



# NEWS FROM BEMIS HALL

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March 2021



*The Lincoln Council on Aging Monthly*

## **A Message to Residents from Claire Gerstein, COA LICSW**

As we come to the anniversary of the pandemic's start, we are experiencing a range of emotions. I hear people talk about how tired they are of the isolation and changes they had to make to stay safe. People talk longingly about "the old days," referring to life pre-COVID, and the many things they are missing: being with friends and families, being able to hug, going to activities that had previously filled their days, to name a few.

We are at a juncture. We have started to get vaccinated. That has given hope and a sense that there is light at the end of the tunnel. Yet, there is also recognition that until large numbers are vaccinated, little will change day to day for some months. That is hard to contemplate. It becomes more important than ever to look to our "toolbox" of coping strategies. Perhaps most important is to continue to find ways to stay connected, if only virtually. Take advantage of Zoom and FaceTime. Plan a virtual tea or dinner with a friend. Think about people with whom you've lost contact over the years and reach out to re-establish connection.

There are other strategies which can help. Put aside some time during each day to think about what you are grateful for. Think about something that brought a smile to your face. Find a way to do something nice for yourself. That could be anything from listening to music, looking at family photos, or taking a leisurely bath. There are a whole host of enjoyable lectures and concerts available. Try to get some exercise each day, be it going for a walk outside, or just getting up and walking around the house to break up sitting in one place.

It's a good time to start thinking not only of the things you've been missing, but things you used to do that you realize you don't miss and want to let go of. Are there some things that you started doing out of necessity during this time that you may want to carry into your post pandemic life? We can all get through this together, but we'll have to be patient to get through this last piece of the pandemic journey. Know that the COA is here to support you through this time.

### **FREE Wellness Guide to Overcoming Isolation During COVID-19: Being Connected, Staying Connected, and Choosing Connection**

As the pandemic continues, people are reporting high levels of emotional distress with a growing impact on mental health and wellness. To support those struggling with isolation and loneliness during this difficult time, Advocates for Human Potential (AHP) has adapted their evidence-based Wellness Recovery Action Plan (WRAP) to produce a special publication that addresses these items. The goal is to help as many people as possible overcome isolation and make healthy connections. That way—together—we can reduce suffering during COVID-19.

The wellness guide is available for free! The resource can help you engage in connection activities with others and in online support groups. Call the COA at 781-259-8811 to ask for a copy of this guide.

## A Message to Residents aged 65+ about COVID Vaccine Availability

We are updating the COA website ([www.lincolntown.org/132/Council-on-aging](http://www.lincolntown.org/132/Council-on-aging)) regularly with the latest public health info received. If you do not have access to the internet, please do not hesitate to call the COA (781-259-8811) and ask for either Abigail . We will provide you with current information.

We will be providing additional details about Town clinics as information becomes available. In the meantime, residents are again urged to be in communication with their PCPs, to continue to refer to the [DPH COVID-19 website](https://www.mass.gov/info-details/dph-covid-19-website) at Mass.gov, and to monitor the Town's COVID-19 page at:

[www.lincolnpublichealthnews.com](http://www.lincolnpublichealthnews.com)

For specific COVID related questions, join Town Nurse, Tricia McGean, on **Wednesday, March 17th at 11 am via Zoom**. Tricia will answer your questions and provide you with accurate and science-based information. To attend, email [gagnea@lincolntown.org](mailto:gagnea@lincolntown.org) or pre-register by calling 781-259-8811 x102 and leave a message.

## 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. We are unable to provide names of agencies offering services that are not elder-related or of individuals instead of agencies.

**Minuteman SHINE (Serving Health Information Needs of Everyone)** Counselors give help regarding Medicare, including plans and benefits and medical bills.

**Meals on Wheels (Minuteman Senior Services)** Home-delivered meals.

**Would You Like a Free Home Safety Evaluation with the Fire Department?** Call Ben Juhola of the Fire Department at (781) 259-8113.

**Medical Equipment** Loans of walkers, canes, wheel chairs, tub benches, shower chairs, and more at Bemis. Call 781-259-8811 to request contactless delivery at Bemis Hall.

