



NEWS FROM BEMIS HALL

Volume 13

May 2022

Number 5

Lincoln Council on Aging & Human Services

FREE Theatre Performance at Bemis Hall

Sunday, May 1 at 2:00PM



The Delvena Theatre Company is performing *Murder à la Carte* at Bemis Hall, Sunday, May 1, at 2:00 PM. **All are welcome to join us for a FREE, exciting, live, inter-active theatre experience.**



Who dunnit? You decide! This comedic murder mystery transports the audience to “Luigi’s Ristorante,” featuring actors, Lynne Moulton, Joseph Zamparelli, and Fran Baron. Put your detective skills to work and have fun along the way. Token prizes will be awarded.

Founded in 1992, the Delvena Theatre Company does to-go shows for the last several years at various venues throughout the New England area. For more info, contact Amy at the COA&HS, 781-259-8811. This performance is supported in part by a grant from the Lincoln Cultural Council, a local agency supported by the Mass Cultural Council.



1776 at the A.R.T.

Wednesday, June 29



Join us for Tony award-winning musical *1776*, as reimagined by the American Repertory Theater Artistic Director, Diane Paulus. *1776* examines the pivotal moment in American history when fed up with living under the tyranny of British rule, John Adams attempts to persuade his fellow members of the Continental Congress to vote in favor of American independence and sign a Declaration of Independence. But how much is he willing to compromise in the pursuit of freedom? And to whom does that freedom belong? Director Paulus reexplores these questions with a cast that reflects representations of race, gender, and ethnicity.

Bus departs Donelan’s parking lot at 11:00AM and brings group to Summer Shack in Cambridge. The group will order lunch individually and pay with cash. The bus will then deliver the group to a unique theatre experience at A.R.T. Join us on Wednesday, June 29, for lunch and a matinee.

Cost: \$35 per person, lunch not included. *Space is limited.* Reservations are on a first come, first serve basis. Sign up by mailing your \$35 check, payable to *FLCOA Trips*, to LCOA&HS, c/o Town Offices, 16 Lincoln Road, Lincoln, MA 01773. Please arrive to Donelan’s parking lot by 10:45 AM, as the tour bus departs promptly at 11AM and returns approximately by 5:30PM. For more information, contact Sara at 781-259-0421.

If you are in need of scholarship to cover the cost of this trip, please email Amy, gagnea@lincolntown.org. This trip is happening rain or shine and we are unable to give refunds. Your reservation is secured when check is received by COA&HS staff. Trip is open to residents aged 60 plus.



Senior Dining at First Parish

Fridays, 11:30—12:30



We invite seniors age 60 plus to join us for lunch across from Bemis Hall at First Parish Church. Lunch menu consists of soup, salad, rolls & dessert. This program is running weekly. \$2 suggested donation. Dine in or carry out are available due to the pandemic. Call 781-259-8811 to register. Space is limited. Reservation must be received by Wednesday for the Friday meal.

Senior Dining subsidized by Minuteman Senior Services.

FREE Tech Tutoring

Thursday, May 5 & 19



Looking for help with your laptop, smart phone, or iPad? Come to our tech tutoring office hours on Thursday afternoons **1:30–4:30PM**. If you have a laptop, tablet, or notebook, please bring it. Please call 781-259-8811 to make an appointment.

COUNCIL ON AGING & HUMAN SERVICES — CALL 781-259-8811

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. Call 781-259-8811 to book appointment for SHINE. In person office hours are offered at Bemis Hall the **first and third Wednesday of each month**.

Meals on Wheels Home-delivered meals through Minuteman Senior Services.

Home Safety Evaluation Call the COA&HS for a FREE safety evaluation and assistance with your fire and carbon monoxide alarms.

Medical Equipment Loans of walkers, canes, wheel chairs, tub benches, shower chairs, and more at Bemis. Call 781-259-8811 to request equipment and arrange pick up time.

