



NEWS FROM BEMIS HALL

Vol 8 Issue 7/8



July/August 2017

The Lincoln Council on Aging Monthly

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 FLCOA/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.

COFFEE WITH LINCOLN'S TOWN ADMINISTRATOR



Come to **Bemis Hall on Monday, July 31 at 1 pm** for Coffee with Town Administrator Tim Higgins. Tim will update you on some of the projects going on around town and news — including the results of Town Meeting, the state of Town finances, the Wang Property, the Community Center Planning and Preliminary Design Committee, and more, and answer your questions. He would also like to know your ideas and suggestions. Get to know Tim in an informal setting and chat about those aspects of the Town that are most important to you.

WHAT PROGRAMS WOULD YOU LIKE THE COA TO OFFER?

The COA would like to know what you would like us to offer as new programs and services or what you would like more of that we already provide. We would love suggestions for one-time presentations, ongoing classes and workshops, one-to-one services, and more. Come have coffee with Carolyn Bottum, the COA Director, at **Bemis Hall on Thursday, July 27 at 10 am**, call her at (781) 259-8811 or email her at bottumc@lincolntown.org.



COA SUMMER HOURS Between July 3 and September 1 the COA will be open 7 am to 5 pm Monday to Thursday and closed Fridays.

COME TO BEMIS TO GET OUT OF THE HEAT!



Summer heat getting you down? Come on down to air-conditioned Bemis Hall. We have space for you to just come, sit and relax. If there is a power outage in town and Bemis has power, feel free to come in to stay cool as well as recharge laptops and cell phones.

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SCHOOL BUILDING COMMITTEE SEEKS VOLUNTEERS FOR OUTREACH SUB-COMMITTEE



The School Building Committee (SBC) is seeking volunteers for an Outreach sub-committee. The Outreach Team's focus is to communicate SBC updates and key community forum details but also to warmly welcome community input in all our outreach messages and encourage engagement from our residents. The time commitment of our committee members will vary and depend on the role the volunteer chooses (for there are many).

Please volunteer, if you...

- Are interested in acting as a neighborhood "captain" to ensure SBC communications reach your neighborhood;
- Would like to be involved in hosting coffees or small group community sessions;
- Have an expertise in updating and managing website content;
- Have an expertise in photography or videography;
- Would like to be involved in communicating community forum details and listening sessions to encourage greater community engagement.

In summary, there are many ways for you to volunteer and the time commitment is defined by the volunteers. If you'd like to volunteer or just learn more about this sub-committee, please email us at SBC@lincnet.org. We'd love to hear from you!

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 lincinvetservices@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.

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@lincowntown.org
Internet: www.lincowntown.org

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.



Art, Music, Entertainment



PAINT A CHEERFUL, UNIQUE, COLORFUL FLOWER POT TO TAKE HOME!



A painted flower pot is a colorful, cheerful way to express your love of both art and nature! All are invited to join Karen Halloran, Community Liaison of CareOne at Concord, in a fun, free workshop to paint a lovely flower pot for you to take home on **Wednesday, July 12, at 10 am at Bemis Hall**. No painting experience necessary and all materials are provided. All you need to bring is yourself and your imagination! Please sign up by calling the COA.

BEEES, BUTTERFLIES AND FLOWERS WITH TOM GUMBART

Join Lincoln Conservation Director, Tom Gumbart, on **Wednesday, August 16, at 2 pm** for a short walk at the Muster Field Conservation Land. This will be to view summer wildflowers and the abundance of pollinator species, such as bees and butterflies, that use these flowers. We will also visit the new boardwalk that is located nearby at the Public Schools. Park and meet in the field at the intersection of Sandy Pond Road and Baker Bridge Road. The field is on the south side of the road and we will put up signs for where to enter the field. This will be in the full sun so please bring hats, water, and sunscreen.



SHARE THE JOY OF JAZZ WITH THE LINCOLN TRAD JAZZ BAND!



