

The Lincoln Link

LINCOLN SENIOR CENTER NEWS



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

September 2023

Did you know that September is National Senior Center Month? Aging masterfully is a goal many older adults wish to achieve through senior centers. Senior centers have evolved since their start in the 1940s through their inclusion in the Older American's Act in 1973 and up to present day. The mission is still to be a trusted community place that connects seniors to the programs, services and opportunities they need to age well. Research has shown that senior center participants have higher levels of health, social interaction and life satisfaction. Senior centers work with community partners to provide access to health, economic security, nutrition, creativity, social engagement and purpose.

Our beautiful Center is an extraordinary place that provides all of these types of services. We offer daily fitness, art classes, card games, crafts, music and dance programs, insightful presentations on health and fitness, delicious meals, bus trips and more!! We really have an active center filled with so many members that are truly 'young at heart'. Once again, we will be hosting a Health & Wellness Fair at the Center. We have coordinated with many of our community partners to provide you with valuable informational resources. We hope that everyone takes advantage of the wonderful programs and presentations we have to offer to help achieve higher levels of healthy living and aging masterfully!

It is our goal to continually strive to bring new programming and activities to the Center. This month we will be hosting a Senior Prom. We hope that you can join us for a fun night of dinner and dancing. Bring a date or just go with friends, we promise it will be a fun night for all!

Wishing everyone a wonderful September!!

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



Come learn the basics of line dancing!!

Sign up for an 8 week

Beginner-Beginner Line Dance Course with Karen

Tuesdays at 3pm

Starting October 3rd thru November 21st

Come learn how to line dance and follow along at a very beginner level

Bring your dancing feet and Karen will bring her vision of teaching you to shine on the dance floor. Register with the front desk if you would like to sign up!



Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- Sept 4 Center Closed for the Labor Day holiday
- Sept 5 **No Arthritis Class, No Forever Fit, No Chair Yoga w/ Ani, No Zumba w./ Fran
No Line Dancing w/ Karen & No Beginners Line Dancing Classes today**
- Sept 6 Julie the hair stylist will be at the Center. Schedule your appointment w/ front desk
- Sept 8 Essex Steam Train and Riverboat Cruise Bus Trip day! Please arrive by 8:45 am for check in!
- Sept 8 INSIGHT VISION GROUP meeting at 10 am
- Sept 11 Craft Activity with Bess –two session times– 9 am and 10:30 am. Please register with the front desk if you would like to attend.
- Sept 12 American Parkinson Disease Association Support Group Meeting at 10 am
- Sept 12 Afternoon Flick at 1 pm. We will be streaming the movie “Mamma Mia! Here We Go Again” . Please register with the front desk if you would like to attend!
- Sept 13 Blood Pressure Clinic at 10 am sponsored by Lighthouse at Lincoln
- Sept 13 Grandparents Day Bingo at 1pm
- Sept 14 Sign ups begin for the Boston Holiday Pops Bus Trip at 8:30 am
- Sept 15 Final payments are due for the Fall Foliage Turkey Train Bus Trip
- Sept 15 **No Cardio Class with Lisa today**
- Sept 15 **No Yoga Class with Lisa today**
- Sept 15 **No Ukulele Class today**
- Sept 15 Senior Prom Night. Doors open at 6pm!
- Sept 19 **No Line Dancing with Karen today**
- Sept 19 **No Beginners Line Dancing with Karen today**
- Sept 20 Julie the hair stylist will be at Center. Schedule your appointment w/ front desk
- Sept 20 **No CardioDance Interval with Maria today**
- Sept 21 **No Chair Yoga with Maria today**
- Sept 21 Presentation “Strengthen Your Immune System” at 11:15 am presented by the URI College of Pharmacy
- Sept 22 Left Center Right Game Day at 11 am
- Sept 22 The RI Strummers will be putting on a ukulele performance at 2pm
- Sept 26 Breakfast Club 8:30 am to 10 am
- Sept 26 Karaoke Day at 1pm
- Sept 26 **No Line Dancing with Karen today**
- Sept 26 **No Beginners Line Dancing with Karen today**
- Sept 28 **No Tech Corner with Renee today**
- Sept 27 Collette Tours presentation at 10 am Tour of Ireland 2024
- Sept 28 A Matter of Balance Workshop Week 1 at 9:30 am
- Sept 28 Cup of Joe with a GI Joe Veterans group field trip to Dare to Dream Ranch
- Sept 29 Health & Wellness Fair 2023 from 10 am to 1pm
- Sept 29 **All classes and activities are cancelled today . No Bone Builders, No Cardio, No Yoga, No Pastel Art, No Cards, and No Ukulele Classes today**



