The Friends of the Lexington Council on Aging are happy to sponsor this fifth edition of Lexington Lifetimes: A CREATIVE ARTS JOURNAL. This bi-annual publication, which showcases the creative talents of seniors who live or work in Lexington, was started in 2017 based on a Bright Ideas grant proposal. The Journal is overseen by a volunteer editorial board which sets the criteria for submission and selects entries for inclusion. Distribution is primarily electronic with a limited number of printed copies available. Copies can be found at Cary Library or at the Lexington Community Center.

If you are interested in having your creative work considered for future edition, the deadline for the summer 2020 edition is April 3. Check the Friends’ website www.friendsofthecoa.org for submission guidelines.

**Lexington Senior Services Respite Program for Caregivers (Pilot)**
Self-care is crucial to the longevity of a caregiver who is caring for a loved one. The Senior Services Pilot Respite Program is a financial respite program to assist Lexington caregivers find temporary relief from the continuous support and care of an adult who is elderly or disabled and dependent on others for care. This pilot program is designed for caregivers who would not be able to afford respite services. Services available are: companionship, meal preparation, light housekeeping, personal hygiene tasks and Adult Day Health. Appropriate service options depend on the needs of each situation. This program is intended to help caregivers develop opportunities for self-care by providing short-term financial assistance for respite services. Self-care activities may include, but are not limited to: taking a class, attending a support group, running errands, visiting with a friend, going out to dinner. Funds are limited as this is a grant-based subsidy thanks to the generous funding by the Dana Home Foundation.

In order to be eligible you must be a Lexington Resident, a senior or caring for a senior, caring for someone or be in need of self-care, income limits also apply.

Once a caregiver identifies a self-care opportunity of interest, he/she must meet with a department social worker to conduct a needs and financial assessment and submit any relevant documentation to show eligibility. The situation is then reviewed and an eligibility determination is made by the Human Services Team.

**Please call Hemali Shah at 781-698-4842 for more information or to set-up an appointment.**
Hemali’s Highlights: Assistant Director’s Report

Hello and welcome to spring, or almost spring!
The Department of Human Services recently released the final report *Lexington for All Ages: A Community Needs Assessment*, which shares key findings related to living and aging in Lexington.

The report comes after months of research and gathering of community input to assess the needs of aging residents in Lexington to learn what we are doing well and where we, as a Town, need to focus energy and resources to make Lexington more livable for all ages. The assessment was facilitated by the expert team at the Center for Social and Demographic Research on Aging, a research unit within the University of Massachusetts Boston Gerontology Institute.

Findings and priorities from this assessment include the following areas: Housing, Transportation, Outdoor spaces and buildings, Community and health services, Social participation, Civic engagement and employment, Communication and information, Inclusion and respect.

Moving forward, Town staff will review the report with stakeholders, the Board of Selectmen, the Town Manager, and other groups looking at similar areas relating to livability in Lexington. Learn more at [https://www.lexingtonma.gov/human-services](https://www.lexingtonma.gov/human-services) or call 781-698-4840.

Until next time,
Hemali

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

Sign-up begins February 12 for residents and February 19 for non-residents at 8:00 a.m.
Sign-up in person (when there is a fee) or by phone at 781-698-4840 or 781-698-4870.

**The Estate Planning Process with Dale Tamburro**
**Thursday, March 5, 1:00 - 2:00 p.m.**
There may come a time when you or a loved one become disabled or die, it is important to be prepared. There are many steps families can take to avoid future conflicts or uncertainties. (45 min. individual appt. starting at 9:30 a.m.)

**Expressive Art Therapy - Dream Catchers**
**Monday, March 9, 10:00 - 11:45 a.m.**
Create your own dream catcher and learn about the history and legends tied to this sacred hoop.

**Library Resources**
**Tuesday, March 17, 1:00 - 2:00 p.m.**
Join Cary's Librarian, Christine Muir, for an introduction to Libby, Hoopla, and Acorn TV. If you want to install these apps, bring your Apple or Android device, username and password, and your library card and PIN.

**St. Patrick’s Day Lunch - $5**
**Tuesday, March 17, Noon - 1:00 p.m.**
Enjoy a traditional lunch of corned beef & cabbage, dessert and beverage. Catered by Whitson’s.

