

NEWS FROM BEMIS HALL

Volume 5 Issue 10

October 2014

The Lincoln Council on Aging Monthly

LINCOLN RESIDENTS INVITED TO PLANNING WORKSHOPS FOR NEW COMMUNITY CENTER

All Lincoln residents are invited to a planning charrette on **October 8 from 6 to 9 pm at the Hartwell School pod B** and a public meeting on **Friday, October 17 at 1 pm at Bemis Hall** to explore the need for a new Community Center in town. Residents may come and go as they please. The Community Center Study Committee (CCSC) was appointed by the Board of Selectmen to evaluate options for the long and short-term facilities needs of both Parks and Recreation and the COA. Questions to be explored by CCSC, discussed at November's State of the Town Meeting and next spring's Town Meeting, are whether Lincoln should have a Community Center and, if so, where it should be located and whether it should be new construction or adapted from within an existing structure. These two meetings are the first steps in its dialogue with residents to explore and discuss various options.

MEDICARE OPEN ENROLLMENT SUPPLEMENTAL INSURANCE UPDATE



Find out what changes could affect your Medicare coverage and how much you will pay in 2015 when Don Milan and Anne Meade, Lincoln's counselors from the Minuteman Senior Services SHINE Program-health benefits counseling for Medicare enrollees, come to Bemis Hall on **Friday, October 24 at 10 am**. This is an important time to be sure you understand and are satisfied with your health insurance benefits. **Medicare open enrollment period—October 15 to December 7, 2014—is your primary opportunity to change your HMO, PPO and Part D plans, effective Jan. 1st.** Representatives from most major supplemental health insurance plans (Harvard Pilgrim, Blue Cross Blue Shield, Tufts, Humana, Fallon, and AARP/United Health Care) will have 2015 information for Medigap, Advantage and Part D plans. It is a unique opportunity for you to learn about their products and get answers to questions. Also present will be representatives of Prescription Advantage (MA's secondary prescription assistance program), Priscilla Leach (Veterans Service Officer) and a Constituent Services Representative for Congresswoman Katherine Clark.

THE NEW SOUND ASSEMBLY: AN AMERICAN SONGBOOK

Music lovers of all ages! Come to Bemis Hall **Sunday, October 5 at 3 pm** to hear the New



Sound Assembly perform *An American Songbook*. The New Sound Assembly, a 23-man chorus of singers, presents musical programs all over the region and in England and Ireland. The free hour-long performance for all ages will be a mix of barbershop songs, patriotic, and modern favorites. All songs are sung A Capella in four-part classical Barbershop Harmony, a unique and traditional American musical form. This program is supported by a grant from the Lincoln Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



FLU SHOT CLINIC AT BEMIS HALL

Come to the Board of Health/COA flu clinic at **Bemis Hall on Saturday, October 25 from 9 to 11 am**. In accordance with federal CDC and state Department of Public Health guidelines, this clinic is for those 60 and over. Please wear a short-sleeved shirt. Vaccine may be limited, so come early.

BE A LITERACY TUTOR AT LINCOLN SCHOOL

Lincoln School is looking for local senior volunteers to participate in the pilot year of their Cross-Generational Literacy Tutors program. Volunteers would commit to working one to one with a first grade student for two 30-minute sessions per week when school is in session from October-May. Tutors will be provided with training and support. This pilot program is the result of a Lincoln School Foundation grant that was written by Lincoln School Literacy Specialist, Gwen Blumberg who will coordinate the program. For more information or to receive a volunteer application, you can contact Gwen via phone at (781) 259-9400 x2122, email gblumberg@lincnet.org or apply online via her website at: www.lincnet.org/seniortutors. Volunteer applications are kindly requested by Friday, October 10.

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

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 the COA 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

Internet: www.lincolntown.org, then click on "Council on Aging" under "Community Services"

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.

CHAPLIN MEETS BEETHOVEN!

