HUMAN SERVICES STAFF
Mon-Fri, 8:30 a.m. – 4:30 p.m.
781-698-4840
lexingtonma.gov/human-services

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TRANSPORTATION
781-861-1210

HOME DELIVERED MEALS
888-222-6171

Spotlight on...

Memorial Day Parade
Monday, May 27th, 10:00 a.m.
The Town of Lexington will hold its annual
parade and ceremony on Memorial Day,
May 27th 2019. The parade will begin at
the Lexington Police Department at
10:00am, stopping at several monuments
along the parade route and ending at the
Battle Green for the Memorial Day
Ceremony. For additional questions,
please call Gina Rada, Lexington/Bedford
Veterans Services District Director, at (781)698-4848.

Live Your Life Well
Thursday, May 9th, 10:30 a.m. to 2:00 p.m.
Join us for a “living well” forum where expert
speakers will present five topics in 15 minute
increments centered on wellness. You will learn
about mindfulness, reducing stress, cardio,
strength training and other exercise topics.
You will then enjoy a delicious healthy lunch,
(Sponsored by Assisted Hands). After lunch, you
will have an energizing fitness sampler of three
exercise classes. This prevention-based strategy
will give you the information and tools you
need to improve health and quality of your life,
through education.

Please note this is a 3½ hr. program.
Participation is expected for both the morning and afternoon sessions.
Sign up at 781-698-4840.

Speakers include:
Alicia Grunes; Human Services Nurse, (Fall Prevention.)
Jeanne Duffy; Associate Professor of Medicine, HMS, (Sleep Habits.)
David Volovick; Assisting Hands, (Homecare and in-home assistance)
Judy Whitney, Fitness Instructor, (Forever Fit)

What’s New
Chinese Lunch........................................................................................................ page 2
Senior Charlie Card................................................................................................. page 2
Dancing Through the Decades................................................................................ page 2
Economic and Finance Series................................................................................. page 2
Engaged Patient Series............................................................................................ page 3
Expressive Art Therapy............................................................................................ page 5
Bereavement Group................................................................................................. page 5
Melissa’s Minute: Director’s Report

Spring has not quite sprung but I think we’re all looking forward to more sunshine, flowers blooming, and warmer days ahead. We have another packed couple of months ahead! You’ll notice that the calendar looks slightly different in this issue. Over the last few months, we have found it difficult to fit all of the activities into the calendar without missing something. We've gotten frequent requests from groups to include more of the weekly drop in activities throughout the building as well. In order to accommodate the many programs we have going on day to day, we decided to try something just a little different. You’ll see when you flip to pages 6 and 7 that we've taken the recurring daily or weekly drop in activities and moved them to the top of the calendar, organized by day. This gives us a lot more flexibility to include the individual, sign-up, or variable programs in the main part of the calendar without worrying that you won’t be able to read the print! As always, these things are a work in progress, so we look forward to your feedback on this new setup. If you’d like to provide comments or suggestions, please stop by or give us a call at 781-698-4840.

Until Next Time...

Melissa

Sign Up Programs at the Community Center

Sign up begins April 10th for residents and April 17th for non-residents.
Sign up in person (when there is a fee) or by phone at 781-698-4840 or 781-698-4870.

Chinese Lunch - $4
Tuesday, April 30th, 11:45 a.m. to 12:45 p.m.
Enjoy Chinese food from the Great Mandarin restaurant.

May Lunch- $5
Tuesday, May 14th, noon - 1:00 p.m.
Join us for shepherd’s pie with mashed potatoes, mixed veggies, dinner rolls and desert.

Dancing Through the Decades - $10
Tuesday May 14th, 4:00 – 5:30 p.m.
Join us for period dance, performed in costumes with humorous stories and audience participation with expertly tailored “mini” dance lessons. The styles of dance include: Argentine Tango, Castle Walk, Cha Cha, Charleston, Foxtrot, and more. This program is supported in part by a grant from the Lexington Cultural Council.

Seniors Charlie Card Sign-Up Event
Wednesday, May 15th, 9:00 - 11:00 a.m.
Save a trip to Downtown Cross and sign-up for a Senior Charlie Card at the Community Center! 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. To renew your Senior Charlie Card, call 617-222-3200 to renew by phone.

