

# NEWS FROM BEMIS HALL

Volume 5 Issue 11

November 2014

## The Lincoln Council on Aging Monthly

### SAVE THE DATE! WINTER PIANO RECITAL BY WANDA PAIK



Join Lincoln resident Wanda Paik for a solo piano performance on **Friday, December 5, at 2:30 pm at Bemis Hall**. Admission is free and open to the public and will be followed by refreshments. Music by Chopin will be performed. Ms. Paik has appeared as soloist with the Boston Pops under Arthur Fiedler and Erich Kunzel, the Boston Classical Orchestra with Harry Ellis Dickson and the Boston Civic Symphony with Max Hobart, among others. She has also performed at the National Gallery in Washington, D.C., the Fogg Museum at Harvard University, at numerous colleges and universities throughout the U.S., and in Brazil, Trinidad and South Korea. Ms. Paik has served as president of the New England Piano Teachers' Association and a board member of the Concord Area Music School Association. She is a member of the music faculty at Regis College in Weston, MA and has released two CDs: *Piano Perennials* and *Romantic Classics*.

### STATE OF THE TOWN MEETING TO FOCUS ON COMMUNITY CENTER AND SCHOOL BUILDING PROJECTS

All Lincoln residents are invited to a State of the Town meeting to be held on **Saturday, November 15 beginning at 9 am at the Brooks School auditorium**. On the agenda will be both the Community Center and School Building projects. Committees for each project will briefly update residents on space needs of the COA, Parks and Recreation, and the Schools and progress made to date by the committees, but the majority of the time will be spent in an open discussion of options for the projects. Residents are urged to bring their questions and ideas.

### NEED HELP PAYING FUEL OR OTHER BILLS?

If you need help paying your fuel bill, the Fuel Assistance Program may be able to help. The Program provides a cash benefit for both home owners and renters whose incomes are eligible. To apply for Fuel Assistance, residents of all ages should call Pam Alberts of the COA at (781) 259-8811 to set up an appointment. Those who are experiencing extreme financial emergencies may also call the COA to learn more about other programs such as the Emergency Assistance Fund, funded by the Ogden Codman Trust, First Parish, and donations.

### ELECTION NEWS

- **State Election**, November 4, 2014, 7:00 am – 8:00 pm, Smith School gym.
  - **Absentee Ballots** for the November 4 gubernatorial Election are available in the Town Clerk's Office. A written request is required before receiving an Absentee Ballot; such applications can be made by oneself or by a family member. The ballot may be voted at the Town Clerk's Office during office hours or the applicant may request that it be mailed to a specified address.
  - If you are unable by reason of physical disability to cast your vote at the polls you may vote Absentee by either of the above methods. If you wish, you may also, with documentation, become a **Permanent Absentee Voter**.
- For more information, please call the Town Clerk's Office at (781) 259-2607.

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## MINUTEMAN BY YOUR SIDE

Minuteman Senior Services has launched a new program called *Minuteman By Your Side* that extends a vital service - care management - to adults of any age who need help coping with the challenges presented by aging, disability or caregiving. Offered on a fee basis, the *By Your Side* team will do a comprehensive assessment of your needs and preferences and help create a personalized plan to get you the help you need that fits within your family's resources. This can include arranging home care services, helping you manage medical appointments (and transportation to them), finding more appropriate housing or balancing caregiving responsibilities. For more information about *Minuteman By Your Side*, or any of the programs offered by Minuteman Senior Services, please call (888) 222-6171, email [elderinfo@minutemansenior.org](mailto:elderinfo@minutemansenior.org) or visit [www.minutemansenior.org](http://www.minutemansenior.org).

## 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](mailto: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

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**Internet:** [www.lincolntown.org](http://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.*

## 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

**November 3, 12:30 pm: Ian Spencer—Forensic Art: Blending Creativity and Crime-Fighting in the Lincoln Police Department**

**November 10, 12:30 pm: Hugo “Holly” Hollerorth—The “Naked Truth” about Aging**

**November 17, 12:30 pm: Walter Bossert—Was Edith Wilson de Facto President of the United States during the Last 17 Months of Woodrow Wilson's Presidency (with music)?**

**November 24, 12:30 pm: Birches School Teachers—  
Birches School: Offering a Nature-based, Community-based STEAM Education  
(STEAM=Science/Technology/Engineering/Arts/Mathematics)**

*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!



### 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. Call or email Marilyn Buckler to see if there are any spaces available at (781) 259-8886 or [mbuckler1@comcast.net](mailto:mbuckler1@comcast.net). 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.

