



NEWS FROM BEMIS HALL

Volume 15

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Number 11

Lincoln Council on Aging & Human Services



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Diwali Luncheon

Friday, November 1 at 11:30AM



Lincoln seniors age 60+ are invited to a celebratory Diwali meal. See page 6 for menu. \$5 suggested donation. Call 781-259-8811 to sign up.

Decoding Dementia:

Science, Medicine & the Pursuit of Brain Fitness

Wednesday, November 13 at 4:00PM

Drs. Keith Collins and Judith Foster provide a unique perspective and understanding of dementia and Alzheimer's disease. Delve into the symptoms, tests and critical importance of early detection. Come and learn the significance of lifestyle factors that mitigate cognitive decline.

COVID Vaccine Clinic

Wednesday, November 6 from 10:30AM - 12:30PM



This clinic is offering Moderna boosters to Lincoln seniors age 60+. Location: 1st Parish Auditorium. Call 781-259-8811 to sign up.

Lincoln Academy - Fridays at 12:30PM

Nov. 1 Travels through the Heart & Soul of New England

Journalist and author Ted Reinstein has reported all around N.E. for 25 years (retired from *Chronicle*) and tells colorful stories. His latest book describes meeting the most memorable people, who truly represent the essence of New England.



Nov. 8 Surprising Encounters: Strangers, Friends, & Lovers

Wordsmove Theater presents short plays by Wasserstein, Mamet, Manos and Neary. Directed by Mary Crowe. Cast: Corky Becker, Nancy Bush, Mary Crowe, Ben Dubrovsky, Susan Gates, Sally Kindleberger, John Wardle, and Alice Waugh.

Nov. 15 Deep Inside the Blues

Author, Margo Cooper, shares her experience photographing Sam Carr, Frank Frost, Bobby Rush, Otha Turner, and how their musical narratives unfolded. Her new book is a collection of blues artists interviews and photographs spanning 30 years.



Nov. 22 Lincoln Sudbury Civic Orchestra Music Recital & Lecture

LSCO Chamber Players share their love of music with us. Musical info paints a landscape to the music. Orchestra members perform in conductor-less small ensembles, ranging from duos to 12 members. Performance includes music by J.S. Bach, Franz Schubert, Franz Joseph Haydn, Frederick Hofmeister, Spiros Exaras, among others.

!Save the date! Nov. 22 Traveling Chef See page 6.



COFFEE & CONVERSATION

Kim Bodnar, Select Board

Tuesday, Nov. 26 at 10:30AM



Residents are invited to drop in and join Select Board member, Kim Bodnar, 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.

Andy Payne, Finance Committee

Thursday, Nov. 14 at 10:00AM



Residents are invited to stop by to meet and chat with Finance Committee member, Andy Payne. Bring your questions and share your thoughts while enjoying coffee and pastries.

Coffee Social Hour

Thursday, Nov. 21 at 9:00AM



All are welcome to attend this FREE coffee and light breakfast event. This is a relaxed coffee designed to visit and greet old friends and meet new ones.

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. **Medicare open enrollment ends December 7.** SHINE appointments offered on **Wednesdays**. 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, November 6 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 via Zoom. Contact Claire directly at gersteinc@lincolntown.org to learn more. *Sponsored by Benchmark Senior Living at The Commons.*

**Bereavement**

Wednesdays, November 13 & 27 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, November 20 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, November 18 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, November 15 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

Tuesday, November 26



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, November 13

Tuesday, November 26



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, November 26 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.

Info to Know

Caring for Our Own after Passing: Reclaiming an Old Tradition

Tuesday, November 19 at 2:00PM



Are you looking for alternate ways of planning for your own or your loved ones passing? Caring for a loved one after death has been going on for thousands of years. It is a choice that is still possible. Join us to learn the legal facts, the logistical details and a description of the enormous personal benefits that come with this profound moment in a family's life. Presenter, Peg Lorenz, has over 20 years of experience as a home funeral guide, consultant, and hospice volunteer. She is the founder of Peaceful Passage at Home.

FREE Tech Tutoring

Thurs., Nov. 7 from 1:00 - 4:00PM

Tues., Nov. 19 from 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

Thursdays at 8:30AM

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&HS staff for more info.

