

## FIND IT HARD TO LEAVE YOUR HOME OR GET AROUND? YOU CAN STILL BE PART OF THE COUNCIL ON AGING

Just because you have trouble getting down to Bemis Hall doesn't mean you cannot participate in the Lincoln Council on Aging's programs and services. We want you to be part of us, enjoying our programs and benefiting from our services. Here are some of the ways you can enjoy what we have to offer:

**Chat with Others in the Let's Connect Discussion Group.** The "Let's Connect" group is a fun, informal chat on any topic of interest to the group that meets on Mondays at 10 am and Wednesdays at 2 pm. Some people come to the group in person and some participate by phone. All you have to do is let us know you want to join in and we will call you when the group meets. Due to limited phone lines, we may not be able to accommodate everyone every day. If you are interested in one of our other discussion groups, let us know and we will try to hook you up by phone.

**Watch Our Programs on Cable, the Internet, or on DVD.** Almost all of our Lincoln Academy presentations as well as some of our informational programs and concerts are available on cable, on the internet, or on DVD. To see a video on the internet, go to <http://lincolncoa.org/26/the-coa-on-youtube/> and click on the video you would like to watch. For a list of videos available on DVD, call the COA at 781-259-8811 or go to <http://lincolncoa.org/26/the-coa-on-youtube/videos-available-at-the-coa/>. We will be happy to mail the DVD to you. This program is partially sponsored by the Cambridge Savings Charitable Foundation.

**Get Computer Tutoring By Phone or in Your Home.** We have wonderful volunteer tutors who can answer your questions by phone on Thursdays from 2 to 3 pm. Just call the COA at 781-259-8811. They may also be able to come to your home. For more information, call the COA.

**Get a Free Home Safety Evaluation.** We can all make our homes safer from falling and other hazards. Even if you have had a home safety evaluation in the past, you may have made changes to your home or your safety needs may be different than they were before. If you would like a physical therapist to come to your home and do a free home safety evaluation or even help you with doing tasks of daily living more safely, call the COA. We have a special grant from the Ogden Codman Trust to provide this free service.

**Join Our "You Can Do It" Exercise Class.** If you are able to come to Bemis Hall, but do not think that you are able to participate in our exercise classes, the "You Can Do It" class is just for you. This class, subsidized by the Massachusetts Executive Office of Elder Affairs, is an easier fitness and weight strengthening class that can be done entirely in a chair, if you choose. It is Tuesdays and Thursdays at 11:30 and costs just \$3. You do not even need to sign up!

**Apply for The Ride.** If you have a disability and need transportation, you should apply for The Ride. The Ride is the door-to-door MBTA service for those with disabilities. We

can help you apply so that you can come to the COA and other destinations! Give us a call and ask for Pam.

Is there something else you would like to participate in but were not sure how you could manage it? Give us a call and we will see if we can find a way. You can reach us at 781-259-8811.