Jazz up your summer at **Bemis Hall on Thursdays, July 13, August 3, and August 31 at 12:30 pm** when The Lincoln Traditional Jazz Band will share with you their love of traditional jazz music in a delightfully spontaneous concert! They'll have you stomping your feet and cheering as they belt out good ole favorites such as "Honeysuckle Rose", "Sweet Georgia Brown", "Sunny Side of the Street" or "When The Saints Go Marching In"! The group are all retirees, amateur musicians who give expression to their love of the jazz of the '20s, '30s and '40s at Bemis on the above Thursdays and also join the larger group of jammers who meet on the third Saturdays of each month (see back page), alternating between the library and Bemis Hall.

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 Garden Club 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.

CHARLES REID, PAINTER: A FILM AND DISCUSSION WITH JANE COOPER

Come to Bemis Hall on **Monday, August 28 at 10 am** to see a film by acclaimed watercolorist and teacher Charles Reid, *The Figure in Watercolor*. The film shows you step by step how to use watercolors to depict the human figure in a way that is expressive of what you are trying to convey. Lincoln COA's watercolor instructor Jane Cooper will then lead a discussion and give her own insights into the art of watercolor painting. This program will be of interest whether you are an accomplished painter, a beginner, or just thinking of getting started!

SIZZLE YOUR SUMMER STYLE WITH AN ACCESSORY SWAP!

Go through your accessories – clean out any jewelry, handbags, hats, scarves, etc that you just don't use anymore. Then come on down to **Bemis Hall on Wednesday, July 19 at 10:00 am** for an accessory swap! Bring one or more pieces (not more than five) — scarves, jewelry, etc. — put them on a table, and then pick out some to take home! It's fun and it's a great way to swap out what's OLD to you and breathe some new life, color and style into your wardrobe!





AT THE MOVIES



MONDAY, JULY 3, 1:00 PM. SING Animals of all stripes -- including an underappreciated mother minding 25 piglets, a young gorilla trapped in gang life and a shy elephant — find hope in a life-changing singing competition to save the local theater. 2016. PG. 108 mins.

MONDAY, JULY 17, 1:00 PM. MANCHESTER BY THE SEA While working as a handyman, taciturn loner Lee Chandler gets word that his brother has died of a coronary. After returning to the siblings' hometown, Lee receives another shock: He's been named legal guardian of Joe's 16-year-old son. 2016. R. 135 mins.

WEDNESDAY, JULY 26, 1:00 PM. QUEEN OF KATWE In this movie based on a vibrant true story, a Ugandan girl's life changes forever when she discovers she has an amazing talent for chess, eventually competing internationally and bringing hope to her disadvantaged neighborhood. 2016. PG. 124 mins.

MONDAY, AUGUST 14, 1:00 PM. TONI ERDMANN Looking to reconnect with his buttoned-up executive daughter, incorrigible prankster Winfried Conradi sets off for Bucharest, Romania, to pay her a surprise visit — and soon turns her life upside down with his practical jokes. 2016. R. 162 mins.

MONDAY, AUGUST 28, 1:00 PM. IXCANUL As she awaits an arranged marriage in her remote village, 17-year-old Maria dreams of making her way to the big city. When she accidentally becomes pregnant, Maria gets her chance to experience the modern world, but it's far from what she expected. 2016. NR. 91 mins.

Revel in the Beauty of Animated Artistic Masterpieces!



MONDAY, JULY 24, 1:00 PM. LONG WAY NORTH In this animated adventure, young Russian aristocrat Sasha is worried about the fate of her beloved grandfather Oloukine, who vanished during a polar expedition. Defying her parents' wishes, the determined Sasha embarks on a quest to find Oloukine. 2016. PG. 81 mins.

MONDAY, AUGUST 21, 1:00 PM. THE RED TURTLE Without dialogue, this meditative animated fable chronicles the story of a man who washes up on a remote desert island, where he builds a makeshift raft to escape but is repeatedly turned back by an enormous red turtle. 2017. PG. 80 mins.



