



# NEWS FROM BEMIS HALL

Vol 8 Issue 2



February 2017

## The Lincoln Council on Aging Monthly

### FIRST LOOK AT ANNUAL TOWN MEETING: TOWN AND PUBLIC SCHOOLS BUDGETS & PROJECTS



Selectmen Peter Braun and Renel Fredriksen, Town Administrator Tim Higgins, Lincoln Public Schools Superintendent Becky McFall,

and Lincoln School Committee Chair Jennifer Glass will present an overview of FY18 budget priorities on **Friday, February 10, at 12:30 pm.** Find out what is on the Annual Town Meeting warrant for the Town and School budgets. There will also be a discussion of the current status of a Lincoln School building project, and any related warrant articles that might be up for a vote at Town Meeting as well as Town-related projects and initiatives. This is your opportunity to discuss the budget, the School building project, and other Schools and Town-related topics in an informal, conversational setting. They welcome your questions, your ideas, and your concerns!

### WHAT YOU NEED TO KNOW ABOUT ANNUAL TOWN MEETING BYLAW PROPOSALS

Important new bylaws and changes to existing bylaws that affect your everyday life will be voted on at Annual Town Meeting in March. Come find out more and have a chance to ask questions in an informal setting when Jennifer Burney, Director of Planning and Land Use, and members of committees proposing the bylaws will be at **Bemis Hall on Friday, February 3 at 9:30 am.** One proposal would change the solar bylaw to reflect industry standards, eliminating the 12” setback requirement and adding in a waiver provision. Another would impose a possible moratorium on recreational marijuana. An Affordable Accessory Apartment Bylaw would create accessory apartments that qualify for the town’s affordable housing inventory. A proposed tax exemption would allow the portion of the property dedicated to an affordable accessory apartment to be tax exempt. A request to the Community Preservation Committee would create a fund for homeowners to access interest free loans for renovating or creating an affordable accessory apartment. Finally, a proposed amendment to a bylaw would allow the sale of farm products for conforming parcels between 80,000 square feet and 5 acres. Come find out more and bring your questions, concerns and ideas!



### FREE INCOME TAX PREPARATION HELP

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



### 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.

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## ENJOY A DAY OUT WITH THE COA!



### 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 while listening to some of the best local jazz around! The fun starts by boarding Doherty's bus at the Mall at 10:15 to go to Concord. Once there, you can choose from menu items including eggs, an omelette, French toast or granola parfait, coffee, tea, juice, sides like bacon, fruit, etc. The venue does have some stairs inside. The cost is \$10, with the cost of breakfast on your own. To reserve a space, send your check made out to FLCOA/Trips to Claire Mount, 123 Tower Road, Lincoln, MA 01773. Be sure to include your phone and email so she can send you a menu. Space is limited. Questions? Contact Claire at 781-259-8695.

### VISIT THE HARVARD MUSEUM OF NATURAL HISTORY AND GLASS FLOWERS EXHIBIT

Come join us on **Thursday, March 23rd** for a visit to the Harvard Museum of Natural History which will include a docent-guided group tour of the newly restored glass flowers exhibit. We will depart the Lincoln Mall by Doherty school bus at 10:30 am and proceed to a Cambridge restaurant for lunch followed by the museum visit which will allow time for the glass flowers tour and some additional time to explore other exhibits. We will depart the museum in time to arrive back in Lincoln by about 4:30 pm. Note that while there is plenty of seating within the museum, the tour itself does take place in a gallery where there are no chairs for the duration of the tour. The non-refundable cost of the trip is \$15.00 with the lunch together at your own cost. The trip will be limited to 24 people. Reservations must be made by March 20. Send checks, payable to FLCOA/Trips, to Claire Mount, 123 Tower Rd., Lincoln, MA 01773. Please include your phone number and email address. Any questions, please contact Claire at 781-259-8695.



**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](mailto: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.



## 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.

#### This Month's Speakers

#### **February 6: Mark Hopkins—Walking the Thornfeld: Saving Africa's Most Dangerous and Beautiful Creatures**

Join Earthwatch volunteer Mark Hopkins as he hikes 60 miles through scenic thornveld landscapes, accompanied by an armed Zulu ranger, counting wild rhino, giraffe, buffalo, elephant, and a dozen other large mammal species, then returning to the campsite for close-up photographic visits with lions, leopards, hippos and crocodiles.