Veterans Services The Veterans' Services Officer (VSO), Peter Harvell, is an advocate for Lincoln's veterans and their dependents. The VSO can assist veterans with questions about state and federal veteran benefits and services. Office Hours: **Thursday from 9 am to Noon at Bemis Hall**. Peter can also be reached by email at lincolnveterans@lincolntown.org.

Utility Assistance Need help paying your utility bills? Call the COA&HS to see if you qualify for a Massachusetts program providing help to income-eligible residents to pay for utilities.

Transportation The COA&HS prioritizes **medical** appointments at this time. Contact Carlee, castetterc@lincolntown.org, to request a ride. These rides are **set up in advance**. Need help with **Senior Charlie Card, the RIDE** or **RMV Near Me**? Call Carlee at 781-259-8811.



Notary Services Call 781-259-8811 to schedule an appointment for your documents to be notarized for FREE. Abigail Butt, COA&HS Director, is a certified Notary Public.





Monthly Events & Activities



Conversation with a Select

Thursday, May 12 at 10:00



Residents of all ages are invited to a “Conversation with a Select.” Join Select Board member, 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 jglassselect@lincolntown.org.

Zoom Meeting ID: 97690522488 Passcode: 998413



Chat with a Nurse

Wednesday, May 18 at 11:00

Do you have general health questions? Do you have questions about COVID-19, booster shots, transmission trends, symptoms, or treatment? Join Town Nurse, Tricia McGean, via Zoom to have your questions answered. Sign up by sending an email to gagnea@lincolntown.org.



Caregiver Support Group

Wednesday, May 18 at 11:00



Have a family member with memory loss? You're invited to come together and join with other caregivers as a group. We'll learn about memory loss, talk about challenges, and create strategies for managing a difficult situation, while also taking care of ourselves. *This group is open to all ages.* This caregiver support group is offered via Zoom and facilitated by Claire Gerstein, LICSW. Email gersteinc@lincolntown.org for more information.

Sponsored by Benchmark Senior Living at the Commons in Lincoln.

*****SEE PAGE 10 – FOR LINCOLN ACADEMY PROGRAMS*****

Pine Hill Trailhead: Noticing Walk with John Calabria

Tuesday, May 3 from 1:00—2:30

All are welcome for this FREE event. Unplug from the busy world and let your senses come alive in nature! Walks are gently paced but do cover rough terrain. Wear sturdy footwear and/or bring walking poles. Naturalist John Calabria leads walks that are all about the journey, not the destination. Space is limited. Registration required. Fill out registration form at www.lincolnconservation.org. Event reminder email one week before and on day of the walk.

Sponsored by Lincoln Land Conservation Trust & Lincoln COA&HS.

Tuesday Trail Walks

Tuesdays, May 10—31 from 9:30—11:30

Explore Lincoln's open spaces with Conservation Department staff. Visit a different trail each week. Walks are 2 to 3 miles long. Wear sturdy shoes. Dress for weather. To register click: <https://tinyurl.com/2022SpringWalks> or call/email 781-259-2612/conservation@lincolntown.org.



FOR YOUR WELLBEING



FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, May 11 & Tuesday, May 24 (Bemis Hall)
 Wednesday, June 8 & Tuesday, June 28 (Bemis Hall)
 Monday, May 11 & Wednesday, June 8 (Lincoln Woods)

Have your blood pressure checked, receive advice about nutrition and fitness, medication management, answers about how to manage chronic conditions, where to get health services, and more!

Clinic Hours

Lincoln Woods: 10:00AM—Noon
 Bemis Hall: Wednesday 8:45AM—11:00AM, Tuesday 8:45AM—1:45PM
 Commons (Residents Only) Wellness Room: Every Thursday 12:00PM—2:00PM



Podiatry Clinics with Dr. Ruhl

Wednesday, May 11 & Tuesday, May 24
 Wednesday, June 8 & Tuesday, June 28



All participants must register in advance by calling 781-259-8811. **Space is limited to Lincoln seniors aged 60 plus.** Registration is on a first come, first serve basis. Suggested \$10 donation.

