

NEWS FROM BEMIS HALL

Volume 7 Issue 6

June 2016

The Lincoln Council on Aging Monthly

EXPLORE *TO KILL A MOCKINGBIRD'S* "ATTICUS" THROUGH PERFORMANCE AND BOOK GROUP



Join us on **Sunday, June 5 at 2:00 pm at Bemis Hall** for a very special performance by acclaimed actor Richard Clark of his one-man show "Atticus," based on the iconic American

character created by Harper Lee in her novels *To Kill a Mockingbird* and, more recently, *Go Set a Watchman*. Mr. Clark will perform scenes from the pages of *To Kill a Mockingbird*. The courtroom drama, the poignant interactions between a father and child, and the harsh realities of bigotry and hatred all blend to make this a compelling theatrical event for all ages. This program is supported in part by a grant from the Lincoln Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Enrich your experience with an intergenerational book group on both books co-sponsored with the Lincoln Public Library on **Saturday, June 11, at 2 pm in the Library's Tarbell Room**. Read and discuss the books to find out what others in the community are thinking!



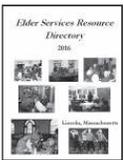
CELEBRATE SUMMER AT OUR STRAWBERRY ICE CREAM SOCIAL!

Celebrate this special time of year at the annual Strawberry Ice Cream Social which will be held at **Bemis Hall** on



Thursday, June 16 at noon. The Social is sponsored by the COA and the Friends of the COA. Bring a bag lunch at noon or just join us for dessert. Make your own ice cream sundae with luscious ice cream topped with strawberries, chocolate, and more! Please RSVP to the COA. Tell us when you call if you will need a ride.

GET YOUR FREE GUIDE FOR FINDING RESOURCES



Do you need assistance in finding in-home services, health and well-being programs, legal and benefits help, housing, home adaptation providers, employment opportunities, help with finances, food and nutrition programs, home safety services, social and recreational programs, and more? Call or come down to the COA to get your free 2016 edition of the Elder Services Resource Directory! You may also download a copy from the COA's page at the Town website. This 32-page directory includes information about local, state, and federal agencies, non-profit organizations and businesses offering services to help you have the fullest life possible. We are also happy to answer your questions about resources by phone or in person.



JOHN COWLES IS VOLUNTEER OF THE YEAR!

John Cowles has been named Volunteer of the Year by the Friends of the COA and the COA! John has served for many years on the Friends of the COA board, including as Treasurer, and has been involved in many of their fundraising efforts, most notably the "Sassy Seniors" calendar of 2006. He also volunteers on the COA desk each Monday afternoon, brings us our baked goods from Crosby's weekly, and helps compile our statistics! Thanks, John, for all your years of hard work!

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ENJOY A DAY OUT WITH THE COA!



AN ARCHITECTURAL VOYAGE AROUND BOSTON BY BOAT!

Join us for a unique voyage on the Charles River and around Boston Harbor on **Wednesday, July 13**. This 90 minute tour, hosted by the Charles Riverboat Company offers spectacular views of historic and contemporary architecture along Boston Harbor, the Charles River Locks, and the Charles River basin and includes historic landmarks and cutting edge contemporary designs by today's top architects. These are simply the best waterfront views of Boston and Cambridge. **The price of this trip, rated moderate for physical difficulty, is \$26, non-refundable.** The trip will run rain or shine so come prepared! **Space is limited.** We will stop for lunch, on your own, at The Summer Shack in Cambridge, then go on to the dock. The bus will depart from Donelan's parking lot at 11:45 am. Send your check for \$26, payable to FLCOA/Trips, to Claire Mount, 123 Tower Road, Lincoln, Ma 01773 prior to July 1st. Call Claire at (781) 259-8695 to reserve your spot!

THE BUTTERFLY PLACE

Join us for a visit to Westford's Butterfly Place on Tues., **June 21st**. It is an indoor garden with hundreds of free-flying butterflies! We will leave by Doherty's bus from the Lincoln Mall at 9:30 a.m. Cost is \$10.00. Lunch at Kimball Farm. We will return to Lincoln around 1:00 p.m. Send a check made out to FLCOA Trips to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA 01773. Please enclose your phone number and email address. Questions? Contact Donna at (781) 257-5050 or Donna@ecached.com.



