

NEWS FROM BEMIS HALL

Volume 7 Issue 7/8

July/August 2016

The Lincoln Council on Aging Monthly



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. Call Claire Mount at (781) 259-8695 to see if space is available due to a cancellation!

WHALING MUSEUM IN SEPTEMBER

Save **September 21** for a trip to the New Bedford Whaling Museum! This renowned museum of the history of whaling and its impact on New England, the nation, and the world offers interactive exhibits, including the world's largest whaling ship model; displays of fine and decorative arts; collections of cultural artifacts, rare antiquities, scrimshaw and logbooks; and five whale skeletons including the rare blue and northern right. For more information, see the September newsletter!



CODMAN ESTATE TOUR, GARDEN VISITS AND LUNCHEON



You are invited to spend a delightful summer day at the **Codman Estate on Wednesday, August 3, from 11 am to 2 pm** presented by Jai Kaur Annamaria San Antonio, the Lincoln Council on Aging, and Historic New England. Enjoy a house tour, a visit to the Italian Garden, and a picnic under the arbor in the Italian Garden. After lunch, visit with Jai Kaur Annamaria to view her newly established garden and explore adjacent Lincoln conservation land and visit with the alpacas. Lincoln residents — \$5 per person for lunch; non-Lincoln residents — \$10 per person for lunch and tour. Call the COA to sign up.

☆☆☆ **THE COA'S SOCIAL WORKERS ARE HERE TO HELP! See Pg 2!** ☆☆☆

COME TO BEMIS TO GET OUT OF THE HEAT!



Summer heat getting you down? Come on down to air-conditioned Bemis Hall. We have space for you to just come, sit and relax. If there is a power outage in town and Bemis has power, feel free to come in to stay cool as well as recharge laptops and cell phones.

COA SUMMER HOURS Between July 5 and September 2 the COA will be open 7 am to 5 pm Monday to Thursday and closed Fridays.

Inside This Issue:

COA Services	2
Just For Fun	3
At the Movies	4
Spend Time with Others	5
Calendar	6 & 7
For Your Well Being	8
What You Need to Know	9

SOCIAL WORKERS AT THE COA ARE HERE TO HELP!

Did you know that COA social workers can help with an array of needs? Perhaps you are dealing with a health issue and need some emotional support or help arranging home care services so that you can remain in your home. You may be considering a move to a retirement community, assisted living or nursing home and not know how to begin the process. Perhaps you are the child of older parents and could use some coaching on how to approach conversations about planning for their future need. We can also arrange for a free home safety evaluation. Or perhaps you just could use someone to talk with about your life situations and concerns. Know that conversations with social workers are confidential. Don't hesitate to ask. We want to be of help. You may call the COA for an appointment to make sure that a social worker will be available, or you may just drop in.

In addition, the COA also offers these services to help you remain safely and independently in your home:

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 The COA offers rides to medical and other appointments, local shopping, COA activities and, occasionally depending on capacity, some other local rides through volunteer drivers (LINC) and taxis Monday through Friday from 9 am to 4 pm. Please call Lincoln Concord Coach at (781) 259-8722 at least three business days but not more than a month ahead to book a ride. There is no charge for either volunteer or taxi rides. *COA transportation is intended for those who have no other means of transportation such as The Ride, family, friends or caregivers and who cannot afford taxi service without it creating a hardship.* The Ride is the MBTA door to door transportation system for those who have a disability, and runs evenings and weekends. Call the COA for help applying for The Ride. The COA's taxi rides are supported entirely by the Friends of the Lincoln COA. Donations are gratefully accepted.

TRIP SIGN-UP POLICY

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.

VOLUNTEERS NEEDED TO SERVE AT SENIOR DINING!

Senior Dining is our very popular program providing an elegant meal once a month at St. Anne's Church. In order for the program to continue, we need volunteers who can help set tables, serve the meals, and clean up a few times a year on a third Tuesday between 11 am and 1 pm. Contact Kim Buell for information: kim_buell@hotmail.com.

