



THE SAGE

May/June 2018

Connecting Lexington residents age 60+ to information, programs, and services.

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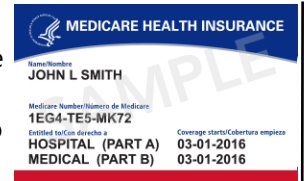
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TRANSPORTATION
781-861-1210

HOME DELIVERED MEALS
888-222-6171

New Medicare Cards Are Coming!

Those living in New England should start to see new Medicare cards being mailed out starting in June. Medicare wants you to be ready and has shared with us information about what to expect. Here are 10 things to know about the new cards:



- ◆ **Mailing takes time:** Your card may arrive at a different time than your friend's or neighbor's.
- ◆ **Destroy your old Medicare card:** Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
- ◆ **Guard your card:** Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
- ◆ **Your Medicare Number is unique:** Your card has a new number instead of your Social Security Number. This new number is unique to you.
- ◆ **Your new card is paper:** Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if you need one!
- ◆ **Keep your new card with you:** Carry your new card and show it to your health care providers when you need care.
- ◆ **Your doctor knows it's coming:** Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.
- ◆ **You can find your number:** If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.
- ◆ **Keep your Medicare Advantage Card:** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare – you should still keep and use it whenever you need care. You may be asked to show your new Medicare card, so you should carry this card too.
- ◆ **Help is available:** If you don't get your new Medicare card by April 2019, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

Calling All Caregivers

Caregiving can be demanding, both physically and emotionally. You need to take care of yourself in order to provide the best care to your loved one. We value you and the work you do. If you have not heard, we are offering another caregiver support group that focuses on general caregiving topics. Please see more information on page 5.

Contact Hemali Shah for more information at 781-698-4844.

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Melissa's Minute: Assistant Director's Report

We are pleased to welcome **Heather DeRose** to the Human Services Department. Heather is the new Volunteer Coordinator. She will work closely with the Human and Senior Services team to shake up our volunteer program and add more intergenerational programming. Be sure to look out for her high energy personality as you roam the Community Center. You can reach her on Mondays and Wednesdays at the Center at 781-698-4889 or hderose@lexingtonma.gov



We do more with volunteers! Without the generous donation of time and energy from our volunteers, we wouldn't be able to provide nearly as much to Lexington residents. We always have a variety of volunteer opportunities available to people of all ages at the Community Center. With volunteers we can offer more programs, provide better customer service, and develop new ideas for offerings! Have you thought of an idea for a program you'd like to see? Perhaps you could assist in getting that off the ground! Do you have a forte with things like technology and data organization, and a willingness to donate some time? Come meet with us! Would you like to visit a homebound senior to provide friendly conversation and brighten someone's day? We'd love to hear from you! You can always call, email, or stop by if you'd like to learn more.

Until next time...

Melissa

Sign Up Programs at the Community Center

Sign up begins April 11th for residents and April 25th for non-residents.

Sign up in person or by phone at 781-698-4840 or 781-698-4870 starting at 8:30 a.m.

Identity Theft & Fraud Prevention

Wednesday, May 9th, 1:00 p.m.

Join Robin Putnam, Research and Special Projects Mgr. from the Office of Consumer Affairs and Business Regulation, for a presentation on how to spot and avoid scams, and how to prevent identity theft.



Bone Health – Osteoporosis

Thursday, May 10th, 10:00 a.m.

Join Dinesh Patel, MD Orthopedic Surgeon from MGH for a short discussion on bone health and osteoporosis, its history and how to prevent and manage the disease.

May Brunch (\$5 at sign-up)

Tuesday, May 15th, 10:00 a.m.

Join us for a delicious breakfast of french toast, bacon, tater tots and fresh fruit.

Catered by Whitson's.

Lizzie Borden and the 40 Whacks

Thursday, May 17th, 4:00 p.m.

Delvena Theatre Company presents this live, interactive performance depicting Massachusetts history.



Downsizing Seminar

Tuesday, May 22nd, 11:00 a.m.

Thinking of making a move or downsizing?

Learn how to qualify for Affordable Housing and the different housing options available in Lexington.



Chinese Cooking (\$5 at sign-up)

Thursday, June 7th, 11:00 a.m.

Join Roberta Hing for a traditional Chinese cooking experience. Learn how to make scallion pancakes, millionaire's chicken, and stir-fried pea pods and mushrooms. Enjoy your creations after!

