

NEWS FROM BEMIS HALL

Volume 5 Issue 3

March 2014

The Lincoln Council on Aging Monthly

LINCOLN SCHOOL BUILDING PROJECT: NEXT STEPS

Friday, March 7th, 1:00 pm at Bemis Hall



The Lincoln School Committee invites you to an informational session about the next steps for the school building project. Jennifer Glass, Chair of the School Committee, and Dr. Becky McFall, School Superintendent, will offer a brief presentation and then be available to answer questions and listen to your ideas. This is your chance to both find out more and to share your thoughts with Jennifer and Becky in an informal setting.

WHAT PROGRAMS WOULD YOU LIKE TO ATTEND AT THE COA?

Would you like to take an art history course? Or have more activities with Lincoln's children? The COA is conducting a survey to determine what art, science, humanities, and intergenerational programs you would like us to offer in the future. We would be most grateful if you could drop by Bemis Hall to fill out a survey or answer it online by going to <https://www.surveymonkey.com/s/NG3DNQY>. We will collect responses through March.

GET FREE CARBON DIOXIDE/ SMOKE DETECTORS AND BATTERIES INSTALLED!

Get free smoke and carbon dioxide detectors or replace batteries in detectors you already have through the Lincoln Fire Department's new program, Senior SAFE! The Fire Department has received a grant from the Commonwealth of Massachusetts to purchase the detectors and batteries and install them in your home, all at no cost to you! They will also come and do a free fire safety evaluation of your home. For more information or to schedule a visit, call Ben Juhola of the Lincoln Fire Department at (781) 259-8113.



LEARN ABOUT THE EIGHTH GRADE CITIZENS PETITION AT TOWN MEETING

Six eighth grade students have been meeting regularly since last fall with Town Moderator Sarah Cannon Holden and Town Clerk Susan Brooks to learn about local government on both a theoretical and a practical level. The students will present their very own Citizens' Petition for consideration at the Annual Town Meeting on March 29. Come see what they've learned – Saturday, March 29, 9:30 am, at the Donaldson Auditorium, Brooks School.

NEWS FROM THE TOWN CLERK



Voter Registration Deadline: If you are not yet a Registered Voter and wish to participate in the March 29 Annual Town Meeting or the March 31 Town Election, you must do so by or before **Friday, March 7, 2014**, at the Town Clerk's Office (781) 259-2607.

Snowbirds and no birds: If you have not yet returned the **2014 Town Census** (delivered to all Lincoln households the last week of January) to the Town Clerk's Office, please do so now. For questions, call (781) 259-2607.

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PAM'S BOOKS ARE ALMOST HERE!

Two collections of Pam's helpful articles, revised and updated, will soon be available in handy books! *Inspirations for Living Well at Fifty and Beyond* offers insights and wisdom about living every day to the fullest with joy and connecting the mind, body, and spirit for total wellness with a foreword by Sophie Freud, Ph.D. *Eliminate Clutter and Reclaim Your Life!* gives practical advice and motivation for decluttering both your physical environment and your life. Its foreword is by Lyn Spaeth. The books are published by the Friends of the Lincoln COA and all profits will benefit COA programs and services. Call the COA at (781) 259-8811 for information.



COUNCIL ON AGING SERVICES

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.

MINUTEMAN SHINE (Serving Health Information Needs of **Everyone**) Counselors give help regarding health insurance, medical bills and long-term care needs.

MEALS-ON-WHEELS (Minuteman Senior Services) Home-delivered meals.

ARE YOU IN A FINANCIAL CRISIS? The Small Necessities Project and the Emergency Assistance Fund, funded by the Ogden Codman Trust, First Parish, and donations, may be able to help. Call the COA for info.

FILE OF LIFE. Call or stop by the COA for your free File of Life, an envelope for your fridge or a folder for your wallet holding essential information for emergency medical personnel should you have an emergency.

FUEL ASSISTANCE Need help paying fuel bills? Call Pam Alberts to see if you qualify for Fuel Assistance, a Massachusetts program providing help to income-eligible residents to pay for fuel.

WOULD YOU LIKE A HOME SAFETY EVALUATION? Would you like a free visit from a physical therapist to give suggestions on making your home safer? Call the COA. The Home Safe Project is funded by the Ogden Codman Trust.

