



NEWS FROM BEMIS HALL

Volume 14

June 2023

Number 6

Lincoln Council on Aging & Human Services

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LINCOLN ACADEMY

Clear Day Thunder: Rescuing the American Chestnut

Friday, June 2 at 12:30PM



The screening of this new documentary film tells the story of passionate citizen scientists working to restore this ecologically and economically important species. Many are working to revive this magnificent tree— so that it can once again help shape the Earth's future. Free chestnut seedlings to the first 20 attendees. Presented by Mark Meehl.

Health/Wellness Fair: Live Your Best Life

Friday, June 9 at 12:30PM

All are welcome! Free door prizes! **Have your photo taken with the Red Sox World Series Trophy.** Local healthcare vendors onsite to answer your questions.



Heath Fair Special Presentations

12:30PM - Claire Gerstein, Depression, How to Help a Friend

1:00PM - Lt. Kennedy, Police Dept., DON'T GET SCAMMED

Tai Chi demonstration with Jane Moss & much more fun!



Fraud Watch Network

Friday, June 16 at 12:30PM

Lincoln residents have had over \$360,000 reportedly stolen from them since Jan. 1, 2023. Don't be a outsmarted! Criminals don't care how hard you worked to save. Knowledge is power. Fight back by attending this presentation. This talk looks into how scammers think and how to safeguard against identity theft. Presented by Alice Diamond.

Become a Memory Champion

Friday, June 23 at 12:30PM

Join Kristin Nelson, founder of Auduvi, to learn about memory banks, memory loss, and memory tricks. You will learn tips to improve short-term memory, benefits of enjoying long-term memories, and ways to champion memories (yours & others).



The A & W Players

Friday, June 30 at 12:30PM

Join us for this live music performance of ukulele enthusiasts from all over the Greater Boston area. The A&W Players have been delighting audiences with a mix of songs spanning the 1920s to 2010s.



Coffee & Conversation
Jennifer Glass, Select Board
 Tuesday, June 27 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.



Donate:



IT'S BACK!
Strawberry Ice Cream Social

Thursday, June 15
 12:30 - 2:00PM

The Annual Strawberry Social is BACK! Celebrate this special time of year at this FREE event. Make your own ice cream sundae topped with luscious strawberries, chocolate, and more! Then share conversation with friends old and new! RSVP by June 9 to 781-259-8811. Transportation available for those who need a ride. *Sponsored by the Friends of Lincoln Council on Aging.*

Special Jazz Event
Jammin' with Jimmy— See page 4.

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, June 6, 13, 20 & 27 (adult)
 Wednesdays, June 7, 14, 17, 21 & 28 (adolescent)

Lincoln Mental Health Clinics are available to town residents of all ages. Appointments are held by Zoom, phone, or in person. Call Abigail at 781-259-8811 for an appointment. Staffed by: Sara Hickey, MSW, LCSW, Outpatient Clinician at Eliot Community Human Services. *Sponsored by the Board of Health & the America Rescue Plan Act.*

**Caregiver Support Group**

Wednesday, June 21 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.*

**Bereavement Support Group**

Wednesday, June 28 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 positive powerful impact. If you are interested in the opportunity to connect with others in a small group, contact Claire Gerstein, LICSW to see if there is a group that is a good fit . Email gersteinc@lincolntown.org for more information or to inquire. Topics include managing conversations with adult children, dealing with change, resilience in aging, bereavement, and more.

FREE Tech Tutoring

Thursday, June 1, 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.*



WELLNESS CLINICS

FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, June 14 (Bemis Hall & Lincoln Woods)
Tuesday, June 27 (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, June 14
Tuesday, June 27



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.*

National Suicide Prevention Lifeline – 988

If you or someone you know is struggling or in crisis, help is available. Call or text 988.

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.



Jim-Jam: Jammin' with Jimmy

Wednesday, June 21 from 2:30 - 4:30PM

We are in for a treat with this live traditional Jazz jam band concert, including Banjo Hall of Fame member, Jimmy Mazzy. Come hear some toe-tapping jazz with Jimmy and many other local musicians celebrating jazz. More information TBD on the lineup of musicians. Organized by Nick Ribush of the Lincoln Traditional Jazz Band.



