



NEWS FROM BEMIS HALL

Volume 15

October 2024

Number 10

Lincoln Council on Aging & Human Services



STAFF

Director

Abigail Butt, PhD
butta@lincolntown.org

Assistant Director
Amy Rettig
rettiga@lincolntown.org

Bemis Hall Coordinator
Barbara Low
lowb@lincolntown.org

Group Support
Claire Gerstein, LICSW
gersteinc@lincolntown.org

Property Tax Work Off
Terry Green
green@lincolntown.org

Public Health Nurse
Tricia McGean, RN
mcgeanp@lincolntown.org

SHINE Coordinators
Rhonda Swain, JD
r.swain@mssvolunteer.org
Craig Donaldson, MD
m.donaldson@mssvolunteer.org

Transportation/Social Worker
Carlee Castetter, LCSW
castetterc@lincolntown.org

Town Social Worker
Natalia Dedkov
dedkovn@lincolntown.org

Veterans Services Officer
Peter Harvell
harvellp@lincolntown.org

Board of Directors

Dilla Tingley, Chair
Laura Crosby, Vice Chair
Sally Kindleberger
Wendy Kusik, LICSW
Terry Perlmutter
Jane O'Rourke, LICSW
Kathy Ramon
Donna Rizzo
Mark Sandman
Peter Von Mertens
Hope White



Senior Salon is BACK!

Friday, October 4

Friday, November 15



We are pleased to announce half price Senior Salon Day with the Salon at Minuteman Tech. Call: 781-259-8811 for more info and an appointment.

Medicare Update - Lunch and Learn

Wednesday, October 16 from 11:00 - 12:00PM

Certified Minuteman Senior Services SHINE Counselors, Rhonda Swain and Craig Donaldson, present a Medicare benefits program discussing the upcoming changes coming to Medicare 2025, including the new out of pocket prescription costs cap of \$2,000. Learn what tools are available to help understand Medicare healthcare and prescription drug coverage and how to sign up.

Call 781-259-8811 to RSVP for this presentation and FREE pizza lunch.

****Medicare Open Enrollment runs Oct. 15 - Dec. 7****

Call 781-259-8811 for a SHINE appointment.



Lincoln Academy - Fridays at 12:30PM

Oct. 4 Medicare Supplemental versus Advantage Plans



What is the difference between Medicare Supplement Plans and Medicare Advantage Plans? Lisa Farnham, Blue Cross Blue Shield Outreach Educator, presents actual case studies, information on prescription drug coverage, and much more.

Oct. 11 A Suitcase Story

The International Institute of New England brings a compelling real life Suitcase Story. Explore migration through the art of storytelling. Come curious and with your questions and thoughts. IINE provides info on their immigrant and refugee work. Learn ways to help support and welcome new Americans.



International
Institute of
New England

Oct. 18 Protect Yourself from Fraud & Identity Theft

AARP Each year criminals steal billions using tactics including tech support and business impersonation, AI, and social media. Join us for an eye opening session where we delve into the strategies of scammers and how to outsmart them. Learn essential steps to safeguard your identity and finances. Presented by Alice Diamond, AARP Fraud Watch Volunteer and AARP Speakers Bureau. Chief Kennedy of the Lincoln Police also joins us for a briefing!



Save the date-Oct. 11: Traveling Chef, Octoberfest, See page 6.



COFFEE & CONVERSATION

J. Hutchinson, Select Board
Tuesday, Oct. 22 at 10:30AM



Residents are invited to drop in and join Select Board member, Jim Hutchinson, for coffee and a chat. Learn the latest updates around town.

Bring questions & your ideas to share.

Coffee and pastries provided! Call 781-259-8811 for more information. Prefer to Zoom? Email rettiga@lincolntown.org.

Michele Grzenda, Conservation Director & Will Leona, & Conservation Ranger
Thursday, Oct. 31 at 10:00AM



Residents are invited to stop by to meet and welcome our Conservation Director, Michele Grzenda and Conservation Ranger, Will Leona. Bring your questions and share your

thoughts while enjoying coffee and pastries.



