November is National Family Caregivers Month

According to the American Society on Aging more than 65 million people in the United States provide care for chronically ill, disabled or aged family members or friends during any given year. Those 65 million people spend 20 hours or more a week providing that care, which results in over $375 billion a year being spent on care giving. We often do not see the tired eyes or the chaos in the house of a stressed-out caregiver who often smiles through the challenges of care giving. We encourage you to take a moment to thank, appreciate, and lend a hand to caregivers that you know. Here at the Lexington Senior Services we understand and see daily the toll care giving takes on our patrons and wonder how we can help. We were granted limited funding from the Dana Home Foundation to pilot a financial respite program for Lexington caregivers seeking temporary relief from the continuous support and care of an elderly or disabled adult. This program is designed for caregivers who would not be able to afford respite services on their own. Services that may be available are: companionship, meal preparation, light housekeeping, personal hygiene and Adult Day Health.

For more information or questions about this program please call Hemali Shah at 781-698-4842.

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”
Leo Buscaglia, Author

New Registration Software
Launching the Beginning of December!

Exciting News,

In order to provide a high quality customer service the Recreation Department and Human Services will be launching, MyRec, a new registration software starting at the beginning of December. The Winter registration will be our first season with the new software program going live. In preparation for this, we will be running virtual trainings (via Zoom) in November to assist with the setup and creation of your new accounts and information on how to register. Join us via Zoom on Wednesday, November 4 at 10:00 a.m. or Tuesday, November 10 at 3:00 p.m. To attend either session please sign up starting October 14 at 781-698-4840 or online at https://lexrecreation.activityreg.com/SelectActivity_t2.wcs or humanservicesoffice@lexingtonma.gov

We are looking forward to an improved and easier registration experience for all members.
Hemali’s Highlights: Assistant Director's Report

As I write my third highlight, since the shutdown, the Community Center is still closed to the public. The more I work from home or sitting in my quiet office with no public the more I realize how much joy and energy all of you bring to the Community Center. While we are closed I hope all of you have taken the time to enjoy the beautiful weather, learn a new hobby, social distance meet with family and friends and take the time for self-care.

In the meantime, the Medicare Open Enrollment period is coming! From October 15 through December 7 you can make any necessary changes to your coverage to be effective for January 1, 2021.

As our life and health may change over time, so can our medical insurance plan! Be sure to review your current coverage for next year –2021. Is your plan still the right coverage for your needs? Watch your mail! By the end of September, you should receive the “Annual Notice of Change” from your current plan. This is a summary of your benefits and provides the opportunity to review your premium for affordability, ensure your medical providers still accept the plan, that your medications are still covered, and more.

The Minuteman Senior Services SHINE Program will make you aware of things to consider when evaluating your health plan and answer questions for beneficiaries, family, and caregivers. Please call 781-698-4840 to schedule a telephonic SHINE counseling session now. Due to COVID19 there will be no in person SHINE counseling this season.

SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling for Medicare beneficiaries and their caregivers. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice. For more information, call toll-free 888-222-6171 or visit www.minutemansenior.org

Until next time.....

Hemali

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**O.W.L.L. COURSES FOR OLDER, WISER, LIFELONG LEARNERS**

**O.W.L.L. Winter 2021 Semester Courses Preview**

*(Sponsored by the COA and FCOA)*  *All classes are virtual via Zoom*

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**Our Magnificent National Parks and Wildlife Refuges**

*4 Tuesdays, January 19 and 26; February 2 and 9, from 4:00-5:30 p.m.*

During four PowerPoint presentations, Bill Gette will take you on virtual travel adventures to New Mexico, South Carolina, Wyoming, and Arizona to view some of America's very special places. **Bill Gette**, founding Director of Mass Audubon's Joppa Flats Education Center in Newburyport, has been leading domestic and international travel programs since 1986.