### 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. Please write on your check your email and home addresses and your telephone number. Questions? Call Claire at (781) 259-8695.

### LSB PLAYERS PRESENT CHICAGO

LSB Players of Lincoln-Sudbury High School are offering Lincoln seniors complimentary tickets for the **Wed., Nov. 19** performance (7:30 pm, LSRHS) of Chicago. Pick up tickets at Bemis Hall beginning Nov. 14. For tickets to Nov. 20, 21, and 22 performances, go to [www.lsrhs.net/sites/lbplayers/tickets/subscriptions/](http://www.lsrhs.net/sites/lbplayers/tickets/subscriptions/).

## \*\*\* JUST FOR FUN \*\*\*

### COFFEE WITH ARTIST JANE COOPER



Join Lincoln painter Jane Cooper for "Coffee with the Artist" on **Tuesday, November 4 at 2:30 pm** to celebrate her exhibit of paintings that will be in the Bemis Hall Artists Gallery in November and December. Jane is well-

known in Lincoln and the region for her evocative and joyful renderings of birds, frogs, and other elements of nature, her exquisite portraits, and more. Jane began her artistic career by taking classes at the DeCordova Museum with King Coffin, and then entering juried shows at the Concord Art Association, where she later had an exhibit. She taught watercolor painting at the Fenn School for ten years, instructing the students in illustrating books of poetry and short stories by Fenn students. She now brings her teaching skills to the COA where she teaches a popular ongoing course in watercolors.

### EUROPEAN RIVER CRUISES AND MEET-UP

The Danube, the Seine, the Rhine, the Main—Europe's rivers are romantic, beautiful and full of historic intrigue. Find out more about the rivers and cruises that can take you on them without the aggravation and uncertainty of planning the trip yourself when Peggy Dawson, Travel Advisor and Accredited Cruise Counselor, comes to Bemis Hall on **Friday, November 14 at 10 am**. She'll describe some popular tours, let you know how to choose among them, and give the inside scoop on costs. We'll start the morning at **9:30 am** with a "meet-up" of people who would like to travel but need traveling companions or who just like to talk about traveling.

### OLE TIME TRADITIONAL JAZZ CONCERT

Join in the fun on **Thursday, November 6 at 2:30** when our regular traditional jazz combo gathers around the Steinway Grand at Bemis Hall for an afternoon of spontaneous jamming. Share the joy as cornet, sax, clarinet, trombone, bass, drums and piano belt out good old foot stompers of the '20s, '30s & '40s. Tap your toes to old favorites such as *Ain't Misbehavin'*, *I Can't Give You Anything But Love*, *Makin' Whoopie*, *On the Sunny Side of The Street*, *Honeysuckle Rose*, *I Got Rhythm*, etc., etc., ending with a rousing all-in *When The Saints Go Marchin' In*. Get up and dance around the room if you feel the urge. If you missed the last one, you definitely won't want to miss this one. Just ask anyone who was there. Check us out. You might end up staying!

### AT THE MOVIES

**MONDAY, NOVEMBER 3, 11:00 AM-4:30 PM. WAGNER'S DIE WALKÜRE.** The one about a sword being pulled out of a tree, the ride of the Valkyries, and a ring of fire being ignited around our heroine. James Levine leads the Metropolitan Opera in the fabulous Otto Schenk production (NOT the controversial new version burdened with the "monster") featuring Jessye Norman, Hildegard Behrens, Christa Ludwig and James Morris. 1990. NR. 241 mins. Note: lunch break between Acts I and II (please bring your own).

**THURSDAY, NOVEMBER 20, 2:15 PM. BELLE.** This period drama based on fact traces the life of Dido Elizabeth Belle, a biracial girl born in 1761 to a British admiral father and an African mother. Raised by her great-uncle, Dido finds her place in society despite her mixed ethnicity. 2014. PG. 105 mins.

**TUESDAY, NOVEMBER 25, 2:15 PM. IDA.** Raised in a Catholic orphanage during the Nazi occupation of Poland, Anna is poised to join the order when she learns she has a surviving aunt. But visiting the woman before taking her vows uncovers some unexpected truths about her heritage. 2014. PG-13. 82 mins.

### YOU ARE INVITED TO THANKSGIVING DINNER AT THE HIGH SCHOOL

You will have the best meal of Thanksgiving when you go to L-S the day before the holiday. Lincoln Sudbury Regional High School warmly invites the seniors of both Lincoln and Sudbury to a Thanksgiving Dinner at the school, 390 Lincoln Road in Sudbury, on **Wednesday, November 26 at noon**. Please call the COA to sign up.

