



NEWS FROM BEMIS HALL

Volume 15

December 2024

Number 12

Lincoln Council on Aging & Human Services



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Holiday Open House Friday, December 13 at 11:30AM



Donate to FLCOA



FREE light lunch provided. Join us as we celebrate the holiday season. Special guests, Tim Higgins, Town Administrator, and Kim Bodnar, Select Board member, look forward to chatting with community members. Delicious finger sandwiches and desserts offered. Capture the moment at our special photo booth! Stay after the meal for a sing along of classic holiday tunes. *Sponsored by Friends of Lincoln Council on Aging.*

Holiday Gift Card Drive Donation Deadline: Friday, December 9

Each year, the COA&HS visits needy seniors to spread some holiday cheer. This year we are collecting \$10 gift cards to locations like Market Basket, Walgreen, and CVS for seniors in need.

How can you help? Stop by the giving tree located in the Bemis Hall lobby to take a specific gift card request to fulfill or bring in the grocery/pharmacy gift card of your choosing. Please have gift card donations in to Carlee by Friday, December 9.



Lincoln Academy - Fridays at 12:30PM

Dec. 6 Concord Traveling Players Holiday Variety Show

Back by popular demand! These local actors and musicians showcase their talents with humorous short holiday skits and songs, including a comical version of Dickens' *A Christmas Carol*.



Dec. 13 Holiday Song Doo-Wop Sing Along

Immediately following the Annual Holiday Open House, Peter Stewart and our very own Doo-Wop Team lead us all in traditional holiday classics. The joy and good cheer is contagious!



Dec. 20 Holiday Floral Arrangement Presentation & Workshop

Nancy Henderson guides you to create a FREE holiday arrangement for your table. Bring scissors or clippers. Plant materials and container will be provided. Space is limited. You must register by calling 781-259-8811 and reserve your spot.



Save the date! Traveling Chef: Carving Station - Fri., Dec. 20



FREE Sand & Salt Buckets

The winter season is upon us!

The Lincoln Girl Scouts would like to help seniors be prepared and safe this winter and void trips and slips.

If you would like a FREE sand and salt bucket to help with the icy spots on your driveway or walkway, please contact Carlee at 781-259-8811 to sign up and the Girl Scouts will deliver straight to your door.

COFFEE & CONVERSATION

Coffee Social Hour

Thursday, Dec. 19 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.

Jennifer Glass, Select Board

Tuesday, Dec. 17 at 10:30AM

Residents are invited to drop in and join Select Board member Jennifer Glass for coffee. Bring questions & ideas. Learn the latest updates. Coffee and pastries provided! Prefer Zoom? Email rettiga@lincolntown.org.



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, December 4 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, December 11 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 usually 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, December 18 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, December 16 from 2:00 - 3:30PM

Do you have real estate questions big or small? Are you wondering which repairs should be prioritized to bring greater return? Need help creating a one, two, or five year downsizing plan? Terry Perlmutter, Lincoln resident and realtor, is offering 30 minute personalized consultations to address your specific questions and concerns. Feel free to bring pictures, notes, and questions to your appointment. Call 781-259-8811 to RSVP.

**Senior Salon**

Friday, December 13

Friday, January 17

Looking for a local hairdresser or barber? We are pleased to announce monthly half price Senior Salon Day in collaboration with the Salon at Minuteman Tech. Call 781-259-8811 to reserve your appointment to receive the royal treatment. Need a ride? Call Carlee at 781-259-8811 to book transportation. For a full list of salon services: www.minuteman.org/student-run-public-services/salon-minuteman

WELLNESS CLINICS

FREE Wellness Clinics with Tricia McGean, NP

Wednesday, December 11
Tuesday, December 17

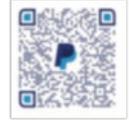


Have your blood pressure checked, receive advice about nutrition and fitness, medication management, answers about how to manage chronic conditions, where to get health services, and more!



Podiatry Clinics with Dr. Ruhl

Wednesday, December 11
Tuesday, December 17



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, December 17 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.

Noticing Walks

Tuesday, December 3 at 1:00PM, Hartwell Tavern
Wednesday, December 11 at 10:00AM, Farm Meadow

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. No pets please, our focus will be on observing nature. Register at www.lincolnconservation.org. If you need to cancel after registering for a walk, please let LLCT know so your spot can be offered to someone else. Space is limited. *Co-sponsored by LCOA&HS & Lincoln Land Conservation Trust.*

FREE Tech Tutoring

Thurs., Dec. 5 1:00 - 4:00PM
Tues., Dec. 10 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

Thursdays, 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 staff for more info.

SPEND TIME WITH OTHERS

French Conversation Second and 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.

Memoirs First Wednesday of December, 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.

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 Dec. 26.

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. No Senior Dining on Dec. 27.