**Eighty Somethings by Katharine Esty, PhD**
**Tuesday, March 24, 10:30 - 11:30 a.m.**
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.

**Long Term Care Insurance -101**
**Wednesday, March 25, 1:00 - 2:00 p.m.**
Examine how a modern Long-Term Care Insurance Policy works. Learn how benefits are paid, how health affects eligibility, and who the major Insurers are.

**Asset Protection, MassHealth and Irrevocable Trusts**
**Thursday, April 2, 1:00 - 2:00 p.m.**
Join Dale Tamburro and learn about taking control of your future. (45 min. individual appt. starting at 9:30 a.m.)

**Expressive Art Therapy - Mandala Workshop**
**Monday, April 6, 10:00 - 11:45 a.m.**
Continue our journey with dot mandalas. This time create dot mandalas on smooth stones.

**Real ID**
**Thursday, April 9, 10:00 - 11:00 a.m.**
Starting October 1, 2020, drivers' licenses and state IDs that are not REAL ID compliant will not be accepted as identification by federal authorities.

**Economic & Finance**
**Why Money Markets are Different**
**Thursday, April 16, 1:00 - 2:30 p.m.**
Bengt Holmstrom, M.I.T. Nobel Laureate Economist will focus on money markets and why they are vulnerable to periodic crisis; with new insights on transparency, capital buffers and regulatory issues leading to a global shortage of safe assets that underlies the persistently low interest rates.

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

Plan, Prepare and Protect Series by Maplewood & Visiting Nurse & Community Care
Attendance is not required at all sessions.

Protect Your Asset and Prepare for the Future
Wednesday, April 1, 1:00 - 2:00 p.m.
Tom Alessi, Investment Advisor Rep.
Is your expectation to remain in your home? Is down-sizing or transitioning a better option for you? Do you have a plan if this becomes a burden? Home care vs. Assisted Living?

3 Keys to Rightsizing Your Next Move
Wednesday, April 8, 1:00 - 2:00 p.m.
Daryl G. Lippman, GRI, CBR, SRES
Many people in the 50+ population find themselves in transition with their living space and are unprepared for knowing how to deal with it. This presentation provides attendees an opportunity to be more prepared to make their next real estate move.

Navigating Home Care
Wednesday, April 15, 1:00 - 2:00 p.m.
Presentation will touch upon quality home-care services available including; home health and private pay home care, as well as, the potential cost and options to cover payment.

Where You Live Matters
Wednesday, April 22, 1:00 - 2:00 p.m.
Debbie Tisher, RN, Director of Business Development.
Many options are available for long-term senior housing and retirement communities, and choosing the right one may seem an overwhelming decision. The first step is understanding what types of senior living may be available.

Musical Baseball Show & Lunch
Tuesday, April 14, Noon - 2:00 p.m.
Join us for traditional ballpark fare, hotdog, peanuts, popcorn and more. After lunch enjoy a musical baseball show with local singer-guitarist Howie Newman. Howie, a former sportswriter who covered the Red Sox for many years, will sing baseball songs, offer up baseball trivia, talk about his days on the Bosox beat and hold a free raffle for his two baseball CDs. He has remained an avid fan, having visited 94 major and minor league ballparks. For more information about Howie Newman and his baseball music, visit www.howie Newman.com/baseball-songs.
Lunch is sponsored by the Lexington Rotary Club. Interested in membership, visit www.lexingtonrotary.org.

Trips

Newport Playhouse & Cabaret Restaurant, "Greater Tuna"
Thursday, March 26; $99 (residents) $109 (NR)
After experiencing Newport’s beautiful Ocean Drive, you’re off to the Newport Playhouse and Cabaret Restaurant. Here you will enjoy a great buffet, wonderful play and a fun filled cabaret performance. After lunch take in the performance of "Greater Tuna". Greater Tuna is the hilarious comedy about Texas’ third smallest town, where the Lion’s Club is too liberal and Patsy Cline never dies. The eclectic band of citizens that make up this town are portrayed by Playhouse regulars Rick Bagley and W. Richard Johnson, making this satire on life in rural America even more delightful as they depict all of the inhabitants of Tuna, Texas - men, women, children and animals. After the show its back to your original table where the dining room is transformed into a captivating Cabaret.
Depart: 9:00 a.m. (St Brigid’s Church) Return: 6:00 p.m.