Co-sponsored by the Friends of the Lincoln COA and the Pierce House.

FREE Mental Health Clinics

Tuesdays, May 3, 10, 17, & 31 (adult)
 Wednesdays, May 4, 11, 18 & 25 (adolescent)

The Lincoln Mental Health Clinics are available to town residents of all ages.

Appointments are held by Zoom, phone, or in person. Call Abigail at 781-259-8811 for an appointment. Staffed by: Sara Hickey, MSW, LCSW, Outpatient Clinician and Coordinator of Intake Services at Eliot Community Human Services.

Sponsored by the Lincoln Board of Health & the America Rescue Plan Act.



FREE Hearing Screening with Dr. Ring

Tuesday, May 24 from 11:00-2:00



Dr. Traci Ring, from Audiology & Hearing Solutions, Inc. will be at Bemis Hall to offer hearing screenings. When someone has a problem with hearing, the best way to find a solution is to see an audiology professional. Call 781-259-8811 for an appointment. Walk in appointments welcome.

FREE Legal Clinic with Attny. Golden

Friday, May 20 from 2:00-4:00

Questions about estate planning, MassHealth, guardianship, conservatorship, or probate? Join us for our FREE monthly legal clinic with elder law attorney, Sasha Golden. Call 781-259-8811 to sign up for a twenty-five minute consultation. When you call to schedule your appointment, tell us your preference: in-person, by phone, or virtual.



SPEND TIME WITH OTHERS

Men's Coffee You are invited to visit with old friends & meet new ones.
Fourth Thursday of the month at 9:30 am, in person/hybrid, Bemis Hall.

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



German Conversation Come enjoy speaking German.
First, third and fifth Friday of the month at 10:00 am via Zoom.

Russian Conversation All welcome whether a native speaker, beginner, or in-between!
First and third Wednesday of the month at 12:30 pm at Bemis Hall.

Ukulele Gathering Bring your ukulele and come play with friends both old and new.
Second and fourth Thursday of this month at 3:00 pm at Bemis Hall.

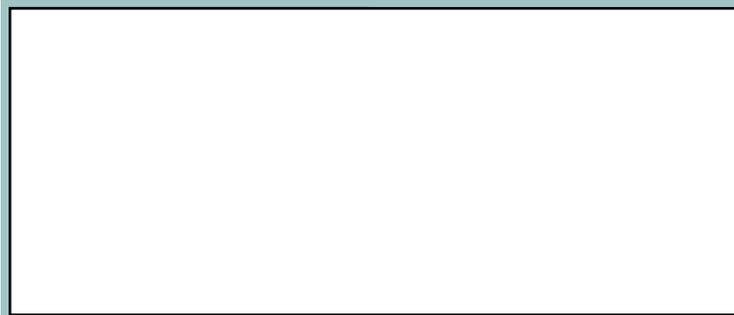
Knitting Group Come work on your PhD (Projects Half Done) with us!
Every Tuesday of the month, 9:30—11:00 am at Bemis Hall.



Open Art Studio Complete a paint-by-number masterpiece or use our art supplies (e.g. watercolors, pastels, etc.) and try something new.

Every Wednesday of the month, 3:00—4:00 pm at Bemis Hall.

Memoirs Group Write and share your story. Hear the stories of others. Sign up required.
Every other Wednesday of the month, 10:00—12:00 pm via Zoom, May 4 and May 18.