Coffee Social Hour

Thursday, Oct. 17 at 9:00AM



All are welcome to attend this FREE coffee and light breakfast event. Great way to meet old friends & new.

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 & 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 Contact Carlee, 781-259-8811/castetterc@lincolntown.org, to request a ride. The COA&HS prioritizes **medical** appointments. All rides are **set up in advance**. Need help with **Senior Charlie Card, the RIDE, or RMV?** Call Carlee.



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****Opportunities for Moving Forward**

Wednesday, October 2 at 9:30AM



We deal with many changes along the way, some by choice, some that just happen to us. The changes may include losses of people we love, health issues, or decreased energy. This group provides a chance to share some of the challenges you are facing and successes you are having with the support of others. Find ways of feeling more in control. This FREE group meets every month hybrid, with your choice of in-person or Zoom. Contact Claire directly at gersteinc@lincolntown.org to learn more. *Sponsored by Benchmark Senior Living at The Commons.*

**Bereavement**

Wednesdays, October 9 & 23 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, October 16 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.*

**FREE Office Hours with Realtor, Terry Perlmutter**

Monday, October 28 from 2:00 - 3:30PM

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 30 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, October 18 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 Tricia McGean, NP

Wednesday, October 9
Tuesday, October 22



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!



Podiatry Clinics with Dr. Ruhl

Wednesday, October 9
Tuesday, October 22



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, October 22 from 11:00AM - 1:00PM

Hearing Instrument Specialist, Joseph Sarofeen, of Apex Hearing Care, offers **FREE** 30 minute hearing assessments and consultations from 11AM to 1PM. He is also able to evaluate your existing hearing instruments. Call 781-259-8811 for an appointment. Space is limited.

NEW!

Memoirs Group

Wednesdays, Oct. 11 & Oct. 30 from 10:00AM - 12:00PM
Cost, \$6.00/class

NEW!

7 session fall semester runs Sept. 11 – Dec. 4. Every person, *including you*, has many stories to tell! This group writes their stories and shares them with the memoirs group. Meetings are hybrid (your choice of in-person or zoom) and occur twice a month. Cost is \$42.00 for fall semester/\$6 per class. Jeanne Bracken is our new instructor. For questions, more information, or if you would like to sign up, please email rettiga@lincolntown.org. Space is limited.

FREE Tech Tutoring

Thurs., Oct. 3 1:00 - 4:00PM
Tues., Oct. 15 11:00 - 1:00PM

Looking for help with your laptop, tablet, smart phone, or iPad? Please bring your device and charging cable with you. Appointments are 60 minute. Space is limited. Sign up required. Call 781-259-8811 for an appointment.

English at Large

ENGLISHATLARGE

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.

FREE. Create your own original. Art supplies provided. No Art Studio on Oct. 23.

Memoirs Second & Fifth Wednesday, 10:00 - 12:00 pm, in-person & via Zoom.

\$6/class Share your stories and write them together.

Ukulele Gathering Second 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. Holiday make up Oct. 15.

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

Mah Jongg Every Monday, 9:00 - 12:00pm, & Every Thursday, 1:00 pm - 2:45 pm, in-person.

FREE. Let's get everyone learning & playing this fun game. No Mah Jongg Oct. 24.

Coffee Social Hour Third 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.

DEE FUNERAL & CREMATION SERVICES
 Concord, Massachusetts
Caring for Families since 1868
978-369-2030
 John J. Arena III
 Susan M. Dee • Charles W. Dee
www.deefuneralhome.com

LINCOLN WOODS
 APARTMENTS
 Newly Renovated
 Affordable Apartments
 Next to the Lincoln Mall
 50 Wells Rd. / Lincoln, MA
www.LincolnWoodsApt.com
781-259-0150



Friends of the Lincoln Council on Aging
 P.O. Box 143 • Lincoln, MA 01773
 Proud to Support the Lincoln Council on Aging
 Serving people of all ages
 Trips – Music – Social Events
 Exercise – Tai Chi – Line Dancing
 Counseling – Transportation - Caregiving Help
 Art – Drama - Music
More and more every month

