



# NEWS FROM BEMIS HALL

Vol 8 Issue 6



June 2017

## The Lincoln Council on Aging Monthly

### CELEBRATE SUMMER AT A STRAWBERRY ICE CREAM SOCIAL!



Celebrate this special time of year at the annual Strawberry Ice Cream Social which will be held at

**Bemis Hall on Thursday, June 15 at noon.** The Social is sponsored by the COA and the Friends of the COA. Bring a bag lunch at noon or just join us for dessert. Make your own ice cream sundae with luscious ice cream topped with strawberries, chocolate, and more! Then share conversation with friends old and new! Please RSVP to the COA. Tell us when you call if you will need a ride.

### A PUBLIC SAFETY COOKOUT! Learn about Current Frauds and Scams, Home Safety, and Public Safety Services!

Join Public Safety on **Friday, June 9 at 11 am for a cookout at the Pierce House!** You'll start off by finding out more about current trends in frauds and scams and how to avoid being a victim, home safety from both police and fire perspectives, and services offered by Public Safety. At noon, Public Safety will be cooking up hamburgers, hot dogs, and veggie burgers with all the fixin's. Because the event will be under the tent, the cookout will go on rain or shine. Please sign up by June 2 by calling the COA at (781) 259-8811.

## TOUR THE NEW HANSCOM MIDDLE SCHOOL

The Lincoln Public Schools and the Council on Aging invite you to tour the new Hanscom Middle School! A bus will leave the **Donelan's parking lot at 10:00 am on June 8** and return about 1 pm. **You must call the COA at (781) 259-8811 to sign up by noon on June 2 giving your full legal name and date of birth in order to be granted access to the Base.** The new Hanscom Middle School is an 85,000 sq.ft. building serving 300 students in grades 4-8. The \$34 million construction cost was funded entirely by the Department of Defense Education Activity (DoDEA). The firm of Ewing Cole designed the school building to support 21st century education with grade-level "neighborhoods" where individual classrooms are clustered around common areas and small break-out spaces. This creates a flexible environment that fosters collaboration, accommodates project work, and provides opportunities for small, class-sized, or grade-level groups. The music room, art room, library, full kitchen, and gymnasium all have direct access to a central commons that features a stage and serves multiple functions: cafeteria space during lunch, performance center for music and drama, and a place to practice presentation skills for individuals and groups of students. The building includes many energy efficient features. The tour will be led by Lincoln Public Schools Superintendent, Becky McFall.



### DILLA TINGLEY IS VOLUNTEER OF THE YEAR!



Congratulations to Dilla Tingley, our Volunteer of the Year! Dilla is on the COA board, where she has served as both Secretary and Liaison to Minuteman Senior Services. In addition, she has been the liaison from the COA board to both the Community Center Study Committee and the Campus Master Planning Committee. Dilla has also been a Meals-on-Wheels driver for over 25 years! She has not only served the COA as a volunteer, but also been on the Planning Board and numerous other committees for both the Town and private organizations.

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## ENJOY A DAY OUT WITH THE COA!



### CANAL & MILL TOUR - LOWELL NATIONAL HISTORIC PARK

Join us **Tuesday, July 25**, for a fascinating day at the Lowell National Historic Park. Find out about the famous Mill Girls, the technology that powered the mills, and how immigrants have contributed to the industrial city. First, we'll hop a trolley to the Swamp Locks. There we'll board our canal boat and cruise the Pawtucket Canal, maybe even all the way to the Pawtucket Falls. Then, we'll have lunch at one of the many ethnic restaurants in the area. Finally, we'll visit the Boott Cotton Mill Museum and Mill Girls and Immigrants Exhibit. Our air-conditioned air-ride bus will leave **Donelan's parking lot at 9:15 AM**, returning at approximately 4:00 PM. This trip is rated moderate for physical ability, as there will be some walking and entering/ exiting the canal boat entails steep steps. Non-refundable cost, including lunch is \$32, and drinks are on your own. This trip is funded by the Hurff Fund, and is therefore open to Lincoln seniors only. To reserve a space, send a check made out to FLOCA/Trips to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA 01773. Be sure to include your phone number and email address. Your reservation is complete when your check is received. Questions? Contact Donna at 781-257-5050 or [donna@ecached.com](mailto:donna@ecached.com).