**The Artful Brain: Beauty at the Intersection of Art and Neuroscience**

*4 Wednesdays, February 3, 10, 17, 24, from 11:00 a.m.-Noon*

This course is a reflection—in four movements—on what we can learn about ourselves from examining how our brains create our experience of art and music. **David Rose**, educational neuropsychologist, taught at Harvard’s Graduate School of Education for over thirty years and founded CAST that created the field of Universal Design for Learning.

**Look for registration information for O.W.L.L. classes in the January/February Sage.**

For more information, email owl.fcoa@gmail.com or call Human Services at 781-698-4840.

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Senior Services hours are Monday - Friday, 8:30 a.m. - 4:30 p.m.
### Zoom Sign-Up Programs

**Sign-up begins October 14 for residents and October 21 for non-residents.**

Participants will receive an email prior to the program with information on how to connect with Zoom.

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Human Services Zoom Programs</strong></td>
<td><em>Sign up at 781-698-4840 or online at <a href="https://lexrecreation.activityreg.com/selectactivity_t2.wcs">https://lexrecreation.activityreg.com/selectactivity_t2.wcs</a> or <a href="mailto:humanservicesoffice@lexingtonma.gov">humanservicesoffice@lexingtonma.gov</a></em></td>
</tr>
<tr>
<td><strong>MBTA Travel Training</strong></td>
<td><strong>Monday, November 2, 2:00 - 3:30 p.m.</strong>&lt;br&gt;The presentation will cover safety, trip planning, maps and schedules, reduced fares and everything you need to know about the new changes the MBTA has made due to COVID19.</td>
</tr>
<tr>
<td><strong>Now's the time! Make your own Health Care Plan - Ellen DiPaola from Honoring Choices Massachusetts</strong></td>
<td><strong>Thursday, November 5, 11:00 a.m. - Noon</strong>&lt;br&gt;It's more important than ever to take charge of your health care decisions and make a health care plan. We will provide an easy step-by-step process to complete a Health Care Proxy and Personal Directive (Living Will).</td>
</tr>
<tr>
<td><strong>Expressive Art - Gratitude Trees</strong></td>
<td><strong>Monday, November 9, 10:30 a.m. - Noon</strong>&lt;br&gt;Let's think about things we are grateful for right now. We will create gratitude trees with found objects and art supplies you have around the house.</td>
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<tr>
<td><strong>Being a Senior during Covid–Challenges and Solutions</strong></td>
<td><strong>Monday, November 9, 2:00 - 3:00 p.m.</strong>&lt;br&gt;Join Henry Quinlan as he presents must-have planning advice for people in retirement or contemplating retirement. The goal is to equip seniors with more tools and resources to address the many new challenges presented by COVID19. Among the challenges are anxieties, loneliness, who to believe, travel issues, loss of identity.</td>
</tr>
<tr>
<td><strong>Top Ten Things to do Before the End of the Year</strong></td>
<td><strong>Thursday, November 12, 1:00 - 2:00 p.m.</strong>&lt;br&gt;Join Dale Tamburro to discuss who will take care of you, your property and assets, or who will make important decisions in the event you are unable to.</td>
</tr>
<tr>
<td><strong>Grab &amp; Go Bag Lunch - Sign up required!</strong></td>
<td><strong>Tuesday, November 17, 12:00 - 1:00 p.m.</strong>&lt;br&gt;Join us for a turkey sandwich with all the fixins, stuffing and cranberry sauce, beverage and pumpkin pie for dessert.</td>
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<tr>
<td><strong>The Three Keys to Right Sizing Your Next Move</strong></td>
<td><strong>Monday, November 30, 1:00 - 2:00 p.m.</strong>&lt;br&gt;Join Realtor Daryl Lippma for tips to start your move strategy, now or in the next 6 months.</td>
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<tr>
