



NEWS FROM BEMIS HALL

Volume 14

March 2023

Number 3

Lincoln Council on Aging & Human Services

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Donate:



LINCOLN ACADEMY



Starting Your Genealogy

Friday, March 3 at 1:00PM

Internet searches are an integral part of today's genealogical research. Doing them efficiently requires a few tips and tricks! Join us as we explore types of searches, places to search, and query results; all with an eye on genealogy. Presented by Seema Kenney

Celtic Harp & Irish Voices

Friday, March 10 at 1:00PM

Come enjoy a program celebrating Celtic history, music and literature. **Jaimee Leigh** will take the audience on a resonant journey through the history of the Celtic Harp and share a few tunes and legends from the past. Actor, teacher and lecturer **Stephen Collins** will perform his one man show on Irish writers. Stephen is a favorite artist among the residents of Lincoln and will share his talent by delivering 20th century poems and excerpts with humor and grace. *Sponsored by Friends of the Lincoln Council on Aging & The Friends of the Lincoln Library.*



The Softer Side of Celtic

Friday, March 17 at 1:00PM

This show combines music, stories, and a wee bit of history from Scotland, Ireland and England. There will be singing, laughing, clapping and perhaps some foot stomping. The concert is interactive; questions and input from the audience are encouraged and become part of the event. Presented by Jeff Snow. *Sponsored by Friends of the Lincoln Council on Aging & The Friends of the Lincoln Library.*

CPR Training

Friday, March 24 at 1:00PM

Want learn CPR or brush up on your skills? Lt. Ben Juhola & FF. Caleb Hagarty from the Fire Dept. are offering adult, child, and infant CPR/AED training. This FREE in-person training will take between 2-3 hours. No CPR card will be offered. If you decide you want to get certified, you will need to take an online class offered at American Heart Association. Lt. Juhola can then assist you with your skills test. Space is limited. To sign up: call/email Amy at 781-259-8811/rettiga@lincolntown.org.



Coffee & Conversation Jennifer Glass, Select Board Tuesday, March 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.



Stop the Bleed Training Thursday, March 30 at 1:30PM



Trish McGean, Town Nurse will provide this FREE training. The leading cause of preventable death after trauma is bleeding. Come learn how you can be the one to save a life. Please sign up in advance.

FREE Senior Legal Clinic with Atty. Golden

Second Friday of the month
March 10 from 1:30 - 3:30PM

Questions about estate planning or probate? Call 781-259-8811 to sign up for a FREE 25 minute consultation. Appointments are available in person, by phone, or by 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, March 7, 14, 21 & 28 (adult)

Wednesdays, March 1, 8, 15, 22 & 29 (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, March 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.* CS 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, March 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. *Sponsored by Benchmark Senior Living at the Commons in Lincoln.*

**Noticing Walks with John Calabria**

Tuesday, March 7 & April 4 at 1:00PM



Naturalist John Calabria leads us on walks that are about the journey, not the destination. These FREE walks are gently paced but do cover rough terrain and may have some elevation changes. Register at www.lincolnconservation.org. *Sponsored by LCOA&HS & Lincoln Land Conservation Trust.*

**A Cultural & Historical Reflection of the 1960s through the Music of the Beatles**

Friday, March 31 at 1:00PM

All are welcome to join us! This performance combines live music with a multi-media presentation to explore, not only the music of the Beatles, but the influence they exerted in every area of the cultural landscape. As a testament to their longevity and popularity, the album entitled 1, containing The Beatles number 1 hits, was the best selling album of the 2000s. Fran Hart, is the presenter and founding member of the Beatles tribute band, *4EverFab*. *This program is supported in part by a grant a grant from the Lincoln Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*



WELLNESS CLINICS

FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, March 8 (Bemis Hall & Lincoln Woods)

Tuesday, March 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, March 8

Tuesday, March 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, March 6, 13, 20, & 27



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

Thursday, March 9 from 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, third & fifth 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.

Zumba with Gina Every Monday, March 13 through April 10. 11:00—12:00 pm, in person.