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| MONDAY | TUESDAY | WEDNESDAY |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p style="text-align: right;">2</p> <p>2:00 Tai Chi 1 3:00 Tai Chi 2</p> | <p style="text-align: right;">3</p> <p>9:00—12:00 Senior Salon Day 12:00 Senior Restaurant Day 9:30—11:30 Trail Walk 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 1:00 Noticing Walk 2:45—4:15 Mental Health Clinic</p> | <p>9:30—12:30 SHINE Office 10:00 Memoirs Group 11:00 Line Dancing 12:30 Russian Conversation 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Open Art Studio</p> |
| <p style="text-align: right;">9</p> <p>9:30 French Conversation 2:00 Tai Chi 1 3:00 Tai Chi 2</p> | <p style="text-align: right;">10</p> <p>9:30—11:30 Trail Walk 9:30—11:00 Knitting Group 9:30 FLCOA Meeting 11:15 Stretch and Flex 12:15 Active Aging 1:00 COA Board Meeting 2:45—4:15 Mental Health Clinic</p> | <p>8:45—10:45 Podiatry & 11:00 Line Dancing 1:00—4:00 SHINE Office 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Open Art Studio</p> |
| <p style="text-align: right;">16</p> <p>2:00 Tai Chi 1 3:00 Tai Chi 2</p> | <p style="text-align: right;">17</p> <p>9:30—11:30 Trail Walk 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 1:00 COA Board Meeting 2:15—4:30 Mental Health Clinic</p> | <p>10:00 Memoirs Group 11:00 Line Dancing 11:00 Chat with a Nurse 11:00 Caregiver Support 12:30 Russian Conversation 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Open Art Studio</p> |
| <p style="text-align: right;">23</p> <p>9:30 French Conversation 2:00 Tai Chi 1 3:00 Tai Chi 2</p> | <p style="text-align: right;">24</p> <p>8:45—1:45 Podiatry & Wellness 9:30—11:30 Trail Walk 9:30—11:00 Knitting Group 11:00—2:00 Hearing Screenings 11:15 Stretch and Flex 12:15 Active Aging 2:45—4:15 Mental Health Clinic</p> | <p>10:00 Memoirs Group 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Open Art Studio</p> |
| <p style="text-align: center;">No Tai Chi COA&HS CLOSED</p>  <p style="text-align: right;">30</p> | <p style="text-align: right;">31</p> <p>9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 2:15—4:30 Mental Health Clinic</p> | <p style="text-align: right;">MAY 2021</p> |

COUNCIL ON AGING & HUMAN SERVICES INFORMATION

COA&HS: 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
Website: www.lincolntown.org
Hours: Monday through Friday, 8:30 — 4:30 pm

Would You Like to Participate in a COA&HS activity but cannot afford the cost?

Call the COA&HS and ask to speak with Abigail or Amy to find out more about our scholarship program.

Disclaimer: The COA&HS 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.

| | THURSDAY | FRIDAY |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 | 5 | 6 |
| Office Hours | 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch and Flex 12:15 Active Aging 1:30—4:30 Tech Tutoring | 10:00 German Conversation 10:00 SAIL/Balance 11:30—12:30 Senior Dining 1:00 Lincoln Academy |
| 11 | 12 | 13 |
| Wellness Office Hours | 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 10:00 Conversation with Select J. Glass 11:15 Stretch and Flex 12:15 Active Aging 3:00 Ukulele Gathering | 10:00 SAIL/Balance 11:30—12:30 Senior Dining 1:00 Lincoln Academy |
| 18 | 19 | 20 |
| Art Group Office Hours | 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch and Flex 12:15 Active Aging 1:30—4:30 Tech Tutoring | 10:00 German Conversation 10:00 SAIL/Balance 11:30—12:30 Senior Dining 1:00 Lincoln Academy 2:00—4:00 Legal Clinic |
| 25 | 26 | 27 |
| | 9:00—12:00 Veterans Office Hours 9:30—10:30 Men's Coffee at Bemis Hall 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch and Flex 12:15 Active Aging 3:00 Ukulele Gathering | 10:00 SAIL/Balance 11:30—12:30 Senior Dining 1:00 Lincoln Academy |
| 22 | | |

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**!NEW Senior Salon Day NEW!**

Tuesday, May 3 from 9:00-12:00



Looking for a local hairdresser or barber? We are pleased to announce monthly half price Senior Salon Day in collaboration with the Salon at Minuteman Tech. Call 781-259-8811 to reserve your appointment to receive the royal treatment. For a full list of salon services:

www.minuteman.org/student-run-public-services/salon-minuteman.