#### **February 13: Tom Gumbart— Backyard Butterflies, Dragonflies and More**

Lincoln's Conservation Director, Tom Gumbart, will give a photo show and talk on insects and other small critters found locally. Featured photos will be close-up images, especially of pollinator species on flowers. Tom spent a significant amount of time this past summer taking photos, mostly at his home in Stow, and will share his experiences with the audience.

#### **February 27: Ron McAdow and Betsy Stokey— A Visit to Cuba with MassAudubon**

A highlight of 2016 for Lincoln residents Ron McAdow and Betsy Stokey was their participation in a MassAudubon birding trip to Cuba. Ron and Betsy will show their pictures and describe their impressions of the island nation that has been so close and yet so far for most of our lives. The photos include birds—but plenty of other subjects were also photographed, making this a presentation of general interest rather than just for the avi-centric.

#### **SCIENCE CLUB: BREEDING & RAISING MINIATURE SHEEP IN LINCOLN**

In 2008, Ray Tomlinson and Karen Seo began working on establishing Ouessant sheep in the United States, beginning in Oregon, later moving to Lincoln in 2010. This breed is the smallest in the world — 25 to 45 lbs. and 16 to 20 inches at the shoulder —about 1/4th the size of an average sheep. Unfortunately, they exist only in Europe from where it is illegal to import any kind of ruminant (cow, goat, sheep, etc.) into the U.S. So this has meant importing semen and upbreeding from a breed already present in the U.S., using artificial insemination to slowly, generation by generation, build a flock of increasingly purebred Ouessant sheep. Each succeeding generation of females is inseminated laparoscopically with 100% Ouessant semen. So the filial generations are 1/2 Ouessant, then 3/4ths, then 7/8ths, and so on. Join Karen as she talks about her sheep, the statistics and process of upbreeding in a suburban environment, caring for and selling the sheep, and more on **Thursday, February 16 at 10 am**.

#### **THE FIRESIDE CHAT: CIVIC ENGAGEMENT**

What does it mean to you to be a "good citizen," whether of the town, the nation, or the world? What can and should we do as responsible citizens? How can we engage with others in listening and talking about public life? What are some ways we can still be a good citizen when we are limited in our participation, either by physical or other disabilities, a lack of finances, or other circumstances? Come join others in a lively but respectful discussion of this topic facilitated by Sharon Antia using questions and answers on **Wednesday, February 22 at 10 am at Bemis Hall**. 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



### RAPTURE OF THE SENSES RETREAT



Nourish your body, soul, and heart through this special workshop celebrating loving ourselves. It will be held on **Friday, February 17, from 11 am to 1 pm in Bemis Hall**. Create bath bombs using dried flowers and essential oils, learn how to make a luxurious face cream; let your mind and nerves be soothed with love songs and poems; write a love poem to yourself; tantalize your taste buds with delicious, healthy treats to fall in love with! Please call the COA to sign up as space is limited.

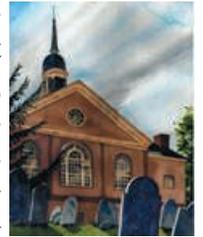
### CAPTURE YOUR VISION WITH DRAWING!



Drawing is a way to capture the world as you see it and the gateway to painting and other art forms. Learn to draw and you have created a new language for yourself! Get started when Bernadette Quirk, a local artist and experienced art teacher, teaches a four-session course on **Wednesday mornings from 10:00 am to noon beginning February 8**. This session will start with simple still life objects to develop skills in measuring and perspective. The cost is \$20 for the course. No prior experience necessary or expected! We provide all supplies. Please call the COA to sign up as space is limited.

### COFFEE WITH WATERCOLOR ARTIST JACK FOLEY

Join Lincoln artist Jack Foley for a celebration of his exhibit of watercolors at **Bemis Hall on Tuesday, February 7, at 2:30 pm**. Jack says, "I started painting watercolors in the early '80s, usually just on vacations. I paint most of my watercolors on site and occasionally at my kitchen table. I sell paintings, donate them to charities, or just paint for fun. Lincoln's a great place to paint." His work has been shown at the Clark Gallery, Concord Art, the New England Watercolor Society, the Attleboro Arts Museum, and other venues. The exhibit will run through February.



