What You Need to Know About Scams
By: Lexington Police Detective Aiden Evelyn

Your phone rings, and the person on the line claims that they’re with the Internal Revenue Service, Social Security admin or any number of different companies and agencies. They are calling to discuss your account or computer. Do you hang up or hear them out?

It’s a quandary on the minds of many following a rash of scam calls that are more prevalent this time of year. Scammers swindle thousands of taxpayers out of millions of dollars.

Calls are always placed from some type of clandestine call center, in another country or a pay-as-you-go phone. They operate by telling their victims that they owe back taxes, social security number has been compromised, computer has been infected and many other ways of ultimately getting money or your personal information. They will almost always attempt to scare you into believing that serious consequences will occur unless you take care of this right now. You may have your service disconnected, loss of your social security number or be imprisoned.

In a bid to help residents differentiate cheaters from credible callers we have listed some things that you may hear from a scammer:

- Ask your full name, date of birth, address, account or social security number
- Ask for details about your account
- Use aggressive language or threaten to arrest you
- Leave threatening voicemails
- Demand immediate payment by purchasing, prepaid credit cards, gift cards from iTunes and Amazon, green dot.

If it sounds too good to be true, then it probably is. If you have what sounds like a utility company calling, hang up and call the number on your bill. The most important thing to remember is companies and police departments do not ask you to pay with gift cards.

Be aware of any calls you get that sound suspicious. Always talk to a friend or a family member before committing to paying anything. The Lexington Police Department is also a great resource if you’ve been scammed or think you received a scam call. For more resources on phone scams or other types of scams visit https://www.mass.gov/guides/a-consumer-guide-to-scams

Martin Luther King, Jr. Day of Service

When: Monday, January 20, 2020
Where: Multiple locations across the community

Join us on January 20th to celebrate the legacy of Dr. King as we discuss race, share the impact of Dr. King on your own life, and participate in service projects around Town. The planning committee for MLK Day of Service is working hard to create a day that touches the lives of many. Stay tuned for more information. There will be flyers distributed as the details are solidified. The website will also be updated with the schedule of events. Please consider signing up to volunteer or participate in the day of service. Also see photos from last year and sign-up to attend or volunteer at the event on the website at www.lexingtonmlk.org
Hemali's Highlights: Assistant Director's Report

Happy New Year!

I always treat the beginning of a new year as an opportunity to make changes in my life, whether it's a new hair cut or learning a new positive behavior. I would like to apply that attitude to the Senior Services Department as well and I would like your help.

I would love to hear from you on what changes you'd like to see in this upcoming year with trips, programming, services, movies etc. Please help us make the year 2020 full of amazing programs and opportunities by filling out the survey on page 4 and returning it to our department. Your submission of the survey will enter you to win a gift card.

See you in the Spring,
Hemali

Nobody can go back and start a new beginning, but anyone can start today and make a new ending. – Maria Robinson

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**Sign-Up Programs at the Community Center**

Sign-up begins **December 11 for residents** and **December 18 for non-residents**.

Sign-up in person (when there is a fee) or by phone at 781-698-4840 or 781-698-4870.

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**Expressive Art Therapy - Printmaking Basics**  
Monday, January 6, 10:00 - 11:45 a.m.  
Come explore linoleum carving. Design and create your very own print!

**Making Snow Globes**  
Wednesday, January 8, 10:00 - 11:30 a.m.  
Please join your local ClearCaptions Title IV ADA Specialist, Heidi Anderson to make your own nature snow globe and conversation!

**Economic & Finance Series: Leading Indicators 2020**  
Thursday, January 9, 1:00-2:30 p.m.  
Economist Jim Osten: Will 5G, Artificial Intelligence, autonomous driving and the promise of the Internet of the Future keep the expansion going? What impact will the election campaign have on the economic expansion with a government engaged in trade disputes?

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**Chinese New Year Celebration/Luncheon $5**  
Tuesday, January 14, Noon - 2:00 p.m.  
Join us for Chinese food and live entertainment.

**The Ayurvedic FREE workshop**  
Learn Therapeutic and Medicinal Benefits  
Tuesday, January 21, 12:30-2:00 p.m.  
Indian spices include a variety of spices used for thousands of years in Indian cooking. They add flavors and medicinal benefits with their calming effects, anxiety reduction and their effects on digestive, respiratory systems. Come and learn the health benefits of these amazing spices.

