

NEWS FROM BEMIS HALL

Volume 7 Issue 4

April 2016

The Lincoln Council on Aging Monthly

40 YEARS OF COMMUNITY FAIR!



This year, the COA, Parks and Recreation, and the Lincoln Review are celebrating their 40th anniversaries and we're throwing ourselves a free party on **Saturday, April 30 from 1 to 4 pm at Pierce Park** (rain date of May 1). The Fair will feature activities and games for all ages. Lincoln's history will be front and center with displays and demonstrations about Lincoln's past, iconic buildings and landscapes, and life in times gone by. Myriad local organizations will provide information and demonstrations on such important topics as energy efficiency, agriculture, and gardening. Lincoln and Lincoln-associated artists will show their best work in the Pierce House (Call is below), which will also feature historic photos from the Town Archives. What is a fair without food? The Police will host a barbecue where you can get a delicious lunch while the Minute Men will offer baked goods and cider, both for a small cost. But wait! There's more! While you are enjoying all these treats, you will be regaled with music by some of Lincoln's many virtuoso musicians. And expect some surprises! We hope to see you there!

DESIGN YOUR THIRD AGE, YOUR WAY!

This spring, the COA is pleased to present a series of programs to help you to create a "third age," or life after 60, that meets your individual needs physically, emotionally, spiritually, and legally. Those of all ages are invited. While everyone is encouraged to attend all the sessions, since they all inter-relate, you are also welcome to come to only those presentations you choose. The programs will feature opportunities for small and large group discussion. This month we will begin with lunch and an inspiring presentation on **April 8** by the Rev. Lilian Warner on *Living Your Life's Purpose, Your Reason for Being*, followed by *Teaching the Mind and Body to Communicate* with Arthur Gleiner, MD and Amanda McLain, MD on **April 15**, *Regular Exercise Is Good Medicine for Mind and Body* with Terri Zaborowski on **April 21**, and *Readying Your Legal Toolbox in Case of the Unexpected* with Sasha Golden on **April 22**. See page 9 for details and a full list of programs in April, May, and June.

PATRIOTS DAY EVENTS 2016

- Saturday, April 9, 2:50 pm, Paul Revere Capture Site, MMNH Park:** Commemoration & Dramatic Narrative
 - Tuesday, April 12, 7:30 pm, Bemis Hall:** "The Lincoln Minute Men After April 19, 1775," a talk by LMM Historian Rick Wiggin (see Page 12)
 - Sunday, April 17, 1:45 pm, Pierce Park:** 18th Century Fife and Drum Music
 - Sunday, April 17, 7:00 pm, White Church:** Alarm and Muster with Rider
 - Monday, April 18, 6:45 am, Outside Bemis Hall:** Dawn Tribute, March to Concord
 - Monday, April 18, 9:00 am, Concord Center:** Patriot's Day Parade
 - Sunday, April 24, 2:30 pm, Pierce House; 3:00 pm, Cemetery on Lexington Road/ or if rain, Pierce House:** Old Burial Ground Tribute to the Patriot and British soldiers buried there. Ceremony and Music
- For more information, see <http://www.lincolnminutemen.org/event-calendar/>

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CALL FOR ARTISTS: Lincoln artists are invited to display or sell 2- or 3-dimensional works at the Fair on April 30, 12-5 pm, and May 1, 12-3 pm, \$10 fee per work, 4 works maximum/artist. 30-inch maximum dimensions. Info and application, <http://lincolntown.org/DocumentCenter/View/20819>, or schester636@gmail.com.



ENJOY A DAY OUT WITH THE COA!



VERY MOVING GRADUATION OF THE NEW ENGLAND ASSISTANCE DOGS SOCIETY



Join us for a wonderful outing to the NEADS graduation on **Sunday, April 10 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 the City Hall Cafe. 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. Please also bring \$5 for a suggested donation to NEADS. **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.**

CANTERBURY SHAKER VILLAGE

Please join us on a visit to the fascinating **Canterbury Shaker Village** in **Canterbury, NH** on **Wednesday, May 25**. We will step back in time and learn about the lives of these joyful people. A **comfortable air ride bus will leave Lincoln Mall at 8:45 AM**, returning between 4:30 and 5:00 PM. There will be a 75-minute guided walking tour of the Village, including the Meeting House, the Laundry, and the Dwelling House. Following the tour, we will have a picnic lunch in the Shaker Barn Restaurant. There will be ample time after lunch to explore on your own the School House, the Sister's Shop, and many other exhibits. You may view an excellent film on the history and life of this unique community. This trip is rated moderate for physical difficulty. The price of the trip is \$38 per person, including the picnic lunch. Payment is non-refundable. The trip is subsidized by the **Hurff Fund** and is for Lincoln residents only. Space is limited, so respond ASAP. **Make checks payable to FLCOA/Trips and send to Virginia O'Brien, 4 Linway Road, Lincoln MA, 01773.** Please enclose your phone number and email address with your check. If you have questions please contact Virginia at (781) 259-1291, vobrien39@yahoo.com.

