



NEWS FROM BEMIS HALL

Volume 14

July/August 2023

Number 7/8

Lincoln Council on Aging & Human Services

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AT THE MOVIES



Fridays at 12:30 - Free popcorn!



Lincoln Academy is on summer recess & returns this September. Join us for movies this summer following Senior Dining.

JULY

July 7 Love with the Proper Stranger (1963) 1hr 42min. NR. Drama starring Natalie Wood, Steve McQueen, and Edie Adams. A sales clerk at Macy's finds herself pregnant after a one-night stand with a musician, who does not even remember her. Director: Robert Mulligan.

July 14 The Spy Who Came in from the Cold (1965) 1hr 52min. NR. Drama starring Richard Burton, Oskar Werner, and Claire Bloom. Instead of coming in from the Cold War, British agent Alec Leamas, chooses to face another mission. Director: Martin Ritt.

July 21 Blindness (2008) 2hr 1min. R. Mystery starring Julianne Moore, Mark Ruffalo, and Gael Garcia Bernal. A city is ravaged by an epidemic of instant white blindness. Director: Fernando Meirelles. *Cannes Film Festival Opening Night.*

July 28 Un Flic (1972) 1hr 38min. PG. Crime Thriller. Starring Alain Delon, Richard Crenna, and Catherine Deneuve. After a shaky first heist, a group of thieves plan an event more elaborate and risky second heist. Director: Jean-Pierre Melville.

AUGUST

August 4 Perfect Sense (2011) 1hr 32min. R. Drama starring Ewan McGregor, Eva Green, and Lauren Tempany. A chef and a scientist fall in love as an epidemic begins to rob people of their sensory perceptions. Director: David Mackenzie. *Sundance Official Selection.*

August 11 The Browning Version (1994) 1hr 37min. R. Drama starring Albert Finney and Greta Scacchi. On the verge of forced resignation, an old-fashioned teacher rethinks his life. Director: Mike Figgis.

August 18 Women Talking (2022) 1hr 44min. PG13. Inspired by true events. Starring Rooney Mara, Claire Foy, and Jessie Buckley. Do they stay and fight, or leave? In 2010, the women of an isolated religious community grapple with reconciling a brutal reality with their faith. Director: Sarah Polley.

August 25 Ammonite (2020) 1hr 57min. R. Drama starring Kate Winslet and Saoirse Ronan. 1840s England, fossil hunter Mary Anning and a young woman sent to convalesce by the sea, develop an intense relationship, altering their lives forever. Director: Francis Lee. *Cannes.*





Watercolor en Plein Air class is back!

Wednesdays, beginning July 12 - August 16 at 2:00—4PM

Join Instructor Anna Fitzgerald as we explore watercolor. Beginners welcome! LCOA&HS paints and other art materials. This six week session is FREE. Space is limited to 12 participants, first come, first serve. Please call to sign up.



Computer & Tech Tutoring

Thursday, July 13 and August 3 from 1 PM — 4 PM

Tuesday, July 18 and August 8 from 12 PM — 2 PM



Looking for help with your laptop, smart phone, tablet, or iPad? Come to our FREE tech tutoring office hours. If you have a laptop, tablet, notebook, etc., please bring it and the charger. Call 781-259-8811 to make an appointment. *Unfortunately, we are not able to accommodate walk in appointments.*

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 offered at Bemis Hall 2 **Wednesdays of 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



Bereavement Support Group

Wednesday, July 12 and 26
 Wednesday, August 9 and 23 at 9:30

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 feelings, and get support. Claire Gerstein, LICSW is leading a bereavement support group via zoom on the second and fourth Wednesday of each month. Contact Claire directly at gersteinc@lincolntown.org to learn more or if you would like to attend.

Caregiver Support Group

Wednesday, July 19 at 11:00
 Wednesday, August 16 at 11:00



Have a family member with memory loss? You're invited to come together and 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.* This caregiver support group is offered via Zoom and facilitated by Claire Gerstein, LICSW. Email gersteinc@lincolntown.org for more info. *Sponsored by the Commons in Lincoln.*

Looking for a support group? The COA&HS host other ongoing support groups. Please call 781-259-8811 to inquire about space and subject matter.