Pizza Lunch (\$5 at sign-up)

Thursday, June 21st, 12 Noon

Join us for pizza, salad and rolls from Bertucci's of Lexington.



Garden Party (\$20 at sign up)

Friday, June 29th, 5:00 p.m.

Come enjoy a beautiful evening with live music, delicious appetizers, wine, raffles and a silent auction. More information to come.

Save the Date

Sign-up Programs (cont.)

Step In Time Dance -\$15 at sign-up

Tuesdays, June 12th, 19th, 26th

10:30 – 11:30 a.m.



This 3 week course, hosted by Dance Instructor J Michael Winward will provide an introduction to ballroom dancing, including Foxtrot, Waltz, Cha Cha, Rumba, and Swing. We will cover up to three basic steps in three of these styles during each class. No prior experience or partner necessary!

Economic and Finance Series

Quarterly Market Update

Thursday, May 10th, 2:00 p.m.



Kevin O'Hare will present the Quarterly Market Update of Fidelity's Asset Allocation Research as part of Lexington's monthly Economics and Finance Lecture Series. The analysis encompasses a market summary, macro backdrop, U.S. & International equity markets, Global assets, fixed income markets, and asset allocation themes. Understanding the big picture helps us frame our individual strategies.

Call 781-698-4840 or 4870 to sign-up.

Economic Inequality

Thursday, June 7th, 1:00 p.m.

Professor Peter Enrich of Northeastern University will speak on *Economic Inequality* as part of Lexington's monthly Economics and Finance Lecture Series. Anyone familiar with the work of renowned French Economist, Thomas Piketty, *Capital in the 21st Century*, will find this presentation timely. As the world, and now our own government, marches resolutely toward inequality, Professor Enrich will help us understand the ramifications for you and me with its impact on our everyday society.

Call 781-698-4840 or 4870 to sign-up.

Upcoming Trips

Newport Playhouse

Remember Me

Wednesday, May 23rd

\$79 (residents) \$89 (NR)



After experiencing Newport's beautiful Ocean Drive, you're off to the Newport Playhouse and Cabaret Restaurant. Here you'll enjoy a great buffet, a wonderful play and a fun filled Cabaret performance.

Depart 9:00 a.m. (39 Marrett Rd.) Return 6:00 p.m.

Authentic Maine Lobsterbake

Wednesday, June 13th \$74 (residents) \$84 (NR)

Visit scenic Nubble Light and York Village, where you will have time to browse through the many boutiques or stroll along Ocean Drive. Then be ready to feast on plenty of delicious food at Fosters. After departing, you'll stop at Stonewall Kitchen, then to Yummies's Candies.



Depart 9:00 a.m. (39 Marrett Rd.) Return 5:30 p.m.

Quebec City Spectacular (Passport required)

June 21-24, 2018

Tour Includes

- ◆ Luxury Plaza Quebec Hotel
- ◆ Six Meals (3 Breakfasts & 3 Dinners)
- ◆ Tours of Quebec City & Ste. Anne de Beupre
- ◆ Admission to all listed attractions
- ◆ Luxury Silver Fox Motor Coach



Tour Cost: \$649.00 P.P. Double, \$639.00 P.P. Triple, \$789.00 Single (Lexington Residents)
\$659.00 P.P. Double, \$649.00 P.P. Triple, \$799.00 Single (Non Lexington Residents)

For more detailed information please pick up a flyer at the Community Center.

Trip Policy/Sign Up:

Payment (cash/check) is required at sign-up. You may sign up as soon as you receive your newsletter. Itinerary subject to change upon discretion of the tour guide.

Refunds:

Participants who withdraw from a trip 10 business days prior to the trip will be eligible for a refund.

Free Drop-In Programs

Discussion Groups:

Money Matters

Tuesdays 9:30 a.m. May 1 - June 26

World Affairs

Tuesdays 1:15 p.m. May 1 - June 26

Indian Seniors of Lexington Group

Tuesdays 10:30 a.m. May 1 - June 26

Current Events

Fridays 1:15 p.m. May 4 - June 29

Financial Planning Group

Thursdays 9:30 a.m. May 24 & June 28

Games/Activities:

Stretch & Bend

Mon-Fri 9:00 - 9:30 a.m. May 1 - June 29

Watercolor

Tuesdays 10 a.m. - 12 p.m. May 1 - June 26

Bridge

Wednesdays 1:00 - 3:00 p.m. May 2 - June 27

Board Games

Thursday 1:00 - 3:00 p.m. May 3 - June 28

Mah Jongg

Mondays 11:00a.m. - 1:00 p.m. May 7 - June 25

Support/Education:

