



NEWS FROM BEMIS HALL

Vol 8 Issue 1



January 2017

The Lincoln Council on Aging Monthly

2017 TOP OF THE TOWN WINTER GALA!



Are you planning to go to the **Top of the Town Winter Gala** on **Saturday, January 21 from 5 to 8 pm at the deCordova Museum**? If so, please send in the reservation form on the invitation mailed to you in December. The form must reach the FLCOA at PO Box 143, Lincoln, MA 01773 or Bemis Hall by January 12 to confirm your attendance. This is a catered party, and an accurate head count is important! Because there is a space limit of 200 persons, the FLCOA will start a wait list if replies reach that number. They request that you let them know promptly if you must cancel so they can notify the next person on the list. While the Friends of the Lincoln COA are pleased to host this event with free admission for Lincoln residents, they greatly appreciate your donations to show your support for this event.

CELEBRATE THE GENERATIONS WITH KIDS AND SENIORS AT A CONCERT AND SING-ALONG FOR WINTER CARNIVAL!

The LEAP After-School Program, the Lincoln Council on Aging, and the Magic Garden Children's Center invite Lincoln residents of all ages to enjoy a free Multi-generational Concert and Sing-Along as part of the Winter Carnival on **Friday, January 27 at 3:30 pm at Bemis Hall**. The program will include singing groups from each of the three organizations and then a sing-along including all groups and the audience at the end. Members of the audience will enjoy favorite folk songs, children songs, and more! Then, audience members will join seniors and kids in a short sing-along of some songs that are beloved from childhood and others that are new and delightful! Don't miss this wonderful event!



COME LEARN ABOUT PLANS FOR THE WANG PROPERTY



Join representatives from Parks & Recreation, the Rural Land Foundation and Birches School on **Friday, January 13th at 9:30 am at Bemis Hall** to discuss their private-public partnership focused on the former Wang property, located at 100 Bedford Road in Lincoln. The current plan, if approved at the March 2017 Town Meeting, is to develop the 16-acre property as the home of Birches School, to set aside nine acres for conservation and three acres to install an athletic field.

The effort, which will be discussed at Town Meeting under the Community Preservation Committee's warrant article, is a once-in-a-generation effort to create the first new athletic field in Lincoln in nearly 50 years.

FREE INCOME TAX PREPARATION HELP



Volunteers certified under the AARP TaxAide program will prepare your Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers, with special attention to those over age 60. Appointments begin in February. Call the COA office to schedule a confidential appointment and get a list of documents to bring.

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ENJOY A DAY OUT WITH THE COA!



SAVE FEBRUARY 12 FOR A VALENTINE'S DAY JAZZ BRUNCH AT TRAIL'S END IN CONCORD!



What could be more fun for Valentine's Day than a delicious jazz brunch at Trail's End in Concord? Join us on **Sunday, February 12** when you'll have a wonderful brunch of sumptuous specialties while listening to some of the best local jazz around! See the February newsletter for more details. For more information, contact Claire Mount at (781) 259-8695 or mounds781@gmail.com.

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.

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

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

E-mail: bottumc@lincolntown.org

Internet: 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.

WINTER WEATHER POLICY



If the Lincoln schools are closed due to weather, activities at the COA are cancelled. **If your power is out, however, call to see if Bemis Hall will be open as a place to warm-up, recharge computers and cell phones, and more.** Even if the schools are not closed, but the weather is bad, call before coming to see if your event is cancelled.



THE LINCOLN ACADEMY

Lectures, Discussions, and More about Our World!



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

January 9—Don Southall: Up Close and Personal with Lions, Leopards, Birds and More in South Africa's Kruger Park

Don Southall has spent 250 nights on safari in South Africa's Kruger National Park (the size of CT) taking amazing photos and studying animal behavior up close and personal. He shares stories of his many encounters with predators and prey, winged beauties, and beasts of all kinds and the best of his immense collection of photos.

