



NEWS FROM BEMIS HALL

Volume 7 Issue 2

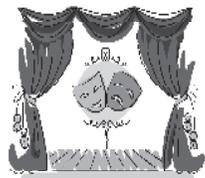
February 2016

The Lincoln Council on Aging Monthly

SEE THE SCULPTURES OF CYRUS DALLIN AT A MUSEUM IN ARLINGTON



The celebrated American sculptor Cyrus Dallin created the Museum of Fine Arts' iconic sculptures "Appeal to the Great Spirit" and Boston's "Paul Revere," all while living and working in Arlington. Join us for a trip to the Cyrus E. Dallin Art Museum in Arlington on **Tuesday February 23**, with a snow date of March 1. You will experience a private tour of this exquisite collection of sculptures, coins, medals, and paintings. Find out more about his special Lincoln connections! We will depart from the Lincoln Mall at 10:00 a.m. by Doherty school bus. After the museum tour we will have lunch together at your own cost at a nearby restaurant in Arlington Center returning to the Mall by 2:30 p.m. The non-refundable cost of the trip is \$7.00 per person made payable by check to FLCOA Trips and sent to Rob Todd, 126 Old Concord Rd., Lincoln, MA 01773. Please include your phone number and email address. Group size is limited to 25 and reservations must be made by February 19. Any questions contact Rob Todd at 781- 259-8820 or hmbt@comcast.net.



SENIORSPEAK THEATRE PERFORMANCE

Join the SeniorSpeak group for a theatre performance on **Saturday, January 30 at 1:00 pm** (as part of Winter Carnival) **and on Monday, February 1 at 12:30 pm in Bemis Hall**. The performance is an outgrowth of the work participants were engaged in as they rediscovered their voice as older adults. Drawing upon memories, feelings, and life lessons, participants have created a performance piece that incorporates turning points and events that shaped their lives both as individuals and as a group. The piece uses scenes and music as tools to capture key moments. After the performance, all are invited to join a discussion with the performers about the development of the theatre piece and the insights gained in the process.

FREE INCOME TAX PREPARATION HELP

Volunteers certified under the AARP TaxAide 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 to schedule a confidential appointment and get a list of documents to bring.

SEE YOUR FRIENDS IN A REALLY BIG SHOW!



All are welcome to come see your friends and neighbors at the COA's free "Really Big Show," a variety show and part of the Winter Carnival at **Bemis Hall on Friday, January 29 at 1 pm**. The show will feature music, a little dancing, demonstrations of COA classes, and more! Be enlivened by traditional jazz, enlightened by classical piano music, energized by folk favorites, and excited by what some of our movement classes are up to! The show will amaze you at the talent of Lincoln residents while being both fun and entertaining. Don't miss it!

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ENJOY A DAY OUT WITH THE COA!



SAVE THE DATE! VERY MOVING GRADUATION OF THE NEW ENGLAND ASSISTANCE DOGS SOCIETY



Join us for a wonderful outing to the NEADS graduation on **Sunday, April 10, 2015 at Montachusett Regional Vocational Technical School, in Fitchburg, MA.** We will have a chance to watch these expertly trained dogs in action as they demonstrate their skills in aiding their new owners. We will also hear from their owners as they share the wonderful impact the dogs have had on their lives. We will leave by a Doherty's bus from the Lincoln Mall at 11:30 and have a leisurely lunch at a local restaurant. The graduation is planned from 2:00 until 4:00. We will return to Lincoln between 4:30 and 5:00. The cost for the trip is \$10 for the bus and driver's tip. Lunch is on your own. **Send a check made out to FLCOA/Trips to Sally Kindleberger 14A North Commons, Lincoln, MA 01773. Call (781) 259-1169 to reserve a spot.**

Spring Trips — See future newsletters for more information!

Lincoln seniors (60+) have first priority for signing up for trips. Younger Lincoln residents and out-of-town seniors may sign up if there is room after Lincoln seniors have had the opportunity to sign up.

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 Medicare and Medicaid/MA Health, including plans and benefits, medical bills and long-term care needs.

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

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

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.

WOULD YOU LIKE A FREE HOME SAFETY EVALUATION WITH A PHYSICAL THERAPIST? Call the COA. The Home Safe Project is funded by the Ogden Codman Trust.

MEDICAL EQUIPMENT Loans of Walkers, canes, wheel chairs, tub benches, shower chairs, and commodes.