THE COA TRIP COMMITTEE WOULD LIKE TO KNOW WHAT TRIPS YOU WANT TO GO ON AND WHEN

The Trip Committee would like your ideas for day trips that might interest you. Music — art — theater — historic places — nature? Have you been some place you think others would enjoy? What months are you NOT likely to participate? Perhaps you go away for the month of ????. Please call Claire Mount at (781) 259- 8695 to let the Trip Committee know.

Lincoln seniors have first priority to sign up for trips. Younger Lincoln residents and out-of-town seniors may sign up after Lincoln seniors have had an 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

**June 6— Ruth Ann Hendrickson and Packy Lawler:
 Keeping the Waters of Life Flowing: Water Conservation and
 Infrastructure in Lincoln**

**June 13—Mike O'Brien: Making Sense of Our Crazy Politics—
 How Psychology Can Change What We See**

**June 20 — Former Members of the Lincoln 4H Club: Growing Up
 in Lincoln on Horseback in the 1960s**

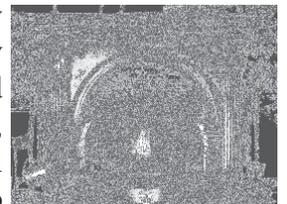
*For DVDs of past programs, go to the Library or COA, or view them online at
<https://lincolntv.viebit.com/#coa>*

COME DISCUSS “FIASCO... IN IRAQ” AND “NO END IN SIGHT”

In *Fiasco: The American Military Adventure in Iraq* (Penguin, 2006), senior Pentagon correspondent for *The Washington Post* Thomas Ricks documented the failure of both our civilian and military leadership in the Iraq War “to take even a minimally adequate long view.” This fascinating, spell-binding account provides a larger framework for viewing the documentary “No End in Sight,” which was shown in May. Please read (or listen) to the book and join us to discuss your reactions in a 90-minute session on **Friday, June 3 at 9:30 am at Bemis Hall**. The discussion will be facilitated by Mike O'Brien. The book is available at the Library. Co-sponsored with the Lincoln Public Library.

THE FIRESIDE CHAT: TELLING EACH OTHER OUR STORIES

We all have a story to tell. It may be a story we have told many times or one we have never told anyone. It may be funny or sad, poignant or light. When we tell each other our stories, and listen to the stories of other people, we not only learn more about each other, but also about ourselves as individuals and as a community. Too often, we are just too busy to truly listen to the stories of our neighbors. Come to the June Fireside Chat on **Wednesday, June 22 at 10 am at Bemis Hall** and take some time to learn about your neighbor and share your own life. Be prepared to tell a short story from your life and/or listen to others' stories.



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: bottumc@lincolntown.org

Internet: www.lincolntown.org

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

***** JUST FOR FUN *****

**SUMMER SOLSTICE CELEBRATION—
WALKING THE LABYRINTH!**



CELEBRATE SUMMER WITH JAI KAUR ANNAMARIA IN ONE OF LINCOLN'S SECRET WONDERS—A LOCAL LABYRINTH! YOU WILL EXPERIENCE THE ANCIENT MEDITATIVE PRACTICE OF WALKING A LABYRINTH, INDULGE YOUR SENSES IN FLOWERS, AND ENJOY SUMMER'S ABUNDANT BEAUTY.

FRIDAY, JUNE 24, 10 AM TO 1 PM. PLEASE CALL THE COA TO SIGN UP. LOCATION GIVEN ON REGISTRATION. \$5 DONATION REQUESTED. RAIN DATE: JUNE 25.

**CELEBRATE AMERICA'S MUSIC WITH
THE LINCOLN TRADITIONAL JAZZ SEXTET**

Summer is the season to relax and indulge in old-time pleasures — lemonade, a walk in the park, watching a baseball game at the park, and...traditional American jazz. Come remember summers past and make memories of summer today while you enjoy beloved good ole tunes like "*Pennies From Heaven*," "*The Best Things In Life Are Free*," "*These Foolish Things*," and more. Sing along or just listen. **WHEN? Friday June 3, 12:30 – 1:30 ish. WHERE? Bemis Hall. WHY? Just ask someone who enjoyed the last one and is coming back for more!**

TECHNO TEACH-IN WITH TEENS!