### GLOUCESTER 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. 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.

**Lincoln seniors have first priority to sign up for trips. Younger Lincoln residents and out-of-town seniors may sign up after Lincoln seniors have had an opportunity to sign up.**

## COUNCIL ON AGING SERVICES

**INFORMATION AND REFERRAL/CARE MANAGEMENT** Answers to questions about and assistance in evaluating in-home care needs and locating elder services, well being check-ins, crisis intervention, and more.

**MINUTEMAN SHINE (Serving Health Information Needs of Everyone)** Counselors give help regarding Medicare and Medicaid/MA Health, including plans and benefits, medical bills and long-term care needs.

**MEALS ON WHEELS (Minuteman Senior Services)** Home-delivered meals.

**ARE YOU IN A FINANCIAL CRISIS?** The Small Necessities Project and the Emergency Assistance Fund, funded by the Ogden Codman Trust, First Parish, and donations, may be able to help. Call the COA for info.

**WOULD YOU LIKE A FREE HOME SAFETY EVALUATION WITH A PHYSICAL THERAPIST?** Call the COA. The Home Safe Project is funded by the Ogden Codman Trust.

**MEDICAL EQUIPMENT** Loans of Walkers, canes, wheel chairs, tub benches, shower chairs, and commodes.

**VETERANS BENEFITS** Contact Priscilla Leach at (781) 259-4472 or [lincolnvetservices@gmail.com](mailto:lincolnvetservices@gmail.com).

**TRANSPORTATION** Free rides to medical and other appointments, local shopping, and COA activities through volunteer drivers (LINC) and taxis Monday through Friday from 9 am to 4 pm. Please call Lincoln Concord Coach at (781) 259-8722 at least three business days but not more than a month ahead to book. All rides are free. The COA's taxi rides are supported by the Friends of the Lincoln COA. Donations are gratefully accepted.



## THE LINCOLN ACADEMY

*Lectures, Discussions, and More about Our World 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

#### June 5—Ben Horne: The Essence of Bhutan

Ben will discuss, with pictures, a trip he and Jean took last October to the tiny, Himalayan Kingdom of Bhutan, known for its peace, happiness, and dramatic beauty. While many trips to the Himalayas can be classified as “treks”, this trip, titled “The Essence of Bhutan”, was more a brief immersion in the kingdom’s magical, mystical culture and history.

#### June 12—James Harrison: The Food Project and Food Justice in Massachusetts

James Harrison, Executive Director of the Food Project, will provide an update on the Food Project as well as discuss the current state of food justice in Massachusetts and the role of The Food Project in creating multi-generational communities that work together to build sustainable and equitable food systems.

#### June 19—Tom Gumbart: Backyard Butterflies, Dragonflies and More

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

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

### THE COA SCIENCE AND TECHNOLOGY CLUB: THE TECHNICAL CHALLENGES OF MAKING MEASUREMENTS ON HUMAN BEINGS



Both human beings and instrumentation can often be very fragile; especially in medical, transport, and hospital environments. Paul Svetz will lead a discussion on **Thursday, June 22 at 10:00 am at Bemis Hall** on some of the interesting and unusual technical challenges of designing and building devices for making measurements of physiological functions. Everyday contact with physical, electrical, and chemical items that offer little risk in daily life can be quite hazardous in the medical area.

### ETHICS AND CLIMATE CHANGE

Climate change has not only a scientific component, but an ethical one as well that relates to political, economic, and other actions on local, national, and international levels. Come hear a presentation and discussion led by John Terrell, Ph.D., on **Friday, June 16 at 9:30 am at Bemis Hall** on the many facets of ethics and climate change. Mr. Terrell will highlight the most recent successful Annual Town Meeting warrant article and a critique of the Paris Agreement including the possibilities of various alternate energy options and the economic and political necessities to effectively combat climate change. Come with your questions, concerns, and ideas!