English as Second Language (ESL)

Mondays 1:45 p.m. (see calendar for dates)

General Caregivers Group

Tuesdays 11:30a.m. - 12:30 p.m. May 1 & June 5

Disabilities Options Counseling

Wednesdays 10:30 -11:30 a.m. May 9 & June 13

Parkinson's Support Group

Tuesdays 1:00 p.m. May 22 & June 26

Alzheimer Caregiver Group

Thursdays 1:00 p.m. May 3 & June 7

Low Vision Group (at Brookhaven)

Meeting is held at the Clubroom. Park in visitor parking area.

Thursdays 11:00 a.m. May 31 & June 28

Computer & Technology Topics

Computer & Technology Group (no sign up needed)

Wednesdays May 2 - June 27 10:00 a.m.

Drop-In Technology Help (no sign up needed)

Wednesdays May 9 & June 13 3:30 - 4:30 p.m.

Professional Services

Blood Pressure Clinics at the Community Center

Thursdays 10:00 - 11:00 a.m.

May 3rd & June 7th

Blood Pressure Clinics at the Villages

Thursday, May 17th & June 21st

Countryside Village - 10:00 - 10:30 a.m.

Greeley Village - 10:45 - 11:15 a.m.

Vynebrooke Village - 11:30 a.m - 12:00 noon

Podiatry Clinic

Thursdays, May 10th & 17th, June 14th & 21st

9:30 a.m. - Noon. Sign up at 781-698-4840 starting April 11th for residents

Dr. Edgar Mullin, Jr., D.P.M., provides 10 minute appointments for trimming and filing ONLY. \$30 cash or check payable to the doctor. If you need to cancel your visit, please give 24 hours notice so we can fill the time slot.

SHINE Health Insurance Counseling

Counselors are available to help you with your health insurance. Call 781-698-4840 to make an appointment. SHINE counselors are provided by Minuteman Senior Services and available by appointment only.

Senior Health Outreach Program

Available to seniors who are homebound 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 if needed.

For more information call Melissa Interest at 781-698-4842.

Office Hours with Hemali Shah, Senior Svc. Coordinator

Monday, May 7th 10:00 - 11:00 a.m.

Movies - Tuesdays at 1:15 p.m.

Three Billboards Outside Ebbing - May 8th

Drama, Dark Humor R (115 min.)

Wonder - May 22nd

Drama - Based on Book, PG-13 (111 min.)

The Big Sick - June 5th

Romantic Comedy, Medical Drama, R (119 min.)

Murder on the Orient Express - June 19th

Crime Thriller, Crime Drama, PG-13 (114 min.)

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



Living Well

A Matter of Balance Fall Prevention Workshop

Mondays, May 7- July 2, 1:00-3:00 p.m.
(no class on 5/28)

Are you concerned about falls? Have you fallen in the past? Are you interested in improving balance, strength and flexibility? *This is the class for you!*

A Matter of Balance is a proven, award-winning fall prevention program designed for adults. This program focuses on useful strategies to manage falls. This Healthy Living program is offered by Minuteman Senior Services, and made possible through generous support from the Dana Home Foundation, the Cummings Foundation, and the Town of Lexington Human Services Department.

Participants will learn to:

- ◆ View falls as controllable
- ◆ Set goals for increasing activity
- ◆ Make changes to lessen the risk of falls at home
- ◆ Exercise to increase strength and balance
- ◆ Get up after a fall

Sign Up with Hemali Shah at 781-698-4844.
Sign up early as space is limited!

Nutrition Talks

(Sign up at 781-698-4840)



Market Basket Grocery Tour

Tuesday, May 8th, 9:30-11:30 a.m.

Join Barbara Collins, RDN,LDN for a supermarket tour at Market Basket in Burlington. We will look at food labels and talk about healthy food choices while we tour the supermarket. We will depart from the Community Center on a rented bus for the whole group to travel together.

Malnutrition in the Older Adult

Friday, June 15th, 11:00 a.m.

Come learn about the risk factors for developing malnutrition and learn nutrition tips for prevention and/or treatment of malnutrition.

One-On-One Appointments

Meet one-on-one with Barbara Collins, Registered Dietitian Nutritionist, to discuss your personal nutrition concerns, a free service available to Lexington Seniors. Barbara is available on Fridays for in-person or phone consultations.