January 23—Nancy Bergen and Sally Kindleberger: Icelandic Adventure on Horseback

Nancy Bergen and Sally Kindleberger share their adventures in Iceland last summer. Riding Icelandic horses through breathtaking forests and along a beautiful beach, taking a monumental hike, swimming in a "hot river" and seeing beautiful scenery including geysers and the largest falls in Europe are just some their experiences.

January 30—Donald L. Hafner, Captain, Lincoln Minute Men: Mary Flint Hartwell and the Alarm on April 19, 1775

Mary Flint Hartwell has a prominent role in local lore about the events of April 19, 1775. The most vivid version has Mary Hartwell carrying the alarm to her neighbor, Captain William Smith. This engaging version, however, is contradicted by older evidence. Still, she may be entitled to more, rather than less, credit in spreading the alert. Inaccuracies in the modern version therefore risk doing disservice to her role and courage on April 19th.

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

THE COA SCIENCE GROUP: THE EVOLUTION OF SCIENCE

The evolution of science presents a number of fundamental questions. Join John Getsinger, an attorney who has studied mathematics, medicine, and science, as he explores three questions he finds particularly interesting on **Thursday, January 19 at 10 am at Bemis Hall**. (1) Foundations: How is science even possible? (The physics of thought.); (2) Dynamics: What makes the evolution of science possible? (Things change vs. ideas change); (3) Open Problems: Does science have to evolve in order to explain NASA's em-drive experiment? (Or, Wait, what happened to the action-reaction law?) If you have any thoughts on these questions you would be willing to share with John in advance, email him at jrgetsin@gmail.com.



THE FIRESIDE CHAT: SAVING PLANET EARTH



How helpful are limiting family size or veganism in our efforts to save the planet? Come join others in a lively but respectful discussion of this topic using questions and answers on **Wednesday, January 25 at 10 am at Bemis Hall**. The Fireside Chats happen once each month, on the fourth Wednesday at 10 am, and are facilitated by Sharon Antia. The purpose of the Fireside Chats is not to convince others of your opinion, but rather to share information and ideas so as to create dialogue and greater understanding.



Art, Music, Entertainment



COFFEE WITH ARTIST DILLA GOOCH TINGLEY INSPIRATIONS

Join artist Dilla Gooch Tingley at Coffee with the Artist on **Tuesday January 17 at 2:30 pm** to see her fabric wall hangings inspired by Vincent Van Gogh, Pablo Picasso and The Group of Seven.

The Group of Seven are Canadian landscape painters including Lawren Harris, J.E.H. MacDonald, A.Y. Jackson, Arthur Lismer, Frankin Carmichael, F.H. Varley and Frank Johnson who produced exciting paintings of the spectacular Canadian wilderness and who believed that art should permeate all our lives. See ad on page 10.

WORLD HAND DRUMMING FOR FUN AND WELL BEING

Hand drumming is a fun and unique way to express yourself and enhance well being that is sweeping the country! It's a great way to spend enjoyable time with others, improve overall musical skills, and de-stress, relax, and feel more positive. Come try hand drumming in a special one-time, free demonstration workshop with acclaimed drummer Mike Connors from the Concord Conservatory of Music on **Tuesday, January 17 at 9:30 am**. No need to bring a drum! If there is interest, we will offer a spring class.



A TRAVELER'S EYE VIEW OF JAPAN



"Japan: Where tradition meets the future" is more than just the national tourism board slogan. Temples, Shrines, and Imperial history mixed with bullet trains, Harajuku Girls and anime to create a fascinating and unique place that should be on every traveler's radar. Come join us on **January 20 at 12:30 at Bemis Hall**, when Peggy Dawson will share ideas and tips from her recent trip.

