



NEWS FROM BEMIS HALL

Volume 14

December 2023

Number 12

Lincoln Council on Aging & Human Services

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Holiday Open House

Friday, December 15 at 11:30AM



***FREE* light lunch provided.** Join us as we celebrate the holiday season. Special guests, Tim Higgins, Town Administrator, and Kim Bodnar and Jennifer Glass, Select Board members, look forward to chatting with community members. Delicious finger rolls and desserts offered. Capture the moment at our special photo booth! *Sponsored by Friends of Lincoln Council on Aging.*



Donate to FLCOA

Lincoln Academy - Fridays at 12:30PM

December 1 The Choice to Age in Place

Carleton-Willard At Home is a not-for-profit organization that supports older adults who wish to 'age in place' in their homes. Judi Tabor will explain how Carleton-Willard At Home can support your desire to stay home, with access to a variety of services and supports.



December 8 Under Milk Wood written by D. Thomas

This play invites the audience to listen to the dreams and innermost thoughts of the inhabitants of a fictional, small Welsh fishing town. Cast members include Lincoln residents Mary Crowe, Ben Dubrovsky, and Sally Kindleberger. Wordsmove Theater graciously donated their time to the community and this show is FREE to all.



December 15 A Gathering of Celtic & Christmas Music

Come enjoy the magical sounds of Celtic instruments coupled with vocals. Musician Jeff Snow's love and knowledge of his Scottish heritage create a delightful program of traditional and original songs. *Sponsored by Friends of Council on Aging & Friends of the Lincoln Library.*



December 22 Holiday Doo Wop Concert

All ages are welcome to this musical event. Peter Stewart and Friends will share their talents with us singing familiar songs that will include a holiday theme. Clapping and singing chorus' encouraged. *Please note: Doo-Wop group practice on Mondays at 10am- if you feel like joining the fun.*

December 29 New Years Celebration

All ages are welcome to join us for a pre-New Year's Party with music, singing, and visiting with friends. Enjoy live music as Ken Hurd plays the piano. Refreshments provided!



Clutterbug Support Group starting up January 2024!



COFFEE & CONVERSATION

Kim Bodnar, Select Board Wednesday, Dec. 13 at 10:30AM



Coffee & Conversation Hour Thursday, Dec. 21 at 9:30AM



Residents of all ages are invited to drop in and join Select Board member, Kim Bodnar, 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.

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, December 8 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, December 6 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, December 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.*

Caregiver

Wednesday, December 20 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, 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 Department at 781-259-2612/ convservation@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, December 13 (Bemis Hall)

Tuesday, December 26 (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, December 13

Tuesday, December 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 Mental Health Clinics

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

Wednesdays, December 6, 13, 15, 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.



Senior Salon

Thursday, December 14

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.

FREE Tech Tutoring

Thursday, Dec. 7, 1:00 - 3:00PM

Thursday, Dec. 14, 11:00 - 1:00PM

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, December 5 at 2:00PM

Bring your technology questions! Hoopla provides online and mobile access to thousands of movies, shows, music, ebooks, and audiobooks. Library patrons can borrow, instantly stream, and download free content with a valid library card. Bring your wi-fi device and learn to use Hoopla! 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 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 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. Fall session ends Dec. 13.

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

Every Monday, 10:00—11:00 am, in person. Holiday Concert Friday, Dec. 22 at 12:30pm!

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

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



Coffee & Convo Hour FREE. You are invited to visit with old friends and meet new ones!

Third Thursday 9:30—11:30 am, in person & via Zoom.



