



# THE SAGE

September/October 2018

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

## HUMAN SERVICES STAFF

Mon-Fri, 8:30 a.m.– 4:30 p.m.

781-698-4840

[lexingtonma.gov/human-services](http://lexingtonma.gov/human-services)

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## TRANSPORTATION

781-861-1210

## HOME DELIVERED MEALS

888-222-6171

## Spotlight on...

### Lexington Computer & Technology Group Hosts Lexington Robotics

By John Rudy, Chair, Lexington Computer and Technology Group

The Lexington Computer Group, founded over a dozen years ago, meets every Wednesday morning at the Lexington Community Center. We have about 100 members and there is no charge to participate. All we ask is that members have an interest in the topics we cover. Most members are seniors



who retired from a technical profession, but some are merely interested in being kept informed. We have talks on subjects as diverse as Windows10, Black Holes, MRIs to discern speech in birds, and the automation in cars.

On June 20<sup>th</sup> we invited the two Lexington High School Robotics teams to our group. There has been a co-ed team for about 9 years and an all-girls team for the last 5 years. Both are very active throughout the year learning the technology necessary to build a robot that can compete against many other schools across the country. This year one team became world champions and the other reached a high rank at the international contest.

Students came to our meeting with their robots and videos of things they have done. I was not the only one astounded at the caliber of their understanding of the technicalities required to build a successful robot. Most importantly, these robots were NOT built by parents, sponsors, or advisors. As the students explained how they made technical decisions regarding their robots, it was clear that they understood what they were doing. The community can support their learning by giving mini classes on subjects that the students request, or providing resources to support fundraising events. To see a video from last week's group taken by one of our members, Harry Forsdick, visit our Facebook page at <https://www.facebook.com/groups/365691500622130/> or our website at <https://lexcandt.weebly.com>

## Lex-Connect Changes

Beginning September 1<sup>st</sup>, we will be making some important changes to the Lex-Connect voucher program. **See page 8 for details.**

## What's New

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## Melissa's Minute: Assistant Director's Report

It's hard to believe we're already thinking about Fall! There are lots of exciting opportunities for you in this book, so take a look at all we are offering. There are a few other things I'd like to put on your radar as well!

- ◆ **Welcome back to Alicia Grunes, RN!** She is back from maternity leave and will return to all of her programs and services, including blood pressure clinics, groups, and outreach to homebound seniors.
- ◆ Don't miss the **Selfie Challenge** on October 16<sup>th</sup>! What a fun way to learn something new and be entered to win a gift card! More details on **page 8**.
- ◆ Join us at the **COA Board Meeting on September 5<sup>th</sup> at 2:30 p.m.** as we kickoff the Age Friendly/Livable Lexington work in collaboration with UMass Boston's Center for Social and Demographic Research on Aging. If you would like to know more, visit their website at [www.umb.edu/demographyofaging/age\\_friendly](http://www.umb.edu/demographyofaging/age_friendly) or give me a call at 781-698-4842!
- ◆ Medicare Open Enrollment begins October 15<sup>th</sup>! See page 5 for more information.
- ◆ Watch for information on **Sand 4 Seniors** and **Fuel Assistance** in our next newsletter!
- ◆ We received funding to offer some web-based support group options. If you're finding yourself at home more than you'd like and crave talking with people in similar situations, give me a call. There may be unique ways we can help you! Until next time.....

**Melissa**

## Sign Up Programs at the Community Center

Sign up begins August 8<sup>th</sup> for residents and August 22<sup>nd</sup> for non-residents.  
Sign up in person or by phone at 781-698-4840 or 781-698-4870 starting at 8:30 a.m.

### Human Services Staff Panel

Thursday, September 6<sup>th</sup>, at 10:00 a.m.

Meet the staff and learn about what we do and what roles we play in the Human Services Dept.



### Personal Finance: Looking to Your Future

Thursday, September 13<sup>th</sup>, at 10:30 a.m.

Consultant George Burnell, Financial Planner Peter Hoffman, and Attorney Jane Trudeau will discuss planning for retirement, lifestyles, value of money, investment choices, and taxes in retirement as you create a path to reach your goals

### Boston Red Sox Q & A

Thursday, September 20<sup>th</sup>, at 4:00 p.m.

Join Dick Flavin, the poet laureate, senior ambassador of the Boston Red Sox and voice of Fenway Park. His television commentaries won seven New England Emmy Awards, he is a nationally known speaker, and a member of the Massachusetts Broadcasters Hall of Fame.



### Senior Transportation Workshop

Wednesday, September 26<sup>th</sup>, at 9:30 a.m.

Learn how to get places via public transportation or door-to-door services. We will have representatives available to discuss travel training, using Lexpress, Uber/Lyft, and more. Light refreshments provided.

### Friday Night Live with Michael Winward

Friday, September 28<sup>th</sup>, at 6:00 p.m., \$10

Dance Instructor J Michael Winward will teach us some fun dance moves. Enjoy light refreshments and mocktails.

### Jack the Ripper

Thursday, October 4<sup>th</sup>, at 4:00 p.m., \$5

Delvena Theatre Company presents this live, interactive performance of the infamous "Jack the Ripper."