Mark your calendars for **Friday, October 3, at 1 pm, at Bemis Hall** when we will show *The Immigrant*, a silent film by Charlie Chaplin, accompanied by a live string group, "Con Affeto," which includes Lincoln residents Laura Bossert and Terry King, and others. Con Affeto will play music by Beethoven, Mozart, Kreisler, and more. They have performed on NY music station WQXR and elsewhere in the region. This event is supported by the Friends of the Lincoln COA.



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

October 6, 12:30 pm: Joseph Ferguson—Modern Stained Glass

October 20, 12:30 pm: Bill Nockles—Soaring: Flying without an Engine

October 27, 12:30 pm: Jacquelin Apsler —Behind Closed Doors: It Does Happen Here, Domestic Violence in the Suburbs

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>

“LINCOLN ACADEMY AT THE MOVIES”: HARVARD’S JUSTICE COURSE

“Justice” comes to **Bemis Hall on Friday, October 24 at 1 pm!** Michael Sandel’s “Justice” course at Harvard is reputed to be its most popular course. Experience it when Steven Perlmutter, a Lincoln attorney, shows a video of a one-hour lecture from the course and facilitates a discussion. The course is about what justice, or the right thing to do, is, drawing upon the great philosophers and contemporary issues. Mr. Perlmutter will encourage the exchange of a wide range of ideas about the “justice” issues raised in the lecture and will seek to ask thought-provoking questions.



ENJOY A DAY OUT WITH THE COA!



SEE THE BSO! NOV 7 FRIDAY MATINEE

LCOA is offering, for the first time, a trip to Symphony Hall, **November 7**, for a Friday matinee performance of the BSO. The program which includes Sibelius Symphony no. 2 will be conducted by Andris Nelsons, the exciting new Music Director of the BSO. (Symphony Hall is Handicapped Accessible.) Participants will meet at the Donelan's parking lot at 10:45 am. The non-refundable cost of your orchestra ticket and round-trip bus ride is \$70, partially subsidized by the Hurff Fund. There is also the option of a sumptuous buffet lunch at Symphony Hall for an additional cost of \$29.50 including tax and gratuities or you may opt to arrange for your own lunch. This trip is open to Lincoln seniors only. Space is limited. Please make your check out to FLCOA Trips for \$70 or \$99.50 depending on your lunch decision and mail to Marilyn Buckler, 12 Hiddenwood path, Lincoln MA. 01773. Your reservation is complete when Marilyn receives your check. Questions? Marilyn can be reached at (781) 259-8886 or mbuckler1@comcast.net.

REAGLE HOLIDAY GALA

Revel in holiday joy as you experience over two hours of enchanting Christmas cheer at the Reagle Music Theater's Holiday Gala on **Sunday, December 7th!** You'll enjoy a breathtaking spectacle including a full orchestra and 150 talented performers featuring Yuletide songs and pageants of the Parade of Wooden Soldiers, Santa's Workshop, a Victorian Christmas and more. We will leave the Mall at 3:15 on a Doherty's bus and return about 7:00 pm. The cost, including transportation, is \$36 per person. Remember to bring some cash for ice cream and drinks that will be served at intermission. To reserve your place, send a check made out to FLCOA Trips to Claire Mount, 123 Tower Road, Lincoln, MA 01773 by Nov 19. Questions? Call Claire at (781) 259-8695.

*** JUST FOR FUN ***

CONCORD CONSERVATORY OF MUSIC AT BEMIS HALL

The Concord Conservatory of Music will be offering eight-week courses on Musical Ear Training and Choir Singing Tuesdays at Bemis Hall beginning **October 21** at a cost of \$60 each. The courses will be taught by the Ehud Ettun, a bassist, composer, and recording artist who has performed worldwide. Please sign up by calling the COA.

MUSICAL EAR TRAINING

Listen to different music to learn about music history, forms, and how to better understand what we hear. Soon you'll recognize musical elements, identify style, time, and even artists. A beginner's class will be taught at 9 am and an advanced class at 10 am.