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
Internet: www.lincolntown.org

E-mail:
 Carolyn Bottum, Director:
bottumc@lincolntown.org
 Susan Isbell, Assistant Director:
isbells@lincolntown.org

Summer Hours: Monday through Thursday, 7:00 am to 5:00 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 ***

GIVE CALLIGRAPHY A TRY!



Calligraphy is a beautiful way to express yourself while making elegant and lovely invitations, notes, cards, certificates, and more.

Come give calligraphy a try on **Wednesday, August 24 at 1 pm** when Beth Anderson, Client Liaison with Caring Companion Home Care, comes to Bemis Hall. She'll demonstrate how to do calligraphy, explain what you'll need to take it up, and let you try your hand at it. Please sign up by calling the COA!

NEW "STAYING IN TOUCH" GROUP

The slower pace of summer is a wonderful time to get in touch and stay in touch with ourselves and others. All are invited to a new discussion group facilitated by Wanda Paik to be held on **Tuesdays, July 5, 12, 19, and 26th from 2:30 to 4:00 pm**. This is an opportunity to chat with others on an array of topics of the group's choosing and get to know your Lincoln neighbors. Our hope is that those who come will attend as many sessions as possible. Please sign up by calling the COA by July 1 as the optimal number is 9 to 11 per group. If we have more than 11, we may offer more groups. All are welcome!

SHARE THE JOY OF JAZZ WITH THE LINCOLN TRADITIONAL JAZZ SEXTET!

Jazz up your summer at **Bemis Hall on Thursdays, July 14 and August 4 at 12:30 pm** when The Lincoln Traditional Jazz Sextet will share with you their love of traditional jazz music in a delightfully spontaneous jam! They'll have you stomping your feet and cheering as they belt out good ole favorites such as "Honeysuckle Rose", "Sweet Georgia Brown", "Sunny Side of the Street" or "When The Saints Go Marching In"! The group are all retirees, amateur musicians who give expression to their love of the jazz of the '20s, '30s and '40s at Bemis on the above Thursdays and also join the larger group of jammers who meet on the third Saturdays of each month (see back page), alternating between the library and Bemis Hall.

ENJOY HISTORIC LINCOLN CEMETERY WALKS

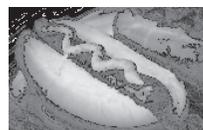


Lincoln's cemeteries are both historic and beautiful, telling the stories of Minute Men and soldiers from many wars, town luminaries, and ordinary people while also

being extraordinary works of art. Gather at Bemis Hall for a walk through the Meeting House Cemetery (1756) with Valerie Fox, Deputy Town Clerk, on **Monday, August 22 at 10 am**. Then, on **Wednesday, August 24, at 10 am** meet at the entrance to the Arborvitae Cemetery (1837) for a walk with Cemetery Commission member Susan Harding. In both walks you'll hear about the history of the cemeteries, stories of some of the people buried, and about the artistry of the monuments and landscapes. No need to sign up!

NATURE WALK WITH CONSERVATION DIRECTOR TOM GUMBART

Summer is the perfect time to get to know Lincoln's highways and byways in all their natural glory. Come on a nature walk with Conservation Director Tom Gumbart on **Wednesday, August 17 at 1 pm, starting from Bemis Hall**. Tom will lead you on one of Lincoln's many conservation trails while pointing out some of the native flora and fauna that you might otherwise miss. The walk will be on relatively level ground and no more than one mile. No need to sign up, just be at Bemis Hall a few minutes before 1 pm!



SAVOR SUMMER WITH A SPECIAL LUNCHEON FOR VETERANS AND THEIR SPOUSES

Veterans and spouses are invited to a special lunch on **Wednesday, August 10 at 12:00 pm at Bemis Hall** featuring Hebrew National all beef hot dogs, cole slaw, and vegetarian beans. Widows and widowers of veterans are most welcome to join us. We are hoping to create a dynamic veterans community here in Lincoln and would love to see all veterans and spouses at the luncheon. Sign up by calling the COA by August 3.