## Art, Music, Entertainment



### COFFEE WITH LINCOLN ARTIST LORETTA ARTHUR



Join Loretta Arthur for a reception celebrating her art exhibit that will be in the Bemis Artists Gallery through June on **Tuesday, June 20 at 2:30 pm.** A Lincoln resident since 1994, Loretta Arthur has recently begun painting again after a 25 year hiatus during which time she raised three children and practiced with her husband in the firm D. W. Arthur Associates Architecture. As an undergraduate at Brandeis University, Loretta was a studio art major with a concentration in sculpture, and then received a Masters in Architecture at Harvard Graduate School of Design. The paintings for this exhibit include still life and landscapes.

### JUNE IS BUSTIN' OUT ALL OVER AT BEMIS HALL!

On **Friday June 2<sup>nd</sup>** the Lincoln Traditional Jazz Band will be in the house once again from **12:30 – 1:30.** Once again they will lift your spirits with upbeat favorite tunes for you to tap your toes to or sing along with. Once again the regular stalwarts will be in attendance, as they never fail to be. What? You've never been to even one of the past 38 concerts? Come find out what the regulars are enjoying while you've been sitting at home.



### PLEIN AIR DRAWING WITH BERNADETTE QUIRK AT LINCOLN TREE TOUR SITES



Enjoy the outdoors while learning to draw nature's glory outside with our new class en Plein Air Drawing with Bernadette Quirk. The class will take place on six Wednesdays at 9 am beginning on July 12. Meet at Bemis Hall the first week. Then each class will take place at each of the five Lincoln Tree Tour locations. Bernadette will e-mail you the list of materials needed for this class. No previous experience necessary, beginners encouraged! The cost is \$20 per session. Please sign up by calling the COA and leaving your contact information. *Photo by Daniela Caride.*

### AT THE MOVIES

**THURSDAY, JUNE 1, 2:15 PM. HIDDEN FIGURES.** In the race to space during the Cold War, three African-American female mathematicians play a key role in launching astronaut John Glenn into outer space, making him the first American to orbit Earth. 2016. PG. 127 mins.

**TUESDAY, JUNE 6, 2:15 PM. LALA LAND.** While pursuing showbiz fame, jazz pianist Sebastian falls for aspiring actress Mia, and the two embark on an intense love affair. But as their separate paths of ambition force them to make tough choices, their relationship starts to fray. 2016. PG-13. 128 mins.

**WEDNESDAY, JUNE 14, 1:00 PM. DIE FLEDERMAUS.** An effervescent and delightful confection, Johann Strauss's most famous and beloved operetta waltzes right into our heart with charm, witty repartee, and gorgeous melodies. Deceptions and disguises give way to affection, laughter, and champagne for all. This lavish quintessentially Viennese production features a stellar cast of internationally renowned singers. Sumptuous and stylish, with first-rate singing, this performance is how operetta should be filmed. POP OPEN THE BUBBLY! NR. 1972. 137 mins.

**THURSDAY, JUNE 22, 2:15 PM. THINGS TO COME.** Middle-aged philosophy teacher Nathalie has it all: a job she's passionate about, a family she loves and a beautiful Paris apartment. But her world changes in an instant when her husband of 25 years announces that he's leaving her. 2016. PG-13. 102 mins.

**TUESDAY, JUNE 27, 2:15 PM. PATERSON.** Unspooling over the course of a week, this nuanced indie drama chronicles the ebb and flow in the unassuming lives of Paterson, a New Jersey bus driver and part-time poet, and his flighty but supportive wife, Laura. 2016. R. 158 mins.



