



NEWS FROM BEMIS HALL

Volume 15

June 2024

Number 6

Lincoln Council on Aging & Human Services



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Toni Lynn Washington Jazz Concert

Thursday, June 13 at 2:30PM



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.*

Strawberry & Ice Cream Social

Thursday, June 20 at 12:30PM

Celebrate the start of summer with us at this FREE event. Make your own ice cream sundae topped with luscious local strawberries, chocolate, and more! Then share conversation with old friends and new! Please RSVP by June 14 by calling 781-259-8811. Transportation available for those who need a ride. *Sponsored by the Friends of the Lincoln Council on Aging.*



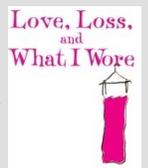
Lincoln Academy - Fridays at 12:30PM

June 7 Health & Wellness Fair

Local healthcare vendors onsite to answer your questions including: Lincoln Public Health Nurse, Police, Fire, Parks & Rec, Emerson Health, AARP, SMOC, Elder Law Attorneys, Vascular Care Group, St. Vincent de Paul, Minuteman Senior Services, Independent & Assisted Living & many more. FREE door prizes!

June 14 Love, Loss & What I Wore Play

Wordsmove Theater presents this poignant and hilarious play that explores matters of the heart and closet. Cast: Carol Becker, Nancy Bush, Mary Crowe, Susan Gates & Sally Kindleberger. Directed by Mary Crowe.



June 21 The Gardner Museum Theft

Bob Ainsworth shares the story of Isabella Stewart Gardner's life and her creation of the museum. He delves into the heist on March 18, 1990, when 13 priceless objects were stolen. Why was the heist successful? Who are the suspects? (*The Concert*, pictured at right, is the most expensive and rare painting ever to be stolen and never recovered.)



June 28 Classical Piano Concert

Join us for a concert with Abla Shocair and her accomplished grandchildren, Nooreddeen and Zaineddeen Kawaf. Music includes compositions by Beethoven, Liszt, and Chopin.



NEW Bemis Hall Assistive Listening System! - See page 4.



COFFEE & CONVERSATION

K. Bodnar, Select Board
Tuesday, June 25 at 10:30AM



Residents of all ages are invited to drop in and join Select Board member, Kim Bodnar for coffee and a chat. Learn the latest updates about what is going on around town, ask your questions, and share your ideas.

Coffee and pastries provided! Call 781-259-8811 for more info. If you would prefer zoom, email Amy at rettiga@lincolntown.org.

Matthew Lincoln, Town Archivist
Tuesday, June 4 at 10:00AM



Residents are invited to stop by to meet and welcome our brand new Town Archivist, Matthew Lincoln! Bring your questions and ideas while enjoying coffee and breakfast pastries.



Coffee Social Hour
Thursday, June 27 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 an 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 Contact Carlee, cattererc@lincolntown.org, to request a ride. The COA&HS prioritizes **medical** appointments at this time. All 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 to have your documents notarized for FREE. Abigail Butt, COA&HS Director, is a certified Notary Public.



FOR YOUR WELLBEING

Group Support



Dealing with Change
 Wednesday, June 5 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. This FREE group is a place where you can talk about the changes you're currently dealing with and get support for how to manage and thrive. Group meets monthly. Contact Claire directly at gersteinc@lincolntown.org to learn more. *Sponsored by Benchmark Senior Living at The Commons.*



Bereavement
 Wednesdays, June 12 & 26 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 this FREE bereavement support group via zoom. The group meets 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
 Friday, June 21 at 10:30AM

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.* This FREE group is offered via Zoom. Facilitated by Claire Gerstein, LICSW. Email gersteinc@lincolntown.org for more info. *Sponsored by Benchmark Senior Living at The Commons.*



FREE Office Hours with Realtor, Terri Perlmutter
 Monday, June 24 from 2:00 - 3:00PM

Do you have real estate questions big or small? Are you wondering which repairs should be prioritized to bring a greater return? Do you need guidance or a starting point? Do you need help creating a one, two, or five year downsizing plan? Terri Perlmutter, Lincoln resident and realtor, is offering 20 minute personalized consultation to address your specific questions and concerns. Feel free to bring pictures, notes, and questions to your appointment. Sign up by calling 781-259-8811.



FREE Senior Legal Clinic with Attorney Sasha Golden
 Friday, June 14 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, June 12 (Bemis Hall)

Tuesday, June 25 (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, June 12

Tuesday, June 25



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 Mental Health Services

Mental Health services 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 Eliot Community Human Services. *Sponsored by the Lincoln Board of Health.*



FREE Hearing Clinic

Tuesday, June 25

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.



