

# The Lincoln Link

LINCOLN SENIOR CENTER NEWS



## FEBRUARY 2023

Happy February!! Love is in the air and we love to show you how much we care about our members! February is National Heart Month. We have some wonderful healthy heart presentations lined up for this month as well as a Blood Pressure Clinic provided by Blue Cross.

Be sure to check out the “lovely” Valentine’s Day themed activities we have planned for this month. We will be having a special Valentine’s Day Tea Party, a Sweetheart Bingo Party and an adorable valentine craft. Adding to the fun, Oak Street Health will also be hosting a Mardi Gras Dance Party! We will also be setting up a table with hearts for you to write about what you love. You can write about your family, friends, or even what you love most about the Center! We will display the hearts around the Center to show we are filled with lots of love this month!!

As we celebrate the theme of love this month, it serves as a reminder that every act of kindness we give or show is a little bit of love that we leave behind. As Dalai Lama XIV said, “When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.” We love our members and hope they feel the love every time they visit the Center!

We wish everyone a month filled with lots of love, joy and laughter!

**Lois Durkin, Director**



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

### Get Your Taxes Done for Free! AARP Foundation Tax-Aide will be Providing In-Person at the Lincoln Senior Center

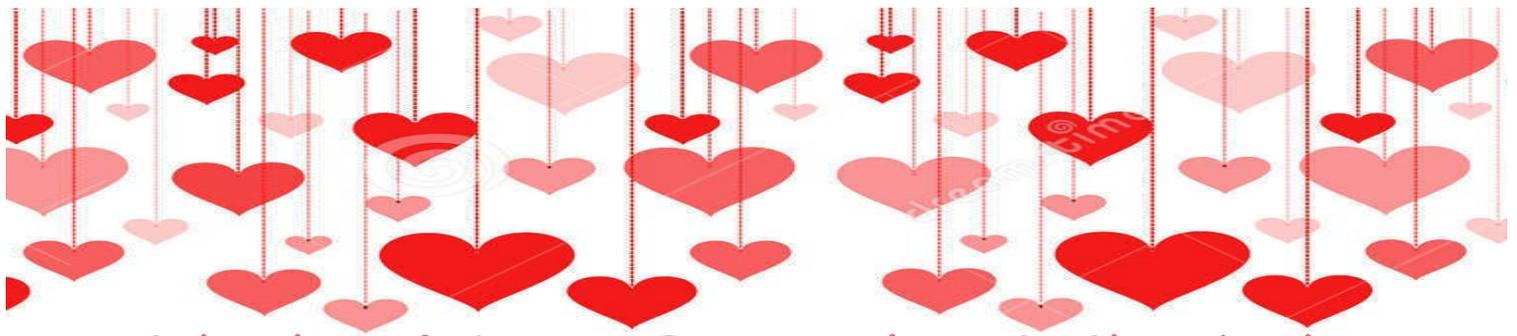
Beginning February 9, 2023 and continuing through April 6, 2022, AARP Foundation is providing tax assistance and preparation through its Tax-Aide program — and it is completely free! Visit the front desk to schedule your appointment!

We would like to thank all our volunteers that help at the Center! Please remember that we wouldn’t be able to do many of the programs if it weren’t for their support! If you are interested in becoming a volunteer, please visit the front desk!