No Classes on Tuesday, September 5th

RI will be holding a Special Primary Election for the Congressional District 1 seat that will be held on Tuesday, September 5th. The Center will be used as a polling station for the primary election that day. Lincoln residents who voted at Lincoln Middle School or Davies will be voting at the Center for the primary election.

All classes held in the fitness room are cancelled for the day.

No Arthritis with Sue

No Zumba with Fran

No Forever Fit with Sue

No Line Dancing with Karen

No Beginners Line Dancing with Karen

Need a Hair Appointment?



Julie, the hair stylist, will be scheduling appointments at the Center for **September 6th and September 20th**. 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

Friday, September 8th at 10 am

Are you living with a visual impairment or supporting someone who is? Join us at the Lincoln VISION Group meeting on Friday, September 8th at 10:00 AM. Staff members from IN-SIGHT



will provide information about the available resources to help people adapt to vision loss and answer any questions you might have. This VISION group is also an excellent opportunity to share your story, hear about other people's journeys with vision loss, and exchange information and support. Contact Lucille Gaboriault at (401) 941-3322, ext. 121 or via email at lgaboriault@in-sight.org for more details. Pre-registration is not required to attend, and all are welcome!

Craft with Bess

Pumpkin Wine Glass Candle Holder Craft Monday, September 11th

2 session times-9:00 am and 10:30 am



Fall is just around the corner! Come join us for a fun morning as we create these adorable Pumpkin Wine Glass Candle Holders. They are the perfect addition to add to your fall décor! We will be offering two session times- 9:00 am and 10:30 am. Registration is required.

Please call or visit the front desk to register!

Tuesday, September 12th at 10am



Living with Parkinson's Disease?
Join our APDA Support Group

Coffee Chat

We will be hosting a meeting on **Tuesday, September 12th at 10:00 am**. Learn practical tips, share experiences and tap into a network of resources that can help you maintain control of your life.

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



Lighthouse at Lincoln
will be performing a
Blood Pressure Clinic on
Wed, September 13th
at 10am



**Grandparents Day
Bingo**
Wed, Sept 13th
at 1pm

September 10th is National Grandparents Day so we thought we would celebrate all the amazing grandparents we have at our Center with a special Bingo! Join us for free raffles, a special treat and a fun filled afternoon!



Afternoon Flick

Tuesday, September 12th
at 1 pm



Come join us as we stream "Mamma Mia! Here We Go Again". Popcorn & light refreshments will be served. Please register with the front desk if you would like to attend!

*Senior
Prom*

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

September 15th

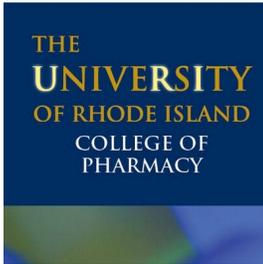
6 PM TO 9 PM

\$15 per person

Entertainment by Bob Brown

Salad, Chicken Parm, Pasta and Dessert

Thursday, September 21st at 11:15 am



The University of Rhode Island College of Pharmacy will be giving a presentation on **Thursday, September 21st at 11:15 am**. This month's topic will be "Strengthening Your Immune System". Learn about how immune system works and its importance in maintaining good health. Will discuss the role of many commonly known OTC products that have shown a role in boosting immune system health. Product selection can be confusing so learn how to make informed choices. Please register with the front desk if you would like to attend!



Let's Have Another Game Day!!

Friday, September 22nd at 11am

Join us for some Game Day fun as we get together to play the dice game "Left Center Right"!

BREAKFAST CLUB

**Tuesday, September 26th
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!



Come join the fun at our Karaoke Party on Tues, Sept 26th at 1 pm

Come join the fun as our friends sing along to the tunes! We'll be moving & grooving and rocking & rolling 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!!



