

# The Lincoln Link

LINCOLN SENIOR CENTER NEWS



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

August 2023

We can't believe how fast the summer seems to be passing by! Here we are in the month of August already!! We have a great month planned for everyone. We have a bus trip to Maine, Karaoke Day, our annual Summer Cookout and an Ice Cream Social to name a few!! We have some amazing craft classes this month-we have a Paint & Sip event in which members will be painting sunflower pictures hosted by the Lighthouse at Lincoln. We also have a really cool ceramic tile coaster craft! We are working on creating some new programming for the fall as well! And don't forget to mark your calendars for our Senior prom being held September 15th and our annual Health and Wellness Fair on September 29th! We hope you enjoy the rest of your of summer!!

Lois Durkin, Director



## Weekly Activities

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



Friendly reminder.....

It can be slightly cool in the Center during the summer months as we try to keep the fitness room 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!!

Check out these beautiful quilts!! What an amazing job!! We are so impressed with the skill and talents of our Quilting Group!

If you would like to receive our newsletter, updates and flyers, please see the front desk to sign up for our email distribution listing. Although we have most emails, we do need your permission to send you the notifications! So just visit or call the front desk and we will be happy to add you to our email distribution list!

## August Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- Aug 1 Foster's Clam Bake & Isles of Shoals Bus Trip! Please be sure to arrive at 8:30 am at the Center for check in! The bus departs promptly at 9am!
- Aug 1 **NO ZUMBA WITH FRAN TODAY**
- Aug 2 Julie the Hair Stylist will be at the Center. Appointments can be made with the front desk!
- Aug 2 Presentation "House Selling & Decluttering" at 11 am by RI Realtor Katherine Riley ® licensed Sr Real Estate Specialist at 11 am.
- Aug 4 Paint & Sip with Lighthouse at Lincoln at 10 am. Space is limited-registration is required! Please call or visit the front desk to register!
- Aug 7 **NO CARDIO STRENGTH CLASS WITH LISA TODAY**
- Aug 7 **NO SIT & STRENGTHEN CLASS WITH LISA TODAY**
- Aug 7 Karaoke Day at 10:15 am. Please register with the front desk to join us!
- Aug 8 American Parkinson Disease Support group meeting at 10am
- Aug 8 Blue Cross Presentation at 11 am "Nutrition Myth Busters" Cooking Demo with Chef Keven Millonzi. Please be sure to register with the front desk!
- Aug 9 Medicare Table Event w/ Carmela Dyette 10:30 am to 12:30 pm
- Aug 10 Craft with Bess-Tile Coaster Craft. We will have two session times– 9:15 am session & a 10:45 am. Registration is required-please call or visit the front desk to reserve your spot!
- Aug 11 NO YOGA CLASS WITH LISA TODAY**
- Aug 11 Summer Cookout 11 am to 1pm. All spots are filled!
- Aug 14 Center Closed for VJ Day holiday
- Aug 15 Sign ups begin for the Senior Prom. \$15 per person  due at sign up.
- Aug 15 Final Payments due for the Essex Train & Steamboat Bus Trip!**
- Aug 15 Senator Sheldon Whitehouse will be visiting the Center at lunchtime-12 pm
- Aug 16 Julie the Hair Stylist will be at the Center. Appointments can be made with the front desk!
- Aug 22 Afternoon Flick at 1pm. We will be streaming the movie "Mama Mia". Please register with the front desk!
- Aug 23 NO CARDIODANCE INTERVAL CLASS WITH MARIA TODAY**
- Aug 23 FCP Live In Presentation at 11 am. Please register with front desk if you would like to attend!
- Aug 23 Back to School Bingo at 1pm. We will be collecting school supplies for the Family Literacy Center to provide to the children in our community. Bring in school supplies and you will earn free raffle tickets!!
- Aug 24 NO CHAIR YOGA CLASS WITH MARIA TODAY**
- Aug 24 Bus Trip Sign Up at 11 am for the Newport Mansions at Christmas Time
- Aug 25 Left Center Right Game Day at 11 am
- Aug 29 Ice Cream Social at 1 pm sponsored by Chapel Hill Assisted Living. Please register with the front desk if you would like to attend!
- Aug 30 Aldersbridge Navigator presentation at 11 am
- Aug 31 Cup of Joe with a GI Joe veterans group meeting at 11 am



