



# NEWS FROM BEMIS HALL

Vol 8 Issue 5



May 2017

## *The Lincoln Council on Aging Monthly*

### **THE ELDERS ENSEMBLE DANCERS: LIVING LIFE FULLY AND HONESTLY THROUGH MOVEMENT AND WORDS**

All are invited to experience the wisdom and joy of the Elders Ensemble of Prometheus Dance at a free performance of dance and theater on **Thursday, May 25 at 2:30 at Bemis Hall**. The Elders Ensemble are eight post-professional dancers, aged 60-94, who create and perform pieces telling the bittersweet stories of their lives as dancers, daughters, mothers, and friends. Following each Elders Ensemble performance there is a post performance discussion with the aim of reflecting on the work and gaining insight through audience perspective. Many of the dancers studied with the greats of Modern Dance in the 30s-50s. They perform at community venues, celebrations and arts centers. All ages are welcome.



### **LET'S GO TO GLOUCESTOR AND THE CAPE ANN MUSEUM!**



On **Wednesday, June 14**, we will head to the Cape Ann Art Museum in downtown Gloucester. There we will have a docent-led tour of the collection of Fitz Henry Lane paintings, the luminist, marine painter (1804-1865) of this historic seaport, the museum's collection of 18<sup>th</sup>c. Portraits and Contemporary Art, and the Fisheries, Maritime and Granite Galleries. This is a delightful, recently renovated, museum in historic Gloucester. Lunch will be together at your own cost at a nearby restaurant and if the weather is good we will leave time to wander Main Street filled with galleries, a wonderful artists' cooperative, restaurants and shops. The bus will leave the Lincoln Mall at 9:30 am sharp, returning to Lincoln around 4 pm. The non-refundable cost of the trip is \$22. This trip, supported by the Hurff Fund, is open to Lincoln residents 60+. Reservations must be made by June 8. Send checks payable to FLCOA/Trips to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA 01773. Please include your phone number and email address. Any questions, please contact Donna at 781-257-5050.

### **BE A SMARTER DRIVER: LEARN ABOUT NEW TECHNOLOGY, RULES REFRESHER, COMPENSATING FOR AGE CHANGES!**

The COA is pleased to offer the AARP Smart Driving program on **Tuesday, May 16 from 10 am to 3 pm at Bemis Hall**. \$15 for AARP members and \$20 for non-members. Find out about the new technologies in cars, get a refresher on the rules of the road, and learn to compensate for health-related changes and how to handle road rage. The class involves no tests or driving, and you will receive a certificate upon completion that may qualify you for reduced insurance rates. Bring a lunch! Sign up by calling (781) 259-8811.



### **TECHNO TEACH-IN WITH TEENS!**

The Lincoln-Sudbury Regional High School Senior Class is having a Give Back to the Community Service Day, and they invite you to join them at **Bemis Hall on Wednesday, May 31 from 10 am to 1 pm**. Whether you want some tips on texting to keep up with grandchildren, or need help learning to store and play your favorite music and films on your computer, or anything else tech-related, call for an appointment today!

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## ENJOY A DAY OUT WITH THE COA!



### BOSTON SYMPHONY ORCHESTRA MATINEE!

Are you signed up for the matinee performance of the Boston Symphony Orchestra on **Friday, May 5**? Remember that your bus will leave the Donelan's parking lot at 10:45 am. Please arrive a few minutes early! 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.) If you aren't signed up, but would like to go, you may contact Marilyn Buckler at (781) 259-8886 or mbuckler1@comcast.net to see if any spaces are still available. The cost of the trip is \$45.50 with lunch on your own, or \$75 with a sumptuous lunch buffet at Symphony Hall. This trip is funded by the Hurff Fund and is therefore open to Lincoln seniors only.



**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. Program ends May 12.

## 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.

#### May 1—Bijoy Misra: *Mantra—A Chant or a Therapy?*

A “mantra” is a repetitious chant that we are supposed to keep in in our memory. It is lately taught as an aid in meditation. In its original discovery in India, it was supposed to be a therapy that could heal. The healing is caused by the orchestral composition of syllables that are required to be uttered with proper breathing. We will explore examples of composition in Sanskrit and examine the breathing through proper articulation.

Bijoy Misra is a Physicist and a Sanskrit scholar. He is a resident in Lincoln since 2004.

#### May 8—Akuot Leek: **South Sudanese Enrichment for Families Update**

The South Sudanese Enrichment for Families began in the 1990s as the Sudanese Education Fund with tremendous support from the Lincoln community. Today its wide-ranging initiatives enrich and inspire adults and children alike, giving them the confidence and resources to create thriving futures for themselves. For example, every year, they send kids age 8-15 to a sleep away summer camp. Come find out how the organization has grown, what new programs and services it offers, who they serve and what some of their life stories are, and where the South Sudanese community and the organization are going from here.