### Weekly Activities

Aerobic Dance	Mahjonn
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

- Feb 2 Rheumatoid Arthritis presentation by Andrea Dunn at 11:15 am. Please register!
- Feb 3 Chronic Pain Self-Management Workshop 9:30 am to 12 pm (week 3)
- Feb 3 Intro to Facebook Class 1 pm
- Feb 7 Blue Cross Presentation "Staying Connected during Winter-Loneliness & Connection 10 am. Please be sure to register!
- Feb 7 Blood Pressure Clinic sponsored by Blue Cross 11 am
- Feb 7 Memoir Writing Class with Harry Anderson at 1:30 pm
- Feb 9 James from ATEL for tech assistance by appointment only
- Feb 9 Valentine's Day Craft with Bess 9:30 & 10 30am. Registration is required!
- Feb 9 AARP Tax Return Preparation Assistance begins by appointment only
- Feb 10 Chronic Pain Self-Management Workshop 9:30 am to 12 pm (week 4)
- Feb 10 Intro to Facebook Class 1pm
- Feb 10 The RI Strummers will be giving a performance at 1pm
- Feb 14 Valentine's Day Tea Party at 1:30 pm. Registration is required!
- Feb 15 Sweetheart Bingo Party 1 pm
- Feb 16 AARP Tax Return Preparation Assistance by appointment only
- Feb 16 URI College of Pharmacy presentation "Managing Your Blood Pressure" at 1 pm
- Feb 17 Chronic Pain Self-Management Workshop 9:30 am to 12 pm (week 5)
- Feb 17 Intro to Facebook Class 1 pm
- Feb 20 Center Closed for Presidents' Day
- Feb 21 Memoir Writing Class with Harry Anderson at 1:30 pm
- Feb 21 Oak Street Health Mardi Gras Party at 1:30 pm. Registration is required!
- Feb 23 AARP Tax Return Preparation Assistance by appointment only.
- Feb 23 Cup of Joe with a GI Joe Veterans Group Meeting at 11 am
- Feb 24 Chronic Pain Self-Management Workshop 9:30 am to 12 pm (week 6)
- Feb 24 Intro to Facebook Class 1 pm
- Feb 27 Healthy Eating Workshop 11 am "Eating for a Healthy Heart". Registration is required!
- Feb 28 Breakfast Club 8:30 am to 10 am. Registration is required!
- Feb 28 Left Center Right Game Day at 11 am
- Feb 28 Afternoon Flick "Ticket to Paradise" 1pm. Please register for this event!

# Important Reminders

We would like to kindly remind everyone that it is **very important to sign in with your card for all activities when you enter the building.**

- We use this information to secure grants and funding for our Center's programs and activities It is also very important for safety measures as well!
- We limit our fitness class size to 40 participants to ensure proper spacing and safety. You must be registered in order to take the class. If the class is full, only members who have registered for class will be allowed to take the class.
- Sometimes we have loved ones call in looking for members and if they haven't signed into class, we have no record of the member being at the Center.
- It is very important for us to know who is in the building in the event of an emergency or emergency evacuation.

So please be sure to sign in before you go to class or your activity!

We thank you for your cooperation!

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## Learn How to Use Facebook

The Intro to Facebook Class will continue to meet every Friday at 1 pm for the month of February!

Classes will meet February 3rd, 10th, 17th & the 24th from 1:00 pm to 2:30 pm.

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## Be the Boss of Your Rheumatoid Arthritis

Thursday, February 2nd at 11:15 am

Andrea Dunn, M.S. L/ATC is a healthcare profession in the Sports medicine realm. She was diagnosed with RA when she at 24 and has spent years struggling with RA to ultimately realize that achieving her best life didn't require struggle. Find out what it takes to be in charge of your body again!

She will be discussing:

- How to get your doctor to listen
- How to gain support from family and others
- Self care: What is a flare kit?

Please register if you would like to attend the presentation!

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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](mailto:bcarvalho@lincolnri.org) to sign up!!



**Tuesday, February 7th**  
**Join us for a presentation at 10am**

**“Staying Connected During Winter-Loneliness and Connection”**

What exactly is loneliness and how different it is from being alone? Loneliness does not take on a one size fits all approach. We will explore why it's important to address this emotion and what can be done to overcome this feeling. Part of this journey includes gaining connectedness with yourself and with others. Understanding self-forgiveness and sharing activities to assist with this is also provided.

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**Blood Pressure Clinic**  
**February 7th at 11 am**



Blue Cross will be performing a blood pressure clinic following the Blue Cross presentation!

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**AFTERNOON FLICK**

**Tuesday, February 28th at 1 pm**  
This month we will be streaming the movie  
“Ticket to Paradise“

A romantic comedy film starring George Clooney and Julia Roberts as a divorced couple who team up to sabotage the impending wedding of their daughter in Bali. Popcorn and light refreshments will be served. Please register at the front desk if you would like to attend!