AT THE MOVIES



THURSDAY, JULY 7, 2:30 PM. HELLO MY NAME IS DORIS. Inspired by a self-help seminar, 60-year-old Doris Miller brazenly steps forward to pursue the affections of a younger co-worker. 2016. R. 95 mins.

MONDAY, JULY 18, 1:00 PM. STAR WARS: THE FORCE AWAKENS. Set 30 years after *Return of the Jedi*, this full-throttle adventure features familiar faces and new characters. 2015. PG-13. 138 mins.

MONDAY, JULY 25, 1:00 PM. JOY. After 10 years of trying to mass-market the revolutionary floor mop she had invented, housewife Joy Mangano strikes gold with a personal pitch on QVC. 2015. PG-13. 124 mins.

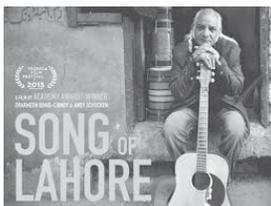
TUESDAY, AUGUST 2, 2:30 PM. CONCUSSION. When Dr. Bennet Omalu concludes that concussions could be the underlying cause of the brain disorders suffered by many U.S. football players, the NFL establishment resists. 2015. PG-13. 123 mins.

THURSDAY, AUGUST 11, 2:30 PM. RACE. While Hitler saw the 1936 Olympics as an opportunity to demonstrate Aryan supremacy, Jess Owens shattered that dream with a display of athleticism resulting in four gold medals. 2016. PG-13. 125 mins.

TUESDAY, AUGUST 16, 2:30 PM. FINEST HOURS. This tense maritime thriller traces the daring rescue of the crew aboard two oil tankers torn in two by the furious waves of an Atlantic storm. 2016. PG-13. 117 mins.

TUESDAY, AUGUST 23, 2:30 PM. ROYAL NIGHT OUT. With great excitement young princesses Elizabeth and Margaret join the partying crowds on V.E. Day 1945. 2015. PG-13. 97 mins.

DOCUMENTARIES



MONDAY, July 11, 1:00 PM. SONG OF LAHORE. This engaging documentary follows some passionate Pakistani musicians trying to revive a tradition in a shrinking cultural sphere. 2015. PG. 83 mins.

THURSDAY, JULY 21, 2:30 PM. STEVE JOBS. This revealing biopic focuses on a few key incidents and relationships to tell the story of a digital visionary who changed the world. 2015. R. 122 mins.

TUESDAY, AUGUST 9, 2:30 PM. DANCING ACROSS BORDERS. The journey of a talented young Cambodian man in his transformation from street performer to classically trained ballet dancer. 2010. NR. 88 mins.

THURSDAY, AUGUST 18, 2:30 PM. WINGED MIGRATION. A hypnotic, bird's-eye view of the grueling migrations of various bird species as they cross vast distances to more moderate climates. 2001. G. 89 mins.

TUESDAY, AUGUST 30, 2:30 PM. INTO THE ARMS OF STRANGERS. The story of an underground railroad that saved the lives of more than 10,000 Jewish children in World War II. 2000. PG. 117 mins.

MOVIES TO SEE WITH YOUR GRANDKIDS AND GRANDFRIENDS

THURSDAY, JULY 28, 2:30 PM. INSIDE OUT. Tween Riley Anderson struggles with the stress of a move and her animated emotions get carried away -- literally -- on a fantastic journey through her mind. 2015. PG. 94 mins.

THURSDAY, AUGUST 25, 2:30 PM. ALVIN AND THE CHIPMUNKS: ROAD CHIP. Alvin and his chipmunk posse head for NYC, mistakenly believing that Dave is about to propose to his girlfriend. 2015. PG. 92 mins.

~ ~ ~ SPEND TIME WITH OTHERS ~ ~ ~

SHARE YOUR INTERESTS, MEET FRIENDS, HAVE SOME FUN!