Grand Amish Showtime
April 27 - 29
If a person cancels less than 30 days out a $50 cancellation fee is applied.
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 Pennsylvanian 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 point out all the historical sights.
Depart: 7:00 a.m. (St. Brigid’s Church) Return: 7:00 p.m.

Sign up for trips as soon as you receive your newsletter. Payment (cash/check) required at sign-up. 10 business days notice to be eligible for a refund.
Free Drop-In Programs

Discussion Groups:
Money Matters:
Tuesdays, March 10 & 24 & April 7 & 21, 9:45 a.m.

World Affairs:
Tuesdays, March 3 - April 28, 1:15 p.m.

Indian Seniors of Lexington Group:
Tuesdays, March 3 - April 28, 10:00 a.m.

Computer & Technology Group:
Wednesdays, March 4 - April 29, 10:00 a.m.

Deep Thoughts Discussion:
Wednesdays, March 11 & April 8, 6:45 p.m.

March 11 - What is your ideal life?
April 8 - Money, taxes and investing

Current Events:
Fridays, March 6 - April 24, 1:15 p.m.

Support/Education:
Parkinson's Support Group:
Tuesdays, March 24 & April 28, 1:00 p.m.

Caregivers Support Group:
Tuesdays, March 3 & April 7, 5:30 p.m.

Memory Cafe:
Wednesdays, March 18 & April 15, 9:30 a.m.

Alzheimer's Caregiver Group:
Thursdays, March 5 & April 16, 1:00 p.m.

Low Vision Group (at Brookhaven Auditorium):
Thursdays, March 26 & April 30, 11:00 a.m.

Intuitive Eating Support Group:
Fridays, March 13 & April 17, 11:00 a.m.

Technology Programs and Presentations

Drop-In Technology
Tuesday, March 3, 3:30 - 4:30 p.m.
Tuesday, April 14, 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
Tuesday, March 10, 11:00 a.m. - noon

Messaging Apps
Tuesday, April 7, 3:30 - 4:30 p.m.

Presentations require sign-up at 781-698-4840.

Movies - Tuesdays at 1:15 p.m.
Harriet - March 10
Drama, Period Pieces, PG-13 (125 min.)
Once Upon a Time in Hollywood - March 24
Showbiz Drama, R (161 min.)
Judy - April 7
Musicals, Biographies, PG-13 (118 min.)
Maiden - April 21
Sports, Documentaries, PG-13 (97 min.)

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

Translation Services:
Thursday, March 19
Human services staff and a Mandarin speaking translator from CAAL will be available to provide translation to help with social services, educate about resources and program eligibility.

Countryside Village: 2:45 – 3:15 p.m.
Vynebrooke Village: 3:30 – 4:00 p.m.
Greeley Village: 4:15 – 4:45 p.m.

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, and fans? Try the Fix-It Shop!
Tuesday-Thursday,
9:00 a.m. - 11:45 a.m.
Reach the Fix-It Shop at 781-698-4866

Volunteer Opportunities Available
Are you looking for a way to help out the community? Consider volunteering your time at the Lexington Community Center!

Currently we are looking for help with front desk duties, but there are other various positions throughout the Community Center available for the right candidate!

For more information and to fill out an application, contact Paula at 781-698-4840.
Health and Wellness

Blood Pressure Clinics - Community Center
Thursday, March 5 & April 2, 10:00-11:00 a.m.

Blood Pressure Clinics - Villages
Thursday, March 19 & April 16
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, March 12 & 26, April 9 & 23, 9:30 a.m. - Noon
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.

Nutrition Talks
(Sign-up at 781-698-4840)

Food and Drug Interactions
Friday, March 20, 11:00 a.m. - Noon
Learn about the most common food and drug interactions. We will review which food and/or drinks should be avoided with certain prescription medications.

Boost Your Brain Health by Eating Well - Concord Park
Friday, April 3, 10:00 - 11:00 a.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!

Brain Healthy Cooking Demo - Concord Park
Friday, April 24, 10:00 11:00 a.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!