LINCOLN CHOIR SINGERS

Learn vocal techniques and music theory while experiencing the joy of singing with others. You do not need to have "a good voice" or experience to join—a love of singing is enough! The class will be taught at 12:30 pm.



ENJOY OLD TIME JAZZ WITH THE LINCOLN TRAD JAZZ JAMMERS!

If you ain't been to one of these yet, find out what you've been missin'! Come celebrate the joy of jazz at **Bemis Hall on Thursday, October 2 at 2:30 pm** when the Lincoln Traditional Jazz Jammers will share with you their love of this hot and cool music in a delightfully spontaneous jam! If you find you just can't sit still, go ahead and tap your toes or get up and dance as they belt out favorites we all know and love, like "Ain't Misbehavin'", "Makin' Whoopie" and others. The musicians are mostly retirees, amateurs who give life to the music of the '20s, '30s and '40s at the Trad Jazz Jams at Bemis Hall, the Library (see pg. 12), and the Colonial Inn on Wednesdays.



FALL ACCESSORY SWAP

Ria Vet will once again be facilitating an accessory swap on **Thursday, October 30 at 10 am at Bemis Hall**. Just bring in a few accessories you no longer want and see if someone else has brought in the perfect accompaniment to your new dress or maybe a bit of bling for your holiday outfit. Be sure to get here on time if you don't want to miss getting the best stuff.

EXPRESS YOURSELF IN WATERCOLORS WITH JANE

Rediscover the joyful soul within you through art and nature in Jane Cooper's watercolor class. Jane will offer fun dabbling in watercolor painting of scenes of nature, landscapes or some favorite sky. Four classes will be offered each Monday and Friday beginning **October 17 from 9 am to 11 am**. The cost is \$15. Call to sign up.

AT THE MOVIES

THURSDAY, OCTOBER 16, 2:15 PM. HER. In this sci-fi romantic comedy starring Joaquin Phoenix, love comes to a lonely young writer in the sleekest of packages when he finds himself falling for the advanced operating system he purchased to run his life. 2013. R. 126 mins.

TUESDAY, OCTOBER 21, 2:15 PM. FINDING VIVIAN MAIER. When longtime nanny Vivian Maier died in 2009, she left behind thousands of photo negatives in storage until an amateur historian uncovered the trove. Documentary. 2013. NR. 83 mins.

THURSDAY, OCTOBER 23, 2:15 PM. ON MY WAY. Prompted by a post-midlife crisis, Bettie (played by Catherine Deneuve) goes out for cigarettes and decides to keep on driving, abandoning the restaurant she owns. But the farther she gets from her previous life, the closer she gets to reinvention. French. 2014. NR. 113 mins.

WEDNESDAY, OCTOBER 29, 1:00 PM. NOAH. This ambitious adaptation of the story of Noah depicts the visions that led him to voice dire prophesies of apocalypse and to build an ark to survive. As he labors to save his family, Noah asks for help from a band of angels called the Watchers. 2014. PG-13. 137 mins.

THURSDAY, OCTOBER 30, 2:15 PM. HUMPERDINCK'S HANSEL AND GRETEL. Hansel and Gretel nearly get eaten by a gingerbread witch but turn the tables and cook her in her own oven. This dream cast features Brigitte Fassbaender and Edita Gruberova in the lead roles, with superb Hermann Prey and Helga Dernesch as Mother and Father. Our shimmering production is conducted by Sir Georg Solti. 1981. NR. 107 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, October 21 at St. Anne's Church**. You must reserve by calling the COA at least a week ahead. The cost is \$5. Caregivers are welcome. Let us know if you need transportation or a seating partner. The lunch is co-sponsored by the COA, the Friends of the COA, Minuteman Senior Services, and St. Anne's. You must call to cancel at least a week ahead to avoid being charged.

COME FOR A LADIES' TEA!

Join your friends, old and new, on **Tuesday, October 7 at 2:30 pm** for a "Ladies Tea." We will serve coffee, tea, and goodies and you will have the chance to relax and get to know some of the people you may have met at COA programs but never had the opportunity to chat with. No sign up needed!



