



NEWS FROM BEMIS HALL

Volume 14

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Number 2

Lincoln Council on Aging & Human Services

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LINCOLN ACADEMY



The Truth About Women & Heart Disease

Friday, February 3 at 1:00PM

American Heart Association



Join us for a moving testimony by Margaret Perras, spokesperson for the American Heart Association. Heart disease strikes even the most fit. Let's learn how to watch for the signs. You're invited to wear red and help raise awareness for women's No. 1 killer: cardiovascular disease.

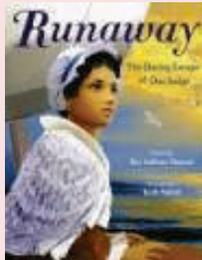
Greatest Love Songs of All Time

Friday, February 10 at 1:00PM

Come enjoy a program about the unbelievable history and significance of the most cherished and enduring love songs of the 20th century, including Cole Porter's *I've Got You Under My Skin* and Rodgers & Hammerstein's *Some Enchanted Evening*. Popular singers such as, Tony Bennett's *The Way You Look Tonight*, and Nat King Cole with *Unforgettable* will also be included. Presented by John Clark & the Great American Music Experience.

Black History Month in the Era of CRT—Book Banning

Friday, February 17 at 1:00PM



Lincoln resident Ray Anthony Shepard, author of Biographers for Young Readers, will discuss the current hot-button topic of what in American history should be taught to children. Ray will share how he addresses race in his picture book, *Runaway, The Daring Escape of Ona Judge*, which the Massachusetts Center for the Book named a Must Read. For a list of award winning books written by Ray go to

www.rayanthonysheward.com.

Tree Tapping with Ranger Will Leona

An Intergenerational February Vacation Event

Friday, February 24 at 1:00PM

All residents, especially grandparents watching grandchildren during school vacation week, are invited to a special Lincoln Academy on tree tapping, sap collection, and maple syrup, complete with maple syrup samples from Will and Abigail's own trees! We'll also learn the brief history of how indigenous peoples of our area traditionally collected and boiled sap. Afterwards, Will, Nancy Bergen from Matlock Farm, and Abigail will lead the group outside to tap the sugar maples next to Bemis Hall. Please dress for outdoor weather.



Coffee & Conversation Jennifer Glass, Select Board

Tuesday, February 28 at 10:30AM



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 aged 60+. *Sponsored by Minuteman Senior Services.*

FREE Senior Legal Clinic with Atty. Golden

First Friday of the month
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. Please note: March Legal Clinic will take place on March 10.



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



FOR YOUR WELLBEING**FREE Mental Health Clinics**

Tuesdays, February 7, 14, 21 & 28 (adult)
 Wednesdays, February 1, 8, 15 & 22 (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, February 15 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, February 22 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.

**Calling all Lincoln Seniors, Grandparents & Grandchildren!****Intergenerational February Vacation Week Event**
FREE ICE CREAM SOCIAL

Tuesday, February 21 from 1:00 - 2:30PM

It's never too cold and you're never too old to enjoy ice cream. All seniors, especially all those watching school aged children during February vacation week, are invited to join us for an Intergenerational Ice Cream Social. Come build your own ice cream sundae! If you would like to attend, please call 781-259-8811 or email rettiga@lincolntown.org so we know how many to expect.

Donate to FLCOA

This event generously sponsored by the Friends of the Lincoln Council on Aging.



Can't make it to this event? Join us on Friday, February 24 at 1:00PM for another intergenerational event: an interactive demonstration on tree tapping with Lincoln's newest Land Steward Ranger, Will Leona. This event is FREE. Maple syrup tasting included!

WELLNESS CLINICS

FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, February 8 (Bemis Hall & Lincoln Woods)

Tuesday, February 28 (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, 2nd Wednesday 8:45AM—11:00AM

Lincoln Woods: 2nd Wednesday 11:00AM—1:00PM

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



Podiatry Clinics with Dr. Ruhl

Wednesday, February 8

Tuesday, February 28



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 & March



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, February 2, 1:00 - 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.
Second and fourth 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 Sharing stories & writing them together. Email rettiga@lincolntown.org to join!
Every other Wednesday of the month, 10:00—12:00 pm, Zoom.



