



# NEWS FROM BEMIS HALL

Volume 13

September 2022

Number 9

Lincoln Council on Aging & Human Services

## Drive Thru Shredding Event

Wednesday, Sept. 28 from 11:00 - 2:00PM



Place your items for shredding in your car and drive over (across from Bemis Hall) to the First Parish Church parking lot, 14 Bedford Road. New England Security Shredders will shred your documents on site **free of charge**. You don't need to worry about removing the staples.

If your last name begins with the letter:

**SENIORS A thru M** please arrive from **11-12PM**

**SENIORS N thru Z** arrival time **12-1PM**

and **open to the public** as space permits **1-2PM**



*This event generously sponsored by Friends of Lincoln COA.*



## A Matter of Balance: Fall Prevention Workshop

Thursdays, Sept. 22 - Nov. 17 from 1:30 - 3:30PM

Interested in improving balance, strength and flexibility? Concerned about falls? Fallen in the past? Minuteman Senior Services, in partnership with LCOA&HS, is pleased to offer *A Matter of Balance*, an award-winning, proven fall prevention program designed for older adults. This eight week course will meet weekly. Please note: no class Oct. 20. Participants will learn to: view falls as controllable, set goals for increasing activity, make changes to lessen the risks of falls at home, and exercise to increase strength and balance. The workshop is **FREE**. Register early as space is limited. To register, please call 781-259-8811 and speak with Amy to have your questions answered. Instructor: Marianne DiBlasi.

## Memoirs Writing Group

Every other Wednesday, Sept. 7 - Dec. 14 from 10:00 - 12:00PM

Every person has stories to tell. Sometimes, stories are unified by a theme. Other times they are episodic. All are worth writing down. Come join the group, read your stories, and hear those of others. Meetings via Zoom. Come to the first meeting on Wednesday, Sept. 7 to learn more. If you want to continue, the cost of the 8-session term is \$75. For more info, contact Amy 781-259-8811/[gagnea@lincolntown.org](mailto:gagnea@lincolntown.org). Instructor: Connie Lewis.

## Autumn Noticing Walks

Tuesdays, Sept. 6 & Oct. 4 from 1:00 - 2:30PM



All are welcome for these **FREE** events. Unplug from the busy world and let your senses come alive in nature! These walks are gently paced but do cover rough terrain. Participants are encouraged to wear sturdy footwear and/or bring walking poles. Naturalist John Calabria leads us on walks that are about the journey, not the destination. Space is limited and registration is required. Please fill out registration form at [www.lincolnconservation.org](http://www.lincolnconservation.org) and receive an email reminder one week before & day of walk. *Sponsored by the COA&HS and Lincoln Land Conservation Trust.*

## Senior Dining at First Parish

Every Friday at 11:30AM



We invite Lincoln seniors aged 60 plus to join us for lunch across from Bemis Hall at First Parish Church. **New Lunch menu is listed on our September calendar!** This program is running weekly. \$2 suggested donation. Dine in or carry out available. Call 781-259-8811 to register. Space is limited. Reservation must be received by noon Wednesday for the Friday meal. *Senior Dining sponsored by Minuteman Senior Services.*

## You Can Make a Real Difference!

### **Minuteman Senior Services Needs Volunteer Drivers**

WE NEED YOU!

Are you free from 11am to 1pm on weekdays to help deliver meals to homebound seniors once a week? If you are interested or have questions, please contact Yuen Li at 781-221-7093 or [volunteer@minutemansenior.org](mailto:volunteer@minutemansenior.org).

**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](mailto: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](mailto: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



### Coffee & Conversation with J. Glass, Select Board

Tuesday, September 13 at 2:00PM



Residents of all ages are invited to join Select Board member, Jennifer Glass, to get the latest updates, ask your questions, and give your ideas! Please call 781-259-8811 to sign up and speak with Jennifer **in person** at Bemis Hall, or email [gagnea@lincolntown.org](mailto:gagnea@lincolntown.org) to register & meet via Zoom.



