

The Lincoln Link

LINCOLN SENIOR CENTER NEWS



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

July 2023

Summer is here and we will be kicking it into high gear for you to have a fantastic summer!! We have some fun events planned. We have a cool craft planned for this month-an adorable nightlight! We also have our very first Karaoke Hour planned!! There are two bus trips this month-one to Kennebunkport and the other is a Lobster boat Cruise!! They call it the lazy days of summer....but we like to keep you all active at the Center!! We have noticed several members are using the walking path around the building to get their daily steps in! We LOVE to see this!! It's great to see members getting fit and socializing with friends!! Since we are heading outdoors for summer activities, please remember to wear your sunscreen, stay hydrated, and to keep cool on those hazy, hot & humid summer days that are just around the corner! We hope everyone has a wonderful summer!

Lois Durkin, Director



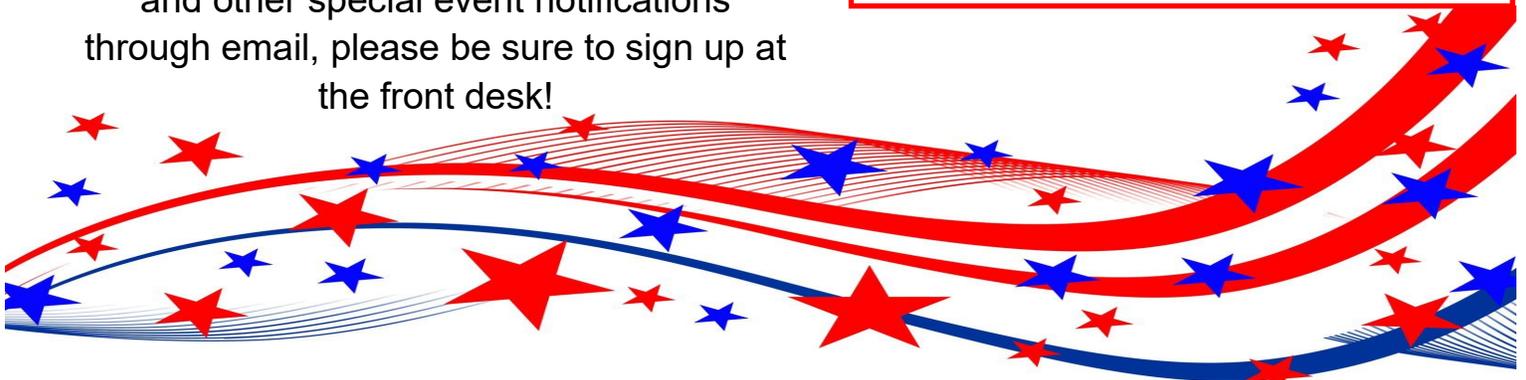
If you would like to receive the newsletter and other special event notifications through email, please be sure to sign up at the front desk!

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

Friendly reminder..Dress in Layers!

It can be slightly cool in the Center during the summer months as we try to keep the Center cool during the summer. It may be a good idea to bring a lightweight sweater with you in case you feel a little chilly. We kindly ask our members to not touch our thermostats as it can affect other areas of our facility. Thank you for your cooperation!!



Calendar of Events & Presentations

The Overeaters Anonymous Group meets every Thursday at 10 am

- July 4- Center Closed in observance of Fourth of July holiday
- July 5- Red, White & Blue Bingo at 1pm.! Wear your patriotic gear (red, white & blue) and earn free raffle tickets!
- July 6– Arthritis Class with Sue-NEW CLASS TIME 11:15 am
- July 11- Afternoon Flick-We will be streaming the movie “Book Club: The Next Chapter” at 1pm
- July 12– NO CARDIODANCE INTERVAL with MARIA today!
- July 12- Blood Pressure Clinic at 10am sponsored by Lighthouse at Lincoln
- July 13- NO CHAIR YOGA with MARIA today!
- July 13- Kennebunkport Bus Trip! Please arrive by 7:15 am for check-in. The bus will be departing at 7:45 am sharp! Please remember to pack snacks & drinks for the bus ride.
- July 14– Final Payments are due for Foster’s Clam Bake & Isles of Shoals bus trip!!
- July 14- Karaoke Day at 1pm
- July 14- No Ukulele Class today
- July 17- Craft Activity with Bess & Renee. Resin Nightlights! 2 session times. Registration is required!
- July 18- Presentation “House selling and Decluttering” at 11am. Presented by Katherine Riley, RI licensed Sr. Real Estate Specialist
- July 19- Julie the Hair stylist will be at the Center. Please see front desk to schedule your appointment!
- July 20- Sign Ups for Turkey Train Bus Trip begin at **11 am**
- July 20– NO TECH CORNER with Renee today!
- July 25- Lobster Roll Cruise Bus Trip. Please arrive at 10:15 am. The bus departs at 10:45 am sharp. Please remember to pack drinks and snacks for the bus!
- July 25- Breakfast Club 8:30 am to 10 am
- July 27- Cup of Joe with a GI Joe Veterans Group meeting at 11 am
- July 28- Left Center Right Game Day 11 am
- July 31- Blue Cross presentation “Tired of Being Sleepy: The Truth About Quality Sleeping” 10 am