#### May 15 — Karen Keane: **What’s Hot, What’s Not; Treasures from Lincoln**

Have you ever wondered about the value of your antiques and collectibles? Karen Keane, CEO of Skinner, Inc. and expert in Americana and Folk Art will discuss trends in the antique and auction marketplace. In this lecture, Karen will use examples of local treasures found in and around the town of Lincoln to show you What is Hot, and What is Not!

#### May 22—Rebecca Curtin: **Pioneer Woman Lawyer: Leila Robinson Sawtelle**

Come hear Suffolk University School of Law professor Rebecca Curtin relay the fascinating story of Leila Robinson Sawtelle, the first woman graduate of the Boston University Law School. When Leila was denied admission to the Massachusetts Bar, she successfully fought to change the law, eventually being admitted to practice before the Supreme Court and authoring two books about the law.

### THE SCIENCE CLUB: REALITIES OF ALTERNATIVE ENERGY



Join Lincoln resident and physicist Stanley Solomon on **Thursday, May 18 at 10:15 am at Bemis Hall** for a presentation on “The Realities of Alternative Energy.” Mr. Solomon will discuss I) The Department of Energy's Boulder Facility history; II) the rate at which new technologies can be implemented; and III) available and potentially available alternate energy resources. Bring your questions and ideas!

### THE FIRESIDE CHAT: HOW DO YOU COPE WITH CHANGE?

Change is inevitable in all aspects of our lives. Some people welcome and embrace change while others generally fear and avoid it. Each response can be appropriate at different times. What have been some of the most significant changes in your life? What strategies for coping with or embracing change have you found to be the most successful? Join others in a lively but respectful discussion facilitated by Sharon Antia using questions and answers on **Wednesday, May 24 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.





## Art, Music, Entertainment



### COFFEE WITH SARAH CHESTER



Join Lincoln artist Sarah Chester at a reception for her show at the **Bemis Artists Gallery on Tuesday, May 2 at 2:30 pm**. Her work will be exhibited through May. "I paint what strikes my eye and heart: the lights and colors of land and sea scapes, the stories that old structures tell, relationships between and among generations, the relationships between generations and the land," says Sarah. "My paintings have been selected by multiple juried shows and are in private collections throughout the Northeast."

### 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.

### IN THE MOOD FOR SOME GOOD OLD-FASHIONED HARMONY?



A catchy melody you can sing along with? Tap your toes to tunes you know and love when the Lincoln Traditional Jazz Band comes to **Bemis Hall on Friday May 5<sup>th</sup> at 12:30**. Join the COA's swingin' seniors and sing along with the regulars to such good old favorites as *When You're Smilin'*, or *Ain't She Sweet*. Put a smile on your face with *Ain't Misbehavin'*. Do the Charleston or the Lindy Hop if you're up for it. Or just put your feet up, relax, and enjoy the band.

### SHARE YOUR BEST LIFE TIPS AND GET SOME TO TRY YOURSELF!

We all have tips that we have picked up for making life easier over the years. Come to **Bemis Hall on Thursday, May 25 at 10 am** to share yours and learn some new ones from other people! Whether it's related to cooking, cleaning, organizing, family and other relationships, or anything else, get together with others to talk about how you have made your life a little easier and get some new strategies to try yourself!

## AT THE MOVIES

**WEDNESDAY, MAY 10, 1 PM. PUCCINI: LA BOHEME.** Angela Gheorghiu stars as the young and vulnerable Mimi, and Ramon Vargas is featured as her lover, in a spectacular, poignant Metropolitan Opera staging of Puccini's classic, highlighting Franco Zeffereilli's spectacular scenery. LA BOHEME is one of the most beloved operas ever written. This lovely production was filmed in high-definition clarity and originally broadcast live in movie theaters around the world. NR. 2008. 136 mins.

**TUESDAY, MAY 16, 2:15 PM. LION.** In this affecting true story, 5-year-old Saroo is adopted by an Australian couple after losing his way in the urban jungle of Kolkata. More than two decades later, new mapping technology prompts Saroo to search for his lost family in India. 2016. PG-13. 121 mins.

