Come Find Your Place at the Lincoln COA…

The Lincoln Council on Aging (COA)
Bemis Hall
15 Bedford Road
Lincoln, MA 01773

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The COA is a department of the Town of Lincoln supported by the Town, the Massachusetts Executive Office of Elder Affairs, grants, and donations from the Friends of the COA and others. We are open 8:30 am to 4:30 pm, Monday through Friday.

Most programs, activities, and services are available to residents of all ages, and we especially seek to serve family caregivers. All activities and services are described in our monthly newsletter, News from Bemis Hall.

Open New Doors at the the Lincoln Council on Aging…

Come find community, be healthier and happier, learn a new skill or share an interest, get help and more!
When You Walk Into the COA at Bemis Hall...

You come into a place that many call their “second home.”

Get Fit and Stay Fit with fitness and strength training, Tai Chi, yoga, and line dancing.

Be Well in Body, Mind, and Spirit with wellness and podiatry clinics, lectures on health and wellness, support groups, and more.

Expand Your Horizons with art classes, lectures on the humanities, travel, science, art and more, trips to area cultural and historical sites, films, computer tutoring, performances, and interest groups.

Connect with Other Lincoln Residents at social events, artists coffees, the monthly Men’s Coffee and Senior Dining, and informal chats around the kitchen table.

We’re Here When You Need Us If you need help finding services so you can stay safely at home, you are a caregiver, you are in an extreme financial crisis, you need rides to the doctor or elsewhere, you need medical equipment, you would like a home safety evaluation, you need help with health or veterans benefits or your taxes, call us. We are here for you.