



NEWS FROM BEMIS HALL

Volume 15

May 2024

Number 5

Lincoln Council on Aging & Human Services



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Gallery Talk with Photographer

Wednesday, May 7 at 3:00PM



Join us for a Gallery Talk with Photographer and Lincoln resident John Rizzo. John will talk about the images on display in Map Room. Each image made over the last 45 years has a great story. Interested in learning more about techniques? Sign up for *Photography Workshop with John beginning May 9, 16, 23 & 30th*. Call 781-259-8811 to sign up.

Concord Traveling Players Variety Show

Friday, May 24 at 12:30PM

All ages are invited to a FREE Show with lively entertainment. Senior local actors and musicians will engage the audience with good spirited humor, staged readings, music and skits!

Lincoln Academy - Fridays at 12:30PM

May 3 Pioneering Woman of Rock & Roll

The Retro Polatin Duo, Jill Goldman and David Polatin, sing, play and discuss some of the women who defied the odds and changed the landscape of rock and roll. This show features songs by LaVerne Baker, Peggy Lee, Connie Francis, the Shirelles, the Supremes and many more. *Co-sponsored by Friends of Lincoln COA & Friends of Lincoln Library.*

May 10 Eleanor Roosevelt - First Lady of the World

Sheryl Faye portrays Eleanor Roosevelt, who was the longest serving First Lady of the United States. Did you know that Eleanor was the first presidential spouse to hold press conferences, write a syndicated column, and speak at a national convention? She also advocated for women in the workplace, the civil rights of African Americans, Asian Americans, and World War II refugees. Come to the show and learn even more! *Co-sponsored by Friends of Lincoln COA & Friends of Lincoln Library.*

May 17 Kyudo Zen Archery Demonstration

Don Seckler demonstrates Kyudo (pronounced "cue-do"), an ancient Japanese moving meditation and non-combative martial art. The focus is on "cleaning the mind" rather than marksmanship. The target becomes a mirror reflecting the quality of one's mind at the moment of the arrow's release. This presentation demonstrates the form and discusses the practice as it relates to Zen.

May 31 Emerson Health CEO and President, C. Schuster

Christine Schuster, RN, MBA, joins us to share her journey in healthcare. Her list of awards truly recognize her passion and leadership, which have benefited our local healthcare community for over 18 years.

Traveling Chef returns on Friday, May 3! RSVP by April 26.



COFFEE & CONVERSATION

J. Glass, Select Board

Tuesday, May 28 at 10:30AM



Residents of all ages are invited to drop in and join Select Board member, Jennifer Glass for coffee and a chat. 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.

Lincoln Police Department

Thursday, May 9 at 10:00AM

Residents are invited to stop by and meet with Lincoln Police Officers. Bring any questions you have while enjoying coffee and breakfast pastries with them.



Coffee Social Hour

Thursday, May 23 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, benefits and medical bills. Call 781-259-8811 to book appointment for SHINE. In-person office appointments offered on the **First & Fourth 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?** 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, May 1 at 9:30AM



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

**Bereavement**

Wednesdays, May 8 & 22 at 9:30AM

Dealing with the death of a loved one is difficult. It can be helpful to come together with others who are grieving, to talk about feelings, and get support. Claire Gerstein, LICSW is leading a bereavement support group via zoom on the second and fourth Wednesday of each month. Contact Claire directly at gersteinc@lincolntown.org to learn more. *Sponsored by Benchmark Senior Living at The Commons.*

Caregiver

Wednesday, May 15 at 9:30AM



Have a family member with memory loss? You're invited to come together and join with other caregivers as a group. We'll learn about memory loss, talk about challenges, and create strategies for managing a difficult situation, while also taking care of ourselves. *This group is open to all ages.* Group is offered via Zoom and facilitated by Claire Gerstein, LICSW. Email gersteinc@lincolntown.org for more info. *Sponsored by Benchmark Senior Living at The Commons.*

NEW Group!**Clutterbug Support Group**

Thursdays, May 2, 16, & 30 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. Learn valuable tips and tricks and gain knowledge of local resources. This in-person group will be held on scheduled Thursdays. *Space is limited.* Please call or email Carlee to register, 781-259-8811/castetterc@lincolntown.org.

