



NEWS FROM BEMIS HALL

Volume 15

January 2024

Number 1

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, LCSW
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
Laura Crosby, Vice Chair
Thomas Casey, LICSW
Sally Kindleberger
Wendy Kusik, LICSW
Don Milan, JD
Terry Perlmutter
Jane O'Rourke, LICSW
Kathy Ramon
Donna Rizzo
Peter Von Mertens
Hope White

Income Tax Preparation

Mondays in February & March



Volunteers certified under the AARP Tax Aide program will prepare your federal and state tax returns and answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers, with a special attention to those aged 60+. Call 781-259-8811 to schedule your confidential appointment and receive the list of documents needed to bring. Be sure to have all of your paperwork gathered before your appointment.



Lincoln Academy - Fridays at 12:30PM

January 5 Trip to Brazilian Pantanal

It is always a thrill to capture flora and fauna in its natural habitat! Join us as Ellie Horowitz expounds on her experience and shares photos of rare bird species, giant otters, capybaras, capuchins and numerous jaguars. The jaguars are caught resting, swimming and hunting—which is a rare sight!



January 12 Science of Skincare: What's Important to Know

Did you know that your skin is the body's largest organ? Let's take good care of our skin! Town Nurse, Trish McGean, will share valuable information about skin as it grows older. Afterwards, join us for some special pampering with mini facials and chair massages given by a local aesthetician and massage therapists. This event is FREE, but you do need to make a reservation for a facial/chair massage by Friday, Jan. 5th at noon. Reserve your spot by calling 781-259-8811 to sign up.

January 19 U.S. Capitol Police Officer

Winston Pigeon grew up in Lincoln and will share his story of becoming a Capitol Police Officer. What was life like as an officer? What was it like to be an officer on January 6, 2023 and the days following?



January 26 Don't Become a Victim of a Scam

Let's all keep learning about the latest scams, so we stay diligent in this fight. Ken Doucette, Director of Community Affairs from Middlesex Sheriff's Office, will help us advocate for ourselves and gain awareness, so we avoid becoming a statistic.



Clutterbug Support Group starting up January 2024!



COFFEE & CONVERSATION

J. Hutchinson, Select Board

Tuesday, Jan. 23 at 10:30AM



Residents of all ages are invited to drop in and join Select Board member, Jim Hutchinson, for coffee and a chat. Come get to know Kim, 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.



Coffee & Conversation Hour

Thursday, Jan. 25 at 9:00AM



All are welcome to attend this coffee. We are trying something new! Bring your ideas to COA&HS Asst. Director for new programs you would like to see!

FREE Sand & Salt Buckets for Seniors

The winter season is upon us! The Lincoln Girl Scouts would like to help seniors be prepared and safe this winter. If you would like a FREE Sand/Salt bucket to help with slippery spots on your driveway or walkway, contact COA&HS at 781-259-8811 to sign up and the Girl Scouts will deliver to your door.

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, January 12 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, January 3 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, January 10 & 24 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, January 17 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.*

NEW Group!



Clutterbug Support Group

Thursdays starting January 18 at 2:30PM

Did you resolve to declutter your space in the new year? Having trouble finding the motivation to get started or knowing where to begin? Join this 6 week Clutterbug Support Group, led by Carlee Castetter, LCSW. Not only will you come away with a resource guide, and valuable tips and tricks, but also gain insight into thinking patterns that contribute to clutter. This in-person group will be held on Thursdays at 2:30pm beginning on January 18. *Space is limited.* Please call or email Carlee to register, 781-259-8811/castetterc@lincolntown.org.