## Class Cancellations for August

Tuesday, Aug 1st	No Zumba with Fran
Monday, Aug 7th	No Cardio Strength with Lisa
Monday, Aug 7th	No Sit & Strengthen with Lisa
Friday, Aug 11th	No Yoga with Lisa
Wednesday, Aug 23rd	No CardioDance Interval w/ Maria
Thursday, Aug 24th	No Chair Yoga with Maria

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## Need a Hair Appointment?



Julie, the hair stylist, will be scheduling appointments at the Center for **August 2nd and August 16th**. It is by appointment only-please see the front desk to schedule your appointment!

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



## Presentation Wednesday, August 2nd at 11 am

Join Katherine Riley, Realtor® and designated Sr. Real Estate Specialist as she discusses "House Selling and Decluttering Your Home" on Wednesday, August 2nd at 11 am. If you would like to attend the presentation, please call or visit the front desk.



Friday, August 4th 10 am to 11 am

Please join the Team from the Lighthouse at Lincoln to learn how to paint a beautiful sunflower while enjoying fresh strawberry lemonade. Space is limited to 10 spots. Please call or visit the front desk if you would like to participate!



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## Come join the fun at our Karaoke Party!



**Monday, Aug 7th  
10:30 am**

Last month we introduced our first Karaoke Hour and it was a HUGE hit and we are back for more!! The tunes were playing and our friends were singing along!! We moved and grooved and rocked and rolled to our favorite hits! Come sing a tune, do a duet, be a back up dancer or just enjoy the show! We promise it will be a fun time for all!! Be sure to sign up at the front desk!!



**Tuesday, August 8, 2023**

**Cooking Demo**

**“Nutrition Myth Busters”  
August 8th at 10:00AM  
with Chef Kevin Millonzi**

You've probably heard that certain foods will help you lose weight or that it's better to avoid a particular food group. Knowing the facts can help you make better informed decisions. Come learn and eat well with samples from Chef Kevin Millonzi's cooking demo. Please be sure to register for the presentation with front desk!

**Wed, August 9th  
10:30 am to 12:30 pm**



Carmela Dyette from Advocate Health Advisors will be setting up a table event in our lobby on Wednesday, August 9th from 10:30 am to 12:30 pm to discuss and answer questions about Medicare Plans and the choice of health plans available to you.



**Lincoln Support Group**

Lincoln Senior Center, 150 Jenckes Hill Rd, Lincoln, RI  
Tuesday, August 8, 2023 10:00am

APDA Support Group is a great way to connect with others and build a strong Parkinson's community.

Topic: Functional Fitness

Learning how to manage PD symptoms through a combination of strategies can help control Parkinson's Disease. Exercise-based interventions can effectively improve physical functioning and overall quality of life. Allow Maria to guide you through a series of exercises to target TRAP symptoms - tremor, akinesia, and postural instability- using a kinesthetic-tactile approach.

Questions? Contact: Maria Kishfy, APDA Support Group Leader, at 401-440-8136 or email [mariakishfy@gmail.com](mailto:mariakishfy@gmail.com).

*Craft with Bess*

**Ceramic Tile Ink Coasters**

Come join Bess, Renee and Julie as we create beautiful ceramic tile coasters. The creativity will be endless as you design and customize your own coaster set. They make a beautiful accent to your home or make a beautiful gift for a loved one! Can be used as a coaster or a trivet! Please register with the front desk!

We will have two sessions

**9:15 am to 10:15 am**

**10:45 am to 11:45 am**





We are having our annual  
**Cookout at the Center**  
on **Friday, August 11th 11am to 1pm**

with entertainment by Gary Namaka All spots are all filled at this time, but please be sure to put your name on the waitlist!