PAM'S GROUPS—NEW MEMBERS ALWAYS WELCOME!

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-LITE 2nd Thursdays, 12 -1 pm Learn how to get organized by discussing strategies.

FINDING WHAT'S NEXT Fridays, 11 am Discover 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 award-winning comedy "Hot L Baltimore" by Lanford Wilson on **Mondays, October 6 and 20 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.

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**.

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 monthly on the **fourth Tuesday of the month at 1:00 at Bemis Hall**.

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, about the relationship between Lincoln, Hanscom, and MassPort, will be held on **October 8**.

MAH JONGG Come play every other **Wednesday at 1 pm**.

CONSERVATION BREAKFAST Thursday, October 9 at 8:00 am. Meet and gossip the second Thursday of every month about Town events, sometimes touching on Conservation. Call (781) 259-2612 for this month's venue.

LINCOLN MEN'S COFFEE Thursday, October 16 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**.

DESIGN YOUR DESTINY Ongoing progressive mind-body group. **2nd and 4th Thursdays at 11.**

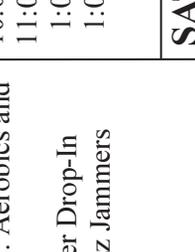
PLAY PIANO DUETS with Evelyn Harris each **Thursday at 11:30 am**. She brings books for all levels.

UKULELE AND SING-ALONG GROUP meets on **Thursday, October 9 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!

GUIDED MEDITATION 20-40 minutes of guided meditation while we sit quietly and take in inspiring words that lead to a peaceful state. Suitable for beginners to experienced meditators. **2nd & 4th Fridays at 12:15 pm**.

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OCTOBER</p> 	<p>LOCATIONS FP: First Parish White Church Lib: Lincoln Library LW: Lincoln Woods Mall: Lincoln Station Mall St. Anne's: St. Anne's Church Pierce: Pierce House Pod B: Hartwell Pod B Stonehedge: 49 Stonehedge TBA: Location to be announced</p>	<p>1</p> <p>9:00 Easy Yoga 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>2</p> <p>9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:30 Trad Jazz Jammers</p>	<p>3</p> <p>9:00 Watercolors with Jane 10:00 German Conv. 10:00 Wellness Clinic (LW) 11:00 Finding What's Next 1:00 Intermediate Bridge 1:00 Chaplin Meets Beethoven</p>
<p>6</p> <p>9:00 Watercolors with Jane 10:00 Playreading: Hot L Baltimore 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi 7:00 Black Bears</p>	<p>7</p> <p>9:00 Podiatry 10:00 Do Less, Accomplish More 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:30 Ladies Tea</p>	<p>8</p> <p>9:00 Easy Yoga 10:00 Fireside Chat 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 1:00 Mah Jongg 2:00 Let's Connect Group 6:00 Community Center Charrette (Pod B) 7:30 Classic Jazz (Lib)</p>	<p>9</p> <p>8:00 Conservation Bkfst (TBA) 9:15/10:15 Tai Chi 9:30 Handwork Circle 11:00 Design Your Destiny 11:30 Piano Duets 12:00 Declutter Group 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 3:00 Ukelele Gathering</p>	<p>10</p> <p>9:00 Watercolors with Jane 10:00 Reiki with Kathy 11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge 1:00 Property Taxes</p>
<p>13</p> <p>COA CLOSED/COLUMBUS DAY</p>	<p>14</p> <p>9:30 FCOA Meeting 10:00 Do Less, Accomplish More 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:30 COA Board</p>	<p>15</p> <p>9:30 Easy Yoga 9:00 Podiatry 9:30 Dealing with Dementia Behaviors 11:00 Line Dancing 1:00/2:15 Tai Chi 1:00 Office Hours with Aide to Katherine Clark 2:00 Let's Connect Group</p>	<p>16</p> <p>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 2:15 Movie: Her</p>	<p>17</p> <p>9:00 Watercolors with Jane 10:00 German Conversation 11:00 Finding What's Next 1:00 Intermediate Bridge 1:00 Community Center Discussion</p>
<p>18</p> <p>SATURDAY</p>	<p>11</p> <p>9:00 Library Book Sale</p>	<p>4</p> <p>10:00 Fall Foliage (Stonehedge)</p>	<p>5</p> <p>3:00 New Sound Assembly</p>	<p>11</p> <p>9:00 Library Book Sale</p>