Edible Wild Plants of the Northeast
Monday, May 20th, 1:00 – 2:00 p.m.
Join us for a slide show featuring wild plants of our region. Presented by naturalist and landscaper John Root.
Supported in part by a grant from the Lexington Cultural Council.

International Film-The Hundred Foot Journey
Tuesday, May 21st, 1:15 – 3:30pm
Relocating from India to a quiet village in the south of France, chef Hassan Kadam and his family open a restaurant called Maison Mumbai. But when their business starts to thrive, a competing restaurateur launches a war between the eateries.

Economic & Finance Series
Financial Market Update
Thursday, May 23rd, 2:00-3:00 p.m.
Kevin O’Hare with the Fidelity Research Team will discuss the driving forces behind recent developments influencing the financial markets and the U.S. economy, the factors affecting the performance of domestic & international equity markets and what drives changes in bond-market interest rates & valuations

Hug a Puppy
Wednesday, June 12th, 10:00 a.m. - 1:00 p.m.
Enjoy playing and getting puppy snuggles. Limited time per person with puppies.
No sign up required.

June Lunch - $5
Thursday, June 13th, Noon-1:00 p.m.
Join us for a grilled cheese sandwich on sour dough bread, tomato soup, salad with mixed greens, goat cheese and pecans and blueberry cobbler for desert.
Sign-Up Programs-continued

Engaged Patient Series:
An Advocacy Primer
You do not need to attend every program. Each discussion facilitated by Ailene Gerhardt Independent Board Certified Patient Advocate (BCPA) who is the founder of Beacon Patient Advocates LLC. Ailene has been helping people navigate the complexities of the healthcare system since 2011.

Communicating Effectively with your Doctor
Wednesday, May 8th 1:00-2:30 p.m.
Clear and honest communication with your medical provider can help you make informed decisions about your health. During this presentation we will discuss ways to make sure you get the most from a medical appointment and answer your questions.

Staying Safe in the Hospital and Beyond
Wednesday, May 15th 1:00-2:30 p.m.
The best way to stay safe as a patient is to know what to expect and what to do to help receive safe care. During this presentation we will discuss simple actions and details that can make a big difference for a safe stay and answer your questions.

Knowing Your Rights as a Patient
Wednesday, May 22nd 1:00-2:30 p.m.
The best way to make sure your rights as a patient are honored and respected is to know what they are. During this presentation we will discuss the rights of patients and answer your questions.

Effective Communication Strategies Workshop
Presented by the Alzheimer’s Association
Tuesday, June 4th, 6:00 - 7:30 p.m.
As people with Alzheimer’s disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Sign up begins April 10th for residents and April 17th for non-residents.
Sign up in person (when there is a fee) or by phone at 781-698-4840 or 781-698-4870.

Trips

Pilgrim Belle
Thursday, May 16th $79 (residents) $89 (NR)
On arrival in Plymouth you will take a sightseeing tour that will include a visit to Plymouth Rock, a view of the venerable Mayflower II, the Pilgrim Monument and Plymouth’s 9/11 Memorial. You’ll then enjoy a full course luncheon at Plymouth’s Hearth & Kettle Restaurant. Your entrées include delicious seafood and chicken entrées and Apple Cranberry Crisp with Fresh Whipped Cream for Dessert. Yum! Then, today’s special treat will follow, a narrated 75 minute sightseeing Harbor Cruise on the Pilgrim Belle. Your Captain will point out many sights of interest, including two lighthouses and Plymouth’s spectacular beaches.
Depart 8:30 a.m. (St. Brigid’s Church) Return 5:30 p.m.