MEDICAL EQUIPMENT LOAN The COA has a supply of used medical equipment. Walkers, canes, wheel chairs, tub benches, shower chairs, and commodes are available for loan.

VETERANS BENEFITS For assistance with veterans' benefits and other related issues, contact Priscilla Leach at (781) 259-4472 or lincolnvetservices@gmail.com.

TRANSPORTATION The COA offers rides to medical and other appointments, local shopping, COA activities and, occasionally depending on capacity, some other local rides through volunteer drivers (LINC) and taxis Monday through Friday from 9 am to 4 pm. Please call Lincoln Concord Coach at (781) 259-8722 at least three business days but not more than a month ahead to book a ride. There is no charge for either volunteer or taxi rides. *COA transportation is intended for those who have no other means of transportation such as The Ride, family, friends or caregivers and who cannot afford taxi service without it creating a hardship.* The Ride is the MBTA door to door transportation system for those who have a disability, and runs evenings and weekends. Call Pam for help applying for The Ride. The COA's taxi rides are supported entirely by the Friends of the Lincoln COA. Donations are gratefully accepted.

TO CONTACT US

The Lincoln Council on Aging is located in Bemis Hall, 15 Bedford Road, Lincoln.

Please send mail to: c/o Town Offices, 16 Lincoln Road, Lincoln, MA 01773

Phone: (781) 259-8811; **Fax:** (781) 259-7990

E-mail: Carolyn Bottum, Director:
bottumc@lincolntown.org
Pam Alberts, Assistant Director:
albertsp@lincolntown.org

Disclaimer: The COA does not specifically endorse any service or product advertised herein. We encourage our readers to investigate any service or product they may consider using in order to make an informed decision.

THE LINCOLN ACADEMY

Come to **Bemis Hall on Mondays at 12:30** to hear a fascinating speaker from or associated with Lincoln. Bring a bag lunch. We provide beverages and dessert. The lectures last about an hour, including a question and answer period. Participants are welcome to stay after the program to continue their discussion.

This Month's Speakers

March 3, 12:30 pm — Bill Kerr: Launching Global Ventures

March 10, 12:30 pm — Anita & David Myer: What Can Neurofeedback Do For Me?

March 17, 12:30 pm — Ellie Horwitz: An Amazon Adventure

March 24, 12:30 pm — David Gould: College Admission Yesterday and Today

March 31, 12:30 pm — Sari Pekkala: Educational Choice and Information on Labor Market Prospects: New Evidence from Finland

For DVDs of past programs, go to the Library or COA, or view them online at <http://ma-lincoln.civicplus.com/index.aspx?NID=309>



ENJOY A DAY OUT WITH THE COA!



“SOMETHING’S AFOOT” AT THE STONEHAM!

The COA will be going to see “Something’s Afoot” on **March 12**. This musical mystery spoof of Agatha Christie stories is full of laughs and surprises. The cost is only \$25 per person! The deadline to sign up has passed, but if you would like to be put on the waiting list, please call Joanna Hopkins at (781) 259-0194.

AN APRIL TREAT FOR DOG LOVERS!

Come on **Sunday, April 6** to a graduation ceremony of the National Education for Assistance Dog Services (NEADS) program in Fitchburg. The Doherty’s bus will leave Lincoln at noon. We will eat a delicious lunch at a restaurant, then proceed to the graduation where you will see dogs and their human handlers graduate as well as a demonstration of what the dogs and their handlers do. Martha Coakley will be the keynote speaker. “Assistance dogs become an extension of their handlers and bring freedom, physical autonomy and relief from social isolation to their human partners,” according to NEADS. For more information, please call Sally Kindleberger at (781) 259-1169.

SAVE FRIDAY, MAY 16 FOR THE OLMSTEAD NATIONAL HISTORIC SITE

Come join us on a visit to the **Fredrick Law Olmstead National Historic Site** in Brookline, MA. We will have a guided tour of Olmstead’s home, **Fairsted**, and the adjacent offices where the designs for Boston’s **Emerald Necklace** were developed. There will be time to visit the small museum, view short documentary films, and stroll the grounds surrounding the house. After the tour we will have lunch together at a nearby restaurant, at your own cost. We will depart the Lincoln Mall by Doherty school bus at 9:00 am returning at approximately 2:30 pm. The non-refundable cost is \$8. Space is limited, and reservations must be made by Friday, May 2. Send checks, payable to FLCOA Trips, to Virginia O’Brien, 4 Linway Road, Lincoln MA 01773. Please enclose your phone number and email address. Questions? Please contact Virginia O’Brien at vobrien39@yahoo.com or (781) 259-1291.