GERMAN CONVERSATION Come enjoy speaking German on **the first and third Mondays at 10 am.**

SPANISH CONVERSATION Enjoy Spanish conversation with others each **first and third Monday at 11 am.**

FRENCH CONVERSATION Brush up on French speaking skills the **second & fourth Mondays in July, 10 am.**

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 will lead a group in reading A.R. Gurney's comedy of manners *The Dining Room* on **July 5 and 12 at 11 am.** Sally will bring copies of the plays.

LINCOLN MEN'S COFFEE **Thursdays, July 21 and August 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.

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

PLAY BRIDGE each **Monday 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.

FALL PREVIEW! YOU MAY SIGN UP NOW!

IMPROVE YOUR LIFE WITH POSITIVE PSYCHOLOGY Positive Psychology is a new and innovative way of building on strengths to lead a meaningful and fulfilling life, cultivate what is best within ourselves, and enhance love, work, and play. Sign up now for a free **eight-session course, beginning Friday, September 16 at 9:30**, in which you will hear presentations, view videos and engage in discussions to learn strategies for being happier, realizing dreams, bringing about personal change, using mindfulness, exercise, sleep, and nutrition to enhance quality of life, and improving relationships. The course is taught by Alyson Lee, who is a social worker and life coach and certified to teach Positive Psychology. It is funded by the Ogden Codman Trust.

MUSIC APPRECIATION: Unwrapping the Music—Special Topics Develop your musical listening skills and music appreciation with Music Appreciation: Unwrapping the Music — Special Topics presented at the COA by the Concord Conservatory of Music. This year we'll cover special topics like world music, American music, opera, and symphonies. **12 Tuesday mornings from 9:30 to 11 am beginning September 13.** \$117. Taught by Ela Brandys, DMA. Sign up now!

TAKE CHARGE WITH AGING MASTERY This fall, forge your own path to better physical and emotional health, financial well-being, and life enrichment through actionable goals, small but impactful life changes, and peer support! Lincoln seniors are invited to join others from Weston and Wayland at the Weston COA in this free 10-week program meeting on Wednesday afternoons from **1:30 to 3:00 pm beginning on September 14.** Please sign up now as space is limited. Supported by the National Council on Aging, the Massachusetts Councils on Aging, and the Massachusetts Executive Office of Elder Affairs.

MEMOIR GROUP Without any obligation, please come to the first meeting of the Memoir Group on **Wednesday, September 7 from 10 am to noon** and find out what we do. If you like what you hear and you want to continue, the cost of the eight-session term is \$75. The dates for the term are Sept. 7 and 21; Oct. 5 and 19; Nov. 2, 16, and 30; and Dec. 14. If you want more information, call Connie Lewis (781) 259-9415 or email her at conlewis1000@gmail.com.