 **collette**

Wednesday, September 27th at 11 am

Have you ever dreamed of traveling to Ireland? Collette Tours could make your dreams come true with their Shades of Ireland Tour! On **Wednesday, September 27th at 11 am** Collette Tours will be giving a presentation about the opportunity to travel to Ireland for ten days in May 2024! Come hear about the trip they have planned for you!! Some of the trip highlights- Dublin, Irish Evening, Choices on Tour, Kilkenny, Waterford, Blarney Castle, Killarney, Jaunting Car Ride, Register with the front desk if you would like to attend!

A Matter of Balance Workshop

8 week workshop starting

Thursday , Sept 28th from 9:30 am to 11:30 am



Falls continue to be a national public health concern. Join us as we partner with RIPIN to raise awareness of falls prevention to reduce the risk of falls and help older adults live without the fear of falling. 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 meet on Thursdays September 28th to November 16th
from 9:30 am to 11:30 am**

We have had such positive feedback from past participants about this workshop. We have a few spots still available at this time, please call or visit the front desk if you would like to attend!



Calling All Veterans!!

Cup of Joe with w GI Joe Veterans Group is going on a field trip!

On Thursday, Sept. 28th the monthly meeting will be held at the Dare to Dream Ranch

12 Snagwood Road #1451, Foster, RI

10 am – 12 pm

The Dare to Dream Ranch is dedicated to all veterans and family & friends. There will be a tour of the ranch for about an hour (be sure to wear comfortable shoes) and then an activity will be provided. There is no cost to participate.

Please rsvp to Paula at (401) 474-1432 if you would like to attend this outing and how many will be attending. Please let her know if you will be able to be a carpool driver! If planning to car pool, please meet at the Center for 9am!

HEALTH 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!

We will be hosting a flu clinic that day. You will be able to sign up for appointments starting the week of Sept 18th. More info will follow on how to sign up!

Some of our community partners that will be participating are Blue Cross, Aldersbridge Communities, Atria, Lighthouse at Lincoln, St Antoine's, White Cross Pharmacy, United Health Care, Care Link, Home Mobility Pros, RI Center for Alzheimer's & Center for Memory Disorders, RI Dept of Special Needs Registry, RI Elder Info, RI Services for the Blind & Visually Impaired, Oak Street Health, Care Concierge, Independent Benefits Solutions, Stillwater Assisted Living, RIPTA, Chapel Hill & Smithfield Woods Assisted Living, APDA, Lincoln Prevention Coalition, ATEL, Insight, Lincoln Urgent Care and more! Please be sure to stop in!!

Steppin' Out: Fitness Challenge for Senior Centers September 1st through the 30th

Blue Cross & Blue Shield of RI is hosting its annual **Steppin' Out: Fitness Challenge** to all Senior Centers! It's a fun opportunity to connect with each other and move towards better health. The goal of this challenge is simple: to keep participants connected and moving!

The Center has signed up for the challenge!! Here's How It Works:

- ✓ **Starting Sept 1st** – Bess will begin posting pictures, short videos, and/or stories about our Center's or participants' fitness activities. Whether it is one of your fitness classes, how many steps you've walked today or any wellness activity you would like to highlight, she will post on Facebook using our Center's page or on the **Your Blue Store Studio!**
- ✓ On September 30th, a Senior Center Prize raffle will be held. Any Center that posted at least once or more on a weekly basis during the challenge will be entered in the raffle. The Senior Center Prize will be selected at random from Centers that post during the Challenge. Four -\$500 gift card will be awarded. Let's see if we can win this challenge!!!!!!!!!!
- ✓ Last year, one of our members, Donna, and Bess each won \$25 gift cards for participating in the challenge. Donna actually went on to win the grand prize of \$100 gift card at the conclusion of the challenge! Our Center also won a \$500 prize for participating!! Bess loves a challenge and wants to encourage us all to start **Steppin Out** on our way to healthy living!
- ✓ Don't have Facebook-no worries! Bess can help you with the Facebook app/website. If you don't want to use Facebook, then come see Bess and she can also post your daily fitness goals for you via our Center Facebook page!
- ✓ **So let's all step out and get moving and win this challenge!!!**

