



NEWS FROM BEMIS HALL

Volume 14

November 2023

Number 11

Lincoln Council on Aging & Human Services

STAFF

Director

Abigail Butt, PhD
butta@lincolntown.org

Assistant Director

Amy Rettig
rettiga@lincolntown.org

Bemis Hall Coordinator

Barbara Low
lowb@lincolntown.org

Group Support

Claire Gerstein, LICSW
gersteinc@lincolntown.org

Property Tax Work Off

Terry Green
green@lincolntown.org

Public Health Nurse

Tricia McGean, RN
mceganp@lincolntown.org

SHINE Coordinators

Rhonda Swain, JD
r.swain@mssvolunteer.org
Craig Donaldson, MD
m.donaldson@mssvolunteer.org

Transportation/Social Worker

Carlee Catterer, MSW
cattererc@lincolntown.org

Town Social Worker

Natalia Dedkov
dedkovn@lincolntown.org

Veterans Services Officer

Peter Harvell
harvellp@lincolntown.org

Board of Directors

Dilla Tingley, Chair
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Top Of The Town Gala

Saturday, November 4 from 5:00 - 8:00PM



Mark your calendar! Residents aged 60+ are invited. Reservations required. Friends of Lincoln Council on Aging will mail invitations soon. If you did not receive an invitation, stop by the Bemis Hall for your copy.

Senior Salon is BACK!

Friday, November 17

We are pleased to announce half price Senior Salon Day with the Salon at Minuteman Tech. To make an appointment call: 781-259-8811 and let Carlee know if you are in need of a ride.

Lincoln Academy - Fridays at 12:30PM

November 3 Protect Yourself from Fraud & Identity Theft

Let's fight back against scammers who have stolen over \$360,000 from Lincoln residents in 2023 alone.

Con artists don't care how hard you worked to save.

Knowledge is power. Fight back by attending this presentation and learning new tools. This talk looks into how scammers think, how to safeguard against identity theft, and offers first hand accounts from those victimized. Presented by Alice Diamond, volunteer with AARP Fraud Watch Helpline and the AARP Mass Speakers Bureau.



November 17 Organize Your Smart Phone Photos

Looking for help organizing your photos on your phone? This timely presentation, lead by Ran Cronin, Asst. Director of the Lincoln Library will come in handy before the holidays!



Heating Assistance – Need Help Paying Energy Bills?

S M C If you want help paying your electric or heating bill, the Fuel Assistance Program may be able to help. The program provides a cash benefit for both home owners and renters with eligible incomes. Recipients may also be eligible for other benefits (e.g. new water heater, furnace, and more!). To apply, residents of all ages should call Natalia or Carlee at 781-259-8811 to set up an appointment. Those who are experiencing extreme financial emergencies may also call the COA &HS to learn more about other programs such as the Emergency Assistance Fund (EAF). *The EAF is funded by the Ogden Codman Trust, First Parish, & donations from residents like you.*



COFFEE & CONVERSATION

Jennifer Glass, Select Board

Tuesday, Nov. 28 at 10:30AM



Residents of all ages are invited to drop in and join Select Board member, Jennifer Glass, for coffee and a chat. Come get to know Jennifer, learn the latest updates about what is going on around town, ask your questions, and give your ideas. Coffee and pastries provided! Call 781-259-8811 for more info. If you would prefer zoom, email Amy at rettiga@lincolntown.org.



Katherine Clark, Q & A Session

Wednesday, Nov. 15 at 9:30AM



All are welcome to attend this coffee with Congresswoman Clark. Free breakfast items and provided. Learn what's happening in our state

Community Center Building Committee

Wednesday, Nov. 29 at 10:00AM

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. More info on page 8.

COUNCIL ON AGING & HUMAN SERVICES — 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 appointments offered on **Wednesdays. Medicare Open Enrollment is from Oct. 15 to Dec. 7.**

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 Senior Legal Clinic with Attorney Golden**

Friday, November 3 from 2:00 - 4:00PM

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. Lincoln resident, Sasha Golden, is an Elder Law Attorney at Golden Law Center.