Call 781-698-4840 to schedule an appointment.

Caregiver Support Group

Caring for a loved one with a chronic illness? Feeling stressed? Overwhelmed? Looking for a place to vent and share ideas with others?

Join us for a monthly caregiver support group

Date: May 1 & June 5

Time: 11:30 a.m. – 12:30 p.m.

To sign-up or for more information call Hemali Shah at 781-698-4844



Parkinson's Tai Chi

April 30th - June 25th
(no class May 28th)

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. **\$96 for 8 weeks.**



Memory Café

May 16th & June 20th
9:00 - 11:00 a.m.

Join this once-a-month Memory Café designed for individuals/caregivers with memory concerns. This is NOT a support group but a social gathering of people to engage you and learn something new.

For more information or to sign up please contact Hemali Shah at 781-698-4844.

"Grief in the 1st Year" Workshop

Thursday, May 3rd, 1:00-3:00p.m.

This 2-hour workshop is for adults who are grieving the death of a loved one within the first year of a death. It will offer a safe space to learn coping strategies, connect with others and provide an opportunity to gain an understanding of the grief process. This workshop is facilitated by Lahey Health at Home/Middlesex-East Visiting Nurse Hospice. Space is limited. For information and/or registration, please call or email Melissa Interest, at 781-698-4842 or minterest@lexingtonma.gov.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 10:00 Watercolor 10:30 Indian Seniors 11:30 Caregivers 11:45 Indian Lunch\$* 1:15 World Affairs	9:00 Fix-It Shop 10:00 Windowpane 10:00 Computer Group 12:00 LexCafé \$ * 2:30 COA Meeting	9:00 Fix-It Shop 10:00 Windowpane 10:00 Blood Pressure Community Ctr. 11:00 Canasta 1:00 Alz. Caregivers 1:00 Grief First Yr.* 1:00 Board Games	10:00 Windowpane 10:00 SHINE 12:00 LexCafé \$ * 1:15 Current Events 1:15 Bingo
7	8	9	10	11
8:30 SHINE * 9:30 Windowpane 10:00 Hemali Hrs. 11:00 Mah Jongg 12:00 LexCafé \$ * 1:00 Matter Balance 1:30 Parkinson's Tai Chi \$ * 1:45 ESL	9:00 Fix-It Shop 9:30 Money Matters 9:30 Mkt Basket* 10:00 Windowpane 10:00 Watercolor 10:30 Indian Seniors 1:15 Movie 1:15 World Affairs	9:00 Fix-It Shop 10:00 Windowpane 10:00 Computer Group 10:30 Disabilities 12:00 LexCafé \$ * 1:00 Identity Theft* 3:30 Drop-In Tech	9:00 Fix-It Shop 9:30 Podiatry \$ * 10:00 Windowpane 10:00 Bone Health * 11:00 Canasta 1:00 Board Games 2:00 Market Update	10:00 Windowpane 10:00 SHINE 12:00 LexCafé \$ * 1:15 Current Events 1:15 Bingo
14	15	16	17	18
8:30 SHINE * 9:30 Windowpane 11:00 Mah Jongg 12:00 LexCafé \$ * 1:00 Fall Prevention 1:30 Parkinson's Tai Chi \$ * 1:45 ESL	9:00 Fix-It Shop 9:30 Money Matter 10:00 Windowpane 10:00 Watercolor 10:00 May Brunch\$* 10:30 Indian Seniors 1:15 World Affairs	9:00 Memory Café * 9:00 Fix-It Shop 10:00 Windowpane 10:00 Computer Group 10:00 Senior Sneaker 12:00 LexCafé \$ *	9:00 Fix-It-Shop 9:30 Podiatry \$ * 9:30 FCOA Mtg. 10:00 Windowpane 10:00 BP All Villages 11:00 Canasta 1:00 Board Games 4:00 Lizzie Borden *	10:00 Windowpane 10:00 SHINE 12:00 LexCafé/Town Manager \$ * 1:15 Current Events 1:15 Bingo
21	22	23	24	25
8:30 SHINE * 9:30 Windowpane 11:00 Mah Jongg 12:00 LexCafé \$ * 1:00 Fall Prevention 1:30 Parkinson's Tai Chi \$ * 1:45 ESL	9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 10:00 Watercolor 10:30 Indian Seniors 11:00 Downsizing * 1:00 Parkinson's 1:15 Movie 1:15 World Affairs	9:00 Newport Trip\$ 9:00 Fix-It Shop 10:00 Windowpane 10:00 Computer Group 12:00 LexCafé \$ *	9:00 Fix-It-Shop 9:30 Fin. Planning 10:00 Windowpane 11:00 Canasta 1:00 Board Games	10:00 Windowpane 10:00 SHINE 12:00 LexCafé \$ * 1:15 Current Events 1:15 Bingo
28	29	30	31	
CLOSED MEMORIAL DAY 	9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 10:00 Watercolor 10:30 Indian Seniors 1:15 World Affairs	9:00 Fix-It Shop 10:00 Windowpane 10:00 Computer Group 12:00 LexCafé \$	9:00 Fix-It-Shop 10:00 Windowpane 11:00 Canasta 11:00 Low Vision 1:00 Board Games	
				* Registration Required \$ Fee