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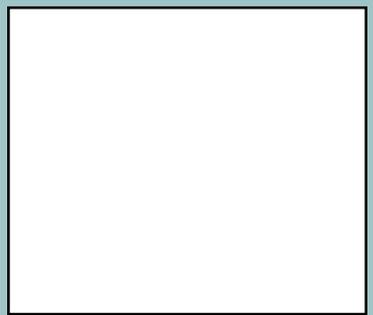


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MONDAY	TUESDAY	WEDNESDAY
2	3	
9:00 Mah Jongg 10:00 Doo Wop 12:30 Movie: <i>Wild Nights with Emily</i> 2:00 Tai Chi 1 3:00 Tai Chi 2	9:30 Knitting 11:15 Stretch & Flex 12:30 Active Aging 1:00 Noticing Walk: Hartwell Tavern 1:00—4:00 SHINE	9:30 Opportunities Gr 9:30—4:00 SHINE 10:00 *NEW*Cardio Ja 10:00 Memoirs 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Studio
9	10	
9:00 Mah Jongg 9:30 French Conversation 10:00 Doo Wop 12:30 Movie: <i>Sophie's Choice</i> 2:00 Tai Chi 1 3:00 Tai Chi 2	9:30 Knitting 9:30 FLCOA Meeting 11:00—1:00 Tech Tutor 11:15 Stretch & Flex 12:30 Active Aging 1:00 COA Board Meeting	8:45—10:45 Podiatry 8:45—10:45 Wellness 9:30 Bereavement Gr 10:00 *NEW*Cardio Ja 10:00 Noticing Walk: F 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Studio
16	17	
9:00 Mah Jongg 10:00 Doo Wop 12:30 Movie: <i>Out of Africa</i> 2:00—3:30 Realtor Office Hours	8:45—1:45 Podiatry Clinic 8:45—1:45 Wellness Clinic 9:30 Knitting 10:30 Coffee & Convo: J. Glass 11:00—1:00 Hearing Screening 11:15 Stretch & Flex 12:30 Active Aging	9:30 Caregiver Group 10:00 *NEW*Cardio Ja 11:00 Line Dancing 1:00—4:00 SHINE 2:30 Open Art Studio
23	24	
9:00 Mah Jongg 9:30 French Conversation 10:00 Doo Wop 12:30 Movie: <i>The Holdovers</i>	9:30 Knitting NO EXERCISE CLASSES	 COA&HS CLO
30	31	
9:00 Mah Jongg 10:00 Doo Wop	9:30 Knitting NO EXERCISE CLASSES	Travel Frid Join us for a special meal ham, turkey and stuffing cranberry relish, raisin sa tea. Make your reservation Residents aged 60+. <i>Spons</i>

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
Group Jazz	4 5 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 Drop In Mah Jongg 1:00—4:00 Tech Tutor	6 10:00 German Conversation 10:00 SAIL/Balance 11:30 Senior Dining: Menu: Ham & cheese on whole wheat, pasta salad, marinated veggies 12:30 Lincoln Academy: <i>Concord Traveling Players : Holiday Variety Show</i>
Clinic Clinic Group Jazz Farm Meadow	11 12 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 Drop In Mah Jongg 3:00 Ukulele	13 9:30—12:30 Senior Salon 10:00 SAIL/Balance 11:30 Holiday Open House Menu: Finger sandwiches, salad, chips, Pastries & holiday cookies 12:30 Classic Holiday Sing-a-Long
Group Jazz	18 19 9:00—12:00 Veterans Office Hours 9:00 Coffee & Convo: Social Hour 11:15 Stretch & Flex 12:30 Active Aging 1:00 Drop In Mah Jongg 3:00 Ukulele	20 10:00 German Conversation 10:00 SAIL/Balance 10:30 Caregiver Support Group 11:30 Traveling Chef: CARVING STATION Menu: Roast ham, turkey, stuffing, gr. beans, butternut squash & cranberry 12:30 Lincoln Academy: <i>Floral Demonstration</i>
 25 CLOSED	26 NO IN-PERSON ACTIVITIES	27 NO EXERCISE CLASSES NO IN-PERSON ACTIVITIES

Traveling Chef Carving Station

Friday, December 20 at 11:30AM

Full of comfort food with all the fixings! Menu: Christmas turkey, potatoes au gratin, butternut squash, green beans, cranberry sauce, fluffy roll, gingerbread with whip cream, coffee and more. Reserve by Monday for the Friday meal. Suggested \$6 donation. Sponsored by FLCOA and MSS.

Senior Dining

Fridays at 11:30AM

Senior Dining is a great place to meet up with friends. Both old and new. Make your reservation by Wednesday for the Friday meal. Suggested \$2 donation. Residents aged 60+. *Sponsored by MSS.*



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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. This class is offered via Zoom.

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.