SPEND TIME WITH OTHERS

French Conversation 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 Open Art Studio Nov. 27.

Memoirs First & Third 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. Make up on Tues. Nov. 12.

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

Mah Jongg Every Monday, 9:00 - 12:00pm, & Drop In Thursdays, 1:00 pm - 2:45 pm.

FREE. Let's get everyone learning & playing this fun game. No Mah Jongg Nov.11.

Coffee Social Hour Third Thursday, 9:00 - 10:30am, in-person.

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



Senior Dining \$3 suggested donation. **Every Friday, 11:30am - 12:30pm.**

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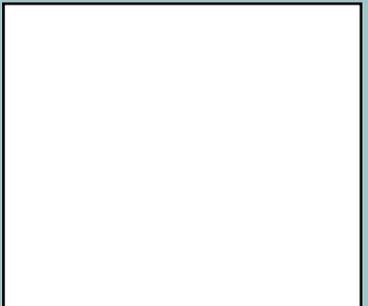
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MONDAY	TUESDAY	WEDNESDAY
<p>**Dawali Luncheon**</p> <p>Friday, November 1 at 11:30AM</p> <p>Special Dawali meal catered by Amarjit Indian Restaurant. Menu: Appetizer, Vegetable Samosas, Entrées, Aloo Gobhi (cauliflower potato curry) and Mutter Paneer (homemade cheese cubes, garden peas, onion, & spices) with rice, and Dessert, Gulab Jamum (sweet fried dough soaked in rosewater syrup). RSVP: 781-259-8811. \$5 suggest donation. <i>Sponsored FLCOA & MSS.</i></p>		
<p>4</p> <p>9:00 Mah Jongg 10:00 Doo Wop 12:30 Movie: <i>The Constant Gardener</i> 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p>5</p> <p>9:30 Knitting 11:15 Stretch & Flex 12:30 Active Aging 1:00 Noticing Walk: Canoe Landing</p>	<p>9:30—4:00 SHINE Office 9:30 Opportunities Gr 10:00 Memoirs Writing 10:00 **NEW** Cardio 10:30—12:30 COVID Va 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Studio</p>
<p>11</p> <p> COA&HS CLOSED</p>	<p>12</p> <p>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 9:30 Bereavement Gro 9:30—4:00 SHINE Office 10:00 Noticing Walk: P 10:00 **NEW** Cardio 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Studio 4:00 Decoding Demer</p>
<p>18</p> <p>9:00 Mah Jongg 10:00 Doo Wop 12:30 Movie: <i>Butley</i> 2:00 Tai Chi 1 2:00—3:30 Realtor Office Hours 3:00 Tai Chi 2</p>	<p>19</p> <p>9:30 Knitting 11:00—1:00 Tech Tutoring 11:15 Stretch & Flex 12:30 Active Aging 2:00 Caring for Our Own</p>	<p>9:30—4:00 SHINE Office 9:30 Caregiver Support 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>
<p>25</p> <p>9:00 Mah Jongg 9:30 French Conversation 10:00 Doo Wop 12:30 Movie: <i>Alice's Restaurant</i> 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p>26</p> <p>8:45—1:45 Podiatry Clinic 8:45—1:45 Wellness Clinic 9:30 Knitting 10:30 Coffee & Convo: K. Bodnar 11:00—1:00 Hearing Screening 11:15 Stretch & Flex 12:30 Active Aging</p>	<p>9:30 Bereavement Gro</p> <p>NO IN-PERSON AC</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
	<p align="center">Traveling Chef Friday, Nov. 22 at 11:30AM</p> <p>Join us for good old fashion comfort food! Menu: Chicken pot pie, cranberry sauce, garden salad, and homemade apple pie. \$6 suggested donation <i>Sponsored by FLCOA & MSS.</i></p>	1
<p>Office Hours 6</p> <p>Group</p> <p>Group</p> <p>Jazz</p> <p>Ucine Clinic</p>	<p align="right">7</p> <p>8:30 English at Large</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>1:00 Drop In Mah Jongg</p> <p>3:00 Doo Wop Concert & Friends</p>	<p>10:00 German Conversation</p> <p>10:00 SAIL/Balance</p> <p>11:30 Special Meal: DIWALI—Indian Cuisine Menu: Veggie Samosas, Aloo Gobhi, Mutter Paneer, Rice, & Gulab Jamum</p> <p>12:30 Lincoln Academy: <i>Travels through the Heart & Soul of N.E.</i></p>
<p>Office Hours 13</p> <p>Group</p> <p>Office Hours</p> <p>Merce Park</p> <p>Jazz</p> <p>ntia</p>	<p align="right">14</p> <p>8:30 English at Large</p> <p>9:00—12:00 Veterans Office Hour</p> <p>9:15 Tai Chi 1</p> <p>10:00 Coffee & Convo: Andy Payne</p> <p>10:15 Tai Chi 2</p> <p>11:15 Stretch & Flex</p> <p>12:30 Active Aging</p> <p>1:00 Drop In Mah Jongg</p> <p>3:00 Ukulele</p>	<p align="right">15</p> <p>9:30—12:30 Senior Salon</p> <p>10:00 German Conversation</p> <p>10:00 SAIL/Balance</p> <p>10:30 Caregiver Support Group</p> <p>11:30 Senior Dining Menu: Turkey Tetrazzini</p> <p>12:30 Lincoln Academy: <i>Deep Inside the Blues</i></p> <p>2:00—4:00 Legal Clinic</p>
<p>Office Hours 20</p> <p>rt Group</p> <p>Group</p> <p>Jazz</p>	<p align="right">21</p> <p>9:00 Coffee & Convo: Social</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>1:00 Drop In Mah Jongg</p> <p>2:30 Emergency Preparedness</p>	<p align="right">22</p> <p>10:00 SAIL/Balance—Zoom only</p> <p>11:30 Special Meal: Traveling Chef Menu: Chicken Pot Pie, garden salad, Homemade apple pie</p> <p>12:30 Lincoln Academy: <i>L-S Chamber Music Recital & Lecture</i></p>
<p>oup</p> <p>ACTIVITIES</p>	<p align="right">27</p> <p align="center">  COA&HS CLOSED </p>	<p align="right">28</p> <p align="center">COA&HS CLOSED</p>
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SAIL Fitness

