



NEWS FROM BEMIS HALL

Volume 15

July/August 2024

Number 7/8

Lincoln Council on Aging & Human Services



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Watercolor en Plein Air is back!

Wednesdays, beginning July 17 - August 7 at 2:30 - 4PM

Join Instructor Anna Fitzgerald as we explore watercolor. Beginners welcome! This is a FREE class, including paints and materials. Each week, Anna demonstrates a technique and participants are free to try and experiment, or work on their own ideas. Space is limited to 12 participants, first come, first serve. Call 781-259-8811 to sign up.



Want to ride in a fire truck?

Every Lincoln senior (age 60+) that signs in to a COA&HS activity using the touch screen at the front desk will automatically entered to win a ride to and from COA&HS activity of their choice in a Lincoln Public Safety vehicle—fire truck or police cruiser! A winner will be drawn on July 30 and August 30. Each day you sign increases your chance to be the monthly ride winner.



Save the Date: Castle in the Clouds

Thursday, October 10

All aboard the luxurious charter bus heading for New Hampshire. Lunch planned at Hart's Turkey Farm with hand carved roast turkey dinner and all the side dishes. The bus will then bring you to Moultonborough to tour the famous Castle in the Clouds which was built in 1913 on a mountainside overlooking New Hampshire's Lakes region. Registration information will be available in September newsletter.



Air Conditioner Loan Program



If you are need of a window unit air conditioner, please call the COA&HS to see if you qualify. "As we age, the distribution of body fat, muscle mass, and sweat glands change and can affect our body's thermal regulation," says geriatric medicine specialist Ken Koncilja, MD. Stay safe this summer with an AC loan from the COA&HS.

Save the Date: Shredding Event on Wednesday, September 25



COFFEE & CONVERSATION

J. Hutchinson, Select Board

Tuesday, July 23 at 10:30AM

K. Bodnar, Select Board

Tuesday, August 27 at 10:30AM



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

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

Tim Higgins, Town Administrator

Thursday, July 18 at 10:00AM

Residents are invited to stop by and visit our Town Administrator, Tim Higgins! Bring your questions, share your thoughts and ideas while enjoying coffee and breakfast pastries.



Coffee Social Hour

Thursday, July 25 & Aug 22 at 9:00AM



All are welcome to attend this FREE coffee and light breakfast event. 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, 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 of 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



Bereavement

Wednesdays, July 10 & 24 at 9:30AM
 Wednesdays, August 14 & 28 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

Wednesday, July 17 & August 21 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.* 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.*

Home Safety

FREE Senior Safe Home Assessment

Did you know the Fire Dept. can install grab bars, house numbers, night lights and check smoke detectors? Would you like to make an appointment to be given advice on safety for your home? Lt. Ben Juhola, Caleb Hagerty and Tom Pianka are all Senior Safe Administrators for the Town of Lincoln Fire Dept. Call COA&HS 781-259-8811 to make appt.

This program is supported by Dept of Fire Services Grant .



FREE Office Hours with Realtor, Terry Perlmutter

Monday, July 15 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? Terry Perlmutter, Lincoln resident and realtor, is offering 20 minute personalized consultation to address your specific questions and concerns. Sign up by calling 781-259-8811.



FREE Senior Legal Clinic with Attorney Sasha Golden

Friday, July 12 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, July 10 & August 14(Bemis Hall)

Tuesday, July 23 & August 27(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, July 10 & August 14

Tuesday, July 23 & August 27



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, July 23 & August 27



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, July 11 & Aug. 8 1 - 4PM

Tuesday, Aug. 20, 11 - 1PM



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 9:30AM



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, 9:30am, in-person & via Zoom.

Brush up on your French speaking skills.

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

No meeting July 5

FREE. Come enjoy reading and speaking German.

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

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

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

FREE. Create your own original. Art supplies provided

Memoirs Group plans to start up again in Sept.

Ukulele Gathering Second & Fourth Thursday, 3:00 - 4:00pm, in person.

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

Doo-Wop Every Monday, 10:00 - 11:00am.

