHERS

**Men's Coffee** This is a great way to catch up with buddies and make new friends.  
Thursdays, February 11 and February 25th at 8:30 am via Zoom.

**French Conversation** Brush up on your French speaking skills.  
Second and fourth Monday of each month at 9:30 am via Zoom.

**Spanish Conversation** Enjoy Spanish conversation.  
Second and fourth Tuesday of each month at 12:00 pm via Zoom.

**German Conversation** Come enjoy speaking German.  
First and third Friday or each month at 10:00 am via Zoom.

**Russian Conversation** Come brush up on your Russian by speaking it with others on the  
first and third Wednesday at 11:00 via Zoom. All are welcome whether you are a native speaker, beginner, or in-between!



Men's Coffee



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

COMPASS



**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

P.O. Box 143 • Lincoln, MA 01773

**Proud to Support the Lincoln Council on Aging!  
Serving people of all ages!**

- Trips – Music – Social Events
- Exercise – Tai Chi – Line Dancing
- Counseling – Transportation - Caregiving Help
- Art – Drama - Music

**More and more every month!**



In-home Mac or PC Help  
Hardware & Software Install  
Training | Upgrades  
Virus & Malware Removal  
Remote assistance and pickup & drop-off  
[Brian@The-IT-Man.com](mailto:Brian@The-IT-Man.com)  
978-369-3348 | [WWW.THE-IT-MAN.COM](http://WWW.THE-IT-MAN.COM)



DELICIOUS MEALS  
MADE FOR SENIORS™  
**508-658-3000**  
[info@HeartToHomeMeals.com](mailto:info@HeartToHomeMeals.com)  
[HeartToHomeMeals.com](http://HeartToHomeMeals.com)

# FEBRUARY

MONDAY	TUESDAY	WEDNESDAY
<b>1</b>	<b>2</b>	
10:00 Chair Yoga Class 12:00 Lincoln Academy: Wanda Paik Classical Piano Recital 2:15 Tai Chi 1 3:15 Tai Chi 2	2:15-4:30 <u>FREE Mental Health Clinic</u>	11:00 Line Dancing 12:30 Russian Conv 1:00 Tai Chi 1 2:00 Tai Chi 3
<b>8</b>	<b>9</b>	
9:30 French Conversation 10:00 Chair Yoga Class 12:00 Lincoln Academy: Green Energy Committee Presents new program 2:15 Tai Chi 1 3:15 Tai Chi 2	9:30 Friends FLCOA Meeting <b>11:00 Chat with Town Nurse            COVID Updates– pg 4</b> 12:00 Spanish Conversation 1:30 COA Board Meeting	10:30 Memoirs 11:00 Line Dancing 1:00 Zoom with A 1:00 Tai Chi 1 2:00 Tai Chi 3
<b>15</b>	<b>16</b>	
<b>COA CLOSED/PRESIDENT'S DAY</b> 	9:00 Wellness Clinic 9:30 Knitting Drop-In <b>12:00 Intergenerational Event            Drive-Thru to pick up            Ice Cream Sundae Cups</b> 2:15-4:30 <u>FREE Mental Health Clinic</u>	<b>11:00 Chat with Town Nurse            COVID Updates</b> 11:00 Line Dancing <b>12:00 Rev. Liz Walker</b> 1:00 Tai Chi 1 2:00 Tai Chi 3
<b>22</b>	<b>23</b>	
9:30 French Conversation 10:00 Chair Yoga Class 12:00 Lincoln Academy: New Book by Ruth Mendelson 2:15 Tai Chi 1 3:15 Tai Chi 2	<b>9:00–2:00 Podiatry Clinic</b> Bemis Hall-by appt only 12:00 Spanish Conversation	10:30 Memoirs 11:00 Line Dancing 1:00 Zoom with And 1:00 Tai Chi 1 2:00 Tai Chi 3

