News from Bemis Hall

Vol 8 Issue 4

April 2017

The Lincoln Council on Aging Monthly

LYRICA BOSTON CHAMBER MUSIC PERFORMS SCHUBERT'S TROUT QUINTET

The Friends of the Lincoln COA cordially invite those of all ages to a free concert by Lyrica Boston Chamber Music on **Saturday, April 29 at Bemis Hall at 2 pm**. On the program will be Schubert's beautiful and renowned Trout Quintet and other works in a surprising array of styles. A reception with light refreshments will follow the concert. The musicians will include Laura Bossert (violin), Annie Bartlett (viola), Mariel Bossert (piano), Mina Kim (cello) and Donald Palma (bass). The Lyrica Boston Chamber Music series was founded by Lincoln resident Laura Bossert to provide a launching ground for young emerging artists to perform along side seasoned professionals.

AMALGAMATES A CAPELLA CONCERT FOR ALL AGES!

The COA invites all ages to a family-friendly a capella concert by the award-winning Tufts University group The Amalgamates on **Sunday, April 23 at 2 pm at Bemis Hall**! The Amalgamates perform the latest pop hits to oldies rock to spirituals and more in venues from baseball stadiums to street corners to Barcelona, Spain. You will be uplifted, amazed, and entertained! This program is supported in part by a grant from the Lincoln Cultutral Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

PATRIOTS DAY EVENTS 2017

Saturday, April 8, 2:50 pm, Paul Revere Capture Site, MMNH Park: Commemoration & Dramatic Presentation
Saturday, April 15, 9:30 am-noon, Capt. William Smith House, MMNH Park: LMM interpret 18th century life
Saturday, April 15, 2:00 pm, MMNH Park: Parker's Revenge Battle scenario
Sunday, April 16, 2:00-3:30 pm, Pierce Park: 18th Century Fife and Drum Music with guest units
Sunday, April 16, 7:00 pm, Library Lawn opp. the White Church: Alarm and Muster with Rider
Monday, April 17, 6:45 am, Outside Bemis Hall: Dawn Tribute, March to Concord
Monday, April 17, 9:00 am, Concord Center: Patriots' Day Parade
Sunday, April 23, 2:30 pm, Pierce House; **3:00 pm**, Cemetery on Lexington Road/ or if rain, Pierce House: Old Burial Ground Tribute to the Patriot and British soldiers buried there. Ceremony and Music
For more information, see www.lincolnminutemen.org and www.battleroad.org

STAYING AT HOME: LONG TERM CARE OPTIONS AND WAYS TO PAY FOR THEM

Come to Bemis Hall in April and May to learn about long term care options and how you can pay for them. The series includes *Paying for Long Term Care with Medicare, MassHealth, and VA Benefits* (**April 21, 12:30**, see pg. 9), *Answers about Long Term Care Insurance* (**April 28, 12:30**, see pg. 9), *Choosing and Arranging for In-Home Care* (**May 12, 12:30**), and *Adapting Your Home to Fit Your Needs* (**May 19, 12:30 pm**). All programs are free and open to anyone of any age. No need to sign up!

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SIGN UP FOR FUEL ASSISTANCE NOW BEFORE THE PROGRAM ENDS! The Massachusetts Fuel Assistance Program which helps those who qualify to pay for heating fuel ends April 30. Call the COA to apply!

ENJOY A DAY OUT WITH THE COA!

BOSTON SYMPHONY ORCHESTRA MATINEE!

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.) Participants will meet at the Donelan's parking lot at 10:45 am. You may have a sumptuous buffet lunch at Symphony Hall or you may opt to arrange for your own lunch. The cost of the trip is $45.50 with lunch on your own, or $75 with the lunch buffet. This trip is funded by the Hurff Fund and is therefore open to Lincoln seniors only. Space is limited. To reserve a space, send your check made out to FLCOA/Trips to Marilyn Buckler, 12 Hiddenwood Path, Lincoln, MA 01773. Be sure to include your phone and email. Your reservation is complete when Marilyn receives your check. 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.

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.

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

April 3: Members of First Parish — Seeing the Arizona-Mexico Borderlands for Ourselves

Members of the First Parish group that traveled to "The Wall" on the Arizona Borderlands last November will present and then discuss Janet Boynton's stunning 20-minute video showing photographs and interviews from the participants' experiences with the complex issues of migration and border security.