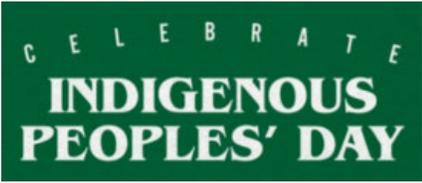
Donate 

Place Your Ad Here and Support our Community!
 Instantly create and purchase an ad with
AD CREATOR STUDIO



 lpicomunities.com/adcreator

BRIAN MURPHY
itman
 In-home Mac or PC Help
 Hardware & Software Install
 Training | Upgrades
 Virus & Malware Removal
 Remote assistance and pickup & drop-off
Brian@The-IT-Man.com
 978-369-3348 | WWW.THE-IT-MAN.COM

MONDAY	TUESDAY	WEDNESDAY
<p>**Traveling Chef** Friday, Oct. 11 at 11:30AM The chefs are back to create for you a German Octoberfest meal! Call to RSVP. Lederhosen optional. Cost: \$6 suggest donation. <i>Sponsored FLCOA & MSS.</i></p>	<p>1 9:30 Knitting 11:15 Stretch & Flex 12:30 Active Aging 1:00 Noticing Walk: Stony Brook</p>	<p>9:30—11:30 SHINE Off 9:30 Opportunities Gr 10:30—12:30 Senior Fl 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Studio</p>
<p>7 9:00 Mah Jongg 12:30 Movie: <i>Cyrano</i> 2:00 Tai Chi 1 3:00 Tai Chi 2 <u>No Doo Wop</u></p>	<p>8 9:30 Trail Walk: Farrington Nat. Linc 9:30 Knitting 9:30 FLCOA Meeting 10:00 Doo Wop Make Up 11:15 Stretch & Flex 12:30 Active Aging 1:00 COA Board Meeting</p>	<p>8:45—10:45 Podiatry C 8:45—10:45 Wellness 9:30 Bereavement Gro 10:00 Memoirs Writing 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Studio</p>
<p>14  COA&HS CLOSED</p>	<p>15 9:30 Trail Walk: Browning Fields 9:30 Knitting 10:00 Doo Wop Make Up 11:00—1:00 Tech Tutoring 11:15 Stretch & Flex 12:30 Active Aging</p>	<p>9:30 Caregiver Suppo 10:00 Noticing Walk: H 11:00 Lunch & Learn: I Open Enrollment 1:00—4:00 SHINE Offic 1:00 Tai Chi 1 / 2:00 2:30 Open Art Studio No Line Danci</p>
<p>21 9:00 Mah Jongg 10:00 Doo Wop 12:30 Movie: <i>The New World</i> 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p>22 8:45—1:45 Podiatry Clinic 8:45—1:45 Wellness Clinic 9:30 Trail Walk: Emerson Cliffs 9:30 Knitting 10:30 Coffee & Convo: J. Hutchinson 11:00—1:00 Hearing Screening 11:15 Stretch & Flex 12:30 Active Aging</p>	<p>9:30 Bereavement Gro 1:00 Tai Chi 1—Zoom 2:00 Tai Chi 3—Zoom COA&HS CLOSED for s NO in person acti</p>
<p>28 9:00 Mah Jongg 9:30 French Conversation 10:00 Doo Wop 12:30 Movie: <i>Geronimo: An American Legend</i> 2:00—3:30 Realtor Office Hours 2:00 Tai Chi 1/ 3:00 Tai Chi 2 3:00 Tai Chi 2</p>	<p>29 9:30 Trail Walk: Mt. Misery 9:30 Knitting 11:15 Stretch & Flex 12:30 Active Aging 2:00 Fall Prevention Workshop</p>	<p>10:00 Memoirs Writing 10:00 **NEW**Cardio 11:00 Line Dancing 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.