BEGINNING AND REFRESHER BRIDGE Depending on interest, we may offer a beginning and refresher bridge class in the fall. Look for more details in the September newsletter! If you are interested in bridge lessons but did not attend the June 24 meeting, please call Carolyn!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>JULY</p> 	<p>LOCATIONS Codman Pool: Codman Pool on Ballfield Road Mall: Lincoln Mall by Donelan's PP: Pierce Park</p>			<p>1 10:00 German Conversation 1:00 Bridge</p>
<p>4 COA CLOSED/ INDEPENDENCE DAY Various events around town</p> 	<p>5 9:00 Podiatry 9:30/10:30 Tai Chi in the Park (PP) 9:30 Knitters Drop-In 11:00 Playreading: Dining Room 11:30 You Can Do It 1:00 Aerobics/Wts 2:30 In Touch Grp</p>	<p>6 11:00 Line Dancing 1:00 Office Hours with Aide to K. Clark 2:00 Tick Conversation 6:00 PRD Concert: The Nays (Codman Pool)</p>	<p>7 11:30 Piano Duets 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:30 Movie: Hello, My Name Is Doris</p>	<p>8 COA CLOSED/ SUMMER HOURS</p> <hr/> <p>SATURDAY 9 9:00 Library Book Sale</p>
<p>11 9:30 French Conversation 1:00 Bridge 1:00 Movie: Song of Lahore 2:00 Legal Clinic</p>	<p>12 9:30/10:30 Tai Chi in the Park (PP) 9:30 Knitters Drop-In 11:00 Playreading: Dining Room 11:30 You Can Do It 1:00 Aerobics and Weights 2:30 In Touch Grp</p>	<p>13 11:00 Line Dancing 11:45 Charles River Trip Leaves (Mall) 6:00 PRD Concert: Damn Tall Buildings (Codman Pool)</p>	<p>14 11:30 Piano Duets 1:00 Aerobics and Weights 12:30 Traditional Jazz Sextet 1:30 Computer Drop-In</p>	<p>15 COA CLOSED/ SUMMER HOURS</p> <hr/> <p>SATURDAY 16 1:00 Jazz Jam</p>
<p>18 10:00 German Conv 11:00 Spanish Conv 1:00 Bridge 1:00 Movie: Star Wars—The Force Awakens</p>	<p>19 9:00 Blood Pressure/Wellness Clinic 9:30 Knitters Drop-In 9:30/10:30 Tai Chi (PP) 11:30 You Can Do It 1:00 Aerobics and Weights 2:30 In Touch Grp</p>	<p>20 9:00 Podiatry 10:00 Dealing Positively with Difficult People 11:00 Line Dancing</p>	<p>21 8:00 Men's Coffee 11:30 Piano Duets 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:30 Movie: Steve Jobs</p>	<p>22 COA CLOSED/ SUMMER HOURS</p>
<p>25 9:30 French Conversation 1:00 Bridge 1:00 Movie: Joy</p>	<p>26 9:30/10:30 Tai Chi (PP) 9:30 Knitters Drop-In 11:30 You Can Do It 1:00 Aer/Weights 2:30 In Touch Grp</p>	<p>27 11:00 Line Dancing 1:00 Medicare Fraud Prevention</p>	<p>28 11:00 Housing Brunch 11:30 Piano Duets 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:30 Movie: Inside Out</p>	<p>31 COA CLOSED/ SUMMER HOURS</p>

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1	2	3	4	5
10:00 German Conv 11:00 Spanish Conv 1:00 Bridge	9:00 Podiatry 9:30 Knitters Drop-In 11:30 You Can Do It Exer 1:00 Aerobics/Weights 2:30 Movie: Concussion	11:00 Line Dancing 11:00 Codman Estate Tour (Cod)	11:30 Piano Duets 12:30 Traditional Jazz 1:00 Aerobics and Weights 1:30 Computer Drop-In	COA CLOSED/ SUMMER HOURS
8	9	10	11	12
1:00 Bridge 2:00 Legal Clinic	9:30 Knitters Drop-In 11:30 You Can Do It Exer 1:00 Aerobics and Weights 2:30 Movie: Dancing Across Borders	11:00 Line Dancing 12:00 Veterans and Spouses Lunch	11:30 Piano Duets 1:00 Aerobics/Weights 1:30 Computer Drop-In 2:30 Movie: Race	COA CLOSED/ SUMMER HOURS
15	16	17	18	19
10:00 German Conv 11:00 Spanish Conv 1:00 Bridge	9:30 Knitters Drop-In 11:30 You Can Do It Exer 1:00 Aerobics and Weights 2:30 Movie: Finest Hours	9:00 Podiatry 11:00 Line Dancing 1:00 Nature Walk	8:00 Men's Coff 10:00 Veterans Hospice Benefits 11:30 Piano Duets 1:00 Aer/Weights 1:30 Computer 2:30 Movie: Winged Migration	COA CLOSED/ SUMMER HOURS
22	23	24	25	26
10:00 Meeting House Cemetery Walk 1:00 Bridge	9:00 Collating 9:30 Knitters Drop-In 11:30 You Can Do It 1:00 Aer/Wts 2:30 Movie: Royal Night Out	10:00 Arborvitae Cemetery (AV) Walk 11:00 Line Dancing 1:00 Calligraphy	11:30 Piano Duets 1:00 Aerobics and Weights 1:30 Computer Drop-In 2:30 Movie: Alvin and The Chipmunks	COA CLOSED/ SUMMER HOURS
29	30	31	AUGUST	
1:00 Bridge	9:30 Knitters Drop-In 11:30 You Can Do It 1:00 Aer/Wts 2:30 Movie: Into the Arms of Strangers	11:00 Line Dancing		
				LOCATION AV: entrance to Arborvitae Cemetery Cod: Codman Estate