<p>1:00 Jazz Jam (Lib) SUNDAY 19 9:30 S-crow Classic (Mall) 3:00 1st Parish Concert (FP)</p>				
<p>20 9:00 Watercolors with Jane 10:00 Playreading: Hot L Baltimore 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi 7:00 Acoustic Music (Lib)</p>	<p>21 9:00 BP/Wellness Clinic 9:00/10:00 Ear Training 10:00 Do Less, Acc More 11:30 Senior Dining (St. Anne's) 11:30 You Can Do It 12:15 Life After 60 Group 12:30 Lincoln Choir Singers 1:00 Exercise: Aerobics and Weights 2:15 Movie: Finding Vivian Maier</p>	<p>22 9:00 Easy Yoga 10:00 Memoirs 11:00 Public Safety Cookout (Pierce) 11:00 Line Dancing 1:00/2:15 Tai Chi 1:00 Mah Jongg 2:00 Let's Connect Group</p>	<p>23 9:15/10:15 Tai Chi 9:30 Handwork Circle 11:00 Design Your Destiny 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: On My Way</p>	<p>24 9:00 Watercolors with Jane 10:00 Medicare Update 11:00 Finding What's Next Group 12:15 Meditation 1:00 Intermediate Bridge 1:00 Lincoln Academy at the Movies: The Justice Course SATURDAY 25 9:00 Flu Clinic SUNDAY 26 3:00 Rhapsody Concert</p>
<p>27 9:00 Watercolors with Jane 10:00 French Conversation 11:30 Spanish Conversation 12:30 Lincoln Academy 2:00 Let's Connect Group 2:00/3:15 Tai Chi</p>	<p>28 9:00 Collating 9:00/10:00 Ear Training 11:30 You Can Do It Exercise 12:15 Life After 60 Group 12:30 Lincoln Choir Singers 1:00 Exercise: Aerobics and Weights 1:00 Eat Well, Be Well Group</p>	<p>29 9:00 Easy Yoga 9:30 Zentangle 11:00 Line Dancing 1:00/2:15 Tai Chi 1:00 Sewing Drop-In 1:00 Movie: Noah 2:00 Let's Connect Group</p>	<p>30 9:15/10:15 Tai Chi 10:00 Accessory Swap 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Opera Movie: Hansel and Gretel</p>	<p>31 11:00 Finding What's Next Group 1:00 Disabled American Veterans Program 1:00 Intermediate Bridge</p>

Barrett
Sotheby's
INTERNATIONAL REALTY

Local Expertise. Global Exposure.

Contact us when you want to make a lifestyle change.

781.259.4040
info@barrettsothebysrealty.com


Parmenter
Community Health Care
www.parmenter.org
266 Cochituate Road 1 Wayland, MA
Tel: 508-358-3000

For 57 Years, your local independent nonprofit healthcare at it's best.

- Visiting Nurse Care
- Palliative Care
- Hospice Care
- Hospice Residence
- Community Services
- Food Pantry

Jewish Hospice accreditation

~~ FOR YOUR WELL BEING ~~

COPING WITH BEHAVIORS OF A LOVED ONE WITH DEMENTIA

Changes in the behavior of those with Alzheimer's disease and other dementias can be among the most difficult challenges for family and friends, but you can learn to cope to make your life and that of your loved one easier and happier. Join Marilyn Stasonis, RN, and Tracey Meech from the Stonebridge at Burlington assisted living facility on **Wednesday, October 15 at 9:30 am** to find out more about how you can interact positively and effectively to benefit both of you. Together Marilyn and Tracey have more than 50 years experience of working with people who need memory support.