### Tax Relief Programs

Thursday, October 18<sup>th</sup>, at 10:30 a.m.

Join Vicki Blier and Pat Costello, co-chairs of the Selectmen's Tax Deferral and Exemption Study Committee, who will explain programs available to Lexington Seniors.

### Diwali Celebration

Tuesday, October 23<sup>rd</sup>, at 9:30 a.m.

**Celebrate the Indian New Year!!** Join us for music, Indian snacks, henna and various demonstrations to learn about the colorful Indian culture.

### "Does Serving Shareholders Mean Putting Profit Above All Else?"

Wednesday, October 24<sup>th</sup>, at 2:00 p.m.

**Oliver Hart -- (Nobel Prize in Economic Science)**

"Milton Friedman argued that companies should maximize profit, leaving social goals to individuals and the government: 'The business of business is business.' In my talk I will take issue with this.

### Halloween Lunch

Tuesday, October 30<sup>th</sup>, at 12 noon, \$5

Join us for a Halloween celebration. Costumes are optional. Prizes will be awarded for the best costumes! Enjoy chicken, mashed potatoes, veggie, and dessert.



## Sign-up Programs (cont.)

### Legacies of the Heart: A Touchstone for Positive Aging, Monday, September 24<sup>th</sup>, 10:00 a.m.

In her interactive presentation, Meg Newhouse, PhD and nationally known pioneer in Third-Age LifeCrafting, will address: 1) What is Legacy & a Legacy Perspective 2) How does having a "legacy perspective" contribute to more positive legacies and vital aging? 3) What legacies do you still want to leave, and what can you do now?

### Life Through Art

### Quality of Life: What it Means to Me! Monday, September 10<sup>th</sup> 10:00 a.m. – noon

We will start with improvisational games to get everyone acquainted, then we will explore quality of life through group discussion. The discussion will lead into creating art on mason jars and planting seeds of growth for the future.

### The Mask We Wear: Communicating our True Self Monday, October 1<sup>st</sup> 10:00 a.m. – noon

Begin with improvisational games and story-telling to help with introductions. We will then be creating two-sided masks and finish with a group discussion. Participants should bring one item that is meaningful to them and they feel comfortable sharing with the group.



### Elder Care Programs

### Successful Aging Techniques for Remaining at Home October 25<sup>th</sup>, 10:00 a.m.

Are you concerned about your ability to remain safely at home or to transition to home after a hospital/rehab stay?

### Time to Move. What Do I Do Next?

#### November 1<sup>st</sup>, 10:00 a.m.

Considering downsizing or moving to a more supportive living environment? Come learn about next steps.

### Legal Issues for Seniors and their Families

#### November 8<sup>th</sup>, 10:00 a.m.

Learn about the legal tools available to avoid probate, minimize taxes, and protect your assets.

### Financial Issues for Seniors and their Families

#### November 15<sup>th</sup>, 10:00 a.m.

Find out about the latest financial tools available to plan for a life free of financial worry.

**Pick up a flyer for more information.**

**Sign up in person or by phone at 781-698-4840 starting Aug. 8 for residents, Aug. 22 non-residents.**

## Trips

### Newport Playhouse - "There's a Burglar in My Bed"

Thursday, September 13<sup>th</sup>

**\$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. After lunch you will take in the Newport Playhouse's performance of "There's a Burglar in My Bed". After the show its back to your original table where the dining room is transformed into a captivating Cabaret.

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



### Grand Amish Showtime

September 18<sup>th</sup>-20<sup>th</sup>

**Residents:** \$579 Single, \$449 PP

Double, \$439 PP Triple

**Non-residents:** \$589 Single, \$459 PP

Double, \$449 PP Triple

Trip includes:

- ◆ Deluxe Heritage Hotel in Lancaster
- ◆ Four Meals (2 Breakfasts, 2 Amish Feasts)
- ◆ Native guide Sightseeing Tour of Lancaster's Amish Country and Kitchen Kettle visit
- ◆ Sight & Sound Theater & Guided Tour of Philadelphia

**Depart, Sept. 18<sup>th</sup>, 7:00 a.m. (39 Marrett Rd.) Return Sept. 20<sup>th</sup>, 7:00 p.m.**



### NH Turkey Train

Tuesday, October 16<sup>th</sup>

**\$74 (residents) \$84 (NR)**

Enjoy the beautiful White Mountains.

Your first stop will be at Moulton

Farm, You'll board the Scenic Railroad Dining Car at 12:30 p.m. for your train ride, traveling in the scenic woodsy setting. You'll be served a delicious full course luncheon (included) featuring Hart's Turkey Farm Roast Turkey with whipped potatoes, butternut squash, a beverage and an ice-cream sundae for dessert. After the train returns, you'll board your coach for Kellerhaus Candy shop.

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

**Pick up a flyer for more information on the trips.**

### 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:

You must provide 10 business days notice to be eligible for a refund. Without adequate notice, refunds are made at staff discretion and overnight trips may be subject to a \$50 cancellation fee.