## SPEND TIME WITH OTHERS



### THE FIRESIDE CHAT: THE U.S. CONSTITUTION



Do you have a favorite line from the Constitution? A favorite amendment? Something that confuses you or excites you? Have you ever read it? Come join us for a discussion of the Constitution of the United States. Would you be interested in attending a series of discussions on the constitution next fall? Join others in a lively but respectful discussion facilitated by Sharon Antia using questions and answers on **Wednesday, June 28 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.

### MONTHLY COLLATING PARTY!

Each month a group of volunteers gets together and folds the newsletter while chatting and having a great time! The fun begins at 9 am on a Tuesday towards the end of the month and continues till about 11 am.



Come when you like and for as little or as much time as you like! It's as much a party as work! You are welcome to just come on the day listed on the calendar in this newsletter or you can join our collators list and we will call you the week before to remind you. This month we will collate on **Tuesday, June 27!** See you there!

## 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 Terrence McNally's *It's Only a Play*, a comedy about the dysfunctional and hilarious world of theater, on **June 6 and 13 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, June 28 at 10 am**. The topic this month is the Constitution.

**CONSERVATION BREAKFAST** **Thursday, June 8 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, June 15 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 6/15.

**UKULELE AND SING-ALONG GROUP** meets on **Thursday, June 8 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.



*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.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>JUNE</b></p> 	<p><b>5</b></p> <p>11:00 Spanish Conversation  12:30 Lincoln Academy  2:15/3:15 Tai Chi</p>	<p><u>LOCATIONS</u>  <b>Codman: Codman Pool, Ballfield Road</b>  <b>Lib: Library</b>  <b>LSRHS: Lincoln-Sudbury Regional High School</b>  <b>LW: Lincoln Woods Mall: Parking Lot by Donelan's</b>  <b>Pierce: Pierce House</b>  <b>TBA: Location to be announced</b>  <b>TO: Town Offices</b></p>	<p><b>1</b></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: Hidden Figures</p>	<p><b>2</b></p> <p>10:00 German Conversation  12:30 Trad Jazz Band  1:00 Open Bridge</p>
<p><b>6</b></p> <p>9:00 Podiatry  9:30 Knitting Drop-In  11:00 Playreading: It's Only a Play  11:30 You Can Do It Exercise  1:00 Exercise: Aerobics and Weights  2:00 Staying in Touch Group  2:15 Movie: LaLa Land</p>	<p><b>7</b></p> <p>9:30 Spring Walk at Peirce Hill/Tower Road Loop (TO)  10:00 Domestic Violence Services Network Office Hours  11:00 Line Dancing  1:00 Office Hours with Aide to Katherine Clark  1:00/2:15 Tai Chi</p>	<p><b>8</b></p> <p>8:00 Conservation Bkfst (TBA)  9:15/10:15 Tai Chi  10:00 HMS Tour (Mall)  11:30 Piano Duets  1:00 Exercise: Aerobics and Weights  1:30 Computer Drop-In  3:00 Ukulele Gathering</p>	<p><b>9</b></p> <p>11:00 Public Safety Cookout (Pierce)  1:00 Open Bridge</p>	<p><b>10</b> <b>SATURDAY</b>  9:00 Library Book Sale</p> <p><b>11</b> <b>SUNDAY</b>  3:00 Wanda Paik (LSRHS)  3:00 Justice Reform Film</p>
<p><b>12</b></p> <p>9:30 French Conversation  12:30 Lincoln Academy  2:15/3:15 Tai Chi  3:00 Legal Clinic  7:00 Acoustic Night (Lib)</p>	<p><b>13</b></p> <p>9:30 FCOA Meeting  9:30 Knitting Drop-In  10:00 Wellness Clinic (LW)  11:00 Playreading: It's Only a Play  11:30 You Can Do It Exercise  12:00 COA/FCOA Meeting  1:00 Exercise: Aerobics and Weights</p>	<p><b>14</b></p> <p>9:30 Trip to Gloucester (Mall)  10:00 Accessory Apartments  11:00 Line Dancing  1:00/2:15 Tai Chi  1:00 Opera Movie: Die Fledermaus</p>	<p><b>15</b></p> <p>8:00 Men's Coffee  9:15/10:15 Tai Chi  12:00 Strawberry Social  1:00 Exercise: Aerobics and Weights  1:00 Coffee with a Cop  1:30 Computer Drop-In</p>	<p><b>16</b></p> <p>9:30 Ethics and Climate Change  10:00 German Conversation  12:30 Facing the Future  1:00 Open Bridge</p>

