



NEWS FROM BEMIS HALL

Volume 14

May 2023

Number 5

Lincoln Council on Aging & Human Services

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Donate:



LINCOLN ACADEMY

Under Milkwood

Friday, May 5 at 1:00PM

Wordsmove Theater presents a moving and hilarious account of a spring day in a Welsh fishing town. The day begins with the dreams of the sleeping inhabitants, takes us through the motions of the town's eccentric characters, and brings us full circle "as the rain of dusk brings on the bawdy night." Cast: Mary Crowe, Sally Kindleberger, John Wardle, Susan gates, Bill Roberts and Ben Dubrovsky. Play by Dylan Thomas.

Operation Desert Storm

Friday, May 12 at 3:00PM



Veteran, Robert Lewis, examines how deception played a key role given the size capability of Iraqi Army. The success of Desert Storm was founded on the decisive advantage in training and leadership held by US air and ground forces. Operation Desert Storm remains one of the shortest and least costly of America's military victories. Come see actual leaflets used during this period in history.

1908 Tea

Friday, May 19 at 1:00PM

Join us for tea time! Your hostess is Rita Parisi in the role of Mrs. Michael Gordon, a woman from 1908. Sit back and relax as she regales you with humorous, eye-opening stories about shopping in Boston, the latest trends in fashion, entertainment, opinions, transportation and more. Hats, gloves, Victorian garb, and audience participation encouraged. Tea and light refreshments. Call 781-259-8811 to sign up and reserve a cup of tea! FREE event. *Sponsored by the FLCOA & FLL.*



Medicare/Medicaid Consumer Info

Friday, May 26 at 1:00PM



The Senior Medicare Patrol provides one hour presentations to empower and assist Medicare and Medicaid beneficiaries, family members, caregivers and professionals about the importance of being/becoming an engaged healthcare consumer. Presented by Judi Gertler, SMP Volunteer.



Coffee & Conversation
Kim Bodnar, Select Board
 Tuesday, May 30 at 10:30AM



Residents of all ages are invited to join Select Board member, Kim Bodnar, 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

Residents age 60+ enjoy the company of neighbors while friendly staff serve you a meal, coffee & dessert. Suggested donation \$2. Sign up by Wed. *Sponsored by Minuteman Senior Services.*

FREE Senior Legal Clinic with Atty. Golden

Second Friday of the month
 May 12 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: Friday, April 28 Sasha will co-present, *Aging in Place; Prep for Success.*



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, May 2, 9, 16 & 23 (adult)

Wednesdays, May 3, 10, 17, 24 & 31 (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, May 17 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, May 24 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.

**Navigating the Many Issues of Later Life? Need Some Support?**

New Groups Are Forming.

Sharing experiences and NOT feeling alone has been shown to have a positive powerful impact. If you are interested in the opportunity to connect with others in a small group, please contact Claire Gertstein, LICSW to see if there is a group that would be a good fit. Email gersteinc@lincolntown.org for more information or to inquire. Topics include, dealing with change, resilience in aging, managing conversations with adult children, bereavement, and more.

FREE Tech Tutoring

Thursday, May 4, 1:00 - 4:00PM

Wednesday, May 31, 10:00-1:00PM

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.*



WELLNESS CLINICS

FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, May 10 (Bemis Hall & Lincoln Woods)
Tuesday, May 23 (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—10:45AM

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, May 10
Tuesday, May 23



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.*

Mass Equipment Distribution Program

Tuesday, May 23 from 10—11:30AM

MassEDP offers specialized phones, both landline and cellular, to those with permanent disabilities. You may be able to get a phone FREE or at reduced cost. Glen Schultz is offering 20 mins. informational appts. to those who would like learn more. Call 781-259-8811 for an appt.

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.

The Day After Yesterday: Portraits of Dementia

Thursday, May 18 from 2:00 - 3:30PM

Trained as a journalist, Joe Wallace has been a portrait photographer and storyteller for 20 years and has deeply personal connection with dementia. His grandfather, Joe Jenkins, had Alzheimer's and grandmother, Elizabeth Ponder, had vascular dementia. In recent years, his mother Barbara, seen here, has begun her journey with the disease.



Joe will share the story of his book and traveling exhibit, *Portraits of Dementia*, created to destigmatize those living with dementia. The exhibit shows how to use empathy as a means for connection and understanding, endows the audience with courage to act in ways large and small, and tells a more complex and complete story of those living with the disease and its effect on their families and loved ones.