Trips Policy

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.

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.

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

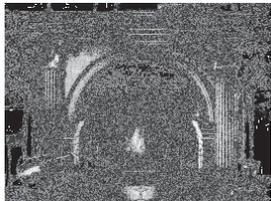
April 4 —Cyrus Mizrahi: Persian Poetry—The Soul of an Ancient People

**April 11—Dwight Gertz: To Antarctica and Beyond —
 Eight Weeks Trying to Find the Most Remote Settlements on Earth**

**April 25—Elizabeth Graver: Write What You Don't Know —
 Seeking My Grandmother's Life in Turkey, Spain, Cuba, and New York**

*For DVDs of past programs, go to the Library or COA, or view them online at
<https://lincolntv.viebit.com/#coa>*

**THE FIRESIDE CHAT: SEEKING
 ASYLUM IN AMERICA, PART II**



After our January Fireside Chat about challenges facing asylum seekers and refugees in the US, the group decided to continue the discussion and also consider how inter-

ested people in our community can lend a hand. **April 27 at 10 am** will focus on what we learned in January, the situations of refugees and those seeking asylum in our country and globally, and what opportunities to provide assistance locally, nationally, and internationally those in the group might like to pursue. All are welcome whether you attended the January session or not!

**BEING MORTAL: AN ONGOING
 CONVERSATION ABOUT LIFE AND
 END-OF-LIFE PLANNING**

How we die and how we help our family and friends at the end of their lives, how the medical system assists or hinders you in making choices about your care, and the best ways to live more independently for as long as possible are all questions that have no easy answers. Join in a series of free-ranging conversations on these and other related topics, with occasional references to Atul Gawande's book *Being Mortal*, facilitated by Alyson Lee, Life Coach, Social Worker, and Certified Facilitator for Honoring Choices/Massachusetts. This month's conversation will be on **Friday, April 15 at 9:30 am at Bemis Hall**. You do not need to have come to the first conversation to attend.

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

web: www.lincolntown.org

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.

*** JUST FOR FUN ***

DWELL IN POSSIBILITY: A POETRY WORKSHOP FOR ENTHUSIASTS AND SKEPTICS ALIKE



April is National Poetry Month! Celebrate this year by joining Patti Russo, Certified Poetry Therapist, for four fun and spirited workshops in which we will explore, through the lens of poetry, a variety of topics relevant to our lives today. In each session, we'll read and discuss poems around a specific theme such as mindfulness, gratitude or happiness, and then we'll do some reflective writing in response to our discussion. You will leave with a better understanding of both poetry and yourself! You do not need to be a writer

to participate. The sessions will be at **12:30 pm on Wednesdays April 13, 20, and 27 and May 4 here at Bemis.** The cost for all four sessions is \$40. Please call the COA now to sign up; we must have a minimum of 10!

COFFEE WITH WATERCOLOR ARTIST FLORENCE COMO

Join Lincoln artist Florence Como on Thursday, **April 7 at 2:30 pm** for "Coffee with the Artist" in celebration of her exhibit of watercolors in the Lincoln Artists Gallery here at Bemis Hall. The exhibit runs through April. Florence, a Lincoln resident and former teacher, paints watercolors, oils, and acrylics in a traditional, representational style. She is inspired by nature and travel experiences, especially to Italy, where she has taken several workshops. She is a member of many art associations and has exhibited in solo and group shows where she has been the recipient of numerous awards.

EXPRESS YOUR LOVE OF NATURE USING 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 Friday and Monday beginning **May 9 and then another session of four classes will begin on May 23 from 9 am to 11 am.** The cost is \$15. Call to sign up now as space is limited.

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** and **Tuesday afternoons from 3:30 to 4:15 for help specifically with ipads and iphones!** 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 more information.

