



# NEWS FROM BEMIS HALL

Volume 15

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Number 3

## Lincoln Council on Aging & Human Services



### STAFF

Director

Abigail Butt, PhD  
[butta@lincolntown.org](mailto:butta@lincolntown.org)

Assistant Director  
Amy Rettig  
[rettiga@lincolntown.org](mailto:rettiga@lincolntown.org)

Bemis Hall Coordinator  
Barbara Low  
[lowb@lincolntown.org](mailto:lowb@lincolntown.org)

Group Support  
Claire Gerstein, LICSW  
[gersteinc@lincolntown.org](mailto:gersteinc@lincolntown.org)

Property Tax Work Off  
Terry Green  
[green@lincolntown.org](mailto:green@lincolntown.org)

Public Health Nurse  
Tricia McGean, RN  
[mceganp@lincolntown.org](mailto:mceganp@lincolntown.org)

SHINE Coordinators  
Rhonda Swain, JD  
[r.swain@mssvolunteer.org](mailto:r.swain@mssvolunteer.org)  
Craig Donaldson, MD  
[m.donaldson@mssvolunteer.org](mailto:m.donaldson@mssvolunteer.org)

Transportation/Social Worker  
Carlee Castetter, LCSW  
[castetterc@lincolntown.org](mailto:castetterc@lincolntown.org)

Town Social Worker  
Natalia Dedkov  
[dedkovn@lincolntown.org](mailto:dedkovn@lincolntown.org)

Veterans Services Officer  
Peter Harvell  
[harvellp@lincolntown.org](mailto:harvellp@lincolntown.org)

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## Intergenerational Women's Self Defense Class

Wednesday, March 27 at 2:00PM

The Lincoln Girl Scouts and COA&HS are coming together for this special program offered by Lincoln Police. Program includes situational awareness, stances, blocks, strikes, using our voice, and application of techniques. Space is limited. Sign up by calling 781-259-8811. Registration opens March 1 for this FREE event.



## *Lincoln Academy - Fridays at 12:30PM*

### March 1 Unity in Understanding: Pathways to a Respectful Coexistence

All are Welcome! Join us as Adjunct Professor, Joshua Dodds, delves into the heart of what it means to truly embrace diversity and foster unity. This enlightening conversation explores the intricate dance between recognizing our differences and finding common ground. The dialogue unfolds, revealing that unity doesn't mean uniformity; it celebrates the rich tapestry of human experiences and perspectives.



### March 8 Suicide and Aging: Fact or Fiction

Let's help one another! Samaritans will provide a two hour informational session. Participants will learn risk factors, warning signs and questions to ask someone who may be at risk. This two hour suicide prevention training focus' on older adults, but the information is relevant for all ages. Space is limited. Call 781-259-811 to sign up.

### March 15 Irish Music in America

John Clark's multimedia presentation features a treasure trove of music that came with the influx of Irish immigrants. The songs *Danny Boy* and *Tura Lura Lural* is included in this music history. Bring out the shamrocks and wear green! Co-sponsored by the Friends of Lincoln Council on Aging & Friends of Lincoln Library.



### March 22 King Lear

Join us for a FREE live theatre show. Actors Stephen Collins and Poornima Kirby portray a haunting, darkly funny adaptation of Shakespeare's timeless story of love, ambition and mortality. This one hour show draws directly from Shakespeare's text while adding modern twists.

Co-sponsored by Friends of Lincoln Council on Aging & Friends of Lincoln Library.



## Tax Aide appointments on Mondays in March 2024

## COFFEE & CONVERSATION

### K. Bodnar, Select Board

Tuesday, March 26 at 10:30AM



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](mailto:rettiga@lincolntown.org).

### Community Center Building Committee

Wednesday, March 20 at 10:00AM

Members of the CCBC look forward to meeting you and hope to answer questions, explain concepts, and listen to feedback. More info on page 8. CCBC website: [www.lincolncommunitycenter.com](http://www.lincolncommunitycenter.com).



### Coffee Social Hour

Thursday, March 28 at 9:00AM



All are welcome to attend this FREE coffee and light breakfast event. Formerly known as “Men’s Coffee.” Bring your ideas for new programs, classes, and trips. We’re all ears!

