



NEWS FROM BEMIS HALL

Volume 14

September 2023

Number 9

Lincoln Council on Aging & Human Services



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Drive Thru Shredding Event

Wednesday, Sept. 27 from 11:00 - 2:00PM

Place your items for shredding in your car and drive over (across from Bemis Hall) to the First Parish Church parking lot, 14 Bedford Road. New England Security Shredders will shred your documents on site **FREE** of charge. You don't need to worry about removing the staples.



If your last name begins with the letter:
SENIORS A thru M please arrive from **11 - 12PM**
SENIORS N thru Z arrival time **12 - 1PM**
and **open to the public** as space permits **1 - 2PM**

This event generously sponsored by Friends of Lincoln COA

Lincoln Academy returns September 15

Rediscovering the T

Friday, September 15 at 12:30PM

Join us to learn more about the latest improvements made by the T, including reduced fare options and how to ask for assistance. If you have not ridden the T in some time, then this is the program to attend and learn about the better accessibility, count down clocks, smart card, apps, and more.



Codman Farms

Friday, September 22 at 12:30PM



This working farm highlights the importance of local farming and locally sourced food. Jess Myles, Education, Outreach & Volunteer Manager will share the latest farming techniques, systems, events and all the latest updates on this treasure!

Ruth Bader Ginsburg Performance

Friday, September 29 at 12:30PM

Join us for a show performed by Sheryl Faye, bringing an American Justice Icon to life. RBG championed fairness and equality and objected to different expectations for men and women, prejudice against minority groups in places like hotels and restaurants. Ginsburg's life continues to be one of achievement: as a lawyer, professor of law, a judge, and then a Supreme Court Justice. This show is the inspiring story of how she changed her life—and ours!



Sponsored by Friends of Lincoln COA & Friends of the Lincoln Library



COFFEE & CONVERSATION



Community Center Building Committee

Tuesday, Sept. 19 at 10:00AM



All are welcome to attend this coffee and conversation with members of the Community Center Building Committee (CCBC). **Free** coffee and pastries provided. Members of the CCBC look forward to meeting you and hope to answer questions, explain concepts, and listen to feedback. CCBC website: www.lincolncommunitycenter.com. Upcoming CCBC meeting info on page 8.

Jim Hutchinson, Select Board

Tuesday, Sept. 26 at 10:30AM



Residents of all ages are invited to drop in and join Select Board member, Jim Hutchinson, for coffee. Come get to know Jim, learn the latest updates, ask your questions, and give your ideas. Coffee and pastries provided! Call 781-259-8811 for more info. If you would prefer zoom, contact Amy at rettiga@lincolntown.org.

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 the **first and third Wednesday 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**. 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

SAVE THE DATE - SENIOR HIGH DOSE FLU CLINIC

Wednesday Oct. 25 from 10:30 - 12:30PM

First Parish Church Auditorium, 14 Bedford Road (across from Bemis Hall).

Call COA&HS at 781-259-8811 to register.



Bereavement Support Group

Wednesdays, Sept. 13 & 27 at 9:30AM

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 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. *Sponsored by Benchmark Senior Living at the Commons in Lincoln.*

Caregiver Support Group

Wednesday, Sept. 20 at 11:00AM



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 group is offered via Zoom and facilitated by Claire Gerstein, LICSW. Email gersteinc@lincolntown.org for more information. *Sponsored by Benchmark Senior Living at the Commons in Lincoln.*



Autumn Noticing Walks

Tuesdays, Sept. 5 & 26 from 1:00 - 2:30PM

 All are welcome for these FREE events. Unplug from the busy world and let your senses come alive in nature! These walks are gently paced but do cover rough terrain. Participants are encouraged to wear sturdy footwear. Naturalist John Calabria leads us on walks that are about the journey, not the destination. Space is limited and registration is required. Please fill out registration form at www.lincolnconservation.org. *Sponsored by the COA&HS and Lincoln Land Conservation Trust.*

Tuesday Trail Walks

Tuesdays, Sept. 19 & Oct. 3 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 Department at 781-259-2612 or convseration@lincolntown.org or online <https://tinyurl.com/2023FallWalks>. *Sponsored by the COA&HS and Lincoln Conservation Department.*



WELLNESS CLINICS

FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, September 13 (Bemis Hall)

Tuesday, September 26 (Bemis Hall)

Wednesday, September 13 (Lincoln Woods)

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, September 13

Tuesday, September 26



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 the Lincoln COA and the Pierce House.