The Lincoln-Sudbury Regional High School Senior Class is having a Give Back to the Community Service Day, and they invite you to join them at **Bemis Hall on Wednesday, June 1 from 10 am to 1 pm**. High School students will be here to help you operate your cell phone or assist you with email, Skype, saving photos and more! The teens come each year, and every year everyone who meets with them raves about how knowledgeable and polite they are. So, whether you want some tips on texting to keep up with grandchildren, or need help learning to store and play your favorite music and films on your computer, or anything else tech-related, call the COA for an appointment today!

AT THE MOVIES

THURSDAY, JUNE 2, 1 PM. OPERA MOVIE: PUCCINI'S TOSCA. A glorious Royal Opera House production of Puccini's gripping masterpiece, featuring three world-class singers: Angela Gheorghiu as Tosca, Jonas Kaufman as her intense and compelling lover, Cavaradossi, and Bryn Terfel as her thrillingly malevolent nemesis, Scarpia. Masterfully conducted by Antonio Pappano. 2012. NR. 120 mins.

TUESDAY, JUNE 7, 2:15 PM. SWING KIDS. When close friends Peter and Thomas, who are growing up in Nazi Germany, rebel by listening to banned American swing music, their friendship and their mutual sense of right and wrong are put to the test when an innocent prank forces Peter into the Hitler Youth. 1993. PG-13. 114 mins.

TUESDAY, JUNE 21, 2:15 PM. ROOM. After being abducted and imprisoned, a young woman gives birth and is forced to raise her son, Jack, in a small room. After five years, she plans their escape. 2015. R. 113 mins.

THURSDAY, JUNE 23, 2:15 PM. LADY IN THE VAN. In this touching human drama, a writer befriends the elderly Miss Shepherd, who's living in a van that's been parked in his driveway for 15 years. 2015. PG-13. 104 mins.

THURSDAY, JUNE 30, 2:15 PM. PEANUTS MOVIE. With help from his sidekick Woodstock, the imaginative beagle Snoopy takes to the skies on a daring mission to defeat his sworn enemy The Red Baron, while his good-natured friend Charlie Brown tries to win the heart of the Little Red-Haired Girl. 2015. G. 88 mins.

SPEND TIME WITH OTHERS

INTERESTED IN PLAYING BRIDGE? IN LEARNING DUPLICATE? A small group currently plays every Friday afternoon and will continue during the Summer on Mondays. If there is interest, courses may be offered during the Fall for beginners and refreshers for others. Please call Carolyn at (781) 259-8811 for more info and/or come to Bemis Hall Friday, June 24, 12:30 pm to discuss Bridge in the Fall.

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!

PLAY-READING GROUP Sally Kindleberger leads a group in reading the comedic drama The Clean House, featuring adultery, the perfect joke, deception, and obsession with cleanliness by Sarah Ruhl on June 7 and 14 at 11 am. 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, during which we will tell stories of our lives, will be held on June 22. See Page 2 for more information.

CONSERVATION BREAKFAST Thursday, June 9 at 8:00 am at Bemis Hall. Meet and gossip the second Thursday of every month about Town events, also touching on Conservation.

LINCOLN MEN'S COFFEE Thursday, June 16 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. Not 6/16.

UKULELE AND SING-ALONG GROUP meets on Thursday, June 9 at 3:00 here at Bemis Hall. The group, led by Rob Todd, sings and plays simple songs together. Beginners welcome! Bring your ukulele or sing!

GERMAN CONVERSATION Come enjoy speaking German on the first and third Fridays at 10:00 am.

PLAY 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. For more information, see above.

THE VIETNAM VETERANS MEMORIAL MOVING WALL

The Vietnam Veterans Memorial Moving Wall is coming to Waltham from August 10-15. The "Wall" is a half-size replica of the Washington D.C. Vietnam Memorial. We are looking for families of military personnel who were killed in action during the Vietnam War so that they can receive special invitations and participate in honoring our local heroes. Please contact Lincoln Veteran Services' Officer, Priscilla Leach, at (781) 259-4472 or lincolnvetservices@gmail.com, if you are a member of or know of any Gold Star Families.