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 Wed. for Friday meal. **No Meal July 5.**



Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Mah Jongg 10:00 Doo Wop	2 9:30 Eng at Large 9:30 Knitting <u>NO STRETCH/FLEX</u> <u>NO ACTIVE AGING</u>	3 9:30 Eng at Large <u>NO SHINE</u> <u>NO LINE DANCE</u> <u>NO ZUMBA GOLD</u>	4  COA&HS Closed	5 <u>NO SAIL</u> <u>NO GERMAN</u> <u>NO SENIOR DINING</u> <u>NO MOVIE</u> Bemis Hall Closed
8 9:00 Mah Jongg 9:30 French 10:00 Doo Wop	9 9:30 English at Large 9:30 Knitting 11:15 <i>Stretch & Flex*</i> 12:30 <i>Active Aging*</i>	10 8:45-10:45 Podiatry 8:45-10:45 Wellness 9:30 Bereavement 9:30 Eng at Large 11:00 <i>Line Dancing*</i> 12:00 <i>Zumba Gold*</i>	11 9:00 Vets Office Hrs 11:15 <i>Stretch & Flex*</i> 12:30 <i>Active Aging*</i> 1:00-4 Tech Tutor 3:00 Ukulele Gathering	12 10:00 SAIL/balance 11:30 Senior Dining Menu: Veg.Chili with Fixins, b. rice 12:30 Movie: <i>Red Knot</i> 2:00 - 4 Legal Clinic
15 9:00 Mah Jongg 10:00 Doo Wop 2:00 Ask a Realtor	16 9:30 Eng at Large 9:30 Knitting 9:30 <i>Tai Chi*</i> 11:15 <i>Stretch & Flex*</i> 12:30 <i>Active Aging*</i>	17 9:30 Caregiver 9:30 Eng at Large 2:30 Watercolors <u>NO Line Dancing</u> <u>NO Zumba</u>	18 9:00 Vets Office Hrs 9:00 Coffee & Convo Tim Higgins 11:15 <i>Stretch & Flex</i> 12:30 <i>Active Aging*</i>	19 10:00 SAIL/balance 10:00 German Convo 11:30 Senior Dining Menu: Chicken Orzo Salad w/lemon & Broccoli 12:30 Movie <i>A Street Car Named Bob</i>
22 9:00 Mah Jongg 9:30 French 10:00 Doo Wop	23 8:45-1:45 Podiatry 8:45-1:45 Wellness 9:30 English at Large 9:30 Knitting 9:30 <i>Tai Chi*</i> 10:30 Coffee & Convo: Jim Hutchinson 11:00 Hearing Clinic 11:15 <i>Stretch & Flex*</i> 12:30 <i>Active Aging*</i>	24 9:30 Bereavement 9:30 Eng at Large 11:00 <i>Line Dancing*</i> 12:00 <i>Zumba Gold*</i> 1:00-4:00 SHINE 2:30 Watercolors	25 9:00 Vets Office Hrs 9:00 Coffee & Convo Social Hour 11:15 <i>Stretch & Flex*</i> 12:30 <i>Active Aging*</i> 3:00 Ukulele Gathering	26 10:00 SAIL/balance 11:30 Senior Dining Menu: Meatloaf, garlic mashed potatoes w/ gravy, peas 12:30 Movie: <i>Northanger Abbey</i>
29 9:00 Mah Jongg 10:00 Doo Wop	30 9:30 English at Large 9:30 Knitting 9:30 <i>Tai Chi*</i> 11:15 <i>Stretch & Flex*</i> 12:30 <i>Active Aging*</i>	31 9:30 Eng at Large 11:00 <i>Line Dancing*</i> 12:00 <i>Zumba Gold*</i> 2:30 Watercolors	1 AUG 9:00 Vets Office Hrs 11:15 <i>Stretch & Flex*</i> 12:30 <i>Active Aging*</i>	2 AUG 10:00 German Convo 10:00 SAIL/balance 11:30 Senior Dining Menu: TBD 12:30 Movie: <i>The Horses Mouth</i>

***Exercise classes
located at Pierce
House tent**

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.