Documentaries to inform and inspire you!

MONDAY, JULY 10, 1:00 PM. SEASONS This enlightening nature documentary illustrates the dramatic and subtle effects of Earth's changing weather cycle on the living patterns of animals and humans, stretching from 20,000 years ago to the present. 2016. PG. 96 mins.

MONDAY, AUGUST 7, 1:00 PM. DESERT OF FORBIDDEN ART Trace the incredible story of defiant visionary Igor Savitsky, an artist and museum curator who cunningly acquired more than 40,000 banned Soviet Union paintings and hid the illegal collection from the KGB in Uzbekistan's Nukus Museum. 2010. NR. 80 mins.

WEDNESDAY, AUGUST 30, 1:00 PM. LANDFILL HARMONIC Fashioning musical instruments from the acres of trash around them, a group of Paraguayan youths living atop a landfill forms the Recycled Orchestra of Cateura and unexpectedly rises to world fame, as chronicled in this uplifting documentary. 2015. NR. 86 mins.

OPERA-LOVERS DELIGHT!



WEDNESDAY, JULY 12, 1 PM. DON PASQUALE One of the most popular Italian comic operas ever written, “Don Pasquale” is filled with colorful vocal writing, skillful plot and great characters: a brazen and beautiful leading lady, a winsome admirer, an old buffoon who hopes to outwit them, and a conniving fellow who sides with the young lovers. This Metropolitan Opera production, led by James Levine, features the best ever cast at the top of its form. NR. 132 mins.



SPEND TIME WITH OTHERS



SAVOR SUMMER WITH A SPECIAL LUNCHEON FOR VETERANS AND THEIR SPOUSES



Veterans, spouses, and partners are invited to a special lunch on **Wednesday, August 16 at 12:00 pm at Bemis Hall** featuring Hebrew National all beef hot dogs and turkey dogs (all available with classic condiments and toppings), cole slaw, and vegetarian beans. Widows and widowers of veterans are most welcome to join us. We are hoping to create a dynamic veterans community here in Lincoln and would love to see everyone at the luncheon. Sign up by calling the COA by August 9.

SHARE YOUR INTERESTS, MEET FRIENDS, AND HAVE SOME FUN!

FRENCH CONVERSATION Brush up on your French speaking skills **Mondays July 10 and 24th at 9:30 am at Bemis Hall** at our French conversation group.

GERMAN CONVERSATION Join us in speaking German on **the first, third and fifth Mondays at 10:00 am.**

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.

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

LINCOLN MEN'S COFFEE **Thursdays, July 20 and August 17 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. Call before coming if it is very hot to see if this will take place as the upstairs is very uncomfortable in warm weather.

PLAY OPEN BRIDGE each **Thursday 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 in. When eight show up, they consider playing duplicate.

FALL COURSE PREVIEW! SIGN UP NOW!

GREATEST ARTWORKS OF THE 20TH CENTURY Co-sponsored by the Lincoln Library and the COA, in this 5-week free course the genius behind various 20th century artworks and artists — from Picasso to Pollack and beyond — will be revealed and the group will discuss their own thoughts and reactions to each piece. The course will be from 3 to 4:30 pm at the Library on Saturdays September 23 and 30, and October 7, 21, and 28. It is open to all adults. Please sign up by calling the Library at (781) 259-8465.

MONTHLY POSITIVE PSYCHOLOGY GROUP! All are welcome to come to a new monthly group to support each other in Positive Psychology practices like gratitude, living out values, and more! No need to have come to the course held this past year. The group will be facilitated by Alyson Lee. See Sept. newsletter for more info.

WORLD HAND DRUMMING FOR FUN AND WELL BEING Hand drumming is a fun and unique way to spend enjoyable time with others, improve musical skills for playing any instrument, and de-stress, relax, and feel more positive. Learn this special art with acclaimed drummer Mike Connors from the Concord Conservatory of Music on six Tuesday mornings at 9:30 beginning September 19 at a cost of \$78. Sign up now!

