

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

March 2023

Winter is coming to a close and springtime is near. March 20th marks the first day of spring! Spring is proof that there is beauty in new beginnings and fosters a new sense of hope and promise! Soon we will hear the chirping of the birds and we will see the trees beginning to bud. Daylight savings falls on Sunday, March 12th and we will set our clocks ahead giving us the promise of more hours of daylight! So many reasons to be excited about the new season!

We hope that you will share in our excitement as we have some great new programs starting this month—a new quilting craft class and additional technology assistance for our members! We also have some fun and festive St Patrick's Day festivities planned this month! Be sure to join the fun!

Wishing everyone a wonderful start to the spring season!

Lois Durkin, Director



The Rhode Island Strummers Band is looking for a "Spirited" Solo singer to sing with our group on Friday afternoons right here at the Center. Our class starts at 2pm. Please call Georgina at 401-258-6709 if you are interested!



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

Please note—all our appointments for the AARP Tax Return Assistance are all filled at this time. If you would like to be put on a waitlist, please call or visit the front desk.

Don't forget to turn your clocks ahead!



SPRING FORWARD
Change Your Clocks

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 | Tech Assistance |
| Craft | 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

- Mar 1 Hair Stylist Julie will be here for hair cuts by appointment only
- Mar 2 AARP Tax Preparation Assistance by appointment only
- Mar 2 **NO CHAIR YOGA Class** with Maria today
- Mar 7 Memoir Writing Class with Harry Anderson at 1:30 pm
- Mar 8 Quilting Craft with Paula –Marie at 10 am. Cost is \$5 for materials
- Mar 9 James from ATEL will be here to help with technology assistance. It is by appointment only!
- Mar 9 AARP Tax Preparation Assistance by appointment only
- Mar 9 St Patrick's Day Lighted Wine Bottle Craft with Bess. We will have 2 sessions 9:30 am & 10:30 am.. Registration is required!!
- Mar 14 Lighthouse Lincoln Cooking Demo-Sharmrock Shakes at 10am
- Mar 14 Blood Pressure Clinic at 10 am sponsored by Lighthouse Lincoln
- Mar 14 Afternoon Flick at 1pm
- Mar 15 Hair Stylist Julie will be here for hair cuts by appointment only
- Mar 15 "A Legacy of Hope: Dementia Care in Rhode Island " presentation at 10am presented by Care Concierge of New England
- Mar 15 Pot of Gold Bingo Bash at 1pm
- Mar 16 AARP Tax Preparation Assistance by appointment only
- Mar 17 Tir Na Nog Irish Step Dancers will be giving a performance at 12:45 pm
- Mar 17 The RI Strummers will be giving a special St Patrick's Day performance at 2pm
- Mar 20 **NO MAHJONGG LESSONS** with Carol today
- Mar 20 Healthy Eating Workshop "Food Shopping for Better Health" at 11 am. Space is limited. Registration is required!
- Mar 21 CCRI Dental Hygiene will be setting up an informational table about their program and answer questions from 10 am to 12 pm
- Mar 21 Memoir Writing Class with Harry Anderson at 1:30 pm
- Mar 23 AARP Tax Preparation Assistance by appointment only.
- Mar 28 Breakfast Club 8:30 am to 10 am
- Mar 28 Blue Cross presentation "Fall Prevention" at 10 am
- Mar 30 AARP Tax Preparation Assistance by appointment only
- Mar 30 Cup of Joe with a GI Joe Veterans Group Meeting at 11 am
- Mar 31 Left Center Right Game Day 11 am

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!!

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 signed in for class will be allowed to take the class.
- We send out ROBO calls for class cancellations based on attendance in the class. If you haven't signed in, we have no record that you take the class and you will not receive the notification call.
- Occasionally we have loved ones call in looking for members and if they haven't signed into class we cannot assist them in finding you
- It is also 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!

Hair Stylist



Looking to be styled?

Julie, the hair stylist, will be scheduling appointments at the Center for the first and third Wednesdays of the month. She will be booking appointments for **March 1st** and **March 15th**

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



**Wednesday, March 8th
at 10 am**

Quilting Craft Class

We are so excited to be offering a new Quilting Craft Class! Paula-Marie Hogge will be the instructor and the class will meet once a month. Basic sewing skills are required to participate in this class. This month, the featured piece is an adorable "Feathered Friends" craft. **There is a \$5 materials fee for the craft.** Registration is required! Please call or visit the front desk to register for the class!



Tech Assistance

Would you like to get technology support for your smartphone or tablet? Learn how you can improve your lives by embracing technology! Although challenges do exist to using today's technology, there are many solutions for success. We are so proud to be able to offer two solutions to help bridge the digital divide many seniors face.

ATEL Tech Time

We have been very fortunate to have the **ATEL TechTime** at the Center for the past 6 months. **ATEL TechTime** offers a free 30-minute one-on-one session with James from ATEL who is available to answer your questions or learn how to use your iPad/iPhone or Android device to its fullest! James will be here on **Thursday, March 9th** by appointment only. Appointments for March are all booked at this time. However, we are hoping to be able to extend James' visits to April. If you would like to be put on a waitlist for James' assistance please call or visit the front desk!