### COME SING ALONG WITH US!

Come join your neighbors who never miss a session. We'll be at **Bemis on Friday February 3<sup>rd</sup>** from 12:30 – 1:30 when the Lincoln Traditional Jazz Band will be there to entertain you. There will be some good old tunes to sing along to, maybe *Ain't She Sweet* or *When You're Smilin'* or *All of Me* or maybe something completely different this time. Maybe the music will put you in the mood to get up and dance like some of us do. Or maybe you'd prefer to just sit and tap your toes. See you there!

### AT THE MOVIES

**THURSDAY, FEBRUARY 2, 1 PM. SOUTH PACIFIC.** This smash Broadway musical enthralled a postwar audience with the immortal "Some Enchanted Evening" and "Bali Hai." Winner of nine Tonys and a Pulitzer Prize, *SOUTH PACIFIC* lives on in one of the greatest technicolor extravaganzas ever. 1958. G. 157 mins.

**TUESDAY, FEBRUARY 21, 2:15 PM. THE SECRET LIFE OF PETS.** Living an easy life, happy terrier Max sees his world upended when his owner brings home Duke, a mongrel Max regards as a loser. But the two soon find themselves allied against a horde of abandoned pets looking to turn the tables on humans. 2016. PG. 90 mins.

**THURSDAY, FEBRUARY 23, 2:15 PM. SULLY.** Viewers around the world were astonished in 2009 when airline pilot Chesley Sullenberger safely landed an Airbus 320 on the Hudson River after both engines were disabled. This fact-based drama illuminates the untold story. 2016. PG-13. 96 mins.

**TUESDAY, FEBRUARY 28, 2:15 PM. A MAN CALLED OVE.** Despite being deposed as president of his condo's resident association, misanthrope Ove continues to plague his neighbors with dictatorial demands. But when Ove's new neighbor runs over his mailbox, the crank finds he's met his match. Swedish. 2016. PG-13. 116 mins.

*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.*



## SPEND TIME WITH OTHERS



### ENJOY A GOURMET LUNCHEON WITH FRIENDS!



Lincolmites 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, February 21 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. Special desserts will be provided by the students and staff of the Magic Gardens Children's Center!

### 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 reading Annie Baker's comedy *Circle Mirror Transformation* about strangers revealing secrets in an artsy drama class on **February 7 and 14 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 about issues related to civic engagement using questions and answers on **Wednesday, February 22 at 10 am**.

**CONSERVATION BREAKFAST** **Thursday, February 9 at 8:00 am at a location to be announced**. Meet and gossip the second Thursday of every month about Town events, also touching on Conservation.

**LINCOLN MEN'S COFFEE** **Thursday, February 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.

**UKULELE AND SING-ALONG GROUP** meets on **Thursday, February 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 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.