WELLNESS CLINICS

FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, January 10 (Bemis Hall)

Tuesday, January 23 (Bemis Hall)

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



Office Hours

Bemis Hall: 4th Tuesday 8:45AM—1:45PM, 2nd Wednesday 8:45AM—10:45AM

Lincoln Woods: 2nd Wednesday 11:00AM—1:00PM

Commons (Residents Only) Wellness Room: Every Thursday 10:00AM—12:00PM



Podiatry Clinics with Dr. Ruhl

Wednesday, January 10

Tuesday, January 23



Donate to FLCOA

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

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



FREE Hearing Clinic

Tuesday, January 23

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

Wednesdays, January 3, 10, 17, 24 & 31 (adolescent)

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

Appointments are held by Zoom, phone, or in person. Call Abigail at 781-259-8811 for an appointment. Staffed by: Sara Hickey, MSW, LCSW, Outpatient Clinician and Coordinator of Intake Services at Eliot Community Human Services. 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, Jan. 11, 1:00 - 4:00PM



Looking for help with your laptop, tablet, smart phone, or iPad? Please bring your device and charging cable with you. Space is limited. Sign up required. Call 781-259-8811 to make appointment.

Tech Talks with Ran Cronin

Tuesday, January 9 at 2:00PM



Bring your technology questions! New year, new inbox! Do you receive lots of junk mail? Would you like to learn ways to get your inbox to sort better? This session will discuss how to filter, sort and search your inbox. We will also cover how to unsubscribe. Ran will make time to answer specific questions too! Ran Cronin is the new Asst. Library Director & will hold monthly tech talks for the COA&HS.

SPEND TIME WITH OTHERS

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 and 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.



Memoirs Sharing stories & writing them together.

Every other Wednesday, 10:00—12:00 pm, via Zoom. Winter session starts Jan. 17.

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

Every Monday, 10:00—11:00 am, in person. (No meeting on Feb. 5 or March 4)

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

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



Coffee Social Hour You are invited to visit with old friends and meet new ones!

Fourth Thursday 9:00—10:30 am, in person & via Zoom. 



MONDAY	TUESDAY	WE
 <p>COA&HS CLOSED</p> <p style="text-align: right;">1</p>	<p style="text-align: right;">2</p> <p>9:30 English At Large 9:30 Knitting Group 11:15 Stretch & Flex 12:30 Active Aging 2:15—4:30 <u>Free</u> Mental Health Clinic</p>	<p>9:30—12:30 S 9:30 Dealing 11:00 Line Dar 12:00 Zumba 2:30 Open Ar 2:45—4:15 <u>Fre</u></p>
<p style="text-align: right;">8</p> <p>9:00 Mah Jong 9:30 English At Large 9:30 French Conversation 10:00 Doo Wop 12:30 Movie: <i>The Seagull</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">9</p> <p>9:30 English At Large 9:30 Knitting Group 9:30 FLCOA Meeting 11:15 Stretch & Flex 12:30 Active Aging 1:00 COA Board Meeting 2:00 Tech Talk 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>8:45—10:45 F 8:45—10:45 V 9:30 Bereave 11:00 Line Dar 12:00 Zumba 1:00 Tai Chi 2:00 Tai Chi 2:30 Open Ar 2:45—4:15 <u>Fre</u></p>
 <p>COA&HS CLOSED</p> <p style="text-align: right;">15</p>	<p style="text-align: right;">16</p> <p>9:30 English At Large 9:30 Knitting Group 11:15 Stretch & Flex 12:30 Active Aging 2:15—4:30 <u>Free</u> Mental Health Clinic</p>	<p>9:30 Caregiv 10:00 Memoirs 1:00—4:00 SH 1:00 Tai Chi 2:00 Tai Chi 2:30 Open Ar 2:45—4:15 <u>Fre</u></p>
<p style="text-align: right;">22</p> <p>9:00 Mah Jong 9:30 English At Large 9:30 French Conversation 10:00 Doo Wop 12:30 Movie: <i>Mr. & Mrs. Bridge</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">23</p> <p>8:45—1:45 Podiatry 8:45—1:45 Wellness Clinic 9:30 English At Large 9:30 Knitting Group 10:30 Coffee & Convo: Jim Hutchinson 11:00 Hearing Clinic 11:15 Stretch & Flex 12:30 Active Aging 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>9:30 Bereave 11:00 Line Dar 12:00 Zumba 2:30 Open Ar 2:45—4:15 <u>Fre</u></p>
<p style="text-align: right;">29</p> <p>9:00 Mah Jong 9:30 English At Large 10:00 Doo Wop 12:30 Movie: <i>This Property is Condemned</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">30</p> <p>9:30 English At Large 9:30 Knitting Group 11:15 Stretch & Flex 12:30 Active Aging 2:30 Artist Reception: Ellen Milan 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>10:00 Memoirs 11:00 Line Dar 12:00 Zumba 1:00 Tai Chi 2:00 Tai Chi 2:30 Open Ar 2:45—4:15 <u>Fre</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.