Virtual LGBTQ+ Coffee Hour

Mondays at 11:00AM



FREE coffee hour to talk and visit with LGBTQ+ folx and SOFFA's (Significant Others, Friends, Family, or Allies) of all ages. Email Julie, jnowak@springwell.com to RSVP.

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, third, and fifth 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!

New session will be offered starting in September.



Open Art Studio



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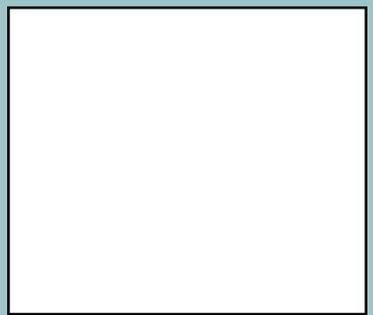
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MONDAY	TUESDAY	WEDNESDAY
	Friday Senior Dining Enjoy the company of your neighbors while friendly staff serve you a meal. RSVP by Wednesday for Friday meal. \$2 suggested donation. Residents aged 60+. <i>Sponsored by Minuteman Senior Services.</i>	
<div style="text-align: right; color: green; font-weight: bold;">5</div> 9:30 French Conversation 1:00 Movie: <i>Bergman Island</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2	<div style="text-align: right; color: green; font-weight: bold;">6</div> 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 1:00 Noticing Walk 2:45—4:15 <u>Free</u> Mental Health Clinic	9:30—12:30 SHINE 11:00—12:00 Wellne 11:00 Line Dancing 12:00 Zumba Gold 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 <u>Free Me</u> 3:00 Open Art Stu
<div style="text-align: right; color: green; font-weight: bold;">12</div> 1:00 Movie: <i>The Sound & the Fury</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2	<div style="text-align: right; color: green; font-weight: bold;">13</div> 9:30 Trail Walk 9:30—11:00 Knitting Group 11:15 Stretch and Flex—Map Room 12:15 Active Aging—Map Room 11:00 Friends Board Meeting 12:00 Joint Lunch Meeting 1:00 COA Board Meeting 2:15—4:30 <u>Free</u> Mental Health Clinic	8:45—10:45 Podiat 8:45—10:45 Wellne 11:00 Line Dancing 12:00 Zumba Gold 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 <u>Free Me</u> 3:00 Open Art Stu
<div style="color: green; font-weight: bold; font-size: 24px;">19</div> <div style="color: white; font-size: 24px; font-weight: bold; margin-top: 10px;">JUNETEENTH</div> <div style="color: white; font-size: 24px; font-weight: bold; margin-top: 10px;">COA&HS CLOSED</div>	<div style="text-align: right; color: green; font-weight: bold;">20</div> 9:30 Trail Walk 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	<div style="text-align: right; color: green; font-weight: bold;">20</div> 11:00 Caregiver Su 11:00 Line Dancing 12:00 Zumba Gold 1:00—4:00 SHINE C 2:30—4:30 Jazz Ja 2:45—4:15 <u>Free Me</u> 3:00 Open Art Stu
<div style="text-align: right; color: green; font-weight: bold;">26</div> 1:00 Movie: <i>My Salinger Year</i> 1:00 Zumba Gold	<div style="text-align: right; color: green; font-weight: bold;">27</div> 8:45—1:45 Podiatry 8:45—1:45 Wellness Clinic 9:30 Trail Walk 9:30—11:00 Knitting Group 10:30 Coffee & Convo w/ Jennifer Glass 11:15 Stretch and Flex 12:15 Active Aging	<div style="text-align: right; color: green; font-weight: bold;">27</div> 10:30 Bereavemen 11:00 Line Dancing 12:00 Zumba Gold 2:45—4:15 <u>Free Me</u> 3:00 Open Art Stu