The Salon is located at 758 Marrett Road, Lexington, MA. Need a ride? Call Carlee (781-259-8811) to book transportation. Don't forget to have lunch at the District Restaurant after your appointment!

**!NEW Senior Restaurant Day NEW!**

Tuesday, May 3 at 12:00



Enjoy a sumptuous three course meal made from scratch at the District Restaurant & Café. Lunch includes salad, homemade bread, a choice of 2 entrees, plus pastry/dessert and coffee all for only \$8 to \$10! The District Restaurant & Café is located at 758 Marrett Road, Lexington, MA. Need a ride? Call Carlee (781-259-8811) to book your transportation. Reserve your spot today by calling 781-259-8811.

| | | |
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|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <p>JOCELYN FINLAY PHOTO</p> <p></p> <p>JocelynFinlay.com</p> | | <p>GROW YOUR BUSINESS BY PLACING AN AD HERE!</p> <p>CONTACT US!</p> <p>Contact Lisa Templeton to place an ad today! ltempleton@lpicommunities.com or (800) 477-4574 x6377</p>  |
| <p>Pop-Up Studio Wayland on Wednesdays 9am - 12pm</p> <p>at the W Gallery 57 Andrew Avenue Wayland MA</p> <p>Walk-ins welcome, or Email or call to reserve your photo session time jefinlay@gmail.com 617-468-4714</p> | | | |

Pre-registration is required for all exercise classes

Contact Amy, 781-259-8811 x102 or email gagnea@lincolntown.org to pre-register.

In Person Exercise at Bemis Hall



Terri Zaborowski

Stretch and Flex Classes with Terri

Tuesdays and Thursdays Cost, \$3.00/class
11:15-12:00 pm – Bemis Hall

Designed to help maintain strength, flexibility, and independence with both standing and seated exercises using resistance bands. Warm-up moving your body and joints through their full range of motion without resistance to the music. Strengthening your muscles with various upper and lower body exercises. Full body stretch designed to lower your heart rate, relieve stress, increase flexibility, and leave you feeling great! Resistance bands are provided. Class can be done seated or standing.

Active Aging Classes with Terri

Tuesdays and Thursdays Cost, \$3.00/class
12:15-1:00 pm – Bemis Hall

Functional fitness class with exercises designed to help seniors maintain strength, balance, and independence. Designed for every fitness level with modifications and adaptations. Flexibility training to increase joint range of motion. Balance exercises to improve gait and confidence. Resistance training to build lean muscle and increase bone density all to the beat of the music! Finish with a 5-minute stretch.

Line Dancing with Katrina

Wednesdays Cost, \$3.00/class
11:00-12:00 pm – Bemis Hall

Enjoy the fun of line dancing. All levels are welcome to participate. Maybe you've done a little line dancing at a wedding or party, loved it, and wished you could do more? Maybe you are a single person who would love a form of dance where a partner isn't needed? Maybe you just might be looking for something new to try and get a little exercise too! Learn the basic steps and be dancing in minutes.



Katrina Rotondi

Virtual Exercise via Zoom

SAIL Fitness with Derry

Fridays Cost, \$3.00/class or \$54.00/session
10:00 am-10:45

Summer Session runs May 6 – September 2. Summer Session consists of 18 classes.

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 feel better. All you need to participate is comfortable clothing, a sturdy chair and light weights if you have them.

Tai Chi with Jane, Ellie, & Cynthia

Spring Session runs April 4 – June 16. This gentle practice works the joints and muscles to increase flexibility, strength, balance, and circulation. For info, contact Jane Moss, 781-259-9822/jbmoss123@comcast.net. Openings available in Thursday classes. **Please note: No Tai Chi on Monday, May 30.**

Tai Chi (Beginner/Level 1)

Mondays at 2:00pm, Wednesdays at 1:00PM, & Thursdays at 9:15am.