Class & Program Updates!! **We have some schedule changes. Please take note!!**

- The Quilting Group will now be meeting at 8:30 am on Mondays
- Thursday’s Arthritis Class with Sue will now be meeting at 11:15 am going forward
- The Memoir Writing Class will be taking a pause for the summer
- Mini Quilting Craft will be taking a pause during the summer
- Reminder: No CardioDance Interval with Maria on July 12th
No Chair Yoga with Maria on July 13th
No TECH Corner with Renee July 20th



Celebrate the Fourth of July at our

Red, White & Blue Bingo

On Wednesday, July 5th at 1pm

Be sure to wear red, white & blue and earn free entries into our Bingo raffle!!



AFTERNOON FLICK

Tuesday, July 11th at 1 pm

"Book Club: The Next Chapter"



Join us for a fun afternoon as we stream the movie "Book Club: The Next Chapter".

The highly anticipated sequel to "Book Club" follows our four best friends as they take their book club to Italy for the fun girls trip

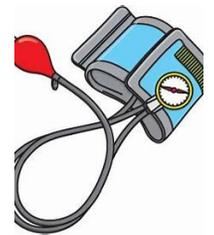
they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure. Popcorn and light refreshments will be served! Please be sure to register with the front desk if you would like to attend!

Blood Pressure Clinic



Lighthouse at Lincoln will be performing a Blood Pressure Clinic on

Wednesday, July 12th at 10am



Friday, July 14th at 1pm

Do you have a great singing voice and want to show off your talent? Or maybe you just are looking for a fun way to spend an afternoon? Then you need to come join us on Friday, July 14th for our very first Karaoke Hour!! Come belt out a tune with your friends! Bess will even be your backup dancer while you sing your tune!! No need to be a professional singer to have fun! Be sure to sign up at the front desk!!



Craft with Bess

Resin Nightlight Craft

Join Bess and Renee as we make these beautiful resin nightlights! There are assorted styles to choose from - sea turtles, starfish, anchor or a heart. Perfect for your home or to gift to a loved one! We will have two sessions-a 9:30 am session & a 10:30 am session. Registration is required! Please see the front desk!

Monday, July 17th

9:30 am session

10:30 session



J.Christopher
REAL ESTATE GROUP

Presentation

Tuesday, 18th at 11 am

Join Katherine Riley, Realtor® and designated Sr. Real Estate Specialist as she discusses “House Selling and Decluttering Your Home” on Tuesday, July 18th at 11 am. If you would like to attend the presentation, please call or visit the front desk.



Looking for a Hair Appointment?

Julie, the hair stylist will be scheduling hair appointments at the Center on **Wednesday, July 19th.**

It is by appointment only-please call or visit the front desk to schedule your appointment!

Time slots: 9:30, 10:00, 10:30, 11:00 and 11:30



BREAKFAST CLUB

Tuesday, July 25th

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!



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, July 27th at 11am



Left Center Right Game Day

July 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!



Blue Cross Workshop

“Tired of Being Sleepy: The Truth About Quality Rest” Monday, July 31st at 10am

Sufficient sleep isn't a luxury. It's a necessity. While sleeping, your body is repairing tissues, consolidating your memory, and boosting your immune system. Learn how to improve your sleep routine to get enough rest. Be sure to sign up with the front desk for this informative presentation!

Fitness Room Reminders

We would like to remind members to be sure to wear the proper footwear to fitness classes. Sneakers are the recommended footwear for classes. Sandals are not appropriate footwear and could lead to risk of injury.

Please be sure to turn off or silence your cell phones during classes. If you do need to take a call, please exit the fitness room and take your call out in the main lobby so we do not disturb the class instruction. Thank you for your continued cooperation!!!

FRAUDSTERS NEVER GO ON VACATION

Fraudsters will never take a break. While you are out enjoying fun and sun this summer, they are working hard to find new ways to scam you. Seniors and younger people are particularly vulnerable to scammers who claim to represent Social Security. To protect you and your loved ones, you can:

- Visit our Protect Yourself from Social Security Scams webpage at www.ssa.gov/scam for information on what tactics scammers use and how to report them.
- Check out the Federal Trade Commission's page at consumer.ftc.gov/scams for additional scam related information.