Maine Lobster Bake
Thursday, June 20th $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 feast on delicious food at Fosters. The menu includes: New England Clam Chowder, Mussels & Maine Clams, Fresh Lobster w/ Drawn Butter (or BBQ Chicken), Sweet Corn-On-The-Cob, Roasted Red Bliss Potatoes and Blueberry Crumb Cake. Foster’s also provides live musical entertainment during your stay and a gift shop. After departing, you’ll visit Stonewall Kitchen, then you will travel to Yummie’s Candies, famous for their sweet confections.
Depart 9:00 a.m. (St. Brigid’s Church) Return 5:30 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.
Free Drop-In Programs

Discussion Groups:

Current Events
Fridays 1:15 p.m. May 3 - June 28

World Affairs
Tuesdays 1:15 p.m. May 7 - June 25

Indian Seniors of Lexington Group
Tuesdays 10:00 a.m. May 7 - June 25

Money Matters
Tuesdays 9:45 a.m. May 7, 21/June 4, 18

Deep Thought Discussion
Wednesdays 6:45 p.m. May 8/June 12

May 8  Let's talk about ourselves. Self-disclose!
June 12 Can you change yourself or others?

Support/Education:

English as Second Language (ESL)
Mondays 1:45 p.m. Dates on calendar

Intuitive Eating Support Group
Fridays 11:00 a.m. May 17 & June 14

Resource & Info. w/Minuteman Senior Services
Wednesdays 10:30 –11:30 a.m. May 8 & June 12

Parkinson’s Support Group
Tuesdays 1:00 p.m. May 28 & June 25

Low Vision Group (at Brookhaven Clubroom)
Thursdays 11:00 a.m. May 23 & June 27

Computer & Technology:

Drop-In Technology Help
Tuesdays 3:30 - 4:30 p.m. May 7 & June 4

Computer & Technology Group
Wednesdays 10:00 a.m. May 1- June 26

Google Calendar (sign up at 781-698-4840)
Tuesday 3:30 - 4:30 p.m. May 21

Devices are available to use for training during sessions. Generously funded by the Dana Home Foundation grant.

Movies - Tuesdays at 1:15 p.m.

A Star is Born - May 7th
Drama, Musical, R (136 min.)

International Film, The Hundred Foot Journey
- May 21st
PG, 122 min. See page 2 - sign up required
Subtitles will be available for films in a foreign language

Green Book - June 4th
Drama Based on Real Life, Period Piece
PG-13, (130 min.)

Shoplifters - June 18th
Foreign Drama, Japanese Language, R (121 min.)

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

Professional Services

Blood Pressure Clinics at the Community Center
Thursdays 10:00 - 11:00 a.m. May 2nd & June 6th

Blood Pressure Clinics at the Villages
Thursday, May 16th & June 20th
Countryside Village - 10:00 - 10:30 a.m.
Greeley Village - 10:45 - 11:15 a.m.
Vynehbrooke Village - 11:30 a.m - 12:00 noon

Podiatry Clinic
Thursdays, May 9th & 16th, June 13th & 20th
9:30 a.m. - Noon. Sign up at 781-698-4840 starting April 10th 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 as needed. For more information call Alicia Grunes at 781-698-4847.
Loss of Spouse/Partner Bereavement Group
Wednesdays, April 24th – May 29th
1:00 – 2:30 p.m. at the Community Center
Care Dimensions will be offering a Loss of Spouse/Partner bereavement support group on Wednesdays starting 4/24 at the Community Center. 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. Space is limited, so pre-registration is required by April 17th. For questions or to register, call Care Dimensions at 781-373-6530 or email.

Nutrition Talks
(Sign up at 781-698-4840)
Intermittent Fasting
June 21 at 11:00 a.m.
Come learn what Intermittent Fasting means and if it is recommended for a way to lose weight or improve overall health

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.

Memory Café
May 15th & June 19th from 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 (first time only) contact Hemali Shah at 781-698-4844.

Parkinson’s Tai Chi
April 29 - June 24, 1:30 - 2:30 p.m. (no class 5/27)
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.
Scholarships available through ADPA.
Contact Alicia at 781-698-4847.

Minuteman Options Counseling: Drop-in
Wednesdays, May 8 & June 12, 10:30 – 11:30 a.m.
Minuteman Senior Services offers a free, drop-in open house in the Community Center library the second Wednesday of every month. One-on-one resource counseling is offered on a first come, first served basis. Information on a variety of topics can be provided including in-home care, housing, legal, disability services, and caregiving.
For more information please contact Hemali Shah at 781-698-4844.