### Chat with a Nurse

Wednesday, September 21 at 11:00AM

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](mailto:gagnea@lincolntown.org).



### Caregiver Support Group

Wednesday, September 21 at 11:00AM



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](mailto:gersteinc@lincolntown.org) for more information.

*Sponsored by Benchmark Senior Living at the Commons in Lincoln.*



### Powerful Tools for Caregivers Workshop

Tuesdays, October 4 - November 8 at 1:30PM



Caring for a chronically ill loved one can be stressful physically, emotionally, and financially. Join our Powerful Tools for Caregivers **FREE** 6 week class designed to provide caregivers with the skills needed to care for yourself. This course is designed to help reduce stress, improve life balance, increase ability to tackle tough decisions, and locate helpful resources. To register contact Marianne DiBlasi, 781-221-7095/[m.dibiasi@minutemansenior.org](mailto:m.dibiasi@minutemansenior.org).

*Sponsored by Minuteman Senior Services, Lincoln COA&HS, & Littleton Human & Elder Services.*

### Celebratory Lunch with Heart to Home Meals

Tuesday, September 20 at 12:00PM



The team at Heart to Home Meals is offering a **FREE lunch at Bemis Hall** to honor the seniors of Lincoln. These delicious meals are frozen and can be stored in your freezer until you are ready to heat and enjoy! Sign up by calling 781-259-8811. Menu choices: Crumb topped Cod or Chicken Teriyaki. *Space is limited.*



## FOR YOUR WELLBEING



### FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, September 14 (Bemis Hall)

Tuesday, September 27 (Bemis Hall)

Wednesday, September 14 (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: 11:00AM—1:00PM

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, September 14

Tuesday, September 27



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.

*Sponsored by the Friends of the Lincoln COA and the Pierce House.*

### FREE Mental Health Clinics

Tuesdays, September 6, 13, 20 & 27 (adult)

Wednesdays, September 7, 14, 21 & 28 (adolescent)

**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.*



### English at Large

Tuesdays at Bemis Hall

Want to improve your English? The Lincoln COA&HS, through partnership with English at Large, is now offering FREE one-on-one English language tutoring. Tutoring is provided by a volunteer teacher that matches your schedule. One-on-one and group lessons available. For more information or to register: visit [englishatlarge.org/get-a-tutor](http://englishatlarge.org/get-a-tutor), call 781-395-2374, or email [learn@englishatlarge.org](mailto:learn@englishatlarge.org).

### FREE Tech Tutoring

Thursdays, September 1 & 15 from 2:00 - 4:00PM



Looking for help with your laptop, tablet, smart phone, or iPad? Come to our tech tutor office hours. Please bring your device and charging cable with you. Sign up in advance for a time slot is required. Please call 781-259-8811 to make your appointment. *Space is limited.*



***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.**

**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 reading and speaking German.

**First, third & 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 Thursday of the month at 10:00 am, in person.**

**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, in person.**

**Knitting Group** Come work on your PhD (Projects Half Done) with us!

**Every Tuesday of the month, 9:30—11:00 am, in person**

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

**Every Wednesday of the month, 3:00—4:00 pm, in person.**



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**Friends of the Lincoln Council on Aging**

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**Proud to Support the Lincoln Council on Aging**