<td><strong>Expressive Art - Holiday Crackers DIY</strong></td>
<td><strong>Monday, December 7, 10:30 a.m. - Noon</strong>&lt;br&gt;Learn about the English Christmas Cracker and create your own for family and friends. Great for handmade holiday gifts.</td>
</tr>
<tr>
<td><strong>Human Services Zoom Programs continued</strong></td>
<td><em>Sign up at 781-698-4840 or online at <a href="https://lexrecreation.activityreg.com/selectactivity_t2.wcs">https://lexrecreation.activityreg.com/selectactivity_t2.wcs</a> or <a href="mailto:humanservicesoffice@lexingtonma.gov">humanservicesoffice@lexingtonma.gov</a></em></td>
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<tr>
<td><strong>Eighty Somethings by Katharine Esty, PhD</strong></td>
<td><strong>Tuesday, December 8, 10:00 -11:00 a.m.</strong>&lt;br&gt;An upbeat and informative 30-minute talk based on her research, followed by 20-30 minutes of audience questions, which spurs a lively, interactive session as it gives elderly a positive, multi-dimensional view of aging.</td>
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<tr>
<td><strong>Morning Movie - Sign up Required!</strong></td>
<td><strong>December 10, 10:00 - Noon</strong>&lt;br&gt;Knives Out - Mystery Crime, PG-13&lt;br&gt;<strong>Tuesday, December 15, 10:00 - Noon</strong>&lt;br&gt;<strong>Thursday, December 17, 12:00 - 1:00 p.m.</strong>&lt;br&gt;Put on your mask and come to a movie at the Community Center. Limited seating!</td>
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<tr>
<td><strong>Holiday Music of the 1940’s with John Clark</strong></td>
<td><strong>Tuesday, December 22, 4:00 - 5:00 p.m.</strong>&lt;br&gt;Sit back and enjoy cherished holiday songs from the 1940’s. You'll hear the fascinating stories behind the writing of Rudolph the Red-Nosed Reindeer, Baby It's Cold Outside, Winter Wonderland and more. Enjoy movie clips of Have Yourself a Merry Little Christmas (Judy Garland), Here Comes Santa Claus (Gene Autry) and Silver Bells (Bob Hope).</td>
</tr>
<tr>
<td><strong>Other Zoom Programs</strong></td>
<td><strong>See individual sign up directions below for each program</strong></td>
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<tr>
<td><strong>Computer and Technology Discussion Group</strong></td>
<td><strong>Wednesdays, November 4 - December 30, 10:00 - 11:30 a.m.</strong>&lt;br&gt;View our information page at <a href="http://LCTG.toku.us">http://LCTG.toku.us</a> for upcoming and past meetings. This page also has information on how to join. Once a member of the group email list, you will receive a weekly reminder of the next meeting topic with a link to Zoom.</td>
</tr>
<tr>
<td><strong>Current Events Discussion Group</strong></td>
<td><strong>Join us for a lively discussion of the issues of the week.</strong>&lt;br&gt;All are welcome regardless of political views&lt;br&gt;<strong>Fridays, November 6 - December 18 at 1:15 p.m.</strong>&lt;br&gt;<strong>Sign up at</strong> <a href="mailto:bob@metaprosystems.com">bob@metaprosystems.com</a></td>
</tr>
<tr>
<td><strong>Deep Thoughts Discussion on Wednesdays:</strong></td>
<td><strong>November 4 - The election results.</strong>&lt;br&gt;<strong>November 11 - Building a Better Community and Relationships</strong>&lt;br&gt;<strong>November 18 - What is Life All About?</strong>&lt;br&gt;<strong>December 2 - Mentors and Influence</strong>&lt;br&gt;<strong>December 9 - Making a Difference</strong>&lt;br&gt;<strong>Zoom.us/join, Meeting ID: 392-906-8802, Password: BOSTON</strong></td>
</tr>
</tbody>
</table>
**Outreach**

**Sand for Seniors**
It's time to start planning for winter! Sand 4 Seniors is a volunteer program provided by the Lexington Rotary Club designed to increase safety during the winter, and help reduce the risk of falls. This program was created for eligible seniors who are physically or financially unable to acquire their own bucket of an ice melt product.