RSVP to Alzheimer's Association 24/7 helpline: 800-272-3900. Questions? Contact Amy at 781-259-8811. *Sponsored by the Alzheimer's Association and Liberty Alzheimer's Partnership.*

SPEND TIME WITH OTHERS

Men's Coffee FREE 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 FREE 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* FREE 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 use our art supplies (watercolors, pastels, etc.) to try something new or make a paint-by-number masterpiece .

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 style="text-align: right;">1</p> <p>1:00 Movie: <i>Sylvia</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">2</p> <p>9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 1:00—2:30 Noticing Walk 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>9:30—12:30 SHINE O 11:00 Line Dancing 12:00 Zumba Gold 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 <u>Free</u> Ment 3:00 Open Art Studio</p>
<p style="text-align: right;">8</p> <p>9:30 French Conversation 1:00 Movie: <i>Sami Blood</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">9</p> <p>9:30—11:00 Knitting Group 9:30 Trail Walk 9:30 FLCOA Board Meeting 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 Podiatry 8:45—10:45 Wellness 11:00 Wellness Clinic 10:00 Memoirs 11:00 Line Dancing 12:00 Zumba Gold 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 <u>Free</u> Ment 3:00 Open Art Studio</p>
<p style="text-align: right;">15</p> <p>1:00 Movie: <i>Mississippi Mermaid</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">16</p> <p>9:30 Trail Walk 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>11:00 Line Dancing 11:00 Caregiver Supp 12:00—1:00 Wellness 12:00 Zumba Gold 1:00—4:00 SHINE Off 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 <u>Free</u> Ment 3:00 Open Art Studio</p>
<p style="text-align: right;">22</p> <p>9:30 French Conversation 1:00 Movie: <i>India Song</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">23</p> <p>8:45—1:45 Podiatry 8:45—1:45 Wellness Clinic 9:30 Trail Walk 9:30—11:00 Knitting Group 10:00—11:30 Mass Comm Equip 10:30 Coffee & Convo w/ Select Kim B. 11:15 Stretch and Flex 12:15 Active Aging 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>10:00 Memoirs 10:30 Bereavement S NO Line Danc 11:30 Volunteer Lunc 1:00 Tai Chi 1-zoom 2:00 Tai Chi 3-zoom 2:45—4:15 <u>Free</u> Ment 3:00 Open Art Studio</p>
<div style="text-align: center;">  <p>29</p> </div>	<p style="text-align: right;">30</p> <p>9:30 Trail Walk 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging</p>	<p>11:00 Line Dancing 12:00 Zumba Gold 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 <u>Free</u> Ment 3:00 Open Art Studio</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.

SDAY	THURSDAY	FRIDAY
<p>Office Hours</p> <p>3</p>	<p>4</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>5</p> <p>9:00—12:00 Senior Salon 9:30 Chair Yoga 10:00 German Conversation 10:15 Beginner Piano 11:30 Senior Dining Menu: Pulled Pork & Black Beans 1:00 Under Milkwood</p>
<p>Health Clinic</p> <p>10</p>	<p>11</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>12</p> <p>9:30 Chair Yoga 10:15 Beginner Piano 11:30 Senior Dining Special Mother's Day Menu Meat Lasagna, Salad, Rolls, and Dessert <i>Sponsored by Newbury Court</i> 1:00 Dessert Storm</p>
<p>Support Group Clinic, Ryan Es.</p> <p>Office Hours</p> <p>Health Clinic</p> <p>17</p>	<p>18</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>19</p> <p>9:30 Chair Yoga 10:00 German Conversation 10:15 Beginner Piano 11:30 Senior Dining Menu: Honey Mustard Chicken Salad, & Sweet Potato Salad 1:00 A 1908 Tea 1:30—3:30 <u>Free</u> Legal Clinic</p>
<p>Support Group e or Zumba</p> <p>Health Clinic</p> <p>24</p>	<p>25</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>26</p> <p>9:30 Chair Yoga 10:15 Beginner Piano 11:30 Senior Dining Menu: Vegetable Lo Mein with Tofu, & Steamed Veggies 1:00 Senior Medicare Patrol</p>
<p>Health Clinic</p> <p>31</p>		

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NEW!

Zumba GOLD

Cost, \$3.00/class

Mondays 1:00-1:45 pm

Wednesdays 12:00-12:45 pm

9 week session starts May 1 – June 28.

Why do we love Zumba? The reason is simple: every class feels like a party! Join us for Zumba Gold and have fun dancing to the upbeat music.