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- Exercise – Tai Chi – Line Dancing
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MONDAY	TUESDAY	WEDNESDAY
<b>SEPTEMBER 2022</b>		
<p style="text-align: right;"><b>5</b></p> <p style="text-align: center;"><b>COA&amp;HS CLOSED</b></p> 	<p style="text-align: right;"><b>6</b></p> <p>9:30—11:00 Knitting Group  11:15 Stretch and Flex  12:15 Active Aging  <b>1:00 Noticing Walk</b>  2:45—4:15 Mental Health Clinic</p>	<p>10:00 Memoirs Writing  11:00 Line Dancing  1:00—4:00 SHINE Office  2:45—4:15 <u>Free</u> Mental  3:00 Open Art Studio</p>
<p style="text-align: right;"><b>12</b></p> <p>9:30 French Conversation</p>	<p style="text-align: right;"><b>13</b></p> <p>9:30—11:00 Knitting Group  9:30 FLCOA Meeting  11:15 Stretch and Flex  12:15 Active Aging  1:00 COA Board Meeting  <b>2:00 Coffee &amp; Convo with J. Glass</b>  2:15—4:30 Mental Health Clinic</p>	<p><b>8:45—10:45 Podiatry</b>  <b>8:45—10:45 Wellness</b>  11:00 Line Dancing  12:30 Russian Conversa  2:45—4:15 <u>Free</u> Mental  3:00 Open Art Studio</p>
<p style="text-align: right;"><b>19</b></p> <p>2:00 Tai Chi 1  3:00 Tai Chi 2</p>	<p style="text-align: right;"><b>20</b></p> <p>9:30—11:00 Knitting Group  11:15 Stretch and Flex  <b>12:00 Heart to Home Meal-Bemis</b>  12:15 Active Aging  2:45—4:15 Mental Health Clinic</p>	<p><b>8:45 Trip to Beauport</b>  10:00 Memoirs Writing  <b>11:00 Chat with a Nurs</b>  <b>11:00 Caregiver Suppo</b>  11:00 Line Dancing  1:00—4:00 SHINE Office  1:00 Tai Chi 1  2:00 Tai Chi 3  2:45—4:15 <u>Free</u> Mental  3:00 Open Art Studio</p>
<p style="text-align: right;"><b>26</b></p> <p>9:30 French Conversation  2:00 Tai Chi 1  3:00 Tai Chi 2</p>	<p style="text-align: right;"><b>27</b></p> <p><b>8:45—1:45 Podiatry &amp; Wellness</b>  9:30—11:00 Knitting Group  11:15 Stretch and Flex  12:15 Active Aging  2:45—4:15 Mental Health Clinic</p>	<p><b>11:00 — 2:00 Shreddi</b>  11:00 Line Dancing  1:00 Tai Chi 1  2:00 Tai Chi 3  2:45—4:15 <u>Free</u> Mental  3:00 Open Art Studio</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](mailto:butta@lincolntown.org)  
**Website:** [www.lincolntown.org](http://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.*

DAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>
	9:00—12:00 Veterans Office Hours 10:00 Russian Conversation 11:15 Stretch and Flex-last day P.H. tent 12:15 Active Aging- last day P.H. tent 2:00—4:00 Tech Tutoring by appt	10:00 German Conversation 10:00 SAIL/Balance <b>11:30 Senior Dining</b> Menu: beef stew, veggies & roll <b>1:00 Movie: CODA</b>
<b>7</b>	<b>8</b>	<b>9</b>
Group e Hours Health Clinic	9:00—12:00 Veterans Office Hours 11:15 Stretch and Flex 12:15 Active Aging 3:00 Ukulele Gathering	10:00 SAIL/Balance <b>11:30 Senior Dining</b> Menu: Bourbon chicken salad, chickpea cilantro salad, veggies <b>1:00 Movie: Noi the Albino</b>
<b>14</b>	<b>15</b>	<b>16</b>
Clinic ation Health Clinic	9:00—12:00 Veterans Office Hours 10:00 Russian Conversation 11:15 Stretch and Flex 12:15 Active Aging 2:00—4:00 Tech Tutoring Office Hours	10:00 German Conversation 10:00 SAIL/Balance <b>11:30 Senior Dining</b> Menu: Build Your Own Sandwich, Egg Salad, potato salad, fruit <b>1:00 Lincoln Academy: Tai Chi for            Balance &amp; Well-Being</b>
<b>21</b>	<b>22</b>	<b>23</b>
t Group se <b>ort Group</b> ce Hours l Health Clinic	9:00—12:00 Veterans Office Hours <b>9:30 Men's Coffee</b> 9:15 Tai Chi 1 10:15 Tai Chi 3 11:15/12:15 <u>No Exercise with Terri</u> <b>1:30 Matter of Balance Workshop</b> 3:00 Ukulele Gathering	10:00 SAIL/Balance <b>11:30 Senior Dining</b> Menu: Roast pork w/ apple gravy, roasted potatoes, peas & carrots <b>1:00 Lincoln Academy: Live Classical            Piano Music by Abba Shocair</b>
<b>28</b>	<b>29</b>	<b>30</b>
ng Event l Health Clinic	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 <b>1:30 Matter of Balance Workshop</b>	10:00 German Conversation 10:00 SAIL/Balance <b>11:30 Senior Dining <u>Special Guest:</u>  <u>Select J. Glass</u> Menu: Meatloaf w/            gravy, garlic potatoes, green beans</b> <b>1:00 Lincoln Academy: The Choice to            Age in Place: Tips &amp; Tricks</b>