Tech Corner LSC

In addition to the amazing ATEL program, we are extremely excited to announce that we will be now offering weekly technology assistance on Tuesdays and Thursdays with Renee Harris. Renee is a retired IT professional who has kindly offered to volunteer her services to assist our members with their technology questions. The **Tech Corner LSC** hours will be **Tuesdays and Thursdays from 9am to 11 am beginning March 7th!** She will be available to assist you with questions about your smart phone, tablet, and laptop. She can also assist with any questions about Microsoft Office (Word, Excel, Powerpoint) or email questions.

If you would like to contact her with any technology questions, please email Renee at TechCornerLSC@outlook.com. She can research your question and will get back to you promptly or have the information for you during her Tech Corner hours.



Craft with Bess

Thursday, March 9th

St Patrick's Day is near and we have the perfect way to decorate for the holiday! Everyone is Irish on St Patrick's Day!! Join Bess as we create these adorable St Patrick's Day themed lighted wine bottles! We will have two session times— 9:30 am and 10:30 am. Space is limited, registration is required. Be sure to call or visit the front desk to register for the craft class!



An LCB Senior Living Community

Blood Pressure Clinic Tuesday, March 14th at 10am



Diane from Lighthouse at Lincoln will be at the Center to perform a **Blood Pressure Clinic on Tuesday, March 14th at 10am**

Complimentary Healthy Shamrock Shake will also be served!! Let's check that blood pressure and enjoy a healthy treat!



AMERICAN PARKINSON DISEASE ASSOCIATION

Strength in optimism. Hope in progress.

LINCOLN SUPPORT GROUP

Tuesday, March 14th at 10 am

APDA Support Group is a great way to connect with others and build a strong Parkinson's community. Learn practical tips, share experiences, and tap into a network of resources that can help you maintain control over your life.

March TOPIC: Ask the pharmacist

A pharmacist is an essential resource for Parkinson's Disease and managing other co-morbidities. Gary Kishfy, Rph, will offer vital information, guidance and support during the Question-and-Answer session.

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



AFTERNOON FLICK

Tuesday, March 14th at 1 pm



We will be streaming the movie "Mrs Harris Goes to Paris"

"Mrs. Harris Goes To Paris" tells the story of a widowed cleaning lady in 1950s London who falls madly in love with a couture Dior dress and decides that she must have one of her own. After she works, starves, and gambles to raise the funds to pursue her dream, she embarks on an adventure to Paris which will change not only her own outlook, but the very future of the House of Dior.



PAWTUCKET FALLS
HEALTHCARE CENTER

thank you!

A special thank you to Ava from Pawtucket Falls for donating the beautiful coffee basket for our Sweetheart Bingo Raffle!!



The Care Concierge



OF NEW ENGLAND

Wednesday, March 15th at 10 am

Care Concierge will be giving a presentation
**“A Legacy of Hope: Dementia Care in Rhode Island”
on Wednesday, March 15th at 10 am**

Memory loss is one of the greatest challenges facing modern society, yet every day the ways in which society helps people with Alzheimer’s Disease and other dementias changes and improves. Learn what dementia is, what it is not, and how dementia care is evolving in Rhode Island. Presented by Paul Jones, owner of Care Concierge of New England. Please call or visit the front desk to register for this informative presentation!



Join us for a

POT OF GOLD BINGO BASH

Wednesday, March 15th
at 1pm

snacks BINGO raffles
& be Irish!

Wear **green** or don your favorite St Patrick’s Day gear and earn a free raffle ticket entry!!



Tir Na Nog
IRISH DANCE

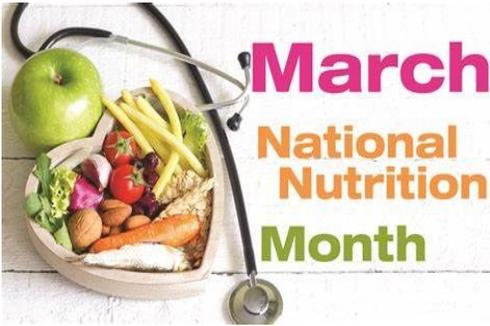
Friday, March 17th at 12:45 pm
Irish Step Dancers

The Tir Na Nog Dance School will be giving a 30 minute performance of Irish dance in traditional Irish costume with both soft shoe and hard shoe dancing. The dancers will perform to both traditional and modern music! The girls will be bringing the dancing, beautiful smiles and lots of Irish festivity to our Center!! If you would like to attend this performance, please call or visit the front desk to register!



Friday, March 17 at 2 pm

We are feeling very “lucky” to have The Rhode Island Strummers who will be giving us a special performance at the Center on March 17th at 2 pm. We hope that you can join us for this sweet treat!