## 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:** [butta@lincolntown.org](mailto:butta@lincolntown.org)  
**Internet:** [www.lincolntown.org](http://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 Abigail 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.*

# JANUARY 2021

DAY	THURSDAY	FRIDAY
3 Conversation Group	4 9:00-12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2	5 10:00 SAIL/Balance Class 10:00 German Conversation 2:00 Conversation with Jennifer Glass - page 9
10 Andy Payne	11 8:30 Men's Coffee Group 9:00-12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2	12 10:00 SAIL/Balance Class
17 Town Nurse es—pg 4 er Zoom	18 9:00-12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2	19 10:00 German Conversation 10:00 SAIL/Balance Class
24 Andy Payne	25 8:30 Men's Coffee Group 9:00-12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2	26 10:00 SAIL/Balance Class

## Lincoln Cable TV

Selectmen, Schools, Town Meetings,  
COA Lectures, Bulletin Board and more!

**Watch on TV** - Comcast channels 8 and 99  
Verizon channels 33 & 24

**Watch on your computer** - "Streaming"  
or Video on Demand at <http://lincolntv.viebit.com>



**COLDWELL  
BANKER**

**LOOKING TO MAKE A MOVE?**

Selling • Buying • Downsizing  
Call Cheryl Pace Stakutis SRES

**617-842-6550**

*Your #1 Property Advisor*

*Experience • Compassion • Integrity*



[www.cherylstakutis.cbintouch.com](http://www.cherylstakutis.cbintouch.com)





# CELEBRATE BLACK HISTORY MONTH



## ZOOM WEBINAR FOR TOWN OF LINCOLN with special guest speaker

**Rev. Liz Walker**

**Wednesday February 17th at 12 pm**

**Link: <https://zoom.us/j/93566476722>**

All are welcome to join us for this special event. Liz Walker is currently a pastor at Roxbury Presbyterian Church. She retired from journalism, and was the first African-American weeknight news anchor in Boston.

Call 781-259-8811x102 with any questions, or to obtain call in numbers to listen to Webinar

*This town event has been sponsored by Friends of the Lincoln Public Library & Friends of the Lincoln Council on Aging.*

<p>With our 130 year tradition of excellence in care for our community, you can trust us with all of your home care needs.</p> 	<p>➤ Reach the Senior Market <b>ADVERTISE HERE</b></p> 
<p>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.</p>  <p>Bringing our tradition of care to your home</p> <p><b>978.402.8620</b> <a href="http://www.DeaconessServices.org">www.DeaconessServices.org</a></p>	<p><b>CONTACT</b></p> <p><b>Lisa Templeton to place an ad today!</b> <a href="mailto:ltempleton@lpseniors.com">ltempleton@lpseniors.com</a> or <b>(800) 477-4574 x6377</b></p> <hr/> <p><b>TRAIN with SHAIN</b> IN HOME PERSONAL TRAINING FOR SENIORS Gait, Balance/Fall Prevention &amp; Strength Training <b>(508) 231-6378</b> <a href="http://www.trainwithshain.net">www.trainwithshain.net</a> <b>FULLY INSURED</b></p>

**OPPORTUNITIES FOR EXERCISE via ZOOM**

**Tai Chi for Health, Rehabilitation and Wellness 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 2:00 pm.** For info, contact Jane Moss at 781-259-9822 or email [mindbody@comcast.net](mailto:mindbody@comcast.net).

**Line Dancing on Zoom** Enjoy the fun and fitness of line dancing with Katrina Rotondi. Classes via Zoom on **Wednesdays** at 11 am. Please call COA 781-259-8811 to sign up and complete the necessary waiver forms.

**Chair Yoga on Zoom with Rebecca** Mondays Feb. 1, 8, and 22 at 10:00am. This class will keep you moving and stretching in the chair. Call Amy 781-259-8811 to register. Please call COA to pre-register and complete waiver forms.