Intuitive Eating Class (10 week class) - $15 fee for book
Fridays, March 6 - May 8, 1:00 - 2:00 p.m.
Intuitive Eating is a non-diet approach to improve your relationship with food. Class size is limited to 12.
Please sign up by February 28.

One-On-One Appointments: Call 781-698-4840
Meet with Barbara Collins, Registered Dietitian Nutritionist, on Fridays for in-person or phone consultations. Programs made possible by a grant from the Dana Home Foundation.

Parkinson's Tai Chi
March 23 - May 18, 2:00-3:00 p.m. (no class 4/20)
A specialized Tai Chi class adapted for people with Parkinson's, 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
March 18 & April 15, 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.

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

Caregiver Support Group
Date: March 3 & April 7, 5:30 - 6:30 p.m.
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.
For more information or to sign up (first time only)
please contact Sharon Gunda at 781-698-4851

Addressing Hearing Loss and Hearing Aid Care
Thursday, April 9, 2:00 - 3:30 p.m.
Join us for an informative presentation detailing the signs of hearing loss, health and safety issues from untreated loss, helping loved ones accept their loss, and proper hearing aid care for wearers and caregivers.

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. Shine Counselors are available for appointments Monday, Wednesday and Fridays. To make an appointment with a SHINE Counselor, call Human Services at 781-698-4840.
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**Key Code:**
- *Registration Req.
- $ Fee for program
Transportation

March 18 is Transit Driver Appreciation Day!
Feel free to say thanks for those that help you stay mobile!

Senior Charlie Card Sign-Ups:
March 19 & April 16, 9:00 a.m. - Noon
A Senior CharlieCard offers half-priced MBTA fares for seniors age 65+, valid on all MBTA buses, subways, commuter rail and ferries! Applications will be offered at the Community Center only at the noted dates/times above. To apply, bring a current, government-issued ID to the counter at the Community Center and request an application. Your photo will be taken. This event is for initial sign-ups. If you have an expired Senior CharlieCard, call 617-222-3200 to renew.

Transit Info Sessions
Thursday, March 12, 2:00 - 3:00 p.m. - Community Center
Thursday, April 16, 5:00 - 6:00 p.m. at Cary Library, Large Meeting Room
Registration: Free, but call 781-698-4820 to reserve a seat!
Come to one of these brief sessions to gain familiarity with: MBTA, Lexpress, REV Alewife Shuttle, and what options exist for people who need more curb-to-curb or door-to-door transportation. We will discuss transit apps, bus bike racks, planning trips, accessibility, and more. Open to all ages.

Ride Lexpress to these Popular Destinations
Lexington Community Center, Greeley Village, Countryside Village, Vynebrooke Village, Cary Library, Post Office, Town Offices, Lexington Center, Burlington Mall, H-Mart, Barnes&Noble, Wilson Farm, Avalon Lexington Hills, Avalon Lexington Ridge, Brookhaven, Wagon Wheel, 57 Bedford St, StopNShop, Lahey Lexington (and connecting services to Lahey Burlington at Burlington Mall), schools and many conservation areas that are great for nature walks!
More info at www.lexpress.us Not sure how to ride? Call 781-698-4820 with questions or attend a Transit Info Session.

Do you drive? Become a FISH volunteer! Great way to meet and assist your Lexington neighbors!
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 Lexington residents. Call 781-861-9300 to secure a ride or to volunteer as a driver! www.fishlex.org

Need Door-to-Door Service? Try THE RIDE. Call 617-337-2727 to schedule an eligibility interview. The Ride operates every day 5:00 - 1:00 a.m. with service to 58 cities/towns. www.mbta.com/theride

Lex-Connect Taxi Program - A few reminders...
Call Checker Cab one day before your trip: 781-935-1121. Vouchers valid: 9:00 a.m.-5:00 p.m. Monday-Friday and 8:00 a.m.-8:00 p.m. Saturday/Sunday.

Questions about Transportation? Call 781-698-4840

Veterans

Calling all World War II Veterans!
This 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 to share, please join us for a meeting at the Community Center on March 11 from 4:00 - 6:00 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

Wartime Lessons that Have Informed Civilian Medicine, Monday, March 9, 1:15 p.m.
Dr. Michael Rosenblatt, Chief Medical Officer, Lahey Hospital, Burlington. Many of the lifesaving medical advances commonly used today came about from treating battlefield casualties.