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*Thursday, February 9th*

*Craft with Bess*

Give a hug and kiss to someone you love!! Come create this adorable X & O valentine décor. We will have two session times— 9:30 am and 10:30 am. Space is limited, registration is required. Be sure to sign up at the front desk!

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**Let's fill the Center with Hearts of Love!**

We will have hearts that you can fill in about what you love. You can write what you love about the Center, your family, your fiends, or even what you love to do! We will display the hearts all around the Center to show how much love we have to share!



# ATEL Tech Time

**Thursday, February 9th**

Would you like to get technology support for 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 30-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! Our February appointment slots are full, but we do have a few spots available for March 9th! To register, please visit the front desk or call 401-753-7000.



**Friday, February 10th at 1pm**

The Rhode Island Strummers will be giving a special performance at the Center on February 10th at 1pm. We hope that you can join us for this sweet treat!

Please join us for a

## Valentine's Tea Party

February 14th at 1:30 pm

Wear your tea party hat and gather with friends for some afternoon tea and enticing desserts to celebrate Valentine's Day!

Registration is required -Sign ups start Feb 1st!



We are hosting a Valentine's Day Tea Party on February 14th at 1:30 pm!! Wear your favorite tea party hat or fascinator! Come and enjoy a cup of tea and some enticing desserts as we celebrate Valentine's Day. It will be a lovely afternoon as we enjoy our friends and play some games! Space is limited- registration is required.! Please see the front desk to reserve your spot!!

**Discovering your Best Self:**

**Understanding and Managing Symptoms of Depression & Anxiety**

Join Laurie Ann Oliveira, MSW, LICSW Therapist, for an open discussion on recognizing thinking and behavioral patterns contributing to symptoms and, developing healthy strategies to live your best life.

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



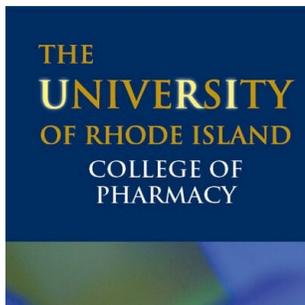
*Sweetheart Bingo*



**Wednesday, February 15th at 1pm**

Lots of Bingo Love is in the air on Bingo Wednesdays!! Join us for a “lovely” afternoon filled with Bingo fun, raffles and sweet treats! Wear red, pink or “heart” attire and earn extra entries for the raffle!

**Thursday, February 16th at 11:15 am**  
**Managing Your Blood Pressure**



The University of Rhode Island College of Pharmacy will be giving a presentation on **Thursday, February 16th at 11:15 am**. This month’s topic will be “Managing Your Blood Pressure”. Please join us for a discussion of ways to best keep our blood pressure in a healthy range including lifestyle options and medications. Please register at the front desk if you would like to attend!

**Hair Stylist**



*Julie the hair stylist will be on a break this month while she recovers from her recent surgery. We hope to have her back very soon and wish her a speedy recovery!*



Oak Street Health invites you to a

# MARDI GRAS party



**Tuesday, February 21st**

**at 1:30 pm**



**Join us for a fun hour of dancing and light refreshments to celebrate Mardi Gras!**

**Registration is required-Sign ups start Feb 1st**



**OAK  
STREET  
HEALTH**

Oak Street Health invites you to join them for a Mardi Gras Party on Tuesday, February 21st at 1:30 pm at the Center. Light refreshments will be served and Jeremy from Oak Street Health will be the DJ for an afternoon of Mardi Gras fun! Be sure to register at the front desk if you would like to attend!!

## **Calling all Veterans!**

**Join us for a Cup of Joe with a G.I. Joe on  
Thursday, February 23rd at 11am in the conference 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! We will have a special guest speaker from the VA Office for the meeting!



We are so excited to offer the **Eating for Better Health Series**. Last month we started off the series with eating for better brain health. February brings us to the second monthly installment, **“Eating for a Healthy Heart” on Monday, Feb 27th at 11 am.**



**Monday, February 27th  
at 11 am**

February is National Heart Month which was created to bring awareness of heart health. In this installment we will be discussing the heart healthy Mediterranean & DASH diets, and easy recipe ideas for one or two servings. A food tasting may be available!