The workout will be 45 **Katrina Rotondi** minutes and designed to get your heart rate up while having fun. Dress comfortably and bring a water bottle. To sign up, email rettiga@lincolntown.org. Please note: No class 5/24 or 5/29.



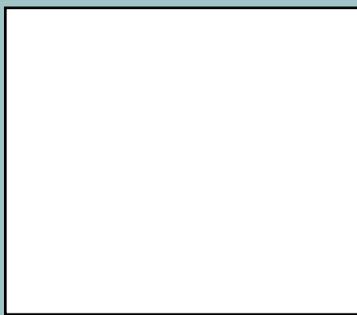
A note from the Community Center Building Committee (CCBC): Wednesdays, May 17 & 31 at 7:00PM

The CCBC will hold public meetings on Wednesday, May 17 and Wednesday, May 31. 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 and its design team will continue to focus on the review and the refinement of the program, so that Lincoln can understand the space requirements at each price point. The CCBC will also be engaging in public conversations with stakeholders, and will hold a public forum (TBA) to seek citizen input on the conceptual design choices. All residents are welcome and invited to participate in the discussion. Residents can also submit feedback or questions at the CCBC website at <https://lincolncommunitycenter.com/>.

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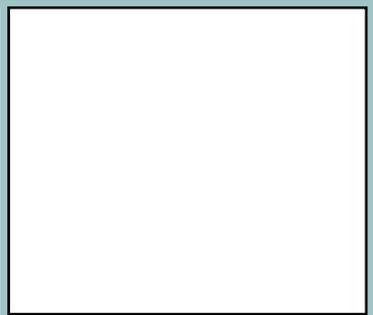
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Contact Amy 781-259-8811/rettiga@lincolntown.org to register.
Fitness classes subsidized by the MA Executive Office of Elder Affairs and the FLCOA.



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



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! **Please note: No class May 24.**

Virtual Exercise via Zoom



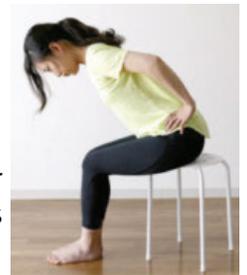
Jane Moss

Chair Yoga with Rebecca

Fridays Cost, \$3.00/class or \$12.00/May session

9:30-10:15 am

4 week winter session runs May 5 - May 26. Join Rebecca Reber, Experienced instructor, as she introduces chair yoga for greater health, balance, and mental awareness. Chair yoga improves flexibility to keep us doing activities we need and love to do.



Ellie Horwitz

Hybrid Exercise in Person & via Zoom

HYBRID Tai Chi Classes with Jane, Ellie, & Cynthia

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

Spring Session starts April 3 to June 15 (11 weeks). This gentle practice works the joints and muscles to increase flexibility, strength, balance, and circulation. To register email rettiga@lincolntown.org. No Classes April 17 or May 29.

Beginner/Level 1/In person or Zoom - Spring Classes in Session

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

Advanced/Level 2/In person only - Spring Classes in Session

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

Advanced/Level 3/In person only - Spring Classes in Session

Wednesdays at 2:00 pm



Cynthia Rosenberger



MONDAY MOVIE MATINEE



Mondays, May 1, 8, 15 & 22 at 1:00PM - FREE popcorn!

May 1. Sylvia (2003) 1hr 40min. Rated R. Drama. Cast includes Gwyneth Paltrow and Daniel Craig. The story of the relationship between poets Sylvia Plath and Edward James "Ted" Hughes. Director: Christine Jeffs.



May 8. Sámi Blood (2016) 1hr 50min. Not Rated. Drama starring Maj-Doris Rimpi, Olle Sarri, and Anne Biret Somby. A reindeer-breeding Sámi girl who is exposed to the racism of the 1930's at her boarding school, starts dreaming of another life. To achieve it, she must become someone else and break all ties with her family and culture. Director: Amanda Kernell. *Sami/Swedish movie with English subtitles.*

May 15. Mississippi Mermaid (1969) 2hr 3min. Rated R. Drama starring Catherine Deneuve, Jean-Paul Belmondo and Nelly Borgeaud. A wealthy plantation owner is captivated by a mysterious woman with a shady past. Director: François Truffaut.



