



NEWS FROM BEMIS HALL

Vol 8 Issue 3



March 2017

The Lincoln Council on Aging Monthly

GETTING READY FOR TOWN MEETING: SCHOOL COMMITTEE ASKS THE COMMUNITY TO START PLANNING A SCHOOL PROJECT

Last year Lincoln applied to get state funding to help with a major renovation of the Lincoln School. In December the town learned that we were not accepted into the Massachusetts School Building Authority (MSBA) funding pipeline. After much discussion, the School Committee has voted unanimously to recommend that Lincoln start planning a town-funded school building project. At the 2015 Town Meeting, the town voted to set aside \$750K to do a feasibility study if we were accepted by the MSBA. At this year's Town Meeting (Saturday, March 25th), the School Committee will ask voters to allow that money to be used now. Join School Committee Chair, Jennifer Glass, and Superintendent Becky McFall to learn more about the warrant article and the reasons for the School Committee's recommendation on **Friday, March 17, 12:30 pm, Bemis Hall**. Please come with questions!

COMMUNITY CENTER DESIGN WARRANT ARTICLE

The Lincoln Board of Selectmen intend to include in the warrant for the March, 2017 Annual Town Meeting an article asking whether Lincoln residents will approve funding for a feasibility study and preliminary design development plans for a community center. The center would be located within the Hartwell Complex of the Ballfield Road school campus and would house the COA, Parks and Recreation, and community organizations. The work would be carefully aligned with planning for any Schools building project. We invite residents to learn more by reading their Annual Town Meeting warrant and attending Annual Town Meeting.

CABARET CONCERT: TELL ME THE TRUTH ABOUT LOVE



Join vocalist Mary Crowe and pianist Evelyn Harris for a free cabaret concert with historical interludes on Monday, **March 20 at 12:30 pm at Bemis Hall**. You'll find out more about this artistically rich and exciting musical style and hear familiar and lesser known songs by Britten, Weil, Sondheim, Rogers and Hammerstein, Mary Crowe and others with different perspectives on love. All are invited!

ENJOY A GOURMET LUNCH AND JAZZ PIANO CONCERT

Traditions of Wayland invites you to a free special gourmet luncheon of delicious seasonal fare and a concert of jazz piano music **Friday, March 24 at 11:30 am at Bemis Hall**. On the menu will be braised stuffed flank steak with gravy, green beans and croquettes, and strawberry cake. Music will be provided by pianist and songwriter John D'Ambrosio. Mr. D'Ambrosio plays everything from Ellington to the Beatles in an elegant and distinctive style. Please call the COA to sign up by March 17.



8TH GRADE WARRANT ARTICLE

The 8th grade Warrant Article Group is currently collecting signatures for its citizens' petition. This year's Warrant Article will seek funding for shelved benches for athletic teams and other uses. The schools don't have sufficient benches for all the teams who play on the fields.

Benches with shelves are necessary to keep team members' personal items clean and off the ground, and to provide seating for team members when they are not playing. They ask for your support at Town Meeting on March 25th.

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ENJOY A DAY OUT WITH THE COA!



VISIT THE HARVARD MUSEUM OF NATURAL HISTORY AND GLASS FLOWERS EXHIBIT



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 and time to explore other exhibits. 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. We will arrive back in Lincoln by about 4:30 pm. While there is plenty of seating within the museum, the tour itself takes place in a gallery where there are no chairs. 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. 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.

SAVE MAY 5 FOR THE BOSTON SYMPHONY ORCHESTRA!

Spend a delightful afternoon with the COA on a trip to a matinee performance of the Boston Symphony Orchestra on **Friday, May 5!** Andris Nelsons will conduct works by Shostakovich, Rachmaninoff and Mahler featuring pianist Leif Ove Andsnes and soprano Kristine Opolais. The program includes Shostakovich's Suite from the incidental music to King Lear, Rachmaninoff's Piano Concerto No. 4, and Mahler's Symphony No. 4. (Symphony Hall is Handicapped Accessible.) You may have a sumptuous buffet lunch at Symphony Hall or you may opt to arrange for your own lunch. This trip is open to Lincoln seniors only. Space is limited. Look for more details in the April newsletter! Questions? Contact Marilyn Buckler at (781) 259-8886 or mbuckler1@comcast.net.



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.

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.



THE LINCOLN ACADEMY

Lectures and Discussions to Educate, Enlighten, and Enliven!



THE LINCOLN ACADEMY LECTURE SERIES

Come to **Bemis Hall on Mondays at 12:30** to hear a fascinating speaker from or associated with Lincoln. Bring a bag lunch. We provide beverages and dessert. The lectures last about an hour, including a question and answer period. Participants are welcome to stay after the program to continue their discussion.

