

The Lincoln Link

LINCOLN SENIOR CENTER NEWS



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

OCTOBER 2023

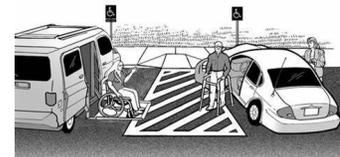
Fall is such an amazing time of the year! In New England, you can sometimes experience several “seasons of weather” all in one day! It can be quite chilly in the morning, warm in the afternoon and cool in the evening! And who can resist the beauty of all the earthly colors of autumn! Many members will be able to enjoy the wonders of the season on their trip to NH for the Turkey Train this month. We are happy to announce that they have begun working on our Bocce Court renovation! They have taken down the rooftop and will begin renovation work on the actual court very soon! We are pleased to be offering a 6 week Intro to Beginners Line Dancing Class and an 8 week A Matter of Balance Workshop this month! We also have lots of fun & festive fall activities planned for this month. We have an adorable scarecrow craft, we will be painting pumpkins, a Spooky Bingo and let’s not forget our annual Halloween Party!! Lastly, October is also Breast Cancer Month. Please remember to schedule your yearly mammogram! We wish everyone a happy and healthy October!

Lois Durkin, Director



Weekly Activities

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



Parking Lot Reminders

Please do not park your vehicle in the handicapped accessible access aisles. Accessible handicapped parking spaces must have access aisles. Access aisles provide a designated area for people who use wheelchairs or other mobility devices to get in and out of their car or van. Mobility devices allow people with disabilities to move about independently. They include walkers, canes, crutches, braces, manual or power wheelchairs, Segways, and electric scooters.

Medicare Open Enrollment is offered annually from October 15th through December 7th.

It’s a good time to review your plan to see if you need to make any changes. You can schedule an appointment with SHIP (State Health Insurance Program) coordinators from THE POINT. THE POINT will be visiting the Center on October 19th. You can also make an appointment with our SHIP volunteer, Madeleine. She will be happy to discuss Medicare enrollment, current plans and future changes. Madeleine is available to meet here at the Center on Wednesdays. Please call or visit the front desk to schedule your appointment with THE POINT or Madeline!

We would like to thank all of our community partners who participated in our Health & Wellness Fair last month! We are so thankful and grateful for all the services they provide to our community!

Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- Oct 3 Our 8 week Intro to Beginners Line Dancing Workshop begins this week at 3 pm
- Oct 4 Julie the hair stylist will be at the Center. Schedule your appointment w/ front desk!
- Oct 5 New time for Arthritis w/ Sue begins this week. Class will now meet at 11:30 am!
- Oct 5 NO TECH CORNER WITH RENEE TODAY
- Oct 5 A Matter of Balance Workshop Week 2 meets 9:30 am to 11:30 am
- Oct 6 Coffee with Chief Dennis Flemming LPD at 10 am
- Oct 9 Center Closed for Columbus Day holiday
- Oct 10 American Parkinson Disease Support Group Meeting at 10 am
- Oct 11 Blood Pressure Clinic at 10 am sponsored by Lighthouse at Lincoln
- Oct 12 NO TECH CORNER WITH RENEE TODAY
- Oct 12 A Matter of Balance Workshop Week 3 meets 9:30 am to 11:30 am
- Oct 13 Karaoke at 1 pm
- Oct 16 Scarecrow Lighted Wine Bottle Craft w/ Bess. Two sessions-9 am & 10:30 am.
- Oct 17 Turkey Train Bus Trip. Please arrive by 8:15 am for check in!
- Oct 18 Coffee with Chief Dennis Flemming LPD at 10am
- Oct 18 Julie the hair stylist will be at the Center. Schedule your appointment with the front desk!
- Oct 19 A Matter of Balance Week 4 meets 9:30 am to 11:30 am
- Oct 19 The Point will be hosting SHIP counseling appointments 9 am to 3 pm. Schedule your appointment with the front desk!
- Oct 19 URI College of Pharmacy will be presenting "Hearing Loss and the Older Adult" 11:15 am
Please register with the front desk
- Oct 19 NO MEDITATION WITH MARY TODAY
- Oct 20 Left Center Right Game Day 11 am
- Oct 23 Paint Your Own Pumpkin at 10:30 am. Spots are limited-please register with front desk!
- Oct 24 Afternoon Flick-"My Big Fat Greek Wedding 3" at 1pm. Please register w/ front desk if you would like to attend
- Oct 25 United HealthCare Medicare Presentation with Shannon Crowe at 10:30 am
- Oct 25 Spooky Halloween Bingo Bash at 1 pm
- Oct 26 Final Payments due for Newport at Christmas Bus Trip!
- Oct 26 A Matter of Balance Workshop week 5 meets 9:30 am to 11:30 am
- Oct 27 Cup of Joe with a GI Joe veterans group meeting at 10 am
- Oct 27 NO YOGA WITH LISA TODAY
- Oct 27 Halloween Party 11 am to 1 pm
- Oct 30 NO CARDIO WITH LISA TODAY
-

Class updates.....