MEMOIR GROUP If you are interested in writing your memoirs or just curious about what goes on in the group, please come to the first meeting of the Memoir Group on Wednesday, September 6 from 10 am to noon and find out what we do. If you like what you hear and you want to continue, the cost of the eight-session term is \$75. The dates for the term are Sept. 6 and 20; Oct. 4 and 18; Nov. 1, 15, and 29; and Dec. 13. If you want more information, call Connie Lewis (781) 259-9415 or email her at conlewis1000@gmail.com.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>10:00 German Conversation 11:00 Spanish Conversation 1:00 Movie: Sing</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">COA CLOSED/ INDEPENDENCE DAY</p> <p style="text-align: center;">Various events around town</p> 	<p style="text-align: right;">5</p> <p>9:00 Podiatry 11:00 Line Dancing 1:00 Office Hours with Aide to Congresswoman Katherine Clark</p>	<p style="text-align: right;">6</p> <p>10:00 Wellness Clinic (LW) 11:30 Piano Duets 1:00 Aerobics and Weights 1:00 Open Bridge 1:00 Coping with Change 1:30 Computer Drop-In</p>	<p style="text-align: right;">7</p> <p>COA CLOSED/ SUMMER HOURS</p> <hr/> <p style="text-align: right;">SATURDAY 8</p> <p>9:00 Library Book Sale</p>
<p style="text-align: right;">10</p> <p>9:30 French Conversation 1:00 Movie: Seasons 3:00 Legal Clinic</p>	<p style="text-align: right;">11</p> <p>9:30 Knitters Drop- In 9:30/10:30 Tai Chi in the Park(PP) 11:30 You Can Do It 1:00 Aerobics/Wts 2:00 In Touch Group</p>	<p style="text-align: right;">12</p> <p>9:00 Plein Air Drawing 10:00 Painting Flower Pots 11:00 Line Dancing 1:00 Opera Movie: Don Pasquale 6:00 Alter Ego Concert (CP)</p>	<p style="text-align: right;">13</p> <p>11:30 Piano Duets 1:00 Aerobics and Weights 12:30 Traditional Jazz Band 1:00 Open Bridge 1:00 Coping with Change 1:30 Computer Drop-In</p>	<p style="text-align: right;">14</p> <p>COA CLOSED/ SUMMER HOURS</p> <hr/> <p style="text-align: right;">SATURDAY 15</p> <p>1:00 Jazz Jam</p>
<p style="text-align: right;">17</p> <p>10:00 German Conversation 11:00 Spanish Conversation 1:00 Movie: Manchester By the Sea 6:00 Parkville Zoo Concert (CP)</p>	<p style="text-align: right;">18</p> <p>9:00 Blood Pressure/Wellness Clinic 9:30 Knitters Drop-In 9:30/10:30 Tai Chi in the Park(PP) 11:30 You Can Do It 1:00 Aerobics and Weights 2:00 In Touch Group</p>	<p style="text-align: right;">19</p> <p>9:00 Plein Air Drawing (TBD) 9:00 Podiatry 10:00 Accessory Swap 11:00 Line Dancing</p>	<p style="text-align: right;">20</p> <p>8:00 Men's Coffee 11:30 Piano Duets 1:00 Aerobics and Weights 1:00 Open Bridge 1:00 Coping with Change 1:30 Computer Drop-In</p>	<p style="text-align: right;">21</p> <p>COA CLOSED/ SUMMER HOURS</p>
<p style="text-align: right;">24</p> <p>9:30 French Conversation 1:00 Movie: Long Way North</p>	<p style="text-align: right;">25</p> <p>9:15 Lowell Trip (Mall) 9:30 Knitters Drop-In 9:30/10:30 Tai Chi In the Park (PP) 11:30 You Can Do 1:00 Aerobics and Weights 2:00 In Touch Grp</p>	<p style="text-align: right;">26</p> <p>9:00 Plein Air Drawing (TBD) 10:00 Summer Salads 11:00 Line Dancing 1:00 Movie: Queen of Katwe</p>	<p style="text-align: right;">27</p> <p>10:00 Coffee with Carolyn 11:30 Piano Duets 1:00 Aerobics and Weights 1:00 Open Bridge 1:30 Computer Drop-In</p>	<p style="text-align: right;">28</p> <p>COA CLOSED/ SUMMER HOURS</p>
<p style="text-align: right;">31</p> <p>10:00 German Conversation 1:00 Coffee with Town Administrator</p>		<p style="text-align: center;">JULY</p> 	<p>LOCATIONS CP: Codman Pool on Ballfield Road LW: Lincoln Woods Mall: Lincoln Mall by Donelan's PP: Pierce Park TBD: Location to be determined</p>	