Open Art Studio



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MONDAY	TUESDAY	WEDNESDAY
	<p align="center">Friday Senior Dining</p> <p>Enjoy the company of your neighbors while friendly staff serve you a meal. RSVP by Wednesday for Friday meal. \$2 suggested donation. Residents aged 60+. <i>Sponsored by Minuteman Senior Services.</i></p>	<p>9:30—12:30 SHINE (</p> <p>10:00 Memoirs Writi</p> <p>11:00 Line Dancing</p> <p>1:00 Tai Chi 1</p> <p>2:00 Tai Chi 3</p> <p>2:45—4:15 <u>Free</u> Men</p> <p>3:00 Open Art Stud</p>
<p align="right">6</p> <p>9:00 AARP Tax Aide</p> <p>1:00 Movie: <i>The Adventures of Milo and Otis</i></p> <p>2:00 Tai Chi 1</p> <p>3:00 Tai Chi 2</p>	<p align="right">7</p> <p>9:00 English at Large</p> <p>9:30—11:00 Knitting Group</p> <p>11:15 Stretch and Flex</p> <p>12:15 Active Aging</p> <p>1:00 Noticing Walk with John</p> <p>2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>8:45—10:45 Podia</p> <p>11:00 Line Dancing</p> <p>11:00—1:00 Wellne</p> <p>1:00 Tai Chi 1</p> <p>2:00 Tai Chi 3</p> <p>2:45—4:15 <u>Free</u> M</p> <p>3:00 Open Art Stu</p>
<p align="right">13</p> <p>9:00 AARP Tax Aide</p> <p>9:30 French Conversation</p> <p>11:00 Zumba with Gina</p> <p>1:00 Movie: <i>Grand Canyon</i></p> <p>2:00 Tai Chi 1</p> <p>3:00 Tai Chi 2</p>	<p align="right">14</p> <p>9:00 English at Large</p> <p>9:30 FLCOA Board Meeting</p> <p>9:30—11:00 Knitting Group</p> <p>11:15 Stretch and Flex</p> <p>12:15 Active Aging</p> <p>1:00 COA Board Meeting</p> <p>2:15—4:30 <u>Free</u> Mental Health Clinic</p>	<p>10:00 Memoirs Writi</p> <p>11:00 Caregiver Supp</p> <p>11:00 Line Dancing</p> <p>1:00—4:00 SHINE O</p> <p>1:00 Tai Chi 1</p> <p>2:00 Tai Chi 3</p> <p>2:45—4:15 <u>Free</u> Men</p> <p>3:00 Open Art Stud</p>
<p align="right">20</p> <p>9:00 AARP Tax Aide</p> <p>11:00 Zumba with Gina</p> <p>1:00 Movie: <i>Gas Food Lodging</i></p> <p>2:00 Tai Chi 1</p> <p>3:00 Tai Chi 2</p>	<p align="right">21</p> <p>9:00 English at Large</p> <p>9:30—11:00 Knitting Group</p> <p>11:15 Stretch and Flex</p> <p>12:15 Active Aging</p> <p>2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>10:30 Bereavemen</p> <p>11:00 Line Dancing</p> <p>1:00 Tai Chi 1</p> <p>2:00 Tai Chi 3</p> <p>2:45—4:15 <u>Free</u> M</p> <p>3:00 Open Art Stu</p>
<p align="right">27</p> <p>9:00 AARP Tax Aide</p> <p>9:30 French Conversation</p> <p>11:00 Zumba with Gina</p> <p>1:00 Movie: <i>Snow Falling on Cedars</i></p> <p>2:00 Tai Chi 1</p> <p>3:00 Tai Chi 2</p>	<p align="right">28</p> <p>8:45—1:45 Podiatry/Wellness Clinic</p> <p>9:00 English at Large</p> <p>9:30—11:00 Knitting Group</p> <p>10:30 Coffee & Convo w/ Select J. Glass</p> <p>11:15 Stretch and Flex</p> <p>12:15 Active Aging</p> <p>2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>11:00 Line Dancing</p> <p>1:00 Tai Chi 1</p> <p>2:00 Tai Chi 3</p> <p>2:45—4:15 <u>Free</u> M</p> <p>3:00 Open Art Stu</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
1 Office Hours Sing Group Mental Health Clinic io	2 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 10:00 SAIL/Balance 10:00 German Conversation 10:15 Beginner Piano 11:30 Senior Dining Menu: Salmon Dill Sauce, Whipped Potatoes, Carrots 1:00 Genealogy Tips & Tricks
8 Library/Wellness Clinic g ss Clinic, LW Mental Health Clinic udio	9 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 3:00 Ukulele Gathering	10 9:00—12:30 Senior Salon 10:00 SAIL/Balance 10:15 Beginner Piano 11:30 Senior Dining Menu: Curry Lentil Stew, Brown Rice, Capri Veggie Blend 1:00 Irish Voices 1:30—3:30 <u>Free</u> Legal Clinic
15 Sing Group port Group Office Hours Mental Health Clinic io	16 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	17 10:00 SAIL/Balance 10:15 Beginner Piano 10:00 German Conversation 11:30 Senior Dining Menu: Shrimp Pad Thai, Veggies 1:00 Softer Side of Celtic
22 nt Support Group g Mental Health Clinic udio	23 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	24 10:00 SAIL/Balance 10:15 Beginner Piano 11:30 Senior Dining Menu: Brunch: Broccoli & Mushroom Frittata, Oven Roasted Potatoes, Green Salad 1:00 CPR Training
29 Mental Health Clinic udio	30 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—3:00 Stop the Bleed Training	30 10:00 SAIL/Balance 10:00 German Conversation 10:15 Beginner Piano 11:30 Senior Dining Menu: Baked Cod, Lemon Couscous 1:00 4EverFab Show: The Beatles