## Free Drop-In Programs

### Discussion Groups:

#### World Affairs

Tuesdays 1:15 p.m. Sept. 4 –Oct. 30

#### Indian Seniors of Lexington Group

Tuesdays 10:30 a.m. Sept. 4 –Oct. 30

#### Issues in Aging

Wednesdays 11:00 a.m. Sept. 5 - Oct. 31

#### Current Events

Fridays 1:15 p.m. Sept. 7 - Oct. 26

#### Money Matters

Tuesdays 9:30 a.m. Sept. 11, 25/Oct. 9, 23

### Games/Activities:

#### Stretch & Bend

Mon – Fri 9:00 - 9:30 a.m. Sept. 4 - Oct. 31

#### BINGO

Fridays 1:00 – 3:00 p.m. Sept. 7 - Oct. 26

#### Mah Jongg

Mondays 11:00 a.m.-1:00 p.m. Sept. 10 - Oct. 29

#### Bridge

Wednesdays 1:00 - 3:00 p.m. Sept. 5 - Oct. 31

### Support/Education:

#### English as Second Language (ESL)

Mondays 1:45 p.m. Dates on calendar

#### Resource & Info. w/Minuteman Senior Services

Wednesdays 10:30 –11:30 a.m. Sept. 12 & Oct. 10

#### Parkinson's Support Group

Tuesdays 1:00 p.m. Sept. 25 & Oct. 23

#### Low Vision Group (at Brookhaven Clubroom)

Thursdays 11:00 a.m. Sept. 27 & Oct. 25

### Computer & Technology:

#### Computer & Technology Group

Wednesdays 10:00 a.m. Sept. 5 - Oct. 31

#### Drop-In Technology Help

Tuesdays 3:30 - 4:30 p.m. Sept. 11 & Oct. 9

Thursdays 10:30 - 11:30 a.m. Sept. 13 & Oct. 11

Devices are available to use for training during sessions, such as iPads, smart phones, and laptops.

#### iPad/Iphone Basics (sign up at 781-698-4840)

Tuesday 3:30 - 4:30 p.m. September 25

#### Photo/File Upload (sign up at 781-698-4840)

Thursday 10:30 - 11:30 a.m. October 25

## Professional Services

### Blood Pressure Clinics at the Community Center

Thursdays 10:00 - 11:00 a.m. September 6<sup>th</sup> & Oct. 4<sup>th</sup>

### Blood Pressure Clinics at the Villages

Thursday, September 20<sup>th</sup> & October 18<sup>th</sup>

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, September 13<sup>th</sup> & 20<sup>th</sup>, October 11<sup>th</sup> & 18<sup>th</sup>

9:30 a.m. - Noon. Sign up at 781-698-4840 starting August 8<sup>th</sup> 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.**

## Movies - Tuesdays at 1:15 p.m.

### **12 Strong - September 4<sup>th</sup>**

Military & War Action, Dramas Based on Real Life, R (130min.)

### **Chappaquiddick - September 18<sup>th</sup>**

Drama Based on Real Life, 20th Century Period Pieces PG-13, (117 min.)

### **Tully - October 2<sup>nd</sup>**

Comedy, R, (95 min.)

### **A Wrinkle in Time - October 16<sup>th</sup>**

Children & Family, Family Sci-Fi & Fantasy PG, (130 min.)



## Living Well

**Intuitive Eating Group (10 week group)**  
**Fridays, Sept 7<sup>th</sup> – November 16<sup>th</sup> at 11 a.m.**  
**Facilitated by Barbara Collins, Registered**  
**Dietician Nutritionist**



Intuitive Eating is a non-diet approach to health and wellness which helps you tune into your body signals, break the cycle of chronic dieting, and heal your relationship with food. To participate, the purchase of a workbook is necessary. The workbook will cost approximately \$20. Details on purchasing the workbook will be provided after registration confirmation.

Oct 19 and Nov 16 groups will meet 1:00-2:00 p.m. No class on Friday September 21. A complete schedule of dates and meeting times will be provided during first group class. Class size is limited to 12. **Sign up at 781-698-4840.**

**Arthritis of the Knee and Shoulder**  
**Wednesday, October 10<sup>th</sup> at 9:30am**

This talk will give an overview about different ways to treat arthritis of the knee and shoulder due to injuries, recreational hobbies and aging. Presentation hosted by Dr. Dinesh Patel, MD Orthopedic Surgeon from MGH.  
**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 with others?

Join us for a monthly caregiver support group

**Date: September 4 & October 2**

**Time: 11:30 a.m. – 12:30 p.m.**

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



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



**Market Basket Tour (geared towards**  
**prediabetes and diabetes)**

**Tuesday, September 18<sup>th</sup> at 9:30 a.m. (up to two hours)**

Back by popular demand! 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 for the older adult with diabetes or prediabetes while we tour the supermarket.

**Bone Health and Nutrition**

**Friday, October 19<sup>th</sup> at 11:00 a.m.**

Come learn about which vitamin, mineral, and lifestyle choices are recommended for the prevention and treatment of bone disease.

