Do you Have a Bright Idea?
The Friends of the Council on Aging is accepting applications for the Bright Idea Grant Program. The grant provides up to $3000 for a new Senior program, improvements to an existing program, or an idea that incorporates a technology or device that will improve the everyday lives of Seniors. Grants have been awarded since 2017 and have included the start-up and publication of Lexington Life Times, the purchase of assistive hearing devices for the Library and Community Center, and the newly installed sensory garden planted at the Lexington Field and Garden Club.

Proposals can be made by Lexington residents, organizations, employees, as well as non-Lexington organizations that serve Lexington Seniors. Applications and additional information are available at the Community Center or at www.friendsofthecoa.org. Applications are due Oct. 31, 2019 and will be awarded in December. Grants can be submitted to the Community Center or on-line to BrightIdeas@FriendsoftheCOA.org.

Hemali’s Highlights: Assistant Director’s Report
Summer is finally upon us! With the beautiful weather and school vacation you might notice a decrease in senior programming, but fear not as we still have our monthly trips and all of our drop-in programs. The summer trip that I’m very excited about is to Lakes Region Theatre to watch Mamma Mia! on August 8th. Brace yourself for all the wonderful fall programming we are currently working on behind the scenes as you enjoy the summertime by the beach.

Welcome:
We are pleased to welcome Sharon Gunda who started as the new Human Services Outreach Coordinator on May 20th. She is a Licensed Certified Social Worker who will be working with families, adults, and older adults to help navigate community resources around housing, financial assistance, and crisis management. Be sure to look out for her and welcome her to the Lexington Community.

Staff Announcements
Lots of transitions have been taking place in the Human Services Department over the last 6 months! Melissa Interess was promoted to the Director of the department in February from Assistant Director of Senior Services. Hemali Shah was promoted into the Assistant Director role for Senior Services from her Program Coordinator role in March. Sharon Gunda started in May as our new Outreach Coordinator. By the time this issue prints, we will have also hired Hemali’s replacement as the Senior Services Program Coordinator. Stay tuned for updates on that as well as a Staff Meet & Greet in the Fall!

Happy Summer!
Hemali

What’s New
Greek Lunch, Ice Cream Social, Summer BBQ.............................................................page 2
International Film ...........................................................................................................page 2
Virtual Program: Landscapes East and West.................................................................page 2
Nutrition Talks ...............................................................................................................page 2
Community News...........................................................................................................page 6-7
Sign Up Programs at the Community Center
Sign up begins June 12th for residents and June 19th for non-residents.
Sign up in person (when there is a fee) or by phone at 781-698-4840 or 781-698-4870.

Parkinson’s Tai Chi - $96 for 8 weeks.
July 8– August 26, 1:30 - 2:30 p.m.
Join us for a specialized Tai Chi class adapted for people living with Parkinson’s disease, Dystonia, and other movement disorders. Scholarships available through ADPA. Contact Alicia at 781-698-4847.

Greek Lunch -$5
Tuesday, July 16th, 12 noon
Enjoy skewered Shish kebab chicken with peppers & onions, with Greek salad, Syrian bread and baklava for dessert.

Nutrition Talk - Mediterranean Diet
Friday, July 19th, 11:00 a.m.
Learn about the health benefits for following this type of eating plan. Barbara is available on Fridays for in-person or phone consultations.

Ice Cream Social
Thursday, July 25th, 1:30 p.m.
Enjoy a scoop of vanilla ice cream from Rancatore’s of Lexington. Sign up early as space is limited.

Virtual Program: Landscapes: East and West
Tuesday, August 13th, 2:00-3:00pm
Artists in Japan, Europe and elsewhere capture salient aspects of their environment focusing variously on broad vistas and telling details. We’ll observe the natural world through artful landscapes and discuss our perceptions in this cross cultural program.

Humorist and Teller of Tales
Wednesday, August 14th, 2:00-4:00 p.m.
Robert Isenberg AKA Robear will perform his humorous pieces through storytelling.

