

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

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

May 2022

Spring is finally here!! The flowers are blooming and the birds are chirping!! The warmer weather will be here soon!! The month of May brings many celebrations- the Kentucky Derby, Cinco de Mayo, Mother's Day and Memorial Day. It is a busy month and the Center will be buzzing with activities! We have planned a Kentucky Derby Fascinator workshop on May 3rd, a Mother's Day Bingo Celebration on May 10th, and a Spring Fling Party planned for May 19th. Be sure to put on your dancing shoes and join us for an afternoon of fun! We also have bus trips sign ups for Kennebunkport and a Lobster Roll Cruise! Be sure to check out the bus trip board!

Mothers go above and beyond, and for every dream, it is a mother who believed. Mothers know how to help, to heal, how to listen and how to love. We would like to wish a very lovely Mother's Day to all and hope that your day is filled with love and laughter.



We would also like to thank the brave men and women who courageously gave their lives and made the ultimate sacrifice. We salute our fallen and give thanks on this Memorial Day.



Lois Durkin, Director

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	Tech Assistance
Craft	Ukulele
Digital Photography	Watercolors Art Class
Forever Fit	Yoga & Chair Yoga
Irma's Workout	Zumba
Knitting & Crochet Circle	Zumba Gold

Friendly Reminder to Dress in Layers

The warmer weather will be here before we know it and that means our AC will be on. Please try to remember to dress in layers. Be sure to bring a light sweater or jacket with you!

Save the Date!!

September 15, 2023

We will be holding a

Senior Prom

More details to follow soon!!

Calendar of Events & Presentations

The Overeaters Anonymous Group meets every Thursday at 10 am

- May 1- Sign Ups begin for the Spring Fling Party \$10 payment due at sign up!
- May 2- Memoir Writing Class with Harry Anderson at 1:30 pm
- May 3- Kentucky Derby Fascinator presentation at 10 am
- May 3- Julie the Hair Stylist will be at the Center. Book your appointment w/ front desk!
- May 4- Tech Corner w/ Renee 10 am to 2pm. See front desk to schedule an appointment
- May 4- Sign ups for the Kennebunkport Bus Trip begin. \$10 min deposit due at sign up!
- May 5- Week #2 A Matter of Balance Workshop 9:30 am to 12 pm
- May 5- No Ukulele Class today
- May 9- Sign ups for Lobster Roll Cruise Bus Trip begin. \$10 min deposit due at sign up!
- May 9- American Parkinson Disease Association Support Group meeting at 10 am
- May 10- Quilting Mini Craft at 10 am. Registration is required! \$10 materials fee due at sign up
- May 10- Mother's Day Bingo Party at 1pm
- May 11- Final Payments due for the Cape Ann Bus Trip!!
- May 11- Tech Corner w/ Renee 10 am to 2pm. See front desk to schedule an appointment
- May 11- Craft w/ Bess- 2 sessions 9:30 am & 1:00 pm
- May 11- NO MEDITATION CLASS TODAY
- May 11- Healthy Eating Workshop "Healthy Eating with Diabetes" at 11 am. Please register with the front desk if you would like to attend!
- May 12- Week #3 A Matter of Balance Workshop
- May 12- Flower Arranging with Lighthouse at Lincoln 10 am. Spots are limited-be sure to register at the front desk!
- May 12- Office of the General Treasurer will be visiting the Center at 11:30 am. UNCLAIMED PROPERTY
- May 16- Left Center Right Game Day at 11 am
- May 16- Memoir Writing Class with Harry Anderson at 1:30 pm
- May 16- Blue Cross event-Yoga in the Park at Lincoln Woods at 2pm. Join Nichole & Bess!!
- May 17- Julie the Hair Stylist will be at the Center. Book your appointment w/ the front desk!
- May 17- Collette Tour presentation traveling to Tuscany at 11am
- May 17- Oak Street Health table event "Living the Dream" 10 am to 11:30 am
- May 18- Tech Corner w/ Renee 10 am to 2pm. See front desk to schedule an appointment
- May 18- Ice Cream Social Sponsored by Atria at 1 pm. Please register at the front desk!
- May 19- NO BONE BUILDERS, NO CARDIO CLASS OR YOGA CLASS THIS MORNING
- May 19- Week# 4 A Matter of Balance Workshop 9:30 am to 12pm
- May 19- SPRING FLING. Festivities start at 11am!! Registration is required!
- May 23- Blue Cross presentation at 10am "Laughter is Medicine". Please register at front desk
- May 23- Movie Day-"80 for Brady" at 1 pm. Please register with the front desk!
- May 25- Tech Corner w/ Renee 10 am to 2pm. See front desk to schedule an appointment
- May 25- Cup of Joe with a GI Joe veterans group meeting at 11am
- May 26- Week# 5 A Matter of Balance Workshop 9:30 am to 12pm
- May 29- CENTER IS CLOSED FOR MEMORIAL DAY
- May 30- Breakfast Club 8:30 am to 10 am
- June 1- Final Payment Due for the Martha's Vineyard Trip!!