Here are some simple ways to participate in the challenge



Working out in the
Fitness Room



Taking one of our fitness classes
at the Center like Irma's Workout



Taking a walk outside



Bus Trip Information & Reminders

Essex Steam Train & Riverboat Bus Trip

September 8th

Trip is full at this time

Check in Time: 8:45 am

Bus Departs: 9:15 am

Bus Returns: 4:45 pm

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 Bus Trip

Tuesday, November 28th

Check In Time : 8:45 am

Departure Time: 9:15 am

Return Home: 5:15 pm

Final Payment Due: Oct 26th

No refunds after Oct 31st

Trip runs rain or shine

Boston Holiday Pops Orchestra Bus Trip

Thursday, December 7, 2023

\$170 per person

Please arrive for check in at 9:45 AM

Motor coach departs at 10:15 AM

Returns: approx. 6:45 pm



Join us for a performance filled with holiday music favorites, the traditional Pops sing-a-long, and even a visit from jolly old Santa Claus! Before the show, we will go to the Cheesecake Factory for a delicious lunch. They will have a special luncheon menu to choose from that day. After lunch, we will attend the Boston Pops holiday matinee performance. It's the perfect way to celebrate the magic of the holiday season!

Sign Ups Begin Thursday, Sept 14th at 8:30 am

- \$10 deposit is due at sign up (cash or check)
- You can sign up yourself and one other current Center member at the time of sign up
- Full payment is due October 26, 2023. No Refunds given after October 31st.

thank you! thank you! thank you! thank you!

We would like to thank our incredible community partners for sponsoring such wonderful events for our members in August!



Thank you to Hannah and Genia from Lighthouse at Lincoln for the amazing Paint & Sip event that took place on August 4th! Members spent the morning creating sunflower masterpieces while sipping on freshly squeezed lemonade!



Thank you to Bethany & Laura from Chapel Hill Assisted Living for giving us a sweet ice cream treat at the ice cream social on August 29th!



Daily Caring's 3 Top Reasons to Clean Out the Medicine Cabinet

Cleaning out your older adult's medicine cabinet is an important yearly task.

1. It can lead to safer medicine use.. Regularly evaluating all medications reduces the accidental use of old, outdated, and possibly ineffective medication.
2. Medication quality changes over time. Eventually, all drugs degrade and become less effective, not effective, or even harmful. It's important that any medicine your older adult takes can still be counted on to do its job.
3. Reduce medication errors. The risk for medication mix-ups and confusion increases when there are old or no-longer-used medicines at home.

The greatest concern is that your older adult or a caregiver might accidentally reach for an old or incorrect pill bottle that's stored in the medicine cabinet.

5 simple steps to clean out the medicine cabinet

1. Gather all of your older adult's medications in one spot
2. Identify prescription medications that are old or no longer used
3. Identify nonprescription medicines that are expired
4. Safely dispose of old and/or expired medications
5. Properly store the non-expired medications

The best location to store medications is a cool, dry cabinet away from heat, humidity, direct sunlight and out of reach of children and pets. The traditional bathroom medicine cabinet ISN'T a good place because of the exposure to heat and humidity. Similarly, near the stove or oven or in direct sunlight are also bad places to store medications.

RI Elder Info: 7 Things to Consider When Discharging From the Hospital

1. What are you able to do safely on your own & what will you need help with? (bathing, cooking, shopping, etc)
2. Do you need to go to a subacute rehab facility to regain your strength?
3. Will you need homecare services? (ie. Visiting nurse a few times a week or a home health aide)
4. What will your insurance cover?
5. Do you have the needed supplies and, if not, where do you get them? (ie bandages, wraps, gloves, etc)
6. Do you have the equipment you will need and the space for it? (ie hospital bed, commode, walker, grab bars)
7. Do you have the transportation to get to follow-up doctors visit (Can a family member drive or call a cab? Do you need an ambulance or a wheelchair car?)

Hospital discharge can be a critical phase in a patient's journey to recovery. Proper planning and understanding of the process are essential to ensure a smooth transition from the hospital to home or another care setting. Effective communication with your healthcare team is paramount during the discharge process. Engage in open discussions with doctors, nurses, and other medical professionals involved in your care. Understand your condition, treatment plan, and any necessary follow-up care.