RING IN, SING IN THE NEW YEAR WITH GOOD OLE OLDIES



Sing in the New Year with good ole oldies of the 1920s, 30s and 40s on **Friday January 6th at 12:30 pm at Bemis Hall** with the Lincoln Traditional

Band. Enjoy remembrances of Bing Crosby, Fats Waller, Irving Berlin, Louis & Ella, and maybe a hint of Ed-die Cantor and Al Jolson—lyrics provided to songs like *Pennies From Heaven*, *Ain't Misbehavin'*, and *I Can't Give You Anything But Love*. Don't miss out!

COLOR YOUR LIFE WITH PASTELS WITH JULIET

Express your most vibrant self with the brilliant colors of pastels in a class with Juliet Rago! She will begin with a short introduction to drawing for those who feel they need it. The class will meet from **10 am to noon on January 9, 13, 20, 23, 27, and 30**. No experience is necessary. All materials will be furnished. Please sign up by calling the COA at (781) 259-8811. Limit of six people. The fee is \$40.

AT THE MOVIES

WEDNESDAY, JANUARY 18, 1:00 PM. CAROUSEL. CAROUSEL was the second Rodgers and Hammerstein Broadway classic to be made into a movie, and the first to be shot in the short-lived CINEMASCOPE format. The film stars Shirley Jones and Gordon MacRae with their stunning screen chemistry. 1956. G. 129 mins.

TUESDAY, JANUARY 24, 2:15 PM. FLORENCE FOSTER JENKINS. Despite her horrid singing voice, heiress Florence Foster Jenkins is certain she can become an opera star. Her partner and manager, St Clair Bayfield, does all he can to shield Florence from the truth, but his task may prove impossible. 2016. PG-13. 110 mins.

THURSDAY, JANUARY 26, 2:15 PM. MY LOVE, DON'T CROSS THAT RIVER. In this affecting documentary about human love and mortality, an ailing 98-year-old man and his 89-year-old wife reluctantly recognize that their time together is drawing to a close after 76 years of marriage. Korean. 2016. NR. 86 mins.

TUESDAY, JANUARY 31, 2:15 PM. FINDING DORY. Continuing her colorful adventures in Nemo's animated underwater universe, Dory sets out to unravel the mysteries of a past she's completely forgotten, accompanied on her quest by aquatic pals Marlin and Nemo. 2016. PG. 103 mins.



SPEND TIME WITH OTHERS



ENJOY A GOURMET LUNCHEON WITH FRIENDS OLD AND NEW!



Lincolniters 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, January 17 at St. Anne's Church. We welcome 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.

MEMOIR GROUP WELCOMES NEW MEMBERS

The Memoir Group welcomes new members in September and January if there is room in the group. If you are interested in joining us for the January term or want information about the group, please email the facilitator, Connie Lewis (conlewis1000@gmail.com). **Memoirs meets in January on January 4 and 18 at 10 am.**

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.

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

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 Sally Kindleberger leads a group in reading John Steinbeck's classic American drama *Of Mice and Men* on **January 3 and 10 at 11 am**. Sally will bring copies.

STAYING IN TOUCH GROUP Meets **Tuesdays from 2 - 3:30 pm** to discuss topics of the group's choice. They occasionally schedule guest speakers and special events.

FIRESIDE CHAT Join other residents in a respectful "Fireside Chat" discussion of "Saving Planet Earth" using questions and answers on **Wednesday, January 25 at 10 am**.

CONSERVATION BREAKFAST **Thursday, January 12 at 8:00 am**. Meet and gossip the second Thursday of every month about Town events, also touching on Conservation. Location to be announced.

LINCOLN MEN'S COFFEE **Thursday, January 19 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, January 12 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 OPEN BRIDGE each **Friday at 1 pm at Bemis Hall**. Any bridge player who knows "Standard American" and understands week two bids, better minors, stayman and other similar terms is welcome to join Open Bridge.