Nutrition Talk - Older Adult Protein Needs
Friday, August 16th, 11:00 a.m.
Learn about the importance of adequate protein and what are the best sources of protein. Barbara is available on Fridays for in-person or phone consultations.

Summer BBQ
Tuesday, August 27th, 12 noon
Enjoy a hamburger, hotdog, potato salad, and strawberry shortcake for dessert. This free event is sponsored by the Lexington Lions Club. (If you cannot make it please notify us so that someone else may enjoy the barbecue.)

Block Island Trip, Saturday, July 20th
$79 (residents) $89 (NR)
Your first destination is Point Judith, Rhode Island, where you’ll board the ferry for an invigorating one hour ride to Block Island. Here, you’ll enjoy a tour across the Island with a native guide. A delicious luncheon awaits you at the National Hotel. Entrees include Grilled Salmon, Chicken, or Baked Seafood casserole.
Depart 8:00 a.m. (Community Center) Return 7:00 p.m.
Please note departure is at the Community Center

Lakes Region Summer Music Theatre Trip
Thursday, August 8th  $89 (residents) $99 (NR)
Travel to Meredith, New Hampshire, where a full course luncheon will be served at Hart’s Turkey Farm (choose entrée at signup). After you’ll attend the Lakes Region Theatre’s production of “Mamma Mia!”
Depart 9:00 a.m. (St. Brigid’s Church) Return 7:30 p.m.

Trip Policy/Sign Up:
You may sign up as soon as you receive your newsletter. Payment (cash/check) required at sign-up. Itinerary subject to change.

Refunds:
You must provide 10 business days notice to be eligible for a refund. Without adequate notice, refunds are made at staff discretion.

Movies - Tuesdays at 1:15 p.m.

Mary Poppins Returns- July 9th
Children & Family, Musical,  PG (170 min.)

International Film -
Eat Drink Man Woman - July 23rd
NR, (124 min.) Sign up required
Subtitles will be available for films in a foreign language

The Mule - August 6th
Drama Based on Real Life, Crime Drama R, (116 min.)

A Dog’s Way Home - August 20th
Family Adventure, Drama Based on the Book, PG (96 min.)
We do our best to show current movies. Movies rated R may contain nudity, profanity and graphic images.
### Free Drop-In Programs

#### Discussion Groups:

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<tr>
<th>Group</th>
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<th>Dates</th>
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<tbody>
<tr>
<td>Current Events</td>
<td>Fridays</td>
<td>1:15 p.m.</td>
<td>July 5 - August 30</td>
</tr>
<tr>
<td>World Affairs</td>
<td>Tuesdays</td>
<td>1:15 p.m.</td>
<td>July 2 - August 27</td>
</tr>
<tr>
<td>Indian Seniors of Lexington Group</td>
<td>Tuesdays</td>
<td>10:00 a.m.</td>
<td>July 2 - August 27</td>
</tr>
<tr>
<td>Computer &amp; Technology Group</td>
<td>Wednesdays</td>
<td>10:00 a.m.</td>
<td>July 3 - August 28</td>
</tr>
<tr>
<td>Deep Thought Discussion</td>
<td>Wednesdays</td>
<td>6:45 p.m.</td>
<td>July 10/August 14</td>
</tr>
</tbody>
</table>

**July 10**  Do you prefer challenges or easy paths? Why?  
**Aug. 14**  Sexism, racism, stereotypes, populisms.

#### Support/Education:

<table>
<thead>
<tr>
<th>Group</th>
<th>Days</th>
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<tbody>
<tr>
<td>Intuitive Eating Support Group</td>
<td>Fridays</td>
<td>11:00 a.m.</td>
<td>July 12 &amp; Aug. 9</td>
</tr>
<tr>
<td>Parkinson’s Support Group</td>
<td>Tuesdays</td>
<td>1:00 p.m.</td>
<td>July 23 &amp; Aug. 27</td>
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<tr>
<td>Low Vision Group (at Brookhaven Auditorium)</td>
<td>Thursdays</td>
<td>11:00 a.m.</td>
<td>July 25 &amp; Aug. 29</td>
</tr>
<tr>
<td>Caregivers Support Group</td>
<td>Tuesdays</td>
<td>11:30 a.m.</td>
<td>July 2 &amp; Aug. 6</td>
</tr>
<tr>
<td>Memory Café</td>
<td>Wednesdays</td>
<td>9:00 a.m.</td>
<td>July 17 &amp; Aug. 21</td>
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</tbody>
</table>