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**Uber/Lyft Presentation by Mark from AAA**  
Wednesday, January 22, 1:00 – 2:30 p.m.  
Come hear about Uber / Lyft and see how you can download this useful APP on your smartphone.

**Intro to "Sages and Seekers" Program**  
Monday, February 3, 1:00 p.m.  
The Sages and Seekers program is a nationally known organization that pairs older adults with high school students to share stories, develop bonds and promote empathy in our society. This is a seven-week program.  
*See page 10 for more information.*

**Expressive Art Therapy - Art Journaling**  
Monday, February 10, 10:00 - 11:45 a.m.  
This creative approach to self-care will allow you to unwind and design a book that is uniquely you!

**FCOA Valentine's Italian Lunch - $5**  
Tuesday, February 11 at 12 noon  
Enjoy chicken parmesan, pasta, salad and dessert. Served by the Youth Commission.

**Drums Alive!**  
Wednesday, February 12, 10:00 - 10:45 a.m.  
Drums Alive combines exercise with rhythm and movement in a fun and upbeat setting. We will use stability balls to create a unique drumming experience shown to benefit individuals physically, mentally, emotionally, and socially. Led by Therapeutic Recreation Specialist, Kate DeAngelis. All abilities welcomed!  
Co-sponsored by Lexington Recreation Department.

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Senior Services hours are Monday - Friday, 8:30 a.m. - 4:30 p.m.
Sign-Up Programs (cont.)

Shoulder Pain & Rotator Cuff Workshop
Wednesday, February 12, 1:00-2:00 p.m.
Many people that deal with shoulder pain write if off to getting older, playing too many sports as a child, or they blame it on arthritis and think "I have to live with this now." Doctors may suggest injections or surgery, when in reality that isn't always the best option. Come hear us talk about options at your disposal for dealing with shoulder pain, how to change some things you are doing to make it immediately feel better, and gain insight as to what may be the source of your discomfort. Presented by Justin of Orthopaedics Physical Therapy.

Shifting Gears Workshop
Wednesday, February 26, 1:00 - 2:00 p.m.
Concerned about driving? Learn how medical conditions and overall health affect driving. Presented by the Registry of Motor Vehicles.

Uber/Lyft Training
Thursday, February 27, 3:30 - 5:00 p.m.
In this workshop you will get comfortable using apps for your smartphone. Training provided by Lexington at Home.

Upcoming Trip: Save the Date

Grand Amish Showtime
April 27 - 29
Tour cost resident: $439 PP
Double, $429 PP Triple, $569
Single. NR: $459 PP Double,
$449 PP Triple, $589 Single

Sign-up for this trip in February - space is limited!

DAY 1: Depart for Penn Dutch Country, where both Amish and Mennonite ways of life are still preserved. You'll stay the next two evenings at the wonderful Heritage Hotel. Tonight, enjoy an authentic Pennsylvania Dutch Feast.

DAY 2: After breakfast, you'll tour beautiful Lancaster and the Pennsylvania countryside to experience the Amish way of life. Your native Lancaster guide will bring you to Amish homesteads, authentic Amish quilt makers and more. After the tour, enjoy a visit to Kitchen Kettle Village and a delicious Penn Dutch dinner followed by Sights & Sounds "Queen Esther", riveting Bible stories of the Old Testament.

DAY 3: After breakfast you'll visit Philadelphia where a native guide will board your coach and point out all the historical sights.

Depart: 7:00 a.m. (St. Brigid's Church) Return: 7:00 p.m.

Free Drop-In Programs

Discussion Groups:
Money Matters:
Tuesdays, Jan. 7 & 21 & Feb. 11 & 25, 9:45 a.m.

World Affairs:
Tuesdays, Jan. 7 - Feb. 25, 1:15 p.m.

Indian Seniors of Lexington Group:
Tuesdays, Jan. 7 - Feb. 25, 10:00 a.m.

Computer & Technology Group:
Wednesdays, Jan. 8 - Feb. 26, 10:00 a.m.

Deep Thoughts Discussion:
Wednesdays, Jan. 8 & Feb.12, 6:45 p.m.

Jan. 8 - Hopes and Goals for 2020

Feb. 12 - The effects of media and technology

Current Events:
Fridays, Jan. 3 - Feb. 28, 1:15 p.m.

Support/Education:
Parkinson's Support Group:
Tuesdays, Jan. 28 & Feb. 25, 1:00 p.m.

Caregivers Support Group:
Tuesdays, Jan. 7 & Feb. 4, 5:30 p.m.