MAKE YOUR HOME SAFER FROM FIRE WITH SENIOR SAFE

The Fire Department's Senior SAFE program offers free fire safety evaluations of your home and installation of free smoke and carbon monoxide detectors and batteries. Fire fighters will come to your home and suggest how you may make your home safer from fires. If you need helping carrying out the suggestions, the Fire Department may be able to help. Senior SAFE is funded by the Commonwealth of Massachusetts. For more information, call Ben Juhola of the Lincoln Fire Department at (781) 259-8113.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>COA CLOSED/ NEW YEAR'S</p>	<p>3</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 11:00 Playreading: Of Mice and Men 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 2:00 Staying in Touch Group</p>	<p>4</p> <p>10:00 Memoirs 10:00 Domestic Violence Services Network Office Hours 11:00 Line Dancing 1:00 Office Hours with Aide to Katherine Clark 1:00/2:15 Tai Chi</p>	<p>5</p> <p>9:15/10:15 Tai Chi 10:00 Wellness Clinic (LW) 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In</p>	<p>6</p> <p>10:00 Get Yourself to Declutter 10:00 German Conversation 12:30 Trad Jazz Band 1:00 Open Bridge</p>
<p>9</p> <p>9:30 French Conversation 10:00 Pastels 12:30 Lincoln Academy 2:00 Legal Clinic 2:15/3:15 Tai Chi 7:00 Acoustic Night (Lib)</p>	<p>10</p> <p>9:30 FCOA Meeting 9:30 Knitting Drop-In 11:00 Playreading: Of Mice and Men 1:00 Zumba Gold (B Pod) 2:00 Staying in Touch Group 2:30 COA Board</p>	<p>11</p> <p>9:30 Yoga 11:00 Line Dancing 1:00/2:15 Tai Chi 7:30 Classic Jazz at the Library (Lib)</p>	<p>12</p> <p>8:00 Conservation Bkfst (TBA) 9:15/10:15 Tai Chi 9:30 iPhones and IPads 11:00 Using Social Media 11:30 Piano Duets 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>13</p> <p>9:30 Wang Property Update 10:00 Pastels 1:00 Open Bridge</p>
<p>16</p> <p>COA CLOSED/ MARTIN LUTHER KING DAY</p>	<p>17</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 9:30 Hand Drumming 11:30 Senior Dining (St. Anne's) 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 1:00 Zumba Gold (B Pod)</p>	<p>18</p> <p>9:00 Podiatry 9:30 Yoga 10:00 Memoirs 11:00 Line Dancing 1:00 Movie: Carousel 1:00/2:15 Tai Chi</p>	<p>19</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 10:00 Science Club: Evolution of Science 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:00 Coffee with a Cop 1:30 Computer Drop-In</p>	<p>20</p> <p>9:30 Better Relationships for a Better Life 10:00 Pastels 10:00 German Conversation 12:30 Travels to Japan 1:00 Open Bridge</p>
<p>SATURDAY 14</p> <p>9:00 Library Book Sale</p>				

<p>23</p> <p>9:30 French Conversation 10:00 Pastels 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>2:00 Staying in Touch Group 2:30 Coffee with Artist Dilla Tingley</p> <p>24</p> <p>9:00 Collating 9:30 Knitting Drop-In 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 1:00 Zumba Gold (B Pod) 2:00 Staying in Touch Group 2:15 Movie: Florence Foster Jenkins</p>	<p>25</p> <p>9:30 Yoga 10:00 Fireside Chat: Saving Planet Earth 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p>26</p> <p>9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: My Love, Don't Cross That River</p>	<p>SATURDAY 21</p> <p>1:00 Jazz Jam (Lib) 5:00 Top of the Town (deCordova)</p> <p>27</p> <p>9:30 Tax Aide Office Hours 10:00 Pastels 1:00 Open Bridge 3:30 Celebrate the Generations in Song</p> <p>SATURDAY 28 8:00 Pancake Bkfast (FP)</p> <p>SUNDAY 29 3:00 Tales from Police Blotters Past</p>
<p>30</p> <p>10:00 Pastels 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>31</p> <p>9:30 Knitting Drop-In 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 1:00 Zumba Gold (B Pod) 2:00 Staying in Touch Group 2:15 Movie: Finding Dory</p>		<p>LOCATIONS B Pod: B Pod in Hartwell Area deCordova: deCordova Museum FP: First Parish, White Church Lib: Library LW: Lincoln Woods St. Anne's: St. Anne's Church TBA: Location to be Announced</p>	<p>JANUARY</p>  <p><i>Painting by Juliet Rago</i></p>