“Food Shopping for Better Health”

Monday, March 20th at 11am

We are at our third installment of our **Eating for Better Health Series**. This month’s topic will be **“Food Shopping for Better Health”**. Do you ever find yourself questioning about the contents of your food cart? Making the best food choices for our health can be challenging given so many confusing claims on products. In this session we share helpful tips for navigating the maze of food store aisles. Learn about how to avoid common pitfalls of food shopping, ways to stretch your budget, and better understand food labels. Healthy budget friendly cooking ideas will be discussed, too! Class size is limited and registration is required. Please call or visit the front desk to register for this class.



CCRI DENTAL HYGIENE

**INFORMATIONAL TABLE
COMING TO YOU**



CLINIC SERVICES

- Dental Cleaning
- Periodontal Exam
- Sealants
- Radiographs (X-rays)
- Fluoride Treatment
- Oral Cancer Screening
- Nutritional Counseling
- Appliance (denture/partial) cleaning

**Tuesday, March 21st
10-12 PM**



Tuesday, March 28th

Join us for a presentation at 10am

“Fall Prevention”

Did you know that the fear of falling can make you more likely to fall? Medications, certain conditions, and a lack of physical activity can also play a role. This class will offer tips to help you reduce the risk of falling.

Please call or visit the front desk to register for this presentation!



BREAKFAST CLUB

Tuesday, March 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! 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 March 1st!



Calling all Veterans!

Join us for a Cup of Joe with a G.I. Joe on

Thursday, March 30th 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!



Left Center Right Game Day

Friday, March 31st 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!!



Interested in checking out what the Bone Builders Class is all about? Or maybe you are looking to add another class to your fitness schedule? We have a solution!!

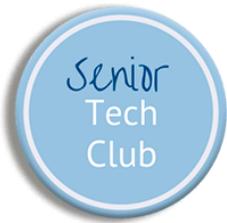
We have just been notified that Bone Builders now offers a **Virtual Zoom Bone Builders Class with Lynne Rheume**

You can work out from the comfort of your home!

The Virtual Class will meet on Mondays and Thursdays at 10am via ZOOM.

You will need to download the Zoom app in order to take the class.

The Meeting ID is: **87480584047** and the Password is: **662464**



Renee Harris, our Tech Corner LSC volunteer, found this wonderful website that she wanted to share with you! It is called Senior Tech Club and it's for older adults who want to learn, explore and share smart technology! It's a free website that offers access to a catalog of iPhone and iPad lessons and tips. They also offer a newsletter and free courses at the Senior Tech Club Academy! It is worth checking out!! If you have any questions about the website, you can email Renee at TechCornerLSC@outlook.com or visit Renee during her Tech Corner hours on Tuesday and Thursdays from 9 am to 11 am! The website address is <https://www.seniortechclub.com>

Valentines Day Afternoon Tea Party

It was a lovely Valentine's Day as members enjoyed a spot of tea and some delectable desserts for our first annual Valentine's Day Afternoon Tea Party! Party goers donned their tea party hats and enjoyed a fun afternoon with friends! A very special thank you to William from St Antoine's for donating the delicious cupcakes and to Malissa from Blue Cross for the beautiful flowers for all our party goers! We had such a wonderful turnout and party goers want to do it again next year!!



Special thanks to Oak Street Health for sponsoring a fabulous Mardi Gras Dance Party on Fat Tuesday!

thank you!



Here's a sweet treat to share with your favorite leprechauns!

Minty Ice Cream Shamrocks

Ingredients:

6 tablespoons butter, softened

3/4 cup sugar

1 large egg

1-1/2 teaspoons whole milk

3/4 teaspoon vanilla extract

1-1/3 cups all-purpose flour

1/4 cup baking cocoa

1-1/4 teaspoons baking powder

1/4 teaspoon salt

1-1/2 to 2 cups mint chocolate chip ice cream, softened



Directions:

1. In a small bowl, cream butter and sugar. Add egg, milk and vanilla; mix well. Combine the flour, cocoa, baking powder and salt; gradually add to creamed mixture just until blended. Divide dough into 2 portions; flatten. Cover and refrigerate for 1 hour or until firm.

2. Preheat oven to 350°. On a lightly floured surface, roll out dough to 1/8- to 1/4-in. thickness. Cut with a floured 3-in. shamrock cookie cutter. Place 2 in. apart on parchment-lined baking sheets. Prick with a fork if desired.

3. Bake until set, 7-10 minutes. Cool for 2 minutes before removing from pans to wire racks to cool completely.

4. Spread 1/4 to 1/3 cup ice cream over the bottom of 6 cookies;

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

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____



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!



ST. PATRICK'S DAY WORD SEARCH

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

gold
rainbow
shamrock
green
leprechaun

March
clover
parade
shenanigans
seventeenth

Irish
pinch
saint
lucky



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

LINCOLN SENIOR CENTER

Weekly Activities Schedule

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

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
9:00 am Tech Corner w/ Renee
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 CardioDance Interval w/
Maria

Thursday

9:00 am Tech Corner w/ Renee
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
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
2:00 pm Ukulele w/ Georgina

Updated
03/01/2023