AT THE MOVIES

MONDAY, APRIL 4, 10:00 AM. ROSSINI'S IL TURCO IN ITALIA. A delightful tangle of romantic intrigue and overlapping story lines, *The Turk in Italy* is a triumph of comedic ingenuity and sparkling music. Ruggero Raimondi and Cecilia Bartoli star in a Zurich Opera production. 2002. NR. 140 mins.

TUESDAY, APRIL 5, 2:15 PM. TRUMBO. Famed screenwriter Dalton Trumbo refuses to testify before the congressional House Un-American Activities Committee and is imprisoned and blacklisted. 2015. R. 125 mins.



TUESDAY, APRIL 19, 2:15 PM. SUFFRAGETTE. Dreaming of the right to vote, working-class Maud eagerly joins the early feminist movement, which is driven to radical methods to effect change. 2015. PG-13. 106 mins.

THURSDAY, APRIL 21, 2:15 PM. CAROL. Living in 1950s society, two women -- a store clerk and a wealthy socialite -- develop an attachment to each other that turns passionate. 2015. R (one explicit scene). 118 mins.

TUESDAY, APRIL 26, 1:00 PM. BRIDGE OF SPIES. At the height of the Cold War in 1960, the downing of an American spy plane and the pilot's subsequent capture by the Soviets draws Brooklyn attorney James Donovan into the middle of an intense effort to secure the aviator's release. 2015. PG-13. 141 mins.

SPEND TIME WITH OTHERS

SENIOR DINING — ENJOY A GOURMET LUNCHEON WITH FRIENDS OLD AND NEW!!

Lincolniters 60 and older are invited to enjoy a gourmet meal with new friends and old at **11:30 on Tuesday, April 19 at St. Anne's Church. We have new diners often — give us a try!** 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 friends and neighbors.



APRIL SHOWERS BRING SPRING FLOWERS TO BEMIS HALL

on **Friday, April 1 (no foolin')** at **12:30 pm at Bemis Hall** when the Lincoln Traditional Jazz Sextet return to entertain you with tunes like the old Al Jolson favorite we all remember. We can't promise you Al Jolson but you can certainly join in and sing along (or hum or dance or just sit and listen) as the band lifts spirits with its rendering of *Five Foot Two, Eyes of Blue*, or *Ain't She Sweet* or *Sweet Georgia Brown*. Don't be shy; when it's time to sing everyone joins in and the result is just plain fun.

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 from 9:30 to 11 am** to get help with problems, ask questions, and get encouragement to finish projects! All levels of knitters welcome!

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.

PLAY-READING GROUP Sally Kindleberger leads a group in playreading on **April 5 and 12 at 11 am**. Join the characters as we are "**Six Characters in Search of an Author**," Luigi Pirandello's (Nobel Laureate in 1934) play, a study of illusion vs. reality. Sally will bring copies of the play.

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 refugees in America, will be held on **April 27**.

CONSERVATION BREAKFAST **Thursday, April 14 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, April 21 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.

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, April 14 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>APRIL</p> 	<p>LOCATIONS APod/BPod: A or B Pod at Hartwell Area FP: First Parish, Parish House Lib: Library LW: Lincoln Woods Mall: Mall by Donelan's Pierce: Pierce Park St. Anne's: St. Anne's Church TBA: Location to be announced</p>			<p>1</p> <p>10:00 Wellness Clinic (LW) 10:00 German Conversation 12:30 Traditional Jazz Sextet 1:00 Intermediate Bridge</p>
<p>4</p> <p>9:30 Ageless Grace (A Pod) 10:00 Opera Movie: : II Turco in Italia 12:30 Lincoln Academy 2:00/3:15 Tai Chi</p>	<p>5</p> <p>9:00 Podiatry 9:30 Knitters Drop-In 9:30 Music Course 11:00 Playreading: Six Characters 11:30 You Can Do It Exercise 12:15 Life after 60 1:00 Exercise: Aerobics and Weights 1:00 Zumba Gold (BPod) 2:15 Movie: Trumbo 3:30 Ipad/Iphone Help 7:00 Storm of Angels</p>	<p>6</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>7</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 Coffee with the Artist</p>	<p>8</p> <p>12:00 3rd Age: Living Your Purpose Lunch 12:15 Meditation 12:30 3rd Age: Living Your Purpose 1:00 Intermediate Bridge</p>
<p>11</p> <p>9:30 Ageless Grace (A Pod) 9:30 French Conversation 12:30 Lincoln Academy 2:00/3:15 Tai Chi 7:00 Acoustic Night (Lib)</p>	<p>12</p> <p>9:30 Music Course 9:30 FCOA Meeting 9:30 Knitters Drop-In 11:00 Playreading: Six Characters 11:30 You Can Do It Exercise 12:15 Life after 60 1:00 Exercise: Aerobics and Weights</p>	<p>13</p> <p>9:00 Reiki with Heidi 9:30 Yoga 11:00 Line Dancing 12:30 Poetry 1:00/2:15 Tai Chi 7:30 Classic Jazz (Lib)</p>	<p>14</p> <p>8:00 Conservation Bkfst (TBA) 9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>15</p> <p>9:30 Being Mortal 10:00 German Conversation 12:30 3rd Age: Mind-Body Communication 1:00 Intermediate Bridge</p>
			<p>SATURDAY 9</p> <p>9:00 May Market (FP)</p> <p>SUNDAY 10</p> <p>11:30 NEADS Trip leaves (Mall) 4:00 Owls</p>	