Here are some tips to follow when you identify a potential scammer:

- Hang up right away or ignore the message.
- Never give personal information or money.
- Report the scam immediately to our Office of the Inspector General at <https://oig.ssa.gov/report/>.

If you owe money to Social Security, we'll mail you a letter with payment options and appeal rights. We only accept payments electronically through Pay.gov or Online Bill Pay, or physically by check or money order through our offices. We will never do the following: threaten you with arrest or legal action because you don't agree to pay us money immediately; promise a benefit increase in exchange for money; Ask you to send us gift cards, prepaid debit cards, wire transfers, internet currency, cryptocurrency, or cash through the U.S. mail. There are no vacations for fraudsters, so you need to stay informed of the latest Social Security-related scams. For more information, please visit our blog at www.blog.ssa.gov. Please share these useful resources with your loved ones



Bus Trip Information & Reminders

We had two great bus trips in June and are looking forward to two more in July!! Here are some friendly reminders...

Please park in the back parking lot (the right side of the building) where the pickle ball courts are. This allows our members attending classes/activities at the Center during the day to have ample parking while we are on the trip.

Please remember to pack drinks, snacks, sunscreen, & appropriate jackets/sweaters for the trips. It is important to be sure to bring drinks or bottled water and some snacks with you. Sometimes traffic can occur and may delay rest stop visits or delay returns. It can get chilly on the bus, be sure to have a jacket with you!

Please pay attention to check-in times. We cannot hold the bus for you!

We kindly ask for a dollar or two for the bus driver tip. We collect this at the time of check in.

Be sure to put your name on a waitlist in the event a trip is full. Unfortunately, things can come up and people need to cancel trips. Put your name on a waitlist and you may be able to attend in the event of a cancellation!

Kennebunkport Bus Trip July 13th

Check in Time: 7:15 am

Bus Departs: 7:45 am

Bus returns: approximately 7:15 pm

- No refunds given after June 12, 2023
- Trip runs rain or shine

The Lobster Roll Cruise Tuesday, July 25th

Check-in Time : 10:15 am

Bus Departs: 10:45 am

Bus Returns: 6:00 pm

- No refunds given after June 30, 2023
- Event runs rain or shine

Foster's Clam Bake & Isles of Shoals Bus Trip

August 1st

Check in Time: 8:30 am

Bus Departs: 9:00 am

Bus Returns: 7:00 pm

Final Payments due: July 14, 2023
No refunds given after July 18, 2023
Trip runs rain or shine

Essex Steam Train & Riverboat Bus Trip September 8th

Check in Time: 8:45 am

Bus Departs: 9:15 am

Bus Returns: 4:45 pm

Final Payments due: Aug 15, 2023
No refunds given after Aug 17, 2023
Trip runs rain or shine

Please note, Sign Ups For Turkey Train will begin on Thursday, July 20th beginning at 11am.

It's Turkey Time!! All Aboard...

Join us for the
Foliage Turkey Train Tour

Tuesday, October 17, 2023

\$120 per person

Check In Time: 8:15 am

Bus Departs: 8:45 am

Returns: Approximately 7:15 pm



We have 2 buses!

Join us for the perfect Foliage Day Trip! Begin your day with a beautiful scenic drive up to Meredith, New Hampshire where we will board the Winnepesaukee "Turkey Train" at the Hobo Railroad. This two hour scenic train ride, through the countryside of New Hampshire is complete with a delicious full turkey dinner complete with all the fixin's! This exceptional turkey meal is provided by Hart's Turkey Farm. Following the lunch train excursion we board the motor coach and head to Moulton Farms, in the heart of the Lakes Region. The farm dates back to 1890's and has so much to offer. Browse their farm stand garden center or maybe pick up a treat at their bakery! It's a perfect ending to our October day!

Sign ups start on Thursday, July 20, 2023

- Bus trips are for Lincoln Senior Center members only. Membership dues must be paid up to date to reserve your spot.
- A \$10 minimum deposit at time of sign up.
- You can only sign up yourself and one other member at time of sign up.
- **Full payment is due by September 15, 2023!**
- **No refunds given after September 25, 2023**

Heat stroke in seniors is deadly

In hot weather, heat stroke in seniors is a serious risk. Older bodies are less sensitive to changes in temperature and can't adjust as well. So, seniors might not even notice that they're overheating – until they become ill. And chronic health conditions and common medications, like beta blockers for high blood pressure, also make it harder for the body to respond to heat.