Memory Cafe:
Wednesdays, Jan. 15 & Feb. 19, 9:30 a.m.

Alzheimer's Caregiver Group:
Thursdays, Jan. 2 & Feb. 6, 1:00 p.m.

Low Vision Group (at Brookhaven Auditorium):
Thursdays, Jan. 30 & Feb. 27, 11:00 a.m.

Intuitive Eating Support Group:
Fridays, Jan. 10 & Feb. 7, 11:00 a.m.

Technology Programs and Presentations

Drop-In Technology
Tuesday, Jan. 7, 3:30 - 4:30 p.m.
Tuesday, Feb. 25, 11:00 a.m. - noon

Have questions or need help with your phone, internet, iPad or computer? Michael and Howard will be here to help.

Technology Presentations
Your TV Options in the Digital Age
Tuesday, Jan. 21, 11:00 a.m. - noon

How To: Email
Tuesday, Feb. 4, 3:30 - 4:30 p.m.

Presentations require sign-up at 781-698-4840.
We want to hear from you!

We are evaluating Senior Service programs and services offered at the Community Center as well as ways we communicate that information to you. Please give us your feedback!

1) The current services and programs offered by Senior Services meet your needs (Circle one):
   - Always
   - Often
   - Sometimes
   - Never

Explain: __________________________________________________________

2) The scheduling of programs and services (times, dates) fit your schedule: (Circle one)
   - Always
   - Often
   - Sometimes
   - Never

Explain: __________________________________________________________

3) What keeps you from being able to attend programs or services? (Circle all that apply)
   - Time of day
   - Day of the week
   - Transportation availability
   - Program/Service is full
   - Other: _______________________________________________________

4) What types of programs or services would you like to see more of? (Circle all that apply)
   - Meal prep/cooking/nutrition
   - Cultural enrichment
   - Games and physical fitness
   - Live entertainment
   - Science/Technology/Engineering/Math

5) The Senior Services Newsletter meets your needs: (Circle one)
   - Always
   - Often
   - Sometimes
   - Never

Explain: __________________________________________________________

6) What do you use the newsletter for most often? (Circle all that apply)
   - Calendar
   - Trip offerings
   - Sign-up programs
   - Special lunch information
   - Announcements
   - Other: _______________________________________________________

7) What suggestions do you have to improve the programs, services, newsletter, and/or communication from Senior Services?
   _________________________________________________________________
   _________________________________________________________________
   _________________________________________________________________

Name: ___________________________ Phone #: _______________________

Please submit by February 14 to Hemali Shah, Assistant Director of Senior Services, 39 Marrett Road OR email responses to hshah@lexingtonma.gov

Responses will be entered in a drawing to win a Panera gift card so make sure to include a phone number where we can reach you.

Movies - Tuesdays at 1:15 p.m.
Downton Abbey - January 7
Drama, Period Pieces, PG (122 min.)
Rocketman - January 21
Drama, Biography, Rock & Pop, R (121 min.)
The Art of Racing in the Rain - February 11
Drama based on the book, PG, (109 min.)
The Hustle - February 25
Comedy, PG-13 (93 min.)

We do our best to show current movies.
Movies rated R may contain nudity, profanity, and crude language.

Translation Services:
Thursday, January 16 and February 20
Human Services staff, a Mandarin-speaking translator and volunteer from CAAL will be available to provide translation to help with social services, educate about resources and program eligibility.

Countryside Village: 2:45 – 3:15pm
Vynebrooke Village: 3:30 – 4pm
Greeley Village: 4:15 – 4:45pm

Windowpane Shop
A fantastic place to find gifts, clothing, jewelry and more.
Monday: 9:30 a.m. - 2:00 p.m.
Tuesday-Friday: 10:00 a.m. - 2:00 p.m.

Fix-It Shop
The Fix-It Shop is your local hub for household electronic repairs! Broken toasters, lamps, microwaves, fans? Try the Fix-It Shop!

Tuesday-Thursday,
9:00 a.m. - 11:45 a.m.

Community Center Holiday Hours
The building will be closed:
Tuesday, December 24, 2019 at 4:30 p.m.
Wednesday, December 25, 2019
Tuesday, December 31, 2019 at 4:30 p.m.
Wednesday, January 1, 2020
Monday, January 20, 2020
Monday, February 17, 2020
Health and Wellness

Blood Pressure Clinics at the Community Center
Thursday, January 2 & February 6, 10:00-11:00 a.m.