ZENTANGLE® TO CREATE ART, RELAX, AND BE EMPOWERED

Zentangle® uses repetitive patterns in a way that helps you feel more centered and focused, relaxed, and empowered as you create beautiful works of art by building patterns with deliberate strokes. Learn the history, theory and method of Zentangle, then create your own artwork, when Certified Zentangle Teacher Terry Hathaway comes to Bemis Hall on **Wednesday, October 29 from 9:30 to 11:30 am**. The cost is \$15, which includes the cost of a kit that you will take home with you. You must sign up by October 22 by calling the COA.

REIKI TO ENHANCE YOUR WELL BEING

Reiki, a hands-on healing technique, is increasingly used in hospitals, clinics and everyday life to promote physical, emotional, and spiritual well being. Practitioners transfer reiki (universal life energy) through a light touch of the hands which encourages a state of equilibrium in recipients, fostering self healing. Find out what Reiki is, how it can improve your well being, and how you could learn to do it for yourself and others when Lincoln resident and Reiki Master Kathy Madison comes to **Bemis Hall on Friday, October 10 at 10 am**.

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. **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

Tai Chi 1: **Mon 2-3, Thurs 9:15 - 10:15**

Tai Chi 2: **Mon 2-4, Wed 1-3, Thurs 9:15 - 11:15**

Tai Chi 3: **Wed 2-3**

Registration is now closed for this session, which ends December 18.

Contact Jane Moss: mindbodyjb@comcast.net; (781) 259-9822

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

EASY YOGA Gentle yoga on the floor or in a chair, **Wednesdays at 9:00 am**. Taught by Jai Kaur Annamaria San Antonio. Discuss cost with instructor.

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 a clinic for blood pressure, information and advice about nutrition and fitness, medication management, and answers about how to manage chronic conditions, where to get health services, and more. This month's clinic will be on **Tuesday, October 21 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, October 7** and **Wednesday, October 15, both at 9 am at Bemis Hall** by appointment. \$10 donation requested. Services provided by Dr. Glenn Ruhl.

Save Friday, November 7! Zen Cancer Wisdom at 10:00 am and Self-Defense with Public Safety at 1 pm.

●●●WHAT YOU NEED TO KNOW●●●

A PUBLIC SAFETY COOKOUT! Learn about Current Frauds and Scams, Home Safety, and Public Safety Services!

Join Public Safety on **Wednesday, October 22 at 11 am** for a cookout at the Pierce House! You'll start off by finding out more about current trends in frauds and scams and how to avoid being a victim, home safety from both police and fire perspectives, and services offered by Public Safety. At noon, Public Safety will be cooking up hamburgers, hot dogs, and veggie burgers with all the fixin's. Because the event will be under the tent, the cookout will go on rain or shine. Please sign up by October 15 by calling the COA at (781) 259-8811. The cookout will finish by 12:45 for those who would like to attend 1 pm COA events.



PROPERTY TAX ASSESSMENT AND WAYS TO PAY LESS

Join Ellen Meadors from Lincoln's Board of Assessors on **Friday, October 10 at 1 pm at Bemis Hall** to learn how your property is assessed and what to do if you think your property should be valued differently. Also, come find out whether you might be eligible for one or more opportunities for abatements, exemptions, and deferrals to lower your bill including those for veterans, people with disabilities, and those with low incomes.

BENEFITS FOR DISABLED AMERICAN VETERANS

Are you or a family member a veteran? Dan Stack, adjutant of the Massachusetts Disabled American Veterans Organization, has arranged for a DAV representative to appear at **Bemis Hall on Friday, October 31 at 1:00 pm**. The speaker will tell us of the pathway to apply for veterans benefits and the mission of the DAV to assist veterans in applying for benefits, advocacy, and public education. Refreshments will be served. Spouses and others always invited to attend.

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.

MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, October 15 at 1 pm** to meet with Natalie Kaufman, Constituent Service Representative for Congresswoman Katherine Clark. She will be available to assist residents with Social Security, Medicare, and MassHealth/Medicaid. You are also welcome to discuss other matters with her.