Assistive Listening System

Do you find it hard to hear the presenters at Lincoln Academy even when they're using the microphone? Bemis Hall now has a Williams Assistive Listening System installed that will transmit the audio to you directly! Come try out the devices at one of our upcoming events. *Hearing Assistance System provided by a grant from the Mass Councils on Aging & the Executive Office of Elder Affairs.*



FREE Tech Tutoring

Thursday, June 6 1:00 - 4:00PM

Tuesday, June 18, 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.

English at Large

Tuesdays at 9:30AM

Wednesdays at 10:00AM



Would you like help improving your English? The COA&HS through partnership with English at large, offers 1 on 1 English language tutoring provided by a volunteer teacher that matches your schedule. Call COA&HS if you are interested at 781-259-8811 and speak with COA staff for more info.

SPEND TIME WITH OTHERS

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

Brush up on your French speaking skills.

German Conversation First & Third 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. No Art Studio on June 19.

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 First & 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 Doo Wop Group June 24.

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

Mah Jongg Every Monday, 9:00 - 12:00pm, in-person.

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



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

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

Senior Dining Every Friday 11:30am - 12:30pm RSVP by Wednesday for Friday meal.



MONDAY	TUESDAY	WEDNESDAY
3	4	
9:00 Mah Jongg 10:00 Doo Wop 12:30 Movie: <i>Gen Silent</i> 2:00 Tai Chi 1 3:00 Tai Chi 2	9:30 English at Large 9:30 Knitting 9:30 Trail Walks: Mount Misery 10:00 Coffee & Convo: M. Lincoln 11:15 Stretch & Flex 12:30 Active Aging 1:00 Noticing Walk: Stony Brook	9:30 Dealing with Change 9:30—12:30 SHINE Office H 10:00 Intergenerational Plan 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
10	11	
9:00 Mah Jongg 9:30 French Conversation 10:00 Doo Wop 12:30 Movie: <i>To Have & Have Not</i> 2:00 Tai Chi 1 3:00 Tai Chi 2	9:30 English at Large 9:30 Knitting 11:15 Stretch & Flex 12:00 COA&FLCOA Joint Mtg 12:30 Active Aging 1:00 COA Board Meeting	8:45—10:45 Podiatry Clinic 8:45—10:45 Wellness Clinic 9:30 Bereavement 10:00 English at Large 10:00 Memoirs Writing Grou 11:00 Line Dancing 12:00 Zumba Gold 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Studio
17	18	
9:00 Mah Jongg 10:00 Doo Wop 12:30 Movie: <i>WUSA</i>	9:30 English at Large 9:30 Knitting 11:00—1:00 Tech Tutoring 11:15 Stretch & Flex 12:30 Active Aging	 Juneteen COA&HS CLOSURE
24	25	
9:00 Mah Jongg 9:30 French Conversation 12:30 Movie: <i>The Comedians</i> 2:00—3:00 Realtor Office Hours	8:45—1:45 Podiatry Clinic 8:45—1:45 Wellness Clinic 9:30 English at Large 9:30 Knitting 10:30 Coffee & Convo: K. Bodnar 11:00—1:00 Hearing Screening 11:15 Stretch & Flex 12:30 Active Aging	9:30 Bereavement 10:00 English at Large 10:00 Memoirs Writing Grou 11:00 Line Dancing 12:00 Zumba Gold 1:00—4:00 SHINE Office Ho 2:30 Open Art Studio

Senior Dining, Fridays 11:30 - 12:30PM

Senior Dining is a great place to meet up with friends both old and new. Make your reservation by Wednesday for the Friday meal by calling us at 781-259-8811. The cost of each meal is a \$2 suggested donation. Residents aged 60+. Let the us know if you need transportation or a seating partner. *Sponsored by Minuteman Senior Services.*