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



Derry Tanner

Autumn session runs Friday, October 4 through January 31.

Join Derry Tanner, retired nurse & certified personal trainer for Stay Active and Independent for Life (SAIL). There is still time to join. Email Amy, rettiga@lincolntown.org, if you would like to join.

Performing exercises that improve strength, balance, and fitness are the single most important activity that adults can do to stay active & reduce chances of falling. **No class Nov. 29.**

Emergency Preparedness Training Fire Dept. & Red Cross

Thursday, November 21 at 2:30PM



Join Lt. Ben Juhola of the Lincoln Fire Dept. along with American Red Cross Trainer, Shannon Fitzgerald, to learn how to prepare for and respond in emergencies.

Build confidence by learning simple steps you can take now, to help prepare and protect loved ones. The program is designed to help people understand, prepare for and respond appropriately to disasters.

Registration is required for this workshop. To sign up, email/call Amy at rettiga@lincolntown.org or 781-259-8811.



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

In Person Exercise

Stretch and Flex Classes with Terri

Tuesdays and Thursdays Cost, \$3.00/class
11:15-12:15PM



Terri Zaborowski

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 class Nov. 28.**

Active Aging Classes with Terri

Tuesdays and Thursdays Cost, \$3.00/class
12:30-1:30PM



Katrina Rotondi

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 class Nov. 28.

Line Dancing with Katrina

Wednesdays Cost, \$3.00/class
11:00-12:00PM



Katie Anderson

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 class Nov. 27.**

Cardio Jazz Class with Katie

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



Cardio Jazz is the perfect blend of a good aerobic workout while enjoying the fun of dance class! Each class will get your body moving, stretching and dancing. Dress comfortably and bring a water bottle. First class is FREE! **No class Nov. 27.**

Tai Chi Teachers



Jane Moss



Ellie Horwitz



Cynthia Rosenberger

Hybrid Exercise: In Person & Via Zoom

Autumn Tai Chi with Jane, Ellie, & Cynthia

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

12 week 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 Nov. 27 or Nov. 28.**

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



Free popcorn!