<p>1:30 COA Board 2:00 Staying in Touch Group 7:00 Medicare Basics</p>	<p><b>19</b></p> <p>11:00 Spanish Conversation 12:30 Lincoln Academy</p>	<p><b>20</b></p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 11:30 You Can Do It Exercise 1:00 Exercise: Aerobics and Weights 2:00 Staying in Touch Group 2:30 Coffee with the Artist</p>	<p><b>21</b></p> <p>11:00 Line Dancing</p>		<p><b>22</b></p> <p>10:00 Science Club: Challenges of Measurements for Humans 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Things to Come</p>		<p><b>23</b></p> <p>12:30 Arthritis and Exercise 1:00 Open Bridge</p>
	<p><b>26</b></p> <p>9:30 French Conversation</p>	<p><b>27</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 Staying in Touch Group 2:15 Movie: Paterson</p>	<p><b>28</b></p> <p>9:00 Podiatry 10:00 Fireside Chat: The Constitution 11:00 Line Dancing 6:00 Parks and Rec Summer Concert: The Nays (Codman)</p>				<p><b>29</b></p> <p>11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In</p>
							<p><b>30</b></p> <p>1:00 Open Bridge</p>
							<p><b>SATURDAY 24</b> 1:00 Jazz Jam</p>

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## FOR YOUR WELL BEING



### MANAGING ARTHRITIS WITH EXERCISE



Please join Ryan Stoddard, PT, DPT, OCS, CSCS, Orthopedic Clinical Specialist of Emerson Hospital's Center for Rehabilitative and Sports Therapies on **Friday, June 23 at 12:30 pm at Bemis Hall**. The notion of living a long healthy life appeals to all of us no matter your age. The Center for Rehabilitation and Sports Therapies advocates for a life to be active and engaging. Exercise and activity promote a healthy life. Active longevity is about staying active and engaged as long as possible and improving your quality of life. You will learn some tips on how to manage osteoarthritis as well as some safe exercises to promote joint health and keep you staying active longer.

### FACING OUR FUTURES WITH HOPE AND LOVE

Join the Reverend Lilian Warner, Spiritual Director/Chaplain of Newbury Court, on **Friday, June 16 at 12:30** for informal coffee, pastries, and conversation



when she shows a video and shares her thoughts on how we can be molded and mended into new beings — different from who we were and still valuable — and create a better future for ourselves and others with the “Triple L, Double C of Living,” or how we must “Listen, Learn, Love, Care and Connect.” Call to sign up!

### TAI CHI IN THE PARK!

Sign up now for Tai Chi in the Park, which will meet Tuesday mornings at 9:30 am (Tai Chi I) and 10:30 am (Tai Chi II) at Pierce Park from **July 11 to August 9** at a cost of \$5 per day. Bring a water bottle, lawn chair and a hat! In inclement weather, we will meet under the tent. We may use the Pierce House restroom. For info, contact Jane Moss (781) 259-9822 or mindbodyjm@comcast.net. The class is for continuing students only.

### 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** Spring classes are now closed. **Level I (Beginners)**: Mon 2:15– 3:15 pm and Wed 1– 2 pm (Jane Moss), Thurs 9:15—10:15 (Ellie Horwitz and Cynthia Rosenberger). **Level 2**: Mon 3:15-4:15 (Jane Moss). Level 2 Practice: Thurs 10:15-11:15 (Ellie Horwitz and Cynthia Rosenberger). **Level 3**: Wed 2:15-3:15 Jane Moss. Cost: \$60 - 1 hr/wk, \$80 - 2 hrs/wk, \$100 - 4 hrs/wk. For info, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

**LINE DANCING** Enjoy the fun and fitness of line dancing **Wednesdays at 11 am** with Katrina Rotondi. \$3 payable the day of the class. No sign up needed!