## 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](mailto: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](mailto: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, March 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, March 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](mailto:gersteinc@lincolntown.org) to learn more. *Sponsored by Benchmark Senior Living at The Commons.*

**Bereavement**

Wednesdays, March 13 &amp; 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](mailto:gersteinc@lincolntown.org) to learn more. *Sponsored by Benchmark Senior Living at The Commons.*

**Caregiver**

Wednesday, March 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](mailto:gersteinc@lincolntown.org) for more info. *Sponsored by Benchmark Senior Living at The Commons.*

**Noticing Walks with John Calabria**

Battle Road Trail: Tuesday, March 5 at 1:00PM

Codman Trails: Tuesday, April 2 at 1:00PM

Naturalist John Calabria leads us on walks that are about the journey, not the destination. These **FREE** walks are gently paced but do cover rough terrain and may have some elevation changes. Register at [www.lincolnconservation.org](http://www.lincolnconservation.org). *Co-sponsored by LCOA&HS & Lincoln Land Conservation Trust.*

**Saturday Ranger Walks**

Saturday, March 2 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, explores Lincoln trails and open space with you. Wear study shoes and always dress for weather.

# WELLNESS CLINICS

## FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, March 13 (Bemis Hall)

Tuesday, March 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, March 13

Tuesday, March 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 & the Pierce House.*



## FREE Hearing Clinic

Tuesday, March 26

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, March 5, 12, 19 & 26 (adult)

Wednesdays, March 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. 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

Tues., March 5, 11:00 - 1pm

Thurs., March 14, 1:00 - 4pm



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, March 12 at 2:00PM



Bring your technology questions! Have you heard about the “cloud”? Cloud computing allows data (files, photos, etc.) to be stored using a network of remote servers hosted on the Internet rather than a local server or personal computer. Learn what it means when they say, “My data is in the cloud”. Ran Cronin is the Asst. Library Director & holds monthly COA&HS tech talks.

***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, third and 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.**

**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 mtg on March 4, Tuesday make up)**

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

**Every Monday, 9:30—12:00 pm, 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	WEDNESDAY
<b>Friday Senior Dining</b>		
<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+. Special Travelling Chef Meal on March 15, meal cost \$6.00. <i>Sponsored by Minuteman Senior Services.</i></p>		<p>Want to improve your health with EAL, offers FREE services provided by a volunteer. COA&amp;HS at 781-259-8811</p>
<b>4</b>	<b>5</b>	
9:30 Mah Jongg 9:30 English at Large 12:30 Movie: <i>Suffragette</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2 <b>NO Doo Wop</b>	9:30 English at Large 9:30 Knitting <b>10:00 Doo Wop</b> 11:00—1:00 Tech Tutoring 11:15 Stretch & Flex 12:30 Active Aging 1:00 Noticing Walk 2:45—4:15 <u>Free</u> Mental Health Clinic	9:30—12:30 SHINE 9:30 Dealing with... 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> M...
<b>11</b>	<b>12</b>	
9:30 Mah Jongg 9:30 English at Large 9:30 French Conversation 10:00 Doo Wop 12:30 Movie: <i>A Quiet Passion</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2	9:30 English at Large 9:30 Knitting 9:30 FLCOA Meeting 11:15 Stretch & Flex 12:30 Active Aging 1:00 COA Board Meeting 2:00 Tech Talk 2:15—4:30 <u>Free</u> Mental Health Clinic	<b>8:45—1:45 Podiatry</b> <b>8:45—1:45 Wellness</b> 9:30 Bereavement 10:00 Memoirs Writing 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> M...
<b>18</b>	<b>19</b>	
9:30 Mah Jongg 9:30 English at Large 10:00 Doo Wop 12:30 Movie: <i>The Iron Lady</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2	9:30 English at Large 9:30 Knitting Group 11:15 Stretch & Flex 12:30 Active Aging 2:45—4:15 <u>Free</u> Mental Health Clinic	9:30 Caregiver <b>10:00 Coffee &amp; Convo</b> 11:00 Line Dancing 12:00 Zumba Gold 1:00 Tai Chi 1/2 1:00—4:00 SHINE 2:30 Open Art Studio 2:45—4:15 <u>Free</u> M...
<b>25</b>	<b>26</b>	
9:30 Mah Jongg 9:30 English at Large 9:30 French Conversation 10:00 Doo Wop 12:30 Movie: <i>She's Beautiful Angry</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2	<b>8:45—1:45 Podiatry</b> <b>8:45—1:45 Wellness Clinic</b> 9:30 English at Large 9:30 Knitting Group <b>10:30 Coffee &amp; Convo: Kim Bodnar</b> <b>11:00 Hearing Clinic</b> 11:15 Stretch & Flex 12:30 Active Aging 2:45—4:15 <u>Free</u> Mental Health Clinic	9:30 Bereavement 10:00 Memoirs Writing 11:00 Line Dancing 12:00 Zumba Gold 1:00 Tai Chi 1—2 2:00 Tai Chi 3—4 <b>2:00 Women's Support</b> 2:30 Open Art Studio 2:45—4:15 <u>Free</u> M...