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>AUGUST</p> 	1	2	3	4
	9:00 Podiatry 9:30 Knitters 9:30/10:30 Tai Chi in the Park (PP) 11:30 You Can Do It Exer 1:00 Aerobics/Weights 2:00 In Touch	9:00 Plein Air Drawing (TBD) 11:00 Line Dancing 1:00 Office Hours with Aide to K. Clark	11:30 Piano Duets 12:30 Traditional Jazz Band 1:00 Aerobics and Weights 1:00 Open Bridge 1:30 Computer Drop-In	COA CLOSED/ SUMMER HOURS
	7	8	9	10
	10:00 German Conv 11:00 Spanish Conv 1:00 Movie: Desert of Forbidden Art	9:30 Knitters Drop-In 9:30/10:30 Tai Chi in the Park(PP) 11:30 You Can Do It Exer 1:00 Aerobics and Weights 2:00 In Touch	9:00 Plein Air Drawing (TBD) 11:00 Line Dancing	11:30 Piano Duets 11:30 Benefits of Exercise 1:00 Aerobics/Weights 1:00 Open Bridge 1:30 Computer Drop-In
			SATURDAY 13 2:00 CJALL Jazz Concert	
14	15	16	17	18
10:00 Home Modification Loan Program 1:00 Movie: Toni Erdmann 3:00 Legal Clinic	9:30 Knitters Drop-In 11:30 You Can Do It Exer 1:00 Aerobics and Weights 2:00 In Touch Group	9:00 Podiatry 9:00 Plein Air Drawing (TBD) 11:00 Line Dancing 12:00 Veterans Lunch 2:00 Nature Walk with Tom (SPR)	8:00 Men's Coff 11:30 Piano Duets 1:00 Aer/Weights 1:00 Open Bridge 1:30 Computer Drop-In	COA CLOSED/ SUMMER HOURS
				SATURDAY 19 1:00 Jazz Jam
21	22	23	24	25
10:00 German Conv 11:00 Spanish Conv 1:00 Movie: The Red Turtle	9:30 Knitters Drop-In 11:30 You Can Do It 1:00 Aer/Wts 2:00 In Touch Group	10:00 Family and Friends CPR and AED 11:00 Line Dancing	11:30 Piano Duets 1:00 Aerobics and Weights 1:00 Open Bridge 1:30 Computer Drop-In	COA CLOSED/ SUMMER HOURS
28	29	30	31	
10:00 Charles Reid Film and Discussion 1:00 Movie: Ixcanul	9:00 Collating 9:30 Knitters Drop-In 11:30 You Can Do It 1:00 Aer/Wts 2:00 In Touch Group	11:00 Line Dancing 1:00 Movie: Landfill Harmonic	11:30 Piano Duets 1:00 Aerobics & Weights 12:30 Traditional Jazz Band 1:00 Open Bridge 1:30 Computer Drop-In	<u>LOCATION</u> PP: Pierce Park SPR: Sandy Pond Rd TBD: To be determined