VETERANS BENEFITS Contact Priscilla Leach at (781) 259-4472 or lincolnvetservices@gmail.com.

TRANSPORTATION Free rides to medical and other appointments, local shopping, and COA activities 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. All rides are free. The COA's taxi rides are supported by the Friends of the Lincoln COA. Donations are gratefully accepted.

COUNCIL ON AGING INFORMATION

The COA is located in Bemis Hall, 15 Bedford Road

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

Pamela Mizrahi, Assistant Director:

mizrahip@lincolntown.org

Website: www.lincolntown.org/index.aspx?nid=132

Hours: Monday through Friday, 8:30 am to 4:30 pm

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
*Lectures, Discussions, and More about Our World to
 Educate, Enlighten, and Enliven!*

THE LINCOLN ACADEMY LECTURE SERIES

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

February 1—SeniorSpeak Performance (See Page 1)

*February 8—Cyrus Mizrahi—Persian Poetry:
 The Soul of an Ancient People*

*February 22—Jim Hogan—Religion as a Reason for the
 Revolutionary War*

*February 29—Mark Hopkins — Where the Amazon Begins: Assessing
 the Health and Future of the Peruvian Rainforest*

*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>*

THE FIRESIDE CHAT: WHERE CHRISTIANITY, JUDAISM, AND ISLAM MEET



Come join other Lincoln residents as we expand our understanding of the commonalities and differences among Christianity, Judaism, and Islam and deepen our respect for each other's

faiths when the Fireside Chat meets on **February 24 at 10 am here at Bemis Hall**. The Fireside Chat, which meets monthly on the fourth Wednesday at 10 am, is an opportunity for residents to get together for a respectful discussion of important current topics using questions and answers. This month our special guest will be Mary Lou Lovecchio of the Daughters of Abraham, a group of Christian, Jewish, and Muslim women who come together to learn about each other's faiths through books and discussion. The discussion is facilitated by Sharon Antia.

SEYMOUR BERNSTEIN: AN INTRODUCTION TO THE REVERED PIANO TEACHER AND COMPOSER

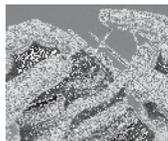
Seymour Bernstein withdrew from a distinguished career performing classical piano music to pursue teaching and composition, gaining both accolades



and the gratitude of his students as well as fulfillment and peace of mind. Come experience the life and music of Mr. Bernstein when we show the 80-minute documentary "Seymour: An Introduction" on **Friday, February 12 at 1 pm at Bemis Hall** with an introduction by Lincoln resident Mariel Bossert. The documentary charts Mr. Bernstein's artistic path and features Mr. Bernstein's virtuoso playing. Mariel, an accomplished classical pianist, has been personal and professional friends with Mr. Bernstein for many years and he has played often with Lyrica Chamber Music, which Mariel founded in New Jersey.

*** JUST FOR FUN ***

SHARE YOUR LOVE OF KNITTING AT OUR WEEKLY DROP-IN!



Winter is the perfect time to indulge your love of knitting! All knitters are welcome to come to Bemis Hall **Tuesdays from 9:30 to 11:00 am** for a “knitting drop-in” for you to get help with problems from other knitters, ask questions, or get encouragement to finish projects! All levels of knitters welcome! Nancy Constable facilitates the group.

SING ALONG TO THE LINCOLN TRADITIONAL JAZZ SEXTET

Yes, that’s right, there will be some good old favorites for you to sing along to, maybe *Ain’t She Sweet* or *When You’re Smilin’* or *All Of Me*, like last time, or something completely different. If you prefer, just listen. Or get up and dance. The Lincoln Traditional Jazz Sextet, a fun group of retirees who come together to enjoy playing and providing toe-tapping enjoyment for you, returns to Bemis on **Friday February 5 at 1 pm**. If you’re one of the regular attendees, you know what to expect; if you’ve never been before come to find out for yourself.

PLAY ALONG OR SING ALONG MAKING MUSIC WITH OTHERS!

Making music with others is always a joy! Bring your ukulele, your guitar, your other instrument or your voice to our monthly gathering the second Thursday at 3 pm! This month the group will gather on **Thursday, February 11**. The group plays and sings from a repertoire of popular songs such as *Let Me Call You Sweetheart*, *Amazing Grace*, and *Waltzing Matilda* and folk favorites such as *Careless Love*, *Kumbaya*, *Michael Row the Boat Ashore*, and *Jamaica Farewell*. No need to be a virtuoso—all levels are welcome! Come on down and give us a try!