This Month's Speakers

March 6: Lucretia Giese — Winslow Homer and Belmont

Winslow Homer's name conjures up images of Prouts Neck, ME and its craggy coast, his home from the 1880s. But Homer had an "earlier" home in Belmont, MA. Thirty years before and for over a decade, Homer visited that town again and again. Why? What was Belmont like then? What features attracted Homer? What work resulted and what effect did his stays in Belmont have on his career? Find out more in this Academy talk.

March 13: Alex MacLean—Aerial Interpretations: The Connection between Agriculture and Climate

The focus of my aerial photography for the past 10 years has been on the causes and effects of climate change as seen through land patterns. I have published 6 photographic books on land use and energy related issues. I am now focusing my photography on food production and agriculture in relation to climate change. Agriculture accounts for roughly 20% of our greenhouse gas emissions yet through better practices we can greatly reduce these emissions and sequester significant amounts of carbon in our soils. The aerial images I am creating for this project are intended to raise awareness about our food systems in relation to public health and climate change.

March 20: Mary Crowe and Evelyn Harris — Cabaret: Tell Me the Truth About Love

Join vocalist Mary Crowe and pianist Evelyn Harris for a free cabaret concert with historical interludes. You'll find out more about this artistically rich and exciting musical style and hear familiar and lesser known songs by Britten, Weil, Sondheim, Rogers and Hammerstein, Mary Crowe and others with different perspectives on love.

March 27: Zach Woods — Why We Teach STEAM at smARTroom

Most folks are familiar with the push for STEM (Science, Technology, Engineering and Math) education in our schools, but what are the additional benefits of STEA(Arts) M? Why add the Arts to the mix? Zach, Co-Founder of smARTroom, will talk through his experiences in bringing STEAM education and fun to both young and old.

THE FIRESIDE CHAT: IS AMERICA STILL A LAND OF OPPORTUNITY?

America prides itself on being a place where anyone can succeed, but is this still true? Do some people grow up receiving a better education which leads to better jobs, health, and other benefits? How much of an advantage does coming from a wealthier family convey? What do the answers to these questions mean for our society? Come join others in a lively but respectful discussion of this topic facilitated by Sharon Antia using questions and answers on **Wednesday, March 22 at 10 am at Bemis Hall**. The purpose of the Fireside Chats is not to convince others of your opinion, but to share information and ideas so as to create dialogue and greater understanding.

THE COA SCIENCE GROUP: PHYSICS ON THE EDGE

Explore the latest discoveries in physics on Thursday, **March 16, at 10:15 am at Bemis Hall** when we watch two TED talks, James Beacham discussing *How We Explore Unanswered Questions in Physics* and Allan Adams talking about *What the Discovery of Gravitational Waves* means. We'll then share our own ideas and perspectives with each other and discuss suggestions for future speakers or other formats for Science Club meetings.



Art, Music, Entertainment



HAND DRUMMING FOR FUN AND WELLNESS!



Come learn to do hand drumming from cultures around the world in a six-week course with acclaimed drummer Mike Connors from the Concord Conservatory of Music. The class will be held for **six Tuesdays at 9:30 am at Bemis Hall beginning on April 4** at a cost of \$60 for the course payable to the Concord Conservatory of Music. Topics to be covered include technique for hand drumming, rhythms from Africa, South America, The Caribbean and Eastern Europe, developing a rhythmic vocabulary for improvisation, and exercises to improve internal pulse. This is a fun and engaging way to learn about rhythm and experience the joy of drumming in a supportive group environment. No need to bring a drum but bring one if you have one! Please sign up by calling the COA now! Space limited!



COFFEE WITH ARTIST GEORGE THOMAS

Join George Thomas on **Tuesday, March 7, at 2:30 pm** to celebrate his painting exhibition in Bemis Hall that will run through March. George is a Korean War veteran who spent most of his career educating aircraft mechanics and being an avid model builder. After retirement he took classes at the deCordova Museum and began to paint, often painting scenes from places he has visited. He has participated in two shows at the Lincoln Library and also had a showing at the The Gallery in the Greek Institute in Cambridge.