What is heat stroke?

Heat stroke happens when the body overheats, typically to 104 degrees Fahrenheit or higher. It's a serious condition and requires immediate emergency treatment. If it's not treated, heat stroke can damage the brain, heart, kidneys, and muscles. Plus, the longer it takes to get treatment, the higher the risk for serious complications or death.

6 ways to prevent heat stroke in seniors

1. Understand your older adult's health conditions

Check with their doctor to find out if medications or treatments, like diuretics or low-salt diets, could affect the way their bodies regulate temperature. Ask if there are special things you need to do if you see signs of heat stroke. For example, common remedies like sports drinks or lots of water could be harmful for some seniors.

2. Identify heat stroke symptoms for fast treatment

If your older adult shows signs of overheating, use the handout to evaluate symptoms and respond immediately. If they are overheating, call 911 or their doctor to get professional medical attention as soon as possible. In the meantime, try to cool them down using the treatment methods listed.

3. Encourage water intake and dress for the weather

Remind your older adult to drink water throughout the day. A body that's hydrated feels cooler and regulates temperature better. But avoid water that's too cold, it could cause cramps. Convince them to wear as little clothing as possible and make clothes as light, loose, and breathable as possible. If they feel chilly, give them a bath towel to use as a light lap blanket.

4. Stay cool at home

Keep the house as cool as possible by using inexpensive mylar sheets as DIY reflective solar curtains to block out sun and heat. Since heat rises, stay on the ground floor or basement of the house. It's best to avoid the hotter, stuffy upper floors. Buy an indoor air conditioning unit or contact a local air conditioning store or chain store like Rent-A-Center to find out if you can rent one.

5. Stay cool outside the house

If the house is too hot, you may need to go somewhere else to keep your older adult cool and comfortable. Some Senior-friendly places to find air conditioning are: Relative or friend's house, Coffee shop or restaurant, Shopping mall or stores, Public library, Senior center or city recreation center.

6. Use caution with electric fans

Electric fans can trick the body into thinking it's cooler than it actually is and can do more harm than good, especially for older adults. The CDC recommends using electric fans only when the temperature is below the high 90s. Once the temperature reaches the 90s, it's better to take a cool shower or bath or use an air conditioner to cool down.

Save
the
Date

Aug 11th

COOKOUT



Be sure to SAVE THE DATE for our annual cookout on Friday, August 11th. Enjoy some hamburgers and hotdogs and other yummy treats as we spend a fun afternoon together! More details will follow later this month!! Be sure to check out the info board and emails for more information!!

♥ thank you! ♥

A very special thank you to Renee Harris for sharing her creative talents and helping to host the resin pendent necklace craft activity in June. She donated most of the materials so members could create the beautiful necklaces. She is also assisting with the July craft as well! Thank you Renee for donating your time at Tech Corner and now at our Craft Corner! We are so lucky to have you!!

We have wonderful news to share!!



The Lincoln Ladies Mahjonn group are the defending champions for the third straight year in the Mahjonn Tournament versus the North Providence Senior Center! They are three-peat champions!!! Even Tom Brady didn't do that!! Congrats to all the Lincoln Ladies-we are so proud of you!!



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Fourth of July

WORD SEARCH

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

United States
Liberty
States
Parade

Independence
America
Stars
Flag

Revolution
Freedom
Flag
Summer

Fireworks
Picnic
Patriotic
July

Cheesecake Cupcakes

Ingredients:

Cooking spray
14 graham crackers
4 tbsp melted butter
1/4 tsp kosher salt
2 8oz blocks of cream cheese, softened
2 large eggs
1/2 cup sour cream
1/2 cup granulated sugar
1 tsp vanilla extract
Pinch of kosher salt
Fresh berries for garnish
2 tbsp orange marmalade or apricot jam



Directions:

1. Preheat oven to 325° and line two 12-cup muffin tin with 16 paper liners. Spray liners with cooking spray.
2. In a large bowl, combine crushed graham crackers, melted butter, and salt and stir until combined. Press graham mixture into paper liners.
3. In a large bowl, beat cream cheese until light and fluffy. Add eggs, sour cream, sugar, vanilla, and salt and beat until combined. Pour filling over graham crusts.
4. Bake until center is slightly jiggly, about 20 minutes. Let cool in muffin tin, then refrigerate at least 2 hours.
5. To serve, top with desired fruit. Combine jam with 1 tbsp of water & microwave on medium power for 15 seconds. Brush mixture over fruit before serving.

www.delish.com/cooking/recipe-ideas/a28928757/cheesecake-cupcakes-recipe/

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____

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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!