UNLEASH YOUR DRAMATIC FLAIR WITH PLAYREADING!

Each first and second Tuesday at 1 pm, join our playreading group for fun, to learn more about both classic and contemporary plays, and to find your hidden dramatic talent! Each month, the group reads a different play, which can be a drama, comedy, social commentary, or epic. You don’t need any prior experience and the only expectation is to enjoy yourself while becoming familiar with this unique form of literature! This month the group meets on **February 2 and 9** and will read Aristophanes’ *Lysistrata*, the comedy about Greek women withholding favors until the men negotiate peace. The group is facilitated by Sally Kindleberger, who will bring copies of the play.

AT THE MOVIES

TUESDAY, FEBRUARY 2, 1:00 PM RICHARD STRAUSS'S ARIADNE AUF NAXOS. A troupe of *comedia del arte* comedians are required to act on stage at the same time as a classical tragedy, with confusing circumstances. Jessye Norman stars as the beautiful princess abandoned on the Greek island of Naxos. James Levine serves up this delightful feast with great flair and panache. 1988. NR. 154 min.

THURSDAY, FEBRUARY 4, 2:15 PM. MAN FROM U.N.C.L.E. With both their countries threatened by a powerful global crime cartel, the CIA's Napoleon Solo and KGB operative Illya Kuryakin must work together in this Cold War thriller inspired by the classic 1960s TV series. 2015. PG-13. 116 mins.

TUESDAY, FEBRUARY 16, 2:15 PM. LOVE IS STRANGE. After 28 years together, Ben and George finally get hitched. But when the marriage raises controversy at the school where George works, he's fired. Unable to afford their New York City apartment, the couple is forced to live apart. 2014. R. 95 mins.

THURSDAY, FEBRUARY 18, 2:15 PM. DIPLOMACY. When a doomed and demented Adolf Hitler orders his army to level Paris with explosives before abandoning the city, Swedish consul general Raoul Nordling launches a diplomatic attempt to persuade a German general not to execute the plan. 2014. NR. 83 mins.

TUESDAY, FEBRUARY 23, 2:15 PM. HE NAMED ME MALALA. Vividly portraying the obstacles Pakistani women face in getting an education, this affecting documentary chronicles the story of Malala Yousafzai, a 15-year-old who was shot because of her advocacy efforts. 2015. PG-13. 87 mins.

SPEND TIME WITH OTHERS

SENIOR DINING — JOIN US TO MEET NEW FRIENDS!

Lincolniters 60 and older are invited to enjoy a gourmet meal with new friends and old at **11:30 on Tuesday, February 16 at St. Anne's Church. We have new diners often — please come and give us a try! We need you!** Please 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, Minuteman Senior Services, Newbury Court, St. Anne's, and the Lincoln Garden Club. And the volunteer serving staff consists of your Lincoln friends and neighbors.

GIVE YOURSELF THE GIFT OF MEDITATION

Meditating, even for just a short time, can help you feel more peaceful and grounded. Come together with others on the second and fourth Fridays of the month at 12:15 pm for a half-hour of guided meditation. This month's sessions will be on **February 12 and 26.** You will listen to different recordings of meditations while you relax and just spend some time with yourself. Even without communicating, meditating with others can be more powerful than meditating by yourself. All are welcome!



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

FRENCH CONVERSATION Brush up on your French speaking skills the **second and fourth Monday of each month at 9:30 am at Bemis Hall** at our French conversation group.

KNITTERS DROP-IN All knitters are welcome to come **Tuesdays, 9:30 to 11 am**, to get help with problems, ask questions, and get encouragement to finish projects! All levels of knitters welcome! Nancy Constable facilitates.

PLAY-READING GROUP Sally Kindleberger leads a group in reading Aristophanes' comedy *Lysistrata* on **February 2 and 9 at 11 am**. Sally will bring copies of the play.

LIFE AFTER 60 GROUP **Tuesdays 12:15 pm** Relax, socialize and dine out at a café or Senior Dining. Call ahead to find out where they will be meeting.

FIRESIDE CHAT Join other residents in a respectful "Fireside Chat" discussion of a current news topic using questions and answers each fourth Wednesday at 10 am. This month's discussion, on the intersection of Christianity, Judaism, and Islam, will be held on **February 24**.