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~~ FOR YOUR WELL BEING ~~

BE READY FOR TICKS AND PREVENTING TICK BORNE DISEASE



Join School Nurse and Town Nurse Maureen Richichi, RN, in a question and answer conversation on

ticks, how to prevent tick borne diseases, and what to do if you have a tick bite at **Bemis Hall on Wednesday, July 6 at 2 pm**. Among the topics she may discuss will be how the tick season is shaping up in Lincoln, tick borne diseases and their symptoms, how tick borne diseases are diagnosed and treated, and personal protection including how to do tick checks and safely repel and remove ticks, and personal advocacy with your doctors. Bring your concerns!

DEALING POSITIVELY WITH DIFFICULT PEOPLE

We all interact with people who are stubborn, always angry, or just plain irritable, or who frighten us. Come to **Bemis Hall on Wednesday, July 20 at 10 am** to learn how you can respond in a way that helps lead to less frustrating and more positive results. Claire Gerstein, LICSW, our social worker with many years of experience helping others to cope with difficult people, will be leading a workshop that day. She will help you understand what may be causing some of these behaviors and give you strategies which may decrease your frustration and lead to better outcomes. Feel free to send examples of scenarios you would like Claire to discuss to gersteinc@lincolntown.org or give her a call at the COA between 9 and 11 am.

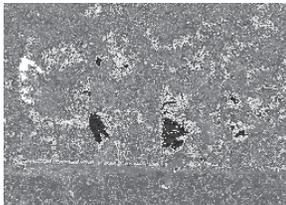
SUMMER FITNESS CLASSES

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.

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!

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.

WELLNESS AND PODIATRY CLINICS

WELLNESS CLINIC Come to our clinic for blood pressure, information and advice about nutrition and fitness, medication management, and answers to general questions about how to manage chronic conditions, where to get health services, and more. This summer's clinic will be on **Tuesday, July 19 from 9 to 11 am at Bemis Hall**. Services are provided by Emerson Hospital Home Care.

PODIATRY CLINICS Podiatry clinics will be held **July 5 and 20 and August 2 and 17, all at 9 am at Bemis Hall** by appointment. \$10 donation requested.

SAVE THE DATE FOR OCTOBER FORUM ON GENERATION-BASED STRENGTHS AND DIFFERENCES

The First Parish, the Council on Aging, the Lincoln Family Association, the Lincoln Diversity Committee and other interested organizations will be co-sponsoring a town-wide forum on Sunday, October 16th on generational strengths and differences. In preparation for this event, residents are encouraged to read Haydn Shaw's book *Sticking Points* on that subject over the summer. The Lincoln Public Library will be obtaining reserve copies.

●●●WHAT YOU NEED TO KNOW●●●

LINCOLN HOUSING COALITION BRUNCH

All are invited to a free brunch hosted by the Lincoln Housing Coalition on **Thursday, July 28, at 11 am at Bemis Hall**. Lincoln has always been at the forefront of meeting our affordable housing goals, but we cannot afford to sit on our laurels! Are you at all curious about what an Affordable Accessory Apartment program is and how it would help us meet our goals? Do you have an accessory apartment already and wonder if this is something you would be interested in participating in? Come enjoy a leisurely brunch and learn about this exciting program we hope to propose at our next Town Meeting. Call the COA to sign up.

PROTECT YOURSELF FROM MEDICARE FRAUD!

Come meet Pat McMillen of the Massachusetts Senior Medicare Patrol (MA SMP) Program on **Wednesday, July 27, at 1:00 p.m.** at Bemis Hall and participate in a discussion about how to prevent, detect, and report healthcare errors, fraud and abuse. If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP Program office at (800) 892-0890. The Massachusetts Senior Medicare Patrol Program is funded in part by grant number 90-MP0226-01-00 from the U.S. Department of Health and Human Services' Administration for Community Living.