**SAIL Fitness Class on Zoom with Derry** Fridays Feb. 5, 12, 19, and 26 at 10:00am. Join Derry Tanner, retired nurse and certified personal trainer for Stay Active and Independent for Life (SAIL). Strength, balance, and flexibility exercises make you stronger and help you feel better. All you need to participate is comfortable clothing, a sturdy chair and light weights if you have them. Contact Amy to register at 781-259-8811 or email [GagneA@Lincolntown.org](mailto:GagneA@Lincolntown.org). The Zoom link and password will be sent the night before the class.

*Fitness classes subsidized by the MA Executive Office of Elder Affairs and by the FLCOA.*

## **Learn to Host using Zoom with Andy Payne**

**Wednesdays, Feb. 10 and Feb. 24 at 1 pm**

Zoom is a very popular system for video chats with groups and is supported on Mac, Windows, iPhone/iPad, and Android devices. You can download the Zoom at



**<https://zoom.us/download>**

Once you have it installed, use the meeting link below at the scheduled time and you should launch into the class. For about an hour, we'll give some basic lessons and give you a chance to learn and explore Zoom's settings and features in a low-stakes environment.

**Zoom meeting link: <https://zoom.us/j/577144331>**

## **Conversation with a Select (man) via Zoom**



Residents of all ages are invited to a "Conversation with a Select(man)" on **February 5th, 2-3 pm via Zoom**. Join Selectman Jennifer Glass to get the latest updates, ask your questions, and give your ideas! For information on how to join in, contact Jennifer prior to the meeting at [selectmen@lincolntown.org](mailto:selectmen@lincolntown.org).

**Zoom Meeting ID: 97690522488 Passcode: 998413**

## LINCOLN WOODS APARTMENTS

Newly Renovated  
Affordable Apartments  
Next to the Lincoln Mall  
50 Wells Rd. / Lincoln, MA  
[www.LincolnWoodsApt.com](http://www.LincolnWoodsApt.com)  
781-259-0150

## DEE FUNERAL & CREMATION SERVICES

Caring for Families since 1868

978-369-2030

John J. Arena III  
Susan M. Dee • Charles W. Dee  
[www.deefuneralhome.com](http://www.deefuneralhome.com)



## The Right Care, Right at Home®

- \*Personal Care/Companionship
- \*Transfers/Ambulation Assist
- \*Transportation/Errands
- \*Homemaking/Meal Prep
- \*Post Surgery/Rehab Care
- \*Hospice Support
- \*Alzheimer/Dementia Care
- \*Hourly, 24/7 and Live-in Services

Personalized care plans with ongoing nurse supervision  
Safe transition home from hospital or rehab stay

60 Great Road, Bedford, MA  
**781-275-1400**  
[www.rightathomecare.com](http://www.rightathomecare.com)



## BJORNSON FAMILY DENTISTRY

Accepting New Patients!

160 Lincoln Road, Lincoln, MA 01773

Phone: 781-257-5216

[Chester@BjornsonFamilyDental.com](mailto:Chester@BjornsonFamilyDental.com)

[BjornsonFamilyDental.com](http://BjornsonFamilyDental.com)

THIS SPACE IS  
**AVAILABLE**

## ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

1-855-225-4251

## KOHLER LuxStone.

The shower with safety  
features including seating,  
shelves and easy  
step in.



## KOHLER Walk-In Bath

Discover the walk-in  
bath that blends  
the best in safety,  
comfort and design.