CONSERVATION BREAKFAST **Thursday, February 11 at 8:00 am**. Meet and gossip the second Thursday of every month about Town events, also touching on Conservation. Call (781) 259-2612 for this month's venue.

LINCOLN MEN'S COFFEE **Thursday, February 18 at 8:00 am**. Bagels, cream cheese, and lox, doughnuts, 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, February 11 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 Come enjoy speaking German on **the first and third Fridays 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 at 12:15 pm**.

PLAY INTERMEDIATE BRIDGE each **Friday at 1 pm at Bemis Hall**. Call the COA at (781) 259-8811 to be added to the email list to see if there are enough players for a table each week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10:00 Pastels 12:30 Lincoln Academy 2:00/3:15 Tai Chi</p>	<p>2</p> <p>9:00 Podiatry 9:30 Music Course 9:30 Knitting Drop-In 11:00 Playreading: Lysistrata 11:30 You Can Do It Exercise 12:15 Life after 60 1:00 Exercise: Aerobics and Weights 1:00 Opera: Ariadne Auf Naxas</p>	<p>3</p> <p>9:30 Yoga 10:00 Memoirs 11:00 Line Dancing 1:00 Office Hours with Aide to Katherine Clark 1:00/2:15 Tai Chi</p>	<p>4</p> <p>9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Man from UNCLE</p>	<p>5</p> <p>10:00 German Conv. 10:00 Wellness Clinic (LW) 1:00 Intermediate Bridge 1:00 Traditional Jazz Sextet</p>
<p>8</p> <p>9:30 French Conversation 10:00 Pastels 12:30 Lincoln Academy 2:00/3:15 Tai Chi 7:00 Acoustic Music (Lib)</p>	<p>9</p> <p>9:30 Music Course 9:30 FCOA Meeting 9:30 Knitting Drop-In 11:00 Playreading: Lysistrata 11:30 You Can Do It Exercise 12:15 Life after 60 1:00 Exercise: Aerobics and Weights 2:30 COA Board</p>	<p>10</p> <p>9:30 Yoga 10:00 Ecological Design, Construction and Maintenance 11:00 Line Dancing 1:00/2:15 Tai Chi 7:30 Classic Jazz (Lib)</p>	<p>11</p> <p>8:00 Conservation Bkfst (TBA) 9:15/10:15 Tai Chi 9:30 Handwork Circle 10:00 Ipads and Iphones 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>12</p> <p>12:15 Meditation 1:00 Intermediate Bridge 1:00 Movie: Seymour: An Introduction with Mariel Bossert</p>
<p>15</p> <p>COA CLOSED/ PRESIDENT'S DAY</p>	<p>16</p> <p>9:00 Wellness Clinic/ Blood Pressure 9:30 Knitting Drop-In 11:30 You Can Do It Exercise 11:30 Senior Dining (St. Anne's) 12:15 Life after 60 1:00 Exercise: Aerobics and Weights</p>	<p>17</p> <p>9:00 Podiatry 9:30 Yoga 10:00 Memoirs 1:00/2:15 Tai Chi</p>	<p>18</p> <p>8:00 Men's Coffee 10:00 Photos with Picasa 9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Diplomacy</p>	<p>19</p> <p>10:00 German Conversation 10:00 Being Mortal 1:00 Intermediate Bridge 1:00 Breathe, Relax, and De-Stress</p>

	2:15 Movie: Love is Strange			SATURDAY 20 1:00 Jazz Jam (Lib)
22 9:30 French Conversation 10:00 Pastels 12:30 Lincoln Academy 2:00/3:15 Tai Chi	23 9:00 Collating 9:30 Music Course 9:30 Knitting Drop-In 10:00 Dallin Museum Trip Leaves (Mall) 11:30 You Can Do It Exercise 12:15 Life after 60 1:00 Exercise: Aerobics and Weights 2:15 Movie: He Named Me Malala	24 9:30 Yoga 10:00 Fireside Chat: Where Christianity, Judaism and Islam Meet 11:00 Line Dancing 1:00/2:15 Tai Chi	25 9:15/10:15 Tai Chi 9:30 Handwork Circle 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In	26 12:15 Meditation 1:00 Intermediate Bridge 1:00 Downsizing
29 10:00 Pastels 12:30 Lincoln Academy 2:00/3:15 Tai Chi			FEBRUARY 	LOCATIONS Lib: Libraary LW: Lincoln Woods Mall: Mall by Donelan's St. Anne's: St. Anne's Church TBA: Location to be announced