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

### WELLNESS CLINICS FOR ALL AGES

Come to two clinics for residents of all ages for blood pressure, information and advice about nutrition and fitness, medication management, and answers about how to manage chronic conditions, where to get health services, and more. Our first clinic will be at **Lincoln Woods' Community Building at 50 Wells Road on Tuesday, June 13 from 10 am to noon**. This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, June 20 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, June 6** and **Wednesday, June 28 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.



## WHAT YOU NEED TO KNOW



### NEXT STEPS FOR AFFORDABLE ACCESSORY APARTMENTS



Come find out more about the Town's new Affordable Accessory Apartments program in a forum especially for homeowners and tenants. On **Wednesday, June 14 at 10 am at Bemis Hall**, members of the

Housing Commission will be here to give information that will answer a variety of questions. What are the benefits for homeowners and what are the benefits for tenants? How does the Housing Commission match up tenants with homeowners? What is the Lottery? Why do I have to choose a tenant from YOUR list? How long will I wait for an affordable apartment? The Commission will explore the concepts of Fair Housing. What is fair and what is not fair. What works and what does not work. Come join the Housing Commission and get answers!

### MEDICARE 101: WHAT TO KNOW. HOW TO CHOOSE.

Come find out the basics of Medicare on **Tuesday, June 13 at 7:00 pm at Bemis Hall** with Minute-man Senior Services SHINE counselors Don Milan and Anne Meade. This introduction to



Medicare is especially for those who will be signing up soon, but is also for those who just wish to learn more and understand their benefits better. Don and Anne will discuss traditional Medicare, medigap plans, Advantage plans, and medication drug coverage (Medicare, Parts A, B, C, and D), how to go about choosing the plan or plans that are best for you, avoiding penalties when you sign up late, and more. 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, June 7 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, June 7 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, June 12 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, June 15 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!** 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

**SPRING WALK WITH THE CONSERVATION DEPARTMENT!** Join Conservation Department staff on **June 7, 9:30—11:30 am**, rain or shine for a walk on Peirce Hill and Tower Road Loop. **Meet at Lincoln Town Offices, 16 Lincoln Road.** The walk is about two miles. Wear sturdy shoes and always dress for the weather!

**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, June 10 from 9 am to Noon at Bemis Hall.**

**WANDA PAIK PIANO SOLOIST** 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 in the final concert of the season on **Sunday, June 11 at 3 pm at the LSRHS Auditorium in Sudbury.** Donation at the door \$10. Info: <https://www.lsrhs.net/sites/civicorchestra/events/>

**13: FILM AND DISCUSSION ABOUT JUSTICE REFORM** with State Senator Mike Barrett and Clarence Bevins, **Sunday, June 11, 3:00 pm, Bemis Hall.** Free. Sponsored and supported by the Lincoln Democratic Town Committee.

**OPEN MIKE ACOUSTIC NIGHT** Enjoy live music at the free Open Mike Acoustic program **Monday, June 12 from 7 to 10 pm at the Library** featuring Alice Howe. Email: [loma3re@gmail.com](mailto:loma3re@gmail.com).

**FREE LIVE TRADITIONAL CJALL JAZZ JAMS** on **Saturday, June 24 from 1:00 pm – 5:00 pm at Bemis Hall.** Come hear local musicians belting out old favorites which will set your feet a-tappin.' Free.

**PARKS & REC SUMMER CONCERT: THE NAYS** **Wednesday, June 28, 6 pm, Codman Pool, Ballfield Road.** Concert is free but pool admission is \$5/person. Check [www.LincolnRec.com](http://www.LincolnRec.com) for status in case of rain.

## 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](mailto:bottumc@lincolntown.org)

**Web:** [www.lincolntown.org](http://www.lincolntown.org)

**Hours:** Monday through Friday, 8:30 am to 4:30 pm

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