Expressive Art Therapy
Seeds of Change
Monday, May 6th, 10:00 a.m. – Noon
Summer is almost here! We will talk about changes we can make for the sunnier season while decorating pots and planting seeds.
Sign up at 781-698-4840.

Mandala Magic
Monday, June 3rd, 10:00 a.m. – Noon
Let’s learn about this magic circle, often known as a drawing meditation. Multiple drawing surfaces will be supplied; feel free to also bring your own surfaces to draw on!
Sign up at 781-698-4840.

Caregiver Support Group
Caring for a loved one with a chronic illness?
Feeling stressed, overwhelmed? Looking for a place to vent and share ideas? Join us for a monthly caregiver support group.
Date: May 7th & June 4th, 11:30 a.m. – 12:30 p.m.
For more information or to sign up (first time only) please contact Hemali Shah at 781-698-4844.

Sign up in person or by phone at 781-698-4840 starting April 10th for residents, April 17th non-residents.
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<th>MONDAY</th>
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<td>10:00 Seeds Change*</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

* Registration Required
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**Fun Fact:**
The Lincoln Memorial was dedicated on May 30, 1922.
### June Calendar

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- Mahjongg; M, 11:00
- Watercolors; Tu, 10:00
- Fix-It Shop; T-TH, 9:00
- Crafters Club W, 10:00
- Bridge; W, 1:00
- Corn Hole; W, 1:00
- Board Games; Th, 1:00
- Canasta; Th, 11:00
- BINGO; F, 1:00
- 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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Transportation

Special FREE SATURDAY LEXPRESS Service, Saturday, May 18, 9AM-4:45PM
In honor of Bike Walk N’ Bus Week, join us for a special Saturday Lexpress service. Hop on and off for FREE on Saturday, May 18th. Buses will follow their regular Monday-Friday schedule, but will only operate starting at 9AM-4:45PM. (Last routes will leave Depot at 4:20PM.) The Ride Systems app for Lexpress will work on this day. Download the app to get real-time bus arrival info!

What is THE RIDE? If you or someone you love has mobility issues, you may wish to consider The Ride. Rides are offered in mini-buses or cars. Rides are scheduled at least 1 day in advance, unless using the Uber/Lyft/Curb pilot program option. Costs are $2-$5.25 for trips. The Ride operates 365 days/year between the hours of 5AM-1AM in 58 cities and towns. Eligibility is based on an inability to use fixed-route bus service due to physical, mental or cognitive limitations. Personal Care Assistants are not charged a fare when riding with a registered user. One other person may travel as a guest. Additional guests are allowed if space is available. Drivers can assist customers to/from the vehicle, but not into buildings. To determine eligibility, call 617-337-2727 to set up an appointment. Free transportation is provided to/from the appointment.

Do you drive? Then 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.lexfish.org

Lexpress Bus Service
Seniors RIDE FREE 9AM-1:30PM routes; before or after this time fare is .75 cents for seniors. To view schedules and map visit: www.lexpress.us Want real-time arrival info? Download the Ride Systems app for Lexpress to your smartphone!

Popular Destinations & Routes on Lexpress:
Lahey Burlington: Route 5 to Burlington Mall, then transfer for FREE to the Burlington B-Line
Lahey Lexington: Route 3
Burlington Mall, H-Mart, Market Basket, B-Line or Lowell RTA: Bus 5
Community Center: Routes 1 & 2
All Buses (1, 2, 3, 4, 5, 6) serve Lexington Center where you can connect with MBTA 62 & 76.

MBTA
Buses 62 & 76 travel in and out of Lexington. Schedules are online or at Cary Library, Town Hall, and Lexington Community Center. Seniors are eligible for lower fares. www.mbta.com Not sure how to ride the MBTA? Schedule FREE travel training: 617-337-2756

Lex-Connect Taxi Program
Vouchers are $5 each. Trips are $5-$15 one-way, depending on destination. The number of vouchers needed to travel one-way are:
(1) Voucher within Lexington
(2) Vouchers to: Burlington, Woburn, Winchester, Arlington, Belmont, Waltham, Lincoln, Bedford
(3) Vouchers to: Medford, Somerville, Watertown, Newton, Weston, Wayland, Concord
Tip is not included in the above. $1-$3 is not required, but customary for good service.