Blood Pressure Clinics at the Villages
Thursday, January 16 & February 20
Countryside Village: 10:00 - 10:30 a.m.
Greeley Village: 10:45 - 11:15 a.m.
Vynebrook Village: 11:30 a.m. - noon

Podiatry Clinic
Thursday, January 9 & 16, February 13 & 20
9:30 a.m. - noon; Sign up at 781-698-4840 starting December 11 for residents, December 18 for non-residents.
Dr. Edgar Mullin, Jr. D.P.M. provides 10-minute appts. for trimming and filing ONLY. $30 cash or check payable to the doctor. 24 hours notice required for cancellation.

Senior Health Outreach Program
Available to seniors who are home bound and unable to access health screenings. The service includes regular home visits conducted by a registered nurse as well as consultation and home visits by a social worker as needed.
Call Alicia Grunes at 781-698-4847

Caregiver Support Group
Caring for a loved one with a chronic illness? Stressed, overwhelmed? Looking for a place to vent and share ideas? Join us for a monthly caregiver support group.

Date: January 7 & February 4
5:30 - 6:30 p.m.
For more information or to sign up (first time only)
please contact Sharon Gunda at 781-698-4851

Parkinson’s Tai Chi
Jan. 13 - March 16, 2:00-3:00 p.m.
(no class 1/20 & 2/17)
A specialized Tai Chi class adapted for people living with Parkinson’s disease, Dystonia, and other movement disorders.
Checks payable to Moving Easy, pay instructor directly.
$96 for 8 weeks.
Contact Alicia Grunes, RN to sign up by phone: 781-698-4847
Or email: agrunes@lexingtonma.gov

Memory Café
Jan. 15 & Feb. 19, 9:30 - 11:00 a.m.
A monthly social gathering with caregivers and their loved ones who are living with memory changes.
Sponsored by Minute Women Home Care
For more information or to sign up (first time only)
contact Michelle Kelleher at 781-698-4844.

Nutrition Talks: (Sign-up at 781-698-4840)
COPD (Chronic Obstructive Pulmonary Disease) and Nutrition
Friday, January 17, 11:00 a.m.-noon
Come learn about nutrition considerations in preventing unplanned weight loss and muscle loss that are associated with COPD.

Carbohydrates
Friday, February 14, 11:00 a.m.-noon
Come learn about which foods contain carbohydrates and why carbohydrates are needed as part of an overall healthy eating pattern.

One-On-One Appointments: Call 781-698-4840
Meet with Barbara Collins, Registered Dietitian Nutritionist, to discuss your nutrition concerns, a free service available to Lexington Seniors. Barbara is available on Fridays for in-person or phone consultations. These programs are made possible by a generous grant from the Dana Home Foundation.

SHINE Health Insurance Counseling
New Website! Shinema.orghttps://shinema.org/
The new SHINE (Serving the Health Insurance Needs of Everyone) website has information on Medicare, Medicaid and the Veteran’s Chapter 115 Program that reimburses eligible Veteran’s for medical expenses. The SHINE Program provides FREE unbiased health insurance counseling, information and assistance to Massachusetts residents who have Medicare, their caregivers and those approaching Medicare eligibility. To make an appointment with our SHINE Counselor, call the Human Services Department at 781-698-4840
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| 13 9:00 - Stretch & Bend  
9:00 - Fix-It Shop  
9:30 - Podiatry  
11:00 - Canasta  
1:00 - Cribbage  
1:00 - Board Games  
| 14 9:00 - Stretch & Bend  
10:00 - WindowPane  
10:00 - SHINE  
11:00 - Nutrition Talk*  
12:00 - Lex Cafe $  
1:00 - Bingo  
1:15 - Current Events  
| 17 CLOSED  
| PRESIDENT'S DAY | 18 9:00 - Stretch & Bend  
9:00 - Fix-It Shop  
10:00 - WindowPane  
10:00 - Watercolors  
1:15 - World Affairs  
| 19 9:00 - Stretch & Bend  
9:00 - Fix-It Shop  
9:30 - Memory Cafe  
10:00 - WindowPane  
10:00 - Comp. Group  
12:00 - Lex Cafe $*  
1:00 - CornHole  
1:00 - Bridge  
| 20 9:00 - Stretch & Bend  
9:00 - Fix-It Shop  
9:30 - Memory Cafe  
9:30 - FCOA Meeting  
10:00 - WindowPane  
11:00 - Canasta  
1:00 - Cribbage  
1:00 - Board Games  
| 21 9:00 - Stretch & Bend  
10:00 - WindowPane  
10:00 - SHINE  
12:00 - Lex Cafe $  
1:00 - Bingo  
1:15 - Current Events  
| 24 8:30 - SHINE  
9:00 - Stretch & Bend  
9:30 - WindowPane  
11:00 - Mahjongg  
12:00 - Lex Cafe $*  
1:30 - Park, Tai Chi $  
1:45 - ESL  
2:00 - Needles Club  
| 25 9:00 - Stretch & Bend  
9:00 - Fix-It Shop  
9:45 - Money Matters  
10:00 - WindowPane  
10:00 - Watercolors  
11:00 - Drop-In Tech  
1:00 - Parkinsons  
1:15 - World Affairs  
1:15 - Movie  
| 26 9:00 - Stretch & Bend  
9:00 - Fix-It Shop  
10:00 - WindowPane  
10:00 - Comp. Group  
12:00 - Lex Cafe $*  
1:00 - CornHole  
1:00 - Bridge  
1:00 - Shifting Gears*  
| 27 9:00 - Stretch & Bend  
9:00 - Fix-It Shop  
10:00 - WindowPane  
11:00 - Canasta  
1:00 - Cribbage  
3:30 - Uber/Lyft*  
| 28 9:00 - Stretch & Bend  
10:00 - WindowPane  
10:00 - SHINE  
12:00 - Lex Cafe $*  
1:00 - Bingo  
1:15 - Current Events  
|
Transportation