WEDNESDAY	THURSDAY	FRIDAY
<p>PHONE Office Hours with Change ncing Gold t Studio ee Mental Health Clinic</p> <p style="text-align: right;">3</p>	<p>9:00—12:00 Veterans Office Hours 11:15 Stretch & Flex 12:30 Active Aging</p> <p style="text-align: right;">4</p>	<p>10:00 German Conversation 10:00 SAIL/Balance 11:30 Senior Dining Menu: Pasta Fagioli 12:30 Lincoln Academy: <i>Brazilian Pantanal Trip</i></p> <p style="text-align: right;">5</p>
<p>Podiatry Clinic Wellness Clinic ment ncing Gold 1 3 t Studio ee Mental Health Clinic</p> <p style="text-align: right;">10</p>	<p>9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch & Flex 12:30 Active Aging 1:00—4:00 Tech Tutoring 3:00 Ukulele Gathering</p> <p style="text-align: right;">11</p>	<p>10:00 SAIL/Balance 11:30 Senior Dining Menu: Lasagna with Spinach Alfredo 12:30 Lincoln Academy: <i>Science of Skincare & Mini Spa Treatments</i> 2:00—4:00 Legal Clinic</p> <p style="text-align: right;">12</p>
<p>er Support Group s Writing Group PHONE Office Hours 1 3 t Studio ee Mental Health Clinic</p> <p style="text-align: right;">17</p>	<p>9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:00—1:00 Tech Tutoring 11:15 Stretch & Flex 12:30 Active Aging 2:30 Clutterbug Support Group</p> <p style="text-align: right;">18</p>	<p>9:30—12:30 Senior Salon 10:00 German Conversation 10:00 SAIL/Balance 11:30 Senior Dining Menu: Fish Filet Sandwich 12:30 Lincoln Academy: <i>U.S. Capitol Police Officer</i></p> <p style="text-align: right;">19</p>
<p>ment ncing Gold t Studio ee Mental Health Clinic</p> <p style="text-align: right;">24</p>	<p>9:00—12:00 Veterans Office Hours 9:00 Coffee Social Hour 11:15 Stretch & Flex 12:30 Active Aging 2:30 Clutterbug Support Group 3:00 Ukulele Gathering</p> <p style="text-align: right;">25</p>	<p>10:00 SAIL/Balance 11:30 Senior Dining Menu: Chicken Salad 12:30 Lincoln Academy <i>Don't Become Scam Victim</i></p> <p style="text-align: right;">26</p>
<p>s Writing Group ncing Gold 1 3 t Studio ee Mental Health Clinic</p> <p style="text-align: right;">31</p>	<p style="text-align: center;"><u>Friday Senior Dining</u></p> <p>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> <div style="text-align: center;">  </div>	



SAIL Fitness

Fridays Cost, \$51.00/session
10:00-10:45AM



Join Derry Tanner, retired nurse & certified personal trainer for Stay Active and Independent for Life (SAIL). **Winter (17 week)**

Derry Tanner session begins Friday, January 5th through April 26.

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.

Community Center Building Committee

Wednesdays, Jan. 10 & Jan. 24

Following the decisions that the town made at the Special Town Meeting on Dec. 2, 2023, the Community Building Center (CCBC) will be working with ICON Architecture to develop a single design for a one-story community center on the Hartwell campus, to cost no more than \$25 million, and the CCBC will present a design to the town for funding vote at Town Meeting on March 23, 2024.

In January, CCBC plans hybrid meetings to start at 7:00pm—in person at Donaldson Room at Lincoln Town Offices, or remotely by Zoom link available on Town website. The CCBC will also host a public forum at 7:00pm on Tuesday, Jan. 16, 2024. For all meetings, check town website or 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
11:15-12:15PM

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
12:30-1:30PM

Functional fitness class with exercises designed to help seniors maintain strength, balance, and independence. Designed for every fitness level with modifications and adaptations. Balance exercises to improve gait and confidence. Resistance training to build lean muscle and increase bone density all to the beat of the music! Finish with a 5-minute stretch.