DO YOU HAVE SOMETHING YOU NEED TO HAVE SEWN?



Do you have a seam that needs repairing or some other sewing need? Barbara Straus will be here on **Wednesday, October 29 at 1 pm** to help you with your sewing needs! No need to sign up!

WHAT'S UP IN LINCOLN (Continued from Page 12)

FIRST PARISH CONCERT The "Live In Lincoln Center" concert series sponsored by First Parish Church in Lincoln opens their 3rd season with an organ recital by Ian Watson and friends on **Sunday, October 19 at 3 pm at the White Church**, featuring the church's recently renovated Noack pipe organ. Suggested Donation \$20.

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, October 20 from 7 to 10 pm at the Library** featuring The Wednesdays. Email: loma3re@gmail.com.

RHAPSODY PIANO RECITAL **Sunday, October 26 at 3 pm at Bemis Hall** hear a free recital by amateur pianists who will perform selections by Beethoven, Chopin, Mozart, Tchaikovsky & more. Suggested donation: \$5.

LINCOLN'S FARM ANIMALS Garden Club and Ag Commission program on **November 3, 7 pm, Bemis Hall.**

dish Make the Switch to DISH Today and Save Up To 50%

Call Now and Ask How! 1-800-316-0283

All offers require 24-month commitment and credit qualification. Call 7 days a week 8am - 11pm EST
Promo Code: MB0913 *Offer subject to change based on premium movie channel availability

Promotional prices starting at only...
\$19.99 mo.
For 12 months
See original offer for details and restrictions. Offer subject to change based on premium movie channel availability.

FREE
OVER 30 PREMIUM MOVIE CHANNELS
HBO
SHOWTIME
STARZ
For 3 months.



Licensed, Bonded, Moderate Rate,
Live-in or hourly,
Quality caregivers available,
Meal Preparation, Errands and light
House-keeping.

TEL | 508-861-7186
CEL | 508-410-5936

EMAIL
info@angeliclovehomecare.com
WEB
www.angeliclovehomecare.com



EXPERIENCE
REAL SCIENCE with
NERIUMAD

Clinically Proven to improve the appearance of:

- Fine Lines and Wrinkles
- Discoloration
- Uneven Skin Texture
- Aging Skin - Enlarged Pores
- For ALL skin types, body parts, and Ethnicities

Lisa Grill Bronzo "Multi"
978.314.5363
Mulli.2020@yahoo.com
TO ORDER:
www.lisagrillo.nerium.com
www.lisagrillo.theneriumlook.com



Your Land and Cruise Specialist

River & Ocean Cruises
Independent & Guided Travel

Peggy Dawson
978-460-5642
www.sandpipervoyages.com



This Space Available

**For Information On Advertising,
Please Call Our Representative**

Lisa Templeton
at 800-732-8070 x3450 or
Email: ltempleton@4LPi.com

Liturgical Publications Inc
Connecting Your Community™

Life Experience ■ **Life**style ■ **Life**care ■ **Life**long ■ **Life** Enrichment ■ **Life** Purpose

A Benchmark for *Life*.

Through our commitment to your health—*Lifecare*—we promise to provide every resident with guaranteed access to a full continuum of health care services for *life* with predictable monthly fees. That is the *Lifecare Advantage*.

The *Lifecare Advantage* is backed by **Benchmark Senior Living**, the largest provider of senior housing in New England. We strive to enrich the lives of seniors through an advanced approach to personal fulfillment. **At the intersection of self, purpose and community you will find The Commons in Lincoln.**

The Commons
IN LINCOLN
A Benchmark Signature Living Lifecare Community

One Harvest Circle
Lincoln, MA 01773

Brand-new cottages and apartment homes.
Open House every Thursday & Sunday, 1-3 p.m.
RSVP: 1-877-274-6995 or www.TheCommonsInLincoln.com



Beltone™

Hearing Aid Centers

Since 1940

Hearing Aid Sales & Service

- FREE Hearing Testing and Ear Scans
- Sales and service of all makes and models of digital hearing aids

LEXINGTON
21 Worthen Road **(781) 916-9041**



SCHEDULE ONLINE - www.BeltoneNE.com



- > Visiting nurses
- > Home health aides
- > Rehabilitation therapists
- > Medical social workers

Medicare certified. For a referral or evaluation, call **978-287-8300** or **1-888-220-5343**.