Open Art Studio



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MONDAY	TUESDAY	WEDNESDAY
<p>American Heart Association  National Wear Red Day Friday, February 3, 2023</p>		<p>9:30—12:30 SHINE 10:00 Memoirs Writing 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 Free Mental Health Clinic 3:00 Open Art Studio</p>
<p style="text-align: right;">6</p> <p>1:00 Movie: <i>One Night in Miami</i> 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">7</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 Free Mental Health Clinic</p>	<p style="text-align: right;">8:45—10:45 Podiatry/Wellness Clinic 11:00 Line Dancing 11:00—1:00 Wellness 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 Free Mental Health Clinic 3:00 Open Art Studio</p>
<p style="text-align: right;">13</p> <p>9:30 French Conversation 1:00 Movie: <i>Picnic at Hanging Rock</i> 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">14</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 2:15—4:30 Free Mental Health Clinic</p>	<p>10:00 Memoirs Writing 11:00 Caregiver Support 11:00 Line Dancing 1:00—4:00 SHINE 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 Free Mental Health Clinic 3:00 Open Art Studio</p>
<p style="text-align: right;">20</p> <p> COA&HS CLOSED</p>	<p style="text-align: right;">21</p> <p>9:00 English at Large 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 1:00—2:30 Intergenerational Activity: Make Your Own Sundae 2:45—4:15 Free Mental Health Clinic</p>	<p style="text-align: right;">10:30 Bereavement Support No Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 Free Mental Health Clinic 3:00 Open Art Studio</p>
<p style="text-align: right;">27</p> <p>9:30 French Conversation 1:00 Movie: <i>Hidden Figures</i> 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">28</p> <p>8:45—1:45 Podiatry/Wellness Clinic 9:00 English at Large 9:30—11:00 Knitting Group 10:30 Coffee & Convo w/ Select J. Glass 11:15 Stretch and Flex/12:15 Active Aging 2:45—4:15 Free Mental Health Clinic</p>	

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.

WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Office Hours Writing Group g Mental Health Clinic udio</p>	<p>2</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 1:00—4:00 Tech Tutoring</p>	<p>3</p> <p>10:00 SAIL/Balance 10:00 German Conversation 11:30 Senior Dining Menu: Meatloaf with gravy, mashed potatoes, & veggies 1:00 Women & Heart Disease 1:30—3:30 <u>Free</u> Legal Clinic</p>
<p>8</p> <p>Country/Wellness Clinic g ss Clinic, LW Mental Health Clinic udio</p>	<p>9</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 3:00 Ukulele Gathering</p>	<p>10</p> <p>9:00—12:30 Senior Salon 10:00 SAIL/Balance 10:15 Beginner Piano 11:30 Senior Dining Menu: Chicken w/ vodka sauce, penne, & green beans 1:00 Greatest Love Songs of All Time with John Clark</p>
<p>15</p> <p>Writing Group Support Group g Office Hours Mental Health Clinic udio</p>	<p>16</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>17</p> <p>10:00 SAIL/Balance 10:15 Beginner Piano 10:00 German Conversation 11:30 Senior Dining Menu: Beef stew & veggie blend 1:00 Black History Month in the Era of CRT- Book Banning with Ray A. Shepard</p>
<p>22</p> <p>at Support Group <u>ancing today</u> Mental Health Clinic udio</p>	<p>23</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>24</p> <p>10:00 SAIL/Balance <u>No Beginner Piano today</u> 11:30 Senior Dining Menu: Pork w/mustard sauce, sour cream/chive mash, & veg 1:00 Tree Tapping, Intergenerational with Ranger Will</p>

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COA Lectures, Bulletin Board and more!

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Verizon channels 33 & 24

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

NEW! Zumba with Gina

Mondays Cost, \$3.00/class
11:00-12:00 pm

Spring session runs March 13 - April 10.

Why do we love Zumba? The reason is simple: every class feels like a party! Join us for Zumba and have fun dancing to the upbeat music. The workout will vary between higher and lower intensity dance moves designed to get your heart rate up and boost cardio endurance. Dress comfortably and bring a water bottle. To sign up, email rettiga@lincolntown.org.