GEOLOGY ROCKS—A MUSICAL PERFORMED BY BIRCHES STUDENTS

Students from Birches School invite Lincoln seniors to their 3rd Annual School Musical Geology Rocks on **Friday, March 31 at 8:30 am at Bemis Hall**. This 35-minute musical production will feature Birches School students from Kindergarten to Sixth Grade. Professor Rock has disappeared! His loyal students go on a quest to find him, joined by the (mostly unhelpful) Sherlock Holmes and Watson. Along the way they meet volcanoes, sea shores, canyons, suspicious ferns, and even Snow White — and learn about the earth's geological cycles and features as they go. Who's behind Professor Rock's disappearance, and will he ever be found? Find out!



GIVE LINE DANCING A TRY FOR FUN AND FITNESS!

Line dancing is a wonderful way to enjoy yourself while meeting new people and getting fit! Come try out our line dancing class **each Wednesday from 11 am to noon at Bemis Hall**. Line dancing is easy — you'll pick it up easily even if you've never done it before! The class is \$3 per session and you pay when you come. No need to sign up! Line dancing is taught by Katrina Rotondi who is experienced and teaches at many area COAs.

DO YOU HAVE ACCESSORIES TO SWAP?

Come on down to **Bemis Hall on Wednesday, March 29 at 10:00 am** for an accessory swap! Bring one or more pieces (not more than five) — scarves, jewelry, etc. — put them on a table, and then pick out some to take home!

AT THE MOVIES

THURSDAY, MARCH 2, 1:00 PM. THE KING AND I Fifth in our 6-part Rodgers & Hammerstein film festival is their classic musical based on the true story of Anna Leonowens, an English widow who comes to Bangkok to serve as governess to the many children of the King of Siam. The surprising lesson he and Anna learn from each other leads to one of the most spellbinding friendships in musical history. 1956. G. 133 mins.

TUESDAY, MARCH 21, 2:15 PM. DENIAL When Holocaust denier David Irving sued historian Deborah Lipstadt, she had to prove that the greatest atrocity of World War II actually took place. 2016. PG-13. 110 mins.

THURSDAY, MARCH 23, 2:15 PM. LO AND BEHOLD: REVERIES OF THE CONNECTED WORLD Herzog's documentary of the history and future of the Internet and the network revolution. 2016. PG-13. 98 mins.

THURSDAY, MARCH 30, 2:15 PM. BRIDGET JONES'S BABY Madcap Bridget unexpectedly finds herself pregnant at age 43 but which of her two suitors is the father? 2016. R. 123 mins.



SPEND TIME WITH OTHERS



ENJOY A GOURMET LUNCH WITH FRIENDS!

Lincolniters 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, March 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. You'll also enjoy special desserts provided by the staff and students of the Magic Garden.

FUN! FUN! FUN! AT THE LINCOLN TRAD JAZZ BAND THIRD ANNIVERSARY!

It's hard to believe that the Lincoln Traditional Jazz Band has been playing here at Bemis Hall each first Friday of the month for three years! Come join in the celebration on **Friday, March 3 at 12:30**. The musicians are mostly retirees, spirited amateurs who give life to your favorite music of the 20s - 40's by greats like Irving Berlin, George Gershwin, and Louis Armstrong.



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 Yasmina Reza's pointed comedy "God of Carnage" about today's issues through the lens of a children's fight on **March 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 using questions and answers on **Wednesday, February 22 at 10 am**. The topic this month is "Is America Still a Land of Opportunity?"

CONSERVATION BREAKFAST **Thursday, March 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, March 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, March 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.

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| <p>MARCH</p>  | <p>LOCATIONS FP: First Parish, 14 Bedford Road Hartwell: Hartwell, Build. Lib: Library LLCT: Lincoln Land Conserv Trust, 145 Lincoln Rd LW: Lincoln Woods Mall: Parking Lot by Donelan's St. Anne's: St. Anne's Chch TBA: Location to be announced</p> | <p>1</p> <p>9:30 Easy Yoga 10:00 Memoirs 10:00 Domestic Violence Services Office Hours 10:00 Wellness Clinic (LW) 10:00 Learn to Draw 11:00 Line Dancing 1:00 Office Hours with Aide to Katherine Clark 1:00 Parenting After 45 1:00/2:15 Tai Chi</p> | <p>2</p> <p>9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:00 Movie: The King and I 1:30 Computer Drop-In</p> | <p>3</p> <p>8:15 Town Meeting/ Election Preview (Hartwell) 10:00 German Conversation 12:30 Trad Jazz Band 1:00 Open Bridge 1:00 Spring Cleaning</p> |
| <p>6</p> <p>11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p> | <p>7</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 11:00 Playreading: God of Carnage 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 2:00 Staying in Touch Group 2:30 Coffee with Artist George Thomas 2:45 iPhone and iPad Help</p> | <p>8</p> <p>9:30 Easy Yoga 11:00 Line Dancing 1:00/2:15 Tai Chi 7:30 Classic Jazz at the Library (Lib)</p> | <p>9</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 7:30 Queen of the Sun (LLCT)</p> | <p>10</p> <p>12:00 Wound Prevention and Treatment 1:00 Open Bridge 1:00 Spring Cleaning</p> |
| <p>13</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>14</p> <p>9:30 FCOA Meeting 9:30 Knitting Drop-In 11:00 Playreading: God of Carnage 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 2:00 Staying in Touch Group</p> | <p>15</p> <p>9:00 Podiatry 9:30 Easy Yoga 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi</p> | <p>16</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 10:15 Science Club 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:00 Coffee with a Cop 1:30 Computer Drop-In</p> | <p>17</p> <p>10:00 German Conversation 12:30 Schools Update 1:00 Open Bridge 1:00 Spring Cleaning</p> |
| <p>SATURDAY 11</p> <p>9:00 Library Book Sale 3:00 Live in Linc Ctr (FP)</p> | | | | |