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FOR YOUR WELL BEING

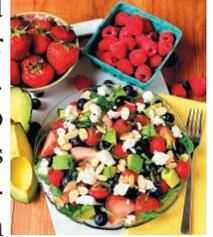


REGULAR EXERCISE FOR WELLNESS AND INDEPENDENCE

Our bodies are meant to move. As we age our bodies lose muscle mass and bone density, a condition known as sarcopenia, which the National Institutes of Health has called “one of the most important causes of functional decline and loss of independence in older adults.” Regular exercise can slow and reverse this process leading to greater wellness that can help you stay independent and help to prevent diseases and fall risk and even brighten your mood and mental sharpness! Learn more about sarcopenia and the benefits of exercise as we get older and try a few of the exercises for yourself when Terri Zaborowski, our aerobic and strength training instructor who teaches classes here for every fitness level, comes to **Bemis Hall Thursday, August 10 at 11:30 am**. Terri is an AFAA Certified Personal Trainer and Group Fitness Instructor and AAI/ISMA Older Adult Trainer with over 16 years experience in senior fitness. Come in comfortable clothing!

SAVOR SUMMER AND BE HEALTHIER WITH DELICIOUS, NUTRITIOUS SUMMER SALADS!

Salads can be exciting and scrumptious while giving your body the nutrients you need. Summer is the perfect time to enjoy crisp, tasty ingredients from your own garden or a local market. Get a fresh take on salads and how to make them when Jamie Parsons, the chef at Lincoln Kitchen/Trail's End Cafe, comes to **Bemis Hall on July 26 at 10 am!** Chef Parsons will tell you how to get the best vegetables and fruits from local farms and then walk you through creating the most delicious salad you've ever made! Please call the COA to sign up as space is limited to 15.



TAI CHI IN THE PARK AND FALL TAI CHI CLASSES!

You may sign up now for Tai Chi in the Park, which will begin on **July 11** and continue each Tuesday morning at 9:30 am (Tai Chi I) and 10:30 am (Tai Chi II) until August 8 at a cost of \$5 per day. The class will meet at **Pierce Park**. 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. The class is for continuing students only. The fall Tai Chi session will begin September 11 and finish the week of December 11. Beginners may sign up now for Mondays, 2:15-3:15, Wednesdays, 1-2 pm, and Thursdays, 9:15-10:15. The cost is \$60 for 1 hr/wk, \$80 for 2 hrs/wk, and \$100 for 4 hrs/wk. Continuing students do not need to sign up. For info, contact Jane Moss (781) 259-9822 or mindbodyjm@comcast.net.

SUMMER FITNESS CLASSES

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.

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 AND PODIATRY CLINICS

Come to our clinics for blood pressure, information and advice about nutrition and fitness, medication management, and answers to general questions about how to manage chronic conditions, where to get health services, and more. This summer's clinics will be on **Thursday, July 6 from 10 to noon at Lincoln Woods** and **Tuesday, July 18 from 9 to 11 am at Bemis Hall**. Services are provided by Emerson Hospital Home Care. Podiatry clinics will be held **July 5 and 19 and August 1 and 16 at 9 am at Bemis Hall** by appointment. \$10 donation requested.

COPING WITH CHANGE: A NEW GROUP

As we age we confront change in many forms. It may be dealing with physical or cognitive changes in loved ones, friends or in ourselves. It may be moving to a different living situation or a joyful reveling in the freedom and time to pursue new skills and interests. Claire Gerstein, LICSW, a social worker with many years of experience helping people navigate the changes of later life, will be facilitating a group which will give people the opportunity to talk about these issues in a supportive environment. The three-week group will run **Thursday afternoons at 1 pm on July 6, 13, and 20 at Bemis Hall**. If there is interest we will schedule three additional sessions in August. No need to sign up!