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 Windowpane 10:00 SHINE * 12:00 LexCafé \$ * 1:15 Current Events 1:15 Bingo
* Registration Required \$ Fee				
4	5	6	7	8
8:30 SHINE * 9:30 Windowpane 11:00 Mah Jongg 12:00 LexCafé \$ * 1:00 Fall Prevention 1:30 Parkinson's Tai Chi \$ * 1:45 ESL	9:00 Fix-It Shop 9:30 Money Matters 10:00 Watercolor 10:00 Windowpane 10:30 Indian Seniors 11:30 Caregivers 11:45 Indian Lunch\$* 1:15 World Affairs 1:15 Movie	9:00 Fix-It Shop 10:00 Windowpane 10:00 Computer Group 12:00 LexCafé \$ * 1:00 Bridge 2:30 COA Meeting	9:00 Fix-It Shop 10:00 Windowpane 10:00 Blood Pressure Community Ctr. 11:00 Chinese Cook\$ 11:00 Canasta 1:00 Econ. Inequal. * 1:00 Caregivers 1:00 Board Games	10:00 Windowpane 10:00 SHINE * 12:00 LexCafé \$ * 1:15 Current Events 1:15 Bingo
11	12	13	14	15
8:30 SHINE * 9:30 Windowpane 11:00 Mah Jongg 12:00 LexCafé \$ * 1:00 Fall Prevention 1:30 Parkinson's Tai Chi \$ *	9:00 Fix-It Shop 9:30 Money Matters 10:00 Watercolor 10:00 Windowpane 10:30 Step Dance \$* 10:30 Indian Seniors 1:15 World Affairs	9:00 Maine Trip\$* 9:00 Fix-It Shop 10:00 Windowpane 10:00 Computer Group 10:30 Disabilities 12:00 LexCafé \$ * 1:00 Bridge 3:30 Drop-in Tech	9:00 Fix-It Shop 9:30 Podiatry \$ * 10:00 Windowpane 10:00 Charlie Card 11:00 Canasta 1:00 Board Games	10:00 Windowpane 10:00 SHINE 11:00 Nutrition Talk* 12:00 LexCafé/Town Manager \$ * 1:15 Current Events 1:15 Bingo
18	19	20	21	22
8:30 SHINE * 9:30 Windowpane 11:00 Mah Jongg 12:00 LexCafé \$ * 1:00 Fall Prevention 1:30 Parkinson's Tai Chi \$ *	9:00 Fix-It Shop 9:30 Money Matters 10:00 Watercolor 10:00 Windowpane 10:30 Step Dance \$* 10:30 Indian Seniors 1:15 World Affairs 1:15 Movie	9:00 Fix-It Shop 9:00 Memory Cafe* 10:00 Windowpane 10:00 Computer Group 12:00 LexCafé \$ * 1:00 Bridge	9:00 Fix-It Shop 9:30 Podiatry \$ * 9:30 FCOA Mtg. 10:00 Windowpane 11:00 Canasta 12:00 Pizza Lunch \$* 1:00 Board Games	10:00 Windowpane 10:00 SHINE * 12:00 LexCafé \$ * 1:15 Current Events 1:15 Bingo
25	26	27	28	29
8:30 SHINE * 9:30 Windowpane 11:00 Mah Jongg 12:00 LexCafé \$ * 1:00 Fall Prevention 1:30 Parkinson's Tai Chi \$ *	9:00 Fix-It Shop 9:30 Money Matters 10:00 Watercolor 10:00 Windowpane 10:30 Step Dance \$* 10:30 Indian Seniors 1:00 Parkinson's 1:15 World Affairs	9:00 Fix-It Shop 10:00 Windowpane 10:00 Computer Group 12:00 LexCafé \$ * 1:00 Bridge	9:00 Fix-It Shop 10:00 Windowpane 11:00 Canasta 11:00 Low Vision 1:00 Board Games	10:00 Windowpane 10:00 SHINE * 12:00 LexCafé \$ * 1:15 Current Events 1:15 Bingo 5:00 Garden Party\$

Transportation

Lex-Connect Taxi Vouchers

Made possible in part by a generous donation from the Dana Home Foundation. Vouchers can be obtained at the Community Center. We reserve the right to adjust voucher limits based on demand and funding.