April 10: Josh Grindlay: Designing and Building a Harvard-MIT Student Instrument to Map an Asteroid in 2019

Over the past 5 years, students at Harvard and MIT designed and then built an X-ray imaging spectrometer that is one of 5 instruments on the OSIRIS REx mission launched in September 2016 to rendezvous with an asteroid in 2018. Our REXIS instrument will make X-ray maps of the concentration regions of elements (iron, magnesium, etc.) on the asteroid surface in 2019 to help in choosing a location to gather a sample for return to Earth in 2022. I'll describe how this project developed, from initial concept to the harrowing schedule to deliver the instrument to the spacecraft for final integration and launch, and the work now underway to prepare for the data.

April 24: Christina Thompson— Sea People: The Puzzle of Polynesia

Christina Thompson, editor of *Harvard Review* and the author of *Come on Shore and We Will Kill and Eat You All,* shares her quest to understand who first settled the islands of the remote Pacific, where they came from, how they got there, and *how we know.*

THE COA SCIENCE GROUP: HOW THE INTERNET WORKS

How does a web page get from a web site to your browser? Come learn the workings of the Internet when Tom Aprille comes to **Bemis Hall on Thursday, April 20 at 10:00 am**. Don't worry, it will be a high level talk with occasional dips into medium level explanations. Several applications will be discussed, including world wide web (WWW) page capture, email and streaming. Packet routing and your home network (called an Ethernet network) will also discussed.

THE FIRESIDE CHAT: HOW WE LIVE OUR VALUES

How do we live out our core values? Do we even know exactly what our values are? How do they affect our daily interactions as well as our most consequential decisions? Join others in a lively but respectful discussion facilitated by Sharon Antia using questions and answers on **Wednesday, April 26 at 10 am at Bemis Hall**. Our purpose is not to convince others of your opinion, but to share ideas so as to create dialogue and understanding.

HELP SEND METCO STUDENTS TO LINCOLN SUMMER CAMP

Go to gofundme.com/lincoln-camp-mcc-scholarships to learn how you can donate online or by mail to help Boston-based students stay connected by attending Lincoln Summer Camp. This initiative is sponsored by The METCO Coordinating Committee, the METCO Director, Lincoln Parks and Rec, and the Ogden Codman Trust.

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. No need to bring a drum but bring one if you have one! Sign up by calling the COA now!

COLOR YOUR LIFE WITH PASTELS WITH JULIET RAGO

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 April 10, 14, 21, 24, and 28.** No experience is necessary. All materials will be furnished. Please sign up by calling the COA. The fee is $40. Limit of six people.

EXPRESS YOUR LOVE OF NATURE IN WATERCOLORS WITH JANE COOPER

Jane Cooper will offer fun dabbling in watercolor painting of scenes of nature, landscapes or some favorite sky. Two sessions of four classes will be offered Fridays and Mondays in **May from 9 am to 11 am** beginning **May 1 and 15.** Cost is $30/session. Please call now to sign up. All materials are included in the fee. No prior experience necessary.

COFFEE WITH PHOTOGRAPHER ED ROBSON

Join Lincoln photographer Ed Robson on **Thursday, April 6 at 2:30** for a reception to celebrate his exhibit that will be in Bemis Hall through April. "I'm a hobbyist photographer who lives at Battle Road Farm in Lincoln," says Ed. "I enjoy trying to capture and edit creatively what catches my eye, whether it's people or animals, or scenes in the city or in nature." The photos in the exhibit range from flowers and trees to a spider and pet pig to Walden Pond and the Boston Women's March.

CLASSES ON USING IPHONES/IPADS AND ALSO SOCIAL MEDIA

Andy Payne will be at Bemis Hall on **Thursday, April 13 at 10 am** to give you information on the operation and features of iphones and ipads and answer your questions. If you have tips for using your iphone or ipad, bring those, too! At **11:30 am**, Andy will also discuss how to use social media — Twitter, Facebook, Reddit, Instagram and such — to get the word out about events and issues and stay in the know. All ages welcome to both classes!

AT THE MOVIES

TUESDAY, APRIL 4, 1 PM. THE SOUND OF MUSIC The last feature of our Rodgers and Hammerstein film festival, **The Sound of Music** enraptures audiences around the world with its warm, romantic story and its lilting score. It tells the true story of Maria von Trapp, who left a monastery to be the guardian of a pack of children, married their widowed father, and founded the well-known Trapp Family Singers. 1965. G. 176 mins.

TUESDAY, APRIL 18, 2:15 PM. EAGLE HUNTRESS An inspiring documentary about a Mongolian teen girl facing down tradition and the wintry elements to train her golden eagle to hunt food. 2016. G. 87 mins.

TUESDAY, APRIL 25, 2:15 PM. ARRIVAL After a mass landing of alien vessels, military leaders seek the help of a brilliant linguist in an effort to communicate with the extraterrestrials. 2016. PG-13. 116 mins.