	<p>1:00 Zumba Gold (BPod) 2:30 COA Board 3:30 Ipad/Iphone Help 7:30 LMM After April 19</p>			<p>SATURDAY 16 1:00 Jazz Jam (Lib)</p>
<p>18 COA CLOSED/PATRIOTS DAY</p>	<p>19 9:00 Wellness Clinic 9:30 Music Course 9:30 Knitters Drop-In 11:30 You Can Do It Exercise 11:30 Senior Dining (St. Anne's) 12:15 Life after 60 1:00 Zumba Gold (BPod) 1:00 Exercise: Aerobics and Weights 2:15 Movie: Suffragette 3:30 Ipad/Iphone Help</p>	<p>20 9:00 Podiatry 9:30 Yoga 10:00 Memoirs 11:00 Line Dancing 12:30 Poetry 1:00/2:15 Tai Chi</p>	<p>21 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 3rd Age: Benefits of Exercise 2:15 Movie: Carol</p>	<p>22 12:15 Meditation 12:30 3rd Age: Readyng Your Legal Toolbox 1:00 Intermediate Bridge</p>
<p>25 9:30 Ageless Grace (A Pod) 9:30 French Conversation 12:30 Lincoln Academy 2:00//3:15 Tai Chi</p>	<p>26 9:00 Collating 9:30 Music Course 9:30 Knitters Drop-In 11:30 You Can Do It Exercise 12:15 Life after 60 1:00 Exercise: Aerobics And Weights 1:00 Zumba Gold (BPod) 1:00 Movie: Bridge of Spies 3:30 Ipad/Iphone Help</p>	<p>27 9:30 Yoga 10:00 Fireside Chat: Seeking Asylum in America, Pt. II 11:00 Line Dancing 12:30 Poetry 1:00/2:15 Tai Chi</p>	<p>28 9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In</p>	<p>29 1:00 Intermediate Bridge</p> <p>SATURDAY 30 1:00 40th Anniversary Fair (Pierce)</p>

Lincoln Cable TV

Selectmen, Schools, Town Meetings, COA Lectures, Bulletin Board and more!

Watch on TV - Comcast channels 8 and 99 • Verizon channel 33
Watch on your computer - "Streaming" or Video on Demand at <http://lincolntv.viebit.com>



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~ ~ FOR YOUR WELL BEING ~ ~

EXPERIENCE REIKI FOR YOUR HIGHEST HEALING



Reiki is a gentle, hands-on healing modality. "Rei" is the Japanese word for universal life energy and "ki" means breath. Reiki embodies the belief that there is an all-knowing spiritual consciousness or intelligence that knows where to direct this energy for the client's highest healing. Experience Reiki when Lincoln resident Heidi Nichols offers free 10-minute sessions, lying down, fully clothed, on **April 13, from 9 to 11 am**. Heidi has studied Reiki with Bobbie Wells at the Center in Westwood and Haleya Priest at Sanctuary Healing Arts. Call for your appointment!

BE YOUR BEST YOU WITH SPRING FITNESS CLASSES!

***YOU CAN DO IT!** A 45-minute class offering gentle aerobic and weight-strengthening exercises done in a chair or standing. **Tuesdays, 11:30 am**, Bemis Hall; \$3 per class; no need to sign up. Taught by Terri Zaborowski.