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**The Center will be closed on Monday, August 14th  
for the VJ Day holiday!**

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**Tuesday, August 14th at 12 pm**

Senator Whitehouse will be visiting the Lincoln Senior Center on August 15th at 12:00 pm. The Senator visits senior centers across the state to spend time with the seniors discussing important issues like the **Inflation Reduction Act** as well as providing any casework assistance from his office (if anyone is having issues with social security, Medicare/Medicaid, etc.). He will be providing an update on what Congress is working on in Washington and then opens up to questions from our seniors. We hope that you can join Senator Whitehouse and find out what is happening in Washington! If you would like to attend, please call or visit the front desk to register for this presentation!

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Join us for an Afternoon Flick at the Center on  
**Tuesday, Aug 22rd at 1pm**

**"Mama Mia"**

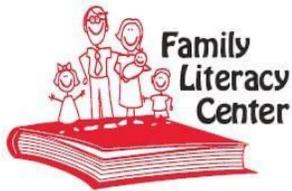
Come for a fun afternoon streaming the movie "Mama Mia". Popcorn and light refreshments will be served. Please register with the front desk if you would like to attend!

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**FCP Live In Presentation**  
**Wednesday, August 23rd at 11:00 am**

Come learn about alternative long term health care solutions that Live In Home Care can provide. FCP Live-In will work with you and your family to make Live-In Home Care an affordable option for you and your family. Please register with the front desk if you would like to attend this presentation.



We have a hidden gem in the Town of Lincoln that most do not even know exists. It's a magical place that spurs creativity and a love for reading for our youth. It's called the Family Literacy Center and is located at 12 Parkway in Manville. Their mission is to empower children, young adults, and their

families to enhance the quality of their lives through education, support, advocacy, and opportunity. Their vision is to put books into the hands of children to encourage them and their parents to read. They accomplish this by offering a friendly, community environment where kids and their parents/caregivers can come to check out books, do homework, play games, and work on crafts. Each year, they collect school supplies for students in elementary through the high school. We will be setting up a collection bin to help them with their collection effort so that they can help the many children get the school supplies that they need. Here is a listing of some of the supplies they are looking for:

Pencil cases: plastic or soft

Pencils: Ticonderoga are a favorite!

dry erase markers

erasers: toppers and regular

index cards: regular size

calculators: regular or scientific

highlighters

sharpies

post it notes

ear buds

black, blue or red pens

hand held pencil sharpeners

Any donation big or small would be greatly appreciated to help the children!



### **Back to School Bingo**

**Wednesday, August 23rd at 1pm**

We will be collecting school supply donations for the Family Literacy Center. Bring in a school supply to Bingo and earn a free raffle entry for our raffle!



### **Let's Have a Game Day!!**

**Friday, August 25th at 11am**

Come join us for a Game Day as we get together to play the dice game Left Right Center with Bess. It will be a fun filled day with prizes!!

**HERE'S  
THE  
SCOOP!**



## We are having an Ice Cream Social!

If you would like to attend the ice cream social,  
please register with the front desk!

**August 29th  
at 1 pm**

Sponsored by



**Chapel Hill**  
SENIOR LIVING



## Aldersbridge Navigator Presentation Wednesday, August 30th at 11 am

Need help finding medical and personal care services? If you, a family member or caregiver are in need of assistance in medical or nursing personal care, home based services (meals, housekeeping, shopping, errands), affordable elderly housing, nursing home/assisted living options, medication management, transportation, home therapy services and money management assistance the Aldersbridge Navigator program may be the right solution for you. Come hear all about the program that can help guide older adults to the resources and services they need. Kathy Shatrow will be here Wednesday, August 30th at 11 am to discuss the program. Sign up at the front desk if you would like to attend this informational session!

## COMING UP IN **SEPTEMBER**

### A matter of Balance Workshop

**CHECK  
THIS  
OUT!**



Falls continue to be a national public health concern. The Center will be hosting an 8 week **A Matter of Balance** class for those who are concerned about falls and are interested in improving flexibility, balance and strength.