Senior Charlie Card Sign-Ups:
January 16 & February 13, 9:00 a.m. - Noon
Due to overwhelming demand, the Transportation Services office will pilot offering Senior Charlie Card Sign-Ups on a monthly basis. Come to the front counter of the Community Center at one of the noted days/times to request an application. Please only come during these hours on these days. To process your application, you must bring a current valid state ID, Drivers License, or Passport and be age 65 or older. A Senior Charlie Card offers half-priced MBTA fares for seniors age 65+. It is valid on all MBTA buses, subway, commuter rail and ferries.

Transit Info Sessions
Saturday, February 8, 11:00 a.m. - Noon
Thursday, March 12, 2:00 - 3:00 p.m.
Registration required, call 781-698-4840.
Attend one of these free sessions to learn more about how to use transportation options provided by the MBTA, Lexpress, REV Alewife Shuttle, and what options exist for people unable to use public transportation.

Ride Express to these Popular Destinations
Cary Lib., Post Office, Town Offices, Lex. Ctr: All 6 routes
Community Center: Routes 1 & 2
Arlington Heights Busway: Route 1 (select times only)
Wilson Farm: Route 1
Avalon Lexington Hills: Route 2
Avalon Lex. Ridge & Brookhaven: Route 3 (Rt. 2 is near)
Wagon Wheel: Route 2 & 3
Stop & Shop: Route 4
57 Bedford Medical Offices: Route 4
Burl. Mall, H-Mart, Market Basket, Barnes & Noble: Route 5
More info at www.lexpress.us

FISH of Lexington
Since 1972, FISH has been offering Lexington residents one ride per week to medical appointments locally and in the Greater Boston area. All rides are free of charge and offered by local residents who appreciate the opportunity to serve their fellow Lexingtonians. Call 781-861-9300 to secure a ride 2 days before your appointment. If you are able to drive, consider being a FISH driver. You will meet great people! Find more info at www.lexfish.org

Questions about Transportation? Call 781-698-4820

Be SEEN at NIGHT! Get a LIGHT!
It is dark out at night. To be seen while you are out walking, riding a bike, or waiting for a bus, please stop in the Community Center for a blinking light. One per person, available thru Transportation Services.

Need Door-to Door Service? Try THE RIDE.
Call 617-337-2727 to schedule an eligibility interview
www.mbta.com/theride

Veterans

Calling all World War II Veterans!
Next year, Lexington will commemorate the 75th anniversary of the end of WWII! The commemoration will include several events throughout the year, and our Lexington World War II Veterans will be honored.

The Lexington Remembers WWII Committee has been formed to plan the events. If you have photos, "treasures" or memorabilia that you'd like to share, please join us for a meeting at the Community Center on December 16 from 1:00 - 3:30 pm in Room 237.

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.

Honor Flight New England recognizes American veterans for their sacrifices and achievements by flying them to Washington, D.C. to see their memorial at NO COST. For more information or an application, call Gina Rada at 781-698-4848.