## 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>

## Lake Winnepesaukee Turkey Train

Thursday, October 13



Join us for a fabulous foliage tour as we head north to New Hampshire. We board a Boston & Maine Railway car for an unforgettable 2 hour train ride along the shoreline of scenic Lake Winnepesaukee. A hand carved roast turkey dinner with all the fixings is served to you at your table prepared for us by Hart's Turkey farm. We also make a stop at Moulton Farm Stand.

Cost of the trip is \$65, non-refundable. Sign up by mailing your check, payable to *FLCOA Trips*, to LCOA&HS, c/o Town Offices, 15 Lincoln Road, Lincoln, MA 01773. Space is limited. Reservations are first come, first serve. Call 781-259-8811 to ensure space remains. Arrive at Donelan's parking lot by 9:15AM. Tour bus departs at 9:30AM and returns at approx. 6PM.

### **Is this trip out of your budget? No problem!**

The Scholarship Program helps Lincoln residents aged 60+ participate in COA&HS activities, trips, programs, events, and classes that they could otherwise not afford to attend. Please call COA&HS and ask Amy for more information. *Sponsored by the Friends of the Lincoln COA.*

## Save the Date: Kinky Boots-North Shore Music Theater

Wednesday, November 2

Kinky Boot Trip sign up starts the first week of October!



	<p align="center"><b>Your Local Lincoln Real Estate Expert</b></p> <p>Whether buying or selling, I would love to guide you through your next real estate process, providing million dollar service at every price point.</p> <p align="center">I look forward to hearing from you!</p> <p><b>TERRY PERLMUTTER</b> 617.519.5179   tperlmutter@barrettsir.com</p> <p align="right">Barrett   Sotheby's INTERNATIONAL REALTY</p>	<p><b>TRAIN with SHAIN</b></p> <p><b>IN HOME PERSONAL TRAINING FOR SENIORS</b></p> <p>Gait, Balance/Fall Prevention &amp; Strength Training</p> <p><b>(508) 231-6378</b></p> <p>www.trainwithshain.net</p> <p><b>FULLY INSURED</b></p>
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<p><b>JOCELYN FINLAY PHOTO</b></p> <p>JocelynFinlay.com</p> <p><b>Studio at the Market</b></p> <p>Lincoln Arts and Farmers Market 145 Lincoln Rd, Lincoln MA Saturdays 9am - 12pm</p> <p>My photo studio is set up at the market for headshots, school photo retakes, family photos</p> <p>jefinlay@gmail.com 617-468-4714</p>	<p>There are many ways to make an appointment.</p> <ul style="list-style-type: none"> <li>Visit Vaxfinder: For a list of locations in your area visit <a href="http://vaxfinder.mass.gov">vaxfinder.mass.gov</a></li> <li>Pop-up Mobile Clinics: Through local Boards of Health or community organizations.</li> <li>Dial 2-1-1 to make an appointment</li> <li>In-home Booster: Request an in-home booster call: (833) 983-0485</li> </ul> <p><b>Need a Boost?</b></p> <p>It may be time for your next COVID-19 vaccination</p> <p>COVID-19 booster vaccines keep you, your family, and your community healthy. Health officials recommend a fourth dose (or second booster) of the Pfizer or Moderna vaccine for older adults and the most vulnerable. Our team is here to help you with your questions about vaccinations and how to make an appointment.</p> <p><b>Minuteman SENIOR SERVICES</b></p> <p>Our caregiving team is here to help you with your questions. Visit <a href="http://MinutemanSenior.org">MinutemanSenior.org</a> Call us at 888-222-6171 or email us at <a href="mailto:elderinfo@MinutemanSenior.org">elderinfo@MinutemanSenior.org</a></p>
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Contact Amy, 781-259-8811/[gagnea@lincolntown.org](mailto:gagnea@lincolntown.org) to pre-register.  
 Fitness classes subsidized by the MA Executive Office of Elder Affairs and the FLCOA.

