



NEWS FROM BEMIS HALL

Volume 15

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Number 4

Lincoln Council on Aging & Human Services



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SPRING CONCERT EVENTS

Toni Lynn Washington

Thursday, April 4 at 3:00PM



All ages are invited to a FREE jazz concert by Boston's Queen of Soul and Blues, Toni Lynn Washington. Ms. Washington has delighted audiences for decades with accolades too many to mention. *Sponsored by Margo Cooper in celebration of her mother Ronna Cooper's life.*

Doo Wop

Friday, April 19 at 12:30PM

Be prepared to listen and sing along to beloved tunes as Peter Stewart leads our Lincoln Doo Wop Group in these toe-tapping melodies! Dancing encouraged. FREE. This group meets regularly on Mondays at 10AM.

Wanda Paik Classical Piano

Thursday, April 25 at 2:30PM

Wanda Paik is a Lincoln resident who has played international stages. Her performance will include three composers: Franz Schubert, Claude Debussy and Frederic Chopin. The music will include romantic pieces that are among Wanda's favorites. Programs and refreshments provided at this FREE event.



Lincoln Academy - Fridays at 12:30PM

April 5 Partakers College Behind Bars Mentoring Program

Melanie MacFarlane shares the benefits of this local program that pairs mentors with those striving to earn college degrees while incarcerated. Why is this important? Because education is the strongest factor in reducing prison recidivism.

April 12 Getting to Know Your Feathered Neighbors

Here's your chance to take your curiosity about amazing creatures that live around us to new levels and appreciate the natural world they enrich. Join Conservation Director, Michele Grzenda, for this presentation, which includes beginner bird watching tips and tricks, birding resources, and what you can do to help feathered friends in your backyard and beyond.

April 26 Ellen Garrison and Her Road to Social Activism

Join us for a lecture on the history of The Robbins House and Ellen Garrison's story of activism on the streets of Concord to the hill of Pasadena, California. Garrison was one of the first African Americans in the United States to test the Civil Rights Act of 1866. Decades before Rosa Parks, Ellen stood up to the entrenched racism of the South during Reconstruction. *Co-sponsored by Friends of Lincoln COA & Friends of Lincoln Library.*



COFFEE & CONVERSATION

J. Hutchinson, Select Board

Tuesday, April 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 Jim, 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.

Dan Pereira, Asst. Town Administrator

Thursday, April 11 at 10:00AM



Residents are invited to stop by and share their thoughts, questions, and ideas while enjoying coffee and breakfast pastries with Dan Pereira, Assistant Town Administrator.



Coffee Social Hour

Thursday, April 25 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 you would like to see. 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 the **First & Third Wednesday** of the month. Check calendar on pages 5 and 6 for more info.

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

Wednesday, April 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 Benchmark Senior Living at The Commons.*

**Bereavement**

Wednesdays, April 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, April 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, April 11 & 18 at 2:30PM



Has the warming weather made you think of spring cleaning? Having trouble finding the motivation to get started or knowing where to begin? Jumpstart your progress by joining this 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 starting April 11. *Space is limited.* Please call or email Carlee to register, 781-259-8811/castetterc@lincolntown.org.

**FREE Senior Legal Clinic with Attorney Golden**

Friday, April 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.



WELLNESS CLINICS

FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, April 10 (Bemis Hall)

Tuesday, April 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, April 10

Tuesday, April 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, April 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, April 2, 9, 16, 23 & 30 (adult)

Wednesdays, April 3, 10, 17 & 24 (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*



FREE Tech Tutoring

Tuesday, April 2, 11:00 - 1:00PM

Thursday, April 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 Talk: Podcasts

Tuesday, April 9 at 2:00PM

Has someone in your life told you the name of a really great podcast that you should definitely listen to? Find out how to access, download, and subscribe to podcasts during this informational session. Please bring your smartphone or tablet with you. Ran Cronin, Asst. Library Dir. holds monthly 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 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.

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

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

Ukulele Gathering FREE. Bring your ukulele and come play.

Second and Third Thursday, 3:00—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 group April 15, make up April 16)

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

Every Monday, 9:30—12:00 pm, in person. (No group April 15, make up April 17)