**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.**

**Parkinson's Tai Chi**

**Mondays, Sept. 10<sup>th</sup> - Nov. 5<sup>th</sup>**  
**(no class 10/8)**

**1:30 - 2:30 p.m.**

**\$96 for 8 weeks.**

Join us for a specialized Tai Chi class adapted for people living with Parkinson's disease, Dystonia, and other movement Disorders.

**Scholarships are available**  
**through ADPA. Contact**  
**Melissa Interest at 781-698**  
**-4842 for information.**

**Memory Café**

**Sept. 19<sup>th</sup> & October 17<sup>th</sup>**  
**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 in learning something new.

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

### Medicare Open Enrollment Presentation

**Friday, October 19<sup>th</sup> starting at 9:30 a.m.**

Minuteman Senior Services SHINE Program will make you aware of things to consider when evaluating your health plan and answer questions for beneficiaries, family, and caregivers. **Sign up at 781-698-4840.**

Medicare Open Enrollment period is October 15 through December 7<sup>th</sup>. Be sure to review your current coverage for next year. By the end of September you will receive the "Annual Notice of Coverage" from your current plan. This is a summary of your benefits and provides the opportunity to insure that the premium is still affordable, that your medical providers still accept the plan, and that your medications are still covered. You can make changes to your coverage between October 15 and December 7<sup>th</sup> to be effective for January 1<sup>st</sup>, 2019.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLOSED</b> 	<b>3</b> 9:00 Fix-It Shop 10:00 Windowpane 10:00 Watercolor 10:30 Indian Seniors 11:30 Caregivers 11:45 Indian Lunch\$* 1:15 World Affairs 1:15 Movie	<b>4</b> 9:00 Fix-It Shop 10:00 Windowpane 10:00 Comp. Group 11:00 Issues Aging 12:00 Lex Café \$ * 1:00 Bridge 1:15 Corn Hole 2:30 COA Meeting	<b>5</b> 9:00 Fix-It Shop 10:00 H.S. Staff * 10:00 Blood Pressure Community Ctr. 10:00 Windowpane 11:00 Canasta 1:00 Board Games	<b>6</b> 10:00 SHINE * 10:00 Windowpane 11:00 Int. Eating* 12:00 Lex Café \$ * 1:00 BINGO 1:15 Current Events
<b>10</b> 8:30 SHINE * 9:00 Stretch&Bend + 9:30 Windowpane 10:00 Quality Life* 11:00 Mahjongg 12:00 Lex Café \$ 1:00 Ping Pong + 1:30 Park.Tai Chi \$ * 2:00 Needles Club	<b>11</b> 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 10:00 Watercolor 10:30 Indian Seniors 1:15 World Affairs	<b>12</b> 9:00 Fix-It Shop 10:00 Windowpane 10:30 Resource & Info 10:00 Comp. Group 11:00 Issues Aging 12:00 Lex Café \$ * 1:00 Bridge 1:15 Corn Hole	<b>13</b> 9:00 Newport Trip*\$ 9:00 Fix-It Shop 9:30 Podiatry \$ * 10:00 Windowpane 10:30 Finance * 11:00 Canasta 1:00 Board Games	<b>14</b> 10:00 SHINE * 10:00 Windowpane 11:00 Int. Eating* 12:00 Lex Cafe\$ * 1:00 BINGO 1:15 Current Events
<b>17</b> 8:30 SHINE * 9:00 Stretch&Bend + 9:30 Windowpane 11:00 Mahjongg 12:00 Lex Café \$ 1:00 Ping Pong + 1:30 Park.Tai Chi \$ * 2:00 Needles Club	<b>18</b> 7:00 Amish Trip *\$ 9:00 Fix-It Shop 9:30 Mkt. Basket* 10:00 Windowpane 10:00 Watercolor 10:30 Indian Seniors 1:15 World Affairs 1:15 Movie	<b>19</b> 9:00 Fix-It Shop 9:00 Memory Café* 10:00 Windowpane 10:00 Comp. Group 11:00 Issues Aging 12:00 Lex Café \$ * 1:00 Bridge 1:15 Corn Hole	<b>20</b> 9:00 Fix-It Shop 9:30 Podiatry \$ * 9:30 FCOA Meeting 10:00 Windowpane 11:00 Canasta 1:00 Board Games 4:00 Red Sox *	<b>21</b> 10:00 SHINE * 10:00 Windowpane 11:00 Int. Eating* 12:00 Lex Cafe\$ * 1:00 BINGO 1:15 Current Events
<b>24</b> 8:30 SHINE 9:00 Stretch&Bend + 9:30 Windowpane 10:00 Legacies * 11:00 Mahjongg 12:00 Lex Cafe \$* 1:00 Ping Pong + 1:30 Park.Tai Chi \$ * 1:45 ESL 2:00 Needles Club	<b>25</b> 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 10:00 Watercolor 10:30 Indian Seniors 1:00 Parkinson's* 1:15 World Affairs	<b>26</b> 9:00 Fix-It Shop 9:30 Transportation* 10:00 Windowpane 10:00 Comp. Group 11:00 Issues Aging 12:00 Lex Café \$ * 1:00 Bridge 1:15 Corn Hole	<b>27</b> 9:00 Fix-It-Shop 10:00 Windowpane 11:00 Canasta 1:00 Board Games	<b>28</b> 10:00 SHINE * 10:00 Windowpane 11:00 Int. Eating* 12:00 Lex Café \$ * 1:00 BINGO 1:15 Current Events 6:00 Friday Nite*\$