**FREE Senior Legal Clinic with Attorney Golden**

Friday, May 10 from 2:00 - 4:00PM

Questions about estate planning or probate? Call 781-259-8811 to sign up for a 25 minute consultation. Appointments 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, May 8 (Bemis Hall)

Tuesday, May 28 (Bemis Hall)

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



Office Hours

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

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

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



Podiatry Clinics with Dr. Ruhl

Wednesday, May 8

Tuesday, May 28



Donate to FLCOA

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

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

FREE Hearing Clinic

Tuesday, May 28

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

FREE Mental Health Clinics

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

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

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

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

Sponsored by the Lincoln Board of Health & the America Rescue Plan Act.



FREE Tech Tutoring

Thursday, May 9 1:00 - 4:00PM

Tuesday, May 21, 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 Talk: Intro to AI

Tuesday, May 21 at 2:00PM

Are you wondering how AI might affect your life? Artificial Intelligence is a catch all term for applications that perform complex tasks that once required human input. AI is a broad topic, but we will explore some practical applications of AI in our everyday lives. Ran Cronin, Asst. Library Dir. holds monthly tech talks.



SPEND TIME WITH OTHERS

French Conversation Second Monday of the month, 9:30 am, in-person & via Zoom.

Brush up on your French speaking skills.

German Conversation First, third & fifth Friday, 10:00 am, in-person & via Zoom.

FREE. Come enjoy reading and speaking German.

Knitting Group Every Tuesday, 9:30—11:00 am, in person.

FREE. Come work on your PhD (Projects Half Done) with us!



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

FREE. Create your own original. Art supplies provided

Memoirs Every other Wednesday, 10:00—12:00 pm, in-person & via Zoom.

Sharing stories & writing them together.



Ukulele Gathering Second and Fourth Thursday, 3:00 —4:00pm, in person.

FREE. Bring your ukulele and come play, or sing .

Doo-Wop Every Monday, 10:00—11:00 am. No group: May 6 & 27 Make up: May 7 & 28.

FREE. Join us for learning some familiar tunes while having fun!

Mah Jongg Every Monday, 9:30—10:30am, in-person. No group: May 27. Make up: May 29.

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

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

You are invited to visit with old friends and make new ones!



MONDAY	TUESDAY	WEDNESDAY
<p><u>Senior Dining</u></p> <p>RSVP by Wednesday for Friday meal. \$2 suggested donation. Traveling Chef: May 3, carving station with all the fixings! \$6 donation. Residents aged 60+. Sponsored by Minuteman Senior Services</p>	<p><u>English at Large</u></p> <p>Want to improve your English? The COA&HS, through partnership with EAL, offers 1-on-1 English language tutoring provided by a volunteer teachers matched to your schedule. Call COA&HS at 781-259-8811 for more info.</p>	<p>9:30 Dealing with Change 9:30—12:30 SHINE Office 11:00 Line Dancing 12:00 Zumba Gold 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Studio</p>
<p style="text-align: right;">6</p> <p>8:30 Garden Club Meeting 9:30 Mah Jongg 12:30 Movie: <i>Wakefield</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">7</p> <p>9:30 English at Large 9:30 Knitting 10:00 Doo Wop 11:15 Stretch & Flex 12:30 Active Aging 1:00 Noticing Walks 3:00 Gallery Talk 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>8:45—10:45 Podiatry/Wellness Clinic 9:30 Bereavement 10:00 English at Large 10:00 Memoirs Writing Group 11:00 Line Dancing 12:00 Zumba Gold 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Studio</p>
<p style="text-align: right;">15</p> <p>9:30 Mah Jongg 9:30 French Conversation 10:00 Doo Wop 12:30 Movie: <i>Wide Sargasso Sea</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">14</p> <p>9:30 Trail Walks 9:30 English at Large 9:30 Knitting 11:15 Stretch & Flex 12:30 Active Aging 2:15—4:30 <u>Free</u> Mental Health Clinic</p>	<p>9:30 Caregiver Support 10:00 English at Large 11:00 Line Dancing 11:30 Volunteer Luncheon 12:00 Zumba Gold 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Studio</p>
<p style="text-align: right;">20</p> <p>9:30 Mah Jongg 10:00 Doo Wop 12:30 Movie: <i>Tom Jones</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">21</p> <p>9:30 Trail Walks 9:30 English at Large 9:30 Knitting 11:00—1:00 Tech Tutoring 11:15 Stretch & Flex 12:30 Active Aging 2:00 Tech Talk: AI Intro 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>9:30 Bereavement 10:00 English at Large 10:00 Memoirs Writing Group 11:00 Line Dancing 12:00 Zumba Gold 1:00—4:00 SHINE Office 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Studio</p>
<p style="text-align: right;">27</p>  <p>MEMORIAL DAY COA&HS CLOSED</p>	<p style="text-align: right;">28</p> <p>8:45—1:45 Podiatry/Wellness Clinic 9:30 Trail Walks 9:30 English at Large 9:30 Knitting 10:00 Doo Wop 10:30 Coffee & Convo: Select J. Glass 11:00 Hearing Clinic 2:45—4:15 <u>Free</u> Mental Health Clinic NO Stretch & Flex or Active Aging</p>	<p>9:30 Mah Jongg 10:00 English at Large 11:00 Line Dancing 12:00 Zumba Gold 1:00 Tai Chi 1/2:00 Tai Chi 3 2:30 Open Art Studio</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.