***FITNESS AND STRENGTH TRAINING** A moderately vigorous, one-hour class offering aerobics and weight strengthening. **Tues & Thurs, 1 pm, Bemis Hall**; \$3 per class; no need to sign up. Taught by Terri Zaborowski.

***TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS Sign up for spring classes now. Level 1 (Beginners):** Mon 2–3 pm and Wed 1–2 pm (Jane Moss), Thurs 9:15–10:15 (Ellie Horwitz and Cynthia Rosenberger). **Level 2:** Mon 3:15–4:15 (Jane Moss). Level 2 Practice: Thurs 10:15–11:15 (Ellie Horwitz 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. All classes at Bemis Hall.

***LINE DANCING** Enjoy the fun and fitness of line dancing on **Wednesdays at 11 am at Bemis Hall** 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 9:30 am for 11 weeks beginning April 6, Bemis Hall**; 60+: \$120, under 60: \$135 (series packs and drop-in available). Call the COA to sign up. Bring a check to the first class. Taught by Jai Kaur Annamaria San Antonio.

ZUMBA GOLD! Dance moves make up a total body workout in this less vigorous version of Zumba. **Tuesdays from 1:00 to 1:45 pm from April 5 - May 17 (6 weeks) at Hartwell B Pod**. The fee is \$50. Register at www.lincolnrec.com or pick up a form at Bemis Hall. Co-sponsored with Parks and Recreation.

AGELESS GRACE A cutting-edge brain & body fitness program consisting of 21 tools that are easy & fun for everyone. Movements are performed in a chair to energizing music. **Mondays, 9:30 to 10:30 am April 4 - May 16 (6 weeks - no class April 18) at Hartwell A Pod**. Taught by Holly Kania, Certified Ageless Grace Educator. \$65. Register at www.lincolnrec.com or pick up a form at Bemis Hall. Co-sponsored with Parks and Rec.

**Fitness classes subsidized by the MA Executive Office of Elder Affairs. Tai Chi also subsidized by the FLCOA.*

WELLNESS CLINICS FOR ALL AGES

Come to two clinics for residents of all ages 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. Our first clinic will be at **Lincoln Woods' Community Building at 50 Wells Road on Friday, April 1 from 10 am to noon**. This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, April 19 from 9 to 11 am at Bemis Hall**. This clinic is sponsored by the Pierce House. Services for both clinics are provided by Emerson Hospital Home Care.

PODIATRY CLINICS

Podiatry clinics will be held on **Tuesday, April 5** and **Wednesday, April 20, 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA. Services are provided by Dr. Glenn Ruhl.

MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

Come to **Bemis Hall on Wednesday, April 6 at 1 pm** to meet with Anthony Moreschi, Constituent Service Representative for Congresswoman Katherine Clark, on federal benefits and more.



DESIGN YOUR THIRD AGE YOUR WAY

For more information, please see Page 1



LIVING YOUR PURPOSE, YOUR REASON FOR BEING

Our “Design Your Third Age Your Way” series will begin with a special luncheon and session with the Rev. Lilian J. Warner of Newbury Court on **Friday, April 8**. We will begin at **noon** with a lunch of sandwiches and dessert and continue at **12:30** with a presentation and discussion by the Rev. Warner. Please call us to sign up if you would like lunch. Below is the Rev. Warner’s invitation to the presentation:

At the Leading Age Annual Conference held in Boston this year, the topic was “Be the Voice.” I really resonated to this topic, because I feel we have to let our voices sing out loud and clear that we, still even as elders, want to live a life full of purpose and meaning. During our time together I hope to help us examine a new paradigm for elderhood. I have been a Pastor in the United Methodist Church for over 40 years and have served as the Spiritual Director/Chaplain at Newbury Court in Concord, MA since 2009. Through my years of learning, I realize that elderhood can be a positive or negative experience; we can embrace either one. It can be an exciting time of new discovery, freedom and growth. Or, we can dwell on the negatives of aging. I look forward to meeting you all and searching for new meaning and purpose in our lives and helping us to be the voice for positive change.

TEACHING THE MIND AND BODY TO COMMUNICATE

Mind-body medicine teaches the mind and body to work in harmony through such means as meditation, nutrition, exercise, sleep health, simple yoga techniques, positive psychology, and attention to the use of language and thought in everyday life. It can increase well being, positive health status, and happiness, reduce pain and inflammation, and prevent or ameliorate chronic diseases. Try out mind-body skills and learn more about using them to reach your specific goals and apply them to your everyday life when Lincoln resident Arthur Gleiner, MD, and Amanda McLain, MD, come to Bemis Hall on **Friday, April 15 at 12:30 pm**. Dr. Gleiner has practiced internal medicine for many years, focusing now on mind-body practices, and Dr. McLain is a hospitalist at Emerson.