SAVE **20%** PLUS

**NO** PAYMENTS, INTEREST  
OR MONEY DOWN!  
**UNTIL 2022**



THE BOLD LOOK  
OF **KOHLER**

Call for a FREE CONSULTATION:  
**781-995-4044**  
or visit [bathsafetyathome.com](http://bathsafetyathome.com)

Subject to credit approval. Interest is billed during the promotional period but all interest is waived if the purchase amount is paid in full within 18 months. Financing for OneSky® consumer loan programs is provided by federally insured, equal-opportunity lender banks. NMLS #1415362 See a NEWPRO product specialist for complete details. Must be presented at time of initial visit. May not be combined with other offers or applied to previous sales. Offer subject to change. Rules and restrictions apply. Financing subject to credit approval. NEWPRO is neither a broker or a lender. Financing provided by third party lenders unaffiliated with NEWPRO. Offer expires March 31, 2021. MA Reg #146958, RI #26463, CT Reg #0605214



# February Zoom Schedule



Date/Time

Event

Meeting Information

2/1	10:00 am	Chair Yoga classes on <b>Mondays</b>	Call Amy to register/sign waivers, 781-259-8811
2/1	12:00 pm	Lincoln Academy: W. Paik Classical Piano Recital	Link: <a href="https://zoom.us/j/95445421553">https://zoom.us/j/95445421553</a>
2/3	10:00 am	Virtual Line Dancing with Katrina on <b>Wednesdays</b>	Call Amy to register/sign waivers, 781-259-8811
2/5	10:00 am	SAIL Balance Class on <b>Fridays</b>	Contact Amy 781-259-8811 / GagneA@lincolntown.org
2/5	2:00 pm	Conversation with Select, Jennifer Glass	ID;97690522488 Pass:998413 or Email: Selectman@lincolntown.org
2/8	12:00pm	Lincoln Academy: Green Energy Project	Link: <a href="https://zoom.us/j/95445421553">https://zoom.us/j/95445421553</a>
2/9	11:00 am	Chat with Town Nurse: <i>COVID Updates, etc</i>	Contact Amy 781-259-8811 / GagneA@lincolntown.org
2/17	11:00 am	Chat with Town Nurse: <i>COVID Updates, etc</i>	Contact Amy 781-259-8811 / GagneA@lincolntown.org
2/17	12:00 pm	Special Webinar with Rev. Liz Walker	Link: <a href="https://zoom.us/j/93566476722">https://zoom.us/j/93566476722</a>
2/22	12:00 pm	Lincoln Academy: <u>The Water Tree Way</u> by R. Mendelson	Link: <a href="https://zoom.us/j/95445421553">https://zoom.us/j/95445421553</a>
2/24	1:00 pm	Zoom with Andy Payne: Learning about Zoom	Link: <a href="https://zoom.us/j577144331">https://zoom.us/j577144331</a>
2/25	8:30 am	Men's Coffee Group	Contact Amy 781-259-8811 / GagneA@lincolntown.org

Ongoing Groups meeting via Zoom: Memoirs Group, Spanish, German, Russian, and French Conversation.

Call 781-259-8811 x102 with questions.

**Kindly register 2 business days prior to events.**

For latest Council On Aging Updates go to town web page: [www.Lincolntown.org](http://www.Lincolntown.org), [Government](#), [Departments](#), [Council On Aging](#)

FRIENDS OF THE LINCOLN COUNCIL ON AGING  
P.O. BOX 143  
Lincoln, MA 01773

Non-Profit Org.  
Pre-Sorted Standard  
U.S. Postage Paid  
PERMIT #51  
Lincoln, MA 01773

**EGR-WSS**  
**POSTAL CUSTOMER**  
**Lincoln, MA 01773**

## GOINGS ON IN AND AROUND LINCOLN

Please see the newsletter cover for:  
**A Message to Residents aged 65+ about COVID Vaccine Availability**  
And visit the COA website regularly for COVID Vaccine updates.

### Winter Weather Policy

If the Lincoln schools are closed due to weather, activities at the COA are cancelled. *If your power is out, however, call to see if Bemis Hall will be open as a place to warm-up, recharge computers and cell phones, and more.*

### Thank You for Donations for Holiday Gift Baskets!

A resounding "Thank you!" is due to everyone who generously provided items for the Holiday Gift Basket program this year. About 30 seniors were provided with basic necessities such as new socks, shampoo, kitchen sponges, and deodorant. The response was overwhelming and we are truly grateful to all those who gave.