**Veterans Services** The Veterans' Services Officer (VSO) is an advocate for Lincoln's veterans and their dependents. The VSO can assist veterans with questions about their state and federal veteran benefits and services. The VSO can also help veterans apply for those benefits. Lincoln's Veterans Services Officer, Peter Harvell, will have regular office hours each **Thursday from 9 am to Noon at Bemis Hall**. To avoid waiting, please call ahead. Peter can also be reached by email at [Lincolnveterans@lincolntown.org](mailto:Lincolnveterans@lincolntown.org)

**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.

**Transportation** The COA offers rides to **medical** appointments at this time. Please email [LevissM@Lincolntown.org](mailto:LevissM@Lincolntown.org) to request a ride. These rides are **set up in advance** and Wednesdays are the best day to schedule rides.

**Tax Preparation Information** The COA is awaiting information regarding tax preparation from the AARP program. Please watch the April newsletter for updates. We are sorry that COVID has affected this in-person service.



## What You Need To Know



### Medicare Updates: Tips from SHINE

- Did you know that if you have a Medicare Advantage (MA) plan and want to change, you can? You have until March 31 to change to another MA plan or back to Medicare A & B with a drug plan. Call SHINE to learn more about your Medicare Advantage plan options at 1-800-243-4636.
- Did you know that in 2021 more people qualify for help to pay for Medicare B and more through the Medicare Savings Program? If your individual income is under \$1,755/month and assets are under \$15,940, you may qualify. Call SHINE for more information on programs that can save you money at 1-800-243-4636.
- Did you know the COVID vaccine is free? Insurance info may be asked for by those giving the vaccine in order to bill-back to insurance. However, you will not be charged. If you do not have insurance, you are still eligible to receive the vaccine free of charge. **If someone says they can get you a vaccine quicker and all they need is your credit card or Medicare number, it is a SCAM.** Hang up and report the call to your local police department.
- To find out more about when and where you can get vaccinated, visit [www.mass.gov/covidvaccinephases](http://www.mass.gov/covidvaccinephases). Everyone in Phase 1 and individuals 75+ are eligible to get the COVID-19 vaccine. The vaccine is safe, effective, and free. **Due to high demand and limited supply, it make take several weeks to get an appointment.**



### Edith Wharton and Ogden Codman: A Creative Kinship Talk March 17th at 7 pm Register to be sent link for event

Edith Wharton's first published work was not a novel, but a design manual that she co-authored with Lincoln native, Ogden Codman, Jr. The seminal book, *The Decoration of Houses*, was destined to become an interior design classic. Using original letters from Historic New England's Codman archival collection, this illustrated talk offers an inside peek into Wharton's and Codman's artistic friendship, which spanned more than forty years.

This event will take place virtually via Zoom.



Advance registration required at [www.historicnewengland.org](http://www.historicnewengland.org) or call 617-994-6651 to register.

**Free to Lincoln residents** via 2021 Lincoln Cultural Council grant.

Historic New England members: \$15. Non-members: \$20.

Program partners for this event: Lincoln Public Library & Lincoln Council on Aging.



## FOR YOUR WELL BEING



### Chat with Public Health Nurse, Tricia McGean

Do you have questions about COVID-19, the latest public health information concerning vaccines, COVID prevention, transmission, symptoms, or treatment? Are there other concerns you have about seasonal health issues? Join Town Nurse, Tricia McGean, on **Wednesday, March 17th at 11am via Zoom!** Tricia will answer your questions and provide you with accurate and science-based information. To attend, email [gagnea@lincolntown.org](mailto:gagnea@lincolntown.org) or pre-register by calling 781-259-8811 x102 and leaving a message.



### Podiatry Clinic with Dr. Ruhl on March 9th and March 23



All participants must pre-register by calling 781-259-8811. Space is limited. Registration is on a first come, first serve basis. Suggested \$10 donation. Co-sponsored by the Friends of the Lincoln COA and the Pierce House.

### Free Mental Health Clinic

The Lincoln Mental Health Clinic is available to Town residents of all ages. Appointments are held by Zoom, or by phone on **March 2 or March 16**. Call Abigail at 781-259-8811 for an appointment. The appointments are offered between 2:15–4:30 pm

## March Wellness Webinars by Blue Cross/Blue Shield

**Tuesday, March 2 at 10 am– Register Now Online: [www.bcbsma.info/March2](http://www.bcbsma.info/March2)  
“Eight Steps to a Healthier Heart”**

**Presenters: W. Rowbottom & Tricia Silverman. Discover simple tactics for preventing and treating heart disease. Learn easy strategies to lower your blood pressure, cholesterol and triglycerides.**

**Tuesday, March 23 at 10 am– Register Now Online: [www.bcbsma.info/March23](http://www.bcbsma.info/March23)**

**“Boost Your Health with Better Sleep”**

**Presenters: Heather Hurd & Janet Fontana, RN. Sleep is vital to your physical and emotional health. During challenging times, it can be especially difficult to get enough rest. Discover how to feel calmer during the day and sleep more soundly at night with strategies shared.**

## **FREE Ice Cream For Seniors!**

Join us on **Tuesday, March 16th between 12 - 2PM** (Rain date, March 30).