8 Strategies for a Healthy Spring

In a recent article, The Centers for Disease Control and Prevention recommended these 8 Strategies for a Healthy Spring to help prevent chronic diseases like type 2 diabetes, heart disease and cancer.

Move More, Sit Less



Try to get at least 30 minutes of moderate-intensity physical activity a day, 5 days a week.

Eat Healthy Foods



Try to make healthy food choices and include fruits, vegetables, whole grains, lean meats and low-fat dairy

Choose Your Drinks Wisely



Substitute water for sugary or alcoholic drinks

Get Enough Sleep



Adults need at least 7 hours of sleep per night

Be Sun Safe



Wear a wide-brimmed hat, sunglasses and use broad-spectrum sunscreen with at least a SPF 15.

Brush Your Teeth



Brush twice a day with a fluoride toothpaste.

Don't Use Tobacco



Call 1-800-QUIT-NOW for free support to quit smoking.

Learn Your Health History



Talk to your family and your doctor about your family health history

www.cdc.gov/chronicdisease/resources/infographic/healthy-spring.htm

Slam the Scam with Social Security by Cheryl Tudino

Scammers use sophisticated tactics to trick potential victims into disclosing personal and financial information. Typically, they use the five P's – Pretend, Prize or Problem, Pressure, and Payment. For example, scammers pretend they are from Social Security in phone calls or emails and claim there is a problem with the person's Social Security number. The scammer's caller ID may be spoofed to look like a legitimate government number. Scammers may also send fake documents to pressure people into complying with demands for information or money. Other common tactics include citing "badge numbers" and using fraudulent Social Security letterhead to target individuals for payment or personal information.

Social Security will never:

- Tell you that your Social Security number is suspended.
- Contact you to demand an immediate payment.
 - Threaten you with arrest.
- Ask for your credit or debit card numbers over the phone.
 - Request gift cards or cash.
- Promise a Social Security benefit approval or increase in exchange for information or money

To report a scam attempt, go to oig.ssa.gov. For more information, please visit www.ssa.gov/scam and www.ssa.gov/antifraudfacts.



Need a Hair Appointment?

Julie, the hair stylist, will be scheduling appointments at the Center for
Wednesday, May 3rd and Wednesday, May 17th.

It is by appointment only-please see the front desk to schedule your appointment!

The time slots available are: 9:30 am 10:00 am 10:30 am 11:00 am 11:30

Wednesday, May 3rd at 10am



Are you a horse racing fan? Do you enjoy the races? Come join us for a brief lecture on **“The History of the Kentucky Derby”** presented by Dr Leeann Teal-Rutkovsky on Wednesday, May 3rd at 10am. Learn about the history of the Kentucky Derby and its traditions. She will also discuss derby fare and you can learn how to make the signature drink of the

Derby-the mint julip (non-alcoholic version!) She will also have some hat samples to view! You will also make and take home your own fascinator! We hope that you can join us for this fun filled presentation!! Please register at the front desk!