WHAT YOU NEED TO KNOW



BRUSH UP ON CPR AND AUTO DEFIBRILLATORS TO SAVE FAMILY AND FRIENDS



Knowing CPR and how to use an automatic defibrillator (AED) can help you

save a life. Come to **Bemis Hall on Wednesday, August 23 at 10 am** for a brush-up or an introduction to CPR and use of a defibrillator given by the Fire Department. This free workshop will not lead to certification, but it will give you the basics of what to do if you are with someone who has a medical crisis for which CPR or a defibrillator are appropriate. Call the COA to sign up. All ages are welcome! (Maximum of 20).

FIND OUT ABOUT A PROGRAM TO HELP YOU ADAPT YOUR HOME FOR DISABILITIES

The Home Modification Loan Program, administered in Lincoln by the South Middlesex Opportunity Council (SMOC), provides loans of up to \$30,000 to elders and adults with disabilities and families with children with disabilities to make disability-related modifications to their homes. In many cases, the loan only needs to be repaid when the property is sold or transferred. You can have an income of up to \$144,800 for a one-person household with higher maximums for larger households and still qualify. Landlords may get loans to modify units for renters with disabilities. Find out more about this program when Susan DiClemente Aaron of SMOC comes to **Bemis Hall on Monday, August 14 at 10 am**. Pam Gallup of the Lincoln Housing Commission will also be on hand to discuss the Town's new Affordable Accessory Apartment program.



COME FOR FREE ONE-TO-ONE CONSULTATIONS!

FREE ELDER LAW CLINIC!

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Jimmy Santos, Constituent Services and Military Liaison for Congresswoman Katherine Clark, will hold Office Hours at **Bemis Hall on Wednesdays, July 5 and August 2 from 1 to 2 pm** on federal benefits and other concerns. No need to sign up!

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GOINGS ON IN AND AROUND LINCOLN

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

FREE LIVE TRADITIONAL JAZZ JAMS on **Saturdays, July 15 and August 19 at Bemis Hall, 1:00 pm.** Come hear local musicians belting out old favorites which will set your feet a-tappin' and your hands a-clappin'! Attendance is free.

CLASSIC JAZZ FREE LIVE CONCERT! **Saturday, August 13, 2-5 PM, Bemis Hall.** Steve Taddeo and the Swing Senders with Special Guests the Midiri Brothers and Jeff Bardhardt with vocalist Caroline Griep.

INDEPENDENCE DAY EVENTS



July 4th is right around the corner so make plans to enjoy all our community has to offer! New Community member TRAIL'S END CAFE will provide coffee and breakfast treats starting at 8:00AM. Our Annual Road Race begins at 8:30AM sharp in front of Town Hall, followed by a children's bike parade at 10:00 AM and a reading of the Declaration of Independence at 10:30AM. **The main event, our July 4th Parade, begins at 10:40AM with Renel Fredriksen as**

Parade Marshal! Featuring floats from organizations town-wide, the parade leaves Ballfield Road, heads to the public library and back, so come and cheer! Immediately following the parade is a BBQ provided by the Lincoln Boy Scouts on the Pierce House lawn, followed by an afternoon of soccer and baseball games, and free swimming at the Codman Pool. **Our Concert, Barbeque and Fireworks event begins at 7:00 pm at the Codman Pool.** Parking is available in the Ballfield Road Campus for \$20/car. Enjoy Wildfire BBQ, ice cream novelties and an energetic performance from the Wayland Daddios! Food is served at 7:00 and music starts at 7:30 p.m. Fireworks begin at approximately 9:15 PM. Concert and fireworks will be held in light rain, but in case of extreme weather, check www.Lincolnrec.com for updates. Rain date is July 5th. **All bags and coolers are subject to search!**

PARKS AND RECREATION SUMMER CONCERTS

Concerts begin at 6 pm at the Codman Pool on Ballfield Road. Concerts may be rescheduled due to rain. Check event status at www.LincolnRec.com. Concerts are free while pool admission during the show is \$5/person. **See The Nays on June 28th, Alter Ego on July 12thth, and Parkville Zoo on July 17... all bands with strong Lincoln ties this year!**

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