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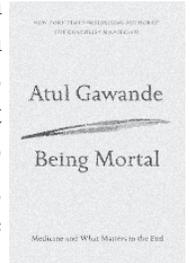
~~ FOR YOUR WELL BEING ~~

BREATHE, RELAX, AND DE-STRESS YOUR WAY TO BETTER WELL BEING

Stress is a risk factor for many conditions and diseases, but you don't have to let the weather, or life's challenges in general, get you down. Learn some practical, easy-to-remember techniques and strategies for reducing your stress, relaxing your body and mind, and enhancing your well being when Catherine Collins comes to **Bemis Hall on Friday, February 19 at 1 pm**. She'll show you a variety of ways to both begin a relaxation practice that you can do every day as well as calm yourself down when you find yourself getting overly upset. Catherine Collins, RN, MS, CHES, QTTP, QTTT, CR is a registered nurse and a master's level nurse practitioner with 30 years experience in health care. Co-sponsored with the Lincoln Department of Parks and Recreation.

BEING MORTAL: SHARE YOUR INSIGHTS, THOUGHTS, QUESTIONS AND EXPERIENCES

Please join us for a facilitated discussion of Atul Gawande's book, *Being Mortal* on **Friday, February 19 at 10 am at Bemis Hall**. Alyson Lee, Program Director at The Commons in Lincoln, invites you to join the discussion and bring your insights, thoughts, questions, and experiences. The great thing about this book is that we ALL share the issues raised – how to balance quality of life with medical intervention, what are our values when facing end-of-life, how can we communicate our wishes. According to Time Magazine, *Being Mortal* "provides a useful roadmap of what we can and should be doing to make the last years of life meaningful."



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 Terri Zaborowski.

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 Terri Zaborowski.

TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS The Winter session is now closed. **Level 1 (Beginners)**: Mon 2–3 pm and Wed 1–2 pm (Jane Moss), Thurs 9:15–10:15 (Ellie Horowitz and Cynthia Rosenberger). **Level 2**: Mon 3:15-4:15 (Jane Moss). **Level 2 Practice**: Thurs 10:15-11:15 (Ellie Horowitz and Cynthia Rosenberger). **Level 3**: Wed 2:15-3:15 Jane Moss. Cost: \$60 - 1 hr/wk, \$80 - 2 hrs/wk, \$100 - 4 hrs/wk. 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! No class February 17.

EASY YOGA Gentle yoga on the floor or in a chair, **Wednesdays at 9:30 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, February 16 from 9 to 11 am at Bemis Hall**. Services are sponsored by the Pierce House and provided by Emerson Hospital Home Care.

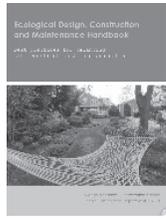
PODIATRY CLINICS

Podiatry clinics will be held on **Tuesday, February 2** and **Wednesday, February 17, 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

SAFELY DISPOSE OF YOUR PRESCRIPTIONS AND OTHER MEDICATIONS AT THE PUBLIC SAFETY BUILDING The Police and Fire departments invite residents to dispose of unwanted prescription and over-the-counter medications and ointments and vitamins at special drop-off box in the lobby of the Public Safety building. Just bring them in! They cannot accept needles, inhalers, thermometers and some other items.

●●●WHAT YOU NEED TO KNOW●●●

BUILD AND MAINTAIN YOUR HOME AND LANDSCAPE TO BE



ECOLOGICALLY SUSTAINABLE

Ecologically sustainable design, construction, and maintenance of homes and landscaping is often less expensive than conventional methods and result in long-term benefits to your home and your landscape, your family's health and the environment. Come to **Bemis Hall on Wednesday, February 10 at 10 am** when Angela Kearney of the Lincoln Conservation Department will give principles, ideas, strategies and tips from her book *Ecological Design, Construction, and Maintenance Handbook*. You'll learn more about using soil and vegetation in swales, rain gardens, and detention basins to infiltrate and reuse storm water, protecting wildlife habitats, preserving natural landscape features, minimizing land clearing and grading for driveways and parking areas, eliminating the use of chemical pesticides and herbicides, and toxic cleaning agents, and more! Bring your questions and concerns!