REGULAR EXERCISE IS GOOD MEDICINE FOR BODY AND MIND

Our bodies are meant to move. As we age our bodies lose muscle mass and bone density. Regular exercise can slow and reverse this process leading to greater wellness that can help you stay independent and help to prevent diseases and fall risk and even brighten your mood and mental sharpness! It's never too late to start a regular exercise program! Learn more about the benefits of exercise as we get older and try a few of the exercises for yourself when Terri Zaborowski, our aerobic and strength training instructor who teaches classes here for every fitness level, comes to **Bemis Hall Thursday, April 21 at 2:15 pm**. Terri is an AFAA Certified Personal Trainer and Group Fitness Instructor and AAAI/ISMA Older Adult Trainer with over 16 years experience in senior fitness. Come in comfortable clothing and be ready to move!

READYING YOUR LEGAL TOOLBOX IN CASE OF THE UNEXPECTED

No matter what your age, accidents and illnesses can affect your ability to make important decisions about your personal and financial affairs. Having the right legal documents in place is critical to ensuring that your wishes will be followed should you become temporarily or permanently incapacitated. Without these documents, your family may have to go to court to protect your legal and financial interests and to be sure that your health care needs are met. Come to **Bemis Hall on Friday, April 22, at 12:30** when Elder Law Attorney and Lincoln resident Sasha Golden will let you know not only the documents you should have, but also how to create and use them so that they will be the most effective, including how to think about preparing for a variety of possible situations, who you need to communicate with and how, and more. Bring your questions and concerns!

SAVE THE DATES FOR THESE PROGRAMS IN MAY AND JUNE!

Save the dates for further explorations with *Making and Communicating about Tough End-of-Life Decisions* with Sally Pastorik, Brookhaven Hospice (**May 13**), *Creating Independence at Home with In-Home Services and Technology* with Hector Montesino, Deaconess Abundant Life Services (**May 20**), and *Living in a Small Space and Loving It* with Lyn Spaeth, Transformations, Home Staging and Interior Redesign (**June 10**), all at **12:30 pm**.



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GOINGS ON IN AND AROUND LINCOLN

A STORM OF ANGELS—CREATING HABITAT FOR MIGRATORY SONGBIRDS Tuesday, April 5, 7 pm, Bemis Hall. Brooks Mathewson, fine arts photographer and Harvard-educated ecologist, shares his photography and discusses ways to provide better habitat. Co-sponsored by the LLCT and the Lincoln Garden Club.

MAY MARKET Dig up treasures at First Parish's **May Market** sale **Saturday, April 9 from 9 a.m. to noon at the Parish House, 14 Bedford Road.** Antiques, jewelry, household goods, and furniture are all available, so don't miss this opportunity to find a great item that is "new to you." All proceeds benefit the First Parish in Lincoln.

EYES ON OWLS Sunday April 10th – 4:00 PM at Bemis Hall A live owl program presented by Marcia Wilson, naturalist, and Mark Wilson, photographer. An interactive program, including a hooting lesson and tips on how to attract and protect owls. Plus, see six live owls, up close. Program appeals to all from Grade K to adults!

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, April 11 from 7 to 10 pm at the Library** featuring Andrew McKnight. Email: loma3re@gmail.com.

THE LINCOLN MINUTE MEN AFTER APRIL 19, 1775 Tuesday, April 12, 7:30 pm, Bemis Hall. LMM Historian and author of "Embattled Farmers" Rick Wiggin will trace the journey of Lincoln men who fought at North Bridge, from the Siege of Boston through the Revolution to their lives in the new Republic.

CLASSIC JAZZ AT LINCOLN LIBRARY Wednesday, April 13, 7:30 pm at the Library. Nick Ribush Presents: Australian Jazz: The Melbourne Sound - Part 4. This group meets the second Wednesday of every month.

TWO EXHIBITIONS ON TIES OF WYETH AND THOREAU Wyeth's paintings of Thoreau's journal at **Concord Museum**; the story of Wyeth's *Men of Concord* at the **Concord Free Public Library April 15-Sept.18.**

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on Saturday, April 16 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.' Free.

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