\* Registration Required  
 + Recurring Events:  
 Ping Pong: M, T, W, F

\$ Fee  
 Stretch & Bend; M-F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p style="text-align: right;"><b>1</b></p> 8:30 SHINE * 9:00 Stretch&Bend + 9:30 Windowpane 10:00 Mask We Wear* 11:00 Mahjongg 12:00 Lex Café \$ * 1:00 Ping Pong + 1:30 Park.Tai Chi \$ * 1:45 ESL 2:00 Needles Club	<p style="text-align: right;"><b>2</b></p> 9:00 Fix-It Shop 10:00 Windowpane 10:00 Watercolor 10:30 Indian Seniors 11:30 Caregivers 11:45 Indian Lunch\$* 1:15 World Affairs 1:15 Movie	<p style="text-align: right;"><b>3</b></p> 9:00 Fix-It Shop 10:00 Windowpane 10:00 Comp. Group 11:00 Issues Aging 12:00 Lex Café \$ * 1:00 Bridge 1:15 Corn Hole 2:30 COA Meeting	<p style="text-align: right;"><b>4</b></p> 9:00 Fix-It Shop 10:00 Windowpane 10:00 Blood Pressure 10:00 Community Ctr. 11:00 Canasta 1:00 Caregivers 1:00 Board Games 4:00 Jack Ripper \$ *	<p style="text-align: right;"><b>5</b></p> 10:00 SHINE * 10:00 Windowpane 11:00 Int. Eating * 12:00 Lex Café \$ * 1:00 BINGO 1:15 Current Events	
<p style="text-align: right;"><b>8</b></p> <p style="text-align: center;"><b>CLOSED</b></p> 	<p style="text-align: right;"><b>9</b></p> 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 10:00 Watercolor 10:30 Indian Seniors 1:15 World Affairs	<p style="text-align: right;"><b>10</b></p> 9:00 Fix-It Shop 9:30 Arthritis * 10:00 Windowpane 10:30 Resource&Info 10:00 Comp. Group 11:00 Issues Aging 12:00 Lex Café \$ * 1:00 Bridge 1:15 Corn Hole	<p style="text-align: right;"><b>11</b></p> 9:00 Fix-It Shop 9:30 Podiatry \$ * 10:00 Windowpane 11:00 Canasta 1:00 Board Games	<p style="text-align: right;"><b>12</b></p> 10:00 SHINE * 10:00 Windowpane 11:00 Int. Eating * 12:00 Lex Café \$ * 1:00 BINGO 1:15 Current Events	
<p style="text-align: right;"><b>15</b></p> 8:30 SHINE * 9:00 Stretch&Bend + 9:30 Windowpane 11:00 Mahjongg 12:00 Lex Café \$ * 1:00 Ping Pong + 1:30 Park.Tai Chi \$ * 1:45 ESL 2:00 Needles Club	<p style="text-align: right;"><b>16</b></p> 9:00 Turkey Train\$* 9:00 Fix-It Shop 10:00 Windowpane 10:00 Watercolor 10:30 Indian Seniors 1:15 World Affairs 1:15 Movie 3:30 Selfie *	<p style="text-align: right;"><b>17</b></p> 9:00 Fix-It Shop 9:00 Memory Cafe* 10:00 Windowpane 10:00 Comp. Group 11:00 Issues Aging 12:00 Lex Café \$ * 1:00 Bridge 1:15 Corn Hole	<p style="text-align: right;"><b>18</b></p> 9:00 Fix-It Shop 9:30 Podiatry \$ * 9:30 FCOA Mtg. 10:00 Windowpane 10:30 Property Tax* 11:00 Canasta 1:00 Board Games	<p style="text-align: right;"><b>19</b></p> 9:30 Medicare* 10:00 SHINE 10:00 Windowpane 11:00 Bone Health* 12:00 Lex Café \$ * 1:00 Int. Eating* 1:00 BINGO 1:15 Current Events	
<p style="text-align: right;"><b>22</b></p> 8:30 SHINE * 9:00 Stretch&Bend + 9:30 Windowpane 11:00 Mahjongg 12:00 Lex Café \$ * 1:00 Ping Pong + 1:30 Park.Tai Chi \$ * 1:45 ESL 2:00 Needles Club	<p style="text-align: right;"><b>23</b></p> 9:00 Fix-It Shop 9:30 Money Matters 9:30 Diwali * 10:00 Windowpane 10:00 Watercolor 10:30 Indian Seniors 1:00 Parkinson's 1:15 World Affairs	<p style="text-align: right;"><b>24</b></p> 9:00 Fix-It Shop 10:00 Windowpane 10:00 Comp. Group 11:00 Issues Aging 12:00 Lex Café \$ * 1:00 Bridge 1:15 Corn Hole 2:00 Shareholders *	<p style="text-align: right;"><b>25</b></p> 9:00 Fix-It Shop 10:00 Succ. Aging* 10:00 Windowpane 11:00 Canasta 1:00 Board Games	<p style="text-align: right;"><b>26</b></p> 10:00 SHINE * 10:00 Windowpane 11:00 Int. Eating* 12:00 Lex Café \$ * 1:00 BINGO 1:15 Current Events	
<p style="text-align: right;"><b>29</b></p> 8:30 SHINE * 9:00 Stretch&Bend + 9:30 Windowpane 11:00 Mahjongg 12:00 Lex Café \$ * 1:00 Ping Pong + 1:30 Park.Tai Chi \$ * 1:45 ESL 2:00 Needles Club	<p style="text-align: right;"><b>30</b></p> 9:00 Fix-It Shop 10:00 Windowpane 10:00 Watercolor 10:30 Indian Seniors 12:00 Halloween Lunch \$ * 1:15 World Affairs	<p style="text-align: right;"><b>31</b></p> 9:00 Fix-It Shop 10:00 Windowpane 10:00 Comp. Group 11:00 Issues Aging 12:00 Lex Café \$ * 1:00 Bridge 1:15 Corn Hole			
				<p>* Registration Required      \$ Fee            + Recurring Events:      Stretch &amp; Bend; M-F            Ping Pong; M, T, W, F</p>	

