

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

JANUARY 2023

Happy New Year!!!!

I hope that everyone had a wonderful holiday season with family and friends! The new year is a time for renewal and hope. As we ring in the new year, we make new year's resolutions to live a happy and healthy life. Many choose to make better nutrition choices, some choose to exercise more, and for some, it may be to set out to try new experiences! We hope that we can help you achieve your goals! We have some wonderful presentations and workshops on nutrition and making better eating choices for better health this month.

As numbers are on the rise again for Covid, the flu and RSV, we kindly ask if you are experiencing any symptoms to please stay home until you are feeling better. We have scheduled a COVID-19 vaccination clinic this month. If you need any assistance signing up, please see the front desk.

We wish everyone a very happy, healthy new year filled with love, peace and joy!

Lois Durkin, Director



150 Jenckes Hill Road
Lincoln, RI 02865
401-753-7000
Mon-Fri 8:30 am –4:30pm



Kim Ward from Bally's Twin River-Lincoln presented Lincoln Town Administrator, Phil Gould, and Lincoln Senior Center Director, Lois Durkin, with a very generous donation of \$10,000 for our meal site program. We are so very thankful and grateful to Bally's for their generosity and continued support!

Weekly Activities

- | | |
|---------------------------|-----------------------|
| Aerobic Dance | Mahjongg |
| Arthritis Exercise | Line Dancing |
| Computer Classes | Meditation |
| Bingo | Pastel Art Class |
| Bone Builders | Open Art Studio |
| Bridge | Quilting |
| Cards & Dominoes | Sit & Strengthen |
| Cardio Dance | Tai Chi & Chair Chi |
| Cardio Strength | Ukulele |
| Digital Photography | Watercolors Art Class |
| Forever Fit | Yoga & Chair Yoga |
| Irma's Workout | Zumba |
| Knitting & Crochet Circle | Zumba Gold |



Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- Jan 2 Center Closed for New Year's Holiday
- Jan 3 Memoir Writing Class with Harry Anderson 1:30 pm
- Jan 4 Julie the Hair Stylist will be at the Center by appointment only. Call or visit front desk to schedule your appointment!
- Jan 4 Bingo 1pm. Please arrive by 12:45 pm to purchase your bingo package!
- Jan 6 Intro to Facebook Class begins at 1 pm
- Jan 10 Parkinson Support Group Meeting at 10 am
- Jan 10 Oak Street Health will have a table event at 11 am
- Jan 11 Understanding Alzheimer's and Dementia presentation 10 am
- Jan 11 Bingo 1pm. Please arrive by 12:45 pm to purchase your bingo package!
- Jan 12 ATEL Program with James. Appointments are still available!!
- Feb 13 Intro to Facebook Class 1 pm—2:30 pm
- Jan 16 Center Closed in observance of Martin Luther King Day
- Jan 17 Blue Cross Presentation "Change Ways to Change Your Weight" at 10 am
- Jan 17 Memoir Writing Class with Harry Anderson 1:30 pm
- Jan 18 Covid-19 vaccination clinic from 10 am to 12:30 pm. To register for the clinic please visit <https://qrco.de/Lincoln118>
- Jan 18 Bingo 1 pm. Please arrive by 12:45 pm to purchase your Bingo package!
- Jan 19 Snowman Craft Activity with Bess 2 sessions— 9:30 am and 10:30 am
- Jan 20 Chronic Pain Self-Management Clinic 9:30 am—12 pm. Registration is required!
- Jan 20 Intro to Facebook Class 1 pm - 2:30 pm
- Jan 23 Healthy Eating Workshop "Eating for Brain Health" presentation at 11 am. Registration is required. See the front desk
- Jan 24 Afternoon Flick 1 pm
- Jan 25 Bingo 1 pm. Please arrive by 12:45 pm to purchase your Bingo package!
- Jan 26 Cup of Joe with a GI Joe Veterans group meeting 11 am
- Jan 26 RI Legal Services presentation 11:15 am
- Jan 27 Chronic Pain Self-Management Clinic 9:30 am—12 pm
- Jan 27 Intro to Facebook Class 1 pm—2:30 pm
- Jan 31 Breakfast Club 8:30 am to 10 am
- Jan 31 Left Center Right Game Day 11 am
- Jan 31 Memoir Writing Class with Harry Anderson 1:30 pm



If you would like to receive the newsletter and other special event notifications through email, please be sure to sign up at the front desk! You can also email

Bess at bcarvalho@lincolnri.org to sign up!!



Hair Stylist

Julie, the hair stylist, will be scheduling appointments at the Center for
Wednesday, January 4th

It is by appointment only. Please see the front desk if you would like to schedule an appointment!