On **Saturday, May 6th** the Memorial Day Parade Committee will be hosting a Pasta Supper at the Lincoln Senior Center!

Food will be served 4:00 pm to 7:00 pm

Great food, Raffle Prizes and Music!! All proceeds support the Memorial Day Parade! Tickets are available at the front desk!

Adults \$15

Children \$10 Children 5 & younger-free



Tuesday, May 9, 2022 at 10:00 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.

MAY'S TOPIC: ACTIVITIES TO IMPROVE FINE MOTOR COORDINATION

Join Jorgie Martin, a Physical Therapist certified in the LSVT BIG Program, as she brings you through a series of in-home activities that will increase fine motor coordination with your hands. Questions? Contact: Maria Kishfy, APDA Support Group Leader, at 401-440-8136 or email mariakishfy@gmail.com

Quilting Craft Class



Crystal Prism Sun Catcher

Paula-Marie Hogge has a beautiful craft planned this month!! She will be giving instructions on how to create this beautiful crystal prism sun catcher and vision board collage!



Vision Board Collage

There is a \$10 materials fee for the craft.
Registration is required! Please call or visit the front desk to register for the class!



Wed, May 10th
at 1 pm

Mother's Day Bingo Celebration

A mother's influence helps to shape and guide the minds, the hearts, the souls and the values of each generation. So this month we celebrate our mother's!! We love to have our Bingo celebrations here at the Center-and who better to celebrate this month than moms!! Join us as we enjoy an afternoon of bingo fun, raffles and some sweet treats to celebrate all the incredible mothers, grandmothers, godmothers, bonus moms and those who are like-a mother!!

"Healthy Eating with Diabetes"

Thursday, May 11th at 11am

Our Healthy Eating Series with Kathi Masi continue this month! This month Kathi will be discussing "Healthy Eating with Diabetes". In this session we will explore how to take "small steps to make a big difference" in helping to manage blood sugar levels. Tips and meals planning ideas will be discussed using the Diabetes Plate Method. A food demo and tasting will be available. Please call or visit the front desk to register for this insightful presentation!



Craft with Bess

Thursday, May 11th
2 session times:
9:30 am & 1:00 pm

Springtime is here and flowers are beginning to bloom! Join Bess as we create this cute floral vase! They are perfect to hold flowers for Mother's Day or to give as a sweet little gift! ! We will have two session times— a morning and an afternoon session. The morning will meet at 9:30 am and the afternoon will meet at 1:00pm. Space is limited, registration is required. Be sure to call or visit the front desk to register for the craft class!



**The Office of the Treasurer will be visiting the Center on
May 12th 11:30 am—12:30 pm**

Each year, the Treasurer's office recovers unclaimed cash and assets from businesses, banks, landlords, safe deposit boxes and utility companies. The property is kept safe until it can be returned to its rightful owner. More than 300,000 Rhode Islanders have property waiting to be returned to them, and many don't even realize it until they search our database and find their missing money. Learn how to see if you have any unclaimed property!



**THE
LIGHTHOUSE**
at Lincoln



May 12th at 10 am

Please join us for a complementary flower arrangement workshop in honor of Mother's Day! Space is limited! Registration is required! Please call or visit the front desk to register for this workshop!

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 or email Bess at bcarvalho@lincolnri.org



**Left Center Right Game
Day**

May 16th 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!



 **your blue store**

**Yoga in the Park
at Lincoln Woods**

**Tuesday, May
16th at 2pm**

Blue Cross Blue Shield of RI is sponsoring Yoga in the Park at Lincoln Woods. Join in across the state to get some exercise and enjoy the great outdoors! Bring your yoga mat, however, if you do not have one, there will be a limited supply of beach mats for your use. Join Bess and the Blue Cross team for a fun hour of yoga at Lincoln Woods! It will be outdoors so be sure to dress appropriately for the weather that day! Sign up with the front desk if you would like to participate!