Nov. 4 The Constant Gardener (2005) 2hr 9min. Rated R. Romantic Drama Mystery starring Ralph Fiennes, Rachel Welsz and Danny Huston. A widower's transcontinental quest to find answers about his wife's death leads him to explosive secrets. Husband uses his privileged access to diplomatic secrets, and stops at nothing to uncover and expose the truth. Directed by Fernando Meirelles.



Nov. 11 No Movie, COA&HS Closed.

Nov. 18 Butley (1974) 1hr 34min. Rated R. Romantic Drama starring Alan Bates, Jessica Tandy and Richard O'Callaghan. Butley is a man with a desperate problem. He needs other people, and his only strategy for attracting them is to drive them away. This English professor finds his life crumbling around him. Directed by Harold Pinter.



Nov. 25 Alice's Restaurant (1969) 1hr 51min. Rated R. Drama Comedy starring Arlo Guthrie, Patricia Quinn and James Broderick. Arlo Guthrie plays himself in this film based on his song of the same name. After getting kicked out of college, Arlo decides to visit his friend for Thanksgiving dinner. After dinner is over, Arlo volunteers to take the trash to the dump, but it's closed, so he dumps it in a ravine. This simple act sends him on a bizarre journey. Directed by Arthur Penn



Heating Assistance – Need Help Paying Energy Bills?

S M C If you want help paying your electric or heating bill, the Fuel Assistance Program may be able to assist. The program provides a cash benefit for both home owners and renters with eligible incomes (at or below \$49,196. for a household of 1, at or below \$64,333 for a household of 2, etc.). **NEW THIS SEASON: Fuel Assistance clients must choose from a list of eligible fuel vendors to qualify.** Call 781-259-8811 x103 and speak with Carlee to request vendor list. Recipients may also be eligible for other benefits (e.g. new water heater, furnace, and more!). To apply, residents of all ages should call Natalia or Carlee at 781-259-8811 to set up an appointment. Those who are experiencing extreme financial emergencies may also call the COA &HS to learn more about other programs such as the Emergency Assistance Fund (EAF).



The EAF is funded by the Ogden Codman Trust, First Parish, & donations from residents like you.

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



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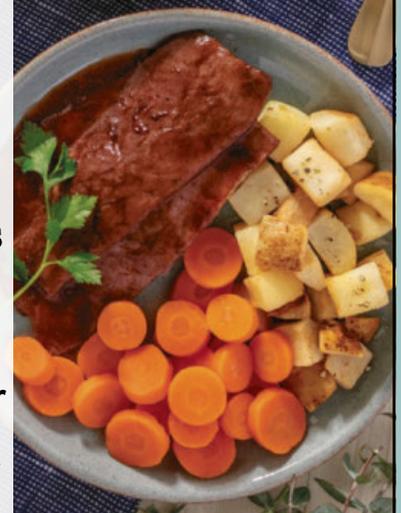
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Heating Assistance Information listed on page 11.



GOING ON IN AND AROUND LINCOLN

Presidential Election Day

Tuesday, November 5, 7:00AM to 8:00PM

Polling Place: Reed Gym, Lincoln School

Early In-Person Voting

Friday, November 1, 8:30AM to 4:30PM

Location: Donaldson Room, Town Offices.



Rhapsody Piano Recital

Sunday, November 17 at 3:00PM at Bemis Hall

Rhapsody, an amateur pianist group, performs selections by Beethoven, Scriabin & more.

FELS Thanksgiving Pie Sale

Now through November 15



The Foundation for Educators at Lincoln-Sudbury hosts its annual Pie Sale. Proceeds support FELS mission of awarding enrichment grants to LSRHS faculty and staff. More info at: www.felsgrant.org.



Lincoln Open Mike Night (LOMA)

Thursday, November 14 at 7:00PM

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

2024 Lincoln Arts Show at Pierce House,

Friday, Nov. 15 - Sunday, Nov. 17

Calling artists of all ages. Details and registration at www.LincolnMA.MyRec.com. Reg. by 11/8.



Noticing Walks

Tuesday, November 5 at 1:00PM & Wednesday, November 13 at 10:00AM

We are delighted to announce that Noticing Walks 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.