May 22. India Song (1975) 2hr. Not Rated. Drama starring Delphine Seyrig, Michael Lonsdale and Mathieu Carriere. Anne-Marie Stretter, wife of a French diplomat, lives in 1930s India. She takes many lovers as systems of oppression decay around her. Director: Marguerite Duras. *French movie with English subtitles.*

May 29. NO MOVIE. COA&HS closed - Memorial Day



Cruise, Lobster Bake & Rockport Trip

June 8, 10:00AM –5:00PM



Travel with us on the luxurious Beauport cruise line! Cruise the calm waters of Gloucester Harbor. Enjoy the views and summer breezes while enjoying a special Lobster bake. After the cruise and lunch, disembark to explore the streets, shops, and beautiful views on Main Street in Rockport.

Cost: \$89.00, includes round-trip motor coach transportation, Beauport Princess Cruise, Lobster Bake. Driver gratuity included. Registration opens May 1. Sign up by mailing your check, payable to *FLCOA Trips*, to LCOA&HS, c/o Town Offices, 15 Lincoln Rd., Lincoln, MA 01773. To ensure space remains or for more info, call Amy, 781-259-8811. Arrive at Donelan's parking lot by 9:45AM. Tour bus departs promptly at 10AM and returns approx. 5PM.

The Scholarship Program helps Lincoln residents aged 60+ participate on LCOA&HS activities, trips, programs and classes that they could not afford to attend. Please call COA&HS and ask for Amy for more information.

Senior Salon

May 5, 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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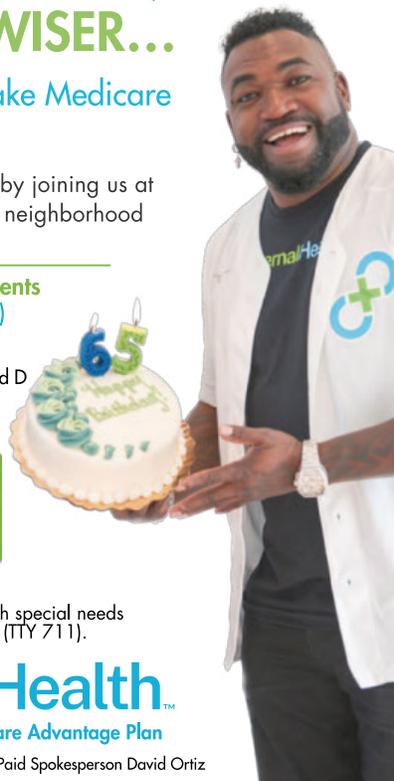
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GOING ON IN AND AROUND LINCOLN

Lincoln E-Bike Demo: Wednesday, May 3 at 6:00PM

Come demo an e-bike at Lincoln School Brooks Gym Parking Lot from 6-7:30PM. (18+only). Local resident, Jason Paige, co-owner of Wheelworks, on collaboration with the Green Energy Committee and Mothers Out Front.

Spring Noticing Walks

Tuesdays, May 2 from 1:00 - 2:30PM

All are welcome for this FREE event. Unplug from the busy world and let your senses come alive in nature! Wear sturdy footwear and/or bring walking poles. Naturalist John Calabria leads us on walks that are about the journey, not the destination. Register: www.lincolnconservation.org. Sponsored by COA&HS and Lincoln Conservation Department.

Saturday Nature Walks

Saturday, May 6 from 9:30 - 11:30AM

Join Land Steward 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 Conservation at 781-259-2612. Registration required: <https://tinyurl.com/2023SpringRangerWalks>.

Tuesday Trail Walks

Tuesdays, May 9, 16, 23 & 30 from 9:30 - 11:30AM

All are welcome, but space is limited for these FREE walks. Explore Lincoln's open space. Visit different trails in Lincoln each week. These walks, led by Conservation Dept. staff, are typically two to three miles long. Wear sturdy shoes and dress for weather. Leave pets at home, since the focus is nature. Reservation is required. RSVP by contacting the Conservation Dept. at 781259-2612/ Conservation@lincolntown.org or online <https://tinyurl.com/2023SpringWalks>. Sponsored by the COA&HS and Lincoln Conservation Department.

CCBC Meeting Schedule

Wednesdays, May 17 & 31, June 14 & possibly 28
7:00PM, in person (Town Offices) & via Zoom

Zoom: Meeting ID: 885 6839 7168, Passcode: 579905

Public Participation Plan: Public participation is vital to the success of the project. Our regular meetings, which are open to the public, will be augmented with several dedicated public sessions. We anticipate gathering input and feedback through a variety of mechanisms including workshops and surveys. For more info, see pg. 8.