- ◆ You are required to call at least the day before your trip to make a reservation @ **781-935-1121**
- ◆ Vouchers cannot be used to transport children to/from school or after school activities.
- ◆ You may purchase up to 12 vouchers per month. For more information call 781-861-1210.

LEXPRESS

Lexington's community bus service runs Monday-Friday 6:35a.m. - 6:30p.m. Senior/disabled riders ride FREE on all routes between 9:00 a.m. and 1:30 p.m. Simply stand on the bus route and flag down the bus by waving your hand. When Lexington Public Schools are closed, Lexpress does not run. Routes 1&2 serve the Community Center.

MBTA Door-to-Door Service (THE RIDE)

THE RIDE is the paratransit service of the MBTA for anyone unable to take public transit because of a physical, cognitive or mental disability. Door-to-door service is provided on a reservation basis. For more Information:

www.mbta.com / theride@mbta.com / 1-800-533-6282

FISH

FREE rides to medical appointments provided by volunteer drivers. For more information call 781-861-9300.

Senior Charlie Card Event

**Senior Charlie Card
Sign-Up Event
Thursday, June 14th,
10:00 a.m.-Noon at the
Community Center**



Would you like to receive the reduced Senior fare for the MBTA buses, subway, or ferry? If so, you must have a Senior Charlie Card available only at the Charlie Card Store in Downtown Crossing or at a Senior Charlie Card Event. This event is for first time sign-ups only. The event is for Seniors age 65+.

You must bring a valid RMV ID or passport with you. Please note that your photo will be taken at this event for the ID card. **No sign-up required.**

Veterans Programs

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. Currently, top priority is given to World War II and terminally ill veterans from all wars. For more information or an application, call Gina Rada at 781-698-4848.

Lexington Veterans Association

Monday, May 14th at 1:15 p.m. in Cary Memorial Library (Meeting Room.) ***Shell Shock: America's Path to the Great War*** presented by Mike Manfreda, Esq., who has taught European and American political, military and intellectual history.

Monday, June 11th at 1:15 p.m. in Cary Memorial Library (Meeting Room.) ***The Evolution of the US Navy Attack Submarine 1945-Present*** presented by Max Mulholland, Former US Navy Surface Warfare Officer, former instructor in Naval Tactics and Strategy.

All programs start with coffee and cake/cookies at 12:30 PM. The lecture will start at 1:15. For more information visit www.lexmavets.org

Senior Sneaker Walk

**Senior Sneaker Walk,
Arlington's Great Meadows,
Tuesday May 15th,
10:00 a.m.-Noon**



Join us for this leisurely 2 mile walk around Arlington's Great Meadows. There will be short up hill portions to the trail with rocky footing along the way. Don't forget your water bottle and walking stick. Meet at the trail entrance at the end of the rear parking lot behind the former Excel Living Center at the end of Emerson Gardens Road. Leader: Eileen Entin (781-862-6418, eileenhome@gmail.com)



O.W.L.L. Courses for Older, Wiser, Lifelong Learners



O.W.L.L.'s Fall Semester Plans

After a very successful enrollment and start to our Spring semester, we're happy to announce our Fall line-up! Details about each Fall course will be in the next newsletter. With returning favorite instructors and exciting new ones - from music to microbes, Africa to Italy, poems to plays; this Fall semester promises to be another stimulating experience for all!

Elizabeth Kenney – **Love in Shakespeare's *As You Like It***

Margaret Ulmer - **The Entertainer and the Invincible Eagle: Joplin and Sousa**

Robert Rotberg - **Africa's Promise: Twelve Critical Challenges**

Mary Allen - **Five Microbes That Changed the World**

Tom Daley - **Standing Ajar: Emily Dickinson**

Vincent Petronella - **Americans in Italy: Stories of Edith Wharton and Henry James**

Dotty Burstein - **The Mendelssohns**

NOTE: Gavin Moses, a returning favorite for our Spring semester, has a few openings in his course **The Poetics of Loss: Posing with the Past**. There are 6 sessions beginning April 28th. Further details regarding Spring Semester classes are available on the FCOA website: friendsofthecoa.org.