FREE Hearing Clinic

Tuesday, September 26

Tuesday, October 31

Joseph Sarofeen, from Apex Hearing Care, is offering FREE 30 minute appointments to conduct hearing assessments and consultations. He is also able to evaluate your existing hearing instruments. Please call 781-259-8811 for your an appointment. Space is limited. Clinic runs from 11AM until 1PM. Joseph is a licensed Hearing Instrument Specialist (HIS).

FREE Mental Health Clinics

Tuesdays, September 5, 12, 19 & 26 (adult)

Wednesdays, September 6, 13, 20 & 27 (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 and Coordinator of Intake Services at Eliot Community Human Services.

Sponsored by the Lincoln Board of Health & the America Rescue Plan Act.



FREE Tech Tutoring

Thursday, September 14 from 2:00 - 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. Advance sign up is required. Please call 781-259-8811 to make your appointment. *Space is limited.*

Watch the October newsletter for upcoming Tech Talk by Ran Cronin, Assistant Director of Lincoln Public Library.



SPEND TIME WITH OTHERS

Men's Coffee FREE. You are invited to visit with old friends & meet new ones.

Fourth Thursday, 9:30 am, in person/hybrid.

French Conversation Brush up on your French speaking skills.



Second and fourth Monday, 9:30 am, via Zoom.

German Conversation FREE. Come enjoy reading and speaking German.

First, third, & fifth Friday, 10:00 am, via Zoom.

Knitting Group FREE. Come work on your PhD (Projects Half Done) with us!



Every Tuesday, 9:30—11:00 am, in person.

Ukulele Gathering FREE. Bring your ukulele and come play with friends both old and new.

Second and fourth Thursday, 3:00—4:00 pm, in person.

Open Art Studio FREE. Create your own original. Art supplies provided.

Every Wednesday, 2:30—4:00 pm, in person.

Memoirs Sharing stories & writing them together. Begins Sept. 20.

Every other Wednesday, 10:00—12:00 pm, via Zoom.

Doo-Wop Singing Group FREE. Join us for learning some familiar tunes while having fun!

Every Monday, begins Sept. 18, 10:00—11:00 am, in person.

Mah-Jongg FREE. Let's get everyone learning & playing this fun game.



Every Monday, 9:00—11:30 am, in person.

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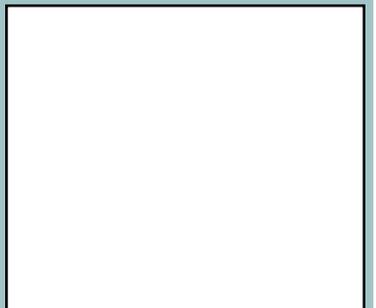