**DRIVE THRU & Pick up FUDGE ICE CREAM Sundae Cups at First Parish Church parking lot, 14 Bedford Road (across from Bemis Hall).**

Please help us to stagger arrival times. Last names beginning with letters:

A-G, arrive 12:00-12:45

H-R, arrive 12:45-1:30

S-Z, arrive 1:30-2:00

*Ice cream sundae cups generously sponsored by the Friends of the COA.*



# SPEND TIME WITH OTHERS

**Men's Coffee** This is a great way to catch up with buddies and make new friends.  
Thursdays, March 11 and March 25th at 8:30 am via Zoom.

**French Conversation** Brush up on your French speaking skills.  
Second and fourth Monday of each month at 9:30 am via Zoom.

**Spanish Conversation** Enjoy Spanish conversation.  
Second and fourth Tuesday of each month at 12:00 pm via Zoom.

**German Conversation** Come enjoy speaking German.  
First and third Friday or each month at 10:00 am via Zoom.

**Russian Conversation** Come brush up on your Russian by speaking it with others on the  
first and third Wednesday at 12:30 via Zoom. All are welcome whether you are a native speaker, beginner, or in-between!



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MONDAY	TUESDAY	WEDNESDAY
<b>1</b>	<b>2</b>	
10:00 Chair Yoga Class 2:15 Tai Chi 1 3:15 Tai Chi 2	10:00 BC/BS Heart Webinar-pg. 4 2:15-4:30 <u>FREE Mental Health Clinic</u>	11:00 Line Dancing 12:30 Russian Conversation 1:00 Tai Chi 1 2:00 Tai Chi 3
<b>8</b>	<b>9</b>	
9:30 French Conversation 10:00 Chair Yoga Class 2:15 Tai Chi 1 3:15 Tai Chi 2	9:30 Friends FLCOA Meeting <b>11:00 Chat with Town Nurse COVID Updates-pg. 4</b> 12:00 Spanish Conversation 1:30 COA Board Meeting	10:30 Memoirs 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3
<b>15</b>	<b>16</b>	
10:00 Chair Yoga Class 2:15 Tai Chi 1 3:15 Tai Chi 2	2:15-4:30 <u>FREE Mental Health Clinic</u> <b>12:00 – 2:00 FREE Ice Cream! Drive-thru event-pg.4</b>	<b>11:00 Chat with Town Nurse COVID Updates</b> 11:00 Line Dancing 12:30 Russian Conversation 1:00 Tai Chi 1 2:00 Tai Chi 3 7:00 <b>Zoom Creative</b>
<b>22</b>	<b>23</b>	
9:30 French Conversation 10:00 Chair Yoga Class 2:15 Tai Chi 1 3:15 Tai Chi 2	10:00 BC/BS Sleep Webinar-pg. 4 <b>9:00 – 2:00 Podiatry Clinic</b> Bemis Hall-by appt only 12:00 Spanish Conversation	10:30 Memoirs 11:00 Line Dancing <b>1:00 Zoom with And</b> 1:00 Tai Chi 1 2:00 Tai Chi 3
<b>29</b>	<b>30</b>	
10:00 Chair Yoga Class 2:15 Tai Chi 1 3:15 Tai Chi 2	<b>12:00 – 2:00 Ice cream <u>RAIN DATE</u> Drive-thru event-pg.4</b>	

**COUNCIL ON AGING INFORMATION**

The COA is located in Bemis Hall, 15 Bedford Road  
 Send mail to: c/o Town Offices, 16 Lincoln Road  
 Phone: (781) 259-8811. **Leave messages for the COA.**

**E-mail:** butta@lincolntown.org  
**Internet:** www.lincolntown.org  
**Hours:** Monday through Friday, 8:30 — 4:30 pm

**Would You Like to Participate in a COA activity but cannot afford the cost?** Call the COA and ask to speak with Abigail to find out more about our scholarship program.