THURSDAY, APRIL 27, 2:15 PM. LOVING This absorbing drama depicts the 1958 arrest and imprisonment of Richard and Mildred Loving for violating Virginia's law against interracial marriage 2016. PG-13. 123 mins.

2ND ANNUAL LINCOLN ARTS SHOW by Lincoln painters and artisans. **Bemis Hall. Reception, Sat., Apr. 15, 5-6:30 pm. Show times: Sat., Apr. 15, 12-5 pm; Sun., Apr. 16, 1-5 pm; and Mon. Apr. 17, 11-3 pm.**

SPEND TIME WITH OTHERS

ENJOY A GOURMET LUNCHEON WITH FRIENDS!

Lincolnites 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, April 18 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.

LINCOLN TRAD JAZZ BAND BRINGS APRIL SHOWERS AND

the regular aficionados who never miss a Friday lunchtime session with the Lincoln Traditional Jazz Band. Come join us on **Friday April 7th from 12:30 - 1:30 at Bemis Hall** when we gather around the Bemis Steinway Grand to sing along and clap to golden oldies. Put on your best Al Jolson imitation, or just listen, or dance around the room. If you haven't heard them, you don't know what you're missing.

RAPTURE OF THE SENSES — SPRING RENEWAL

Nourish your body, mind, and soul through this special "play"shop exalting the Five Senses and celebrating the renewing spirit of spring! It will be held on **Friday, April 7, 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 lovely songs and poems; tantalize your taste buds with delicious, healthy treats! Please call the COA to sign up.

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 Reginald Rose's gripping courtroom drama "Twelve Angry Men" on **April 4 and 11 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. Call before coming to confirm the location.

FIRESIDE CHAT Join other residents in a respectful "Fireside Chat" discussion using questions and answers on **Wednesday, April 26 at 10 am**. This month's topic is "How We Live Our Values."

CONSERVATION BREAKFAST **Thursday, April 13 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, April 20 at 8:00 am.** Bagels, cream cheese, and lox, doughnuts, coffee and camaraderie—a great chance to catch up with buddies and make new friends.

PLAY PIANO DUETS with Evelyn Harris each **Thursday at 11:30 am**. She brings books for all levels. Not 4/13.

UKULELE AND SING-ALONG GROUP meets on **Thursday, April 13 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi **SATURDAY 1** 1:00 Vernal Pool (Donelans) **SUNDAY 2** 11:30 Wetland Bdwalk (Green) 3:00 Captain Smith Book Signing and Lecture (Lib)	**4** 9:00 Podiatry 9:30 Knitting Drop-In 9:30 Hand Drumming 11:00 Playreading: Twelve Angry Men 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 1:00 Movie: The Sound of Music 2:00 Staying in Touch Group	**5** 9:30 Positive Psychology 9:30 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	**6** 9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:30 Coffee with the Artist	**7** 10:00 German Conversation 11:00 Rapture of the Senses Spring "Play"shop 12:30 Trad Jazz Band 1:00 Open Bridge **SATURDAY 8** 9:00 Library Book Sale
10 9:30 French Conversation 10:00 Pastels 12:30 Lincoln Academy 2:15/3:15 Tai Chi 3:00 Legal Clinic	**11** 9:30 FCOA Meeting 9:30 Knitting Drop-In 9:30 Hand Drumming 10:00 Wellness Clinic (LW) 11:00 Playreading: Twelve Angry Men 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 2:00 Staying in Touch Group 2:30 COA Board 2:45 IPhone and IPad Help	**12** 9:30 Positive Psychology 9:30 Yoga 11:00 Line Dancing 1:00/2:15 Tai Chi 7:30 Classic Jazz at Bemis Hall	**13** 8:00 Conservation Bkfst (TBA) 9:15/10:15 Tai Chi 10:00 IPhones and IPads 11:30 Social Media 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 3:00 Ukulele Gathering 7:00 Acoustic Night (Lib)	**14** 9:30 Making Ourselves Anew 10:00 Pastels 1:00 Open Bridge **SATURDAY 15** 12:00 Arts Show 1:00 Jazz Jam (Lib) 5:00 Arts Show Reception **SUNDAY 16** 1:00 Arts Show
17 **COA CLOSED/ PATRIOT'S DAY** 	**18** 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 2:00 Staying in Touch	**19** 9:00 Podiatry 9:30 Positive Psychology 9:30 Yoga 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi	**20** 8:00 Men's Coffee 9:15/10:15 Tai Chi 10:00 Science Club: How the Internet Works 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:00 Coffee with a Cop 1:30 Computer Drop-In	**21** 10:00 German 10:00 Pastels 10:00 Pain Management 12:30 Medicare/ MassHealth/VA LTC Benefits 1:00 Open Bridge **SATURDAY 22** 1:00 Portraits (Codman) **SUNDAY 23**