Air Conditioner Loan Program

If you are need of a window unit air conditioner, please call the COA&HS to see if you qualify. "As we age, the distribution of body fat, muscle mass, and sweat glands change and can affect our body's thermal regulation," says geriatric medicine specialist Ken Koncilja, MD. Stay safe this summer with an AC loan from the COA&HS.

Farmers Market Coupons

Monday, July 17

Eligible seniors (aged 60+) receive **\$50 in FREE vouchers** to purchase locally grown food. We will be giving out vouchers on Monday, July 17. Morning voucher pick up: 10:00AM to noon, Lincoln Woods Community Room, 50 Wells Road. Afternoon voucher pick up: 1:00PM to 3:00PM at Bemis Hall. *Produce voucher coupons are given on a first come, first serve basis.* If you have questions, are unavailable on July 17



and still want vouchers, or miss distribution day, call Carlee, 781-259-8811. Eligibility criteria: 60 years of age AND participate in one of the following programs: SNAP, fuel assistance/LIHEAP, Mass Health/Medicaid, etc. OR have a monthly income at or below \$2,248 (single)/\$3,041 (2 people). **Coupons can now be used at Codman Farms** during specific days and times.

WELLNESS CLINICS

FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, July 12 & Tuesday, July 25 (Bemis Hall)

Wednesday, July 12 (Lincoln Woods)

Tuesday, August 22 (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**

**Please note: Commons Clinic, First Thursday of the month time is 12—2PM

Podiatry Clinics with Dr. Ruhl

Wednesday, July 12 & Tuesday, July 25

Wednesday, August 9 & Tuesday, August 22



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 the Lincoln COA and the Pierce House.*

FREE Mental Health Clinics.

Tuesdays, July 11, & 25 August 1, 8, 15, 22 & 29 (adult)

Wednesdays, July 5, 12, & 26 August 2, 9, 16, 23 & 30 (adolescent)

The 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 and Coordinator of Intake Services at Eliot Community Human Services. *Sponsored by the Lincoln Board of Health & the America Rescue Plan Act.*



English at Large
Tuesdays at Bemis Hall



Want to improve your English? The Lincoln COA&HS, through partnership with English at Large, is now offering FREE one-on-one English language tutoring. Tutoring is provided by a volunteer teacher that matches your schedule. One-on-one and group lessons available. For more information or to register: visit englishatlarge.org/get-a-tutor, call 781-395-2374, or email learn@englishatlarge.org.

SPEND TIME WITH OTHERS

French Conversation Brush up on your French speaking skills.
Second and fourth Monday of July at 9:30 am via Zoom.

German Conversation Come enjoy speaking German.
First and third Friday of each month at 10:00 am via Zoom.

Knitting Group Come work on your PhD (Projects Half Done) with us!
Every Tuesdays of each month at 9:30 am until 11:00 am at Bemis Hall.

Ukulele Gathering Bring your ukulele and come play with friends.
Second and Fourth Thursday of each month at 3:00 pm at Bemis Hall.

Mahjong Group Call COA&HS if you are interested in joining us for this friendly game.



Coffee & Conversation with Select Tuesday, July 25 & August 22 at 10:30AM



Residents of all ages are invited to join Select Board member, Kim Bodnar, on July 25 or Jennifer Glass on August 22. 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.



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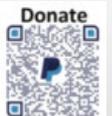
Trips – Music – Social Events