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
5 ours ting, 1st Parish	6 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:00 Intergenerational Planting, Hartwell 10:15 Tai Chi 2 11:15 Stretch & Flex 12:30 Active Aging 1:00—4:00 Tech Tutoring 3:00 Ukulele	7 10:00 German Conversation 11:30 Senior Dining Menu: steak salad & potato salad 12:30 Lincoln Academy: Live Your Best Life Health & Wellness Fair <u>NO SAIL BALANCE</u>
12	13 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch & Flex 12:30 Active Aging 2:30 JAZZ CONCERT Toni Lynn Washington & Band <u>NO Veterans Office Hours</u>	14 10:00 SAIL/Balance 11:30 Senior Dining Menu: seafood salad, corn salad, & tomato white bean salad 12:30 Lincoln Academy: <i>Love, Loss & What I Wore</i> 2:00—4:00 Legal Clinic
19 th ED	20 9:00—12:00 Veterans Office Hours 12:30 Strawberry & Ice Cream Social  <u>NO ACTIVE AGING</u> <u>NO STRETCH AND FLEX</u>	21 10:00 German Conversation 10:00 SAIL/Balance 10:30 Caregiver Support Group 11:30 Senior Dining Menu: turkey cobb & German potato 12:30 Lincoln Academy: <i>Isabella Stewart Gardner Museum Theft</i>
26 p urs	27 9:00—12:00 Veterans Office Hours 9:00 Coffee & Convo: Social Hour 9:45 Trip: Boat Cruise, Lobster Bake & Rockport Visit 11:15 Stretch & Flex 12:30 Active Aging 3:00 Ukulele	28 9:30—12:30 Senior Salon 10:00 SAIL/Balance 11:30 Senior Dining Menu: chicken and orzo salad & spinach salad 12:30 Lincoln Academy: Classical Piano with Abla Shocair



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

Magic Garden Invites Seniors

Wednesday, June 5 at 10:00AM
Thursday, June 6 at 10:00AM

Lincoln seniors are invited to come plant a magical garden with the students of Magic Garden!

June 5 Infant Center Children and seniors will plant together. Every participant will take home a pre-grown flower in a paintable pot. Location: 1st Parish Church.

June 6 Hartwell Seniors are invited to the Children’s Center on the school campus for a planting activity. Children and seniors will plant the small garden outside of the Toddler Playground with seeds and flowers. Every participant will take home a pre-grown flower in a paintable pot.

Please email Lori at lori.leo@staff.magic-garden.org if you have any questions about these activities.

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, and to 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, June 11.**

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 that builds lean muscle and increase bone density, all to the beat of the music!

No Active Aging Tuesday, June 11.

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

Wednesdays Cost, \$3.00/class
12:00-12:45PM

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.



Bemis Hall



Katrina Rotondi

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.

Summer Session at Pierce House

Tuesdays at 9:30AM, July 16 - August 6.

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



Monday Movie Matinees

12:30 pm



June 3 Gen Silent (2011) 1hr 10min. Rated PG. Documentary starring Claire Barden and Lois Johnson. This critically acclaimed documentary about LGBTQ older people going back into the closet to survive an often hostile healthcare system follows six individuals that live near Boston. Gay, Lesbian, Bisexual and Transgender older people who fought the first battles for equality now face so much fear of religious objection, bullying and abuse. Directed by Stu Maddux.



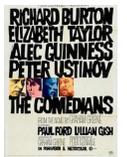
June 10 To Have & Have Not (1944) 1hr 40min. Not Rated. Adventure/Comedy starring Humphrey Bogart and Lauren Bacall. DURING World War II, American expatriate Harry Morgan helps transport a French Resistance leader and his beautiful wife to Martinique while romancing a sensuous lounge singer. Directed by Howard Hawks.



June 17 WUSA (1970) 1hr 55min. Rated. PG-13 Drama/Romance starring Paul Newman, Joanne Woodward and Anthony Perkins. A radio station in the Deep South becomes the focal point of a right-wing conspiracy. Directed by Stuart Rosenberg.



June 24 The Comedians (1967) 2h 30min. Not rated. Drama starring Richard Burton, Elizabeth Taylor, Alec Guinness and Peter Ustinov. A cynical Welsh hotel owner secretly romances a diplomat's wife in Haiti, under the violent reign of the despot "Papa Doc" Duvalier. Directed by Peter Glenville.



Special Events



Harbor 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. 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 COA&HS activities, trips, programs, and classes that they could not afford to attend. Please call COA&HS and ask for Amy for more information.

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

Lincoln250 online store is open for commemorative apparel!



The Lincoln250 Planning Committee is excited to introduce exclusive Lincoln250 commemorative apparel, designed to celebrate our community's contributions to the historic events of April 1775! A portion of the proceeds funds Lincoln250 programming. Special thanks to resident, Lis Herbert, for her creative Lincoln250 logo! Shop your support for Lincoln250: https://stores.inksoft.com/lincoln_250/shop/home.

GOING ON IN AND AROUND LINCOLN



Noticing Walks with John Calabria

Stony Brook Trails: Tuesday, June 4 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

Mount Misery: Tuesday, June 4 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, June 1 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 x 8129.



Lincoln Open Mike (LOMA) at Lincoln Library

Tuesday, June 11 from 7:00 - 10:00PM

Email Rich loma3re@gmail.com to sign up or come listen to Secret Sauce.