#### Professional Services:

<table>
<thead>
<tr>
<th>Service</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>Blood Pressure Clinics at the Community Center</td>
<td>Thursdays</td>
<td>10:00 - 11:00 a.m.</td>
<td>July 11th &amp; August 1st</td>
</tr>
<tr>
<td>Blood Pressure Clinics at the Villages</td>
<td>Thursday</td>
<td>10:00 - 10:30 a.m.</td>
<td>July 18th &amp; August 15th</td>
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<td></td>
<td>Countryside Village</td>
<td>10:00 - 11:15 a.m.</td>
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<td>Greeley Village</td>
<td>10:45 - 11:15 a.m.</td>
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<td>Vynebrooke Village</td>
<td>11:30 a.m. - 12:00 noon</td>
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<tr>
<td>Podiatry Clinic</td>
<td>Thursdays</td>
<td>9:30 a.m. - Noon.</td>
<td>July 11th &amp; 18th, August 8th &amp; 15th, 9:30 a.m. - Noon.</td>
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</table>

Dr. Edgar Mullin, Jr., D.P.M., provides 10-minute appointments for trimming and filing ONLY. $30 cash or check payable to the doctor. Please give 24 hours notice for cancellation.

### Transportation

#### Lexpress 2019 Schedule

There are no changes for the Lexpress 2019 schedule or routes. Summer schedule started on June 19th and the Fall schedule will resume on August 27th.

#### MBTA Travel Training

The Town hosted MBTA Travel Training in May, but if you weren’t able to attend, know that you can still receive assistance by calling the MBTA Travel Training office at 617-337-2756.

#### Not able to use Public Transit? Try The RIDE

If you are unable to use public transit due to a physical, mental, or cognitive disability, you can contact The Ride. The Ride is the Town’s paratransit provider. Call 617-337-2727 to set up an eligibility appointment. Free transportation is provided to/from the appointment.

#### Need transportation for medical appointments? Or, can you drive people to appointments? Call FISH!

Since 1972, FISH has been offering Lexington residents up to one ride per week to medical appointments locally and in the Greater Boston area. All rides are free of charge and offered by local Lexington residents. Call 781-861-9300 to secure a ride or to volunteer as a driver! [www.lexfish.org](http://www.lexfish.org)

#### Want to get the most out of your Lex-Connect vouchers? Consider using them to connect to transit!

If the reason you use the taxi service is because you live too far to walk to a transit station, we want you to know that you can use the taxi to drop you off in Lexington Center. From there, you can use the MBTA #62 or #76 or any one of the six Lexpress buses, and this trip will only cost you one voucher! This tip may also be helpful for those trying to get to Boston, which is outside the range of Lex-Connect. If you are unsure of how to use the MBTA or Lexpress, please call our office at 781-698-4820.

#### Transportation Questions?

Call 781-698-4820 or email transportation@lexingtonma.gov
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>8:30 SHINE *</td>
<td>8:30 SHINE *</td>
<td>12:00 Lex Café $ *</td>
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<td>11:45 Indian Lunch$ *</td>
<td>11:45 Indian Lunch$ *</td>
<td>1:20 Town Mgr.</td>
<td>9:30 Podiatry $ *</td>
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<td>2:30 SHINE *</td>
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<td>2:30 SHINE *</td>
<td>12:00 Lex Café $ *</td>
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<tr>
<td>9:00 Memory Cafe*</td>
<td>9:00 Memory Cafe*</td>
<td>9:30 Podiatry $ *</td>
<td>10:00 Nutrition Talk</td>
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<td>12:00 Lex Café $ *</td>
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<tr>
<td>1:15 Movie: Mary Poppins Returns</td>
<td>1:15 Movie: Mary Poppins Returns</td>
<td>1:30 Ice Cream *</td>
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**Recruing Activities:**
- Stretch & Bend; M-F, 9:00
- Ping Pong; M, T, W, F, 1:00
- Billiards; M, T, W, F, 1:00
- Mahjongg; M, 11:00
- Watercolors; Tu, 10:00
- Fix-It Shop; T-TH, 9:00
- Crafters Club W, 10:00
- Board Games; Th, 1:00
- Corn Hole; W, 1:00
- Canasta; Th, 11:00