Memoirs Writing Group

Every other Wednesday Cost, \$6.00/class
10 :00AM-12:00PM



Winter session runs January 8—May 28. Mark Twain said, "Writing is easy. All you have to do is cross out the wrong words." If you like to write, then this is the class for you!. Writings are read and shared by each author during meetings. Memoirs meetings are hybrid, in person and via Zoom.

Registration is required for this program. Space is limited. To register, please contact Amy at 781-259-8811/rettiga@lincolntown.org to sign up. Session cost is \$66.00 or \$6.00 per class.



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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 class Dec. 24.—Jan. 2.**



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 class Dec. 24—Jan 2.



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?

Tai Chi Teachers



Jane Moss



Ellie Horwitz



Cynthia Rosenberger

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.



Hybrid Exercise: In Person & Via Zoom

Winter Tai Chi with Jane, Ellie, & Cynthia

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

11 week session runs Jan. 13 – March 28. This gentle practice works the joints and muscles to increase flexibility, strength, balance, and circulation. Register for session before classes begin. Questions? Email Amy using rettiga@lincolntown.org.

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!

Dec. 2 Wild Nights with Emily (2018) 1hr 24min. Rated PG13. Historic comedy starring Molly Shannon, Susan Ziegler and Amy Seimetz. Dramatization of the little known side of the writer Emily Dickinson's life, in particular, her relationship with another woman. Directed by Madeleine Olnek.

Dec. 9 Sophie's Choice (1982) 2hr 30min. Rated R. Romantic Drama starring Meryl Streep, Kevin Kline and Peter MacNicol. Sophie is the survivor of Nazi concentration camps, who has found a reason to live with Nathan, a sparkling if unsteady American Jew obsessed with the Holocaust. Directed by Alan J. Pakula.

Dec. 16 Out of Africa (1985) 2hr 41min. Rated PG. Romantic Drama starring Meryl Streep, Robert Redford and Klaus Maria Brandauer. In 20th-century colonial Kenya, a Danish baroness/plantation owner has a passionate love affair with a free-spirited big game hunter. Directed by Sydney Pollack.

Dec. 23 The Holdovers (2023) 2hr 13min. Rated R. Drama/Comedy starring Paul Giamatti, Dominic Sessa and Da'Vine Joy Randolph. A curmudgeonly instructor at a New England school remains on campus during Christmas break. He soon forms an unlikely bond with a brainy but damaged troublemaker, and the school's cook, a woman who just lost a son in the Vietnam War.

Festive Fest!

Saturday, Dec. 16 from 11:00-1:00PM

The Bedford COA presents Festive Fest! Gather with friends & allies for a light lunch. Join for some seasonal fun, games, and sparkle. *Sponsored by Minuteman Senior Services and LGBTQIA+ Aging Project*

Inclement Weather Policy

As the winter months are approaching, we want to let everyone know that your safety is our top concern. We will attempt to let you know if town buildings will be closed. If the Lincoln schools are closed due to weather, in person COA&HS activities are cancelled. If the Schools are delayed or closed early, it is at the discretion of the COA&HS staff and individual instructors whether a particular activity will be held. Every effort will be made to shift programming to a virtual format or reschedule classes and presentations that are cancelled due to bad weather.

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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GOING ON IN AND AROUND LINCOLN



Everything Electric

Wednesday, December 4 at 7:00PM

Sponsored by CFREE and Midwest Climate Solutions. Presenter: Ross Tretheway, Home Technology Expert featured on *This Old House*. Go to www.lincolngreenenergy.org for Zoom link.

Lincoln Open Mike Night (LOMA)

Monday, December 9 at 7:00PM

Email Rich loma3re@gmail.com to sign up or come listen to Fortune's Favor with Chris O'Connor & Mike Bradley. Located at Bemis Hall.



State of the Town Meeting

Saturday, December 7, Lincoln Public School, Ballfield Road

Schedule of Events

- 8:00—9:15AM: Community Breakfast (Dining Commons)
- 9:30—10:25AM: Town Overview & Community Open Forum (Auditorium)
- 11:00—11:45AM: Breakout Session 1
- 11:45—12:30PM: Breakout Session 2

Breakout Session Topics

- Let's Talk About Town Meeting* - Town Meeting Study Committee (Learning Commons)
- Making the Switch Away from Fossil Fuels* - Lincoln Green Energy Coaches Program (Media Center)

Have difficulty walking long distances? For those with mobility issues, special parking will be available near the Auditorium and Learning Commons entrances. Public Safety staff will be ready to assist you parking.

For more information: www.lincolntown.org/1546/2024-State-of-the-Town.

Welcome to Lincoln Newcomers' Party

Sunday, January 26, 2025 at 3:00PM

SAVE THE DATE! Hosted by Town of Lincoln Inclusion, Diversity, Equity, Anti-racism (IDEA) Committee. More info to follow.