The time slots available are: 9:30am 10am 10:30am 11am 11:30am



Learn How to Use Facebook

Are you new to Facebook or would you like to get started? Learn how to use the popular social media site to safely connect with family and friends. You will love this hands-on class and you will learn how to upload pictures, videos, and how to share them with your friends and family. We'll also review the recommended privacy settings. You will leave this training with the knowledge on how to navigate confidently through the website. If you do have a pre-existing account that is fine too! Plus, you can also learn how to follow the Center's Facebook page and see all our photos, updates, alerts and activities!

Classes will be held on January 6th, 13th, 20th & the 27th

1:00 pm to 2:30 pm

Be sure to register for the class at the front desk!

AMERICAN PARKINSON DISEASE ASSOCIATION

Strength in optimism. Hope in progress.

LINCOLN SUPPORT GROUP

Tuesday, January 10th

at 10 am

We will be discussing ideas for our 2023 calendar, share experiences and tap into a network of resources to help you maintain control over your life.

You can contact Maria Kishfy, APDA Support Group Leader, for more information by calling 401-440-8136 or by emailing mariakishfy@gmail.com



OAK STREET HEALTH

Tuesday, January 10th
11 am

Megan from Oak Street Health will be visiting the Center on Tuesday, January 10th at 11am. She will have an informational table in the lobby to discuss the services that they offer and to answer any questions you may have! Be sure to stop by to say hello to Megan!!

ALZHEIMER'S ASSOCIATION®

Wednesday, January 11, 2023 at 10 am

The Alzheimer's Association will be hosting a a four part educational series for Alzheimer's and Dementia caregivers in Northern RI. The first installment of the four part presentation, "**Understanding Alzheimer's and Dementia**", will be held here at the Lincoln Senior Center on **Wednesday, January 11th at 10 am**

If you would like to attend, please see the front desk or call 401-753-7000 to reserve your spot!

January 11, 2023 at 10 am

Understanding Alzheimer's and Dementia
Lincoln Senior Center, Lincoln, RI
Call the front desk to reserve your spot 401-753-7000

January 25, 2023 at 1:30 pm

Introduction to Alzheimer's Disease & The Alzheimer's Association
Gloucester Senior Center, Chepachet, RI
Call Melissa Bouvier to register, 401-569-4557

January 27, 2023 at 1:00 pm

Understanding Dementia Related Behaviors
Woonsocket Senior Services, Woonsocket, RI
Call Woonsocket Sr Services to register, 401-766-3734

February 1, 2023 at 10 am

Caregiver Wellness
Cumberland Senior Center, Cumberland, RI
Call Karen Kane to register, 401-335-4473



ATEL Tech Time

Would like to get technology support your smartphone or tablet? You can learn how you can improve your lives by embracing technology! Although challenges do exist to using technology, there are many solutions for success.

ATEL TechTime offers a free 45-minute one-on-one session with James who is available to answer your questions or learn how to use your iPad/iPhone or Android device to its fullest! We are booking appointments for January 12th, February 9th and March 9th! To register, please visit the front desk or call 401-753-7000.



Join us for a presentation on
Tuesday, January 17, 2023 at 10am

Change Ways to Change Your Weight

'Tis the season for healthier eating! It's a new year and time for make your new year's resolutions to be healthy!

Join our friends from the Blue Cross Team as they discuss fresh tips and inspiration on reaching—and maintaining—a healthy weight for you!



Craft with Bess



January 19th at 9:30 am & 10:30

Winter is here! It's the perfect time to build a snowman. But you don't have to go out in the elements to build one....you can do it right at the Center! Come and create an adorable snowman craft with Bess! We will have two session times— 9:30 am and 10:30 am. Registration is required, so be sure to sign up at the front desk!



We will be offering a Chronic Pain Self-Management Workshop starting in January through our partner Own Your Health Rhode Island!

It is possible to manage your chronic pain.

This Chronic Pain Self-Management program helps you find ways to address topics as:

- Pain
- Fatigue
- Isolation
- Physical Activity
- Appropriate use of medications
- Effective communication
- Nutrition
- Decision making
- And techniques to deal with frustration & stress

How does the Chronic Pain Self-Management program work?

- The program will be offered in person at the Center
- Small group workshop format with 8 to 12 participants
- Meet once per week for 6 weeks
- 2.5 hours per session

Participants will receive a free resource book & relaxation CD

Who is eligible to participate?

- Individuals 18 or older
- Individuals who are caregivers;
- Individuals looking to make healthy improvements to their lifestyle
- And individuals living with chronic conditions

Participants must:

Commit to participating in at least 66% of the program

This workshop will meet on Friday mornings from 9:30 am to 12pm.