**TUESDAY, MAY 23, 2:00 PM. FENCES.** Working as a trash collector in 1950s Pittsburgh, Troy Maxson struggles to raise his family while trying to transcend the bitter experience of being a talented baseball player denied the opportunity to play in the majors because of his race. 2016. PG-13. 139 mins. **NOTE SPECIAL 2:00 TIME!**

**TUESDAY, MAY 30, 2:15 PM JACKIE.** Still reeling from her husband's shocking assassination in Dallas, First Lady Jacqueline Kennedy battles through exhaustion, overwhelming heartache and anger to preserve his legacy — and to define her own. 2016. R. 100 mins.

### WANDA PAIK FEATURED PIANIST WITH LINCOLN-SUDBURY CIVIC ORCHESTRA

Lincoln resident Wanda Paik is the piano soloist with the Lincoln-Sudbury Civic Orchestra, Ben Vickers conducting, in a performance of the Cesar Franck Symphonic Variations for Piano and Orchestra and other works by Strauss and Dvorak to be performed at the Spring Concert on **Sunday, June 11 at 3 pm at the LSRHS Auditorium in Sudbury**. Donation at the door \$10. Further info: <https://www.lsrhs.net/sites/civicochestra/events/>



## SPEND TIME WITH OTHERS



### ENJOY A GOURMET LUNCHEON WITH FRIENDS OLD AND NEW!

Lincolniters 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, May 16 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.



### VETERANS MEMORIAL DAY BBQ!



Veterans and their spouses are invited to a special barbecue on **Friday, May 26 at 11:30 am at Bemis Hall** featuring a delicious lunch of barbecued pork or chicken or beef brisket. We are hoping to create a dynamic veterans community here in Lincoln and would love to see you and your spouse at the barbecue. You must sign up by calling the COA at (781) 259-8811 by May 24 so that we will have enough meals. Unfortunately, we will not be able to accommodate those who do not sign up. A \$5 donation is requested.

### FREE YOUR INNER THESPIAN WITH PLAYREADING!

Have you always dreamed of starring in a Broadway play, bowing while your adoring audience throws flowers? Make your dreams come true (sort of) each first and second Tuesday at 11 am when Sally Kindleberger leads a playreading group. On **May 2 and 9**, they will be reading A.R. Gurney's comedy *Sylvia*. Sally will bring copies.

### 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**. Come get help, give help, share projects, get new ideas or just enjoy the conversation. The group is always changing.

**PLAY-READING** Sally Kindleberger leads a group in reading A.R. Gurney's canine comedy *Sylvia*, about a couple who contentiously adopts a dog on **May 2 and 9 at 11 am**. Sally will bring copies.

**STAYING IN TOUCH GROUP** Meets **Tuesdays at 2:00** to discuss topics of the group's choice. We occasionally schedule guest speakers and special events.

**FIRESIDE CHAT** Join other residents in a respectful "Fireside Chat" discussion using questions and answers on **Wednesday, May 24 at 10 am**. This month's topic is "How Do You Cope with Change?"

**CONSERVATION BREAKFAST** **Thursday, May 11 at 8:00 am at Mass Audubon's Drumlin Farm Sanctuary**. Meet and gossip the second Thursday of every month about Town events, also touching on Conservation.

**LINCOLN MEN'S COFFEE** **Thursday, May 18 at 8:00 am**. Bagels, cream cheese, and lox, doughnuts, coffee and camaraderie—a great chance to catch up with buddies and make new friends.