11:00 Arts Show	Group 2:15 Movie: The Eagle Huntress			7:30 Birdwalk (Lindentree) 9:00 Bikes (Hartwell) 2:00 Amalgamates A Capella Concert
24 9:30 French Conversation 10:00 Pastels 12:30 Lincoln Academy 2:15/3:15 Tai Chi	**25** 9:00 Collating 9:30 Knitting Drop-In 9:30 Hand Drumming 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 2:00 Staying in Touch Group 2:15 Movie: Arrival 2:45 IPhone and IPad Help	**26** 9:30 Positive Psychology 9:30 Yoga 10:00 Fireside Chat: Living Values 11:00 Line Dancing 1:00/2:15 Tai Chi 7:30 Bemis Lecture: Next Big Thing	**27** 9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Loving	**28** 10:00 Pastels 11:00 Mini-Massage Clinic 12:30 Long Term Care Insurance 1:00 Open Bridge **SATURDAY 29** 2:00 Lyric Boston Chamber Music Concert **SUNDAY 30** 7:30 Birdwalk (Pigeon)
APRIL 	**LOCATIONS** **Codman: Codman Estate** **Donelan's: Lot by Donelan's** **Green: Green School Playground** **Hartwell: Hartwell School On Ballfield Road** **Lib: Library** **LW: Lincoln Woods** **Lindentree: Lindentree Fm** **Pigeon: Pigeon Hill** **St. Anne's: St. Anne's Church** **TBA: Location to be announced**			

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FOR YOUR WELL BEING

MANAGE YOUR PAIN WITH ALTERNATIVE AND COMPLEMENTARY METHODS

Learn about different modalities and treatments used by therapists to help decrease pain and improve one's functional ability when Pete Frye, Doctorate in Physical Therapy and Emerson Hospital Rehab Director, comes to **Bemis Hall on Friday, April 21, at 10 am**. In addition, learn about home remedies that you can do to decrease pain and improve your functional ability.

MAKING OURSELVES ANEW IN OUR LATER YEARS

Join the Reverend Lilian Warner, Spiritual Director/Chaplain of Newbury Court, on **Friday, April 14 at 9:30** when she leads a discussion of how, even in our elder years, our spiritual creator, however perceived, can help mold us into new beings, mending and using us in different ways to be of value. She will also touch on her "Triple L, Double C of Living," or how we must "Listen, Learn, Love, Care and Connect" with others. Continental breakfast will be served. Call the COA to sign up.

POSITIVE PSYCHOLOGY PRACTICES CLASS

Positive Psychology is the scientific study of strengths and "what is working" to create transformative change, build increased happiness, and lead a more meaningful life. The Ogden Codman Trust is generously supporting a free, 8-session course beginning **Wednesday, April 5 at 9:30** on daily practices that build on concepts presented in the fall. No need to have attended the fall class. Learn proven tactics to try in your daily life. Instructor: Alyson Lee, Co-Active Life Coach, Social Worker and Certified Positive Psychology Instructor.

OPPORTUNITIES FOR EXERCISE AND WELLNESS

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, WELLNESS Spring session 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). Info: 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 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**. 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.

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

RELAX WITH A MINI MASSAGE Jai Kaur (Annamaria San Antonio) offers 15-minute back and neck massages as a gift or by donation **April 28, 11 am to 1 pm at Bemis Hall**. Call the COA for an appointment.

WELLNESS CLINICS FOR ALL AGES

Come to clinics for all ages for blood pressure, advice about nutrition and fitness, medication management, and managing chronic conditions, finding health services, and more. One will be at **Lincoln Woods' Community Building at 50 Wells Road on Tuesday, April 11 from 10 am to noon**. This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, April 18 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, April 4** and **Wednesday, April 19 at 9 am at Bemis Hall** by appointment. $10 donation requested. Clinics sponsored by Pierce House and FLCOA.