Wednesday, May 17, 2023

11 am to 12:30 pm

If you had one wish, what would it be? Share it with us during our **Livin' the Dream** event for your chance to make it come true. We are working with Wish of a Lifetime to let you know about opportunities their organization makes possible, including granting wishes for people just like you. So put your fondest dream within reach with your neighborhood Oak Street Health.* Be sure to stop by Oak Street Health's table to learn more about **Livin' the Dream!**

Atria SENIOR LIVING



I scream, you scream, we all scream for ice cream!!

We sure do love our ice cream treats here at the Center!

Come join us on

Thursday, May 18th at 1 pm

for an ice cream social compliments of Atria!!!

Please register w/ front desk if you would like to attend!



Wednesday, May 17th at 11 am

Have you ever dreamed of traveling to Tuscany, Italy? Rolling landscapes, savory wines, delicious food and stunning architecture – find all of this and more in Tuscany! Collette Tours could make your dreams come true! On **Wednesday, May 17th at 11 am** Collette Tours will be giving a presentation about the opportunity to travel to Tuscany for nine days in May 2024! Come to hear about the trip they have planned for you!!

Join us for a

Spring Fling

Friday, May 19th

**Festivities begin at 11 am
Luncheon served at noon**

2 hours of Entertainment will be provided by Gary Namaka along with a catered luncheon by Chelo's!

Luncheon menu:
Salad, choice of Red or White Clam Chowder, clam cakes, refreshments & dessert
\$10.00 per person due at sign up

Please indicate choice of chowder when signing up!!

SIGN UPS START MAY 1 ST



**May 23rd at 10am
Blue Cross Workshop
“Laughter is Medicine”**

Come ready to smile! You'll learn about the short-term and long-term benefits of laughter and new ways to bring humor into your life.

AFTERNOON FLICK



Tuesday, May 23rd at 1:00 pm

We will be streaming the movie
“80 for Brady”

Inspired by the true story of four best friends who try to live life to the fullest when they take a trip to the 2017 Super Bowl LI to see their beloved hero Tom Brady play. Please visit or call the front desk to register if you would like to attend the movie! Please register with the front desk if you would like to attend!

BREAKFAST CLUB

**Tuesday, May 30th
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 May 1st!



**Cup of Joe with a
G.I. Joe**

Calling all Veterans!!!!

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 on

Thursday, May 25th at 11am in the conference room!



thank you!



We are so very thankful and grateful to Lincoln's Cinema World for their very generous popcorn donation for our April's Afternoon Flick. A special thank you to Malissa from Blue Cross for the adorable gardening raffle basket and to Ava from Pawtucket Falls for the Stop & Shop gift card for our Bunny Bingo Raffle. And lastly, thank you to Genia for the beautiful plants from Lighthouse at Lincoln that were given out to members who participated in the blood pressure clinic. We are so very fortunate to have such wonderful community support!



Bus Trip Information & Reminders

Cape Ann Bus Trip FULL

Tuesday, June 6th

\$130 per person

Check-in: 9:15 am Depart: 9:45 am

Return: 6pm

Full Payment Due by May 11th

No refunds after June 7th

Martha's Vineyard

A few spots are still available

Thursday, June 29th

\$118 per person

Check-in: 6:15 am Depart: 6:45 am

Return: 6pm

Full Payment Due by June 1st

No refunds after June 7th



Kennebunkport Bus Trip-July 13th

\$135 per person

Check in Time: 7:15 am

Bus departs: 7:45 am

Bus returns: approximately 7:15 pm

Included: Roundtrip Transportation, Guided Tour of Kennebunkport, Lunch & Free Time