- Thursday Arthritis with Sue will be meeting at a new time starting this month, The new class will now meet at **11:30 am** every Thursday beginning October 5th
- An 8 week Beginner Line Dance Course with Karen Lea will be starting **October 3rd and run through Nov 21st on Tuesdays at 3 pm!**
- We will miss Ani, our Tuesday Chair Yoga instructor, who is relocating and will no longer be teaching at the Center. SHRI Yoga will be providing us with a new instructor, Denise. Please join us in welcoming Denise to our Center! **Chair Yoga will still meet on Tuesdays at 11 am**



Need a Hair Appointment?

Julie, the hair stylist, will be scheduling appointments at the Center on the first and third Wednesdays of the month.

She will be here on **Oct 4th & Oct 18th!**

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



Come learn the basics of line dancing!!

Sign up for an 8 week

Intro to Beginner Line Dance Workshop 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! Please try to wear leather soled shoes if you have them!

Join us for a

Wicked

Good Time

at the Lincoln Senior Center's

Halloween Party

Friday, October 27, 2023

Join us for a spook-tacular fun filled day!

Dress up in your spookiest or silliest costume!

There will be costume prizes, raffles and more!

Festivities start at 11am!

Entertainment will be provided by Gary Namaka

Lunch includes pizza, salad and dessert!

\$10 per person due at sign up

Sign ups for the party start Oct 10th!



Coffee



With the Chief

Come meet Lincoln's new Police Chief Dennis Flemming and members of Lincoln's Police Department for coffee, donuts and muffins. Join the Chief and officers for some delicious coffee and good conversation!

Friday, Oct 6th at 10 am

and

Wednesday, Oct 18th at 10 am

Please sign up with the front desk if you would like to attend !

AMERICAN PARKINSON DISEASE ASSOCIATION

Strength in optimism. Hope in progress.

Tuesday, October 10th

Living with Parkinson's Disease?

Join our APDA Support Group. We will be hosting a meeting on **Tuesday, October 10th 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.

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

Questions? Please contact: Maria Kishfy, APDA Support Group Leader, at 440-8136 or by email at mariakishfy@gmail.com.



Come join the fun at our Karaoke Party on Fri, Oct 13th 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!!

Scarecrow Lighted Wine Bottle Craft

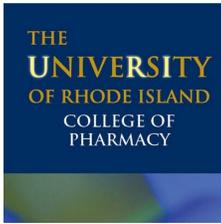
Mon, Oct 16th



Fall is officially here!! The air has a cool crispness to it and the leaves on the trees will begin turning yellow and red! Let's celebrate the season and create these adorable scarecrow lighted wine bottles with Bess on Monday, Oct 16th. We will have two sessions— 9:00 am and 10:30 am. Spots are limited so be sure to sign up at the front desk!

“Hearing Loss and the Older Adult”

Thursday, Oct 19th
at 11:15 am



The University of Rhode Island College of Pharmacy will be giving a presentation on **Thursday, October 19th at 11:15 am**. This month’s topic will be “Hearing Loss and the Older Adult”. Join the discussion about hearing loss- causes, options for treatments, helpful coping mechanisms and costs associated with hearing aid products.

AFTERNOON FLICK

Join us for an Afternoon Flick as we stream the film

“My Big Fat Greek Wedding 3”
Tuesday, October 24th at 1pm



In the third installment, join the Portokalos family as they travel to a family reunion in Greece for a heart-warming and hilarious trip full of love, twists and turns. Opa! Popcorn and light refreshments will be served. Be sure to register for the Afternoon Flick at the front desk!!



Game Day!!

Friday, Oct 21st at 11am

Join us for some Game Day fun as we get together to play the dice game “Left Center Right”! Laughter & smiles are guaranteed playing this fun & easy to learn game!!



Come have some spooky fun and paint a pumpkin for Halloween!

Oct 23rd at 10:30 am

Limited spots-register w/ front desk if you would like to attend!

United HealthCare

Medicare Presentation

October 25, 2023

at 11:00 am

Looking for a fun, no-pressure way to learn more about Medicare? Come to our upcoming presentation and Shannon Crowe will answer your questions about Medicare and show you how to take advantage of the benefits of a plan from United HealthCare. Register at front desk



Spooky Bingo

Wednesday, Oct 25th at 1 pm

Halloween is almost here! It’s the scariest time of the year. Time for ghosts and goblins, but have no fear! Lots of treats will be here!! Join us for a Spooky Bingo on **Wednesday, October 25th at 1pm**. Dress up in your spookiest or silliest costume! There will be raffles and prizes! Maybe we will even enjoy a spooky treat!!



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

FRIDAY, October 27th at 10am in the conference room!