**Group Support****Dealing with Change**

Wednesday, November 1 at 9:30AM



We all deal with change throughout our lives. Some are welcome, so we anticipate, and some take us by surprise. Some transitions are hard, and some are sad. All changes require some level of adaptation, adjustments, and acceptance. The group is a place where you can talk about the changes you're currently dealing with, and get support for how to manage. Group meets monthly. Contact Claire directly at gersteinc@lincolntown.org to learn more. *Sponsored by the Friends of the Lincoln Council on Aging.*

**Bereavement**

Wednesdays, November 8 & 22 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.*

Caregiver

Wednesday, November 15 at 9:30AM



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

**Tuesday Noticing Walks**

Tuesday, Nov. 7: Farrar Pond Trails

Tuesday, Dec. 5: Farm Meadows Trails

1:00 - 2:30PM



All are welcome, but space is limited for these **FREE** walks. Unplug from the busy world and let your senses come alive in nature! These walks are gently paced but do cover rough terrain. Wear sturdy footwear. Naturalist John Calabria leads us on walks that are about the journey, not the destination. Reservation is required. RSVP by contacting the Conservation Dept. at 781-259-2612/conservation@lincolntown.org or online www.lincolnconservation.org. Select the tab with the date you wish to join. *Sponsored by the COA&HS and Lincoln Conservation Commission.*

WELLNESS CLINICS

FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, November 8 (Bemis Hall)

Tuesday, November 28 (Bemis Hall)

Have your blood pressure checked, receive advice about nutrition and fitness, medication management, answers about how to manage chronic conditions, where to get health services, and more!



Office Hours

Bemis Hall: 4th Tuesday 8:45AM—1:45PM, 2nd Wednesday 8:45AM—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, November 8

Tuesday, November 28



Donate to FLCOA

All participants must register in advance by calling 781-259-8811. **Space is limited to Lincoln seniors aged 60 plus.** Registration is on a first come, first serve basis. Suggested \$10 donation.

Sponsored by the Friends of the Lincoln COA and the Pierce House.



FREE Hearing Clinic

Tuesday, November 28

Hearing Instrument Specialist, Joseph Sarofeen, from Apex Hearing Care, is offering FREE 30 minute hearing assessments and consultations. He is also able to evaluate your existing hearing instruments. Call 781-259-8811 for an appointment. Space limited.

FREE Mental Health Clinics

Tuesdays, November 7, 14, 21 & 28 (adult)

Wednesdays, November 1, 8, 15, 22 & 29 (adolescent)

Lincoln Mental Health Clinics are available to town residents of all ages.

Appointments are held by Zoom, phone, or in person. Call Abigail at 781-259-8811 for an appointment. Staffed by: Sara Hickey, MSW, LCSW, Outpatient Clinician 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, Nov. 2 from 2:00 - 4:00PM



Looking for help with your laptop, tablet, smart phone, or iPad? Come to our tech tutor office hours. Brian Murphy, the "IT Man" will untangle your IT troubles during one-on-one appointments. Please bring your device and charging cable with you. Space is limited. Advance sign up is required. Call 781-259-8811 to RSVP.



Tech Talks with Ran Cronin

Tuesday, November 7 at 2:00PM



Did you know that the Lincoln Public Library is part of the Minuteman Library Network? It includes 40+ libraries in the MetroWest area. Using the Minuteman Mobile App, learn how to search the catalog, request a book, place a hold, renew your items, and carry your digital library card in your mobile device. Ran Cronin is the new Assistant Library Director will hold monthly tech talks for the Council on Aging & Human Services.

SPEND TIME WITH OTHERS

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

Third 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 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 of the month, 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. No art studio Nov. 22

Memoirs Sharing stories & writing them together.

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, 10:00—11:00 am, in person. Enjoy the group's first show: Fri. Nov. 3 at 11:00!