**THE CONCORD PLAYERS** present the comedy "The Matchmaker" by Thornton Wilder November 7 to 22, 51 Walden Street, Concord. SENIOR OPEN DRESS REHEARSAL, **8 pm, November 6**. Tickets: \$5 at the door.

SPEND TIME WITH OTHERS

## ENJOY "SENIOR DINING"



Lincoln seniors are invited to a gourmet meal in an elegant setting at **11:30 on Tuesday, November 18 at St. Anne's Church**. You must reserve by calling the COA at least a week ahead. The cost of each meal 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. The meal is catered by Newbury Court at Concord. And the volunteer serving staff are your friends and neighbors. Except in extenuating circumstances, you must call to cancel at least a week ahead or we will need to charge you for the meal in order to cover our costs.

## 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 humorous but touching *Amateurs* by Tom Griffin on **Mondays, November 3 and 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.

**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, to be held on **November 12**, will focus on Hanscom Air Force Base and Massport with guest, Town Administrator Tim Higgins.

**CONSERVATION BREAKFAST Thursday, November 13 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 location.

**LINCOLN MEN'S COFFEE Thursday, November 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**.

**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, November 13 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 BEGINNER CLASS 1st and 3rd Fridays of each month at 9 am. CONVERSATION** for those a little more advanced, **1st and 3rd Fridays of each month at 10:00 am**.

**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 and 4th Fridays of at 12:15 pm**.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>10:00 Playreading: <i>Amateurs</i>  11:00 Opera Movie: Die Walkure  12:30 Lincoln Academy  2:00 Let's Connect Group  2:00/3:15 Tai Chi  7:00 Farm Animals</p>	<p><b>4</b></p> <p>9:00 Podiatry  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  2:30 Coffee with the Artist</p>	<p><b>5</b></p> <p>9:00 Easy Yoga  10:00 Memoirs  11:00 Line Dancing  1:00/2:15 Tai Chi  2:00 Let's Connect Group</p>	<p><b>6</b></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><b>7</b></p> <p>9:00 Beginning German  10:00 German Conv.  10:00 Zen Cancer Wisdom  10:00 Wellness Clinic (LW)  10:45 BSO Trip (Mall)  11:00 Finding What's Next  1:00 Intermediate Bridge  1:00 Self-Defense</p>
<p><b>SUNDAY</b>  2:00 Wood Frog to Black Bear</p>	<p><b>2</b></p>	<p><b>SATURDAY</b>  9:00 Library Book Sale</p>	<p><b>SUNDAY</b>  4:00 Ralph Nadar (Brooks)</p>	<p><b>8</b></p> <p><b>SATURDAY</b>  9:00 State of the Town Meeting (Brooks)  1:00 Jazz Jam</p>
<p><b>10</b></p> <p>10:00 Playreading: <i>Amateurs</i>  10:00 French Conversation  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)</p>	<p><b>11</b></p> <p>COA CLOSED/VETERANS DAY</p>	<p><b>12</b></p> <p>9:00 Easy Yoga  10:00 Fireside Chat: Hanscom, Massport  11:00 Line Dancing  12:00 Vets Luncheon  1:00/2:15 Tai Chi  2:00 Let's Connect Group  7:30 Classic Jazz (Lib)</p>	<p><b>13</b></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 Ukulele Gathering</p>	<p><b>14</b></p> <p>9:30 River Cruise Social  10:00 River Cruises  11:00 Finding What's Next  12:15 Meditation  1:00 Intermediate Bridge  1:00 Medicare Observation  Vs. Admission</p>
<p><b>17</b></p> <p>10:00 Seamstress Drop-In  12:30 Lincoln Academy  2:00 Let's Connect Group  2:00/3:15 Tai Chi</p>	<p><b>18</b></p> <p>9:00 Blood Pressure/Wellness Clinic  9:00/10:00 Ear Training  9:30 FCOA Meeting  11:30 Senior Dining (St. Anne's)  11:30 You Can Do It Exercise  12:15 Life After 60 Group  12:30 Lincoln Choir Singers</p>	<p><b>19</b></p> <p>9:00 Podiatry  10:00 Memoirs  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  7:30 Complimentary LSB Players performance of</p>	<p><b>20</b></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: Belle</p>	<p><b>21</b></p> <p>9:00 Beginning German  10:00 German  Conversation  10:00 Foot Massage  11:00 Finding What's Next  1:00 Intermediate Bridge  1:00 Job Search Skills</p>