Transportation Questions? Call 781-698-4820 or email transportation@lexingtonma.gov

Veterans Programs

Monday, May 13th at 1:15 p.m.
The Proud Maritime History of USS Constitution (277)
From her launch in 1797 to her ongoing service as the Navy’s oldest commissioned warship, USS Constitution has bolstered Americans’ belief in their own Navy and their country.
Carl Herzog, maritime history instructor, professional sailor, and Public Historian, USS Constitution Museum

Monday, June 10th at 1:15 p.m.
Breaking the Enigma Code (278)
How Breaking the Enigma Code Shortened WWII by Two Years
Leon Poirier, Former researcher in radar, retired professor of electrical engineering and physics

All programs meet in Cary Memorial Library Meeting Room and start with coffee and cake/cookies at 12:30 PM. The lecture will start at 1:15. For more information visit www.lexmavets.org

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.
There are still openings in two of our OWLL classes for this semester... Register today!

The Vietnam You Never Knew (4 Tuesdays, 10-11:30 beginning 4/9) Despite hundreds of books, courses, movies, plays and articles about the American War in Vietnam, it is rare that we get a glimpse into the other side. This course will take you to a Vietnam you have not likely seen and give you a new and different viewpoint, that of the North and South Vietnamese and Viet Cong (NLF).

Instructor: C. David Thomas

On Leadership (3 Tuesdays, 10-12:00 beginning 5/7) Much has been written on leadership, but what do we really mean by it and what do we want or expect of those we elect to exercise leadership in our name? What happens when they do? What happens when they don’t? What have you taken away from your experience of leading and being led? Instructor: Jay Kaufman

For further detailed course information visit OWLL https://friendsofthecoa.org

A separate check for each course should be made payable to: Town of Lexington. Resident fee $25/course and non-resident $50/course. Financial aid is available for Lexington residents. February 8th – Online Credit card registration opens: www.lexingtonma.gov/recreationdepartment.cfm For registration information call 781-698-4870.

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Lexington Farmers Market

Opening 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 will be available to those who financially qualify. Check back in April for details - 781-698-4840.

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Events for Adults at Cary Memorial Library

Drop-in Knitting Group, Wednesdays at 6:30 p.m.
Bring your project (any portable needle arts welcome!) to our casual gathering where you can work, talk, and share ideas together.

Drop-In Genealogy Help, Thursdays, May 2/June 6, 9:30 a.m.
A Cary Librarian will be available to help you with family history questions. No registration is required.

Socrates Café, Fridays, May 3 and June 7 at 10:30 a.m.
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.

Writers’ Group, Saturdays, May 4 and June 1 at 9 a.m.
All writers are welcome to come in and work on a project in a supportive environment. This group is for older teens to adults. No registration required.

Crafting Cards, Monday, May 6 at 1 p.m.
Card making program for seniors with art teacher Marion Davis. Learn different stamping techniques and make your own greeting cards. Support for this program comes from the generous Dana Home Foundation. Registration required.

Write On! Make Writing a Pleasurable Pastime!
Tuesday, May 21 at 2 p.m.
This program will be both a presentation and a workshop based on Irene Hannigan’s latest book, Write On! How to Make Writing a Pleasurable Pastime. It is intended for novice writers and for those who have written previously.

Friends of the Library Annual Meeting, Wed., June 5, 6:30 p.m.
Learn more from Jan Turnquist, Orchard House director, about one of America’s best-known novelists and why Little Women, published 151 years ago, resonates today. A brief Friends of Cary business meeting precedes the program.

Poetry Reading, Thursday, June 6 at 7 p.m.
Join us for several poetry readings by published poets. There will be time for questions and discussion, and books will be available for purchase and signing.

Friends of the Library Book Sale
Saturday and Sunday, May 18 and 19 during library hours
Members-only sale hours on Friday, May 17.