DAY	THURSDAY	FRIDAY
2 Office Hours Group u Clinic	3 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch & Flex 12:30 Active Aging 1:00—4:00 Tech Tutoring 1:00 *NEW* Drop In Mah Jongg	4 9:30—12:30 Senior Salon 10:00 German Conversation 10:00 SAIL/Balance 11:30 Senior Dining Menu: Sesame noodles, edamame with bell peppers, green salad 12:30 Lincoln Academy: Medicare Supplem. vs. Medicare Advantage
9 Clinic Clinic oup Group	10 7:30 Trip: Castle in the Clouds 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch & Flex 12:30 Active Aging 1:00 *NEW* Drop In Mah Jongg 3:00 Ukulele	11 10:00 SAIL/Balance 11:30 Special Meal: Traveling Chef Menu: Pork Schnitzel, sausages, sauerkraut, German potato salad, veggies, & apple strudel 12:30 Lincoln Academy: International Institute of New England
16 rt Group artwell Tavern Medicare t Updates ce Hours Tai Chi 3	17 9:00—12:00 Veterans Office Hour 9:00 Coffee & Convo: Social Hour 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch & Flex 12:30 Active Aging 1:00 *NEW* Drop In Mah Jongg	18 10:00 German Conversation 10:00 SAIL/Balance 10:30 Caregiver Support Group 11:30 Senior Dining Menu: Chicken Parm, pasta, & broccoli 12:30 Lincoln Academy: Protect Yourself from Fraud & ID Theft 2:00—4:00 Legal Clinic
23 oup only only	24 9:15 Tai Chi 1—Zoom only 10:15 Tai Chi 2—Zoom only	25 10:00 SAIL/Balance—Zoom only
staff training ivities	<u>COA&HS CLOSED for staff training</u> <u>NO in person activities</u>	<u>COA&HS CLOSED for staff training</u> <u>NO in person activities</u>
30 Group Jazz	31 9:00—12:00 Veterans Office Hour 9:15 Tai Chi 1 / 10:15 Tai Chi 2 10:00 Coffee & Convo: Conversation 11:15 Stretch & Flex 12:30 Active Aging 1:00 *NEW* Drop In Mah Jongg 3:00 Doo Wop Concert: Spooktacular	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 (call: 781-259-8811). Suggested \$2 donation. Residents aged 60+. <i>Sponsored by MSS.</i>



Your Local Lincoln Real Estate Expert

Whether buying or selling, I would love to guide you through your next real estate decision, offering a proven track record at every price point.

I look forward to hearing from you!

TERRY PERLMUTTER
617.519.5179 | tperlmutter@barrettsir.com

Barrett | Sotheby's
INTERNATIONAL REALTY



SAIL Fitness

Fridays Cost, \$3.00/class
10:00-10:45AM



Derry Tanner

16 Class session begins Friday, October 4 through January 31. 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.

Fall Prevention Program with Lt. Juhola

Tuesday, October 29 at 2:00PM



Join Lt. Ben Juhola of Lincoln Fire Dept. teach us all to learn to Fall safely! Let's avoid ending up in the hospital. This program provides time to practice falling on exercise mats, so dress comfortably to participate.

Bedrooms and bathrooms are a common places to fall in the home. Preventing slipping or tripping can help deter unwanted falls, along with increased balance awareness.

Registration is required for this workshop. To register, please contact Amy at 781-259-8811 / rettiga@lincolntown.org to sign up.

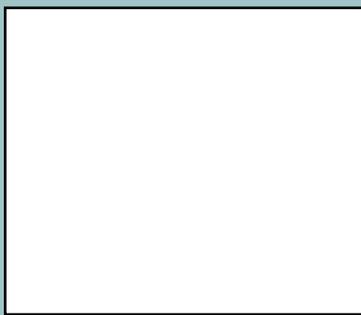


FREE SERVICE

CALL US!
When It's Time To Take The Next BEST Step!