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

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

NEW



MONDAY	TUESDAY	WEDNESDAY	
<p><u>Holiday Visits & Gift Bags</u></p> <p>During the holidays, staff visit homebound, frail, or needy seniors to deliver gift bags full of basic necessities. We are collecting the following NEW, FULL-SIZED UNOPENED items to fill the bags: <i>Shampoo, conditioner, body wash, toothbrushes, toothpaste, tissues, paper towels, toilet paper, lip balm, deodorant, disposable razors, shaving cream, kitchen sponges, trash bags, laundry soap, socks, coffee & tea, postage stamps, pharmacy gift cards.</i> Please deliver to Bemis by Dec. 8. Any questions about donations, please call Abigail at 781-259-8811.</p>			<p>9:30—4:00 SHINE</p> <p>9:30 Dealing with</p> <p>10:00—1:00 COVID</p> <p>10:00 Memoirs</p> <p>11:00 Line Dancin</p> <p>12:00 Zumba Gol</p> <p>1:00 Tai Chi 1</p> <p>2:00 Tai Chi 3</p> <p>2:30 Open Art S</p> <p>2:45—4:15 <u>Free M</u></p>
<p style="text-align: right;">6</p> <p>9:00 Mah Jong</p> <p>10:00 Doo Wop Group</p> <p>12:00 Movie: <i>Pal Joey</i></p> <p>1:00 Zumba Gold</p> <p>2:00 Tai Chi 1</p> <p>3:00 Tai Chi 2</p>	<p style="text-align: right;">7</p> <p>9:00 English At Large</p> <p>9:30 Knitting Group</p> <p>11:15 Stretch & Flex</p> <p>12:15 Active Aging</p> <p>1:00 Noticing Walk: Farrar Pond Trails</p> <p>2:00 Tech Talk with Ran Cronin</p> <p>2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>8:45—10:45 Podi</p> <p>8:45—10:45 Well</p> <p>9:30—4:00 SHINE</p> <p>9:30 Bereaveme</p> <p>1:00 Tai Chi 1</p> <p>2:00 Tai Chi 3</p> <p>2:45—4:15 <u>Free M</u></p>	
<p style="text-align: right;">13</p> <p>9:00 Mah Jong</p> <p>9:30 French Conversation</p> <p>10:00 Doo Wop Group</p> <p>12:00 Movie: <i>The Last Full Measure</i></p> <p>1:00 Zumba Gold</p> <p>2:00 Tai Chi 1</p> <p>3:00 Tai Chi 2</p>	<p style="text-align: right;">14</p> <p>9:30 English At Large</p> <p>9:30 Knitting Group</p> <p>9:30 FLCOA Meeting</p> <p>11:15 Stretch & Flex</p> <p>12:15 Active Aging</p> <p>1:00 COA Board Meeting</p> <p>2:15—4:30 <u>Free</u> Mental Health Clinic</p>	<p>9:30—4:00 SHINE</p> <p>9:30 Caregiver S</p> <p>9:30 Coffee & C</p> <p>10:00 Memoirs W</p> <p>11:00 Line Dancin</p> <p>12:00 Zumba Gol</p> <p>1:00 Tai Chi 1/2</p> <p>2:30 Open Art S</p> <p>2:45—4:15 <u>Free M</u></p>	
<p style="text-align: right;">20</p> <p>9:00 Mah Jong</p> <p>10:00 Doo Wop Group</p> <p>12:00 Movie: <i>Choose Me</i></p> <p>1:00 Zumba Gold</p> <p>2:00 Tai Chi 1</p> <p>3:00 Tai Chi 2</p>	<p style="text-align: right;">21</p> <p>9:30 English At Large</p> <p>9:30 Knitting Group</p> <p>11:15 Stretch & Flex</p> <p>12:15 Active Aging</p> <p>1:00—4:00 SHINE Office Hours</p> <p>2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>9:30 Bereaveme</p> <p style="text-align: right;"><u>NO After</u></p> <p style="text-align: right;"><u>NO Li</u></p> <p style="text-align: right;"><u>NO Z</u></p> <p style="text-align: right;"><u>NC</u></p>	
<p style="text-align: right;">27</p> <p>9:00 Mah Jong</p> <p>9:30 French Conversation</p> <p>10:00 Doo Wop Group</p> <p>12:00 Movie: <i>Francesco</i></p> <p>1:00 Zumba Gold</p> <p>2:00 Tai Chi 1</p> <p>3:00 Tai Chi 2</p>	<p style="text-align: right;">28</p> <p>8:45—1:45 Podiatry & Wellness Clinic</p> <p>9:00 English At Large</p> <p>9:30 Knitting Group</p> <p>10:30 Coffee & Convo: J. Glass Select Board</p> <p>11:00 Hearing Clinic</p> <p>11:15 Stretch & Flex</p> <p>12:15 Active Aging</p> <p>2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>9:30—4:00 SHINE</p> <p>9:30 Bereaveme</p> <p>10:00 Coffee & C</p> <p>11:00 Line Dancin</p> <p>12:00 Zumba Gol</p> <p>1:00 Tai Chi 1/2</p> <p>2:30 Open Art S</p> <p>2:45—4:15 <u>Free M</u></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