WE HONOR VETERANS: END-OF-LIFE AND SURVIVOR BENEFITS



Veterans and their families have special needs when it comes to end-of-life care, whether related to the unique life and health care experiences of veterans or to the benefits of the Veterans Administration for end-of-life health care, burial benefits, or survivor benefits. We Honor Veterans is an initiative of the Veterans Administration and local hospices and other care providers to make sure that veterans receive sensitive and compassionate care and know about all their benefits. Come find out more when Mary Beth Kawalek of Brookhaven Hospice comes to **Bemis Hall on Thursday, August 18 at 10:00 am**.

GOT A QUESTION ABOUT A LEGAL ISSUE? COME TO OUR FREE LEGAL 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, July 11 and Monday, August 8 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 Council on Aging.

MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, July 6 at 1 pm** to meet with Anthony Moreschi, Constituent Service Representative for Congresswoman Katherine Clark. He will be available to assist residents with a variety of concerns regarding benefits and more.

COMPUTER AND DIGITAL CAMERA TUTORING!

Drop-in computer and digital photography tutoring on **Thursday afternoons from 1:30 to 3:30 pm!** If you need Mac help, call first. If you have a laptop or netbook, please bring it! Tutors are also available at other times.

THE VIETNAM VETERANS MEMORIAL MOVING WALL IN WALTHAM

The Vietnam Veterans Memorial Moving Wall will be at the Gore Estate in Waltham from August 10-15. The "Wall" is a half-size replica of the Washington D.C. Vietnam Memorial and contains the names of over 58,000 American dead, unaccounted for POW's, and MIA's from the Vietnam War. This will be a unique opportunity to see this historic Memorial. Contact Lincoln Veteran Services' Officer, Priscilla Leach, at (781) 259-4472 or lincolnvetservices@gmail.com, with any questions.





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GOINGS ON IN AND AROUND LINCOLN

FRIENDS OF THE LIBRARY BOOK SALE Come pick up a good read and help raise funds for the Library at the Friends of the Library Book Sale on **Saturday, July 9 from 9 am to Noon at Bemis Hall.**

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturdays, July 16 and August 20 at Bemis Hall, 1:00 pm.** Come hear local musicians belting out old favorites which will set your feet a-tappin' and your hands a-clappin'! Attendance is free.

INDEPENDENCE DAY EVENTS

July 4th is right around the corner so make plans to enjoy all our community has to offer! Our Annual Road Race begins at 8:30AM sharp in front of Town Hall, followed by a children's bike parade at 10:00 AM and a reading of the Declaration of Independence at 10:30AM. **The main event, our July 4th Parade, begins at 10:40AM.** Featuring floats from organizations town-wide, the parade leaves Ballfield Road, heads to the public library and back, so come and cheer! Immediately following the parade is a BBQ provided by the Lincoln Boy Scouts on the Pierce House lawn, followed by an afternoon of tennis, soccer and baseball games, and free swimming at the Codman Pool. **Our Concert, Barbeque and Fireworks event begins at 7:00 pm at the Codman Pool.** Parking is available in the Ballfield Road Campus for \$20/car. Enjoy BBQ from Wildfire, ice cream and a performance from one of New England's greatest Bands: Soulidity!! Food is served at 7:00 and music starts at 7:30 p.m. Fireworks begin at approximately 9:15 PM. Concert and fireworks will be held in light rain, but in case of extreme weather, check www.Lincolnrec.com for updates. Rain date is July 5th. **All bags and coolers are subject to search!**

PARKS AND RECREATION SUMMER CONCERTS

Concerts begin at 6 pm at the Codman Pool on Ballfield Road. Concerts may be rescheduled due to rain. Check event status at www.LincolnRec.com. Concerts are free while pool admission during the show is \$5/person. **See The Nathan Ward Band on June 29, The 'Nays on July 6th, and Damn Tall Buildings on July 13!**

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