	THURSDAY	FRIDAY
ge e Hours	<p>1</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>2</p> <p>10:00 German Conversation</p> <p>10:00 SAIL/Balance</p> <p>11:30 Traveling Chef Menu: Turkey or Roast Beef Potatoes au gratin, greet beans</p> <p>12:30 Lincoln Academy: <i>Woman of Rock & Roll</i></p>
ness Clinic roup	<p>8</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>10:00 Coffee & Convo: Lincoln Police</p> <p>11:15 Stretch & Flex</p> <p>12:30 Active Aging</p> <p>1:00—4:00 Tech Tutoring</p> <p>2:30 Photography Workshop</p> <p>3:00 Ukulele</p>	<p>9</p> <p>10:00 SAIL/Balance</p> <p>11:30 Senior Dining Menu: Chicken salad, lentil salad, green bean salad</p> <p>12:30 Lincoln Academy: <i>Eleanor Roosevelt</i></p> <p>2:00—4:00 Legal Clinic</p>
n	<p>15</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 Photography Workshop</p> <p>2:30 Clutterbug</p>	<p>16</p> <p>10:00 German Conversation</p> <p>10:00 SAIL/Balance</p> <p>11:30 Senior Dining Menu: Salmon salad, tabouleh salad</p> <p>12:30 Lincoln Academy: <i>Kyudo: Zen Archery</i></p>
roup Hours	<p>22</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 Photography Workshop</p> <p>3:00 Ukulele</p>	<p>23</p> <p>9:30—12:30 Senior Salon</p> <p>10:00 SAIL/Balance</p> <p>11:30 Senior Dining Menu: Beef Burgundy on egg noodles</p> <p>12:30 Lincoln Academy: <i>Concord Traveling Players</i></p>
Chi 3	<p>29</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 Photography Workshop</p> <p>2:30 Clutterbug</p>	<p>30</p> <p>10:00 German Conversation</p> <p>10:00 SAIL/Balance</p> <p>11:30 Senior Dining Menu: Cheese omelet, roast potatoes, fresh fruit</p> <p>12:30 Lincoln Academy: <i>Emerson Health President & CEO</i></p>
		<p>3</p>
		<p>10</p>
		<p>17</p>
		<p>24</p>
		<p>31</p>



SAIL Fitness

Fridays Cost, \$60.00/session
10:00-10:45AM



**Derry
Tanner**

20 Week session begins Friday, May 3 through September 27. 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.

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. **Note: No class June 7 or August 16**

Community Center Building Committee

Wednesday, May 15 at 7:00PM

The Community Center Building Committee (CCBC) will hold a regular meeting on Wednesday, May 15 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. No Stretch & Flex Tuesday, May 28.

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 Active Aging Tuesday, May 28.



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 while learning moves to familiar tunes. Dress comfortably and bring a water bottle. No Zumba Monday, May 27.