Singin’ & Swingin’ - A Benefit Bash for Golden Tones Chorus Sunday, April 6, 2014, 2:00 – 5:00 p.m. at Wayland High School. Tickets are \$25 (tax-deductible); \$10 for age 10 and under. Call 508-318-6318 to reserve.

*** JUST FOR FUN ***



COFFEE WITH ARTIST RUTH ANN HENDRICKSON

Ruth Ann Hendrickson will be exhibiting her stunning watercolors in the Bemis Artists Gallery in March and April. She began taking art lessons at the deCordova in the 1980s and now is a member of the Lincoln Parks and Rec Open Studio. "I am drawn to painting subjects in which light flows over the landscape or the still life, creating a glow as it touches and reflects upon objects in the composition. I love strong colors and am learning how to create strong darks and glowing colors with multiple transparent washes," she says. Come meet Ruth Ann at her "Coffee with the Artist" on **Thursday, March 20 at 2:30 at Bemis Hall.**

LA AT THE MOVIES: 50 YEARS OF PUBLIC SAFETY

The COA and the Lincoln Historical Society invite you to "Lincoln Academy at the Movies." On **Friday, March 14 at 1 pm at Bemis Hall** watch a DVD of the 2004 Historical Society presentation of "50 Years of Public Safety" that featured former Police Chiefs Leo Algeo and Allen Bowles. After the film we will have a discussion with special guests Chief Bowles and current Police Chief Kevin Mooney. Find out how Public Safety in Lincoln has changed over the years, reminisce, tell some stories of your own, and ask questions!

REDISCOVERING DAVE BRUBECK

Come view a PBS documentary offering a warm retrospective of Dave's groundbreaking career as one of jazz music's most popular pianists and composers. A series of thoughtful interviews with him when he was in his eighties and archival footage of his playing reveal his many facets. "Take 5" and join us to enjoy this film on **Tuesday, March 25 at 2:30 pm at Bemis Hall.** Harold McAleer will lead a discussion afterwards.



SING ALONG WITH THE LINCOLN NURSERY SCHOOL

Sing along with the children from the Lincoln Nursery School on **Friday, March 21 at 10:30 am at Bemis Hall.** The kids will visit with their teachers to sing some of their favorite songs. The kids love to share their love of music when people come hear them sing!

DUETS WITH EVELYN HARRIS

Evelyn Harris invites you to share the keyboard with her for an hour of music-making in **Bemis Hall on each Thursday at 11:30 am.** Choose from many duet books representing many different levels of ability. Play duets or just listen. Evelyn looks forward to meeting old friends, and becoming acquainted with new friends.

AT THE MOVIES

TUESDAY, MARCH 4, 2:15 PM. THE BUTLER. Forest Whitaker delivers a powerful performance as Cecil Gaines, who served as the White House butler under eight presidents. His three decades of service unfold against a backdrop of unparalleled change in American history. 2013. PG-13. 113 mins.

THURSDAY, MARCH 6, 2:15 PM. RULES OF THE GAME. When an affluent Marquis hosts a party at his sprawling property, emotions run high. All the while, the servants watch with great interest. French. 1939. NR. 106 mins.

THURSDAY, MARCH 13, 2:15 PM. BLUE JASMINE. The high life leads to high anxiety for a New York City homemaker in crisis who finds herself forced to live a more modest lifestyle in San Francisco. 2013. PG-13. 98 mins.

FRIDAY, MARCH 14, 9:30 AM. BELLINI'S LA SONNAMBULA. Bel canto fans will love Bellini's tale of a young girl discovered in a strange gentleman's bedroom but who proves that she's a congenital sleepwalker and didn't know what she was doing. A marvelous Metropolitan Opera production that updates the story to a modern-day setting. Natalie Dessay and Juan Diego Flórez head an all-star cast. NR. 2009 138 mins.

THURSDAY, MARCH 27, 2:15 PM. CAPTAIN PHILLIPS. See Lincoln on the big screen for about 30 seconds— a street, a house, Rte. 128! We will also show the rest of the movie which is about a merchant marine captain, played by Tom Hanks, who is taken hostage by Somalian pirates. 2013. PG-13. 134 mins.