The class helps participants to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change their environment to reduce fall risk factors
- Promote exercise to increase strength and balance

**The Workshop will be on Thursdays starting September 28th  
from 9:30 am to 11:30 am**

**If interested, please register with the front desk!**

# Senior Prom

*You are invited to an enchanting night of dinner and dancing*

*September 15th  
\$15 per person*

**6 PM TO 9 PM**

*Salad, Chicken Parm, Pasta and Dessert  
Sign ups begin August 15th*

## Health & Wellness Fair

**Friday  
September 29th  
10 am to 1 pm**

**at Lincoln Senior Center  
150 Jenckes Hill Road  
Lincoln, RI 02865**

Make your health always your priority!  
Come join us to learn about taking steps to better health!  
We will be offering a flu clinic, various health screenings,  
educational resources & more!



**For more information: email  
[bcarvalho@lincolnri.org](mailto:bcarvalho@lincolnri.org) or call 401-753-7000**



**STOP & SHOP**  
Community Bag Program



Friends of the Lincoln Senior Center has been selected by the Store Leadership Team at Stop & Shop. This means that our organization will receive \$1 from every \$2.50 reusable Community Bag sold during the month of August 2023 at:

Stop & Shop  
622 George Washington Highway  
Lincoln RI



Be sure to check out the Pastel Art Gallery for their latest portrait installment!!



## Bus Trip Information & Reminders

### 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

### Foliage Turkey Train Bus Trip

**Tuesday, Oct 17 th**

Check in Time: 8:15 am

Bus Departs: 8:45 am

Bus Returns: 7:15 pm

Final Payments due: Sept 15, 2023

No refunds given after Sept 25, 2023

Trip runs rain or shine



### Newport Mansions at Christmas Time!

Tuesday, November 28th

**\$125 per person**

Check In Time: 8:45 am

Departure Time: 9:15 am

Return Home: 5:15 pm

### Join us on a festive, fun filled day trip!

Christmas time in Newport! Join us as we travel to Newport, RI for the perfect December Day Trip. We will begin with a morning visit and self guided walking tour of The Breakers Mansion. The amazing holiday decor is sure to impress and put you in the Christmas spirit! Following our tour we are off to The Atlantic Resort, for a delicious lunch. You will have your choice of Baked Stuffed Scrod, Chicken Piccata or Pasta Primavera. After lunch, we are back to the mansions for another self guided walking tour of the beautiful Marble House. We invite you to come and make some special holiday memories with us!

### Sign Ups Begin Thursday, Aug 24th at 11 am

- Bus trips are for Lincoln Senior Center members only. Memberships dues must be paid up to date to reserve your spot
- Meal selection and a minimum \$10 deposit is due at sign up
- You can sign up yourself and one other member at the time of sign up
- Full payment is due October 26, 2023. No Refunds given after October 31st.
- Event runs rain or shine



## **Social Security Eligibility for Spousal Benefits**

**By Cheryl Tudino**

**Social Security Public Affairs Specialist**

Social Security helps you secure today and tomorrow with financial benefits, information, and tools that support you throughout life's journey. If you don't have enough Social Security credits to qualify for benefits on your own record, you may be able to receive benefits on your spouse's record.

To qualify for spouse's benefits, you must be one of the following:

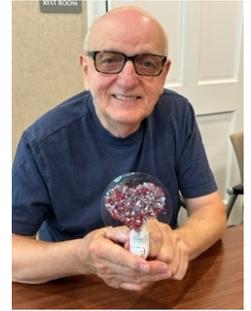
- 62 years of age or older.
- Any age and have in your care a child who is younger than age 16 or who has a disability and is entitled to receive benefits on your spouse's record.

If you wait until you reach full retirement age, your full spouse's benefit could be up to one-half the amount your spouse is entitled to receive at their full retirement age. If you choose to receive your spouse's benefits before you reach full retirement age, you will get a permanently reduced benefit. You'll also get a full spouse's benefit before full retirement age if you care for a child who is entitled to receive benefits on your spouse's record.