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FOR YOUR WELL BEING



BETTER RELATIONSHIPS FOR A BETTER LIFE



Having close friends and family can reduce stress and depression and even help you live longer. But our later years may bring challenges to our relationships when we move, after we retire, when friends and family become ill or pass away, or when we have trouble getting out to be with others. Come to **Bemis Hall on Friday, January 20 at 9:30** when Claire Gerstein, a social worker, discusses the importance of healthy relationships, how we can improve the relationships we have, and find people with whom to form new ones. Whether you are feeling more isolated than you would like, or just want to learn more about the interconnection between health and relationships, come hear what Claire has to say and give your own thoughts and ideas!

GET YOURSELF TO DECLUTTER

You know you need to declutter, but sometimes you just can't. You may be overwhelmed with feelings of loss, sadness or anxiety at the thought of letting something go. People accumulate too many material objects for many reasons, and sometimes it has to do with old memories, good and bad, rather than the value of the object itself. Come to Bemis Hall on **Friday, January 6 at 10 am** when Pam Mizrahi, the COA's Co-Assistant Director and a social worker, explores some of the reasons why it can be so hard to let go of objects and how we can be more comfortable doing it. Bring your experiences, questions, and concerns!



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. No class 1/10.

FITNESS AND STRENGTH TRAINING A moderately vigorous, 1-hour class of aerobics and weight strengthening. **Tues & Thurs, 1 pm**; \$3 per class; no need to sign up. Taught by Terri Zaborowski. No class 1/10-12.

TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS Tai chi will begin January 4 and continue for 12 weeks. New students may sign up now. Continuing students do not need to sign up. **Level I (Beginners):** Mon 2:15– 3:15 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!

GENTLE YOGA FOR FOCUS AND FLEXIBILITY Gentle yoga on the floor or in a chair, **Wednesdays at 9:30 am**. The new session begins on January 11 and runs for 11 weeks at a cost of \$110 (under 60: \$143). 5-class packs and drop-in is \$10/class (\$13 for under 60). Taught by Jai Kaur Annamaria San Antonio. Sign up now!

ZUMBA GOLD! Dance moves make up a total body workout in this less vigorous version of Zumba. **Tuesdays at 1 pm at the B Pod**. \$110 for 12 weeks beginning January 10. Register on Parks and Rec page at www.lincolntown.org or at Bemis Hall. Taught by Katrina Rotondi.

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

WELLNESS CLINIC FOR ALL AGES

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, January 17 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, January 3** and **Wednesday, January 18 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.



WHAT YOU NEED TO KNOW



GETTING THE WORD OUT USING THE INTERNET AND SOCIAL MEDIA: IT'S EASIER THAN YOU THINK!



These days, if you are going to get the word out about events or other things, you need to know how to use the internet's social media like Facebook, Reddit, Instagram, Pinterest, and Twitter. A growing number of people, especially those who are younger, get all their information online. If you are in charge of publicizing events for an organization or yourself, or you want other people to know about something you are offering or selling, come to **Bemis Hall on Thursday, January 12 at 11 am** when Andy Payne will give an introduction to what social media is and how to use it. It's easier than you think!

GET HELP WITH IPHONES AND IPADS

Our programs on iphones and ipads given by Andy Payne have been so popular that we have asked him to come back yet again! Andy will be here on **Thursday, January 12 at 9:30 am** to give you more information on the operation and features of iphones and ipads and answer your questions. You are welcome to attend whether you came to the other sessions or not. If you have tips for using your iphone or ipad, bring those, too!