MONDAY	TUESDAY	WEDNESDAY
<p 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+. Sponsored by <i>Minuteman Senior Services</i>.</p> <p align="right"></p> <p align="center"><u>Volunteers Needed: Meals on Wheels Drivers</u></p> <p>Do you have time during the week between 11am and 1 pm to deliver lunchtime meals to homebound Lincoln residents? Please call Minuteman's Volunteer Coordinator, Yuen Li at 781-221-7093 or email volunteer@minutemansenior.org</p>		
<p align="right">4</p> <p>9:00 Mah Jong 9:30 English At Large 10:00 Doo Wop 12:30 Movie: <i>Talk to Her</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p align="right">5</p> <p>9:30 English At Large 9:30 Knitting Group 9:30 FLCOA Meeting 11:15 Stretch & Flex 12:15 Active Aging 1:00 Noticing Walk: Farm Meadows 2:00 Tech Talk 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>9:30—4:00 SHINE O 9:30 Dealing with C 11:00 Line Dancing 12:00 Zumba Gold 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Stud 2:45—4:15 <u>Free</u> Men</p>
<p align="right">11</p> <p>9:00 Mah Jong 9:30 French Conversation 9:30 English At Large 10:00 Doo Wop 12:30 Movie: <i>The Bishop's Wife</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p align="right">12</p> <p>9:30 English At Large 9:30 Knitting Group 11:15 Stretch & Flex 12:15 Active Aging 1:00 COA Board Meeting 2:15—4:30 <u>Free</u> Mental Health Clinic</p>	<p>8:45—10:45 Podiatr 8:45—10:45 Wellnes 9:30 Bereavement 10:00 Memoirs Writi 10:30 Coffee & Conv 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Stud 2:45—4:15 <u>Free</u> Men</p>
<p align="right">18</p> <p>9:00 Mah Jong 9:30 English At Large 10:00 Doo Wop 12:30 Movie: <i>Joyeux Noel</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p align="right">19</p> <p>9:30 English At Large 9:30 Knitting Group 11:15 Stretch & Flex 12:15 Active Aging 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>9:30 Caregiver Sup 11:00 Line Dancing 12:00 Zumba Gold 2:30 Open Art Stud 2:45—4:15 <u>Free</u> Men</p>
 <p align="center">COA&HS CLOSED</p>	<p align="right">25</p> <p>8:45—1:45 Podiatry 8:45—1:45 Wellness Clinic 9:30 English At Large 9:30 Knitting Group 11:15 Stretch & Flex 12:15 Active Aging 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p align="right">26</p> <p>9:30 Bereavement 2:30 Open Art Stud <u>No Line</u> <u>No Zur</u></p>

COUNCIL ON AGING & HUMAN SERVICES INFORMATION

<p>COA&HS: located in Bemis Hall, 15 Bedford Road Send mail to: c/o Town Offices, 16 Lincoln Road Phone: (781) 259-8811</p>	<p>Email: butta@lincolntown.org Website: www.lincolntown.org Hours: Monday through Friday, 8:30 — 4:30 pm</p>
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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 style="text-align: right;">1</p> <p>10:00 German Conversation 10:00 SAIL/Balance 11:30 Senior Dining Menu: Crumb Topped Baked Cod with butternut squash 12:30 Lincoln Academy: <i>Choice to Age in Place</i></p>
<p style="text-align: right;">6</p> <p>Office Hours Change</p>	<p style="text-align: right;">7</p> <p>9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch & Flex 12:15 Active Aging 1:00—3:00 Tech Tutoring</p>	<p style="text-align: right;">8</p> <p>10:00 SAIL/Balance 11:30 Senior Dining Menu: Chicken Pot Pie & mashed potatoes 12:30 Lincoln Academy <i>Under Milkwood</i> 2:00—4:00 Legal Clinic</p>
<p style="text-align: right;">13</p> <p>ry Clinic ss Clinic</p>	<p style="text-align: right;">14</p> <p>9:00—12:00 Veterans Office Hours 9:00—12 Senior Salon 9:15 Tai Chi 1 10:15 Tai Chi 2 11:00—1:00 Tech Tutoring 11:15 Stretch & Flex 12:15 Active Aging 3:00 Ukulele Gathering</p>	<p style="text-align: right;">15</p> <p>10:00 German Conversation 10:00 SAIL/Balance 11:30 Holiday Open House Menu: Light Buffet-Lunch 12:30 Lincoln Academy <i>Celtic Holiday Music</i></p>
<p style="text-align: right;">20</p> <p>upport Group</p>	<p style="text-align: right;">21</p> <p>9:00—12:00 Veterans Office Hours 9:30 Coffee & Convo Hour 11:15 Stretch & Flex 12:15 Active Aging</p>	<p style="text-align: right;">22</p> <p>11:30 Senior Dining Menu: Chicken & Broccoli Pasta Alfredo Pasta 12:30 Lincoln Academy <i>Doo Wop Holiday Concert</i></p>
<p style="text-align: right;">27</p> <p>e Dancing mba Gold</p>	<p style="text-align: right;">28</p> <p>9:00—12:00 Veterans Office Hours 11:15 Stretch & Flex 12:15 Active Aging 3:00 Ukulele Gathering</p>	<p style="text-align: right;">29</p> <p>10:00 German Conversation 11:30 Senior Dining Menu: Baked Egg Frittata 12:30 Lincoln Academy <i>New Years Music Celebration</i></p>