DO YOU HAVE A BRIGHT IDEA?

The Friends of the Council on Aging (FCOA) are offering mini-grants of up to \$3000 to encourage innovative proposals for new programs for Seniors or enhancements to existing programs. Please go to the FCOA web site for more information and application form: www.friendsofthecoa.org. In 2017, the FCOA awarded two grants in the first round of their Bright Ideas mini-grant program. The first grant was awarded to establish a publication that will showcase creative content from Lexington Seniors (aged 60+). This project is well underway with its first publication. The second grant was awarded to fund the purchase of assistive hearing devices to be used by Lexington organizations serving the Senior community. The grant was requested by "Lexington At Home," an aging-in-place social support network for Lexington residents. The Bright Ideas grant money was used to pay for the devices, which were purchased by the Library and are now available for use by the Lexington community through the Library's "Library of Things."




Community News

Your Public Officials


The Selectmen have weekly office hours to meet with interested citizens to receive comments, suggestions, and concerns. These are primarily held in the Selectmens' Office on the second floor of the Town Office Building. You can reach the Selectmen's Office by phone at 781-698-4580 or by email at selectmen@lexingtonma.gov.

Selectman	Day/Time	Location
Suzanne E. Barry, Chairman	Thursday, 4:00 - 5:00 p.m.	Selectmens' Office
Michelle L. Ciccolo, Vice-Chairman	Monday - Friday by appointment	Selectmens' Office
Jill I. Hai	Thursday, 3:00 - 4:00 p.m.	Selectmens' Office
Douglas M. Lucente	Monday - Friday by appointment	Selectmens' Office
Joseph N. Pato	Wednesdays, 10:00 - 11:00 a.m. Wednesdays, 2:00 - 3:00 p.m.	Selectmens' Office Community Center



Lexington Bike Walk 'N Bus Week
May 12 - 20

Visit our website for a calendar of FREE events including guided bike rides, walking tours, educational programs for kids and more!
www.LexBikeWalkBusWeek.org



American Red Cross
Blood Drive at the
Community Center
Thursday, May 31st, 2:00-7:00pm

To donate please visit www.redcrossblood.org
or call 1-800-Red Cross.

News from Recreation & Community Programs

The Lexington Town Pool and Old Reservoir will be open for the summer season on Saturday, June 2nd. Swim passes for residents and non-residents can be purchased at the Lexington Community Center. Join us in kicking off the summer and showing off the new Center Pool Complex at our **Beginning of Summer Pool Party on June 16th from 1:00p.m.-6:00p.m.** No registration required. For more information call the Community Center at 781-698-4800.



Exciting seasonal and part-time employment opportunities are available at Lexington's Pine Meadows Golf Club. All positions provide golf benefits. For more information contact: John Allen, GM, Pine Meadows Golf Club, New England Golf Corporation, cell: 617-538-1082, -email: ja4neg@verizon.net

Senior Golf at Pine Meadow Golf Course, Mondays & Thursdays, 8:30 a.m.

Experienced senior golfers are welcome. For more information contact John Demoy at 781-861-7843.

Archery Event! Monday, May 7, 10:30 - 11:30 a.m. Free

Lexington Recreation and Community Programs is excited to announce INDOOR archery at the Community Center! Seniors citizens are invited to participate in a special introductory session and enjoy friendly competition while shooting traditional recurve bows and arrows. Instructors from On the Mark Archery will teach you the fundamentals. Equipment will be provided. Beginners and experienced archers are welcome to attend.

On-Going Drop-In Programs:

Stretch & Bend - Mon-Friday, 9:00-9:30 a.m.

Corn Hole - Wednesdays 1:15 - 3:15 p.m.

Senior Ping Pong - Mon, Tues, Wed, Fri 1:00 - 3:00 p.m.

Needles Club - Mondays 2:00 - 4:00 p.m.

Canasta - Thursdays 11:00 a.m. - 1:00 p.m.

Watercolor Painting - Tuesdays 10:00 a.m. - 12 noon

Crafters Club - Wednesdays 10:00 a.m. - 12 noon

Mahjongg - Mondays 11:00 a.m. - 1:00 p.m.

Bridge - Wednesdays 1:00 - 3:00 p.m.