SPEND TIME WITH OTHERS

ENJOY "SENIOR DINING"

Lincoln seniors are invited to a gourmet meal in an elegant setting at **11:30 on Tuesday, March 18 at St. Anne's Church**. You must reserve by calling the COA at least a week ahead even if you have previously attended. The cost of each meal is \$5. Caregivers are welcome to come with those for whom they are caring. Let us know if you need transportation or a seating partner. The lunch is co-sponsored by the COA, the Friends of the COA, Minute-man Senior Services, and St. Anne's. The volunteer serving staff consists of your Lincoln friends and neighbors.

PAM'S GROUPS—NEW MEMBERS ALWAYS WELCOME!

JOURNALING Mondays 11:15 am We will use various journaling exercises from journaling books, as well as ideas from members. Just bring a journal or notebook and come join us for an exciting personal adventure.

LET'S CONNECT Mondays/Wednesdays 2 pm Chat and connect to caring people in person or by phone.

LIFE AFTER 60 GROUP Tuesdays 12:15 pm Make new friends while discussing an array of topics.

DECLUTTER YOUR HOME 2nd Thursdays, 11:30-1 pm Learn why we clutter and how to get organized by discussing strategies.

FINDING WHAT'S NEXT Fridays, 11 am Discover what is important to you and how you want to spend the next chapter of your life.

SHARE YOUR INTERESTS, MEET FRIENDS, AND HAVE SOME FUN!

PLAY-READING GROUP. Sally Kindleberger leads a group in reading the comedy-drama *A Thousand Clowns* by Herb Gardner on **Mondays, March 3 and March 10, at 10 am at Bemis Hall**. Sally will bring copies.

FRENCH CONVERSATION Brush up on your French speaking skills **the second and fourth Monday of each month at 10:00 am at Bemis Hall** at our French conversation group. Only French will be spoken.

SPANISH CONVERSATION Enjoy our conversational Spanish group that will meet **here at Bemis Hall on the second and fourth Mondays of each month at 11:30 am**. Only Spanish will be spoken.

FIRESIDE CHAT Join other residents in a respectful "Fireside Chat" discussion of a current news topic using questions and answers each second Wednesday at 10 am. This month's discussion, to be held on **March 12**, will focus on "Bowling Alone or Better Together: For the Common Good." April: Energy of the Future. May: Immigration. June: Personal Boundaries/Letting Go.

CONSERVATION BREAKFAST Thursday, March 13 at 8:00 am. Meet and gossip about Town events (sometimes even on conservation) the 2nd Thursday of each month. Call (781) 259-2612 for this month's venue.

LINCOLN MEN'S COFFEE Thursday, March 20 at 8:00 am. Bagels and lox, coffee and camaraderie—a great chance to catch up with buddies and make new friends.

HANDWORK CIRCLE Chat while knitting, crocheting and doing other handwork **the second and fourth Thursdays of each month, 9:30 am**.

EAT WELL, BE WELL GROUP! If you like to discuss nutrition and share tips and information, join the Eat Well, Be Well group that will meet on the **second and fourth Thursdays of the month at 1:15 at Bemis Hall**.

UKULELE AND SING-ALONG GROUP meets on **Thursday, March 6 at 3:00 here at Bemis Hall**. The group, led by Rob Todd, sings and plays simple songs together. Beginners welcome! Bring your ukulele or sing!

GERMAN CONVERSATION Speak German with others on the **1st and 3rd Fridays of each month at 10 am**.

BLISSFUL MEDITATION These meditations, offered on various **Fridays of the month at 12:15 pm at Bemis Hall**, will deepen your sense of well-being and calm. Call Pam for a schedule of Fridays when this will be held.

INTERMEDIATE BRIDGE each **Friday at 1 pm at Bemis Hall**.