**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

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

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

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.



**Bemis Hall**



**Katrina Rotondi**

**Virtual Exercise via Zoom**

**SAIL Fitness with Derry**

**Fridays** Cost, \$3.00/class or \$39.00/Fall session  
 10:00-10:45 am

**13 week fall session runs Sept. 9 – Dec. 16.** 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. Please note: No class on 11/11 or 11/25.



**Derry Tanner**



**Jane Moss**



**Ellie Horwitz**

**Hybrid Exercise at Bemis Hall & via Zoom**

**\*NEW HYBRID\* Tai Chi Classes with Jane, Ellie, & Cynthia**

**Mondays, Wednesdays, Thursdays** Cost, \$3.00/class

**13 week fall session runs Sept. 19 – Dec. 15.** This gentle practice works the joints and muscles to increase flexibility, strength, balance, and circulation. To register email [gagnea@lincolntown.org](mailto:gagnea@lincolntown.org). Openings in Thursday classes. No class on 10/10 or 11/24.

Beginner/Level 1

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

Advanced/Level 2

**Mondays at 3:00 pm & Thursday 10:15 am.**

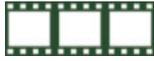
Advanced/Level 3

**Wednesdays at 2:00 pm**



## ***Lincoln Academy at Bemis Hall***

**Lincoln Academy follows Senior Dining at 1PM every Friday**



## **AT THE MOVIES**

Friday, Sept. 2 & 9 - Free popcorn!



**Sept. 2** CODA (2021) 1hr 51min. PG13. Starring Emilia Jones & Marlee Matlin. As a CODA (Child of Deaf Adults), Ruby is the only hearing person in her deaf family. When the family's fishing business is threatened, Ruby finds herself torn. Will she pursue her love of music and abandon her family and their livelihood? Best picture winner at Sundance & Academy Awards. Directed by Sian Heder. *Bilingual with subtitles provided.*

**Sept. 9** Noi the Albino (2003) 1hr 33min. PG13. Starring Tómas Lemarquis. A 17 year old Noi drifts through life on a Icelandic fjord. In winter, it is cut off from the outside world, surrounded by mountains and buried under snow. Will his clumsy attempts to escape work or end in disaster? Directed by Dagur Kári. *Foreign with subtitles.*



### **Tai Chi for Balance, Flexibility & Well-Being**

Friday, Sept. 16

Research found in the *Harvard Medical School Guide to Tai Chi* states that Tai Chi promotes flexibility, strength training, and a sense of wellbeing. Join us as certified Tai Chi instructor, Jane Moss, M.Ed., shares the benefits of Tai Chi and how the practice strengthens ankles, knees, legs, arms, and even tones core muscles. Jane has served as a senior Tai Chi Instructor in NIH-funded clinical trails based at Harvard Medical School teaching affiliate hospitals.

### **Classical Piano Performance by Abla Shocair**

Friday, Sept. 23

Join us for an afternoon performance by classical pianist, Abla Shocair. Abla's piano studies began at age 4 in Amman, Jordan (where she was born) and by the age of 5, she was already performing for an audience. Despite pursuing a career in civil and structural engineering, Abla continued giving concerts in different cities all over, including Boston. Abla is dedicating this performance to her beloved late husband, Fawaz Kawaf, who died March 2019. A brief opportunity for Q & A will follow the performance.