Lexington Veterans Association
Navigating a B-24, Experiences of a 19 year-old in the South Pacific in 1945
Monday, January 13, 1:15 p.m.
Tom Dahill, 2nd Lieutenant, US Army Air Corps, retired, tells his personal story of bombing missions in the New Guinea, South Philippines, Luzon, China and Western Pacific Campaigns during World War II.

Sabotage and Science: How a Team of Norwegian Commandos Prevented Hitler from Building the Atomic Bomb
Monday, February 10, 1:15 p.m.
Bob Lewis, Captain USNR retired, Naval Aviator, Patrol Plane Commander in aircraft carrier and later, shore-based patrol planes. During WWII, a hydro-electric plant high in the Norwegian mountains held the key to building an atomic reactor. The Germans raced to occupy the plant; the Allies raced to destroy it. A group of Norwegian commandos changed the course of history.

Additional details can be found on our website: www.lexmavets.org. All programs meet in Cary Memorial Library Meeting Room and start with coffee and cake/cookies at 12:30 p.m. The lecture will start at 1:15. For more information visit www.lexmavets.org.
Martin Luther King Day
In-Home Help
Monday, January 20, 1:00-3:00 pm
Are you a senior who would like help with indoor or outdoor projects around your home? This is a volunteer opportunity for one to three Lexington teens to help you with small, odd jobs. Suitable projects include: changing smoke detector batteries or hard-to-reach light bulbs, boxing up books or other giveaway items, raking, clearing snow from walkways, etc. Follow the instructions below to request help for up to 60 minutes of work that will begin between 1:00 and 3:00 p.m. on January 20. Please note: you provide the materials (batteries, light bulbs, etc.) and the teens will provide the labor. Volunteers cannot remove anything from the property (e.g. donations). Please specify if the project requires any special work tools (rakes, snow shovels, etc.) that you do not have for the volunteers to use. To REGISTER scan the QR code with your smartphone camera and it will lead you to the registration website, call 781-698-4840 OR visit www.lexingtonma.gov/human-services/senior-services

Free Help Preparing Your Income Taxes
Lexington Tax-Aide Program Sponsored by AARP/IRS

Beginning February 14, IRS certified Tax-Aide volunteers will be available at the Community Center to help prepare and electronically file Federal and State income tax forms. Sessions are for low and moderate income senior residents.

Appointments are required and can be made beginning January 21 at 781-698-4855.

Fuel Assistance for Lexington Residents
If you struggle in the colder months with the 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. 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. 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, 2020.

Please call 781-698-4855 to schedule an appointment and/or inquire about the program.

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Maximum Gross Income</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>$37,360</td>
</tr>
<tr>
<td>2</td>
<td>$48,855</td>
</tr>
<tr>
<td>3</td>
<td>$60,351</td>
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<tr>
<td>4</td>
<td>$71,846</td>
</tr>
<tr>
<td>5</td>
<td>$83,341</td>
</tr>
<tr>
<td>6</td>
<td>$94,837</td>
</tr>
</tbody>
</table>

Find out What's Happening in Lexington
Are you looking to be more instantly connected to alerts, Town Meeting dates, changes in town, or news on the variety of programs taking place? You can now go to the Town website:
https://www.lexingtonma.gov/stayinformed
You have options to receive emails, department newsletters, including the Sage, as well as links to follow social media accounts like Twitter, Facebook, and Instagram. All this is thanks to the Town's Public Information Officer, Sean Dugan.

Property Tax Relief for Seniors
If you are a Lexington senior aged 65 or older with a 2018 gross household income of $75,000 or less, you can postpone paying all or any part of your property tax bill and let the value of your house pay the tax bill later. Fiscal Year 2020 deferrals will enjoy a very low simple interest rate of 2.55%. Each year's deferral is like an individual loan that doesn't have to be paid back during your lifetime or your qualifying spouse's lifetime unless home ownership is transferred or you choose to pay it off.

Call the Assessor's Office at 781-698-4578 for information about Lexington's Property Tax Deferral Program and other local tax programs. A brochure detailing State and local property tax programs is available at the Assessor's Office, Town Office Building or may be downloaded from the Assessors page on the Town Website.
Recreation & Community Programs

Forever Fit - funded by generous grant from the Dana Home Foundation

Join personal trainer, Judy Whitney, with over 30 years of experience, as she teaches you how to develop strength, improve balance, increase flexibility, stabilize the core and calm the body and mind. “Forever Fit” will provide individual assessments to each participant, followed by one-on-one and group training sessions on Mondays, Wednesdays, and Thursdays from 1:05-2:00pm. We encourage participants to attend all three days to take full advantage of this opportunity. Attend the informational meeting on December 4 at 12:30 in room 006 at the Community Center. Registration will be available after the meeting.