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 style="text-align: right;">1</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 style="text-align: right;">2</p> <p>9:30 Chair Yoga 10:00 German Conversation 11:30 Senior Dining Menu: Shrimp & veggie lo-mein 12:30 Rescuing the American Chestnut Tree</p>
<p>Office Hours ess Clinic: Ryan Est</p> <p style="text-align: right;">7</p>	<p style="text-align: right;">8</p> <p>9:45 Lobster Cruise/Rockport Trip 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 style="text-align: right;">9</p> <p>9:30 Chair Yoga 11:30 Senior Dining Menu: Turkey cranberry salad, German potato salad 12:30 Health & Wellness Fair</p>
<p>ental Health Clinic dio</p> <p style="text-align: right;">14</p> <p>try Clinic ess Clinic</p>	<p style="text-align: right;">15</p> <p>9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1-zoom only 10:15 Tai Chi 2-zoom only 11:15 Stretch and Flex—Map Room 12:15 Active Aging—Map Room 12:30—2:00 Strawberry & Ice Cream Social</p>	<p style="text-align: right;">16</p> <p>9:30 Chair Yoga 10:00 German Conversation 11:30 Senior Dining Menu: Honey BBQ Chicken, garden salad, black eye pea salad 12:30 Fraud Watch</p>
<p>ental Health Clinic dio</p> <p style="text-align: right;">21</p> <p>upport Group</p> <p>Office Hours m Performance ental Health Clinic dio</p>	<p style="text-align: right;">22</p> <p>9:00—12:00 Veterans Office Hours 9:30—11:00 Men's Coffee 11:15 Stretch and Flex 12:15 Active Aging 3:00 Ukulele Gathering</p>	<p style="text-align: right;">23</p> <p>9:30 Chair Yoga 11:30 Senior Dining Menu: Tarragon turkey salad, chickpea salad, spinach salad 12:30 Become A Memory Champion</p>
<p>ental Health Clinic dio</p> <p style="text-align: right;">28</p> <p>at Support Group</p>	<p style="text-align: right;">29</p> <p>9:00—12:00 Veterans Office Hours 11:15 Stretch and Flex 12:15 Active Aging</p>	<p style="text-align: right;">30</p> <p>9:30 Chair Yoga 10:00 German Conversation 11:30 Senior Dining Menu: Steak Garden Salad, corn salad, pita bread 12:30 The A & W Players</p>

SUPPORT OUR ADVERTISERS!

NEW!**Zumba GOLD**

Cost, \$3.00/class

Mondays 1:00-1:45 pm**Wednesdays** 12:00-12:45 pm**4 week session starts June 5 – 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 June 19.



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

Tues., June 13 & Wed., June 14 at 7:00PM

The CCBC will hold a public meeting on Tuesday, June 13 at 7:00pm, in person at the Hartwell Multipurpose Room or remotely via Zoom. The focus of the town forum will be the preliminary cost models, as presented by ICON, the community center design firm. The forum will offer opportunities for questions and feedback.

There will be a regular CCBC meeting Wednesday, June 14 at 7:00pm, in the Donaldson Room at Town Offices. It will be possible for the public to participate via Zoom—the Zoom link for all meetings will be available on CCBC website and on town website. 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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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

Chair Yoga with Rebecca

Fridays Cost, \$3.00/class or \$24.00/June/July session
 9:30-10:15 am

8 week session runs June 2 - July 21. 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.



Jane Moss



Ellie Horwitz



Cynthia Rosenberger

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. Tai Chi classes via Zoom only on June 15.

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

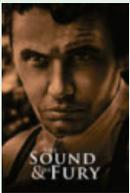


MONDAY MOVIE MATINEE



Mondays, June 5, 12, & 26 at 1:00PM - FREE popcorn!

June 5. Bergman Island (2021) 1hr 52min. Rated R. Drama. Cast includes Vicky Krieps, Tim Roth, and Grace Delrue. A couple retreat to the island that inspired Ingmar Bergman to write screenplays for their upcoming films when the lines between reality and fiction start to blur. Director: Mia Hansen-Løve.



June 12. The Sound and the Fury (2014) 1hr 41min. Rated TV-MA. Drama starring James Franco, Tim Blake Nelson, Loretta Devine, and Scott Haze. A look at the trials and tribulations of the Compson family, living in the deep South during the early 20th century. Director: James Franco.