Exercise – Tai Chi – Line Dancing

Counseling – Transportation - Caregiving Help

Art – Drama - Music

More and more every month



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JULY

Monday	Tuesday	Wednesday	Thursday	Friday
3	4  COA&HS Closed	5 NO Line Dancing NO Zumba Gold 9:30-12:30 SHINE 2:45-4:15 <u>Free</u> Mental Health Clinic	6 9:00 Vets Office Hours NO Tai Chi NO Stretch & Flex NO Active Aging	7 10:00 German Convo 11:30 Senior Dining Menu: Sesame Beef & Broccoli, rice 12:30 Movie: <i>Love with a Proper Stranger</i>
10 9:30 French Convo	11 9:30 Knitting 9:30 Tai Chi* 11:15 Stretch & Flex* 12:15 Active Aging* 2:45-4:15 <u>Free</u> Mental Health Clinic	12 8:45-10:45 Podiatry 8:45-10:45 Wellness 9:30 Bereavement 11:00 Line Dancing* 12:00 Zumba Gold* 1:00-4:00 SHINE 2:00 Watercolors 2:45-4:15 <u>Free</u> Mental Health Clinic	13 9:00 Vets Office Hours 9:30 Tai Chi* 11:15 Stretch & Flex* 12:15 Active Aging* 1:00-4:00 Tech Tutor 3:00 Ukulele Gathering	14 9:30 Chair Yoga 11:30 Senior Dining Menu: Thai Chicken Pasta Salad with lemon & basil 12:30 Movie: <i>The Spy Who Came in from the Cold</i>
17	18 9:30 Knitting 9:30 Tai Chi* 11:15 Stretch & Flex* 12:15 Active Aging* 12—2:00 Tech Tutor 2:15-4:30 NO Mental Health Clinic	19 11:00 Caregiver Supprt 11:00 Line Dancing* 12:00 Zumba Gold* 2:00 Watercolors 2:45-4:15 NO Mental Health Clinic	20 9:00 Vets Office Hours 9:30 Tai Chi* 11:15 Stretch & Flex* 12:15 Active Aging*	21 9:30 Chair Yoga 10:00 German Convo 11:30 Senior Dining Menu: Grilled Chicken & Provolone, butternut salad, grn bean salad 12:30 Movie: <i>Blindness</i>
24 9:30 French Convo	25 8:45-1:45 Podiatry 8:45-1:45 Wellness 9:30 Knitting 9:30 Tai Chi* 10:30 Coffee & Convo w/ Kim Bodnar 11:15 Stretch & Flex* 12:15 Active Aging* 2:45-4:15 <u>Free</u> Mental Health Clinic	26 9:30 Bereavement 11:00 Line Dancing* 12:00 Zumba Gold* 2:00 Watercolors 2:45-4:15 <u>Free</u> Mental Health Clinic	27 9:00 Vets Office Hours 9:30 Tai Chi* 11:15 Stretch & Flex* 12:15 Active Aging* 3:00 Ukulele Gathering	28 11:30 Senior Dining Menu: Chicken Caesar Salad, sweet potato salad 12:30 Movie: <i>Un Flic</i>
30 Tanglewood Trip	31	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>		

COUNCIL ON AGING & HUMAN SERVICES INFORMATION

The COA&HS is located in Bemis Hall, 15 Bedford Rd.
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 a.m. — 4:30 pm
 Bemis Hall is open regular hours this summer.

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.

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Knitting 9:30 Tai Chi* 11:15 Stretch & Flex* 12:15 Active Aging* 2:45-4:15 <u>Free</u> Mental Health Clinic	2 9:30-12:30 SHINE 11:00 Line Dancing* 12:00 Zumba Gold* 2:00 Watercolors 2:45-4:15 <u>Free</u> Mental Health Clinic	3 9:00 Vets Office Hours 9:30 Tai Chi* 11:15 Stretch & Flex* 12:15 Active Aging* 1:00-4:00 Tech Tutor	4 10:00 German Convo 11:30 Senior Dining Menu TBD 12:30 Movie: <i>Perfect Sense</i>
7	8 9:30 Knitting 11:15 Stretch & Flex* 12:15 Active Aging* 12—2:00 Tech Tutor 2:15-4:30 <u>Free</u> Mental Health Clinic	9 8:45-10:45 Podiatry 8:45-10:45 Wellness 9:30 Bereavement 11:00 Line Dancing* 12:00 Zumba Gold* 2:00 Watercolors 2:45-4:15 <u>Free</u> Mental Health Clinic	10 9:00 Vets Office Hours 11:15 Stretch & Flex* 12:15 Active Aging* 3:00 Ukulele Gathering	11 11:30 Senior Dining Menu TBD 12:30 Movie: <i>The Browning Version</i>
14	15 9:30 Knitting 11:15 Stretch & Flex* 12:15 Active Aging* 2:45-4:15 <u>Free</u> Mental Health Clinic	16 11:00 Line Dancing* 11:00 Caregiver Supprt 12:00 Zumba Gold* 1:00-4:00 SHINE 2:00 Watercolors 2:45-4:15 <u>Free</u> Mental Health Clinic	17 9:00 Vets Office Hours 11:15 Stretch & Flex* 12:15 Active Aging*	18 10:00 German Convo 11:30 Senior Dining Menu TBD 12:30 Movie: <i>Women Talking</i>
21	22 8:45-1:45 Podiatry 8:45-1:45 Wellness 9:30 Knitting 10:30 Coffee & Convo w/ J. Glass 11:15 Stretch & Flex* 12:15 Active Aging* 2:15-4:30 <u>Free</u> Mental Health Clinic	23 NO Line Dancing NO Zumba Gold 9:30 Bereavement 2:45-4:15 <u>Free</u> Mental Health Clinic	24 9:00 Vets Office Hours 11:15 Stretch & Flex* 12:15 Active Aging* 3:00 Ukulele Gathering	25 11:30 Senior Dining Menu TBD 12:30 Movie: <i>Ammonite</i>
28	29 9:30 Knitting 11:15 Stretch & Flex* 12:15 Active Aging* 2:45-4:15 <u>Free</u> Mental Health Clinic	30 11:00 Line Dancing* 12:00 Zumba Gold* 3:00 Open Art Studio 2:45-4:15 <u>Free</u> Mental Health Clinic	31 9:00 Vets Office Hours 11:15 Stretch & Flex* 12:15 Active Aging*	Location *= Pierce House