If you're eligible to receive retirement benefits on your own record, we will pay that amount first. If your benefits as a spouse are higher than your own retirement benefits, you will get a combination of benefits that equal the higher spouse benefit. For example, Sandy qualifies for a retirement benefit of \$1,000 and a spouse's benefit of \$1,250. At her full retirement age, she will receive her own \$1,000 retirement benefit. We will add \$250 from her spouse's benefit, for a total of \$1,250.

Want to apply for either your or your spouse's benefits? Are you at least 61 years and nine months old? If you answered yes to both, visit [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement) to get started today.

Are you divorced from a marriage that lasted at least 10 years? You may be able to get benefits on your former spouse's record. For more information, please visit our website at [www.ssa.gov/planners/retire/divspouse.html](http://www.ssa.gov/planners/retire/divspouse.html).



**Check out the creativity from the Resin Light Craft Activity!**



**Kennebunkport Trip!**



**Lobster Roll Cruise**



# Flat Bread Pizza

## FOR FLATBREAD

2 c. all-purpose flour,  
plus more for surface  
2 tsp. baking powder  
1 tsp. kosher salt  
1/2 tsp baking soda  
1 c. plain Greek yogurt  
2 tbsp. olive oil  
Vegetable oil, for pan



## FOR TOPPING

12 oz. grape tomatoes, halved  
1/4 small red onion, sliced  
2 tsp. extra-virgin olive oil  
2 tsp. freshly chopped oregano  
Kosher salt  
Freshly ground black pepper  
8 oz. mozzarella, sliced into 1/4" thick rounds  
Balsamic glaze, for serving  
2 cups of arugula  
Directions

1. Preheat oven to 400°. In a large bowl, whisk to combine flour, baking powder, salt, and baking soda. Add yogurt and oil and mix until no dry spots remain.
2. Lightly flour a clean work surface. Transfer dough to surface and knead until smooth, 3 to 4 minutes, adding more flour if the dough is sticky.
3. Divide dough into 3 pieces, then roll each piece into 1/4" thick round. Heat a large skillet or griddle over medium-high heat and add enough vegetable oil to coat the bottom of the pan. Cook flatbreads until golden on both sides, about 2 minutes per side. Continue cooking flatbreads, adding more vegetable oil as needed.
4. In a medium bowl, combine tomatoes, red onion, oil, and oregano and season with salt and pepper. Top each flatbread with cheese, tomato-onion mixture and bake until cheese is melty, 15 minutes. Drizzle with balsamic glaze and top with arugula before serving.

[www.delish.com](http://www.delish.com)

## Friends of Lincoln Senior Center Memorial Donation Form

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

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

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

## Staff

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Program Director

Carmen Reverdes

[creverdes@lincolnri.org](mailto: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!

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

# LINCOLN SENIOR CENTER

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

## Weekly Activities

### Schedule

#### Monday

8:30 am Quilting  
10:00 am Mahjongg lessons  
10:15 am Cardio Strength w/ Lisa  
11:15 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  
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  
2:00 pm CardioDance Interval w/ Maria

#### Thursday

9:30 am Mahjongg Group  
10:00 am Tech Corner w/ Renee  
10:00 am Chair Yoga with Maria  
10:00 am Overeaters Anonymous Meeting  
11:15 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  
10:15 am Cardio Strength w/ Lisa  
11:15 am Yoga w/Lisa  
12:00 pm Lunch  
12:45 pm Hi-Low Jack  
2:00 pm Ukulele w/ Georgina

Lois Durkin-Director

Bess Carvalho-Program Director

Carmen Reverdes-Meal Site Coordinator

Matt Bertrand-Bus Transportation

Updated  
07/01/23



# Beach Words



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

Sand  
Swimming  
Pail  
Waves  
Surfing

Picnic  
Towel  
Sunglasses  
Tanning  
Coast

Ice Cream  
Volleyball  
Dock  
Shells  
Sailboat