HAVE A TAX PREP QUESTION?

If you have a simple question about your taxes or preparation of your returns, come to **Bemis Hall on January 27 from 9:30 am to 11:30 am** when Packy Lawler will hold "Office Hours." Packy is one of Lincoln's highly trained AARP/IRS TaxAide counselors who provides free preparation of federal and state tax returns each year (see page 1). Please call to sign up for an appointment.

COME FOR FREE ONE-TO-ONE CONSULTATIONS!

DOMESTIC VIOLENCE SERVICES NETWORK OFFICE HOURS!

If you are experiencing violence or abuse by a family member, whether physical, emotional, or sexual, or you are concerned about someone who is, come to **Bemis Hall on Wednesday, January 4 between 10 am and noon** to have a confidential discussion with an advocate from Domestic Violence Services Network, Inc. Come find out more about domestic violence, and how to cope with it, as well as learn about available resources in a supportive, non-judgmental environment. **All conversations are completely confidential.**

MEET WITH AN AIDE TO CONGRESSWOMAN KATHERINE CLARK

Jimmy Santos, Constituent Services and Military Liaison for Congresswoman Katherine Clark, will hold Office Hours at **Bemis Hall on Wednesday, January 4 from 1 to 2 pm** on federal benefits and other concerns.

HAVE 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, January 9 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.

"COFFEE WITH A COP": SHARE YOUR CONCERNS AND IDEAS

Come to Bemis Hall on **Thursday, January 19 from 1 to 3 pm** to meet privately with an officer from the Lincoln Police Department. Do you have a security concern regarding yourself, a family member, or neighbor? An idea for the Police should try? Would you like guidance about a situation? Come on down! No need to make an appointment. An officer will be at Bemis each third Thursday of the month from 1 to 3.

FREE COMPUTER AND DIGITAL CAMERA TUTORING!

Come to our drop-in PC computer and digital photography tutoring on **Thursday afternoons from 1:30 to 3:30 pm**! If you have a laptop or netbook, please bring it! Tutors are also available at other times. Call (781) 259-8811 for information.



Friends of the Lincoln Council on Aging

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INSPIRATIONS

by Dilla GOOCH Tingley

Coffee with the Artist on
Tuesday January 17th at 2:30pm



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Pablo Picasso and Canadian artists known
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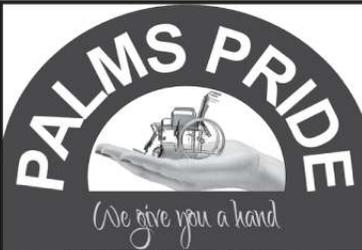
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GOINGS ON IN AND AROUND LINCOLN

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, January 9 from 7 to 10 pm at the Library** featuring Lisa Bastoni. Email: loma3re@gmail.com.

CLASSIC JAZZ AT LINCOLN LIBRARY **Wednesday, January 11, 7:30 pm at the Library.** This group meets the second Wednesday of every month.

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, January 14 from 9 am to Noon at Bemis Hall.**

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, January 21 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.

LINCOLN GIRL SCOUTS PANCAKE BREAKFAST **Jan 28, 8-11 am, Old Stone Church.** \$5 children under 12, \$10 everyone else (\$30 family max). Pancakes with real syrup, beverages, fruit, face painting, GS cookies!

TALES FROM POLICE BLOTTERS PAST **Sun., Jan. 29, Bemis Hall, 3 pm.** The Lincoln Historical Society presents *Tales from Police Blotters of the Past*, featuring Lincoln Police Chiefs past and present.

WELLNESS CLINIC FOR ALL AGES! Meet with a nurse at **Lincoln Woods on Thursday, January 5 from 10 am to noon.** Blood pressure, nutrition and fitness, medication management, chronic disease management, resources, and more. Funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care.

DO YOU HAVE TOILETRIES TO DONATE?

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

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