**Gina Flaherty****A note from the Community Center Building Committee (CCBC):**

The CCBC will meet on **Wednesday, February 22, at 7:00 p.m.** This will be a hybrid meeting — in person, at the Donaldson Room in Town Offices, or remotely, by a Zoom link available on the Town website. The CCBC hopes to be able to approve the selection of an architect at the Feb. 22 meeting — application from interested firms are due by Feb. 10, the screening committee plans to select finalists by Feb. 13, and to conduct finalist interviews between Feb. 16 and 21.

On Feb. 22, the CCBC will also continue its discussions of the project schedule, of values and priorities, and of ways of engaging residents in the planning process. All residents are welcome at the public meeting, and will have opportunities to participate in the discussion. Residents can also submit feedback/questions at the CCBC website at www.lincolncommunitycenter.com.

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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

Donate to FLCOA

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.

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



Katrina Rotondi

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! *Note: No class February 22.*

Virtual Exercise via Zoom



Jane Moss

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



Ellie Horwitz

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 February 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



Cynthia Rosenberger

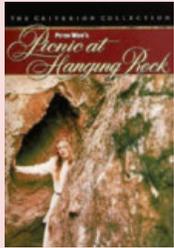


MONDAY MOVIE MATINEE



Mondays, Feb. 6, 13, & 27 at 1:00PM - FREE popcorn!

Feb. 6. One Night in Miami (2021) 1hr 54min. Rated R. Drama starring Leslie Odom, Jr., Aldis Hodge, Kingsley Ben-Adir, Eli Goree, Lance Reddick, Michael Imperioli, Lawrence Gilliard Jr., & Beau Bridges. A fictional account of one amazing night where icons Muhammad Ali, Malcolm X, Sam Cooke, and Jim Brown gathered discussing their roles in the Civil Rights Movement and the cultural turmoil of the 1960s. Director: Regina King.



Feb. 13. Picnic at Hanging Rock (1975) 1hr 47mins. Rated PG. Drama starring Rachel Roberts, Anne Lambert, Dominic Guard, Helen Morse, and Jacki Weaver. In the early 1900s, Miranda attends a boarding school in Australia. On Valentine's Day, the school's typically strict headmistress brings the girls on a picnic field trip to an unusual but scenic volcanic formation called Hanging Rock. It's not until the end of the day the faculty realize 3 students and 1 teacher have mysteriously disappeared. Based on a true story that took place in Australia. Director: Peter Weir.

Feb. 27. Hidden Figures (2017) 2hr 7mins. Rated PG. Drama starring Taraji Henson, Octavia Spencer, Janelle Monae, Kevin Costner, Kirsten Dunst, Jim Parsons, Mahershala Ali, and Aldis Hodge. As the United States races against Russia to put a man in space, NASA finds untapped talent in a group of African-American mathematicians that served as the brains behind one of the greatest operations in U.S. history. Based on the true story of Dorothy Vaughan, Mary Jackson, and Katherine Johnson, who crossed all gender, race and professional lines, cementing them a place in history as true American heroes. Director: Theodore Melfi.



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

Feb. 10 & March 17, 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

New COVID Treatment Hotline

NEW!

Tested positive for COVID-19? Telehealth is a quick and free way to see if you're eligible for COVID-19 treatment. You can access telehealth services by calling 833-273-6330 or by completing an online assessment at www.mass.gov/CovidTelehealth. Clinicians are available every day from 8:00 am to 10:00 pm. This service is not for medical emergencies or those who have severe chest pain or shortness of breath.



Winter Carnival 2023

Friday - Sunday, February 3 - 5

For more details: www.lincolnrec.com



Freedom's Cause: **Historical Black Communities & George Washington's Cambridge Camp** Wednesday, February 8 at 7:00PM

In honor of Black History month, Lincoln and Wellesley Libraries are partnering to bring a zoom presentation by Emily Levine of Longfellow House. From 1775-1776, 105 Brattle Street (today Longfellow House) became George Washington's first major headquarters of the Revolution. While Washington's time at Cambridge is well-documented, this site also provides a lens into intersections of Black history in Revolutionary America. Call 781-259-8465 for more info.

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.