### ARE YOU ELIGIBLE FOR THE MA CIRCUIT BREAKER TAX CREDIT?



For the Tax Year 2016, the Senior Circuit Breaker Tax Credit gives a state tax credit of up to \$1070 for owners or renters 65 years or older who meet income and property value guidelines and who pay more than 10% of their income for real estate taxes (renters may count 25% of their rent as real estate taxes). To qualify, an owner or renter's income cannot exceed \$57,000 for an individual; \$71,000 for head of household; or \$86,000 for taxpayers filing a joint return. A home's assessed value cannot exceed \$720,000. You may apply for the credit, and possibly receive a check, even if you do not owe state tax. To receive the credit, just complete Schedule CB and submit it with your state tax return. For help, call the COA at 781-259-8811 to make an appointment with an AARP TaxAide volunteers.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FEBRUARY</b></p> 	<p><b>LOCATIONS</b>  <b>Lib: Library</b>  <b>LW: Lincoln Woods</b>  <b>Mall: Parking Lot by Donelan's</b>  <b>St. Anne's: St. Anne's Church</b>  <b>TBA: Location to be announced</b></p>	<p><b>1</b></p> <p>9:30 Easy Yoga  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><b>2</b></p> <p>9:15/10:15 Tai Chi  11:30 Piano Duets  1:00 Exercise: Aerobics and Weights  1:00 Movie: South Pacific  1:30 Computer Drop-In</p>	<p><b>3</b></p> <p>9:30 Annual Town Meeting Bylaw Update  10:00 German Conversation  12:30 Trad Jazz Band  1:00 Open Bridge</p>
<p><b>6</b></p> <p>11:00 Spanish Conversation  12:30 Lincoln Academy  2:15/3:15 Tai Chi</p>	<p><b>7</b></p> <p>9:00 Podiatry  9:30 Knitting Drop-In  11:00 Playreading: Circle Mirror Transformation  11:30 You Can Do It Exercise  1:00 Exercise: Aerobics and Weights  2:00 Staying in Touch Group  2:30 Coffee with the Artist</p>	<p><b>8</b></p> <p>9:30 Communicating Across Lines of Difference  9:30 Easy Yoga  10:00 Learn to Draw  11:00 Line Dancing  1:00/2:15 Tai Chi  7:30 Classic Jazz at the Library</p>	<p><b>9</b></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><b>10</b></p> <p>9:30 Reframing Your Life  12:30 Town/Schools Annual Town Meeting Update  1:00 Open Bridge</p> <p><b>SATURDAY 11</b>  9:00 Library Book Sale</p> <p><b>SUNDAY 12</b>  10:15 Brunch Trip Leaves (Mall)</p>
<p><b>13</b></p> <p>9:30 French Conversation  12:30 Lincoln Academy  2:15/3:15 Tai Chi  3:00 Legal Clinic  7:00 Acoustic Night (Lib)</p>	<p><b>14</b></p> <p>9:30 FCOA Meeting  9:30 Knitting Drop-In  10:00 Wellness Clinic (LW)  11:00 Playreading: Circle Mirror Transformation  11:30 You Can Do It Exercise  1:00 Exercise: Aerobics and Weights</p>	<p><b>15</b></p> <p>9:00 Podiatry  9:30 Easy Yoga  10:00 Memoirs  10:00 Learn to Draw  11:00 Line Dancing  1:00/2:15 Tai Chi</p>	<p><b>16</b></p> <p>8:00 Men's Coffee  9:15/10:15 Tai Chi  10:00 Science Club: Sheep Breeding  11:30 Piano Duets  1:00 Exercise: Aerobics and Weights  1:00 Coffee with a Cop  1:30 Computer Drop-In</p>	<p><b>17</b></p> <p>10:00 German Conversation  11:00 Rapture of the Senses Retreat  1:00 Open Bridge</p>

	<p>2:00 Staying in Touch Group 2:30 COA Board 2:45 iPhone and iPad Help</p>			<p><b>SATURDAY 18</b> 1:00 Jazz Jam</p>
<p><b>20</b> <b>COA CLOSED/ PRESIDENT'S DAY</b></p>	<p><b>21</b> 9:00 Wellness Clinic 9:30 Knitting Drop-In 11:30 Senior Dining (St. Anne's) 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 2:00 Staying in Touch Group 2:15 Movie: Secret Life of Pets</p>	<p><b>22</b> 9:30 Easy Yoga 10:00 Fireside Chat: Civic Engagement 10:00 Learn to Draw 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p><b>23</b> 9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Sully</p>	<p><b>24</b> 9:30 Adult Coloring and Meditation 11:00 Massage Clinic 12:30 Music and Instinct: Science and Song 1:00 Film and Discussion 1:00 Open Bridge</p>
<p><b>27</b> 9:30 French Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p><b>28</b> 9:00 Collating 9:30 Knitting Drop-In 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 2:00 Staying in Touch Group 2:15 Movie: Man Called Ove 2:45 iPhone and iPad Help</p>			

## Lincoln Cable TV

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## FOR YOUR WELL BEING



### COLORING AS A MEDITATION TOOL

All over the country adults are finding that coloring designs like mandalas, peaceful scenes, and more is a way to center, to express creativity, and to aid in meditation. Plus, it's easy and does not require supplies other than books of designs and some colored pencils or crayons. Come find out more about adult coloring and meditation and give it a try when Tracey Cornogg comes to **Bemis Hall on Friday, February 24 at 9:30 am**. Please sign up so Tracey knows how many sets of materials to bring.