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



## **BREAKFAST CLUB**

### **Tuesday, February 28th**

### **8:30 am to 10 :00 am**

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! This month's menu will be pancakes, bacon and scrambled eggs! It will be a good will offering-pay what you can- at the door. Be sure to reserve your spot at the kiosk at the front desk! Registration opens February 1st!



### **Left Center Right Game Day**

### **Tuesday, February 28th 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!!

*We had "snow" much fun making snowmen*



## RI Elder Info Reminders

A quick reminder that additional SNAP benefits that you may be receiving due to the pandemic will end in February.

If you are in need of food you can check the RI Food Bank Food Finder for a local food pantry near you : <https://rifoodbank.org/find-food/>

Also as of March 1st RI Department of Human Services will begin mailing out Medicaid renewal paperwork. Please make sure that RI DHS has your correct address. You can update your information online here: <https://dhs.ri.gov/node/3656>

**For more information, visit <https://rielderinfo.com>**

## What Can I Do to Prevent Heart Disease?

According to the National Institute on Aging, there are several ways that you can help to prevent heart disease.

- **Try to be physically active.** Speak with your doctor about what types of exercise would be best for you. Do you enjoy walking, bowling, cycling, dancing or even gardening? Try to avoid long hours of sitting.
- **If you smoke-now is the time to quit!** Smoking causes damage to the artery walls. It is never too late to see the benefits of quitting smoking. It can help lower your risk of heart disease, stroke and cancer over time.
- **Follow a heart-healthy diet** low in saturated fats, added sugars and salt. Try to include fruits, vegetables and foods with high fiber into your diet.
- **Keep a healthy weight**
- **Keep your diabetes, blood pressure and/or high cholesterol under control.** Follow your doctor's orders on management and be sure to take prescribed medications as directed.
- **Try not to consume a lot of alcohol.** Men should limit themselves to no more than two drinks per day and women should only have one.
- **Manage stress.** Learn how to manage your stress, learn to relax and how to cope with your problems. This will help to improve your physical and emotional health.
- **Be sure to visit your doctor regularly and to ask questions.** Ask your doctor if you are at risk for heart disease and ask what you can do to manage it.

**For more information on how to prevent heart disease, visit <https://www.nia.nih.gov/health/heart-health-and-aging>**

## Lemon-Thyme Chicken with Fingerlings

### Ingredients:

- 4 tsp olive oil
- 1 tsp dried thyme, crushed
- 1/2 tsp kosher salt or 1/4 tsp of regular salt
- 1/4 tsp freshly ground pepper
- 1 pound fingerling potatoes
- 4 small skinless chicken breast halves
- 2 cloves garlic, minced
- 1 lemon, thinly sliced
- Snipped fresh thyme (optional)



### Directions:

1. In a very large skillet heat 2 teaspoons of the oil over medium heat. Stir 1/2 teaspoon of the dried thyme, the salt, and pepper into oil. Add potatoes; toss to coat. Cover and cook for 12 minutes, stirring twice.
2. Stir potatoes; push to one side of skillet. Add the remaining 2 teaspoons oil to the other side of skillet. Arrange chicken in skillet alongside the potatoes. Cook, uncovered, for 5 minutes.
3. Turn chicken. Sprinkle garlic and the remaining 1/2 teaspoon dried thyme over chicken. Arrange lemon slices on top of chicken. Cover and cook for 7 to 10 minutes more or until chicken is no longer pink (170°F) and potatoes are tender. If desired, sprinkle with snipped fresh thyme.

<https://www.bhg.com/recipes/quick-easy/dinners-30-minutes-less/30-minute-heart-healthy-dinner-recipes/>

### Friends of Lincoln Senior Center Memorial Donation Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

### Staff

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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!

# Slappy Valentines Days!

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

*i think you're :*

AMAZING  
AWESOME  
COOL  
FABULOUS



FANTASTIC  
FUN  
MAGNIFICENT  
SMART



SPECTACULAR  
SUPER  
TERRIFIC  
WONDERFUL

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 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 ending February 24th)  
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 (February)  
2:00 pm Ukulele w/ Georgina

Updated  
02/01/2023