Meal Choice: Lobster Dinner, Baked Haddock, Baked Stuffed Chicken, NY Strip Steak

Bloom Tours will be taking us to Kennebunkport, ME! Our first stop will be Nubble Lighthouse for a photo op and then we are off to lunch at Mike's Clam Shack in Wells. After lunch, we will take a 1 ½ hour guided tour of the southern Maine coastal villages of Kennebunk and Kennebunkport. See Dock Square in Kennebunkport and follow Ocean Avenue along the Kennebunk River. Drive by the Bush Family estate at Walker's Point. You'll hear about the seaside Franciscan Monastery and the legend of the elegant Wedding Cake House and the shipbuilding history of these villages. We will have free time to shop and stroll in Kennebunkport's quaint shopping village before departing for home.

Sign ups start on Thursday, May 4, 2023

- A \$10 minimum deposit is required at time of sign up. Meal selection due at time of sign up
- Full payment is due by June 12th!
- No refunds given after June 12, 2023
- Trip runs rain or shine



The Lobster Roll Cruise

Tuesday, July 25th

\$125 per person

Check-in Time : 10:15 am

Bus Departs: 10:45 am

Bus Returns: 6:00 pm

We start off our day by traveling to Cape Cod for a truly exceptional day! We begin our day in Dennis and enjoy a 90 minute cruise offering the most spectacular views from the decks of the Lobster Roll, a custom built cruise boat. Glide through the calm waters of Sesuit Harbour and into the serene beauty of Cape Cod Bay with its incredible picturesque coastline.

While on board, you will enjoy a choice of:
Lobster Roll, Roast Beef Roll Up or a Vegetarian Roll Up.

In the afternoon we will visit Katie's Homemade Ice Cream in Hyannis. Here you will be treated to an included small ice cream cone! Before heading home you will enjoy some free time in downtown Hyannis.

Sign ups start on Tuesday, May 9, 2023

- A \$10 minimum deposit is required at time of sign up.
- Meal choice is due at sign up!
- Full payment is due by June 27th!
- No refunds given after June 30, 2023
- Event runs rain or shine



Rosemary Salmon and Veggies



Ingredients

- 1-1/2 pounds salmon fillets, cut into 4 portions
- 2 tablespoons olive oil (or you can substitute with 2 tablespoons of melted coconut oil)
- 2 tablespoons balsamic vinegar
- 2 teaspoons minced fresh rosemary or 3/4 teaspoon dried rosemary, crushed
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1 pound fresh asparagus, trimmed
- 1 medium sweet red pepper, cut into 1-inch pieces
- 1/4 teaspoon pepper
- Lemon wedges

Directions

1. Preheat oven to 400°. Place salmon in a greased 15x10x1-in. baking pan. Combine oil, vinegar, rosemary, garlic and salt. Pour half over salmon. Place asparagus and red pepper in a large bowl; drizzle with remaining oil mixture and toss to coat. Arrange around salmon in pan; sprinkle with pepper.

2. Bake until salmon flakes easily with a fork and vegetables are tender, 12-15 minutes. Serve with lemon wedges.

**You can also include sliced zucchini, small cauliflower florets or fresh green beans to the recipe!

<https://www.tasteofhome.com/recipes/rosemary-salmon-and-veggies/>

Friends of Lincoln Senior Center Memorial Donation

A donation has been made in loving memory of

Andrew M Lyon, Jr.

Robert F Blount

Elizabeth (Blount) Brennan

Joseph E Blount



Staff

Lois Durkin

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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!

Memorial Day Word Search

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



AMERICA
BLUE
CEMETERY
FALLEN
FLAG
FREEDOM
HEROES

HOLIDAY
HONOR
MAY
MEMORIAL
MILITARY
MONDAY
PARADE
RED

REMEMBRANCE
RESPECT
SACRIFICE
SALUTE
SERVICE
SOLDIERS
WHITE