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). **Fall session ends on December 15th.**

Derry Tanner Winter session begins on January 5th.

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

Special Town Meeting
Saturday, Dec. 2 at 9:30AM

The Community Center Building Committee (CCBC) encourages all Lincoln residents to attend the Special Town Meeting, which will be held in the Lincoln School auditorium on Sat., Dec. 2, 2023. The check-in will start at 8:15am, and the presentations will start at 9:30am. There will be an opportunity to participate in the meeting with greater social distancing, in the gym. SPECIAL PARKING AVAILIBLE for anyone with a mobility impairment.

The CCBC will be presenting three building concepts, and residents will be asked to select the concept that will be developed for a funding vote at the Town Meeting in March, 2024.

Information about the project and building concepts is available on 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.

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.



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? **No class 12/27.**

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 12/27.**

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. Winter Session consists of 12 weeks, January 8—March 28 and sign ups begin in Dec. Email rettiga@lincolntown.org to register.

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

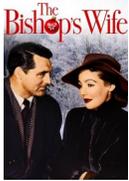


FREE popcorn!

Dec. 4 Talk to Her (2002) 1hr 52min. Rated R. Drama, mystery, romance starring Rosario Flores, Javier Camara and Dario Grandinetti. Two men share an odd friendship while they care for two women who are both in deep comas. Directed by Pedro Almodovar. *Spanish with English subtitles*



Dec. 11 The Bishop's Wife (1947) 1hr 49 min. Not Rated. Comedy, Drama. Starring Cary Grant, Loretta Young, and David Niven. Episcopal Bishop, Henry Brougham, has been working for months on the plans for an elaborate new cathedral, which he hopes will be paid for by a wealthy, stubborn widow. He is losing sight of his family and of why he became a priest in the first place. Enter Dudley, an angel sent to help him. Dudley helps everyone he meets, but not necessarily in the way they would have preferred. Directed by Henry Koster.



Dec. 18 Joyeux Noel (2005) 1hr 56min. Rated PG13. Drama starring Diane Kruger, Benno Furmann and Guillaume Canet. In December 1914, World War I, the bloodiest war ever at that time in human history, was well under way. However, on Christmas Eve, numerous sections of the Western Front called an informal and unauthorized truce, where the various front-line soldiers of the conflict peacefully met. This film focuses on one section, including French, Scottish, and German soldiers. Directed by Christian Carion.



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**



Lincoln Open Mike (LOMA) at Lincoln Library

Tuesday, December 12 from 7:00 - 10:00PM

Email Rich loma3re@gmail.com to sign up or come listen to Geoff Goodhue & Friends.

GOING ON IN AND AROUND LINCOLN



Festive Fest!

Saturday, Dec. 16 from 11:00-1:00PM



The Bedford COA presents Festive Fest! Gather with friends & allies for a light lunch. Join for some seasonal fun, games, and sparkle. *Sponsored by Minuteman Senior Services and LGBTQIA+ Aging Project*

Holiday Visits & Gift Bags

We are collecting the following NEW, FULL-SIZED UNOPENED items for seniors in need: *Shampoo, conditioner, body wash, 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.* Please deliver to Bemis by Dec. 6. Questions? Call Abigail: 781-259-8811.

Special Town Meeting **Saturday, December 2, 2023**

Lincoln School Auditorium

Check-in begins at 8:15AM. Presentations starts at 9:30am.

Looking for more info? <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.