We Stood Our Ground, Monday, April 13, 1:15 p.m.
Alex Cain, author, historian, educator, and member of the Lexington Minute Men. The story of Lexington's transformation from a peaceful farming town to a hotbed of political ferment during the 1760's and 1770's.

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.
Important Reminder Regarding Electricity Providers in Lexington

If someone calls or comes to your door and wants to talk about your electricity bill, they do not represent the Town of Lexington or Eversource.

Neither Lexington's Community Choice program, nor Eversource, will ever call you or come to your door. Lexington has an exclusive contract with Constellation New Energy to supply electricity to the Town, and Constellation will not call you or come to your door.

If someone does call or come to your door, protect your Eversource account number. Treat it like a credit card number. Remember, if anyone you don’t know asks to see a copy of your electricity bill, you do not need to provide it.

You have the right to choose your own electricity supplier. If you choose to sign a contract with an electricity supplier, the Town recommends that you watch for:

- A low introductory price that later rises.
- Contracts that commit you to a certain period of time and charge an early termination fee.
- Claims that another program offers the same renewable energy as Lexington's Community Choice program. The 100% Green option in Lexington's program offers 100% renewable energy and as part of that includes an additional 5% from renewable energy projects over and above the state required minimum.

Lexington's Community Choice program offers a long-term price that will not change until December 2020 and the right to leave without penalty.

For more information about Lexington’s Community Choice program, visit masspowerchoice.com/lexington.

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Help Preparing Your Income Taxes

**Lexington Tax-Aide Program**
Sponsored by AARP/IRS

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, call 781-698-4855.**

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Loss of Spouse/ Partner

**Wednesdays, April 1 - May 6, 1:00 - 2:30 p.m.**

Lexington Council on Aging, 39 Marrett Rd, Lexington

Care Dimensions will be offering a Loss of Spouse/Partner bereavement support group. It will be a safe space to process your grief, learn coping techniques, and make connections with others who are on a similar grief journey. This group will be held for 6 weeks.

**Space is limited so pre-registration is required by March 25. RSVP to Laurel Mauroy at 781-373-6530 or email grief@CareDimensions.org**

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**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 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 to inquire about the program.

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**Lexington Helps Seniors Defer Property Taxes**

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 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 in the Town Office Building and at the Community Center, or may be downloaded at www.LexingtonMA.gov/TaxRelief
Recreation & Community Programs

Pine Meadows Golf Club Opportunities:
Exiting seasonal and part-time employment opportunities are now available at Lexington's Pine Meadows Golf Club for the 2020 season.

Pine Meadows Golf Club is looking for individuals with personality and customer service skills for the Pro Shop and Starter/Ranger positions. Positions in Course Maintenance are also available.

All positions provide golf benefits. For more information please contact: John Allen, GM, Pine Meadows Golf Club, New England Golf Corporation, cell: 617-538-1082, e-mail: ja4neg@verizon.net

Pool Passes will go on sale starting Monday, March 2.

Summer Season Dates:
Preseason: May 30 - June 28
Regular Season: June 29 – August 23
Post Season: August 24 – September 7

Resident Rates: Non Resident Rates:
Family pass - $240 Family Pass - $395
Individual pass - $80 Individual Pass - $160
Seniors - $60

Natural Support for Muscle Aches
Learn to create your own essential oil blends that can be safely applied to the skin.

Fee: Age: Date: Time: Location:
$35 18+ March 9 6:00-8:30 p.m. CC Room

Creating Hand Sanitizers with Essential Oils
Create your own, alcohol-free, hand sanitizer using all natural ingredients and essential oils.