**Recurring Activities:**
- Stretch & Bend; M-F, 9:00
- Ping Pong; M, T, W, F, 1:00
- Billiards; M, T, W, F, 1:00
- Mahjongg; M, 11:00
- Watercolors; Tu, 10:00
- Fix-It Shop; T-TH, 9:00
- Crafters Club W, 10:00
- Board Games; Th, 1:00
- Corn Hole; W, 1:00
- Canasta; Th, 11:00
- Collage Art; F, 10:00
- World Affairs, T, 1:15
- Current Events, F, 1:15
- Computer Group, W, 10:00
- Window Pane, M, 9:30; T-F, 10:00

* Registration Required
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<td>Movie: The Mule</td>
<td>Lakes Trip $</td>
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**Recurring Activities:**
- Stretch & Bend; M-F, 9:00
- Billiards; M, T, W, F, 1:00
- Watercolors; Tu, 10:00
- Crafters Club W, 10:00
- Corn Hole; W, 1:00
- Canasta; Th, 11:00
- Collage Art; F, 10:00
- Current Events, F, 1:15
- Computer Group, W, 10:00
- Window Pane, M, 9:30,T-F, 10:00
Community News

News from Recreation & Community Program
Pine Meadows is open for the season. Golf ID cards are available to purchase at Pine Meadows and you can now reserve a tee time online via the Pine Meadows website http://www.pinemeadowsgolfclub.com/

Center Track and Field will be closed June 2019 – April 2020 for renovations. If people have questions they can email us at recdept@lexingtonma.gov call at 781-698-4800 or they can visit this link for more info www.lexingtonma.gov/recreation-community-programs/capital-projects

♦ Swim passes for the Pool & Old Reservoir are available for purchase. It is $50 for the senior Pass which is 60+
♦ Pine Meadow golf course has senior weekday rate of $17 and electric cart rate of $10.
♦ The 4th Annual End of the Summer party is August 23rd from 5:30-10:00pm.
♦ Our Fall registration date will be August 19th. Registration begins online at 6 a.m. and in person at 8 a.m.

Interested in playing a friendly game of Cribbage?
We are putting together a drop-in Cribbage group and invite both new and longtime players to join in the fun!
Help us choose a meeting time that is convenient for you. To express your interest, please contact:
Christine Dean, Community Center Director 781-698-4800 | cdean@lexingtonma.gov

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>Suzanne E. Barry, Chairman</td>
<td>Thursday, 4:00 - 5:00 p.m.</td>
<td>Selectmen’s Office, Town Office Bldg.</td>
</tr>
<tr>
<td>Douglas M. Lucente, Vice Chair</td>
<td>Tuesdays, 4:00 - 5:00 p.m.</td>
<td>Selectmen’s Office, Town Office Bldg.</td>
</tr>
<tr>
<td>Joseph N. Pato</td>
<td>Wednesdays, 10:00 – 11:00 a.m. Wednesdays, 2:00 - 3:00 p.m.</td>
<td>Selectmen’s Office, Community Center, Town Office Bldg.</td>
</tr>
<tr>
<td>Jill I. Hai</td>
<td>Tuesdays, 2:00 - 3:00 p.m.</td>
<td>Selectmen’s Office, Town Office Bldg.</td>
</tr>
<tr>
<td>Mark Sandeen</td>
<td>By appointment</td>
<td>Selectmen’s Office, Town Office Bldg.</td>
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</tbody>
</table>

Remember to register for a Community Center membership. Non-resident Seniors pay $12 yearly fee.
LEXINGTON FARMERS MARKET

Opened in May

Tuesdays, 2:00 to 6:30 p.m.