This program is available to Lexington residents who meet the following criteria:
- aged 60 or older
- live in own home
- unable to physically get ice melt product OR unable to afford ice melt product

**Unfortunately persons living in an apartment, condo complex, or public housing are not eligible.**

If you are interested in the program, you will need to schedule a phone screening with a Social Worker from the Human Services Department. The Social Worker will ask you some questions to determine your eligibility and register you for the program. If you qualify, you will have a bucket of ice-melt product delivered to your door for use on your property. The buckets are easy to open, seal tightly, and come with a scoop!

**For more information or to sign up for the program please call 781-698-4855. Sign-up is open until December 4, 2020.**

Please note that you must sign up each year for this program, even if you were enrolled in it in the past.

**Smoke Alarm Installation Program**
The Fire Department, Senior Services, and the Dana Home Foundation are pleased once again to announce a joint program to install smoke alarms in homes of qualified seniors living in Lexington.

Residents eligible for the program will be screened to meet the following guidelines:
- Home built prior to 1975
- Age 60+
- Home is not currently on the market to be sold
- Lexington residents who own their own home
- Self-identified as meeting low income guidelines (eligible for fuel assistance per LIHEAP guidelines)

**If you have any questions or would like to apply please call the Fire Prevention Office at (781) 698-4706.**

You will be contacted if selected for this program.

**Fuel Assistance for Lexington Residents**
if you struggle in the colder months with the high cost of heating your home, the Fuel Assistance Program can help. The program is designed for people living on limited incomes who are paying to heat their homes. The income guidelines are calculated based on Federal Poverty Levels.

If you are interested in applying, review the income limits below to find out if you financially qualify. Human Services staff can assist you with completing an application and submitting it to Community Teamwork, Inc., the designated Fuel Assistance provider for Lexington. If you’d like to fill out an application, please call to make an appointment with someone from the Human Services Department. You will need to provide proof of income and expenses, as well as other documentation. Fuel assistance applications for this season can be submitted through **April 30, 2021. Please call 781-698-4855 to schedule an appointment and/or to inquire about the program.**

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Max. Gross Income</th>
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<tbody>
<tr>
<td>1</td>
<td>$39,105</td>
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<tr>
<td>2</td>
<td>$51,137</td>
</tr>
<tr>
<td>3</td>
<td>$63,169</td>
</tr>
<tr>
<td>4</td>
<td>$75,201</td>
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<tr>
<td>5</td>
<td>$87,233</td>
</tr>
<tr>
<td>6</td>
<td>99,265</td>
</tr>
</tbody>
</table>

**One-on-One Appointments at the Community Center**
As of October 19, limited one-on-one in-person appointments are available for issues/concerns that cannot be handled by phone or virtual appointment with staff.

**For an appointment with a Human Services staff person, please call 781-698-4840.**

**For an appointment with a Recreation & Community Programs staff person, please call 781-698-4800.**

**Virtual Caregiver Support Group**
**Tuesday, November 3 & December 1, 5:30 - 6:30 p.m.**  
**Sign up at sgunda@lexingtonma.gov**

Caring for a loved one with a chronic illness? Stressed, overwhelmed? Looking for a place to vent and share ideas? Join the Virtual Caregiver Support Group.

Flu Season is upon us, for locations about upcoming flu clinics call the Board of Health at 781-862-0500 or check out [https://www.lexingtonma.gov/public-health](https://www.lexingtonma.gov/public-health)
**Nutrition Talks - (via Zoom)**
**sign up at 781-698-4840 or humanservicesoffice@lexingtonma.gov**

Pre-Diabetes
**Friday, November 13, 11:00 a.m. - Noon**
Come learn about what Pre-diabetes is and the best eating pattern to help manage this condition.

**Reading Food Labels**
**Friday, December 11, 11:00 a.m. - Noon**
Come learn about how to read food labels when trying to make healthy food purchases.

**One-On-One Nutrition Telephone Appointments**
**Sign up at 781-698-4840 or email humanservicesoffice@lexingtonma.gov**
Have a virtual conversation with Barbara Collins, Registered Dietitian Nutritionist, to discuss your personal nutrition concerns, a free service available to Lexington Seniors.