Book Groups, Mondays and Wednesdays
Monday, May 13 at 10 a.m., Legal Mysteries
Monday, June 10 at 10 a.m., Readers’ Choice

Social Justice Book Group
Wed., May 1 at 7 p.m., One Person, No Vote by Carol Anderson (The June date is not confirmed please call the library)

The library has copies of all books so stop by the Main Desk.

The library will open late on Friday, May 10 at 1 p.m. after a staff development program.

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

Learn about new events as they are scheduled by subscribing to the library’s monthly newsletter! Go to www.carylibrary.org and scroll to the bottom of the page to sign up.
## Community News

### News from Recreation & Community Programs

Exciting seasonal and part-time employment opportunities are now available at Lexington’s Pine Meadows Golf Club for the 2019 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. This is a great opportunity for recent retirees!

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


The Center Track and Field Project will begin on June 1, 2019. The Track and Field will be closed through the Spring 2020. For more information about the project, please visit: [https://www.lexingtonma.gov/recreation-community-programs/capital-projects](https://www.lexingtonma.gov/recreation-community-programs/capital-projects).

2019 Swim Pass sales will open on April 1st for Residents, April 8th for Non-Residents. The season will open on June 1st.

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### Lexington Goes Purple! Alzheimer’s Awareness Day, Sunday, June 9th

Lexington Goes Purple is part of the Alzheimer’s Association’s event “The Longest Day”. For those living with Alzheimer’s as well as their caregivers, every day feels like the longest day. In June, Alzheimer’s and Brain Awareness month, Lexington joins millions all around the country to honor our caregiver heroes and those facing the disease.

Join us at the Lexington Depot and Emery Park on Sunday June 9 for:
- The Purple Puppy Promenade
- Origami Paper Crane Construction
- Coloring Book Creation
- Musical Performances and Ice Cream Social

Enjoy a cup of lemonade at one of our stands throughout Lexington Center, participate in the Lexington Goes Purple Bridge Tournament, Sunday June 9 at Brookhaven and in activities at Cary Memorial Library during the month.

For more information or to volunteer to help with the event contact Jeanne Krieger kriegerjk44@gmail.com
Joyce Murphy joycesmurphy@gmail.com
Faith Parker fparker@comcast.net

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### 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 Selectmen’s 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.

<table>
<thead>
<tr>
<th>Selectman</th>
<th>Day/Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Suzanne E. Barry, Chairman</td>
<td>Thursday, 4:00 - 5:00 p.m.</td>
<td>Selectmen’s Office</td>
</tr>
<tr>
<td>Douglas M. Lucente, Vice Chair</td>
<td>Tuesdays, 4:00 - 5:00 p.m.</td>
<td>Selectmen’s Office</td>
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<tr>
<td>Joseph N. Pato</td>
<td>Wednesdays, 10:00 – 11:00 a.m.</td>
<td>Selectmen’s Office</td>
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<td>Wednesdays, 2:00 - 3:00 p.m.</td>
<td>Community Center</td>
</tr>
<tr>
<td>Jill I. Hai</td>
<td>Tuesdays, 2:00 - 3:00 p.m.</td>
<td>Selectmen’s Office</td>
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<tr>
<td>Mark Sandeen</td>
<td>By appointment</td>
<td>Selectmen’s Office</td>
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Remember to register for a Community Center membership. Non-resident Seniors pay $12 yearly fee.
Community News (cont.)

Lexington Bike Walk ‘N Bus Week, May 11 - 19
Visit our website for a calendar of FREE events including guided bike rides, walking tours, educational programs for kids and more! www.LexBikeWalkBusWeek.org

MBTA Travel Training (sign up at 781-698-4840) Monday, May 13th 9:30 a.m.-Noon
Join MBTA Travel Training staff to learn about accessibility, how to pay, how to understand schedules, use transit apps, and more. This 2.5 hour course will start with a classroom overview, followed by a short-trip on an MBTA instruction bus, which is a regular MBTA bus pulled out of service for travel training. Instructors and bus driver will share the features of the bus and then drive participants to Porter Square, where they will gain familiarity with boarding the subway. This workshop is free, but participants may wish to bring money for lunch or a snack in Porter Square. Note: Workshop is geared for seniors and those with disabilities of the bus and then drive participants to Porter Square.