WHAT YOU NEED TO KNOW

PAYING FOR LONG TERM CARE WITH MEDICARE, MASSHEALTH, AND VA BENEFITS

Many people rely on Medicare and MassHealth/Medicaid to pay for long term care, yet these benefits are usually quite limited. Find out what Medicare and MassHealth/Medicaid actually cover, for how long, and at what out-of-pocket costs when Minuteman Senior Services SHINE — health benefits counseling program comes to **Bemis Hall on Friday, April 21 at 12:30 pm**. They will discuss benefits from the traditional Medicare program as well as supplemental plans, what to ask when considering long term care benefits in those plans, and more. In addition, Priscilla Leach, Lincoln's Veterans Services Officer, will explain long term care benefits for veterans. Bring your questions and concerns! The program is co-sponsored by the Lincoln COA and Minuteman Senior Services.

ANSWERS ABOUT LONG TERM CARE INSURANCE

Is long term care insurance right for you? What does it cover? What might it cost? How do I go about choosing a plan? What are these new hybrid policies that I'm hearing about? How do I make sure it will really cover what it needs to when I don't know what kind of care I might require? Find out the answers to these and other questions you might have about long term care insurance when independent agent and long term care insurance educator Tobe Gerard comes to **Bemis Hall on Friday, April 28 at 12:30.** Tobe has been involved with long term care insurance for 19 years and served on the long term care committees of both the National and Massachusetts Associations of Health Underwriters for many years. Please call the COA to sign up.

PROGRAMS ABOUT IPHONES/IPADS, SOCIAL MEDIA— SEE PAGE 4!

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 Wednesday**, April 5 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, April 5, 1 to 2 pm** on federal benefits and other concerns.

FREE ELDER LAW CLINIC!

Got a question about issues such as estate planning, MassHealth, protecting assets for a loved one with a serious disability, guardianship, conservatorship or probate? The COA is pleased to provide a monthly legal clinic with elder law attorney and Lincoln resident Sasha Golden on **Monday, April 10 from 3-4 pm.** There is no charge for the thirty-minute consultation, but please sign up by calling the COA.

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

Come to Bemis Hall on **Thursday, April 20 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 **April 11 and 25** from 2:45 to 3:45. 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

P.O. Box 143 • Lincoln, MA 01773

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GOINGS ON IN AND AROUND LINCOLN

VERNAL POOL EXPLORATION **Sat, April 1, 1 pm**. Meet at the far end of the lot beyond Donelan's to visit a vernal pool. One-mile walk led by herpetologist Matt Burne. Co-sponsored by the LLCT and the Walden Woods Project.

OPENING OF WETLAND BOARDWALK **Sun. April 2, 11:30, behind green school playground**. tgreen@lincnet.org

WILLIAM SMITH, CAPTAIN: LIFE AND DEATH OF A SOLDIER OF THE AMERICAN REVOLUTION **Sunday, April 2, 3 pm, Library.** Book signing and talk by the author of a biography of the Captain of Lincoln's Minute Men in 1775, Prof. Donald L. Hafner. Sponsored by the Lincoln Historical Society.

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, April 8 from 9 am to Noon at Bemis Hall**.

CLASSIC JAZZ **Wednesday, April 12, 7:30 pm at Bemis Hall.** Come hear about *Louis "Dippermouth" Armstrong and the Karnofskys of Lithuania: The Untold Story* with Peter Gerler. This group meets the second Wednesday of every month.

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Thursday, April 13 from 7 to 10 pm at the Library** featuring Mark Mandeville and Raianne Richards. Email: loma3re@gmail.com

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, April 15 from 1:00 pm – 5:00 pm at the Library.** Come hear local musicians belting out old favorites which will set your feet a-tappin' and your hands a'clappin'. Free.

PAINTERS AND PERSONALITIES: Portraits at the Codman Estate **April 22 from 1-3PM. Codman Estate Tour.** A specialty tour with a fresh, focused look at the portrait collection from works by Copley and Stuart to humble family snapshots. $15 Historic New England members & Lincoln residents. Space limited. Registration required. Call 617-994-6690.

BIRD WALKS **Sunday, April 23, 7:30-9:30 AM** Lindentree Farm and conservation land behind St. Anne's. Park on Old Concord Rd. near junction with Rt. 126; **Sunday, April 30, 7:30-9:30AM** Pigeon Hill and Browning Field. Park by the riding ring on Weston Rd. First two in a spring birding series sponsored by the LLCT. Bring binoculars and dress warmly.

BIKES NOT BOMBS The Lincoln Recycling Committee will partner with Bikes Not Bombs on **Sunday, April 23rd from 9:00 to 1:00 at Hartwell School on Ballfield Road** to collect unwanted bicycles and accessories.

BEMIS LECTURE—THE NEXT BIG THING: MORE, FASTER...BUT BETTER? Andy Ory, international leader in tech innovation, on entrepreneurship, changes in tech, and impacts on individuals and world order. **Apr 26, 7:30 pm, Bemis.**

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