	<p>1:00 Exercise: Aerobics and Weights 2:30 COA Board</p>	Chicago (L-S)	<p><b>SUNDAY 23</b> 2:00 Uncle Sam Needs You (Drumlin)</p>
<p><b>24</b> 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><b>25</b> 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 Eat Well, Be Well Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: Ida</p>	<p><b>26</b> 11:00 Line Dancing 12:00 L-S Thanksgiving Dinner (L-S) 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p><b>27</b> COA CLOSED/ THANKSGIVING</p>
		<p><b>LOCATIONS</b> Brooks: Brooks Auditorium at Brooks School Drumlin: Drumlin Farm Lib: Library L-S: Lincoln-Sudbury Regional High School LW: Lincoln Woods Mall: Lincoln Mall St. Anne's: St. Anne's Church TBA: Location to be announced</p>	<p><b>28</b> COA CLOSED/DAY AFTER THANKSGIVING</p>  <p><b>NOVEMBER</b></p>

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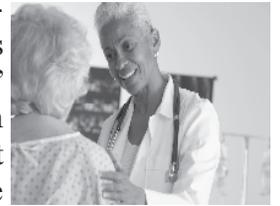
## ~~ FOR YOUR WELL BEING ~~

### HAPPY FEET, HAPPY LIFE: FOOT MASSAGE YOU DO YOURSELF

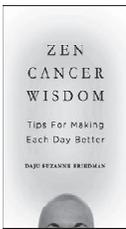
Your feet don't just get you here and there, they are the site of key pressure points. Keeping them in good shape is essential to our overall health and well being, including improving circulation, removing toxins, stress relief, and more. Find out how foot massage can become part of your wellness routine and how to do foot massage on yourself or someone else with Jai Kaur Annamaria San Antonio on **Friday, November 21 at 10 am**. Jai Kuar Annamaria teaches the COA's popular Easy Yoga course, among other yoga classes, and is a qualified massage therapist in private practice. Bring your feet and your questions!

### OBSERVATION STATUS: ARE YOU AN INPATIENT OR OUTPATIENT?

The difference between being admitted as a hospital inpatient versus being under "Observation Status" as an outpatient is a costly problem for seniors and even more difficult to understand. Learn the difference between the two and how to advocate for yourself or a loved one when Lindsay Brennan, LSW, CMC, Executive Director of Life Care Directions of New England, comes to **Bemis Hall on Friday, November 14 at 1 pm**. There will be time for questions and concerns! Refreshments will be provided by Right at Home.



### ZEN CANCER WISDOM: TIPS FOR MAKING EACH DAY BETTER



If you or a friend or family member has been touched by cancer, you know that having cancer is a journey involving the body, mind, heart, and soul. That journey can be made easier, however, by words of wisdom from those who have experienced it. All are invited to **Bemis Hall on Friday, November 7, at 10 am** to hear Sue Stason discuss the newly released book *Zen Cancer Wisdom: Tips for Making Each Day Better* by Sue's daughter-in-law, Daju Suzanne Friedman. Ms. Friedman, a scholar of Daoism, qigong master, Zen teacher and professor and doctor of Chinese medicine, was a cancer patient twice. Her book includes tips on and specific practices for managing the physical effects of cancer and its treatment, coping with stress, living fully with a cancer diagnosis, harnessing the mind, and more.

### 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** The fall session is now closed. Monday-Beginners: 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. 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 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, November 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, November 4** and **Wednesday, November 19, both at 9 am at Bemis Hall** by appointment. \$10 donation requested.

## ●●●WHAT YOU NEED TO KNOW●●●

### BASIC SELF-DEFENSE WITH THE LINCOLN POLICE



Whether you are at home in Lincoln or traveling to another place, you need to know how to prevent crime or, if you find yourself in a dangerous situation, know how to get away unharmed. Find out the best ways to secure your home and your vehicle as well as learn strikes, blocks, kicks, and patterns of movement to get you out of a situation in which you are being attacked when Ian Spencer of the Lincoln Police comes to **Bemis Hall on Friday, November 7 at 1 pm.** The methods you learn will use minimal energy with the goal being escape. Those who attended the previous workshop will benefit from the refresher provided by this workshop.

### VETERANS DAY LUNCHEON



Veterans and their spouses are invited to a Veterans Day Luncheon on **Wednesday, November 12 at Noon at Bemis Hall.** Come for soup/chowder and sandwiches.