Ukulele members share at Magic Garden



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
<p style="text-align: right;">1</p> <p>9:30 Mah Jongg 10:00 Doo Wop 12:30 Movie: <i>Paper Moon</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">2</p> <p>9:30 English at Large 9:30 Knitting 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</p>	<p>9:30 Dealing w 9:30—12:30 SH 11:00 Line Danc 12:00 Zumba Go 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art S 2:45—4:15 <u>Free</u></p>
<p style="text-align: right;">8</p> <p>9:30 Mah Jongg 9:30 French Conversation 10:00 Doo Wop field trip: C. Park 12:30 Movie: <i>The Man Who Wasn't There</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 9:30 FLCOA Meeting 11:15 Stretch & Flex 12:30 Active Aging 1:00 COA Board Meeting 2:00 Tech Talk: Podcasts 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>8:45—10:45 Podi 8:45—10:45 Well 9:30 Bereavem 11:00 Line Danc 12:00 Zumba Go 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art S 2:45—4:15 <u>Free</u></p>
<div style="text-align: center;">  <p>Patriots Day COA&HS CLOSED</p> </div> <p style="text-align: right;">15</p>	<p style="text-align: right;">16</p> <p>9:30 English at Large 9:30 Knitting 10:00 Doo Wop 11:15 Stretch & Flex 12:30 Active Aging 2:15—4:30 <u>Free</u> Mental Health Clinic</p>	<p>9:30 Caregiver 9:30 Mah Jongg 10:00 Memoirs V 11:00 Line Danc 12:00 Zumba Go 1:00 Tai Chi 1/ 1:00—4:00 SHIM 2:30 Open Art S 2:45—4:15 <u>Free</u></p>
<p style="text-align: right;">22</p> <p>9:30 Mah Jongg 9:30 French Conversation 10:00 Doo Wop 12:30 Movie: <i>High Noon</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 Clinic 8:45—1:45 Wellness Clinic 9:30 English at Large 9:30 Knitting 10:30 Coffee & Convo: J. 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 Bereavem 11:00 Line Danc 12:00 Zumba Go 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art S 2:45—4:15 <u>Free</u></p>
<p style="text-align: right;">29</p> <p>9:30 Mah Jongg 10:00 Doo Wop 12:30 Movie: <i>Wise Blood</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 11:15 Stretch & Flex 12:30 Active Aging 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p style="text-align: right;">Fri</p> <p>Enjoy the company you. RSVP by Wed donation. Residents Services.</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>with Change 3</p> <p>LINE Office Hours</p> <p>ing</p> <p>old</p> <p>Studio</p> <p>Mental Health Clinic</p>	<p>4</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 & Flex</p> <p>12:30 Active Aging</p> <p>3:00 Concert: Toni Lynn Washington</p>	<p>5</p> <p>10:00 German Conversation</p> <p>10:00 SAIL/Balance</p> <p>11:30 Senior Dining Menu: Lentil Stew w/ Veggies, green beans, roll</p> <p>12:30 Lincoln Academy: College Behind Bars</p>
<p>10</p> <p>atry Clinic</p> <p>ness Clinic</p> <p>ent</p> <p>ing</p> <p>old</p> <p>Studio</p> <p>Mental Health Clinic</p>	<p>11</p> <p>9:00—12:00 Veterans Office Hours</p> <p>9:15 Tai Chi 1</p> <p>10:00 Coffee & Convo with D. Pereira</p> <p>10:15 Tai Chi 2</p> <p>11:15 Stretch & Flex</p> <p>12:30 Active Aging</p> <p>1:00—4:00 Tech Tutoring</p> <p>2:30 Clutterbug</p> <p>3:00 Ukulele</p>	<p>12</p> <p>9:30—12:30 Senior Salon</p> <p>10:00 SAIL/Balance</p> <p>11:30 Senior Dining Menu: Mediterranean cod, roast potato, cream spinach</p> <p>12:30 Lincoln Academy: Getting to Know Your Feathered Neighbors</p> <p>2:00—4:00 Legal Clinic</p>
<p>Support 17</p> <p>g</p> <p>Writing Group</p> <p>ing</p> <p>old</p> <p>2:00 Tai Chi 3</p> <p>NE Office Hours</p> <p>Studio</p> <p>Mental Health Clinic</p>	<p>18</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 & Flex</p> <p>12:30 Active Aging</p> <p>2:30 Clutterbug</p> <p>3:00 Ukulele</p>	<p>19</p> <p>10:00 German Conversation</p> <p>10:00 SAIL/Balance</p> <p>11:30 Senior Dining Menu: Turkey/Cranberry Salad 3 bean salad, carrot slaw</p> <p>12:30 Special Music Event: Doo Wop Concert</p>
<p>24</p> <p>ent</p> <p>ing</p> <p>old</p> <p>Studio</p> <p>Mental Health Clinic</p>	<p>25</p> <p>9:00—12:00 Veterans Office Hours</p> <p>9:00 Coffee & Convo: Social Hour</p> <p>9:15 Tai Chi 1</p> <p>10:15 Tai Chi 2</p> <p>11:15 Stretch & Flex</p> <p>12:30 Active Aging</p> <p>2:30 Concert: Wanda Paik</p>	<p>26</p> <p>10:00 SAIL/Balance</p> <p>11:30 Senior Dining Menu: Tuscan salmon, orzo, mixed veggies</p> <p>12:30 Lincoln Academy: Ellen Garrison & Her Road to Social Activism</p>

Friday Senior Dining

of your neighbors while friendly staff serve Wednesday for Friday meal. \$2 suggested for those aged 60+. *Sponsored by Minuteman Senior*

English at Large



Want to improve your English? The COA&HS, through partnership with EAL, offers 1-on-1 English language tutoring. Tutoring is provided by a volunteer teacher matched to your schedule. Call COA&HS at 781-259-8811 for more info.