We offer our resources and expertise to find Independent/Assisted Living or Memory Care because the right place means everything for you and your family.

oasis SENIOR ADVISORS
Oasis Northwest Boston
781-205-9455
OasisSeniorAdvisors.com/NW-Boston/



TRAIN with SHAIN
IN HOME PERSONAL TRAINING FOR SENIORS
Gait, Balance/Fall Prevention & Strength Training
(508) 231-6378
www.trainwithshain.net
FULLY INSURED

HUMBLE HOME CARE SERVICES SINCE 2013

We Care!

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

OUR COMMUNITY NEWSLETTER
OCTOBER EDITION

Scan to contact us!

Visit Ipicommunities.com

OUR SERVICES

- Nurse supervised CNA, HHA
- Companionship
- Personal Care
- Post -Op Care
- Medication reminders
- Respite care
- Escort to MD appointments
- Housekeeping
- Meal Prep
- Shopping & Errands
- Pet Care
- 24 Hr Care & Regular Shifts

Call 978-764-5296
www.humblehcs.info@humblehcs.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, 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 Thurs., Oct 24.**



Katrina Rotondi

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 Thurs., Oct. 24.



Katie Anderson

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? **No Line Dance class on Wed., Oct. 16 or Wed. Oct. 23.**

Tai Chi Teachers



Jane Moss



Cardio Jazz Class with Katie

Wednesdays Cost, \$3.00/class
10:00-11:00AM



Join us for Cardio Jazz 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. This class begins on Wednesday, October 30!

Hybrid Exercise: In Person & Via Zoom

FALL Tai Chi with Jane, Ellie, & Cynthia

Mondays, Wednesdays, & Thursdays Cost, \$3.00/class

12 week fall session runs Sept. 23 – Dec. 12. This gentle practice works the joints and muscles to increase flexibility, strength, balance, and circulation. Register for session before classes begin. No class on Oct. 14, Nov. 27, or Nov. 28. Please Note: Tai Chi Classes held on Oct. 23 & Oct. 24 will be Zoom only due to staff training.

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



**Cynthia
Rosenberger**



Monday Movie Matinees

12:30 pm



Oct. 7 Cyrano (2021) 2hr 3min. Rated PG. Romantic Drama starring Peter Dinklage and Haley Bennett. Too self-conscious to woo Roxanne himself, wordsmith Cyrano de Bergerac helps young Christian win her heart through love letters. Directed by Joe Wright.

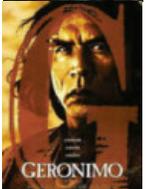


Oct. 14 No Movie, COA&HS Closed.

Oct. 21 The New World (2005) 2hr 15min. Rated PG. Romantic Drama starring Colin Farrell, Q'orianka Kilcher and Christopher Plummer. The story of the English exploration of Virginia, and the changing world and loves of Pocahontas. Directed by Terrence Malick.



Oct. 28 Geronimo: An American Legend (1993) 1hr 55min. Rated PG. Drama/History starring Jason Patric, Gene Hackman & Robert Duvall. The story of the Apache chief and his armed resistance to the U.S. Government's subjugation of his people. Directed by Walter Hill



Trips

Castle in the Clouds

Thursday, October 10 from 7:30AM—5:00PM



All aboard the luxurious charter bus heading for a classic New England day up north! Charter bus departs Donelan's at 7:30am sharp to take you on a tour of the famous *Castle in the Clouds*. You will have time to take a trolley, explore the castle, enjoy the breathtaking view, castle grounds, and gift shop.

Enjoy a delicious lunch at *The Village Kitchen*. Choice of entrées: A) Roast Turkey Dinner, B) Meatloaf, C) Haddock Bites, or D) Cranberry Chicken Salad Wrap. After lunch, the bus brings you to *Beans & Greens Farm* where you can pick up seasonal items and visit barnyard animals in this bucolic local.