Commuter Breakfast Friday, May 17th, 6:30 - 9:30 a.m.
At Depot Square (Emery Park green and bikeway) Whether you bike, walk, or take the bus through the Depot, stop by this morning for breakfast goodies, giveaways, information, and even a free bike safety check!

Special FREE SATURDAY LEXPRESS Service Saturday, May 18, 9a.m.-4:45p.m.
In honor of Bike Walk N’ Bus Week, join us for a special Saturday Lexpress service. Buses will follow their regular M-F schedule, but will only operate between 9AM-4:45PM. (Last routes will leave Depot at 4:20PM.)

Discovery Day, Lexington’s “Town Day” Saturday, May 25
10 a.m.-3 p.m.
This year the family-friendly street fair is to Mass Ave! Discover all that Lexington’s businesses and organizations have to offer; sidewalk sale bargains, great restaurant food, live entertainment, kids’ activities and displays from civic groups and town departments. For more information visit www.DiscoveryDayInLexington.com

Spring Older Adult Walking Series April 30th, May 7th & May 14th (times vary)
Put a SPRING in your step! No car necessary to reach these incredible natural areas within and around Lexington.

Walks are organized by the Citizens for Lexington Conservation, in cooperation with Lexington Human Services. All walks will be on unpaved surfaces with the challenge of occasional roots and stones. Wear comfy shoes and dress for the weather. Optional: bring water, snack, camera, and walking stick, if you like! No bus fare required.

To Register: Registration is free, but reserve your spot for one or more walks by calling 781-698-4840.

April 30: Beaver Brook North (mostly level terrain):
Details: This walk departs from the Lexington Community Center, 39 Marrett Rd. Please join your guide, Keith Ohmart, in time to catch the 9:08 Lexpress departing from the Community Center. (He will be holding a Senior Walk sign.) The group will travel together via Lexpress to Avalon Lexington Hills. This outing will last approximately 2 hours, with participants returning via Lexpress to the Lexington Community Center by 11:35 AM. (Please do not park at Avalon Lexington Hills.)

May 7: Burlington Landlocked Forest (more challenging terrain):
Details: This walk officially departs from Depot Square, 13 Depot Square. Please join your guide, Keith Ohmart in time to catch the 9AM Lexpress bus departing from the Depot. (He will be holding a Senior Walk sign.) The group will travel together via Lexpress to the Turning Mill Road trail entrance. If you wish to travel to the trail entrance on your own, meet in the parking lot on Turning Mill Road, between Mountain Road and Grimes Road by 9:10AM, where the group from Lexpress will join you. This outing will last approximately 2 hours, with participants returning via Lexpress to the Depot by 11:22AM (or departing from Turning Mill parking lot by 11:10AM).

May 14: Arlington Reservoir (mostly level terrain):
Details: This walk officially departs from Lexington Community Center, 39 Marrett Road. Please join your guide, Susan Barrett, at 9:30 AM, in time to catch the 9:35AM Lexpress bus departing from the Community Center. (She will be holding a Senior Walk sign.) If you wish to travel to the trail entrance on your own, meet at the entrance to the Cataldo Reservation on Bow Street, adjacent to the Minuteman Bikeway. This outing will last approximately 2 hours, with participants returning via Lexpress to the Community Center by 11:50AM. Note that the walk is less than 2-hours, but we will take our time to enjoy the scenic area.
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, May 1st and June 5th 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 7th begins April 29 and ends May 3 at 10 a.m. Sign-up for June 4th begins May 29 and ends May 31 at 10 a.m. 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 * Laura Derby * Dan Fenn * Marie Hill * Peter Holland
Mickey Khazam * Lorain Marquis * Rebecca Morris * Elaine Smith * 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 May 1st & June 5th 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 Hours
Monday 9:30 a.m. - 2:00 p.m., Tuesday, Wednesday, Thursday & Friday
10:00 a.m. - 2:00 p.m.
Accepting donations of like-new clothing, jewelry, and small gift items Monday & Friday only.