Veterans Taxi

- Senior Vouchers Available
- 100 Brand New Vehicles, Including Hybrid
- 24-Hour Service
- Safe and Reliable



Call 781-449-8294
www.veteranstaxi.com
or **BOOK ONLINE!**

Affordable Walk-in Tubs



EZ Care Bath LLC Authorized Dealer
617-212-8735

DEE FUNERAL & CREMATION SERVICES

Caring for Families since 1868



978-369-2030 • 800-942-1868
Susan M. Dee • Charles W. Dee
www.deefuneralhome.com

This Space Available



For Information On Advertising, Please Call Our Representative



Lisa Templeton
at 800-732-8070 x3450 or
Email: ltempleton@4LPi.com

Liturgical Publications Inc
Connecting Your Community™

America's Choice in Homecare!



- Up to 24 hour Care • Meal Preparation
- Errands/Shopping • Hygiene Assistance
- Light Housekeeping • Respite Care for Families
- Rewarding Companionship

978-287-2002
www.visitingangels.com



Lincoln
Tree & Landscape
781-259-8020
www.lincolntree.com

Est. 1974

PROTECTING SENIORS NATIONWIDE

PUSH



TALK



24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- > No Long-Term Contracts
- > Price Guarantee
- > A+ Rating with BBB

TOLL FREE: 1-877-801-5055

*First Three Months

SPRING SPECIAL



GOINGS ON IN AND AROUND LINCOLN

EARLY FALL FOLIAGE RAMBLE Join the Lincoln Land Conservation Trust on **Saturday, October 4 from 10 am to noon, Stonehedge Road into the Weston Town Forest (meet at mailbox of 49 Stonehedge Rd).** 3 miles on uneven terrain. Sign-up required at www.tinyurl.com/LLToctoberwalk.

LIVING WITH BLACK BEARS **Monday, October 6, 7 pm, Bemis Hall.** Laura Conlee of the Mass. Division of Fisheries and Wildlife presents where bears are common, what to do if you see one, and other valuable tips. Presented by Lincoln Land Conservation Trust.

CLASSIC JAZZ AT THE LIBRARY Don't miss Harold McAleer presenting "Jazz Around the World" on **Wednesday, October 8, 7:30 pm at the Library.** This group meets the second Wednesday of every month.

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, October 11 from 9 am to Noon at Bemis Hall.**

FREE LIVE TRADITIONAL CLASSIC JAZZ AT THE LIBRARY JAZZ JAMS on **Saturday, October 18 from 1:00 pm – 5:00 pm at the Library.** Come hear local musicians belting out old favorites which will set your feet a-tappin' and your hands a-clappin' Free.

SCARECROW CLASSIC Support the Lincoln Land Conservation Trust by running, walking, or volunteering for the Scarecrow Classic 5k race on **October 19 at 9:30 am at the Lincoln Station Mall.** Register at www.scarecrowclassic5k.com or call (781) 259-9251.

SEE ADDITIONAL LISTINGS ON PAGE 9

WELLNESS CLINICS FOR ALL AGES! All Lincoln residents are invited to meet with a nurse at **Lincoln Woods' Community Building at 50 Wells Road on Friday, October 3 from 10 am to Noon.** These clinics are funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care.

FRIENDS OF THE LINCOLN COUNCIL ON AGING
P.O. BOX 143
Lincoln, MA 01773

Non-Profit Org.
Pre-Sorted Standard
U.S. Postage Paid
PERMIT #51
Lincoln, MA 01773

EGR-WSS
POSTAL CUSTOMER
Lincoln, MA 01773