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MONDAY	TUESDAY	WEDNESDAY
SEPTEMBER 2023		
<div style="text-align: right;">4</div>  <p style="text-align: center;">COA&HS CLOSED</p>	<div style="text-align: right;">5</div> <p>9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 1:00 Noticing Walk 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>11:00 Line Dancing 12:00 Zumba Gold 1:00—4:00 SHINE Office 2:30 Open Art Studio 2:45—4:15 <u>Free</u> Mental H</p>
<div style="text-align: right;">11</div> <p>9:00—11:30 Mah Jongg 9:30 French Conversation 1:00 Zumba Gold 12:30 Movie: <i>The Garden of Eden</i></p>	<div style="text-align: right;">12</div> <p>9:30—11:00 Knitting Group 9:30 FLCOA Meeting 11:15 Stretch and Flex 12:15 Active Aging 1:00 COA Board Meeting 2:15—4:30 Mental Health Clinic</p>	<p>8:45—10:45 Podiatry & 9:30 Bereavement 11:00 Line Dancing 12:00 Zumba Gold 2:30 Open Art Studio 2:45—4:15 <u>Free</u> Mental H</p>
<div style="text-align: right;">18</div> <p>9:00—11:30 Mahjong 10:00 DOO-WOP Group 1:00 Zumba Gold 12:30 Movie: <i>Bright Star</i></p>	<div style="text-align: right;">19</div> <p>9:30—11:00 Knitting Group 9:30 Trail Walk 10:00 CCBC Coffee & Convo 2:45—4:15 Mental Health Clinic</p> <p style="text-align: center;"><u>NO Stretch & Flex or Active Aging</u></p>	<p>10:00 Memoirs 11:00 Caregiver Support 11:00 Line Dancing 12:00 Zumba Gold 1:00—4:00 SHINE Office 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Studio 2:45—4:15 <u>Free</u> Mental H</p>
<div style="text-align: right;">25</div> <p>9:00—11:30 Mahjong 9:30 French Conversation 10:00 DOO-WOP Group 1:00 Zumba Gold 12:30 Movie: <i>Awfully Big Adventure</i> 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<div style="text-align: right;">26</div> <p>8:45—1:45 Podiatry & Wellness 9:30—11:00 Knitting Group 10:30 Coffee & Convo J. Hutchinson 11:00—1:00 Hearing Clinic 1:00 Noticing Walk 2:45—4:15 Mental Health Clinic</p> <p style="text-align: center;"><u>NO Stretch & Flex or Active Aging</u></p>	<p>9:30 Bereavement Support 11:00—2:00 Shredding Event 11:00 Line Dancing 12:00 Zumba Gold 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Studio 2:45—4:15 <u>Free</u> Mental H</p>

COUNCIL ON AGING & HUMAN SERVICES INFORMATION

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.

	THURSDAY	FRIDAY
	<p>Friday Senior Dining Enjoy the company of your neighbors while friendly staff serve you. RSVP by <u>Wednesday</u> for Friday meal. \$2 suggested donation. Residents aged 60+. <i>Sponsored by Minuteman Senior Services.</i></p>	<p>10:00 German Conversation 10:00 SAIL/Balance 11:30 Senior Dining Menu: Crab Cake, roast potatoes, g. beans 12:30 Movie: Labor Day</p>
6 Hours Health Clinic	<p>7 9:00—12:00 Veterans Office Hours 11:15 Stretch and Flex 12:15 Active Aging</p>	<p>8 10:00 SAIL/Balance 11:30 Senior Dining Menu: Southwest chicken salad, corn, black bean salad 12:30 Movie: The Sound of Music</p>
13 Wellness Health Clinic	<p>14 9:00—12:00 Veterans Office Hours 11:15 Stretch and Flex 12:15 Active Aging 2:00—4:00 Tech Tutoring (by appt only) 3:00 Ukulele Gathering</p>	<p>15 10:00 German Conversation 10:00 SAIL Balance 11:30 Senior Dining Menu: Swedish Meatballs, mashed potatoes, beets 12:30 Lincoln Academy: Rediscovering the T</p>
20 t Group Hours Health Clinic	<p>21 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 3 1:00 Jazz Concert: Jim Jam <u>NO Stretch & Flex or Active Aging</u></p>	<p>22 10:00 SAIL Balance 11:30 Senior Dining Menu: Turkey cranberry salad, German potato salad, roasted carrot salad 12:30 Lincoln Academy: Codman Community Farms</p>
27 ort Group vent Health Clinic	<p>28 9:00—12:00 Veterans Office Hours 9:30 Men's Coffee 9:15 Tai Chi 1/10:15 Tai Chi 3 3:00 Ukulele Gathering <u>NO Stretch & Flex or Active Aging</u></p>	<p>29 10:00 German Conversation 10:00 SAIL Balance 11:30 Senior Dining Menu: Asian chicken Salad, sesame ginger sauce, rice 12:30 Lincoln Academy: Ruth Bader Ginsburg Show</p>

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SAIL Fitness on Zoom

Fridays Cost, \$39.00/session
10:00-10:45 am

13 week session Sept.8—Dec.15



Derry Tanner

Join Derry Tanner, retired nurse & certified personal trainer for Stay Active and Independent for Life (SAIL).