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
10:00 Playreading: <i>A Thousand Clowns</i> 10:00 Walking Club 11:15 Journaling Group 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi	3	9:00 Podiatry 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: The Butler	4	10:00 Dementia Caregiver Group (Commons) 10:00 Laugh Yourself Healthy 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group	5	9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Rules of the Game 3:00 Ukelele Gathering	6	10:00 Ask a Lawyer 10:00 German Conv. 11:00 Finding What's Next 1:00 Intermediate Bridge 1:00 School Building Update	7	
2:00 Naturally Curious	SUNDAY 2							SATURDAY 8 9:00 Library Book Sale	SUNDAY 9 2:00 Chapin Diaries (Lib) 3:00 Violin Sonatas (FP)	
10:00 Playreading: <i>A Thousand Clowns</i> 10:00 French Conversation 10:00 Walking Club 11:15 Journaling Group 11:30 Spanish Conversation 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi 7:00 Acoustic Music (Lib)	10	9:30 FLCOA Board 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:30 COA Board	11	10:00 Fireside Chat 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 1:00 Something's Afoot Trip Leaves (Mall) 2:00 Let's Connect Group 7:30 Classic Jazz (Lib)	12	8:00 Conservation Bkfst 9:15/10:15 Tai Chi 9:30 Handwork Circle 11:30 Piano Duets 11:30 Declutter Group 1:00 Exercise: Aerobics and Weights 1:15 Eat Well, Be Well Group 1:30 Computer Drop-In 2:15 Movie: Blue Jasmine	13	9:30 Opera Movie: La Sonnambula 10:00 Wellness Clinic (LW) 11:00 Finding What's Next Group 1:00 Intermediate Bridge 1:00 Lincoln Academy at the Movies: 50 Years of Public Safety	14	
10:00 Walking Club 11:15 Journaling Group 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi	17	9:00 Blood Pressure/Wellness Clinic 11:30 Senior Dining (St. Anne's) 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights	18	9:00 Podiatry 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group	19	8:00 Men's Coffee 9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:30 Coffee with the Artist	20	10:00 German Conversation 10:30 Sing-Along 11:00 Finding What's Next Group 1:00 Intermediate Bridge 1:00 Exercise for Cancer Survivors	21	
								SATURDAY 15 1:00 Jazz Jam (Lib)		

2:15 Music on the Web 7:30 Journey of the Butterflies (LLCT)			SUNDAY 23 2:00 Thoreau on Self and Community Reliance
24 10:00 French Conversation 10:00 Walking Club 11:15 Journaling Group 11:30 Spanish Conversation 12:30 Lincoln Academy 2:00 Let's Connect 2:00/3:15 Tai Chi	25 9:00 Collating 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:30 Rediscovering Dave Brubeck	26 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group	27 9:15/10:15 Tai Chi 9:30 Handwork Circle 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:15 Eat Well, Be Well Group 1:30 Computer Drop-In 2:15 Movie: Captain Phillips
31 10:00 Walking Club 11:15 Journaling Group 12:30 Lincoln Academy 2:00 Let's Connect 2:00/3:15 Tai Chi	LOCATIONS Commons: The Commons in Lincoln FP: First Parish Auditorium, 14 Bedford Road Lib: Lincoln Library LLCT: Lincoln Land Conservation Trust (above Post Office at Mall) LW: Lincoln Woods Mall: Lincoln Station Mall Parking Lot St. Anne's: St. Anne's Church		
		MARCH 	28 10:00 Embracing Life's Transitions 11:00 Finding What's Next Group 1:00 Intermediate Bridge 1:00 Prescription Advantage

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~~ FOR YOUR WELL BEING ~~

LAUGH YOURSELF HEALTHY!

Did you know that laughter can make you healthier? Learn the benefits of laughter for your total mind-body-wellness while picking up some great tips for bringing laughter into your life when Donna Mosher, who has worked with elders for many years, comes to **Bemis Hall on Wednesday, March 5 at 10:00 am**. Donna will have you rolling in the aisles but you'll still come away with information you can use! Bring a joke if you like!

EXERCISE AND WELLNESS FOR CANCER SURVIVORS

Regaining independence and fitness is especially important for cancer survivors, especially those experiencing the side effects of cancer treatment. Come to **Bemis Hall on Friday, March 21 at 1 pm** to hear how the Emerson Hospital Center for Sports Rehabilitation & Specialty Services is helping cancer patients with their STAR Be Strong Cancer Exercise Program. Vivien Fiset, M.S., P.T., Chief Physical Therapist and STAR certified cancer therapist, will discuss the various ways exercise can alleviate the side effects of cancer treatment, improve quality of life and promote survivorship.