Navigating our parking lots safely!

- Please drive slowly. Many accidents and injuries can be avoided by simply giving yourself enough time to make it to your class or activity.
- Stay in the lanes and avoid cutting across the parking lot.
- Use your directional signals to communicate your intentions to others.
- Obey stops signs, one-way signs and other traffic notices.
- When backing out of a space, be mindful of other vehicles and pedestrians. You may have a backup camera but don’t rely on that solely. Conduct a quick walk-around before getting in your vehicle, look over your shoulder and use your mirrors as you back up.
- Attend the Shifting Gears Workshop on February 26, see page 3 for details.

News from Cary Memorial Library

Socrates Café - Fridays, January 3 & February 7 at 10:30 a.m.

Writers’ Group - Saturdays, January 4 & February 1 at 9 a.m.

Full Circle Opening Reception - Monday, Jan. 6 at 6:30 p.m.

Creative Bug demo. - Tuesdays, Jan. 7 & Feb. 4 at 1:30 p.m.

Researching the History of Your House

Friday, January 10 at 10:00 a.m.

Meet the Author (via Skype): Alan Bradley

Thursday, January 16, 10 a.m.

Thru-Hiking the Appalachian Trail

Wednesday, January 22 at 7:00 p.m.

Dick Lehr in Conversation with Hank Phillippi Ryan

Tuesday, February 4 at 7:00 p.m.

2020 Census – the What, Where, How, Why and When

Thursday, February 6 at 10:00 a.m.

Music in the Library: Zikina

Saturday, February 22 at 2:00 p.m.

Unsung Heroes of the Suffrage Movement

Monday, Feb. 24 at 7:00 p.m.

Meet the Author – Lisa Graves: Medieval Feasts and Recipes for the Modern Table.

Tuesday, February 25 at 7:00 p.m.

Book Clubs -Check our website/newsletter for book club dates and titles.

Please note the following special hours:

-Closed on Wednesday, January 1 and Monday, February 17

-Open at 1 p.m. on Friday, January 31

You can call the Library’s Programming Office at 781-862-6288 x84450 for more information on programs. Learn about new events as they are scheduled by subscribing to the library’s monthly newsletter! Go to www.carylibrary.org and scroll to the bottom of the page to sign up.

Become a Sage: High School Students Need Your Wisdom!

Intro to "Sages and Seekers" Program, Monday, February 3, at 1:00 p.m.

The Sages and Seekers program is a nationally known organization that pairs older adults with high school students to share stories, develop bonds and promote empathy in our society. “Developing empathy through the power of conversation” is the program’s motto, and with that purpose, we invite you to become an “inter-generational storyteller.” Beginning in April, you will come to the Rivers School in Weston (transportation provided by Rivers) and be paired with a member of the sophomore class who, over multiple meetings will seek to understand what your life has been like and what your perspective is today as a senior member of society. Each week the meetings build on engaging both generations in dialogue that leads to authentic conversation. This opportunity helps the students break down stereotypes and judgments and leads to their greater development of much needed social and emotional skills. The older adults, or “sages” who participate have reported that they felt more generative after storytelling and in some cases have significant improvements in cognition.

During the final meeting, the students will present their "tribute" essays to their older-adult partners. Seven weeks starting April 1st through May 14. Multiple time slots available on Wednesdays and Thursdays of those weeks.
Climate Change and Energy Evolution: Will Team Humanity Step Up to Save the Planet?
5 Wednesdays, from 9:30 to 11:30, beginning February 26
Are you concerned about your family's future under climate change? Do you want to stay informed about what's happening without feeling overwhelmed? Do you want to contribute to solutions? This class explores how social science and informed action can move us forward. **Instructor: Rae Andre**

Memoir Writing: Bringing the Past to the Present
6 Tuesdays, 1:00-2:30, beginning March 17 (no class 4/21)
Do you have a remarkable moment in your life you want to share with family or friends? Is there a pivotal point to examine or clarify for yourself? During this introductory memoir writing workshop, we'll explore techniques that contribute to an effective retelling of your moment. Come with an idea. Leave with a written gift to keep or share. **Instructor: Christin Worcester**