Performing exercises that improve strength, balance, and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. No Sail class on 11/10 or 11/24.

Email Amy, rettiga@lincolntown.org to sign up for this program.

Community Center Building Committee

Wednesday, Sept. 13 at 7:00 PM

Saturday, Sept. 30 at 10:00AM



The CCBC will present three concepts for a new community center at different cost levels, during the State of the Town Meeting on Saturday, Sept. 30.

In addition to the Sept. 30 meeting, the CCBC will hold a hybrid public meeting Wednesday, Sept. 13, in the Donaldson Room at Lincoln Town Offices and remotely by a Zoom link available on Town website. At this meeting, the CCBC expects to decide which three concepts it will present on Sept. 30 for a more comprehensive public review.

The CCBC continues to seek public input on values and programming priorities, which help the design process. All residents are welcome at the public meetings. Lincoln residents can also submit feedback/questions at CCBC website at www.lincolncommunitycenter.com

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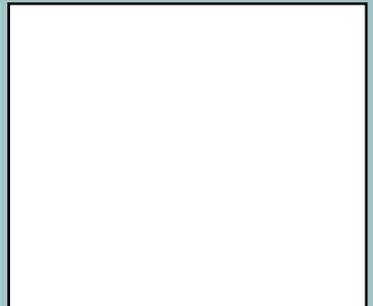
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Registration required for all exercise, email Amy at rettiga@lincolntown.org

In Person Exercise at Bemis Hall



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. Strengthening your muscles with various upper and lower body exercises. 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. Flexibility training to increase joint range of motion. 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.

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! Learn the basic steps and be dancing in minutes.

Zumba GOLD with Katrina

Mondays 1:00-1:45 pm Cost, \$3.00/class

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

Join us for Zumba Gold and dance to the upbeat music while getting your heart rate up. Build up your cardio endurance! Dress comfortably and bring a water bottle.

Hybrid Exercise in Person & via Zoom

***HYBRID* Tai Chi Classes with Jane, Ellie, & Cynthia**

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

13 week fall session runs Sept. 20 – Dec. 18. This gentle practice works the joints and muscles to increase flexibility, strength, balance, and circulation. To register email rettiga@lincolntown.org. Openings in Thursday classes. No class on 10/9 or 11/23.

Beginner/Level 1

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

Advanced/Level 2

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

Advanced/Level 3

Wednesdays at 2:00 pm

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



Bemis Hall



Katrina Rotondi

Tai Chi Teachers



Jane Moss



Ellie Horwitz



Cynthia Rosenberger



MOVIE MATINEES 12:30pm

FREE popcorn!

Friday, Sept. 1 Labor Day (2013) 1hr 51min. PG13. Starring Kate Winslet and Josh Brolin. Depressed single mom Adele and her son Henry offer a wounded, fearsome man a ride. As the police search the town for the escaped convict, the mother and son gradually learn his true story as their options become increasingly limited. Director: Jason Reitman.

Friday, Sept. 8 The Sound of Music (1965) 2hr 52min. Rated G. Starring Julie Andrews and Christopher Plummer. A young novice is sent by her convent in 1930s Austria to become a governess to the seven children of a widowed naval officer during WWII. Director: Robert Wise.

Monday, Sept. 11 The Garden of Eden (2008) 1hr 51m. Rated R. Starring Jack Huston, Mena Suvari and Caterina Murino. A young American writer completes her service in WWI and travels across Europe with his wife and her attractive Italian girlfriend. Based on the novel by Ernest Hemingway. Director: John Irvin.

Monday, Sept. 18 Bright Star (2009) 1hr 59m. Rated PG. Starring Abbie Cornish, Ben Whishaw and Paul Schneider. The three-year romance between 19th century poet John Keats and Fanny Brawne near the end of his life. Director: Jane Campion.