THE COA NEEDS DRIVERS

The COA needs LINC drivers to transport older residents to medical appointments, essential shopping, and the COA. LINC drivers drive one day per month to destinations in Lincoln and surrounding towns or may be substitutes, driving only occasionally. For more information, please call Carolyn at the COA.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JUNE</p> 		<p>1</p> <p>9:30 Yoga 10:00 Techno Teach-in with Teens 11:00 Line Dancing 1:00 Office Hours with Aide to Katherine Clark 1:00/2:15 Tai Chi</p>	<p>2</p> <p>9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Opera Movie: Puccini's Tosca 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In</p>	<p>3</p> <p>9:00 Watercolors 9:30 Fiasco 10:00 German Conversation 1:00 Bridge 12:30 Traditional Jazz Sextet</p>
<p>6</p> <p>9:00 Watercolors 10:00 Life After Loss Group 12:30 Lincoln Academy 2:00/3:15 Tai Chi</p>	<p>7</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 9:30 Music Course 11:00 Playreading: Clean House 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 2:15 Movie: Swing Kids</p>	<p>8</p> <p>9:30 Yoga 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p>9</p> <p>8:00 Conservation Bkfst AT BEMIS HALL 9:15/10:15 Tai Chi 10:00 Being Mortal 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>10</p> <p>10:00 Wellness Clinic (LW) 1:00 Bridge 12:30 Living in a Small Space and Loving It</p>
<p>13</p> <p>9:30 French Conversation 10:00 Life After Loss Group 12:30 Lincoln Academy 2:00 Legal Clinic 2:00/3:15 Tai Chi 7:00 Acoustic Night (Lib)</p>	<p>14</p> <p>9:30 FCOA Meeting 9:30 Knitting Drop-In 11:00 Playreading: Clean House 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 2:30 COA Board 3:30 Ipad and Iphone Help</p>	<p>15</p> <p>9:00 Podiatry 9:30 Yoga 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p>16</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 12:00 Strawberry Social</p>	<p>17</p> <p>9:30 Fraud Prevention (Public Safety) 10:00 German Conversation 12:30 Sharing Memories; Sharing Lives 1:00 Bridge</p>
<p>SUNDAY</p> <p>2:00 Atticus</p>	<p>SATURDAY</p> <p>2:00 Harper Lee Book Group (Lib)</p>	<p>SUNDAY</p> <p>1:00 Invasives Walk (dC)</p>	<p>SATURDAY</p> <p>2:00 Harper Lee Book Group (Lib)</p>	<p>SUNDAY</p> <p>1:00 Invasives Walk (dC)</p>

~~ FOR YOUR WELL BEING ~~

THE MANY FACES OF LOSS: A NEW GROUP



As we age we confront loss in many forms. It may be the death of loved ones. It may also be dealing with physical or cognitive changes in loved ones, friends or in ourselves. It may include regrets about lost opportunities and we may also confront the recognition of our own mortality. Claire Gerstein, LICSW, our social worker with many years of experience helping people navigate the losses of later life, will be facilitating a group which will give people the opportunity to talk about these issues in a supportive environment. The six-week group will run on **Mondays from 10:00 to 11:00 beginning on June 6 at Bemis Hall.** No need to sign up!

BEING MORTAL: DISCUSS LIFE AND END-OF-LIFE PLANNING

How we die and help family and friends at the end of their lives, how the medical system assists or hinders you in your choices, and the best ways to live more independently are all questions that have no easy answers. Join in a series of free-ranging conversations on these and other related topics, with 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 **Thursday, June 9, at 10 am at Bemis Hall.**

TAI CHI IN THE PARK!



You may sign up now for Tai Chi in the Park, which will begin on **Tuesday, July 5** and continue each Tuesday morning until July 26, at a cost of \$5 per day. Tai Chi I will be held at 9:30 am and Tai Chi II will be at 10:30 am. The class will meet at Pierce Park. Bring a water bottle, lawn chair and a hat! In inclement weather, we will meet under the tent. We may use the Pierce House restroom. For info, contact Jane Moss (781) 259-9822 or mindbodyjm@comcast.net. The class is for continuing students only.

OPPORTUNITIES FOR EXERCISE

YOU CAN DO IT! This 45-minute class offers gentle aerobic and weight-strengthening exercises 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. **Tues & Thurs, 1 pm;** \$3 per class; no need to sign up. Taught by Terri Zaborowski. **NO CLASS JUNE 16th.**

TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS Spring classes are now closed. **Level I (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.