Email: 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 endorse any service or product advertised herein. We encourage our readers to investigate any service or product you may consider using in order to make an informed decision.

SAIL Fitness

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



Join Derry Tanner, retired nurse & certified personal trainer for Stay Active and Independent for Life (SAIL). **13 week fall**

Derry Tanner session runs Sept. 8 - Dec. 15 via zoom.

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. Email rettiga@lincolntown.org to sign up. **No Sail 11/10 or 11/24.**



Community Center Building Committee

Listening Forum: Tuesday, Nov. 14 at 7:00PM

Meetings: Wednesdays, Nov. 15 & 29 at 7:00PM

The Community Center Building Committee (CCBC) is holding public meetings. Both are offered in a hybrid format, in person (Donaldson Room, Lincoln Town Offices), and remotely (via Zoom, link available on the Town website). The CCBC is also hosting a hybrid public forum (in person: Hartwell Multipurpose Room, remote: Zoom link available on the Town website).

On Sat., Dec. 2, there is a Special Town Meeting. Lincoln residents have the opportunity to select their preferred concept and budget for a new Community Center.

All residents are welcome at the public meetings and will have opportunities to participate in the discussion. Residents can also submit feedback or questions at the CCBC website www.lincolncommunitycenter.com.



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

In Person Exercise



Terri Zaborowski

Stretch and Flex Classes with Terri

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

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. **No Class 11/23.**



Bemis Hall



Katrina Rotondi

Active Aging Classes with Terri

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

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. **No Class 11/23.**

Line Dancing with Katrina

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

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? **No class 11/22.**

Zumba GOLD with Katrina

Mondays 1:00- 1:45PM Cost, \$3.00/class
Wednesdays 12:00-12:45PM Cost, \$3.00/class



Join us for Zumba Gold and dance to the upbeat music while getting your heart rate up. Building up your cardio endurance. Dress comfortably and bring a water bottle. **No class 11/22.**

Tai Chi Teachers



Jane Moss



Ellie Horwitz



Cynthia Rosenberger

Hybrid Exercise: In Person & Via Zoom

HYBRID Tai Chi 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 11/22 or 11/23.**

Beginner/Level 1

Mondays at 2:00PM, Wednesdays at 1:00PM, & Thursdays at 9:15AM

Advanced/Level 2

Mondays at 3:00PM & Thursday 10:15PM

Advanced/Level 3

Wednesdays at 2:00PM

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



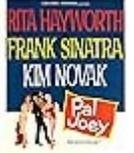
Monday Movie Matinees

12:30 pm



FREE popcorn!