BECOME FLEXIBLE AND FOCUSED WITH GENTLE YOGA

Would you like to try yoga but are concerned it may be too rigorous for you? Try our new Gentle Yoga class with experienced instructor Annamaria San Antonio! The class will be held on six Wednesday mornings at 9 am beginning on April 9 at a cost of \$30 for the course. You may do the class on the floor or in a chair and the instructor will help you adapt the poses to your special needs. You may try one class free! **Please sign up in advance.**

EMBRACING LIFE'S TRANSITIONS: AWAKEN TO SPRING

How we experience life's transitions depends strongly on how we perceive and adapt to them, while still honoring losses. Join Niki Pugach, MSW, of Parmenter VNA and Hospice each fourth Friday at 10 am (**March 28**) when she leads a discussion of your experiences and ideas. This month's topic is "What does spring mean to you?"

OPPORTUNITIES FOR EXERCISE

YOU CAN DO IT! This 45-minute class offers gentle aerobic and weight-strengthening exercises that can be done in a chair or standing. It is perfect for those who need a less vigorous class or who have been hospitalized. **Tuesdays, 11:30 am**; \$3 per class; no need to sign up. Taught by Marilyn Onorato.

FITNESS AND STRENGTH TRAINING A moderately vigorous, one-hour class offering fun aerobics and weight strengthening. A great way to meet new people while getting fit! **Tuesdays and Thursdays, 1 pm**; \$3 per class; no need to sign up. Taught by Marilyn Onorato.

TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS The spring session will begin on April 6 and run for 12 weeks, excluding holidays. Beginners should sign up now. Continuing students need not sign up each term. Monday — Tai Chi Qi Gong (TCQG): 2 – 3; Tai Chi Short Form (TCSF): 3:15 – 4:15; Wednesday — TCQG: 1 – 2; TCSF: 2:15 – 3:15; Thursday — Beginners: 9:15 – 10:15; TCSF: 10:15 – 11:15. Cost for spring session: 1 class/week: \$50, 2 classes/week: \$75, 4 classes/week: \$100. For info, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

LINE DANCING Come enjoy the fun and fitness of line dancing on **Wednesdays at 11 am** with Katrina Rotondi. \$3 per class. No sign up needed!

WALKING CLUB Walk each **Monday at 10 am**. Meet at Bemis Hall.

All fitness classes are subsidized by the MA Executive Office of Elder Affairs. Tai Chi is also subsidized by the FLCOA.

WELLNESS CLINIC

Come to our clinic for blood pressure, information and advice about nutrition and fitness, medication management, body mass index calculations, and answers to general questions about how to manage chronic conditions, where to get health services, and more. This month's clinic will be on **Tuesday, March 18 from 9 to 11 am at Bemis Hall**. Services are provided by Emerson Hospital Home Care.

PODIATRY CLINICS

Podiatry clinics will be held on **Tuesday, March 4** and **Wednesday, March 19, both at 9 am at Bemis Hall** by appointment. \$10 donation requested.

...WHAT YOU NEED TO KNOW...

FIND A WORLD OF MUSIC ON THE WEB!

Join Laura Paryl of the Lincoln Library on **Tuesday, March 18 at 2:15 at Bemis Hall** when she shows you how to locate music history videos, recordings, and documents, much of it free, on the Library of Congress and Internet Archive sites and listen to music on the radio site Pandora. Hear and see some of music's greats and enjoy your favorite music from your youth again! Come to get a general overview or to get help finding your favorites. Share your own favorite music sites!



PRESCRIPTION ADVANTAGE CAN HELP WITH DRUG COSTS



Each year thousands of Massachusetts Medicare beneficiaries reach the "donut hole" in their prescription drug coverage when Medicare will only pay 52.5% or 27% of drug costs. Prescription Advantage, a state program, can help with this and other drug costs not paid by Medicare for residents who meet income guidelines! To find out more about Prescription Advantage, come hear Kathy Devine of the Executive Office of Elder Affairs on **Friday, March 28 at 1:00 pm**. Bring your questions and concerns.

LEGAL QUESTIONS & ANSWERS!

Come to Bemis Hall on **Friday, March 7 at 10 am** to hear Lincoln attorney Martha Lufkin answer your legal questions! She will answer simple questions on some key legal concerns, including incapacity documents such as health care proxies, durable powers of attorney or advance directives, and other topics. Whether you have a specific concern or would just like more information on a particular topic, come and ask — don't be shy. You might also learn information from others' questions! There will be a box where you can submit a written question anonymously.