The market is on the corner of Woburn St. and Mass. Ave. in Lexington Center.

It features locally grown produce, baked goods, and other prepared foods. For more info visit www.lexingtonfarmersmarket.org

Coupons may be available to those who financially qualify.

CARY MEMORIAL HALL EVENTS

BELA FLECK & ABBIGAIL WASHBURN

Sunday, July 28th 7:00 p.m.
Tickets $49-$79

THE RIGHTIOUS BROTHERS

Sunday, August 11th 3:00 p.m.
Tickets $69-$99

Tickets available at www.CaryHallLexington.com or by calling 617-531-1257.

OWLL’S FALL SEMESTER

JOIN US FOR OUR INSTRUCTORS’ RECEPTION

Thursday, September 5th from 2-4 p.m.

AFRICA: ACHIEVING GREATNESS IN THE TWENTY-FIRST CENTURY - Instructor: Bob Rotberg, 5 Thursdays
POETRY: MY DELICIOUS BURDENS: THE POETRY OF WALT WHITMAN - Instructor: Tom Daley, 4 Fridays
NEUROSCIENCE: BRAIN, MIND, AND MEMORY - Instructor: Marc Tetel, 4 Wednesdays
WRITING: A PLEASURABLE PASTIME - Irene Hannigan, 5 Thursdays
HAMLET: MADNESS, MURDER, REVENGE AND GHOSTS - Elizabeth Kenney, 6 Wednesdays
OLDER? WISER? - Instructor: Larry Prusak, 3 Wednesdays
MUSICAL TRIO: BRAHMS, WIECK, AND SHUMANN - Instructor: Dotty Burstein, 4 Tuesdays

**Course details and registration information available this fall in the Sage and online at https://friendsofthecoa.org**

EVENTS FOR ADULTS AT CARY MEMORIAL LIBRARY

Third Annual Trivia Night, Thursday, July 18 at 7 p.m.

The first moon landing took place 50 years ago, in July 1969. Join us for a fun night of trivia celebrating that anniversary and other cultural and historical aspects of that year! Our third annual Trivia Night will take place in the Living Room on Thursday, July 18 at 7 p.m. Bring your own team (up to 6 people) or join one when you arrive.

No registration required.

Find more summer activities at the library at https://www.carylibrary.org/calendar/program-calendar. Subscribe to our monthly (email) newsletter for more program listings; scroll to the bottom of the library’s website at www.carylibrary.org to sign up.

The Friends of Cary Memorial Library is seeking a Volunteers Co-Chair to work with volunteers who sort donations, stock our book store and support our semi-annual book sales. Join a friendly, informal group and make a difference in your community! Contact us at carylibrary.friends@gmail.com or leave a message at (781) 862-6288 ext. 84408.
Lexington Human/Senior Services
Lexington Community Center
39 Marrett Road
Lexington, MA 02421

Deliver to Current Resident

Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.

Lex Café - 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.

Lunch with Town Manager – James Malloy- Wednesday, July 3rd and August 7th from Noon - 1:00 p.m.

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 July 2nd begins June 24 and ends June 28 at 10 a.m. Sign-up for August 6th begins July 29 and ends August 2 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 * Diana Bishop * Suzanne Caton * Dan Fenn * Peter Holland * 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 * Jyotsna Kakullavarapu * Rich McDonough
*Sandra Shaw * Bonnie Teitleman, Secretary *John Zhao

The COA Board meets monthly at the Community Center. The next meeting is August 7th from 2:30- 4:00 pm. 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.

Fix-It-Shop
Open Tuesday, Wednesday & Thursday
9:00 a.m. - 11:45 a.m.
Customers may drop off up to two items at a time.
We are currently looking for a Clock Repair Technician and people with electronic and mechanical repair experience.

Windowpane Shop Summer Hours
Monday, 9:30 a.m. - 2:00 p.m.
Tuesday, Wednesday & Thursday, 10:00 a.m.- 2:00 pm. Closed Fridays
Donations accepted on Mondays only.