Hospital discharge doesn't signify the end of care; it's a transition to a new phase. Consider your post-discharge care needs and arranging for assistance if required. This may include home healthcare services, rehabilitation, or even assisted living facilities. What are you able to do on your own and what can someone help you with? Proper planning can help prevent complications and facilitate a quicker recovery.

Managing medications correctly is crucial to avoid adverse effects and potential complications. Before leaving the hospital, ensure you have a clear understanding of your prescribed medications, including dosages and schedules.

Returning home after a hospital stay may pose challenges if the environment is not adequately prepared. Make your home safe and accessible by removing tripping hazards, installing handrails, and ensuring essential items are within reach.

Transportation after discharge is often overlooked but can be a significant concern, especially for seniors. Ensure you have a reliable means of transportation to follow-up medical appointments and obtain prescriptions. We are hard at work including your recommendations into our Transportation Resource Guide which will be sent out very soon!

If you have a family member or friend who will be providing care after your hospital discharge, it's crucial to educate them about your condition and care requirements. Share information about medications, potential complications, and what to do in emergencies. This knowledge empowers caregivers to provide adequate support during your recovery. It is important to attend all scheduled follow-up appointments with your healthcare providers. These visits allow medical professionals to monitor your progress, make adjustments to your treatment plan if necessary, and address any concerns you may have. Regular follow-ups contribute to a smoother recovery and better overall health outcomes.

By communicating effectively with healthcare teams, arranging post-discharge care, managing medications diligently, preparing the home environment, organizing transportation, educating caregivers, and attending follow-up appointments, you can facilitate a safe and effective recovery journey. Prioritize these considerations, and you'll be on the path to optimal post-hospitalization care. ~Deb Burton RIElderInfo.com

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

LINCOLN SENIOR CENTER

Weekly Activities

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

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

Schedule

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



SUNFLOWER WORD SEARCH

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

Central America
 Disc floret
 East
 Fibonacci

Helianthus
 Heliotropic
 Inflorescence
 Leaves

North America
 Paintings
 Pollen
 Pollinator

Ray floret
 Roots
 Seeds
 South America

Stem
 Sunflower
 Van Gogh
 West



It's apple season!! This is a quick and easy recipe for a sweet treat!



Apple Pie Crescent Rolls

Ingredients:

1 small granny smith apple (peeled, cored and cut into 8 /2 inch slices)

3 tablespoons of melted butter

1 can (8 oz) refrigerated Pillsbury™ Original Crescent Rolls (8 Count)

1/3 cup Brown Sugar (packed)

1 teaspoon Apple Pie Spice

Directions:

1. Heat oven to 375°F. Line cookie sheet with cooking parchment paper, or grease cookie sheet. Set aside.

2. In small bowl, toss apple slices in 1 tablespoon of the melted butter; set aside. Separate dough into 8 triangles.

3. In small bowl, mix brown sugar and apple pie spice. Divide mixture evenly among triangles. Top each triangle with apple slice. Starting at short side of each triangle, wrap dough around apple. Place on cookie sheet. Brush with remaining 2 tablespoons melted butter.

4. Bake 10 to 12 minutes or until crescents are deep golden brown and apples are softened. Cool 5 minutes before serving. Enjoy!

www.pillsbury.com/recipes/apple-pie-crescents/

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

Who's the Best Golfer in Lincoln?
HONEST ABE CLASSIC
RETURNS TO FAIRLAWN GOLF COURSE
Proceeds benefit the Lincoln Family Literacy Center
QUALIFYING ROUNDS - 2 FLIGHTS ON SUNDAY, OCTOBER 8TH
THE TOP 16 GOLFERS WILL PLAY IN THE CHAMPIONSHIP
ON MONDAY, OCTOBER 9TH | \$100 PER GOLFER
Registration begins on Thursday, August 17th and is limited to 72 Golfers.
Golfers must be a current Lincoln Resident, or a Lincoln High School Alumni.
Sign up at the Lincoln Town Hall at the Parks and Recreation Department
Prizes • Silent Auction • Pig Roast for All Players Monday • Raffles
FAIRLAWN GOLF
3 Sherman Ave., Lincoln, RI
334-3937 fairlawngolfcourseri.com
Monday - Saturday 8 a.m. - 8 p.m. | Sunday 8 a.m. - Close

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____



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!