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

**UKULELE AND SING-ALONG GROUP** meets on **Thursday, May 11 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
<p><b>1</b></p> <p>9:00 Watercolors  11:00 Spanish Conversation  12:30 Lincoln Academy  2:15/3:15 Tai Chi</p>	<p><b>2</b></p> <p>9:00 Podiatry  9:30 Knitting Drop-In  9:30 Hand Drumming  11:00 Playreading: Sylvia  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>3</b></p> <p>9:30 Easy Yoga  10:00 Domestic Violence Services Network  Office Hours  10:00 Memoirs  11:00 Line Dancing  1:00 Office Hours with Aide to Katherine Clark  1:00/2:15 Tai Chi</p>	<p><b>4</b></p> <p>9:15/10:15 Tai Chi  11:30 Piano Duets  1:00 Exercise: Aerobics and Weights  1:30 Computer Drop-In</p>	<p><b>5</b></p> <p>9:00 Watercolors  10:00 German Conversation  10:45 BSO Trip Leaves (Mall)  12:30 Trad Jazz Band  1:00 Open Bridge</p>
<p><b>8</b></p> <p>9:00 Watercolors  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>9</b></p> <p>9:30 Knitting Drop-In  9:30 Hand Drumming  10:00 Wellness Clinic (LW)  11:00 Playreading: Sylvia  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</p>	<p><b>10</b></p> <p>9:30 Positive Psychology  9:30 Easy Yoga  11:00 Line Dancing  1:00/2:15 Tai Chi  1:00 Opera Movie: La Boheme</p>	<p><b>11</b></p> <p>8:00 Conservation Bkfst (Drumlin)  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>12</b></p> <p>9:00 Watercolors  9:30 Improve Balance, Prevent Falls  12:30 Navigating Senior Services  1:00 Open Bridge</p> <p><b>SATURDAY 13</b>  9:00 Library Book Sale  2:00 Seacoast Stompers</p> <p><b>SUNDAY 14</b>  7:30 am Birding (Baker)  7:00 pm Handbells (Stone)</p>
<p><b>15</b></p> <p>9:00 Watercolors  11:00 Spanish Conversation  12:30 Lincoln Academy  2:15/3:15 Tai Chi</p>	<p><b>16</b></p> <p>9:00 Wellness Clinic  9:30 Knitting Drop-In  10:00 Senior Driving  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</p>	<p><b>17</b></p> <p>9:00 Podiatry  9:30 Positive Psychology  9:30 Easy Yoga  10:00 Memoirs  11:00 Line Dancing  1:00/2:15 Tai Chi</p>	<p><b>18</b></p> <p>8:00 Men's Coffee  9:15/10:15 Tai Chi  10:15 Science Club: Realities of Alternate Energies  11:30 Piano Duets  1:00 Exercise: Aerobics and Weights  1:00 Coffee with a Cop  1:30 Computer Drop-In  6:00 LLCT Annual Meeting</p>	<p><b>19</b></p> <p>9:00 Watercolors  9:30 Home Adaptation  10:00 German Conversation  1:00 Open Bridge</p>

<p>Group 2:15 Movie: Lion</p>	<p><b>22</b></p> <p>9:00 Watercolors 9:30 French Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p><b>23</b></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 Movie: Fences 2:00 Staying in Touch Group 2:45 iPhone and iPad Help</p>	<p><b>24</b></p> <p>9:30 Easy Yoga 10:00 Fireside Chat: Coping with Change 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p><b>25</b></p> <p>9:15/10:15 Tai Chi 10:00 Sharing Life's Tips 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:30 Elders Ensemble</p>	<p><b>26</b></p> <p>9:00 Watercolors 11:00 Mini-Massage Clinic 11:30 Veterans Barbecue 1:00 Open Bridge</p>	<p><b>27</b></p> <p><b>SATURDAY</b> 1:00 Jazz Jam (Lib)</p>	<p><b>31</b></p> <p>9:30 Easy Yoga 9:30 Positive Psychology 10:00 Techno Teach-In with Teens 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p><b>30</b></p> <p>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: Jackie</p>	<p><b>31</b></p> <p><b>MAY</b></p> 	<p><b>LOCATIONS</b> <b>Baker: Baker Bridge Fields</b> <b>Drumlin: Drumlin Farm</b> <b>Lib: Library</b> <b>LW: Lincoln Woods</b> <b>Mall: Parking Lot by Donelan's</b> <b>Pierce: Pierce House</b> <b>Ricci: Ricci Fields</b> <b>St. Anne's: St. Anne's Church</b> <b>Stone: Stone church</b></p>
<p><b>29</b></p> <p><b>COA CLOSED/ MEMORIAL DAY</b></p> 	<p><b>24</b></p> <p>9:15/10:15 Tai Chi 10:00 Sharing Life's Tips 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:30 Elders Ensemble</p>	<p><b>25</b></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 Movie: Fences 2:00 Staying in Touch Group 2:45 iPhone and iPad Help</p>	<p><b>26</b></p> <p>9:00 Watercolors 11:00 Mini-Massage Clinic 11:30 Veterans Barbecue 1:00 Open Bridge</p>	<p><b>27</b></p> <p><b>SATURDAY</b> 1:00 Jazz Jam (Lib)</p>						

(Pierce)

**Lincoln Cable TV**  
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## FOR YOUR WELL BEING



### IMPROVE YOUR BALANCE & KNOW WHAT TO DO IF YOU FALL



Losing your balance and falling is one of leading causes of loss of independence among older people. Come to **Bemis Hall on Friday, May 12 at 9:30 am** when Steve Menichetti, RN, BSN, discusses causes of falling, how you can reduce your risk through physical and occupational therapy, preventing falls through medication management, and what to do if you do fall. He will provide practical information that you can start to use today! Mr. Menichetti is Director of Care Management for Deaconess Abundant Life Services. A light breakfast will be served. Please 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 course held **Wednesdays at 9:30** on daily practices that build on concepts presented in the fall. No need to have attended previous sessions. Learn proven tactics to try in your daily life. Instructor: Alyson Lee, Co-Active Life Coach, Social Worker and Certified Positive Psychology Instructor. No class May 3 or 24.