This will be a relaxing, fun time for veterans and their spouses to get together, chat, and enjoy some time together. Please sign up by Friday, November 7 by calling the COA. A \$5 donation is requested.

### DEVELOPING A JOB SEARCH ACTION PLAN

Join Tee Provost of Operation ABLE when she continues her series on successfully finding a job on **Friday, November 21 at 1 pm here at Bemis Hall.** Tee will focus on deciding between job options, setting goals, evaluating resources and obstacles to achieving goals, and developing an action plan with clear, obtainable steps. This program will be of benefit even if you have not come to previous sessions.



### IMPORTANT HANSCOM AIR FORCE BASE AND MASSPORT UPDATE

Hanscom Air Force Base and Massport are integral to Lincoln in many ways. Join part two of our conversation about what is going on at Hanscom and Massport when Tim Higgins, Lincoln's Town Administrator, comes to **Bemis Hall on Wednesday, November 12 at 10 am.** He will update us and then answer questions and concerns. This presentation is part of the "Fireside Chat," which is a discussion of a current news topic using questions and answers that is led by Sharon Antia each second Wednesday of the month. All are welcome.

### 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 **Monday, November 17 from**

**10 to 11 am.** to help you with your sewing needs! No need to sign up!

### MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, November 19 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.

### 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. Call (781) 259-8811 for information.



**THANKSGIVING PIES FUNDRAISER FOR FOUNDATION FOR EDUCATORS AT L-S** Gourmet home baked pies; \$18. Order by November 10 and pick up your pies at **Bemis from 11:00 am-4:00 pm Tuesday, November 25.** Order forms are at Bemis or online at [www.felsgrant.org](http://www.felsgrant.org). Info: Diane Metzger (508) 395-2184.

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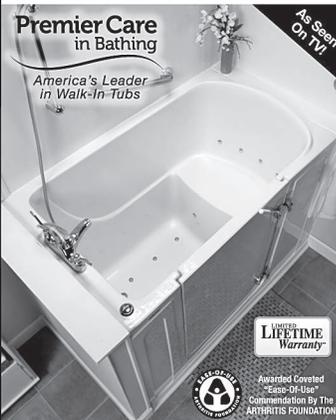
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## GOINGS ON IN AND AROUND LINCOLN

**NATURALLY CURIOUS—WOOD FROG TO BLACK BEAR: EXCITING WORLDS OF THE NORTHEAST** with naturalist and author Mary Holland, **Sunday, Nov. 2, 2 pm, Bemis Hall.** Sponsored by LLCT. 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.

**LINCOLN'S FASCINATING FARM ANIMALS.** The Lincoln Garden Club and Lincoln Agriculture Commission invite you to a panel discussion /slide show about Lincoln farmers and their unique animals. Learn why we have heritage breeds of cattle, miniature sheep, llamas and alpacas, and more. **Mon., Nov. 3, 7 pm, Bemis Hall.**

**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, November 8 from 9 am to Noon at Bemis Hall.**

**RALPH NADER.** The Bemis Free Lecture series presents Ralph Nader on **Sunday, November 9th, at 4 pm in Brooks Auditorium.** He will discuss his new book, *Unstoppable: The Emerging Left-Right Alliance to Dismantle the Corporate State.* The event is free but it is recommended that you make a reservation at [www.lincolntown.org](http://www.lincolntown.org). Space is limited.

**OPEN MIKE ACOUSTIC NIGHT** Enjoy live music at the free Open Mike Acoustic program **Monday, November 10 from 7 to 10 pm at the Library** featuring The Rafters. Email: [loma3re@gmail.com](mailto:loma3re@gmail.com).

**CLASSIC JAZZ AT THE LIBRARY** PBS documentary on "The Swing Thing!" on **Nov. 12, 7:30 pm at the Library.**

**FREE LIVE TRADITIONAL CLASSIC JAZZ JAMS** at Bemis Hall on **Saturday, November 15 from 1:00 pm – 5:00 pm.** Come hear local musicians belting out old favorites which will set your feet a-tappin.'

**UNCLE SAM NEEDS YOU: WHY THEN, HOW NOW?** **Drumlin Farm, Sunday, November 23, at 2 pm.** A presentation on the changing nature of the draft and the changing nature of warfare by the Lincoln Historical Society and the Town Archives with speakers from Hanscom and Fort Devens Museum.

**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, November 7 from 10 am to Noon.** These clinics are funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care.

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