The workshop begins January 20th and runs through February 24th.

Registration is required. If you would like to attend, please register at the front desk.

WHAT'S YOUR

NEW YEAR'S

RESOLUTION?

We all make new year's resolutions to get healthy through better nutrition and exercise. Well we want to help you achieve these goals! The Center currently offers a wide variety of fitness classes to help you be fit! If you haven't had a chance

yet, be sure to try and take a class! But we can help with your nutrition goals too! We are so excited to announce that we are offering an **Eating for Better Health Series**. The workshop will meet once a month –January 23rd, February 27th and March 20th. They will be discussing the healthiest brain foods, healthy heart Mediterranean & DASH diets and food shopping for better health.

We hope that you can join us for our first session

Eating for Brain Health on Monday, January 23rd at 11 am

Eating for better brain health means choosing the foods shown to protect the brain from cognitive decline. What are the healthiest brain foods? It's a simple question with a not-so-easy answer. In this session, we will discuss the brain-healthy foods from the M.I.N.D. diet study and get tips and recipe ideas for "brain-healthy" meals.

Registration is required. Please visit the front desk or call 401-753-7000 to register!



AFTERNOON FLICK

Tuesday, January 24th at 1 pm

This month we will be streaming the movie

"Where the Crawdads Sing"



Based on the best selling book by Delia Owens. It tells the tale of a woman who raised herself in the marshes of the Deep South who becomes a suspect in the murder of a man with whom she was once involved. Popcorn and light refreshments will be served! Please register at the front desk!



Calling all Veterans!

**Join us for a Cup of Joe with a G.I. Joe on
Thursday, January 26th at 11am in the Art room!**

If you are a veteran, or a family member of a veteran, we would love for you to get together with us! Grab a cup of coffee and join us!

RI Legal Services Presentation Thursday, January 26th at 11:15 am

For more than 50 years, Rhode Island Legal Services has been helping people solve problems with housing, health care, public benefits, economic self-sufficiency, education, and family relations. RILS is a non-profit law firm that provides free legal information, advice and representation in civil cases to low income individuals and families throughout Rhode Island. The Elder Protection Project is committed to protecting RI residents over 60, who are victims of domestic violence, financial exploitation, or self-neglecting negligence regardless of their income. The Elder Protection Project coordinates their efforts with several other agencies and works to address the totality of the individual's legal & social needs so that they can live safely and with dignity. They also work to protect elders against fraud. To learn more about their programs, RI Legal Services will be giving a presentation on Thursday, January 26th at 11:15 am. Please register at the front desk if you would like to attend!



BREAKFAST CLUB

On the last Tuesday morning of every month, we will be hosting a Breakfast Club at the Center! Join us for an early morning breakfast! It will be a good will offering-pay what you can- at the door. Be sure to reserve your spot at the kiosk at front desk! Registration opens January 3rd!



Left Center Right Game Day Tuesday, January 31st at 11am

If you are looking for a fun morning filled with giggles & laughter, then you need to join in on the fun for our Game Day! Join members as they gather together to play "Left Center Right" dice game! It's an easy to learn game for all ages!! Be sure to come check out all the fun!!

Photo Gallery



Be sure to check out the new photography gallery! Students from the Digital Photography class have framed some of their favorite prints and have them on display for all to enjoy! The framed photographs are available for sale!

Get Your Taxes Done for Free!

AARP Foundation Tax-Aide will be Providing In-Person at the Lincoln Senior Center

Beginning February 16, 2023 and continuing through April 6, 2022, AARP Foundation is providing tax assistance and preparation through its Tax-Aide program — and it is completely free! Visit the front desk to schedule your appointment!



We have exciting news to share!! Our new treadmill has arrived, has been installed and is ready to use! Just in time for our members to achieve their fitness goals for this brand new year!!

Free COVID-19 Vaccination Clinic

This clinic is offering the Pfizer bivalent 12+ **COVID-19 vaccine**, which is for people **age 12 and older**.

COVID-19 vaccines are **safe, highly effective** against serious illness, and **reduce the risk** of infecting others.

DATE AND TIME: WEDNESDAY, JANUARY 18, 2023

10:00 AM TO 12:30 PM

LOCATION: LINCOLN SENIOR CENTER

SIGN UP NOW!

Scan here or use the link to make an appointment:

<https://qrco.de/Lincoln18>



Appointment is required. If you need assistance, please see the front desk!

For more information on COVID-19 vaccines, visit

c19vaccineri.org.

c19vaccineri.org | **covid.ri.gov**



Gingerbread House Decorating Contest



Members had a holly jolly good time creating gingerbread houses with our friends from Smithfield Woods and Chapel Hill Senior Living. Everyone did a fantastic job!! We have tallied the votes and the winner is.... 🏆TEAM 10-our very own Patricia and Linda!! They will be presented with a gift basket from Smithfield Woods and Chapel Hill! Congrats!!