## 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](mailto:butta@lincolntown.org)  
**Website:** [www.lincolntown.org](http://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><b>English At Large</b></p> <p>your English? The COA&amp;HS, through partnership  <u>EE</u> 1-on-1 English language tutoring. Tutoring is  teer teacher matched to your schedule. Call the  0-8811 for more information.</p>		<p>10:00 German Conversation <b>1</b></p> <p>10:00 SAIL/Balance</p> <p><b>11:30 Senior Dining</b>  Menu: Sesame Fish &amp; Rice</p> <p><b>12:30 Lincoln Academy:</b>  <i>Unity in Understanding</i></p>
<p>Office Hours <b>6</b></p> <p>Change</p> <p>g</p> <p>d</p> <p>udio</p> <p>Mental Health Clinic</p>	<p><b>7</b></p> <p>9:00—12:00 Veterans Office Hours</p> <p>9:15 Tai Chi 1</p> <p>10:15 Tai Chi 2</p> <p>11:15 Stretch &amp; Flex</p> <p>12:30 Active Aging</p> <p>1:00—4:00 Tech Tutoring</p> <p><b>2:30 Fall Prevention &amp; Demo</b></p>	<p><b>8</b></p> <p>10:00 SAIL/Balance</p> <p><b>11:30 Senior Dining</b>  Menu: Shrimp &amp; Pasta Salad</p> <p><b>12:30 Lincoln Academy:</b>  <i>Suicide &amp; Aging-Fact or Fiction?</i></p> <p>2:00—4:00 Legal Clinic</p>
<p><b>13</b></p> <p>udio</p> <p>Mental Health Clinic</p>	<p><b>14</b></p> <p>9:00—12:00 Veterans Office Hours</p> <p>9:15 Tai Chi 1</p> <p>10:15 Tai Chi 2</p> <p>11:15 Stretch &amp; Flex</p> <p>12:30 Active Aging</p> <p>3:00 Ukulele</p>	<p><b>15</b></p> <p><b>9:30—12:30 Senior Salon</b></p> <p>10:00 German Conversation</p> <p>10:00 SAIL/Balance</p> <p><b>11:30 Special Meal: Traveling Chef</b>  Menu: Omelets made to order, waffles, French toast, bacon, fruit salad</p> <p><b>12:30 Lincoln Academy:</b>  <i>Irish Music in America</i></p>
<p><b>20</b></p> <p>onvo: <b>CCBC</b></p> <p>g</p> <p>d</p> <p>00 Tai Chi 3</p> <p>Office Hours</p> <p>udio</p> <p>Mental Health Clinic</p>	<p><b>21</b></p> <p>9:00—12:00 Veterans Office Hours</p> <p>9:15 Tai Chi 1</p> <p>10:15 Tai Chi 2</p> <p>11:15 Stretch &amp; Flex</p> <p>12:30 Active Aging</p> <p>2:00 Green Energy—Computer Help</p>	<p><b>22</b></p> <p>10:00 SAIL/Balance</p> <p><b>11:30 Senior Dining</b>  Menu: Garlic Salmon &amp; Rice</p> <p><b>12:30 Lincoln Academy:</b>  <i>King Lear Live Performance</i></p>
<p><b>27</b></p> <p>Writing Group</p> <p>g</p> <p>d</p> <p>Zoom only today</p> <p>Zoom only today</p> <p><b>Self Defense</b></p> <p>udio</p> <p>Mental Health Clinic</p>	<p><b>28</b></p> <p>9:00—12:00 Veterans Office Hours</p> <p><b>9:00 Coffee Social Hour</b></p> <p>9:15 Tai Chi 1</p> <p>10:15 Tai Chi 2</p> <p>11:15 Stretch &amp; Flex</p> <p>12:30 Active Aging</p> <p>3:00 Ukulele</p>	<p><b>29</b></p> <p>10:00 German Conversation</p> <p>10:00 SAIL/Balance</p> <p><b><u>No Senior Dining</u></b></p> <p><b><u>No Lincoln Academy</u></b></p>



## SAIL Balance

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

Join Derry Tanner, nurse & certified personal trainer for Stay Active and Independent for Life (SAIL). **17 week winter session runs Friday, Jan. 5 - April 26.**



**Derry  
Tanner**

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](mailto:rettiga@lincolntown.org) to sign up.