SAIL Fitness

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



**Derry
Tanner**

17 Week Winter session begins Friday, January 5 through April 26. Join Derry Tanner, retired nurse & certified personal trainer for Stay Active and Independent for Life (SAIL). Interested in

giving this Zoom class a try? Email Amy, rettiga@lincolntown.org. We can pro rate the session if session is joined late.

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.

Community Center Building Committee

Wednesday, April 3 at 7:00PM

The Community Center Building Committee (CCBC) will hold a regular meeting on Wednesday, April 3 at 7:00pm in the Donaldson Room at the Town Offices and remotely via Zoom (link available on the town website: www.lincolntown.org).

The CCBC is grateful to all the many residents and employees of the Town of Lincoln who contributed to the development of the plans for a new Community Center on the Hartwell Campus. Residents can continue to find information and submit questions and feedback on 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
11:15-12:15PM

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.



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!



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 while learning moves to familiar tunes. Dress comfortably and bring a water bottle. No Zumba Monday, April 15.

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

11 week Spring session runs April 1 – June 14. This gentle practice works the joints and muscles to increase flexibility, strength, balance, and circulation. If you would like to join the spring session, email rettiga@lincolntown.org to register. No Tai Chi April 15 or May 27.

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



April 1 Paper Moon (1973) 1hr 42min. Rated PG. Comedy/Drama starring Ryan O'Neal, Tatum O'Neal, and Madeline Kahn. During the Great Depression, a conman finds himself saddled with a young girl who may or may not be his daughter. The two forge an unlikely partnership. Directed by Peter Bogdanovich.

April 8 The Man Who Wasn't There (2001) 1hr 56min. Rated R. Crime/Drama starring Billy Bob Thornton and Frances McDormand. A laconic, chain-smoking barber blackmails his wife's boss and lover for money to invest in dry cleaning, but his plan goes terribly wrong. Directed by Joel Coen.

April 22 High Noon (1952) 1hr 25min. Rated PG. Western/Drama/Thriller starring Gary Cooper and Grace Kelly. A town Marshal, despite the disagreements of his newlywed bride and the townspeople around him, must face a gang of deadly killers alone at "high noon" when the gang leader, an outlaw he "sent up" years ago, arrives on the noon train. Directed by Fred Zinnemann.

April 29 Wise Blood (1979) 1hr 46min. Rated PG. Comedy/Drama starring Brad Dourif and John Huston. Fresh out of the army, Hazel Motes attempts to open the first Church Without Christ in the small town of Taulkinham. Directed by John Huston.

Special Events



Noticing Walks with John Calabria

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

Pierce Hill Trails: Tuesday, May 7 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. Please dress appropriately for the weather. Pets need to stay home, so everyone can focus on the nature experience. Register at www.lincolnconservation.org. Co-sponsored by LCOA&HS & Lincoln Conservation Trust.

Senior Salon

Fridays, April 12 & May 24

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



Lincoln Food Pantry

Note: pantry dates are by appointment
Wednesdays in April 10 & 24 from 8am to 5pm
Thursdays in April 11 & 25 from 8am to 1pm



For more info: 781-899-2611x4/info@svdplincolnweston.org

GOING ON IN AND AROUND LINCOLN



Lincoln Minute Men Patriot's Day Events

Saturday, April 6	The Capture of Paul Revere	Capture site 3:00-5:00PM
Sunday, April 14	Festival of Fife & Drum	Pierce Park 1:30-3:00PM
Sunday, April 14	Alarm & Muster	Lincoln Library Lawn 7:00PM
Monday, April 15	Dawn Tribute & March to Concord	Bemis Hall begins 6:45AM
Sunday, April 21	Old Burying Ground Tribute	Pierce House at 2:30PM

In case of rain, check www.lincolntown.org/206Parks-Recreation



Lincoln Open Mike (LOMA) at Lincoln Library

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

Email Rich loma3re@gmail.com to sign up or come listen to Erin Ash Sullivan.

Saturday Ranger Walks

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



RSVP Required at <https://tinyurl.com/SpringRangerWalks2024> 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.



Bridging the Gap for Veterans

Thursday, April 11 from 6:00 to 8:00PM

All veterans are invited to this social event with resources and services to aid in transition back to civilian life. Guidance on benefits, healthcare & employment opportunities. Get connected.

Register at: www.bit.ly/EOVS-BridgingTheGap