## Transportation

### Taxi Voucher Updates (Lex-Connect)

We thank the **Friends of the Council on Aging** and the **Dana Home Foundation** for providing generous financial gifts that support LexConnect. Current demand for the program is out-pacing our funding, so, to ensure sustainability for residents who truly need a door-to-door service, we are making changes to the program that will take effect September 1<sup>st</sup>, 2018.

- ◆ **All vouchers will cost \$5.** Rides within Lexington will be \$5, instead of \$3. We will honor \$3 vouchers that were purchased before September 1<sup>st</sup>. All vouchers will be the same color beginning in September.
- ◆ Please have your **photo ID ready** when you use your voucher – the drivers will check to see that your voucher matches the name/address on your ID.
- ◆ Please remember that the operating hours for LexConnect are Monday-Friday 9 a.m. to 5 p.m., and a reservation is required. Same day service is not part of our contract with Checker Cab.

### Lexpress

- ◆ **NEW! 7:30 a.m. Service Year Round**
- ◆ **NEW! Bus will pull in to Emerson Gardens during 10 a.m.-2p.m. routes**

For in-town rides, we have the Lexpress bus service which offers FREE rides to seniors and those with disabilities from 9AM-1:30PM Monday-Friday. Outside of these times, the cost is just \$0.75. For questions on using Lexpress service, please call 781-861-1210. This service goes to many places, including the Burlington Mall, Market Basket, Lahey Lexington, Stop & Shop, the Community Center, Library, Brookhaven.

### FISH

FISH offers free rides to medical appointments once per week. Contact 781-861-9300.

### Other Transportation Options

For destinations outside the local area, the **MBTA** may be an option. Travel training for using public transit services is available at no cost. Call 617-337-2756 for more info.

For those with mobility issues, **The RIDE** may be a more affordable option. Depending on service needed, rides cost between \$2 and \$5.25. Call 617-337-2727 to schedule an eligibility interview. MassHealth offers transportation services for its members. Call them at 800-841-2900.

### Transportation Questions?

Please contact our Transportation Office at 781-698-4820.

**Join us Wednesday, September 26<sup>th</sup> at 9:30 a.m. for a Senior Transportation Workshop. (see page 2 for more information.)**

## Just for Fun

### Take the Selfie Challenge! Tuesday, October 16<sup>th</sup> from 3:30-4:30.

Bring your electronic device or smart phone and have some fun with one of our awesome high school volunteers as we learn to snap our best angle. Rumor has it up and to the right is best.

Come join us for an afternoon of fun and creativity as we learn how to take our own pictures with our phones to send to our friends and family.

**Send us your photo (hshah@lexingtonma.gov) to enter a raffle to win one of three gift cards. Sign up at 781-698-4840.**



## 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. For more information or an application, call Gina Rada at 781-698-4848.

### Lexington Veterans Association

**Monday, September 10<sup>th</sup> at 1:15 p.m.** in Cary Memorial Library (Meeting Room.) **Paul Herzog, Public Historian, USS Constitution Museum will speak on The Proud Maritime History of the USS Constitution.**

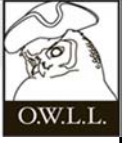
**Monday, October 8<sup>th</sup> at 1:15 p.m.** in Cary Memorial Library (Meeting Room.) **TBA.**

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](http://www.lexmavets.org)





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



### O.W.L.L.'s Fall Semester Courses (Sponsored by the COA and FCOA)

Please join us at the Lexington Community Center for our  
Fall Reception on Thursday, September 6<sup>th</sup> at 3:00 p.m.