## Community Center Public Forums

Wednesdays, March 13 & March 20 at 7:00PM

There will be opportunities to learn about the final conceptual design for the Community Center, and opportunities to ask questions and provide feedback. Both meetings are held in the Donaldson Room at Town Offices and via Zoom. Link available on Town website and CCBC webpage: [www.lincolncommunitycenter.com](http://www.lincolncommunitycenter.com). Approval of funding the Community Center requires 2/3 majority at Annual Town Meeting and simple majority at the Monday ballot election.

## Green Energy—Q & A Session

Thursday, March 21 at 2:00PM

100 seconds to a better planet: Opt Up to 100% Renewable Electricity! Get questions answered about reading your electric bill and changing from one rate to another. Green Energy Committee members will answer questions. Bring your latest electric bill, so your specific questions can be answered!

Registration required for all exercise. Email Amy at [rettiga@lincolntown.org](mailto: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. No class Thursday, February 22.



**Bemis Hall**

**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! No class Thursday, February 22.



**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?

**Tai Chi Teachers**



**Jane Moss**

**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.



**Ellie Horwitz**

**\*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](mailto:rettiga@lincolntown.org) to register. **Spring session runs April 1 – June 14.** Sign-up for spring session begin March 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**



**Cynthia Rosenberger**

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



# Monday Movie Matinees

## 12:30 pm



FREE popcorn!

**March 4** Suffragette (2015) 1hr 46min. Rated PG-13. Drama/history starring Carey Mulligan, Anne-Marie Duff, and Helena Bonham Carter. In 1912 London, a young working mother is galvanized into radical political activism supporting the right for women to vote, and is willing to meet violence with violence to achieve this end. Directed by Sarah Gavron.

**March 11** A Quiet Passion (2016) 2hr 5min. Rated PG-13. Drama/Biography starring Emma Bell, Sara Vertongen, and Rose Williams. The story of American poet Emily Dickinson from her early days as a young schoolgirl to her later years as a reclusive, unrecognized artist. Directed by Terence Davies.

**March 18** The Iron Lady (2011) 1hr 45min. Rated PG-13. Drama/Biography starring Meryl Streep, Jim Broadbent, and Richard Grant. An elderly Margaret Thatcher talks to the imagined presence of her recently deceased husband as she struggles to come to terms with his death while scenes from her past life, from girlhood to British prime minister, intervene. Directed by Phyllida Lloyd.

**March 25** She's Beautiful When She's Angry (2014) 1hr 32min. Not Rated. Documentary starring Chude Pamela Allen, Alta, and Judith Arcana. A documentary that resurrects the buried history of the outrageous, often brilliant women who founded the women's movement from 1966 to 1971. Directed by Mary Dore.

## Special Events



### Fall Prevention Program Thursday, March 7 at 2:30PM



Join Lt. Ben Juhola of Lincoln Fire Dept. and to learn to Fall safely! Let's learn safe falling techniques, so you don't end up in the hospital. This program provides time to practice falling on exercise mats, so dress comfortably to participate. Register by calling 781-259-8811.

### Senior Salon

Friday, March 15 & April 12

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](http://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

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Lincoln, MA 01773

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

### **Presidential Primary Election**

Tuesday, March 5, School Campus Reed Gym 7:00AM-8:00PM  
Early voting info: [www.lincolntown.org](http://www.lincolntown.org)

### **GOING ON IN AND AROUND LINCOLN**

#### **CCBC Public Forum**

Wednesday, March 13 at 7:00PM  
Donaldson Room, Lincoln Town Offices & via Zoom



#### **Community Center Building Committee Meeting**

Wednesday, March 20 at 7:00PM  
Donaldson Room, Lincoln Town Offices & via Zoom



#### **Annual Town Meeting**

Saturday, March 23, Lincoln School Auditorium at 9:30AM



Special Parking available for anyone with a mobility impairment. Simply drive up to the front of the building and ask public safety for assistance



#### **Ballot Vote at Monday Town Election**

Monday, March 25, Reed Gym 7:30AM-8:00PM

Looking for more info? See pages 2 & 8 or visit [www.lincolncommunitycenter.com](http://www.lincolncommunitycenter.com)