Bemis Hall



Katrina Rotondi

Line Dancing with Katrina

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

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?

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.

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

12 week winter session runs Jan. 8 – March 28. This gentle practice works the joints and muscles to increase flexibility, strength, balance, and circulation. If you would like to join the Winter session, email rettiga@lincolntown.org to register. **Please note: No Class Jan. 15 or Feb. 19.**

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!

Jan. 1 COA&HS Closed.

Jan. 8 The Seagull (2018) 1hr 38min. Rated PG13. Comedy, drama, romance starring Annette Benning, Corey Stoll and Glenn Fleshler. In the early twentieth century, an aging actress and her lover visit the estate of her elderly brother. Directed by Michael Mayer.



Jan. 15 COA&HS Closed.

Jan. 22 Mr. and Mrs. Bridge (1990) 2hr 6min. PG13. Drama starring Paul Newman, Joanne Woodward, and Sandra McClain. Set during World War II, an upper-class family begins to fall apart due to the conservative nature of the patriarch and the progressive values of his children. Directed by James Ivory.



Jan. 29 This Property is Condemned (1966) 1hr 50min. Not Rated. Drama/Romance starring Natalie Wood, Robert Redford and Charles Bronson. The dramatic love story of small-town Mississippi girl Alva Starr and railroad official Owen Legate, set during the Great Depression. Directed by Sydney Pollack.



Coffee with Artist

Artist Reception: Ellen Milan

Tuesday, January 30 at 2:30PM



All are invited to an Artists Coffee with Ellen Milan to celebrate her exhibit, *Nature Themes*. The exhibit includes paintings on silk of landscape and garden. Ellen's interest in different printing processes led her to incorporate monotype printing into the silk painting process. You are welcome to view these creative paintings and visit with the artist.

Senior Salon

Friday, January 19

Looking for a local hairdresser or barber? We are pleased to announce monthly half price Senior Salon Day in collaboration with the Salon at Minuteman Tech. Call 781-259-8811 to reserve your appointment to receive the royal treatment. Need a ride? Call Carlee at 781-259-8811 to book transportation. For a full list of salon services: www.minuteman.org/student-run-public-services/salon-minuteman.

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.

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

Non-Profit Org.
Pre-Sorted Standard
U.S. Postage Paid
PERMIT # 51
Lincoln, MA 01773

EGR-WSS
POSTAL CUSTOMER
Lincoln, MA 01773

Atkinson Scholarship Information—Accepting Applications

High School students may apply at www.sudburyfoundation.org
Due by Feb. 1, 2024

GOING ON IN AND AROUND LINCOLN



Inclement Weather Policy



As the winter months are approaching, we want to let everyone know that your safety is our top concern. We will attempt to let you know if town buildings will be closed. If the Lincoln schools are closed due to weather, in person COA&HS activities are cancelled. If the Schools are delayed or closed early, it is at the discretion of the COA&HS staff and individual instructors whether a particular activity will be held. Every effort will be made to shift programming to a virtual format or reschedule classes and presentations that are cancelled due to bad weather.



Lincoln Open Mike (LOMA) at Lincoln Library

Tuesday, January 9 from 7:00 - 10:00PM

Email Rich loma3re@gmail.com to sign up or come listen to Zion Rodman.

Community Center Building Committee (CCBC)

Wednesdays, Jan. 10 & 24 at 7:00PM

Donaldson Room—Lincoln Town Offices

Looking for more info? www.lincolncommunitycenter.com



Saturday Ranger Walks

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

RSVP Required at <https://tinyurl.com/WinterRangerWalks2024> or call the Conservation Dept. at 781-259-2612 ext. 8129. Will Leona, Lincoln's Conservation Ranger, will explore Lincoln trails and open space. Wear study shoes and always dress for weather. Please email leonaw@lincolntown.org with any questions you may have.