The trip cost is \$99, including transportation, Castle tour, trolley, lunch, and driver gratuity. **To sign up:** make check payable to *FLCOA Trips* and include your lunch choice on the memo line. Send check to LCOA&HS, c/o Town Offices, 16 Lincoln Road, Lincoln, MA 01773. Trip is 1st come, 1st serve to Lincolniters aged 60+. *Subsidized by Friends of Lincoln Council on Aging.*

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



The Right Care,
Right at Home®

- *Personal Care/Companionship
- *Post Surgery/Rehab Care
- *Transfers/Ambulation Assist
- *Hospice Support
- *Transportation/Errands
- *Alzheimer/Dementia Care
- *Homemaking/Meal Prep
- *Hourly, 24/7 and Live-in Services

Personalized care plans with ongoing nurse supervision
Safe transition home from hospital or rehab stay

60 Great Road, Bedford, MA
781-275-1400
www.rightathomecare.com



IF YOU LIVE ALONE

MDMedAlert!™
At HOME and AWAY!

STARTING AT
\$19⁹⁵
/mo.

- ✓ Ambulance
 - ✓ Police
 - ✓ Family
 - ✓ GPS & Fall Alert
- "STAY SAFE in the HOME YOU LOVE!"



800.809.3570 * md-medalert.com

CLEAN OUT YOUR HOUSE INC.

Moving or just decluttering we take everything
Furniture • Household Goods • Rubbish • Paints
WE TAKE CONSIGNMENTS, OR BUY YOUR ITEMS
We Donate many items to charity and recycle



Call for a Free Estimate - 781-996-0968

www.CleanOutYourHouse.com



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit

www.mycommunityonline.com

WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Lisa Templeton

ltempleton@lpicomunities.com

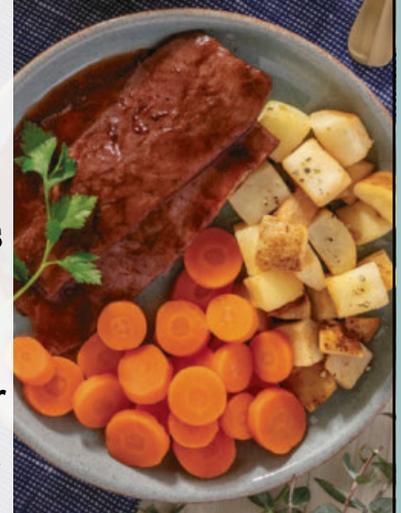
(800) 477-4574 x6377



Nutritious & Delicious Meals

- Free Delivery
- No Subscriptions
- No Minimum Order

*This is an introductory offer
only. Expires 12/31/2024.



Call us at (508) 301-7212
to get 7 meals for \$49*!

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**

GOING ON IN AND AROUND LINCOLN

Climate Change, Politics & Our Upcoming Election: What is Happening in Massachusetts?

Saturday, October 5 at 10:00AM

The Lincoln Democratic Town Committee sponsoring this talk with Senator Mike Barrett at Bemis.



Free Classical Music at Bemis —All are Welcome!

Sunday, October 6 at 2:00PM

Lincoln Residents with friends from Concord Music Club.



Lincoln Open Mike Night (LOMA) at Bemis Hall

Thursday, October 17 at 7:00PM

Email Rich loma3re@gmail.com to sign up or come listen to Kevin So.



Noticing Walks

Tuesday, October. 1 at 1:00PM, Farm Meadow

Wednesday, October. 16 t 10:00AM, Hartwell Tavern

We are delighted to announce that Noticing Walk are now happening twice monthly! Naturalist John Calabria leads us on walks that are about the journey, not the destination. These FREE walks are gently paced but do cover rough terrain and may have some elevation changes. Register at www.lincolnconservation.org. Co-sponsored by LCOA&HS & Lincoln Land Conservation Trust.

Tuesday Trail Walks

All are welcome, but space is limited for these FREE walks. Explore Lincoln's open space. Visit different trails in Lincoln each week. See page 6 for locations. Walks, led by Conservation Dept. staff, are 2 to 3 miles long. Wear sturdy shoes. Dress for weather. Leave pets at home, since the focus is nature. RSVP: 781-259-2612/conservation@lincolntown.org or online <https://tinyurl.com/2024FallWalks>. Sponsored by the COA&HS and Lincoln Conservation Commission.