Boston Holiday Pops

What a magical day we had on our trip to see the Boston Holiday Pops!! We enjoyed a delicious meal at The Cheesecake Factory and then enjoyed an amazing performance at Boston Symphony Hall! It was the perfect way to ring in the holiday season!



Holiday Party
2022

YOGURT Parfait

Ingredients:

- 1 cup low-fat vanilla yogurt
- ½ cup chopped fruit (for example, fresh or frozen berries, banana, or peaches)
- ¼ cup whole grain cereal or granola



Directions:

- 1) In a small cup, spoon in half of the yogurt. Layer half of the fruit in next.
- 2) Spoon in the rest of the yogurt, then the rest of the fruit.

Mason Jar crafts



Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____

Staff

Lois Durkin

ldurkin@lincolnri.org

Director

Bessie Carvalho

bcarvalho@lincolnri.org

Program Director

Carmen Reverdes

creverdes@lincolnri.org

Meal Site Coordinator

Matt Bertrand

Bus Transportation

Jose Lopes

Custodian

Notary Services are available at the Center!

See Bessie or Carmen at
the front desk if you need
any assistance



Be sure to check
out our
Facebook Page

Lincoln Senior Center

for Center news and info on
daily activities, class updates,
cancellations & special
events!

Don't have Facebook? Ask
Bess and she can help assist
you to set it up!



Winter Word Search



S K I I N G S N O W B O O H T
 S F I R E P L A C E I N G E O
 L I E A R M U F F S C N Y T S
 E W S B C O L T R A E S T A C
 D I M L R O W S N O U G H E A
 D N U I A U L O W P S H T O R
 I T F Z E S A D E H A T A O F
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 W J A N U A R Y O E S A H S T
 M I T T E N S W E A T E R E L

BLIZZARD

BOOTS

COAT

COCOA

COLD

DECEMBER

EARMUFFS

FEBRUARY

FIREPLACE

FROSTY

HAT

ICE

ICICLES

JANUARY

MARCH

MITTENS

PLOW

SCARF

SHOVEL

SKIING

SLEDDING

SNOW

SWEATER

WINTER



Open
Monday thru Friday
8:30 am to 4:30 pm

150 Jenckes Hill Road
Lincoln, RI 02865
401-753-7000

LINCOLN SENIOR CENTER

Weekly Activities Schedule

Monday

9:30 am Quilting
10:00 am Cardio Strength w/ Lisa
10:00 am Mahjongg lessons
11:00 am Sit & Strengthen w/ Lisa
12:00 pm Lunch
12:45 pm Tai Chi with Bob
1:00 pm Hand & Foot Card Game
1:30 pm Chair Chi with Bob
1:30 pm Digital Photography Class

Tuesday

9:00 am Arthritis w/ Sue
10:00 am Forever Fit w/ Sue
10:00 am Open Art Studio
11:00 am Chair Yoga w/ Ani
12:00 pm Lunch
12:00 pm Zumba Gold w/ Fran
12:30 pm Bridge
12:45 pm Hi-Low Jack
1:00 pm Line Dancing w/
Karen
1:30 pm Memoir Writing Class
(meets biweekly)
2:00 pm Beginner Line Dancing

Wednesday

10:00 am Basic Computer Skills Class
10:00 am Irma's Workout w/ Irma
10:00 am Watercolors Class w/ Connie
11:00 am Bone Builders w/ Nancy
11:45 pm Lunch
12:00 pm Zumba w/ Sue
1:00 pm BINGO
2:15 pm Cardio Dance Interval w/
Maria

Thursday

9:30 am Mahjongg Group
10:00 am Chair Yoga with Maria
10:00 am Overeaters Anonymous Meeting
11:30 am Arthritis w/ Sue
12:00 pm Lunch
1:00 pm Cribbage
1:00 pm Knitting & Crochet Circle
1:00 pm Meditation w/ Mary
2:00 pm Irma's Workout w/ Irma
2:00 pm Mexican Train Dominoes

Friday

9:00 am Bone Builders w/ Nancy
9:30 am *Chronic Pain Workshop
(*This is a 6 week program starting January 20th)
10:00 am Pastel Art w/ Nancy
*Note: Pastel Art Class is Full at this time
10:00 am Cardio Strength w/ Lisa
11:00 am Yoga w/ Lisa
12:00 pm Lunch
12:45 pm Hi-Low Jack
1:00 pm Intro to Facebook (January)
2:00 pm Ukulele w/ Georgina

Updated
01/01/2023