### 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** The Spring Tai Chi class is now closed. **Level 1 (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**. 5-class packs and drop-in is \$10/class (\$13 for under 60). Taught by Jai Kaur Annamaria San Antonio. Sign up now!

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

**RELAX WITH A MINI MASSAGE** Jai Kaur (Annamaria San Antonio) offers 15-minute back and neck massages as a gift or by donation **May 26 , 11 am to 1 pm at Bemis Hall**. Call the COA for an appointment.

### 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, May 9, from 10 am to noon**. This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, May 16 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, May 2** and **Wednesday, May 17 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.



## WHAT YOU NEED TO KNOW



### IN-HOME SENIOR SERVICES: WHAT'S AVAILABLE, HOW TO CHOOSE, WHAT DOES IT COST?



Almost everyone wants to stay in their home for as long as possible, and the vast array of senior services now available from various agencies and organizations can help you do that. However, how do you know what's out there? How do you choose which services you need? How can you decide which provider to use? How much does it cost? Find out the answers to these and other questions on **Friday, May 12 at 12:30 at Bemis Hall** when Leslie May-Chibani, Assistant Director at Minuteman Senior Services, and Carolyn Bottum, Director of the Lincoln Council on Aging, give information and answer your questions. All ages are welcome to attend! Co-sponsored by the Lincoln Council on Aging and Minuteman Senior Services.



### ADAPTING YOUR HOME SO YOU CAN LIVE INDEPENDENTLY

Even if you are finding it hard to navigate stairs, the bathroom, or other aspects of your home, you may still be able to stay in your house by making adaptations. Find out more at a special program on **Friday, May 19 at 9:30 am at Bemis Hall**. First, Stuart Parsons, a licensed architect specializing in home renovations to help people age in place, will discuss what kinds of adaptations are possible, both minor and major, and what they may cost. Then Dan Walsh, Lincoln's Building Inspector, will discuss how to select and pre-screen a home improvement contractor. Find out how to choose a contractor, get good estimates, determine credentials and insurance, legal requirements for contracts and permits, and what to do if you have a problem. Bring your questions and concerns!



## 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 on Wednesday, May 3 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. No need to stop at the front desk. Just take the elevator to the basement and follow the signs.

### 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, May 3 from 1 to 2 pm** on federal benefits and other concerns. No need to sign up!

### 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, May 8 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, May 18 from 1 to 3 pm** to meet privately with an officer from the Lincoln Police Department. Do you have a security concern? An idea? Would you like guidance about a situation? Come on down! No need to make an appointment. An officer will be here 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 **May 9 and 23** 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.



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**GOINGS ON IN AND AROUND LINCOLN**

**SPRING BIRDING** Sundays May 7 and May 14, 7:30-9:30am at Ricci Fields and Baker Bridge Fields respectively. Dress for weather conditions and bring binoculars. Canceled if raining. Check [lincolnconservation.org](http://lincolnconservation.org) for details or call 781-259-9251.

**SIBLING RIVALRY???** THE “LOST” LETTERS OF WILLIAM SMITH AND HIS SISTER ABIGAIL ADAMS— A REENACTMENT. Sunday, May 7, 2 pm Bemis Hall. Lincoln Historical Society.

**OPEN MIKE ACOUSTIC NIGHT** Enjoy live music at the free Open Mike Acoustic program featuring the Page Turners on Monday, May 8 from 7 to 10 pm at the Library. Email: [loma3re@gmail.com](mailto:loma3re@gmail.com).

**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, May 13 from 9 am to Noon at Bemis Hall.

**CLASSIC JAZZ FREE LIVE CONCERT!** Saturday, May 13, 2-5 PM, Bemis Hall. The Seacoast Stompers present an afternoon of Dixieland Jazz and Swing!

**LINCOLN HANDBELL CHOIR** will be presenting A Festival of Bells at The Stone Church, 14 Bedford Road, on Sunday, May 14th at 7:00 p.m. Admission is free.

**LINCOLN LAND CONSERVATION TRUST** Annual Meeting and 60<sup>th</sup> Anniversary Celebration, Thurs., May 18, 6:00pm, Pierce House. Featured speaker: Nobel Laureate, Dr. Eric Chivian, whose research addresses the relationship between human health and biodiversity. Refreshments and entertainment provided. Free. All welcome.

**FREE LIVE TRADITIONAL JAZZ JAMS** on Saturday, May 27 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.

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