Monday, Sept. 25 An Awfully Big Adventure (1995) 1hr 52m. Rated R. Starring Hugh Grant and Dan Rickman. Set right after WWII, a naive teenage girl joins a shabby theatre troupe in Liverpool. During the production of Peter Pan, the play turns into a metaphor for this youth. Director: Mike Newell.

Jazz: Jammin' with Jimmy

Thursday, September 21 from 1:00PM—3:00PM



Traditional jazz jam with Banjo Hall of Fame member, Jimmy Mazzy. Come hear some toe-tapping jazz with Jimmy and many other the great local jazz musicians. Photo taken at Bemis on June 22, 2023. Jimmy Mazzy, banjo; Jeff Hughes, cornet/clarinet; Ron L'Herault & Frank Batchelor, trombone; Moshe Feldman, piano; Dave MacMillan, guitar; Dan MacInnis, bajo; Al Bernard, tuba; Bob Cronin, drums; Nick Ribush, washboard. Jazz Jams organized by Nick Ribush.

Lake Winnepesaukee Turkey Train

Thursday, October 12



Join us for a fabulous foliage tour as we head north to New Hampshire. We board a Boston & Maine Railway car for an unforgettable 2 hour train ride along the shoreline of scenic Lake Winnepesaukee. A hand carved roast turkey dinner with all the fixings is served to you at your table prepared for us by Hart's Turkey farm. We also make a stop at Moulton Farm Stand.

Cost of the trip is \$75, non-refundable. Sign up by mailing your check, payable to *FLCOA Trips*, to LCOA&HS, c/o Town Offices, 16 Lincoln Road, Lincoln, MA 01773. Space is limited. Reservations are first come, first serve. Call 781-259-8811 to ensure space remains. Arrive at Donelan's parking lot by 9:15AM. Tour bus departs at 9:30AM and returns at approximately 6:00PM. *Trips are sponsored by Friends of Lincoln COA.*

Is this trip out of your budget? No problem!

The Scholarship Program helps Lincoln residents aged 60+ participate in COA&HS activities, trips, programs, events, and classes. Please call COA&HS and ask Amy for more information.



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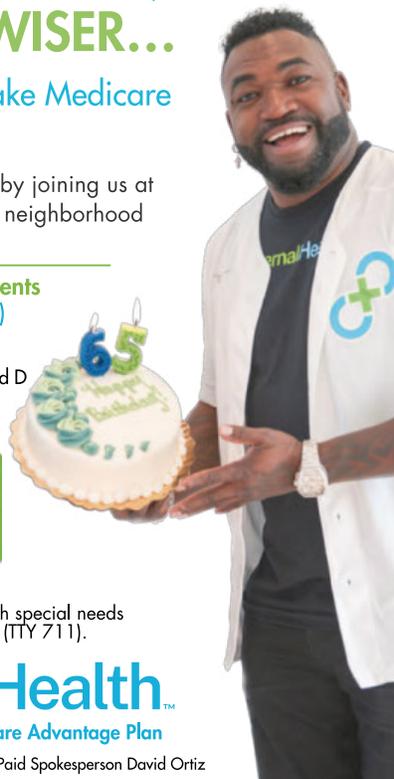
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“No work is insignificant. All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.” -*Dr. Martin Luther King, Jr.*

GOING ON IN AND AROUND LINCOLN



Lincoln Open Mike (LOMA) starts this Sept

Tuesdays, Sept. 12 & Oct. 10 from 7:00 - 10:00PM

Email Rich loma3re@gmail.com to sign up or come listen to the Beantown Buckaroos Trio.

Community Center Building Comm—CCBC Meetings

Wednesday, Sept. 13 at 7:00PM, in person & via Zoom

Donaldson Room, Town Hall

Zoom: Meeting ID: 918 3237 5325 Passcode: 378902

State of the Town Meeting, in person

Saturday, Sept. 30 at 10:00AM - 3:00PM, Lincoln School



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. CCBC info listed page 3 & page 8. CCBC Website: <https://lincolncommunitycenter.com>

Mission Statement

The Lincoln Council on Aging and Human Services 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.