SUPPORT OUR ADVERTISERS!

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):**
Wednesdays, March 8 & 22 at 7:00PM

The CCBC is holding public meetings on Wednesday, March 8th and Wednesday the 22nd. Both meetings will start at 7:00 p.m. Both will be hybrid meetings — in person, at the Donaldson Room in the Lincoln Town Offices, or remotely, by a Zoom link that will be available on the Town website.

The CCBC will introduce its design team, and will be engaging in public conversations with stakeholders. The CCBC will also be seeking public input on community priorities and values, which will help to shape the design process. All residents are welcome at the public meetings, and will have opportunities to participate in the discussion. Lincoln residents can also submit feedback or 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

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. **Spring session starts April 3 to June 15 (11 weeks).**

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



MONDAY MOVIE MATINEE



Mondays, March 6, 13, 20 & 27 at 1:00PM - FREE popcorn!

March 6. The Adventures Of Milo & Otis (1989) 1hr 16min. Rated G. Drama/Comedy. Voice Stars include Dudley Moore, Chatran, and Kyoko Koizumi. The adventures of a young cat and a dog as they find themselves accidentally separated and each swept into a hazardous trek. Director: Masanori Hata.



March 13. Grand Canyon (1991) 2hr 14mins. Rated R. Drama starring Danny Glover, Kevin Kline, Steve Martin, Alfre Woodard, and Mary Louise Parker. When a lawyer's car breaks down in dangerous Los Angeles neighborhood, a tow truck driver arrives just in time to save his life. The two men begin a deep friendship that sets off a chain of unsettling and surprising events involving their families and friends for years to come. Director: Lawrence Kasdan.

March 20. Gas Food Lodging (1992) 1hr 41mins. Rated R. Drama/Romance starring Brooke Adams, Lone Skye and Fairuza Balk. Love and sex complicate the lives of Nora Evans and her two teenage daughters in this film about coming of age in a small town in New Mexico. Film based on the novel "Don't Look and It Won't Hurt" by Richard Peck. Director: Allison Anders.



March 27. Snow Falling on Cedars (1999) 2hr 8mins. Rated PG13. Drama starring Ethan Hawke, James Cromwell, Richard Jenkins, and Youki Kudoh. A Japanese-American fisherman is accused of killing his neighbor at sea. In the 1950s, race figures into the trial. the murder trial has upset the quiet community of San Piedro, and now this tranquil village has become the center of controversy. Director: Scott Hicks.

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!

March 17 & May 5, 9:00 -12:00PM

Note: no salon in April

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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2023 Annual Town Meeting

Saturday, March 25, 2023 at 9:30am, Donaldson Auditorium



Special Parking Available!

Do you have difficulty walking long distances? If so, simply approach Public Safety when you arrive and they will direct you to a spot. No handicap plate required.

2023 Annual Town Election

Monday, March 27
7:00am– 8:30pm

The poles open at 7:00AM and voting takes place on the school campus at the Reed Middle School. For more information: <https://lincolntown.org/1186/Annual-Town-Election>.

A Tale of Two Chauffeurs: True Crime in the Age of Early Motoring

Wednesday, March 22, 7:00– 8:00pm

One morning in June 1914 the Codman family awoke to discover their prized new Peerless Motorcar, as well as their chauffeur, were missing. Join us for a mystery of colorful characters and misadventure at the edge of the law. <https://my.historicnewengland.org/16414/two-chauffeurs>



Saturday Ranger Walks are Back!

Saturdays, March 4, April 1, and May 6



Registration required. To register visit: <https://tinyurl.com/2023SpringRangerWalks>

Join Lincoln Conservation Ranger, Will Leona, and visit different trails in Lincoln the first Saturday of each month. Walks are generally 2 mile long and are appropriate for all ages. For more information call the Conservation Dept at 781-259-2612.