



NEWS FROM BEMIS HALL

Volume 14

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Number 1

Lincoln Council on Aging & Human Services

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LINCOLN ACADEMY

Lunar New Year

Friday, January 6 at 1:00PM

Join us for a spectacular program about Lunar New Year. Lincoln resident, June Li, presents a cursory overview of the holiday to introduce the audience to the many celebratory holiday customs across Asia. June's talk then provides a deeper focus on East Asian traditions from her own culture and experiential knowledge. Bring your questions!

Come celebrate Lunar New Year with us!

Senior Dining Asian meals: Friday, January 6 & 27

Protect Yourself from Fraud & Identity Theft

Friday, January 13 at 1:00PM

In Massachusetts, seniors aged 60+ had \$51,358,532 stolen by scammers in 2021 alone (Source: FBI policy brief). Criminals don't care how hard you worked to save. Fight back with the AARP Fraud Watch Network. In this session, we share an inside look into how scammers think, how to safeguard against identity theft and fraud, first-hand accounts from victims, and what to do if you or someone you know has been a victim. Presented by Alice Diamond and Dennis Hogengasser, volunteers with the AARP Mass Speakers Bureau.

How Community Factors Influence Healthy Aging

Friday, January 20 at 1:00PM



How does our community rate for senior's healthy aging? What protective factors exist in Lincoln for your benefit and where can we improve? Taylor Jansen, MSc, is a PhD research assistant (ABD) with the Healthy Aging Data team at UMass, Boston. Taylor will share data from the *Healthy Aging Reports: Community Profiles* on Lincoln and explain what it means for us.

Caring for the Caregiver

Friday, January 27 at 1:00PM

Educator Mary Crowe from Care Dimensions joins us to speak about a subject that affects so many: caregiving. Some individuals may be caring for parents, partners, or loved ones; how can we help those around us who are caregiving when things are often so overwhelming! This program enhances understanding of: factors influencing caregiver level of stress, challenges to caregiving, and ways to help caregivers care for themselves.



Coffee & Conversation Jennifer Glass, Select Board

Tuesday, January 24 at 10:00AM



Residents of all ages are invited to join Select Board member, Jennifer Glass, to ask your questions, get the latest updates, and give your ideas. Coffee and pastries provided! Call 781-259-8811 for more info. If you would prefer to meet via zoom, contact Amy at rettiga@lincolntown.org.



Senior Dining Fridays at 11:30AM

Enjoy the company of your neighbors while friendly staff serve you a meal, coffee & dessert too! RSVP by Wednesday for Friday lunch. \$2 suggested donation. Residents age 60+. Note: Lunar New Year meals served Jan. 6 and Jan. 27. *Sponsored by Minuteman Senior Services.*

FREE Legal Clinic with Attorney Golden

First Friday of the month
Jan. 6 & Feb. 3 from 1:30 - 3:30PM

Questions about estate planning or probate? Call 781-259-8811 to sign up for a 25 minute consultation, available in person, by phone, or Zoom.



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 the **1st & 3rd Wednesday 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.



FOR YOUR WELLBEING**FREE Mental Health Clinics**

Tuesdays, January 3, 10, 17, 24 & 31 (adult)
 Wednesdays, January 4, 11, 18 & 25 (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 at Eliot Community Human Services. *Sponsored by the Board of Health & the America Rescue Plan Act.*

**Caregiver Support Group**

Wednesday, January 18 at 11:00AM

Have a family member with memory loss? You're invited to 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.* Group is offered via Zoom. Facilitated by Claire Gerstein, LICSW. Email gersteinc@lincolntown.org for more info. *Sponsored by Benchmark Senior Living at the Commons in Lincoln.*

NEW!**Bereavement Support Group**

Wednesday, January 25 at 10:30AM



Dealing with the death of a loved one is difficult. It can be helpful to come together with others who are grieving, to talk about the feelings, and get support. Claire Gerstein, LICSW is leading a bereavement support group via zoom on the 4th Wednesday of each month. Contact Claire directly at gersteinc@lincolntown.org to learn more or if you would like to attend. She will send you the zoom link.

