



NEWS FROM BEMIS HALL

Volume 16

January 2025

Number 1

Lincoln Council on Aging & Human Services



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Income Tax Preparation

Mondays in February and March



Volunteers certified under the AARP Tax Aide program will prepare your federal and state tax returns and answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers, with a special attention to those aged 60+. Call 781-259-8811 to schedule your confidential appointment and receive the list of documents needed to bring. Be sure to have all of your paperwork gathered before your appointment.

Lincoln Academy - Fridays at 12:30PM

Jan. 10 Tai Chi for Balance, Flexibility, & Well Being

The *Harvard Medical School Guide to Tai Chi* (2013) finds that Tai Chi is related to promotion of flexibility, strength training, and positive sense of wellbeing. Join us as certified Tai Chi instructor, Jane Moss, M.Ed., shares the benefits of Tai Chi and how the practice strengthens ankles, knees, legs, arms, and contributes to fall prevention.

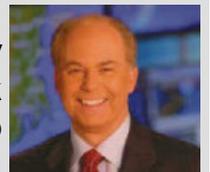


Jan. 17 Should I Stay or Should I Go?: Exploring the Options

Join Lincoln resident and realtor, Patty Levy, as she moderates a panel of professionals that includes information regarding downsizing, reverse mortgages, aging-in-place home modifications, and managing the related emotional impact. If you are considering making a change but unsure of your options, you won't want to miss this event.

Jan. 24 Climate Change & Weather, WCVB's Harvey Leonard

2014-2015 was the snowiest winter on record for Boston, featuring 4 major storms in less than 3 weeks. Harvey Leonard, WCVB chief meteorologist emeritus, takes us back to that time and explains what connection it may have to today's climate change.



Jan. 31 Ruddigore

Sudbury Savoyards joins us with a theatre show preview of Gilbert and Sullivan's *Ruddigore* aka *The Witches Curse*. The operetta is a parody of the stock melodrama—the villain who carries off the maiden. Join us for this shortened preview.



Clutterbug Support Group starts in February!
Stay tuned for more details.



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, Jan. 23 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.

J. Glass, Select Board

Tuesday, Jan. 28 at 10:30AM

Residents are invited to drop in and join Select Board member Jennifer Glass for coffee. Learn the latest updates. Bring questions & your ideas to share. 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. SHINE appointments offered on **Wednesdays**, listed on calendar page 6.



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

Monday, January 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, January 8 & 22 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, January 15 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, January 27 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, January 17 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, RN

Wednesday, January 15

Tuesday, January 28



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, January 15

Tuesday, January 28



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, January 28 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.

PROFESSIONAL SERVICES

Senior Salon

Friday, January 17

Friday, February 7

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-publicservices/salon-minuteman.

FREE Tech Tutoring

Thurs., Jan. 2 from 2:00 - 4:00PM

Tues., Jan. 21 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

Thursdays at 8:30AM

Fridays at 10:30AM



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

Brush up on your French speaking skills.

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

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. No Open Art Studio Nov. 27.

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

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

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. Make up on Tues. Jan. 21

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

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

Mah Jongg: Drop In, Every Thursday, 1:00 - 2:45pm.

FREE. Let's get everyone learning & playing this fun game. No Mah Jongg Jan. 20.

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

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

Senior Dining \$2 suggested donation. Every Friday, 11:30am - 12:30pm.



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MONDAY	TUESDAY	WEDNESDAY
<p align="center">Senior Dining Fridays at 11:30AM</p> <p>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+. <i>Sponsored by MSS.</i></p>	<p align="center">Lunar New Year Meal  Friday, January 31 at 11:30AM</p> <p>Menu: Shrimp Stir Fry, Lo Mein, assorted dumplings and dipping sauces from Mu Lan, mandarin oranges. <i>Sponsored FLCOA & MSS.</i> </p>	<p align="center"> COA&HS CLOSED</p>
<p align="right">6</p> <p>9:00 Mah Jongg 9:30 Opportunities Group 10:00 Doo Wop 12:30 Movie: <i>The Golden Bowl</i></p>	<p align="right">7</p> <p>9:00—11:00 Indoor Walking 9:30 Knitting 11:15 Stretch & Flex 12:30 Active Aging</p>	<p>9:30 Bereavement 9:30—11:30 SHINE 10:00 Memoirs Writing 10:00 Cardio Jazz 11:00 Line Dancing 2:30 Open Art Studio</p>
<p align="right">13</p> <p>9:00 Mah Jongg 9:30 French Conversation 10:00 Doo Wop 12:30 Movie: <i>If Beale Street Could Talk</i> 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p align="right">14</p> <p>9:00—11:00 Indoor Walking 9:30 Knitting 9:30 FLCOA Meeting 11:15 Stretch & Flex 12:30 Active Aging 1:00 COA Board Meeting</p>	<p>8:30—11:00 Podiatry Clinic 8:30—11:00 Wellness 9:30 Caregiver Support 10:00 Cardio Jazz 11:00 Line Dancing 1:00—4:00 SHINE 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Studio</p>
<p align="center"> COA&HS CLOSED</p> <p align="right">20</p>	<p align="right">21</p> <p>9:00—11:00 Indoor Walking 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 Bereavement 10:00 Memoirs Writing 10:00 Cardio Jazz 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art Studio</p>
<p align="right">27</p> <p>9:00 Mah Jongg 9:30 French Conversation 10:00 Doo Wop 12:30 Movie: <i>The Weekend</i> 2:00—3:30 Realtor Office Hours 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p align="right">28</p> <p>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</p>	<p>10:00 Cardio Jazz 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
 1 CLOSED	2 8:30 English at Large 9:00—12:00 Veterans Office Hours 1:00 Drop In Mah Jongg 2:00—4:00 Tech Tutoring	3 10:00 SAIL/Balance 10:30 English at Large 10:00 German Conversation 11:30 Senior Dining Menu: Hot dog, baked beans, & slaw NO LINCOLN ACADEMY
8 Group Office Hours Sing Group Radio	9 8:30 English at Large 9:00—12:00 Veterans Office Hours 11:15 Stretch & Flex 12:30 Active Aging 1:00 Drop In Mah Jongg 3:00 Ukulele	10 10:00 SAIL/Balance 10:30 English at Large 11:30 Senior Dining Menu: Eggplant Marinara w/pasta, garden salad, garlic bread 12:30 Lincoln Academy: Tai Chi for Balance, Flexibility & Well Being
15 ry Clinic ss Clinic oort Group Office Hours Radio	16 8:30 English at Large 9:00—12:00 Veterans Office Hour 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch & Flex 12:30 Active Aging 1:00 Drop In Mah Jongg	17 9:30—12:30 Senior Salon 10:00 German Conversation 10:00 SAIL/Balance 10:30 English at Large 11:30 Senior Dining Menu: Chili Lime Fish, coconut rice, garden salad 12:30 Lincoln Academy: Should I Stay or Should I Go?: Exploring the Options 2:00—4:00 Legal Clinic
22 Group ing Group Radio	23 9:00 Coffee & Convo: Social Hour 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	24 10:00 SAIL/Balance 10:30 English at Large 11:30 Senior Dining Menu: Pad Thai and veggies 12:30 Lincoln Academy: Climate Change: Harvey Leonard, WCVB
29 Radio	30 8:30 English at Large 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	31 10:00 German Conversation 10:00 SAIL/Balance 10:30 English at Large 11:30 Senior Dining—Lunar New Year Menu: Shrimp Stir Fry, Lo Mein, & Dumplings from Mu Lan Restaurant 12:30 Lincoln Academy: Ruddigore