Monday	Tuesday	Wednesday	Thursday	Friday
5 9:00 Mah Jongg 10:00 Doo Wop	6 9:30 Eng at Large 9:30 Knitting 9:30 Tai Chi* 11:15 Stretch & Flex* 12:15 Active Aging*	7 9:30-12:30 SHINE 9:30 Eng at Large 11:00 Line Dancing* 12:00 Zumba Gold* 2:30 Watercolors	8 9:00 Vets Office Hrs 11:15 Stretch & Flex* 12:30 Active Aging* 1:00 - 4 Tech Tutor	9 10:00 SAIL/balance 11:30 Senior Dining Menu TBD 12:30 Movie: <i>The Killing</i>
12 9:00 Mah Jongg 9:30 French Convo 10:00 Doo Wop	13 9:30 Eng at Large 9:30 Knitting 11:15 Stretch & Flex* 12:30 Active Aging	14 8:45-10:45 Podiatry 8:45-10:45 Wellness 9:30 Bereavement 9:30 Eng at Large 11:00 Line Dancing* 12:00 Zumba Gold*	15 9:00 Vets Office Hrs 11:15 Stretch & Flex* 12:30 Active Aging* 3:00 Ukulele Gathering	16 10:00 German Convo 11:30 Senior Dining Menu TBD 12:30 Movie: <i>Frances Ha</i> NO SAIL CLASS
19 9:00 Mah Jongg 10:00 Doo Wop	20 9:30 Eng at Large 9:30 Knitting 11:00 - 1 Tech Tutor 11:15 Stretch & Flex* 12:30 Active Aging*	21 9:30 CaregiverSupprt 9:30 Eng at Large 11:00 Line Dancing* 12:00 Zumba Gold* 1:00-4:00 SHINE	22 9:00 Vets Office Hrs 9:00 Coffee & Convo Social Hour 11:15 Stretch & Flex* 12:30 Active Aging*	23 10:00 SAIL/balance 11:30 Senior Dining Menu TBD 12:30 Movie: <i>Black Narcissus</i>
26 9:00 Mah Jongg 9:30 French Convo 10:00 Doo Wop	27 8:45-1:45 Podiatry 8:45-1:45 Wellness 9:30 Eng at Large 9:30 Knitting 10:30 Coffee & Convo Kim Bodnar 11:00 Hearing Clinic 11:15 Stretch & Flex* 12:30 Active Aging*	28 9:30 Bereavement 9:30 Eng at Large 11:00 Line Dancing* 12:00 Zumba Gold*	29 9:00 Vets Office Hrs 11:15 Stretch & Flex* 12:30 Active Aging* 3:00 Ukulele Gathering	30 10:00 German Convo 10:00 SAIL/balance 11:30 Senior Dining Menu TBD 12:30 Movie: <i>My Darling Clementine</i>

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.*

Farmers Market Coupon Vouchers

Monday, July 15



Eligible seniors (aged 60+) receive **\$50 in FREE vouchers** to purchase locally grown food. We will be giving out vouchers on Monday, July 15. Morning voucher pick up: 10:00AM to noon, Lincoln Woods Community Room, 50 Wells Road. Afternoon voucher pick up: 1:00PM to 3:00PM at Bemis Hall. *Produce voucher coupons are given on a first come, first serve basis.* If you have questions, are unavailable on **July 8** and still want vouchers, or miss distribution day, call Carlee, 781-259-8811. Eligibility criteria: 60

years of age AND participate in one of the following programs: SNAP, fuel assistance/LIHEAP, Mass Health/Medicaid, etc. OR have a monthly income at or below \$2,322 (single)/\$3,152 (2 people).

NEW

Codman Community Farms

Located at 58 Codman Road, Lincoln

accepting SNAP/HIP Benefits

Wednesdays from 1:00 to 3:00PM



Registration required for all exercise. Email Amy at rettiga@lincolntown.org

In Person Exercise - Pierce House Tent - 17 Weston Road



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.. **Note: No class July 2.**

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! **Note: No class July 2.**



Pierce House

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? **Note: No class July 3 and July 17.**

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. **Note: No class July 3 and July 17.**



Katrina Rotondi

Tai Chi with Ben

Tuesdays Cost, \$3.00/class

9:30-11:00AM

4 week Summer session runs July 16 – August 6. This gentle practice works the joints and muscles to increase flexibility, strength, balance, and circulation.. Dress comfortably and bring a water bottle.