Tai Chi Teachers



Jane Moss



Ellie Horwitz



Cynthia Rosenberger

Hybrid Exercise: In Person & Via Zoom

SPRING 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 Monday, May 27.

Beginner/Level 1— in-person & zoom

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

Advanced/Level 2— in-person only

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

Advanced/Level 3—in-person only

Wednesdays at 2:00PM

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

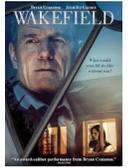


Monday Movie Matinees

12:30 pm



May 6 Wakefield (2016) 1hr 46min. Rated R. Drama starring Bryan Cranston, Jennifer Garner, and Victoria Bruno. A lawyer on the edge of madness decides to disassociate himself from his own life. Directed by Robin Swicord.



May 13 Wide Sargasso Sea (1993) 1hr 39min. Rated NC-17. Drama/Romance/Thriller starring Katrina Lombard, Nathaniel Parker and Rachel Ward. A young female landowner in 1840s Jamaica marries a just-arrived Englishman to avoid losing her property. All seems to be perfect, love occurs and happiness ensues, but what old secrets arise regarding her childhood and her mother? Directed by John Duigan.



May 20 Tom Jones (1963) 2hr 9min. Not Rated. Adventure/Comedy starring Albert Finney, Susannah York and George Devine. The romantic and chivalrous adventures of adopted bastard Tom Jones in 18th century England. Directed by Tony Richardson.



May 27 No Movie COA&HS Closed.

Special Events



Boat Cruise, Lobstah Bake & Rockport Trip

Thursday, June 27 at 9:45AM—5:00PM

Travel with us on a luxurious **Beauport cruise line!** Cruise the calm waters of Gloucester Harbor. Enjoy the views of the first lighthouses while enjoying a special Lobster Lunch. After the cruise and lunch, disembark to explore the streets, shops & beautiful views on Main Street in Rockport.

The trip cost is \$95.00, includes round-trip motor coach transportation, Beauport Princess Cruise, Lobster Bake (or Chicken), and sides buffet. Driver gratuity included. Registration opens MAY 1st. Sign up by mailing your check, **payable to *FLCOA Trips*, address to LCOA&HS, c/o Town Offices, 15 Lincoln Road, Lincoln, MA 01773.** To ensure space remains or for more info, call Amy at 781-259-8811. Arrive at Donelan's parking lot by 9:45AM. Tour bus departs promptly at 10AM and returns at approximately 5PM.

The Scholarship Program helps Lincoln residents aged 60+ participate in LCOA&HS activities, trips, programs, and classes that they could not afford to attend.

Please call COA&HS and ask for Amy for more information.

Senior Salon

FINAL DATE until fall

Friday, 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-publicservices/salon-minuteman.

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

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

GOING ON IN AND AROUND LINCOLN



Noticing Walks with John Calabria

Pierce Hill Trails: Tuesday, May 7 at 1:00PM

All are welcome for this FREE event. Unplug from the busy world and let your senses come alive in nature! Wear sturdy footwear. Naturalist John Calabria leads us on walks that are about the journey, and not the destination. Register at www.lincolnconservation.org. Co-sponsored by LCOA&HS & Lincoln Conservation Trust.

Tuesday Trail Walks

Tuesdays, May 14, 21, 28 from 9:30AM - 11:30AM



All are welcome, but space is limited for these FREE walks. Explore Lincoln's open space. Visit different trails each week. These walks, led by Conservation Dept. staff, are typically 2 to 3 miles long. Wear sturdy footwear and dress for weather. Please leave pets at home. Registration required at <https://tinyurl.com/2024SpringWalks>. Co-sponsored by LCOA&HS & Lincoln Conservation Trust.



Saturday Ranger Walks

Saturday, May 4 from 9:30AM - 11:30AM

Will Leona, Lincoln's Conservation Ranger, explores Lincoln trails and open space with you. Wear study shoes and always dress for weather. RSVP required at <https://tinyurl.com/SpringRangerWalks2024> or call the Conservation Dept. at 781-259-2612 ext. 8129.



Lincoln Open Mike (LOMA) at Lincoln Library

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

Email Rich loma3re@gmail.com to sign up or come listen to Crowes Pasture.