### **The Choice to Age in Place: Tips & Tricks for Successful Aging at Home**

Friday, September 30

According to a recent study by AARP, 3 out of 4 adults aged 50+ want to stay in their home as long as possible. However, less than half believe that they will actually be able to do so. Join us as Judy Tabor from Carlton-Willard describes its AT HOME program, where the goal is to help individuals remain in their homes via an array of creative and comprehensive services. If you want to age in place, this is the presentation for you. Bonus material: All attendees will be provided with a FREE copy AARP's *Home Fit Guide*.

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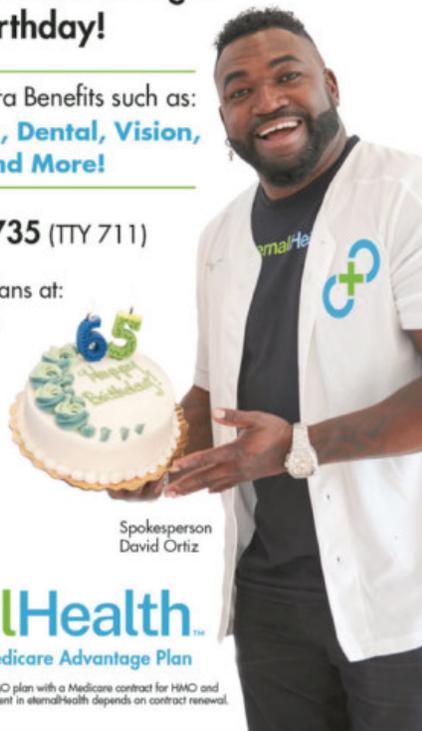
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Spokesperson  
 David Ortiz



eternalHealth is an HMO plan with a Medicare contract for HMO and PPO offerings. Enrollment in eternalHealth depends on contract renewal.

# Thanks to BetterWOMAN, I'm winning the battle for Bladder Control.



Frequent nighttime trips to the bathroom, embarrassing leaks and the inconvenience of constantly searching for rest rooms in public—for years, I struggled with bladder control problems. After trying expensive medications with horrible side effects, ineffective exercises and uncomfortable liners and pads, I was ready to resign myself to a life of bladder leaks, isolation and depression. But then I tried **BetterWOMAN®**.

When I first saw the ad for BetterWOMAN, I was skeptical. So many products claim they can set you free from leaks, frequency and worry, only to deliver disappointment. When I finally tried BetterWOMAN, I found that after 2-3 months it actually works! It changed my life. Even my friends have noticed that I'm a new person. And because it's all natural, I can enjoy the results without the worry of dangerous side effects. Thanks to BetterWOMAN, I finally fought bladder control problems and I won!



### ALL NATURAL CLINICALLY-TESTED HERBAL SUPPLEMENT

- Reduces Bladder Leaks\* • Reduces Bathroom Trips\*
  - Sleep Better All Night\* • Safe and Effective
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- Live Free of Worry, Embarrassment, and Inconvenience

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\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. Use as directed. Individual results may vary. ©2022 Interceuticals, Inc. Salem, MA.

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**“The most wasted of days is one without laughter.”  
-E.E. Cummings**

## **GOING ON IN AND AROUND LINCOLN**

### **SAVE THE DATE - SENIOR HIGH DOSE FLU CLINIC**

**WEDNESDAY, OCTOBER 5, 10 - 2 PM  
Call COA&HS at 781-259-8811 to register.**



### **Lincoln Arts & Farmers Market**

**Saturdays, September & October, 9AM—1PM**

Located on the Lincoln Station Green (145 Lincoln Road). Lincoln farm fresh produce, pastries, fabric arts, fine arts, crafts, and much more will be on sale. Lets keep Lincoln goin' & growin' by shopping local and supporting small businesses and farms.

### **New 9-8-8 number to dial National Suicide Prevention Hotline**

In 2020, Congress designated 9-8-8 as a new three-digit dialing, texting, and chat code for direct connection to support for anyone experiencing substance use issues, a suicidal crisis, or mental health related distress. For more information: [www.988lifeline.org](http://www.988lifeline.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.