Ben Li

Virtual Exercise via Zoom

SAIL Balance & Fitness

Fridays Cost, \$3.00/class

10:00-10:45AM



Summer session continues through September 27. Join Derry Tanner, retired nurse & certified personal trainer for Stay Active and Independent for Life (SAIL). The exercises done in this class are to improve strength, balance and fitness to reduce the chance of falls. Interested in giving this Zoom class a try? Email Amy, rettiga@lincolntown.org. **NOTE: No class on July 5 and August 16**



Derry Tanner

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



Friday Movie Matinees

12:30 PM - Free popcorn!

Lincoln Academy is on summer recess and returns in September.
Join us for movies this summer following Senior Dining.



JULY

July 5 No Movie — Bemis Hall Closed.

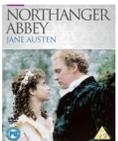
July 12 Red Knot (2014) 1hr 20min. NR. Drama starring Olivia Thirlby, Vincent Kartheiser, and Billy Campbell. A young married couple jump at the chance to take a belated honeymoon aboard a research vessel bound for Antarctica. Director: Scott Cohen.



July 19 A Street Cat Named Bob (2016) 1hr 43min. NR. Drama starring Luke Treadaway and Bob the Cat. A recovering drug addict transforms when he meets a stray ginger cat. Director: Roger Spottiswoode.



July 26 Northanger Abbey (2007) 1hr 24min. PG. Drama Romance. Starring Geraldine James, Michael Judd, and Julia Deardon. A young woman's penchant for sensational Gothic novels leads to a misunderstanding of the heart. Director: Jon Jones.



AUGUST

August 2 The Horses Mouth (1958) 1hr 37min. NR. Comedy starring Alec Guinness, Kay Walsh, and Renee Houston. An ill behaved, scruffy painter, searches for a perfect canvas. Director: Ronald Neame.



August 9 The Killing (1956) 1hr 24min. NR. Crime Drama starring Sterling Hayden and Jim Thompson. A crook assembles a team to plan and execute a daring racetrack robbery. Director: Stanley Kubrick.



August 16 Frances Ha (2012) 1hr 26min. R. Drama Comedy starring Greta Gerwig, Mickey Sumner, and Adam Driver. A New York woman apprentices for a dance company and throws herself headlong into her dreams. Director: Noah Baumbach.



August 23 Black Narcissus (1947) 1hr 41min. NR. Drama starring Deborah Kerr, David Farrar and Flora Robson. A group of nuns struggle to establish a convent in the Himalayas, while extreme weather, altitude and culture clashes. Directors: Michael Powell and Emeric Pressburger.



August 30 My Darling Clementine (1946) 1hr 37min. NR. Drama Romance starring Henry Fonda, Linda Darnell and Victor Mature. After their cattle are stolen and their brother murdered, the Earp brothers look to settle the score. Director: John Ford.



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.
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Lincoln, MA 01773

EGR-WSS
POSTAL CUSTOMER
Lincoln, MA 01773

Lincoln250 Information Update



To stay up to date on the planning of Lincoln250 events and activities to celebrate the historic anniversary in April 2025, please follow Lincoln250 on Facebook or lincolnma_250 on Instagram! You can also find more information by visiting www.lincolntown.org. To support fundraising efforts, Lincoln250 has an e-store featuring t-shirts, sweatshirts, & other items, available on the town website. Questions? Email Kim Bodnar at bodnark@lincolntown.org

GOING ON IN AND AROUND LINCOLN

Thursday, July 4 Events with Parks & Rec

- 8:30AM Firecracker Run Road Race**
- 10:00AM Children's Bike Parade**
- 10:30AM Declaration of Independence Reading**
- 10:40AM Independence Day Parade**
- 11:30AM Cook Out at Pierce House tent**
- 12:00PM Town Wide Swim & Codman Pool Anniversary**

Visit www.lincolnrec.com for details and registration information

Community Preservation Act Exemption

Looking for help with Community Preservation Act Exemption, then contact Carlee Castetter by email castetterc@lincolntown.org, to set appointment to see if you may be eligible for this tax exemption.

Saturday Ranger Walks

Saturday, August 3 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. Locations to be determined. RSVP required at <https://tinyurl.com/SummerRangerWalks2024> or call the Conservation Dept. at 781-259-2600.