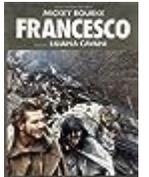
Nov. 6 Pal Joey (1957) 1hr 51min. NR. Starring Rita Hayworth, Frank Sinatra, and Kim Novak. Joey Evans is a charming, handsome, funny, talented, first class heel. When Joey meets the former chorus girl and now is the rich widow, Vera Simpson, the pair seem made for each other. Directed by George Sidney.



Nov. 13 The Last Full Measure (2019) 1hr 56 min. Rated R. Starring Sebastian Stan, Alison Sudol, and Asher Miles Fallica. An up-and-coming political staffer is given the job of investigating a request to upgrade an award to the Medal of Honour. Thirty-years after his death, Airman William H. "Pits" Pitsenbarger his comrades are still lobbying for him to receive the medal for his conspicuous acts of gallantry on the battlefield. Directed by Todd Robinson.

Nov. 20 Choose Me (1984) 1hr 46min. Rated R. Romantic Comedy starring Genevieve Bujold, Keith Carradine, and Lesley Ann Warren. Several lost-soul night-owls including a love doctor radio host, bar owner, and a drifter meet in LA. Laughter, tears, and telephone calls. Directed by Alan Rudolph.

Nov. 27 Francesco (1989) 1hr 59min. PG-13. Actor Starring Mickey Rourke & Helena Bonham Carter. Docu-drama about the life of St. Francis of Assisi, a privileged youth, a prisoner of war, and an heir who turns away from his father and gives all to the poor. Directed by Liliana Cavani.



Trips

Bright Nights & Salem Cross Inn

Wednesday, December 6

Meet the Motorcoach bus at Donelan's and ride out to Western Mass. First stop is Oakwood Farm Christmas Barn, located in Spencer. This 160 year old barn is the home to many thousands of ornaments and every variety of holiday decoration you can imagine. Next stop is



lunch at the historic Salem Cross Inn. After enjoying a delicious meal at one of the finest restaurants in New England, we conclude our evening with a visit to Bright Nights at Forest Park. Enjoy the amazing wonderland of over 400,000 twinkling lights and unforgettable images and music of the holiday season from the comfort of our motorcoach.



Cost: \$85, non-refundable. Tour includes round trip motorcoach, Oakwood Barn visit, lunch with your choice of: A. Old fashioned Chicken Pot Pie or B. Fresh Baked Haddock, along with Bright Nights Lights Display. Sign up by mailing your check, payable to *FLCOA Trips*, to LCOA&HS, c/o Town Offices, 16 Lincoln Road, Lincoln, MA 01773. List your lunch choice on the memo line of your check. Space is limited. Reservations are first come, first serve. Call 781-259-8811 to ensure space remains. Arrive at Donelan's parking lot by 11:00AM. Tour bus departs at 11:15AM and returns at approximately 7:45PM. *Sponsored by the 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, events, and classes. Call Amy for more info. *Sponsored by the Friends of the Lincoln COA.*

FRIENDS OF THE LINCOLN COUNCIL ON AGING
P.O. BOX 143
Lincoln, MA 01773

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**EGR-WSS
POSTAL CUSTOMER
Lincoln, MA 01773**

****Medicare Open Enrollment ends Dec. 7****

Call 781-259-8811 for a SHINE appointment.
Morning and afternoon appointments available.



GOING ON IN AND AROUND LINCOLN

Lincoln Arts Show at Pierce House

Friday, November 17 - Sunday, November 19

Calling artists of all ages. Details and registration at www.LincolnMa.MyRec.com.



Lincoln Open Mike (LOMA) at Lincoln Library

Tuesday, November 14 from 7:00 - 10:00PM

Email Rich loma3re@gmail.com to sign up or come listen to Wendy Sobel.

CCBC Town Public Forum

Tuesday, November 14 at 7:00PM

Hartwell Multipurpose Room & via zoom



Community Center Building Committee Meetings

Wednesday, November 15 & 29 at 7:00PM

Donaldson Room at Town offices & via zoom

Special Town Meeting

Saturday, December 2. Details TBD.

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.