

**Come Find Your Place
at the Lincoln COA...**



**The Lincoln Council on Aging
(COA)
Bemis Hall
15 Bedford Road
Lincoln, MA 01773**

**Mailing Address: 16 Lincoln Road,
Lincoln, MA 01773**

Phone: (781) 259-8811

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

**The COA is a department of the
Town of Lincoln supported by
the Town, the Massachusetts
Executive Office of Elder Affairs,
grants, and donations from the
Friends of the COA and others.
We are open 8:30 am to 4:30
pm, Monday through Friday.**

**Most programs, activities, and
services are available to resi-
dents of all ages, and we espe-
cially seek to serve family care-
givers. All activities and ser-
vices are described in our
monthly newsletter, *News from
Bemis Hall.***

**Open New
Doors at the
the Lincoln
Council on
Aging...**



**Come find community,
be healthier and
happier, learn a new
skill or share an
interest, get help and
more!**

When You Walk Into the COA at Bemis Hall...

You come into a place that many call their “second home.”



Get Fit and Stay Fit with fitness and strength training, Tai Chi, yoga, and line dancing.



Be Well in Body, Mind, and Spirit with wellness and podiatry clinics, lectures on health and wellness, support groups, and more.



Expand Your Horizons with art classes, lectures on the humanities, travel, science, art and more, trips to area cultural and historical sites, films, computer tutoring, performances, and interest groups.



Connect with Other Lincoln Residents at social events, artists coffees, the monthly Men’s Coffee and Senior Dining, and informal chats around the kitchen table.



We’re Here When You Need Us If you need help finding services so you can stay safely at home, you are a caregiver, you are in an extreme financial crisis, you need rides to the doctor or elsewhere, you need medical equipment, you would like a home safety evaluation, you need help with health or veterans benefits or your taxes, call us. We are here for you.