June 19. NO MOVIE. COA&HS closed - Juneteenth Holiday

June 26. My Salinger Year (2020) 1hr 41min. Rated R. Drama starring Sigourney Weaver, Margaret Qualley, Yanic Truesdale, and Douglas Booth. A college grad takes a clerical job working for the literary agent of the renowned, reclusive writer J.D. Salinger. While her boss tasks her to process Salinger's voluminous fan mail, she struggles to find her own voice. Director: Philippe Falardeau.



Tanglewood Trip — Brunch & Concert

Sunday, July 30, 9:00AM–8:00PM



What's better than spending time with music and friends? Experience an inspiring concert at Tanglewood, which has been the summer home of the Boston Symphony Orchestra and the Boston Pops for over 75 years. Enjoy a music filled afternoon as Anna Rakitina conducts the Boston Symphony Orchestra, featuring noted American Violinist, Joshua Bell. July 30 they will be playing Ellen Reid's *When the World as You've Known It Doesn't Exist*, commissioned by the New York Philharmonic as part of their Project 19 series.

Cost: \$120.00, includes round-trip motor coach transportation, brunch at Shortstop Bar & Grill, admission to Tanglewood/Koussevitsky Music Shed tickets, and all gratuities to tour director & driver. Brunch buffet menu: homemade muffins, pastries, fresh fruit, green salad, home fries, bacon, French toast, chicken française, and stuffed. Registration opens June 1. Sign up by mailing your check, payable to *FLCOA Trips*, to LCOA&HS, c/o Town Offices, 15 Lincoln Road, Lincoln, MA 01773. To ensure space remains or for more info, call Amy at 781-259-8811. Arrive at Donelan's parking lot by 8:45AM. Tour bus departs promptly at 9AM and returns approx. 8PM. *LCOA&HS Trips are generously sponsored by Friends of Lincoln COA.*

Is this trip out of your budget?

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.



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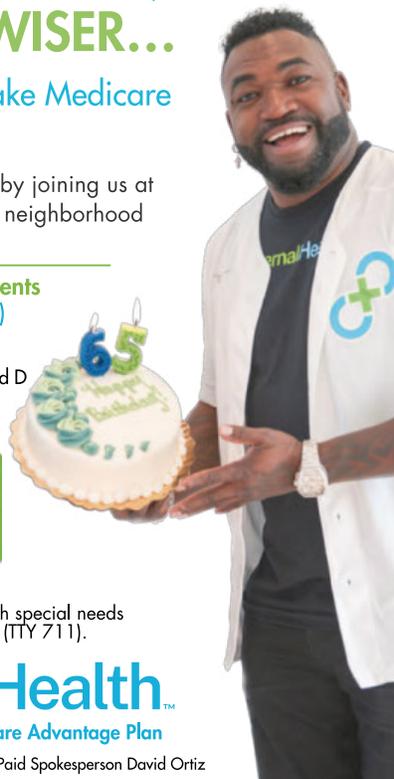
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For accommodations of persons with special needs
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GOING ON IN AND AROUND LINCOLN

Juneteenth Freedom Day Celebration

Sunday, June 11 at 1:00PM-3:00PM Codman field



All are welcome for this FREE event. This is a family friendly event. Bouncy houses, face painting, lawn games, food trucks, dance performance, poetry reading, and more!
Sponsored by the Lincoln METCO Parent Board and the Mass Cultural Council

Bake It Till You Make It

Saturday, June 17 at 10:00AM

All are welcome for this FREE event. Mixing, Baking, mental health conversations and fun! Bake it Till You Make It, is dedicated to destigmatizing mental illness, normalizing mental health conversations, and promoting authentic healing and recovery. Dayna Altman provides an authentic recipe with storytelling of her life experience and seeks to connect with others through baking. Reserve your seat today by sending an email to Ann Bauer, abauer@wayland.ma.us.



Spring Noticing Walks

Tuesday, June 6 from 1:00 - 2:30PM



All are welcome for this FREE event. Hartwell Tavern & Battle Road Trail. 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, June 10 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>. *Sponsored by COA&HS, Lincoln Conservation Department, and Lincoln Land Conservation Trust.*

Community Center Building Comm-CCBC Meetings

Tuesday, June 13 & Wednesday, June 14
7:00PM, in person & 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.