*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.*

# 2021

DAY	THURSDAY	FRIDAY
3 Conversation Group	4 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2	5 10:00 SAIL/Balance Class 10:00 German Conversation 2:00 Conversation with Jennifer Glass - page 9
10	11 8:30 Men's Coffee Group 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2	12 10:00 SAIL/Balance Class
17 n Nurse s-pg. 4 Conversation Group	18 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2	19 10:00 German Conversation 10:00 SAIL/Balance Class
24 y Payne-pg. 9	25 8:30 Men's Coffee Group 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2	26 10:00 SAIL/Balance Class
31		

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## FOR YOUR HEALTH



### Daniel Lieberman, Professor of Biological Science, Harvard University, states:

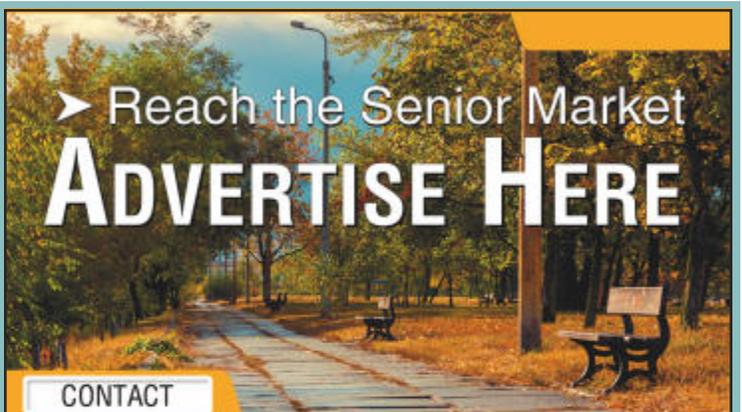
We have this notion that as you get older, you retire, you go to Florida, you kick your feet up on the beach or whatever... We have plenty of evidence that older individuals in America are less physically active and they do fewer activities that involve strength. One of the serious negative consequences of that is our muscles dwindle; they atrophy. The technical term, which I think is illuminating, is "sarcopenia." *Sarco* means "flesh" in Greek and *penia* means "loss" — so "flesh loss." Basically, it's frailty. As we get older and become more frail, a vicious circle sets in. Because we walk more slowly, it's harder to get out of a chair, and that makes us even less likely to be physically active, which keeps that cycle going. So that's the bad news.

The good news is that it doesn't take a huge amount of physical activity to turn it around. Think about Ruth Bader Ginsburg. She was celebrated for her vim and vigor. A lot of that came from the fact that she kept working out and as she got older, she went to the gym several times a week. Now, she didn't do crazy, "pump iron" stuff. She wasn't trying to be like Arnold Schwarzenegger. But she did a few rounds of weight training every week and that helped keep her marvelously active and vigorous. The mechanisms that get turned on when we do a little bit of strength training don't diminish with age. So if you're in your 80s or 90s and you do a little bit of strength training, you'll still get enormous benefits.

*Daniel Lieberman is the author of a new book entitled, "Exercised."*

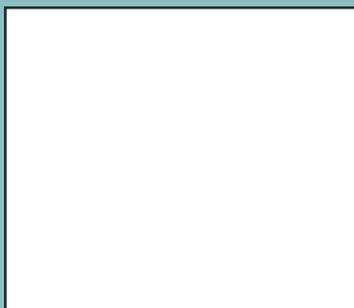


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**Level 1 (Beginners):** Mon 2:15 pm and **Wed** 1:00 pm, **Thurs** 9:15 am. **Level 2:** Mon 3:15 pm. **Level 2 (Advanced):** **Thurs** 10:15 am. **Level 3:** **Wed** 2:00 pm. For info, call Jane Moss at 781-259-9822 or email mindbody@comcast.net.

**Line Dancing on Zoom Wednesdays** at **11:00am**. Enjoy the fun and fitness of line dancing with Katrina Rotondi. Classes via Zoom on Please call COA 781-259-8811 to sign up and complete the necessary waiver forms.

**Chair Yoga on Zoom with Rebecca** **Mondays, March 1, 8, 15, 22, & 29** at **10:00am**. This class will keep you moving and stretching in the chair. Call Amy 781-259-8811 to register. Please call COA to pre-register and complete waiver forms.

**SAIL Fitness Class on Zoom with Derry** **Fridays, March 5, 12, 19, and 26** at **10:00am**. Join Derry Tanner, retired nurse and certified personal trainer for Stay Active and Independent for Life (SAIL). Strength, balance, and flexibility exercises make you stronger and help you feel better. All you need to participate is comfortable clothing, a sturdy chair and light weights if you have them. Contact Amy to register at 781-259-8811 or email GagneA@Lincolntown.org. The Zoom link and password will be sent the night before the class.