LINE DANCING Enjoy the fun and fitness of line dancing **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 9:30 am.** Taught by Jai Kaur Annamaria San Antonio. To join the class, please contact Jai Kaur at asanajai@verizon.net.

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, June 21 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, June 7** and **Wednesday, June 15 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.



DESIGN YOUR THIRD AGE YOUR WAY



LIVING IN A SMALL SPACE AND LOVING IT!



You're thinking of downsizing or you've already done it and now you realize that you'll need to learn to live in a smaller space. Fear not! Living in a smaller space does not have to mean living smaller. With the right attitude and know-how you can make your smaller space one that is more attractive, more energetic, and even more convenient than the space you needed decades ago. Come hear Lyn Spaeth of Transformations, which specializes in home staging, new home set-up and interior redesign, on **Friday, June 10 at 12:30 pm in Bemis Hall**. She'll talk about how to design your smaller space so that it fits who you are now, making your life easier by focusing on the essence of what is most important to you while getting what you no longer need and desire out of your way. Bring your questions and concerns!

SHARING MEMORIES, SHARING LIVES

Memories are an important facet of our lives as elders. The recollection of past events connects us to our former selves and our feelings, providing a through-line to who we are now and what we believe in, based upon how these values influenced our lives. Memories also connect us to each other as part of a shared experience. On **Friday, June 17 from 12:30-2:30**, join Leslie Kilgore in a workshop entitled **Sharing Memories, Sharing Lives** as we discuss our memories and bring them to life through role-playing, art, or music. Participants can choose to explore their memories in one or several of the arts and may bring in their own musical instruments if desired. Artistic experience is not required; the emphasis is on self-expression and the process, not the finished product. Please join us!

...WHAT YOU NEED TO KNOW...

STAY UP TO DATE AND SAVE YOURSELF FROM BECOMING THE VICTIM OF A SCAM



Criminals have scammed Lincoln residents out of hundreds of thousands of dollars over the past several years. Becoming the victim of a scam can happen to anyone; criminals are professionals at stealing your money and they count on victims believing that it can't happen to them. Come find out what the latest scams are in Lincoln and how to protect yourself from them when Lieutenant Sean Kennedy and Detective Ian Spencer of the Lincoln Police Department host a seminar at the Public Safety

Building on **Friday, June 17 at 9:30 am**. They will serve coffee, muffins, and donuts! Please call the COA to sign up so they know how many to expect. Come to learn and discuss your questions and concerns.

GOT A QUESTION ABOUT A LEGAL ISSUE? COME TO OUR FREE CLINIC!

Got a question about a legal issue? The Council on Aging is pleased to provide a monthly legal clinic with elder law attorney and Lincoln resident Sasha Golden on **Monday, June 13 from 2-4 pm**. There is no charge for the thirty-minute consultation, but advance registration is required. Walk-ins will be accommodated if space is available. Register in advance by calling the COA.

MEET WITH AN AIDE TO CONGRESSWOMAN KATHERINE CLARK

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

FREE 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, June 14, 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 information. **NO DROP-IN JUNE 16th.**



Friends of the Lincoln Council on Aging

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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.



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GOINGS ON IN AND AROUND LINCOLN

INVASIVE PLANT SPECIES WALK, Sunday, June 12, 1:00 pm at deCordova Sculpture Park and Museum, 51 Sandy Pond Road, Lincoln. Join Anna Wilkins, Stewardship Coordinator at the Lincoln Land Conservation Trust, on a walk on deCordova grounds to explore common misconceptions and long-term impacts of invasive control, and damage to the aesthetic beauty and our local ecosystem that invasives pose.

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, June 13 from 7 to 10 pm at the Library** featuring Amy Herrera. Email: loma3re@gmail.com.

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

FREE SWING CONCERT! Classic Jazz at the Lincoln Library is proud to present Steve Taddeo's Big Band featuring vocals by Caroline Griep on **June 25 from 2 to 5 pm at Bemis Hall!** A swinging band with music of the 30s and 40s!

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

FRIENDS OF THE LINCOLN COUNCIL ON AGING
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