**Boy Plays Girl Plays Boy Plays Girl: Love in Shakespeare's *As You Like It*** (6 Wednesdays, 10 a.m.-noon, starting 10/3) We will have fun engaging with Shakespeare's mad cap yet complex examination of romantic love and gender through one of his most engaging female characters, Rosalind, who spends most of the play disguised as a boy. In addition to engaging in a close reading of the text, savoring Shakespeare's language, wit, and wisdom, we will consider staging and performance, including watching and discussing a film version of the play. Course cost of \$31 (\$56 Non-Resident) includes text.

**Instructor: Elizabeth Kenney**

**Meet the Musical Mendelssohns: Fanny and Felix** (4 Thursdays, 10 a.m.-noon, starting 11/8) Siblings Fanny and Felix Mendelssohn shared a close relationship based on their mutual love of music and prodigious musical talent. In this class we will explore the outstanding works of each composer, the role of gender in musical expression and opportunity in the 19<sup>th</sup> century, and the significance of their legacies. **Instructor: Dotty Burstein**

**Five Microbes That Changed the World** (5 Thursdays, 2-3:30 p.m., starting 10/11) What makes microbiology different from other areas of biology and why is it so important? We will study this through history and science, using model microbes to learn how microorganisms have changed both the course of human history and our own lives as well, in positive and some negative ways. There is no prerequisite. **Instructor: Mary Allen**

**Standing Ajar: The Poetry of Emily Dickinson** (4 Fridays, 10 a.m.-noon, starting 9/14) "The soul should always stand ajar, ready to welcome the ecstatic experience." - Emily Dickinson. In this course, we will examine the work of the famously reclusive Amherst poet who only published ten poems in her lifetime, but who is now considered one of the greatest poets of the English language. We will study Dickinson's evolution as a poet and discuss how her biography both elucidates and obscures her work. Although we will be focusing on her poetry, we will also consider the riches of her letter-writing prose. The instructor will be performing the one-man version of his play, *Every Broom and Bidget—Emily Dickinson and Her Irish Servants*. Course cost of \$36 (\$61 Non-Resident) includes text. **Instructor: Tom Daley**

**The Entertainer and the Invincible Eagle: Scott Joplin and John Philip Sousa, American All-Stars** (6 Mondays, 3-4:30 p.m., starting 10/29) Scott Joplin ("The King of Ragtime") and John Philip Sousa ("The March King") are today virtually synonymous with "ragtime" and "march"; but their paths to greatness were vastly different. We'll explore the histories, music, and legacies of two composers who became (sooner or later) musical super-stars. **Instructor: Margaret Ulmer**

**Americans in Italy: Stories of Edith Wharton and Henry James** (4 Thursdays, 2-3:30 p.m., starting 9/27) In stories by Edith Wharton and Henry James we encounter noteworthy Americans traveling and living in Italy. In this course we'll explore not only Italy but also the theme of innocence vs. experience, which arises from a nuanced conflict between new and old-world customs. **Instructor: Vincent Petronella**

**Africa's Promise: Twelve Critical Challenges** (5 Tuesdays, 10-11:30 a.m., starting 11/6) Twenty-first century Africa promises enormous growth along with serious challenges. This course will provide a full and balanced report on the peoples and countries of sub-Saharan Africa and the challenges that must be overcome to bring prosperity and happiness to all.

**Instructor: Robert Rotberg**

**Registration for OWLL begins after our reception on September 6<sup>th</sup>.**

**Separate check for each course** made payable to: **Town of Lexington**. Resident \$25/course and Non-Resident \$50/course, unless otherwise noted.

**Registrations will not be processed prior to September 6<sup>th</sup>.** Registrations mailed in before September 6<sup>th</sup> will be processed after the reception. Online registration begins September 7<sup>th</sup>. Non-resident registration begins September 13<sup>th</sup>.

Financial aid is available for Lexington residents. **Credit card** registration: [www.lexingtonma.gov/recreationdepartment.cfm](http://www.lexingtonma.gov/recreationdepartment.cfm)

For further information, email [owll.fcoa@gmail.com](mailto:owll.fcoa@gmail.com) or call the Community Center at 781-698-4840.

## Community News

### News from Recreation & Community Programs

#### **FOREVER FIT: a wellness program for 60+**

#### **FREE - Funded by a generous grant from the Dana Home Foundation**

Please attend our information session on **Wednesday, September 12<sup>th</sup> at 2:15 p.m.** in the Fitness Room at the Lexington Community Center, 39 Marrett Road. Learn more about this exciting program, taught by Judy Whitney, personal trainer with over 30 years of experience in the fitness industry. "Forever Fit" will provide individual assessments followed by one-on-one and group training sessions on **Monday, Wednesday & Thursday afternoons from 1:00 to 2:00.** Whether your goal is to develop strength, improve balance or increase flexibility, this program will assist you. Our approach is to better understand what your individual needs are. Then together, we will formulate realistic and attainable goals and work with you to reach these goals. **Those who are ready to commit will be able to sign up after the information session.**

#### **FREE ARCHERY CLASS, Tuesday, September 11<sup>th</sup> at 10:30am**

Archery will be offered at the Community Center this fall! Adults 60+ 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 the fundamentals of this Zenlike sport. Equipment will be provided. Beginners and experienced archers are welcome to attend.