A New Odyssey
7 Wednesdays from 10:00 to 12:00, beginning on April 1 (meets every other week until June 24)
We'll read and discuss the first English version of Homer's Odyssey translated by a woman, Emily Wilson. It's lean, rhythmic, and accurate. Odysseus' adventures cover all the issues we still worry about, from family dynamics to religion to political systems. You'll need a copy of Emily Wilson's translation of Homer's Odyssey. **Instructor: Cammy Thomas**

Looking for Life in All the Right Places!
4 Thursdays, from 2:00 to 3:30, beginning April 16
Life on Earth needs three things – energy, chemistry, and water. Using discovery-based activities we plan to investigate their occurrence here and in the solar system. The course is for anyone, particularly "non-science folks" who are curious about the possibility of life existing elsewhere. **Instructor: Bruce Ward**

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**Registration Spring 2020**
Separate check for each course- made payable to: Town of Lexington. Resident $25/course and NR $50/course. All registrations will be processed after our reception on Thursday, February 13. Online registration begins February 14. Non-resident registration begins on February 21.

Credit card registration: [www.lexingtonma.gov/recreationdepartment.cfm](http://www.lexingtonma.gov/recreationdepartment.cfm)
You may send/deliver a separate check for each course to: Lexington Community Center, 39 Marrett Rd, Lexington, MA 02421
For further information, email owll.fcoa@gmail.com or call the Community Center at 781-698-4870.

Name ___________________________________ Age ______________________
Address _____________________________________ Zip Code ___________________
Phone (s) __________________________________ Email ____________________________

I would like to register for the following course: ________________________________________________
Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.

**Lex Cafe - Senior Dining (age 60 plus)**
Lunch: Monday, Wednesday, and Friday, 12 noon. To make a reservation or cancellation please call Despina at 781-325-1613 by 10:00 a.m. the previous day. Weekly menus can be found in the dining room at the Community Center. Suggested donation is $3. Menus subject to change. Deluxe meal site is coordinated by Minuteman Senior Services.

**Minuteman Senior Services Indian Meal (age 60 plus)**
Join us the first Tuesday of the month from 11:45 a.m. to 12:45 p.m. for a vegetarian Indian meal. Sign-up for January 7 begins December 30 and ends January 3 at 10 a.m. Sign-up for February 4 begins January 27 and ends January 31 at 10 a.m. Food orders are called in the Friday before the lunch - no exceptions. Suggested donation is $3. To make a reservation or cancellation please call Despina at 781-325-1613.

**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. If you would like to receive the newsletter electronically, please sign up at www.lexingtonma.gov/email.

**The Friends of the Council on Aging (FCOA)**
Janice Kennedy, President * Suzanne Caton * Dan Fenn * Peter Holland * Sudhir Jain * 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. They meet at the Community Center at 9:30 a.m. on the 3rd Thursday of every month. For more information please visit their website at http://www.friendsofthecoa.org. If you would like to make a donation to the FCOA, you will find donation envelopes at the Community Center. Mail to P.O. Box 344, Lexington, MA 02420.

**The Council on Aging Board**
Betty Borghesani, Co-Chair * Julie Ann Shapiro, Co-Chair * Ellen Cameron, Vice-Chair *
Camille Goodwin * Gerry Howell * Sudhir Jain * Jayotsna Kakullavarapu * Rich McDonough
Sandra Shaw * Bonnie Teitleman, Secretary * John Zhao
The COA Board meets monthly at the Community Center. The next meeting is **February 5** 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. The COA Board invites you to attend.

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

<table>
<thead>
<tr>
<th>Selectman</th>
<th>Day/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Douglas M. Lucente, Chair</td>
<td>Fridays, 9:00 - 10:00 a.m.</td>
<td>Selectmen’s Office, Town Office Bldg.</td>
</tr>
<tr>
<td>Jill I., Vice-Chair</td>
<td>By appointment</td>
<td>Selectmen’s Office, Town Office Bldg.</td>
</tr>
<tr>
<td>Joseph N. Pato</td>
<td>Wednesdays, 10:00 - 11:00 a.m.</td>
<td>Selectmen’s Office, Town Office Bldg.</td>
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<tr>
<td></td>
<td>Wednesdays, 2:00 - 3:00 p.m.</td>
<td>Community Center</td>
</tr>
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<td>Suzanne E. Barry</td>
<td>By appointment</td>
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<tr>
<td>Mark Sandeen</td>
<td>By appointment</td>
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