### REFRAMING AS A TECHNIQUE FOR GREATER HAPPINESS

Whether it is a traffic jam, loss of an opportunity, or a negative life story, reframing can change your perspective and outlook on life. Learn various ways to use this technique of being honest about your situation, but finding new ways to look at its opportunities, advantages, and challenges when Pam Mizrahi, the COA's Assistant Director and a social worker, holds a discussion on **Friday, February 10 at 9:30 am**. The discussion will focus on actual examples you can use everyday.



### RELAX WITH A MINI-MASSAGE ON FEEL GOOD FRIDAY!

Jai Kaur (Annamaria San Antonio) will be offering seated mini back and neck massages as a gift or by donation **February 24 from 11:00 am to 12:30 pm at Bemis Hall**. Massage reduces anxiety and stress, stiffness, fatigue, and depression. Jai Kaur is a Licensed and Certified Massage and Bodywork Therapist offering an integrative approach, yoga teacher, and stress management instructor. Call the COA to sign up for a 15-minute appointment.

### 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.

**TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS** Winter classes are now closed. **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

**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. 5-class packs and drop-in is \$10/class (\$13 for under 60).

*All fitness classes are subsidized by the MA Executive Office of Elder Affairs. Tai Chi is 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 Tuesday, February 14 from 10 am to noon**. This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, February 21 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, February 7** and **Wednesday, February 15 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.



## WHAT YOU NEED TO KNOW

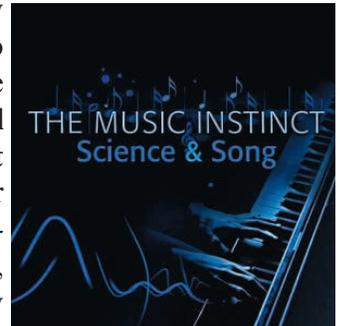


### COMMUNICATING ACROSS LINES OF DIFFERENCE

Effective and respectful communication between people with differing characteristics and life experiences has never been more important yet can seem ever more difficult. How do we know if we have inadvertently offended someone and what do we do about it? How do we get started talking to each other about such topics as race, gender, economic status, and other such issues in a way that strengthens relationships as well as recognizes our many commonalities? Mandy Beal, Ministerial Intern at First Parish who has completed special training, will lead a discussion at **Bemis Hall on Wednesday, February 8 at 9:30 am** about communicating around lines of difference, focusing not on being “good” or “bad” but on effectiveness. The 90-minute session will include a short presentation on current thinking and research followed by a group discussion using reflection and questions and answers.

### MUSIC INSTINCT: SCIENCE AND SONG—FILM AND DISCUSSION

Bridging time, geography and culture, music serves to unite all people around the globe. Come to **Bemis Hall on Friday, February 24 at 12:30** to view the two-hour documentary, *Music Instinct: Science and Song*, that explores how and why humans are so inexorably affected by rhythm and melody. Art and science intersect as leading researchers and prominent musicians such as Bobby McFerrin and Yo-Yo Ma reveal surprising connections between music, the brain, the body and human evolution. After the movie, we will have time to share and discuss our own experiences with music and how it affects us and our lives.



## 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, February 1 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, February 1 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, February 13 from 3-4 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, February 16 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 to 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!** Come **Tuesday afternoons from 2:45 to 3:45 on February 14 and 28** for help specifically with ipads and iphones! If you have a laptop or netbook, please bring it! Tutors are also available at other times. Call (781) 259-8811 for information.



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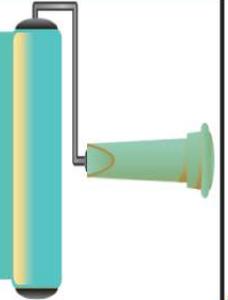
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## GOINGS ON IN AND AROUND LINCOLN

**CLASSIC JAZZ AT LINCOLN LIBRARY** Wednesday, February 8, 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, February 11 from 9 am to Noon at Bemis Hall.**

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

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

### DO YOU HAVE TOILETRIES YOU CAN DONATE?



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

### 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

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