**Beginner Lessons
on the Bemis Hall 1891 Steinway**

Fridays, February 10—March 10
 10:15 - 11:15AM

Did you make a New Year's resolution to try something new? Has it been decades since you last played piano? Then this is the class for you! Susan Cohen will introduce the basics of piano playing. *No experience necessary!* Learn finger placement, how to find Middle C, how to read notes on the music staff, and the names of the keys. Session consists of 4 weeks with no class Feb. 24. Email rettiga@lincolntown.org if you would like to sign up. \$85/session. Is this class out of your budget? Scholarships available. Having a keyboard or piano at home is preferred for practice, but not a must. Instructor will provide information on music books to purchase at the first class. The COA&HS will have a limited number of music books on hand to lend for those who wish to borrow one.



About the piano: The piano is an 1891 Steinway and is one of the best in New England. It may have been bought at the same time Bemis Hall was built – in early photos of Bemis you can see a piano on the stage. A community effort that raised about \$20,000 allowed for the piano to undergo restoration sometime before 1996.

WELLNESS CLINICS

FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, January 4 (Bemis Hall & Lincoln Woods)

Tuesday, January 24 (Bemis Hall)

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!

Office Hours

Bemis Hall: 4th Tuesday 8:45AM—1:45PM, 1st Wednesday 8:45AM—11:00AM

Lincoln Woods: 1st Wednesday 11:00AM—1:00PM

Commons (Residents Only) Wellness Room: Every Thursday 10:00AM—12:00PM



Podiatry Clinics with Dr. Ruhl

Wednesday, January 11

Tuesday, January 24



Donate to FLCOA

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 Lincoln COA & Pierce House.*

Income Tax Preparation

Mondays in February



Volunteers certified under the AARP Tax Aide program will prepare your federal and state tax returns and answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers, with a special attention to those aged 60+. Call 781-259-8811 to schedule your confidential appointment and receive the list of documents needed to bring. Be sure to have all of your paperwork gathered before your appointment.

Mission Statement: The Lincoln COA&HS 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.

English at Large

Tuesdays at Bemis Hall



Want to improve your English? The Lincoln COA&HS, through partnership with EAL, is now offering FREE 1-on-1 English language tutoring. Tutoring is provided by a volunteer teacher matched to your schedule. Group lessons also available. For more info or to register: visit englishatlarge.org/get-a-tutor, call 781-395-2374 or email learn@englishatlarge.org.

FREE Tech Tutoring

Thursdays, January 5 & 12, 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 and tech tutoring regularly runs with a waitlist. Unfortunately, we are not able to accommodate walk in appointments.*



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, hybrid.

French Conversation Brush up on your French speaking skills.
First and third Monday of the month at 9:30 am, Zoom.

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

Ukulele Gathering Bring your ukulele and come play with friends both old and new.
Second and Fourth Thursday of the month at 3:00 pm, in person.

Knitting Group *HYBRID* Come work on your PhD (Projects Half Done) with us. Knitting is in-person & via Zoom. Email rettiga@lincolntown.org for the Zoom link.
Every Tuesday of the month, 9:30—11:00 am, hybrid.

Open Art Studio FREE 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.

Memoirs Winter session begins January 4. Sharing stories & writing them together. Email rettiga@lincolntown.org to join!
Every other Wednesday of the month, 10:00—12:00 pm, Zoom.



Knitting group



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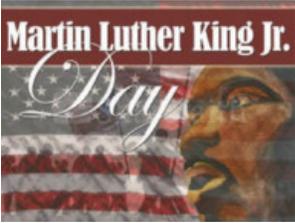


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MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">2</p>  <p>COA&HS CLOSED</p>	<p style="text-align: right;">3</p> <p>9:00 English at Large 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 2:15—4:30 <u>Free</u> Mental Health Clinic</p>	<p>9:00—11:00 Wellne 9:30—12:30 SHINE 10:00 Memoirs Wr 11:00 Line Dancing 11:00—1:00 Wellne 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 <u>Free</u> M 3:00 Open Art Stu</p>
<p style="text-align: right;">9</p> <p>9:30 French Conversation 12:00 Lunch Group 1:00 Movie: <i>The Winter Guest</i> 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">10</p> <p>9:00—English at Large 9:30 FLCOA Board Meeting 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 1:00 COA Board Meeting 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>8:45—10:45 Podia 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 <u>Free</u> M 3:00 Open Art Stu</p>
<p style="text-align: right;">16</p>  <p>COA&HS CLOSED</p>	<p style="text-align: right;">17</p> <p>9:00 English at Large 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 2:15—4:30 <u>Free</u> Mental Health Clinic</p>	<p>10:00 Memoirs Wr 11:00 Caregiver S 11:00 Line Dancing 1:00—4:00 SHINE 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 <u>Free</u> M 3:00 Open Art Stu</p>
<p style="text-align: right;">23</p> <p>9:30 French Conversation 12:00 Lunch Group 1:00 Movie: <i>A Map of the World</i> 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 Clinic 9:00 English at Large 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>11:00 Line Dancing 10:30 Bereavemen 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 <u>Free</u> Me 3:00 Open Art Stu</p>
<p style="text-align: right;">30</p> <p>12:00 Lunch Group 1:00 Movie: <i>Snowcake</i> 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">31</p> <p>9:00 English at Large 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 2:45—4:15 <u>Free</u> Mental Health Clinic</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: putta@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

WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>Business Clinic, Bemis Office Hours Writing Group g ss Clinic, LW</p> <p>Mental Health Clinic udio</p>	<p>5</p> <p>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 2:00—4:00 Tech Tutoring</p>	<p>6</p> <p>10:00 SAIL/Balance 10:00 German Conversation 11:30 Senior Dining/Lunar New Year Special Menu: Pork Stir Fry 1:00 Lunar New Year Presentation 1:30—3:30 FREE Legal Clinic</p>
<p>11</p> <p>atry g</p> <p>Mental Health Clinic udio</p>	<p>12</p> <p>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 2:00—4:00 Tech Tutoring 3:00 Ukulele Gathering</p>	<p>13</p> <p>9:00—12:30 Senior Salon 10:00 SAIL/Balance 11:30 Senior Dining Menu: Roast pork, cranberry orange sauce, whipped sweet Potato, Scandinavian veggies 1:00 Protect Yourself from Fraud</p>
<p>18</p> <p>Writing Group upport Group g Office Hours</p> <p>Mental Health Clinic udio</p>	<p>19</p> <p>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</p>	<p>20</p> <p>10:00 SAIL/Balance 10:00 German Conversation 11:30 Senior Dining Menu: Baked salmon with dill sauce, rice pilaf, cauliflower au gratin 1:00 How Community Factors Influence Healthy Aging</p>
<p>25</p> <p>t Support Group</p> <p>Mental Health Clinic udio</p>	<p>26</p> <p>9:00—12:00 Veterans Office Hours 9:30 Men's Coffee 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch and Flex 12:15 Active Aging 3:00 Ukulele Gathering</p>	<p>27</p> <p>10:00 SAIL/Balance 11:30 Senior Dining/Lunar New Year Special Menu: Asian Chicken & Green Beans 1:00 Caring for the Caregiver 3:00—4:00 Free Fitness Assessment</p>

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 Verizon channels 33 & 24

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

FREE Fitness Assessment

Friday, January 27 at 3:00PM

Are everyday activities of strength, balance and endurance getting harder? Assessments will be available with fitness instructor, Terri Zaborowski. Tests will measure your upper and lower body strength, as well as endurance and balance against a national average based on age and gender. Signups will be in groups of 4 in 15 minute increments. *Space is limited!* Terri will be available to discuss any questions regarding results and group exercise classes offered on Tuesdays and Thursdays. Sign up for your by appointment by calling 781-259-8811.



Pictured

- 1. Clark & Suzanna Bernard
- 2. Ludwig Luft & Dan Pereira
- 3. Abigail Butt & Dilla Tingley
- 4. Anne Sobol, Mariel Bossert, & Sally Kindleberger



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Contact Amy 781-259-8811/rettiga@lincolntown.org to register.
 Fitness classes subsidized by the MA Executive Office of Elder Affairs and the FLCOA.



In Person Exercise



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. 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.

Donate to FLCOA

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. 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.



Bemis Hall

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!



Katrina Rotondi

Virtual Exercise via Zoom

SAIL Fitness with Derry

Fridays Cost, \$3.00/class or \$51.00/Winter session

10:00-10:45 am

17 week winter session runs Jan. 6 - April 28. Join Derry Tanner, retired nurse and certified personal trainer for *Stay Active and Independent for Life* (SAIL). Research tested strength, balance, and flexibility exercises will make you stronger and feel better.



Derry Tanner



Jane Moss



Ellie Horwitz



Cynthia Rosenberger

Hybrid Exercise in Person & via Zoom

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

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

13 week fall session runs Jan. 4 - March 31. This gentle practice works the joints and muscles to increase flexibility, strength, balance, and circulation. To register email rettiga@lincolntown.org. No class Jan. 16 or Feb. 20.