BINGO - Fridays 1:00 - 3:00 p.m.

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

Community News

Events at Cary Library

Writers' Group, Saturday, May 5, 9:00-11:00 a.m.

Feel free to ask for critiques or advice from other writers, or just work on your own piece. Although staff will generally not provide structured activities, there may occasionally be opportunities to learn about the process of getting published or to speak with experienced writers. No registration required.

Socrates Café, Fridays, May 4 & June 1, 10:30-noon

Socrates Café are gatherings around the world where people from different backgrounds get together and exchange personal perspectives based on their own unique experiences. Topics discussed are chosen by vote at the gathering. All who attend have an opportunity to speak and share ideas on the topic in a safe environment where there is no pressure to agree or disagree. There are no prerequisites, and no reading or other preparation is required. No registration required.

The Neuroscience of Music, Thursday, May 10

Please check our online calendar for a program description closer to the date.

Get the App!, May and June, TBD

Have you heard about all the incredible apps available through the library? You can access eBooks and audiobooks, movies and music through some apps, while others can teach you a new language. Bring your device and actually get the app installed. Registration required.

Friends of the Library Book Sale

Saturday, May 19 and Sunday, May 20

Members-only sale hours on Friday, May 18.

The Immigrant Experience, May and June 2018

For the first time, Cary Library will host an Artist in Residence, displaying the work of Wen-Ti Tsen throughout the library's galleries and beyond. In addition to Tsen's artwork, the library will present video recordings of residents' personal experiences as immigrants.

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.caryllibrary.org

Senior Tax Work Off Program for Lexington Home Owners



Did you know that if you are a property owner age 60+ you can work for the Town of Lexington and reduce your property taxes? Here are the facts to qualify:

- ◆ Gross income (includes Social Security) of \$57,000 single, or \$86,000 two person household
- ◆ Work up to 110 hours per year at \$11.00 per hour
- ◆ Earn up to \$1,210 for single taxpayer, or \$1,540 for two person household
- ◆ Positions available at the Community Center and in Town Offices include clerical, data entry, filing, greeting customers, working in the Fix it Shop or Windowpane Shop and helping out with special events.

Try something new, and apply your earnings to reduce your property tax! For more information, contact Paula McGlynn at 781-698-4845.

Information on other exemption or deferral programs is available at the Community Center, Assessors office, or online at www.lexingtonma.gov/Assessor. Applications are available at the Assessors office or Town Hall.

Lexington Farmers Market Opening in May



Tuesdays, from 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



Lex Eat Together is a nonprofit, non-denominational organization that provides a weekly meal to anyone who might benefit.

We address food insecurity and social isolation by serving a no-cost plated meal each Wednesday 5:15 - 6:30 p.m. at The Church of Our Redeemer, 6 Meriam St., Lexington. For more information visit the website at lexeattogether.org.

Lexington Human/Senior Services
Lexington Community Center
39 Marrett Road
Lexington, MA 02421

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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 781-698-4850 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 – Carl Valente - Friday, May 18th and June 15th 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 **May 1st** begins April 24th and ends April 30th at 10:00 a.m. Sign-up for **June 5th** begins May 22nd and ends June 4th at 10:00 a.m.

Suggested donation is \$3. To make a reservation or cancellation please call Despina at 781-698-4850.

LHS Alumni Lunch- May 7 & June 4 at 12 noon.

All graduates of Lexington High School are invited to meet us for lunch on the first Monday of each month.

Take this opportunity to socialize with old friends and school chums. **Suggested donation is \$3.**

Reservations required at 781-698-4850 by 10 a.m. the Friday before the lunch.

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 Hall, 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 * Laura Derby * Dan Fenn * Marie Hill * Mickey Khazam

Lorain Marquis * Diana Bishop * Elaine Smith * Carol Snell * Shirley Stolz * Jane Trudeau * Chris Worcester

The "Friends" are 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 new 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

Nancy Adler * Camille Goodwin * Sophia Ho * Gerry Howell * Rich McDonough * Bonnie Teitleman

The COA Board meets monthly at the Community Center. The next meetings are May 2nd and June 6th 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. The COA Board has vacancies! Contact Human Services at 781-698-4840 for an application or more information.

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

**Monday 9:30 a.m. - 2:00 p.m., Tuesday,
Wednesday, Thursday & Friday 10:00 a.m. - 2:00 p.m.**



Accepting small donations of like-new clothing, jewelry, and small gift items **Monday & Friday only.**