Tai Chi (Advanced/Level 2)

Monday at 3:00pm, Level 2 (Advanced) & Thursday 10:15am.

Tai Chi (Advanced/Level 3)

Wednesday at 2:00pm, Level 3 (Advanced).

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



Derry Tanner



Jane Moss



Ellie Horwitz



Lincoln Academy at Bemis

Lincoln Academy programing follows Senior Dining, every Friday.



Ask the Pharmacist with Dr. Stela Striligas, USAF, BSC, MPH, PharmD Friday, May 6 at 1:00

Major Stela Striligas joins us to help understand prescription medications. This talk will help bridge the disconnect that many people have juggling multiple doctors near and far. What do you need to know after a recent discharge? How often should you list of medications be evaluated? Major Striligas specializes in Geriatric Pharmacy and Medication Therapy Management and holds a Master Degree in Public Health, as well as Doctor of Pharmacy degree.



Brain Healthy Cooking For One Friday, May 13 at 1:00

Let's learn to eat nutritiously, reduce food waste, and stretch your shopping budget when cooking for one! Senior Living residence chefs will show us how to prepare several tasty Mediterranean-style meals from a short list of cost-effective, brain-healthy ingredients. Please RSVP by calling 781-259-8811 by May 11.



The Driving Dilemma with Dr. Dugan Friday, May 20 at 1:00

This is a "not to miss" presentation! Come and learn about the research done on driving safety! This presentation will review what we know about driver safety for seniors, how to keep driving safely, and the warning signs that may signal it is time to retire from driving. Beth Dugan, PhD is an Associate Professor of Gerontology at UMASS Boston and is actively investigating healthy aging (see healthydatareports.org). She serves on the Governor's Council to Address Aging Issues in Mass & is the author, has been a guest on WGBH, and is author of The Driving Dilemma: The Complete Resources Guide for Older Drivers & Their Loved Ones.



Probate Avoidance & Beneficiary Designations with Attny. Golden Friday, May 27 at 1:00



Elder Law Attorney, Sasha Golden, will share important news regarding probate avoidance and beneficiary designations. There have been many changes in the laws recently concerning naming beneficiaries of retirement plans. Sasha is a Lincoln resident and donates her expertise for monthly legal clinics & programs.

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**“The greatness of humanity is not in being human, but in being humane.”
-Ghandi**

GOING ON IN AND AROUND LINCOLN

**SAVE THE DATE - SUMMER TOP OF THE TOWN
THURSDAY, JUNE 23, 5-8 pm at THE PIERCE HOUSE
This event is sponsored by the Friends of the Council on Aging**

Unable to visit the Library?

Any resident unable to come to the library in person who would like to sign up for FREE home delivery may contact the reference desk, 781-259-8465x204/lincoln@minilib.net. A small group of volunteers drops off/picks up books assembled by librarian Robin Rapoport. This service may be used temporarily or long term with a weekly delivery service.

NEW! English at Large: FREE tutoring at Bemis Hall



Do you need to learn or improve your English? Tutoring is provided by a volunteer that matches your schedule. One-on-one and group lessons available. For more information program or to register visit: EnglishAtLarge.org/get-a-tutor or call/email 781-395-2374/learn@englishatlarge.org.

Mission Statement

The Lincoln Council on Aging and Human Services is a welcoming organization that embraces diversity, equity, and inclusion. The COA&HS strives to enrich the lives of Lincoln residents 60 years of age or older (approximately 1/3 of the population) and assist older residents to remain safely and independently in our community. In addition, the COA&HS provides services to Lincoln residents of all ages who are in a serious financial crisis or who need help in caring for elders. We also develop new social services resources for residents of all ages in collaboration with other Town departments and organizations. Most of our educational, social, and recreational activities are open to people of all ages.