FREE INCOME TAX PREPARATION HELP

Volunteers certified under the AARP Tax Aide program will prepare your Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers, with special attention to those over age 60. Call the COA office at (781) 259-8811 to schedule a confidential appointment and get a list of documents you will need to bring.

The Computer Corner...

COMPUTER AND DIGITAL CAMERA TUTORING!

Come to our drop-in computer and digital photography tutoring on **Thursday afternoons from 1:30 to 3:30 pm!** If you need Mac help, call before you come to see if a Mac tutor will be available. If you have a laptop or netbook, please bring it! Tutors are also available at other times and will come to your home. (781) 259-8811 for info.

DEMENTIA CAREGIVERS GROUP AT THE COMMONS All are welcome to a free group for caregivers of those with dementia on **March 5 at 10 am at The Commons in Lincoln**. For info, call (781) 430-6000.

GOINGS ON IN AND AROUND LINCOLN (Continued)

THE INCREDIBLE JOURNEY OF THE BUTTERFLIES Come to Movie Night at the **LLCT/RLF offices (above the Post Office at the Mall)** on **Tuesday, March 18 at 7:30 pm** to see this breathtaking video tell the story of the migration of the monarch butterfly (1 hour run time).

HENRY THOREAU'S VIEWS ON SELF AND COMMUNITY RELIANCE. The Healthy Communities Project presents Jeff Cramer, Curator of the Thoreau Institute, on **Sunday, March 23 at 2 pm at Bemis Hall**. Mr. Cramer will discuss Thoreau's views on self-and community-reliance and self and community-resilience.

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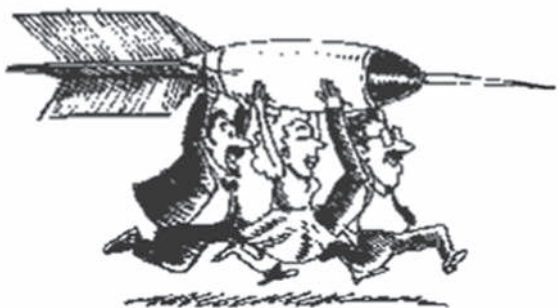
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GOINGS ON IN AND AROUND LINCOLN

NATURALLY CURIOUS Mary Holland will give a slide show of nature photographs illustrating a year of natural history events by month on **Sunday, March 2 at 2:00 pm at Bemis Hall**. Sponsored by The Lincoln Land Conservation Trust. *This program is supported in part by a grant from the Lincoln Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.*

FRIENDS OF THE LIBRARY BOOK SALE Come pick up a good read and help raise funds for the Library at the Friends of the Library Book Sale on **Saturday, March 8, from 9 am to noon at Bemis Hall**.

JANE LANGTON'S CHAPIN DIARIES. Join the Lincoln Historical Society in celebrating the electronic publication of this chronicle of mid-19th century Lincoln farming life on **Sunday, March 9, 2:00 pm, Library**.

BEETHOVEN VIOLIN SONATAS with Susanna Ogata classical violin and Ian Watson fortepiano, **Sunday March 9 at 3pm at The Parish House Auditorium, 14 Bedford Road**. Free admission. \$20 suggested donation.

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, March 10 from 7 to 10 pm at the Library** featuring Cosy Sheridan. Email: loma3re@gmail.com.

CLASSIC JAZZ AT THE LIBRARY Don't miss Peter Gerler presenting "New Orleans Jazz—Today" on **Wednesday, March 12, 7:30 pm at the Library**. This group meets the second Wednesday of every month.

LIVE TRAD-JAZZ JAMS! Local musicians drop in and take turns in the group and the joint jumps! Attendance is free. **Saturday, March 15, 1:00 pm, Library.** **GOINGS ON IN LINCOLN CONTINUED ON PAGE 9**

WELLNESS CLINICS FOR ALL AGES! All Lincoln residents are invited to meet with a nurse through a free Town service at **Lincoln Woods' Community Building at 50 Wells Road on Friday, March 14 from 10 am to noon**. These clinics are funded by the CHNA 15 and provided by Emerson Hospital Home Care. For info, please call the COA at (781) 259-8811.

FRIENDS OF THE LINCOLN COUNCIL ON AGING

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