Beginner/Level 1/In person or Zoom - Winter classes end 3/31

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

Advanced/Level 2/In person only - Winter classes end 3/31

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

Advanced/Level 3/In person only - Winter classes end 3/31

Wednesdays at 2:00 pm

NEW! Monday Lunch Group

Mondays, January 9, 23, & 30 at 12:00PM



You are invited to bring a bag lunch, relax and socialize with friends and neighbors in the Map Room. Coffee and dessert provided. Join us for lunch and stay for the Monday Movie Matinee.

**MONDAY MOVIE MATINEE**Mondays, Jan. 9, 23, & 30 at 1:00PM - FREE popcorn!

Jan. 9. The Winter Guest (1997) 1hr 48min. Rated R. Drama starring Emma Thompson and Phyllida Law. An inside look at the lives of eight people living in a remote and icy Scottish village. The story focuses on the relationship between a mother and a daughter, played by real-life mother and daughter Emma Thompson and Phyllida Law. Director: Alan Rickman.



Jan. 23. A Map of the World (1999) 2hr 8mins. Rated R. Drama starring Sigourney Weaver and Julianne Moore. Alice and Howard move to a small town to pursue Howard's dream of owning a farm. While taking care of a friend's child, tragedy strikes. Alice must then find forgiveness. Director: Scott Elliott.

Jan. 30. Snow Cake. (2006) 1hr 52mins. Not Rated. Drama starring Alan Rickman, Sigourney Weaver, Carrie-Anne Moss, and David Fox. Recently released from prison, Alex offers a ride to a hitchhiker, only for her to be killed instantly when they are involved in a brutal car accident. Alex approaches the girl's mother and the events that unfold dramatically change both his life and the lives of those around him. Director: Marc Evans. Winner of the Genie Award.

**Veteran Services Office Hours**

Thursdays from 9:00-12:00

Peter Harvell, Town of Lincoln Veterans' Services Officer (VSO) is an advocate for veterans and their surviving spouses and dependents. The VSO assists veterans with questions about state/federal veteran benefits and services and/or help assist veterans and their surviving family apply for those benefits.

Benefits and services include emergency financial/medical assistance, Veterans Affairs compensation, pension claims, educational benefits, real estate tax abatement, employment and training opportunities, burial info, and innumerable other benefits.



Contact: veterans@lincolntown.org/781-259-8811.

Senior Salon is BACK!

Second Friday of the month Friday,
Jan. 13 & Feb. 10, 9:00 -12:00PM

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 at 781-259-8811 to book transportation. Don't forget to have lunch at the District Restaurant after your appointment!

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GOING ON IN AND AROUND LINCOLN



Silent Earth: Saving Our Insects Talk by Prof. Dave Goulson

Saturday, January 21, 2023 from 2 pm — 3:30 pm

This program is FREE and all are welcome to learn how insects are vital. Why is there insect decline? How can we take steps to help? Please register to receive the zoom link:

www.lincolnconservation.org or email caryprograms@minilib.net.

Sponsored by Mass Pollinator Network, Lexington Living Landscapes, Lincoln Land Conservation Trust & Mass Audubon.

Atkinson Scholarship Program - Accepting Applications

Deadline: February 1, 2023

This program is open to Lincoln-Sudbury high school seniors graduating in the spring of 2023. Go to sudburyfoundation.org to apply or call 978-443-0849 for more information.



Pierce House Ice Rink

Community Rink to open in January (weather pending) 7 days a week. Open dawn to dusk.

Sand & Salt Buckets for Seniors

The winter season is upon us! The Lincoln Girl Scouts would like to help seniors be prepared and safe this winter. If you are a senior and would like a FREE sand/salt bucket to help with slippery spots on your driveway or walkway, contact the COA&HS at 781-259-8811 to sign up and the Girl Scouts will deliver to your door.

Inclement Weather Policy

As the winter months are approaching, we want to let everyone know that your safety is our top concern. We will attempt to let you know if town buildings will be closed. If the Lincoln schools are closed due to weather, in person COA&HS activities are cancelled. If the Schools are delayed or closed early, it is at the discretion of the COA&HS staff and individual instructors whether a particular activity will be held. Every effort will be made to shift programming to a virtual format or reschedule classes and presentations that are cancelled due to bad weather.