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|---|---|--|---|--|
| | 2:30 COA Board 7:00 Gardening with Native Plants | | | SATURDAY 18 1:00 Jazz Jam (Lib) |
| <p>20</p> <p>11:00 Spanish Conversation 12:30 Cabaret Concert/ Lincoln Academy 2:15/3:15 Tai Chi</p> | <p>21</p> <p>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: Denial</p> | <p>22</p> <p>9:30 Easy Yoga 10:00 Fireside Chat: Land Of Opportunity 11:00 Line Dancing 1:00/2:15 Tai Chi</p> | <p>23</p> <p>9:15/10:15 Tai Chi 10:30 Harvard Museum Trip Leaves (Mall) 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Lo and Behold 7:30 Mabel Loomis Todd and Millicent Todd Bingham (LLCT)</p> | <p>24</p> <p>11:00 Mini-Massage Clinic 11:30 Lunch and Jazz Piano Concert 1:00 Open Bridge 1:00 Spring Cleaning</p> |
| <p>27</p> <p>9:30 French Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p> | <p>28</p> <p>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 2:45 iPhone/iPad Help</p> | <p>29</p> <p>10:00 Accessory Swap 11:00 Line Dancing 1:00/2:15 Tai Chi</p> | <p>30</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: Bridget Jones Baby</p> | <p>31</p> <p>8:30 Geology Rocks 1:00 Open Bridge 12:00 Updates on Brain Health 1:00 Spring Cleaning</p> |

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FOR YOUR WELL BEING



OGDEN CODMAN TRUST FUNDS POSITIVE PSYCHOLOGY PRACTICES CLASS

Positive Psychology is the scientific study of strengths and "what is working" to build transformative change, increased happiness, and a more meaningful life — whether personal, family, professional or community! The Ogden Codman Trust is generously supporting a free, eight-session course in Positive Psychology Practices beginning **Wednesday, April 5 at 9:30**. Everyone welcome - everyone benefits! No need to have attended last fall's class which covered the theory and history of Positive Psychology. Learn proven tactics to increase your own happiness level and take them home to try them on in your daily life. Instructor: Alyson Lee, Co-Active Life Coach, Social Worker and Certified Positive Psychology Instructor.

LUNCH AND THE LATEST UPDATES ON WOUND CARE & PREVENTION

A wound that will not heal can be both painful and potentially life-threatening. The Advanced Wound Center at Emerson Hospital will be offering lunch and a presentation on wound care on **Friday, March 10 at 12:00 pm at Bemis Hall**. Learn to prevent wounds, when you should seek medical care, what the most up-to-date treatments are, and what the Center offers. Call the COA to sign up for the delicious lunch of sandwiches and salads.



EASY YOGA YOUR WAY

Yoga improves flexibility, strength, energy, and more! Try gentle yoga on the floor or in a chair, **Wednesdays at 9:30 am for 12 weeks beginning April 5**. You may sign up for the whole course for \$120 (under 60: \$156) or 5-class packs and drop-in is \$10/class (\$13 for under 60). Taught by Jai Kaur Annamaria San Antonio.

WELLNESS CLINICS FOR ALL AGES

Come to two clinics for all ages for blood pressure and information about nutrition, fitness, medication management, chronic disease management, resources, and more. Our first clinic, funded by the Ogden Codman Trust, will be at **Lincoln Woods' Community Building at 50 Wells Road on Wednesday, March 1 from 10 am to noon**. The second clinic will be on **Tuesday, March 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, March 7** and **Wednesday, March 15 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Sponsored by the Pierce House and FLCOA.