DOWNSIZE TO MAKE YOUR POSSESSIONS FIT YOUR LIFE!

We all go through life collecting stuff until our possessions become a collection of things that can overwhelm us, complicate our lives, and keep us from moving forward. "Downsizing" is an opportunity to choose what to bring into the life you have now and the life you want, whether or not you need to move into a smaller space or you just want to feel more relaxed and in control. Come to **Bemis Hall on Friday, February 26 at 1 pm** to hear Lyn Spaeth of Transformations, Home Staging and Interior Redesign. She will discuss the process of downsizing, how to choose what to keep and where to dispose of what you no longer want or need, and how not to be exhausted by the time you're done! Bring questions and concerns!



The Computer Corner...

IPHONES AND IPADS, PART II



Our program on iphones and ipads given by Andy Payne in December was so popular that we have asked him to come back! Andy will be here on **February 11 at 10 am** to give you more information on the operation and features of iphones and ipads and answer your questions. You are welcome to attend whether you came to the December session or not. If you have tips for using your iphone or ipad, bring those, too!

SORTING AND EDITING PHOTOS WITH FREE GOOGLE PICASA!

Do you have five million photos that need some editing and that you can never find? Then Google Picasa, a free program, is for you! You can make those photos look great, then organize them all into photo albums, search the photos and more! Come find out how to get and use Picasa when Harold McAleer comes to **Bemis Hall on Thursday, February 18 at 10 am!** If you have a laptop with your photos, bring it!

FREE COMPUTER AND DIGITAL CAMERA TUTORING AT BEMIS HALL!

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. Call (781) 259-8811 for information.

MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, February 3 at 1 pm** to meet with Anthony Moreschi, Constituent Service Representative for Congresswoman Katherine Clark on federal benefits and other concerns.

The Lincoln Council on Aging and Liturgical Publications Inc. invite you to become their partner in publishing this newsletter. Your support will permit the council to receive this service at no cost.

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**YOUR
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Now our friends are coming down to visit here and they are really sort of jealous.
We have the best of both worlds. // – Will and Bev Reed, Residents

A lifestyle that gives you the freedom to pursue your passions is something that everyone can appreciate. At The Commons in Lincoln, you can do the things you love because we take care of everything else for you. That includes lawn care, housekeeping and even snow removal. Every day, our expert chefs prepare lunches and dinners that will tantalize your taste buds. All this leaves you time to enjoy whatever you please, from nature walks on nearby trails to cultural attractions only minutes away in Boston. It is all part of our *Lifecare Advantage*.



Call **1-877-219-6116** to schedule a personal tour,
or visit www.TheCommonsInLincoln.com/visit
to take a video tour of the Reeds' home.



The
Commons
IN LINCOLN

A Benchmark Signature Living Lifecare Community

222 Sandy Pond Road | Lincoln, MA 01773



COMING SOON! Rental Assisted Living, Memory Care and Skilled Nursing

GOINGS ON IN AND AROUND LINCOLN

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, February 8 from 7 to 10 pm at the Library** featuring Cardboard Ox (Steve Allain and Tracie Potochnik). Email: loma3re@gmail.com.

CLASSIC JAZZ AT THE LIBRARY Norm Nichols presents a documentary on the life of Stephane Grapelli of the "Quintette du Hot Club de France" at Classic Jazz on **Wednesday, February 10, 7:30 pm at the Library**. Don't miss this exciting program! This group meets the second Wednesday of every month.

CONCORD PLAYERS SENIOR OPEN DRESS REHEARSAL Come see *Proof*, a drama about genius and mental illness, **Thursday, February 11 at 8:00 PM, 51 Walden Street, Concord**, \$5.00 at the door.

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, February 20 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.

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, February 5 from 10 am to Noon**. These clinics are funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care.

DO YOU HAVE TOILETRIES YOU CAN DONATE?

Women and children who are in shelters remaking their lives after experiencing domestic violence need toiletries like shampoo, soap, toothpaste, hand and body lotions, and more. If you have unopened toiletries from hotels or stores that you can't use, please bring them to the COA at Bemis Hall by Friday, Feb. 6. A volunteer will take them to local domestic violence organizations for Valentine's Day distribution.

FRIENDS OF THE LINCOLN COUNCIL ON AGING
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