Fee: Age: Date: Time: Location:
$35 18+ April 16 6:00-8:30 p.m. CC Room

Egg Hunt
Fee: Age: Date: Time: Location:
$5 2+ April 4 1:00-3:00 p.m. CC Room

Events for Adults at Cary Memorial Library

 Crafting Cards, Wednesday, March 4 and April 8 at 1 pm Registration required.
 Trade Your Clutter for Cash: Leveraging the Power of Online Yard Sales, Thursday, March 5 at 7 pm.
 Writers’ Group, Saturdays, March 7 and April 4 at 9 am
 Women in World Jazz, Saturday, March 7 at 2 pm
 Movies at Cary, Sundays, March 8 and April 19 at 2 pm
 Meet the Author: Serena Zabin (250th anniversary of the Boston Massacre), Tuesday, March 10 at 7pm
 Nature Photography with Dave Ewing, Saturdays, March 14 & 28 and April 11 & 25 at 10 am (locations will vary)
 Someone Must Wash the Dishes, March 23 at 7 pm
 A Tale of Two Sisters: Virginia Woolf and Vanessa Bell Tuesday, March 31 at 7 pm
 Poetry Series, Thursday, April 9 at 7 pm
 Drop-in Knitting Group, Wednesdays at 6:30 pm
 Book Clubs, check our website for book club dates and titles.

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

Upcoming 2020 Census
The country conducts census every 10 years and the results are used for a variety of reasons. The data helps with the distribution of more than $675 billion in federal funds and grants that help to supports states, counties and communities. The money is spent on schools, hospitals, roads and public works. Most important, the data collected for Lexington residents over the age of 60 determine how much money the Human Services Department receives to spend on staff, programs, The Sage, volunteer appreciation and many other services.

If you are interested in finding out more on how the census works, and when to expect it check out the following link: https://tinyurl.com/vhx4pmb

2020 Minuteman Cane Award
Nominees are currently being sought for the Minuteman Cane Award. Do you know a person who is at least 80 years of age, a 15 year resident of Lexington, actively involved in the community and an inspiration to others (while exhibiting a creative approach to life through a choice of a second career, a hobby or volunteerism)?

If so, consider nominating them for this award. Nomination forms are available at the Community Center, the Town Clerk’s Office in Town Hall and in Lexington Center at Michelson's Shoe Store, Theatre Pharmacy, Wales Copy Center, and Cary Library. The form is also available on the Town website at: www.LexingtonMa.gov. This outstanding award is presented on Patriots’ Day after the parade during the ceremonies on the Battle Green.

Completed forms should be submitted to Minuteman Cane Committee, c/o Lexington Community Center, 39 Marrett Road, Lexington, MA 02421 by Noon, Thursday, March 26, 2020.

For more information contact the Minuteman Cane Committee by calling Marie Hill at 781-760-9148.
Climate Change and Energy Evolution: Will Team Humanity Step Up to Save the Planet?
5 Wednesdays, from 9:30 - 11:30 a.m., 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 p.m., 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 a.m. - Noon, 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. A copy of Emily Wilson’s translation of Homer’s Odyssey is included ($35). Instructor: Cammy Thomas

Looking for Life in All the Right Places!
4 Thursdays, from 2:00 - 3:30 p.m., 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

Virginia Woolf: Novelist, publisher, madwoman? Does she still speak to us today?
5 Fridays, from 10:30 a.m. - Noon, beginning March 13
We’ll discuss Woolf’s influence on the 1960’s feminist movement and the relationship between her writing and her bipolar disease. She used writing to manage the tangled web of family relationships. Participants are encouraged to read Woolf’s essay, “A Room of One’s Own” and one novel -- Mrs. Dalloway, To the Lighthouse, and Orlando. Instructor: Gillian Gill

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. Mail-in and online registration begins February 14. Non-resident registration begins on February 21.

Credit card registration: 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 owl.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: ____________________________
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.

Lunch with Town Manager - James Malloy, Wednesday, March 4 and April 1 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 March 3 begins February 24 and ends February 28 at 10 a.m. Sign-up for April 7 begins March 30 and ends April 3 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 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 March 4 & April 1 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.

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<thead>
<tr>
<th>Selectman</th>
<th>Day/Time</th>
<th>Location</th>
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<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>
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<tr>
<td>Jill L, 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>Suzanne E. Barry</td>
<td>By appointment</td>
<td>Selectmen's Office, Town Office Bldg.</td>
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<tr>
<td>Mark Sandeen</td>
<td>By appointment</td>
<td>Selectmen's Office, Town Office Bldg.</td>
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