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**Boost Your Brain Health by Eating Well**
**sponsored by Concord Park**
**Friday, November 13, 1:00 - 2:00 p.m.**
Diet can boost your brain health, at any age! Learn how our easy nutrition guidelines and recipes can get you started on the road to a healthier mind and improved memory!
**sign up at 781-698-4840 or humanservicesoffice@lexingtonma.gov**

**Brain Healthy Cooking for One**
**sponsored by Concord Park**
**Friday, December 11, 1:00 - 2:00 p.m.**
Senior Living Residents' chefs will show you how to prepare multiple tasty dishes out of a short list of healthful staples, helping you cut the waste and stretch your shopping budget when cooking for one!
**sign up at 781-698-4840 or humanservicesoffice@lexingtonma.gov**

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**Memory Training (via Zoom)**
**Wednesdays, November 4 – December 2, 1:00–2:30 p.m.**
**(no class November 25)**
Memory Training is an innovative, educational course that teaches techniques to improve memory in a fun, interactive classroom environment. It combines trainer presentations with group discussions, memory checks, and skill-building exercises for people with mild memory concerns. We focus on the four top memory challenges: forgetting names and faces, forgetting to do things in the future...like keeping an appointment, or forgetting why you walked into a room, forgetting where you put things, keys, glasses. Inability to immediately recall something you know or “tip of the tongue” memory challenge taught by Michelle Kelleher, Senior Services Coordinator and Joanne Sliney, RN BS (Arlington COA) The course is not intended for people with Alzheimer’s disease or other forms of dementia or have been diagnosed with memory impairment.
**Must attend all 4 classes. Please call Michelle at 781-698-4844 to register.**

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**Medicare Open Enrollment Presentation**
**Tuesday October 27, 11:00 a.m.- Noon**
A Minuteman Senior Services SHINE counselor will make you aware of what to consider when evaluating your health plan and answer questions. Beneficiaries may make changes to coverage from October 15 - December 7; new plans will be effective January 1, 2021.

**Considering a change in your insurance please schedule a SHINE telephone counseling session early, otherwise contact the Centers for Medicare Services at 800.633.4227 after December 1.**

**Sign up at 781-698-4840 or humanservicesoffice@lexingtonma.gov**
News from Cary Memorial Library - Zoom Programs
You must register at https://www.carylibrary.org/calendar/program-calendar in order to get the Zoom meeting information to attend the program. Some, but not all, programs are recorded and available for later viewing on the library’s YouTube channel.

Back to Basics: Cooking with Chef Trisha Pérez Kennealy Thurs, Nov 5 at 10 a.m.
Poetry Series, Thurs, Nov 5 at 7 p.m.
Seven Steps to Managing Your Memory with Dr. Andrew Budson Mon, Nov 9 at 7 p.m.
Feeding Backyard Birds - Bill Gette Thurs, Nov 12 at 7 p.m.
The Harper and the Minstrel concert Sat, Nov 14 at 2 p.m.
Back to Basics: Sewing Circle, Thurs, Nov 19 at 10 a.m.
Guided Mediation Mon, Nov 23 at 11 a.m.
Chocolate: The Perfect Indulgence Tues, Dec 1 at 7 p.m.
Back to Basics: Cooking with Chef Trisha Pérez Kennealy Thurs, Dec 3 at 10 a.m.
Author Visit: Zaina Arafat Mon Dec 7 at 7 p.m.
Author Visit: Nisha Sharma Weds, Dec 9 at 7 p.m.
Urban Fantasy Romance Panel Sat, Dec 12 at 2 p.m.
Back to Basics: Cooking with Chef Trisha Pérez Kennealy - Holidays Tues, Dec 15 at 7 p.m.
Sewing Circle - Potpourri Thurs, Dec 17 at 10 a.m.
Winter Raptors: Eagles, Hawks, Owls, and Falcons Thurs, Dec 17 at 7 p.m.
Drop-in Knitting Group Wednesdays at 6:30 p.m.

Book Clubs - Check our website for book club dates and titles. The library provides copies of all books and most upcoming selections are also available digitally.