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SHINE Office Hours



Wed., July 5 & August 2

9:30am-12:30pm

Wed., July 12 & August 16

1:00pm-4:00pm

Serving Health Information Needs of Everyone (SHINE) is a free Medicare benefits counseling program available to beneficiaries of all ages and people who are new to Medicare due to retirement, unemployment, or disability. State certified counselors provide impartial answers to all your Medicare questions before you retire and well into retirement as insurance needs change. Confidential counseling is available **in person**. To make an appointment call the COA&HS, 781-259-881.

CCBC: A note from the Community Center Building Committee:

The Community Center Building Committee (CCBC) does not have any public meetings currently scheduled for July or August.

The design team will continue its work over the summer, and it will be modifying its designs to take account of the feedback that the CCBC received at a series of public forums in April, May, and June. Lincoln residents can stay current and they can submit feedback or questions at the CCBC website at <https://lincolncommunitycenter.com/>.

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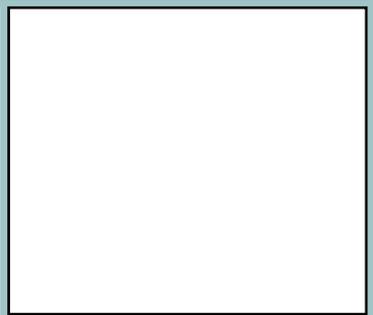
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Pre-registration is required for all exercise classes

Contact Amy, 781-259-8811 x102 or email rettiga@lincolntown.org to pre-register.

In Person Exercise - Pierce House Tent



Stretch and Flex Classes with Terri

Tuesdays and Thursdays Cost, \$3.00/class
11:15-12:00 pm

Donate to FLCOA



Pierce House

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. Strengthening your muscles with various upper and lower body exercises. Resistance bands are provided. Class can be done seated or standing. Please note: **No class July 6.**

Active Aging Classes with Terri

Tuesdays and Thursdays Cost, \$3.00/class
12:15-1:00 pm



Terri

Functional fitness class with exercises designed to help seniors maintain strength, balance, and independence. Designed for every fitness level with modifications Flexibility training to increase joint range of motion. Resistance training to build muscle and increase bone density all to the beat of the music! Please note: **No class July 6.**

Line Dancing with Katrina

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



Katrina

Enjoy the fun of line dancing. All levels are welcome . 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? Learn the basic steps and be dancing in minutes. Please note: **No class July 5 or August 23.**

Zumba Gold with Katrina

Wednesdays Cost, \$3.00/class
12:00-12:45 pm

Enjoy the fun of dancing to upbeat music while getting a workout. This workout is 45 minutes and designed to get your pulse pumping. Dress comfortable and bring a water bottle. Please note: **No class July 5 or August 23.**



Cynthia

Tai Chi with Cynthia—in person

Tuesdays Cost, \$12.00/4 week session
9:30-11:00 am

Summer session July 11 through August 1. Tai Chi under the tent for Health and Wellness. Please bring a lawn chair/water bottle. Class for previous Tai Chi students only.