**Please sign up before September 7<sup>th</sup>.**

#### **On-Going Drop-In Programs: Offered by Recreation & Community Programs (see page 4 or the calendar section for days/times.)**

Stretch & Bend	Watercolor Painting ( <i>outside weather permitting</i> )
Corn Hole	Mahjongg
Senior Ping Pong	Bridge
Needles Club	Bingo, Canasta



A recent Dana Home Foundation Grant allows us to offer scholarships for paid programs to seniors in need. Contact Christine Dean at 781-698-4802 for more information.

### 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](mailto: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

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

## Community News

### News from Cary Memorial Library

#### **Beyond Books: The Library of Things at the Library!**

The Library of Things is a collection of nontraditional items that complement the library's mission to ignite curiosity, facilitate lifelong learning, and connect our community.

What can you do with these Things? Use the Assistive Listening System at meetings to include listeners who are hard of hearing. Explore nature and the night sky with the library's birding kit and telescope. Dig out your old vinyl records and cassette tapes and preserve them using the library's digital converters. Cary Library also has puzzles, board games, a sewing machine, stencils, and more! Find more at [www.caryllibrary.org/library-of-things](http://www.caryllibrary.org/library-of-things) or by calling 781-862-6288.

#### **Greater Boston Philharmonic Singers, Sept. 11, 7:00 p.m.**

The Singers will present a musical tour of China, performing classic Chinese and American folk songs and current Chinese pop songs.

#### **Discover Your Home's History, Sept. 22, 9:30 a.m.**

The Town Archives, the Historical Society and Cary Library hold valuable historical collections. Come hear representatives from each organization describe their holdings and how they can be accessed. Learn more about how to research the history of your home, street, or neighborhood. Sponsored by the Friends of Cary Memorial Library.

#### **Juan Ruiz Quartet, September 24, 10:00 a.m.**

Latin American music is filled with the history of ancestors searching for a better future. African, Indigenous and European people created a style that is full of the joy of living. Made possible by the generosity of the Dana Home Foundation.

#### **Book Lovers' Brunch, September 29, 9:00 a.m.**

Sponsored by the Friends of Cary Memorial Library. More details will be available closer to the event date; check our website.

#### **Jewish Genealogy Workshop, October 16 at 7:00 p.m.**

Learn about the latest methods and resources to research your family history. Presented by Jessie Klein, Co-President of the Jewish Genealogical Society of Greater Boston.

#### **Shadaj Music Appreciation, October 25 at 7:00 p.m.**

In partnership with Shadaj, Cary Library presents a music appreciation workshop with classical Indian musicians. More details will be available on our website's program calendar closer to the date.

Call 781-862-6288 x84450 or visit the website at [www.caryllibrary.org](http://www.caryllibrary.org) for more information.

### Smoke Alarm Installation Program

The Fire Department, Senior Services, and the Dana Home Foundation are pleased once again to announce a joint program to install smoke alarms in homes of qualified seniors living in Lexington.

#### **Residents eligible for the program will be screened to meet the following guidelines:**

- ◆ Home built prior to 1975
- ◆ Age 60+
- ◆ Home is not currently on the market to be sold
- ◆ Lexington residents who own their own home
- ◆ Self-identified as meeting low income guidelines (eligible for fuel assistance per LIHEAP guidelines)

Application forms are located at the Lexington Fire Prevention Office. **If you have any questions or would like to apply by phone please call the Fire Prevention Office at (781)862-0272 X121.** You will be contacted if selected for this program.

### 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:

- ◆ Work up to 140 hours per year at \$11.00 per hour
- ◆ Earn up to \$1,540 per 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/deferral programs is available at the Community Center, Assessors office, or online at [www.lexingtonma.gov/Assessor](http://www.lexingtonma.gov/Assessor). Applications are available at the Assessors office or Town Hall.



**Lex Eat Together** is a nonprofit, non-denominational organization that provides a weekly meal to all. 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 [lexeattogether.org](http://lexeattogether.org).

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

Deliver to Current Resident

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59348

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

### **Lex Café - Senior Dining (age 60 plus)**

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

### **LHS Alumni Lunch**

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 781-325-1613 by 10 a.m. the Friday before the lunch.**

### **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 **Sept. 4<sup>th</sup>** begins August 22<sup>nd</sup> and ends August 31<sup>st</sup> at 10 a.m. Sign-up for **October 2<sup>nd</sup>** begins Sept. 19<sup>th</sup> and ends Sept. 28<sup>th</sup> 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](http://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" 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.friendsoftheco.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 \* Rich McDonough \* Bonnie Teitleman \* John Zhao**

The COA Board meets monthly at the Community Center. The next meeting is **September 5<sup>th</sup> & October 3<sup>rd</sup>** 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.**  
**\*Windowpane Christmas Sale\* December 6 & 7,  
Accepting donations starting Nov. 1<sup>st</sup>**