You can also call the Library’s Programming Office at 781-862-6288 x84450 for more information on programs.

Cary Library Door to Door Service
Can’t get out of the house? We’ll bring the library to you!

For those already enrolled, please call Reference staff at 781-862-6288 ext. 84410 to arrange for a delivery to be brought to you. Not enrolled?

Sign up by completing the Door-to-Door registration form. You may submit it online or mail the completed form to:
Cary Memorial Library
Attn: Reference Dept.
1874 Massachusetts Ave.
Lexington, MA 02420

More questions? Please call 781-862-6288 ext. 84410

Lexington Field & Garden Series
Sign Up for these virtual programs at Cary Library https://www.carylibrary.org/calendar/program-calendar

Click on the title of program and you will be able to sign up. If you miss it, you can look under You Tube with Ashley Rooney on the Internet.

Enjoy our Feathered Friends. Making Your Yard Bird Friendly
Thursday, November 19, 7:00 p.m.
Watching birds at your feeder during the winter months is a great way to stay connect with nature. Guy Doran & Ashley Rooney will discuss how to care for the birds during the winter months.

Decorating for the Holiday Using Your Garden Materials
Thursday, December 3, 7:00 p.m.
Fresh evergreen holiday decorations can turn just about any nook or cranny into an inviting retreat. Elaine Doran & Ashley Rooney will demonstrate how to use materials from your garden in your holiday centerpieces.

LexReopen
Reopening our Town Safely
Following the release of the Governor’s Reopening Massachusetts plan, the Town has put together a page to keep you informed of reopening plans for Town buildings and services, as well as the reopening of businesses in town.
To keep up-to-date on the town’s opening please visit: https://www.lexingtonma.gov/public-health
Transportation

**Transportation Options for Seniors - via Zoom**
Wednesday, October 28, 2:00 - 3:00 p.m.
Join us for this virtual session where we will review a variety of transportation options for seniors. Whether you are still working, need rides for medical appointments, shopping, or just for leisure, there's an option for you! We will also discuss new safety protocols in place for your protection.
Email [transportation@lexingtonma.gov](mailto:transportation@lexingtonma.gov) or call 781-861-1210 to sign up.

**MBTA Travel Training - Via Zoom**  
**November 2, 2:00 - 3:00 PM**
Would you like to learn more about the MBTA bus, subway and commuter rail system? Join us for an online information session via Zoom. The presentation will cover safety, trip planning, maps and schedules, reduced fares and everything you need to know about all the new changes the MBTA has made because of COVID 19. [Sign up at 781-698-4840 or online at https://lexrecreation.activityreg.com/selectactivity_t2_wco or humanservicesoffice@lexingtonma.gov](https://lexrecreation.activityreg.com/selectactivity_t2_wco)

**Lexpress to Lahey Burlington!**
Did you know you can ride Lexpress all the way to Lahey Burlington? Route B provides hourly service Monday-Friday to Lahey Burlington, and also to Arlington Heights. Need to go to Lahey Lexington? Route A can deviate to take you there. Call 781-861-1210 to inquire about a route deviation. Lexpress started its new routes/schedules in August. It now has three routes: Route A1/A2, Route B, & Route C.

Route A1/A2 serves Greeley Village, Turning Mill area, Diamond rotary area, Estabrook area, Lex Center, Waltham/Worthen, Waltham, Concord, and Avalon Hills.

Route B serves Lex Center, Woburn St, Countryside Village, Middlesex Commons (Market Basket, H-Mart), Burlington Mall, Lahey Burlington, Mall Road.

Route C services Lex Center, Community Center, Emerson Gardens, Lowell St, Lexington Community Farm, Arlington Heights, Liberty Heights.

For more information visit: [www.lexpress.us](http://www.lexpress.us)

**Medical Appointment Rides**
If FiSH is not operating, please call 781-861-1210 to inquire about replacement transportation.