Virtual Exercise via Zoom

Chair Yoga with Rebecca

Fridays Cost, \$3.00/class or \$21.00/session
9:30-10:15 am

Summer Session runs June 2 – July 21. 7 classes. No class July 7. 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. For more information, contact Amy rettiga@lincolntown.org.

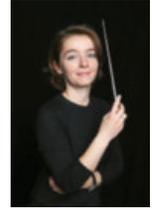


Fitness classes subsidized by the MA Executive Office of Elder Affairs and by FLCOA.



2023 Trip Information

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 is the summer home of the Boston Symphony Orchestra and the Boston Pops for over 75 years. Enjoy a music fill afternoon as Anna Rakitina conducts the Boston Symphony Orchestra, featuring noted American Violinist, Joshua Bell. They will be playing Ellen Reid, *When the World as You've Known It Doesn't Exist*, commissioned by the New York Philharmonic as part of their Project 19 series. You will also be treated to Niccolò Paganini's *Violin Concerto No. 1* and Sergei Prokofiev's *Suite from Romeo and Juliet*.

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 and driver. Brunch choices will include Homemade muffins, pastries, fresh cut fruit, mixed green salad, home fries, bacon, French toast, chicken francaise, and stuffed shells with pasta and seasonal veggies, all served buffet style including coffee, tea and orange juice.

Sign up by mailing check, payable to FLCOA Trips, to: LCOA&HS, c/o Town Offices, 16 Lincoln Road, Lincoln, MA 01773. Registration for this event started June 1, so send check asap. The day of trip please arrive by 8:45AM. Tour bus departs promptly at 9AM and returns approx. 8PM. LCOA&HS Trips are generously co-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.



Save the Dates! Turkey Train in New Hampshire Thursday, October 12

All aboard for this fabulous fall foliage tour in New Hampshire. Two hour train ride along the shoreline of Lake Winnepesaukee. Luncheon in the dining car includes a hand carved roast turkey dinner prepared for us by Hart's Turkey Farm. As always, scholarships available.

You Can Make a Difference!



Are you free to volunteer on weekdays to deliver meals to homebound seniors from 11AM-1PM? Or are you available 6-8 hours a month to help seniors pay and organize bills? CALL YUEN AT 781-221-7093 or email volunteer@minutemansenior.org



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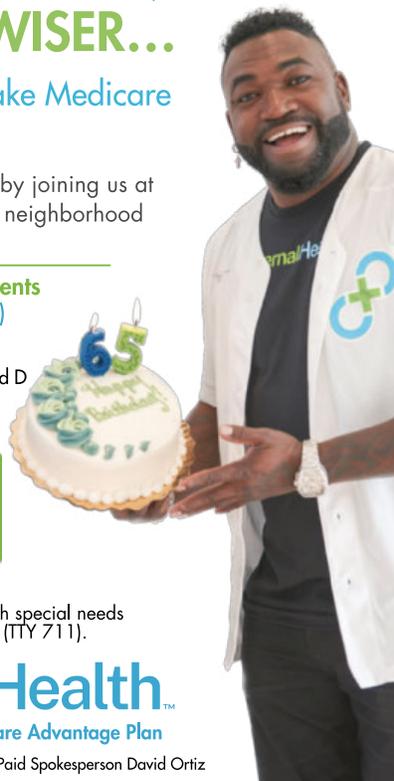
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New **DOO-WOP Group** starting!
Email rettiga@lincolntown.org if you want to join in!

GOING ON IN AND AROUND LINCOLN

Saturday Nature Walks

Saturday, July 1 and August 5 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 miles long and are appropriate for all ages. For more information call Conservation at 781-259-2612 or email conservation@lincolntown.org.

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

Sponsored by COA&HS, Lincoln Conservation Department, & Lincoln Land Conservation Trust.

SAVE THE DATE

July 4, 2023

Parks and Recreation Department is hosting the following events:

- 8:30AM: Firecracker Run Road Race
(Check in for race 7:45AM– 8:15AM)
- 10:00AM: Children's Bike Parade
- 10:30AM: Reading of Declaration of Independence
- 10:40AM: Independence Day Parade
- 11:30AM: BBQ Cookout at Pierce House
- 12:00 Town Wide Swim at the Codman Pool

Visit www.lincolnrec.com for details and updates

SAVE THE DATE: SHREDDING EVENT, SEPTEMBER 27