

The Lincoln Council on Aging

The Lincoln Council on Aging (COA) is the Town of Lincoln department that enriches the lives of residents 60 years or older by providing ongoing activities, programs, and services. The COA is a resource to all Lincoln residents who request assistance to help their parents or other elderly relatives. It is the responsibility of the COA to identify the total needs of Lincoln elders, enlist support and participation to meet these needs, and design, advocate for and implement services to fill these needs.

The COA offers lectures and workshops, fitness and art classes, health clinics, discussion and support groups, art shows, performances, movies, games, gala social events, volunteer opportunities and more. Residents also enjoy a variety of trips, both near and far.

In addition, the COA provides essential services to Lincoln residents to assist them to remain safely in their homes, including information and referral, transportation, benefits help, medical equipment loan, emergency financial assistance, and more.

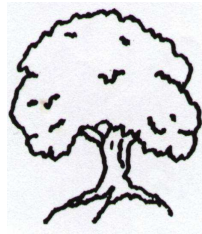
The COA and its programs and services are supported by the Town of Lincoln, the Friends of the Lincoln COA, the Massachusetts Executive Office of Elder Affairs, The Ogden Codman Trust, the Cambridge Savings Foundation, and the Pierce House.

Council on Aging Board

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Welcome to the Lincoln Council on Aging



Bemis Hall
15 Bedford Road
(Mailing address: 16 Lincoln Road)
Lincoln, MA 01773
781-259-8811
Open Monday through Friday,
8:30 a.m. to 4:30 p.m.
(SUMMER HOURS,
7 am to 5 pm, Monday through
Thursday)

To Help You Stay Well

- **Blood Pressure Clinic** – once each month. Free.
- **Podiatry Clinics** – twice per month, call to make an appointment. Fee.
- **Water Exercise at Healthpoint** – three times per week. Fee.
- **Fitness and Strength Training** – Two times per week. Fee.
- **Chair Fitness and Strength Training** – two times per week. Fee.
- **Tai Chi** – Four times per week. Fee.
- **Bowling** – once per week. Fee.
- **Tap Dance for Fun**- two times per week. Free.
- **Entertainment and Education to Get More Out of Life**
- **Monthly trips** to area sites and cultural experiences. Fee.
- **Domestic and foreign films.** Free.
- **Lincoln Academy** – Lincoln residents presenting on fascinating topics, once each week. Free.
- **Computer Tutoring.** Free.
- **Mah Jongg** – once per week. Free.
- **Cultural events** – concerts, plays, lectures. Free.
- **Artist's Gallery** – rotating art shows. Free.
- **Speakers** – on health, legal, financial and other issues. Free.

Opportunities to Meet Others

- **Senior Men's Coffee** – once per month. Free.
- **Senior Dining** – a gourmet meal served once a month. \$4.
- **Finding What's Next Group** – a weekly group to learn to “live what you love” Free.
- **Declutter Group** – a monthly group to learn to declutter. Free.
- **Let's Connect** – a group that meets twice weekly in person and by phone to share experiences. Free.
- **Meditation** – weekly meditation time. Free.
- **Inspirational Themes** – weekly, to discuss what inspires you. Free.

Volunteering at the COA

- **Drivers** for Meals on Wheels and transporting individuals.
- **Office Assistants**
- **Hosts and Hostesses** for social events.
- **Presenters and Facilitators**

Help To Stay In Your Home

- **Information and Referral** – Information on agencies serving the elderly, housing options, and more.
- **Care Management** – continuing help with staying in your home.
- **Transportation** – Rides to medical and other appointments. Call 781-259-8722 at least three business days in advance to book a ride.

- **SHINE (Serving Health Information Needs of Elders)** – Individual counseling regarding health insurance, medical bills, long term care needs. Call the COA for an appointment.
- **Income Tax Preparation** – State and Federal income tax preparation by trained volunteers. Call for an appointment February to April.
- **Medical Equipment Loan** – donated equipment for loan.
- **Property Tax Work Off Program** –Work off up to \$1000 of your property taxes.
- **Emergency Assistance** – loan of up to \$500 for help with emergencies. Funded by donations.
- **Small Necessities Project** – emergency help with basic needs.
- **Home Safe** – home safety evaluations.
- **COA Without Walls** – loan of DVDs of COA programs. Free.
- **Fuel Assistance** – help with home heating bills for those who are income eligible.
- **Friendly Visiting and telephone reassurance.**

All the COA's events and activities are listed monthly in the newsletter which is mailed to each household in Lincoln. In addition, we invite you to call us for more information. We hope to see you at the COA soon!