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Veterans

**The Lexington/Bedford Veterans Services Department**
provides information regarding federal, state, and local resources and benefits for Veterans. **Please call Gina Rada, District Director of Veterans Services at 781-698-4848.**

**Annual Veteran's Day Breakfast Update**
The Town of Lexington wants you to know your military service is appreciated. In lieu of the annual Veterans Day Breakfast, we'd like to send you a letter of appreciation and a gift certificate for breakfast. Please send your e-mail or postal address information by October 15 to [celebrationscmt@lexingtonma.gov](mailto:celebrationscmt@lexingtonma.gov) or contact Lorain Marquis at (781) 698-4640.

**Annual Veteran's Day Parade Update**
This year the traditional Veterans Day parade and ceremony have been cancelled. The Town Celebrations Committee is planning a virtual event. For more information visit: [https://www.lexingtonma.gov/town-celebrations-committee](https://www.lexingtonma.gov/town-celebrations-committee)

**Lexington Veterans Association**
You can join the meeting anytime after 1:00 PM. As usual, the LVA meeting will begin with announcements at 1:15 PM. Registration is required. Approximately a week prior to the meeting, a link to register can be found on our website: [lexmavets.org](http://lexmavets.org).

**"The Battle of the Bulge: Arnheim and Bastogne"**
**Tuesday, October 13, 1:15 p.m.**
Presented by Dan Leclerc, historian, educator, popular speaker on military history. Adolph Hitler’s final desperate surprise attack to stop the British and American forces from reaching Germany, ended in abject failure.

**"The Embattled British Column: British Tactics on the Battle Road"**
**Monday, November 9, 1:15 p.m.**
Presented by James Hollister, Park Ranger, Education, Living History, and Historic Weapons Program Coordinator, Minute Man National Park. How was the complex operation of maneuvering a column of troops through an area of potential enemy contact conducted in 1775? What were the standard battle tactics at the time?
Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.

The Friends of the Council on Aging (FCOA)
Peter Holland, President * Suzanne Caton * Sudir Jain * Janice Kennedy
Mickey Khazam * Lorain Marquis * Rebecca Morris * Shirley Stolz * Jane Trudeau * Chris Worcester
The "Friends" is a non-profit organization that provides advocacy and monetary support for senior programs, trips, special meals, and services. For more information please visit their website at www.friendsofthecoa.org.

The Council on Aging Board
Betty Borghesani, Co-Chair * Julie Ann Shapiro, Co-Chair * Ellen Cameron, Vice-Chair
Camille Goodwin * Gerry Howell * Sudhir Jain * Jyotsna Kakullavarapu * Rich McDonough
Sandra Shaw * Bonnie Teitleman, Secretary * John Zhao
The COA Board meets monthly via Zoom. The next meeting is November 4 & December 2, 2020 from 2:30 - 4:00 p.m. Working in collaboration with Human Services staff, the COA advocates for Lexington seniors and advises the Town Manager on policy issues.

Newsletter
The Sage newsletter will be sent out automatically by mail to Lexington residents age 60 and over. For others who wish to receive the newsletter, it can be picked up at Town Offices, Cary Library, or at the Community Center. Please consider helping us "Go Green" and save money on printing and postage by getting your newsletter by e-mail. If you would like to receive the newsletter electronically, please sign up at www.lexingtonma.gov/email
To be removed from the Post Office mailing, please email gjefferson@lexingtonma.gov

Your Public Officials
The Select Board have weekly office hours to meet with interested citizens to receive comments, suggestions, and concerns. Reach the Select Board Office by phone at 781-698-4580 or by email at selectmen@lexingtonma.gov.

<table>
<thead>
<tr>
<th>Select Board</th>
<th>Day/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Douglas M. Lucente, Chair</td>
<td>By phone appointment</td>
<td>By phone appointment</td>
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<tr>
<td>Jill Hal., Vice-Chair</td>
<td>By phone appointment</td>
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<td>Joseph N. Pato</td>
<td>By phone appointment</td>
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<td>Suzanne E. Barry</td>
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<td>Mark Sandeen</td>
<td>By phone appointment</td>
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