*Fitness classes subsidized by the MA Executive Office of Elder Affairs and by the FLCOA.*

**Learn to Host using Zoom with Andy Payne**  
**Wednesday, March 24 at 1 pm**

Zoom is a very popular system for video chats with groups and is supported on Mac, Windows, iPhone/iPad, and Android devices. You can download Zoom at:

**<https://zoom.us/download>**

Once you have it installed, use the meeting link below at the scheduled time and you should launch into the class. For about an hour, we'll give some basic lessons and give you a chance to learn and explore Zoom's settings and features in a low-stakes environment.

**Zoom meeting link: <https://zoom.us/j/577144331>**

**Conversation with a Select (man) via Zoom**

Residents of all ages are invited to a "Conversation with a Select(woman)" on **March 12th, 1-2 pm via Zoom**. Join Selectman Jennifer Glass to get the latest updates, ask your questions, and give your ideas! For information on how to join in, contact Jennifer prior to the meeting at selectmen@lincolntown.org.

**Zoom Meeting ID: 97690522488 Passcode: 998413**

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# March Zoom Schedule



Date/Time	Event	Meeting Information
3/1	10:00 am Chair Yoga classes on <b>Mondays</b>	Call Amy to register/sign waivers, 781-259-8811
3/2	10:00 am BC/BS: 8 Steps to Healthy Heart, pg. 4	Register now at: BCBSMA.info/March2
3/3	11:00 am Virtual Line Dancing with Katrina on <b>Wednesdays</b>	Call Amy to register/sign waivers, 781-259-8811
3/5	10:00 am SAIL Balance Class on <b>Fridays</b>	Contact Amy 781-259-8811 / GagneA@lincolntown.org
3/11	2:00 pm Men's Coffee Group	Contact Amy 781-259-8811 / GagneA@lincolntown.org
3/12	1:00 pm Conversation with Selectman, Jennifer Glass, pg. 9	<b>ID;97690522488 Pass:998413</b> or Email: Selectman@lincolntown.org
3/17	11:00 am Chat with Town Nurse: <i>COVID Updates, etc</i> , pg. 4	Contact Amy 781-259-8811 / GagneA@lincolntown.org
3/17	12:00 pm Creative Kinship program-Codman House, pg. 3	Register online <a href="http://www.historicnewengland.org">www.historicnewengland.org</a>
3/23	10:00 am BC/BS: Boost Your Health with Better Sleep, pg. 4	Register now at: BCBSMA.info/March23
3/24	1:00 pm Zoom with Andy Payne: Learning about Zoom-pg 9	Link: <a href="https://zoom.us/j577144331">https://zoom.us/j577144331</a>
3/25	8:30 am Men's Coffee Group	Contact Amy 781-259-8811 / GagneA@lincolntown.org

Ongoing Groups meeting via Zoom: Memoirs Group, Spanish, German, Russian, and French Conversation.

Call 781-259-8811 x102 with questions.

**Kindly register 2 business days prior to events.**

For latest Council On Aging Updates go to town web page: [www.Lincolntown.org](http://www.Lincolntown.org), Government, Departments, Council On Aging

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## GOINGS ON IN AND AROUND LINCOLN

**Visit the COA website regularly for COVID Vaccine updates.**

[www.lincolntown.org/132/Council-on-aging](http://www.lincolntown.org/132/Council-on-aging)

Town Covid-19 page: [lincolnpublichealthnews.com](http://lincolnpublichealthnews.com)

**Please note: Refrain from posting your vaccination card on social media, as this may trigger identity theft.**

### Winter Weather Policy

If the Lincoln schools are closed or delayed due to weather, in person and virtual COA activities are cancelled/delayed.

### Gropius Glows – Evening at Gropius –MARCH 13 and MARCH 27– 4 pm to 5 pm

Gropius House, 68 Baker Bridge Road, Lincoln, Mass.

During this late afternoon house tour, see how Walter Gropius's innovative lighting scheme comes to life at sunset. Gropius, founder of the German design school the Bauhaus, was one of the most influential architects of the twentieth century. His 1938 home showcases the clean lines of Modernist design.

Advance tickets required. \$15 members. \$35 non-members.

**<https://my.historicnewengland.org/6663/gro-glows-3>**

*This program is supported in part by a grant from the Lincoln Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*