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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 & reduce 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. Cost is \$66 for the session or \$6.00 per class.



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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.

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!

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?

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.

Tai Chi Teachers



Jane Moss



Ellie Horwitz



Cynthia Rosenberger

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 rettiga@lincolntown.org. Please Note: **No class Mondays, January 20 or February 17.**

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.



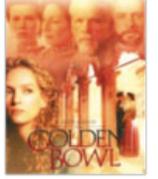
Monday Movie Matinees

12:30 pm



Free popcorn!

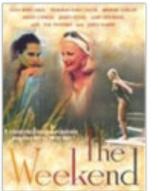
Jan. 6 The Golden Bowl (2000) 2hr 10min. Rated R. Romantic Drama starring Uma Thurman, Jeremy Northam, and Kate Beckinsale. A man marries an heiress for her money even though he is actually in love with her friend, who is a beauty with brains, no money, and a practical nature. Directed by James Ivory.



Jan. 13 If Beale Street Could Talk (2018) 1hr 59min. Rated R. Romantic Drama starring Kiki Layne, Stephan James, and Regina King. A young woman embraces her pregnancy while she and her family set out to prove her childhood friend and lover innocent of a crime he didn't commit. Directed by Barry Jenkins.



Jan. 27 The Weekend (2002) 1hr 37min. Not Rated. Drama starring Gena Rowlands, Deborah Kara Unger, and Brooke Shields. Marian (Debra Kara Unger) and John Kerr (Jared Harris) are expecting an old friend, Lyle (David Conrad) for a weekend visit to their upstate New York home. Emotions run high since it is the one year anniversary of the death of John's brother, the handsome and charismatic Tony (D.B. Sweeney). Directed by Brian Skeet.



Indoor Walking @ Bemis Auditorium

Tuesdays from 9:00 - 11:00AM



Need a safe place to get your steps in? You are welcome to come with your winter boots on and switch to your sneakers. The Bemis Hall auditorium walkers go at a steady pace, averaging 6,000 steps in 90 minutes! Please sign up with Amy by email rettiga@lincolntown.org if you are interested. **No indoor walking January 28.**

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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Patty Levy

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plevy@barrettsir.com

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GOING ON IN AND AROUND LINCOLN



Town-Wide Newcomers' Party

Sunday, January 26, 2025 at 3:00—5:00PM
Lincoln Schools Learning Commons, Ballfield Road

If you are new or still feel new to Lincoln, YOU ARE INVITED TO THIS PARTY. Renters, homeowners, military, singles, families of all configurations and languages, strollers, wheelchairs—YOU are WELCOME! Come and learn about our town, meet community leaders and begin new relationships. Refreshments, children's corner, easy parking included!

To RSVP: visit www.lincolnnewcomers.com, use the QR code or call 781-259-2601.
Hosted by the Lincoln Select Board's IDEA (Inclusion, Diversity, Equity, Anti-racism) Committee.

Winter Carnival

Friday, January 31 through Sunday, February 2

An annual weekend organized by Parks and Recreation, designed to foster a sense of community throughout the Town of Lincoln. All events are sponsored by local organizations.

We encourage you to attend as many programs as possible!

For a full schedule of Winter Carnival events:

Please visit www.lincolntown.org/206/Parks-Recreation

Lincoln Public Schools Looking for Substitute Teachers!

To apply: <https://lincnet.tedk12.com/hire/index.aspx>.

For more information, please contact:

Suzette Brydie at sbrydie@lincnet.org or Chrissie Fallon at cfallon@lincnet.org.



Lincoln Open Mike Night (LOMA)

Monday, January 13 at 7:00PM

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