RELAX WITH A MINI-MASSAGE

Jai Kaur (Annamaria San Antonio) will be offering seated mini back and neck massages as a gift or by donation **March 24 from 11:00 am to 1:00 pm at Bemis Hall**. 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, REHAB, AND WELLNESS The Spring session will begin March 27 and run for 12 weeks. New students may sign up now. **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 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!

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



WHAT YOU NEED TO KNOW



LUNCH AND LEARN: KEEPING YOUR BRAIN IN SHAPE!



Deaconness Abundant Life Services invites you to come to **Bemis Hall on Friday, March 31 at 12:00 pm** for a special lunch of assorted entrée salads and homemade cookies and a presentation and discussion of the latest research on what does, and does not work, to maintain your ability to think and memory. Steve Menichetti, RN, BSN, of Deaconness will explore the role of nutrition and supplements, “brain fitness” exercises, sleep, disease and wellness, and more, give practical suggestions, and answer your questions. Please sign up by calling the COA if you would like lunch.

SPRING CLEANING LIKE YOU REALLY MEAN IT!

Cleaning out and organizing involves adjusting how you think about your possessions. All are welcome to join a 6-week group at **1:00 pm on Fridays beginning Friday, March 3 at Bemis Hall** in which you'll examine your ideas and attitudes about your possessions and learn strategies for healthier ways of thinking about them that can lead to a happier, more organized, and easier life. The group is facilitated by Pam Mizrahi, the COA's Assistant Director and a social worker. Please call the COA to sign up!

PARENTING AFTER 45 AND LOVING IT!

More and more people are becoming new parents after age 45 for a variety of reasons. This can be uniquely rewarding for both parents and children, but also exhausting and frustrating. Join others in a discussion of the special challenges and joys of parenting after 45, including strategies for coping, with Pam Mizrahi, the COA's Assistant Director and a social worker, on **Wednesday, March 1, at 1:00 pm at Bemis Hall**. All are welcome whether you are a parent or prospective parent or not! Please call the COA to sign up!



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 else, come to **Bemis Hall Wednesday, March 1 between 10 am and noon** to have a confidential discussion with someone from the Domestic Violence Services Network. Come find out more about domestic violence and how to cope as well as available resources in a supportive, non-judgmental environment.

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, March 1 from 1 to 2 pm** on federal benefits and other concerns. No need to sign up!

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, March 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, March 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!** Help with iphones and ipads is available on **March 7 and 28 from 2:45 to 3:45**. If you have a laptop or net-book, please bring it! Tutors are also available at other times. Call (781) 259-8811 for information.



Friends of the Lincoln Council on Aging

P.O. Box 143 • Lincoln, MA 01773

**Proud to Support the Lincoln Council on Aging!
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GOINGS ON IN AND AROUND LINCOLN

TOWN MEETING/ELECTION PREVIEW Lincoln Parent Teacher Organization (PTO) invites you **Fri., March 3, 8:15 -10 am, Hartwell Multipurpose Room** to hear town candidates and about Wang Property warrant article.

CLASSIC JAZZ AT LINCOLN LIBRARY Hear Peter Gerler present “Louis Armstrong and his Jewish Family in New Orleans” on **Wednesday, March 8, 7:30 pm at the Library.**

QUEEN OF THE SUN **Thurs., March 9, 7:30 PM at the LLCT/RLF** office at 145 Lincoln Road, Suite 102A. (Second floor.) This award-winning film takes a profound, alternative look at the global bee crisis. 781-259-9251.

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, March 11 from 9 am to Noon at Bemis Hall.**

LIVE IN LINCOLN CENTER ~ First Parish in Lincoln presents The Beethoven Project - Final Installment. Ian Watson and Susanna Ogata complete the cycle of Beethoven Sonatas for Fortepiano and Violin on **Saturday, March 11, 2017, 3pm, Parish House (Stone Church), 14 Bedford Rd, Lincoln, MA.** Suggested donation \$30.

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

GARDENING WITH NATIVE PLANTS: WHY IT MATTERS **Tues, March 14, 7:00 pm, Bemis Hall.** Claudia Thompson, President of Grow Native Massachusetts. Sponsored by the Lincoln Garden Club. All welcome.

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

MABEL LOOMIS TODD AND MILLICENT TODD BINGHAM AND THE DEVELOPMENT OF THEIR CONSERVATION IMPULSES **Thurs., March 23 at 7:30 PM at the LLCT/RLF** office at 145 Lincoln Road, Suite 102A. (Second floor.) Julie Dobrow talks about these 19th and 20th century women and their Lincoln ties.

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