On September 28th, our Center's Veterans Group went on a field trip to the Dare to Dream Ranch in Foster, RI. The ranch is a non-profit that offers alternative therapy programs for service members, veterans and their families. They offer equine therapy, fly fishing, woodworking, horticulture therapy, beekeeping and agri-therapy. They had a lovely morning at the Ranch. Each member was also gifted a Dare to Dream t-shirt or sweatshirt! For more information about the Ranch please visit, www.daretodreamranch.org



We have exciting news to share!!!

Would you like to see the new musical comedy "Mrs Doubtfire" at the Providence Performing Arts Center? You may be in luck!! Our new community partner, BankNewport in Lincoln has donated over 20 tickets to our Center to the Mrs. Doubtfire performance on **Wednesday, Oct 18th at 7pm**. So we are going to hold a lottery! Fill out a raffle ticket at the front desk and you could win 2 tickets to the show!! We will announce the winners on Thursday, Oct 12th!





Bus Trip Information & Reminders

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

No Refunds after September 25th
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 Bus Trip

Thursday, December 7th

Check In Time: 9:45 am

Bus Departs: 10:15 am

Bus Returns: 6:45 pm

Final Payment Due: Nov 3rd

No Refunds after November 6th

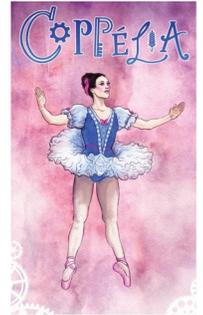
Trip runs ruin or shine



Coppelia

**Tuesday, Nov 21st at
10am at Park Theater**

Cranston, RI



The State Ballet of RI is dedicated to expanding the accessibility to the Arts. With the support of the Rhode Island State Council on the Arts, they are able to offer a “Pay What You Can” event. Diversity, Equity & Inclusion-people of all ages are touched by a theater experience! Especially seniors!!

The Center has tickets available for the “Pay What you Can” event for the ballet Coppelius on Tuesday, November 21st at 10 am. You can kick off your holiday season with a Rhode Island tradition, Herci Marsden’s Coppelius, a witty and enchanting love story with a toy shop of dancing dolls and a dash of magic. With the beautiful music of Leo Delibes, follow feisty Swanhilda as she makes believe she is the Coppelius doll that comes to life. It is a ballet that will tickle you with laughter & entertain you as it has entertained audiences for more than 150 years!

The show begins at 10 am. Ticket price is “pay what you can”. We do not have bus transportation, so we will meet at the Park Theater. We do have van transportation service available for those that do not drive, but van transportation spots are limited. After the performance, we will go out to lunch at Chelo’s. Lunch is on your own. Please see the front desk if you would like to attend the ballet performance! If you have any questions, please contact Bess!

Social Security Benefits Info



Are you age 70 or older and not yet receiving benefits?

By Cheryl Tudino
Social Security Public Affairs Specialist

Retirement is not one-size-fits-all. It can mean different things to different people. Perhaps you have not applied for Social Security retirement benefits because you're still working or are delaying applying so you can get the higher benefit. If you're age 70 or older, you should apply now for the benefits you are owed. Your benefits will not increase if you continue to delay applying for them because you are 70 or older.

Did you know that you can receive benefits even if you still work? Your earnings can increase your monthly benefit amount – even after you start receiving benefits. Each year that you work, we check your earnings record. It's possible your latest year of earnings is one of your highest 35 years. If so, we will automatically recalculate your benefit amount and pay you any increase due.

You can claim your retirement benefits now. The best and easiest way to apply is with a personal my Social Security account. You can create your free account at www.ssa.gov/myaccount. Once you create your account, you can get an estimate of how much you might receive each month based on when you want to start receiving benefits and then apply.

In your account, you can also:

- Access our publications – like the fact sheet for workers ages 70 and up.
- Find your Full Retirement Age.
- Learn about benefits for your spouse and family members.
- Apply for benefits.
- Manage your benefits once you start receiving them.

We're here to help you secure today and tomorrow and we invite you to learn more about applying for retirement benefits at www.ssa.gov/apply on our website. Please share this information with those who need it.



October is Breast Cancer Awareness Month, and while a lot of attention is given to the importance of early detection and women getting mammograms beginning at age 40, there is less emphasis on older adults. In fact, the two biggest risk factors for contracting breast cancer are being a woman and getting older. For this reason, it is crucial that senior women become more aware of this disease and its risk factors, warning signs, and symptoms.

Breast Cancer Risk Factors

In addition to being a woman and being a senior, there are several other risk factors that increase the chances of contracting breast cancer.

- If you have no children or if you had your first child after the age of 35.
- You have dense breast tissue.
- You have a family history of breast or ovarian cancer
- You have previously had cancer in one breast, or have experienced breast tissue abnormalities such as hyperplasia.

Prevention & Detection Tips

For all those who are 55 and older, use these prevention and detection tips to reduce the risk of breast cancer and increase the chances of detecting breast cancer early:

- Have a mammogram every other year
- Pay attention to any changes in your breasts and report them to your doctor immediately
- Talk to a doctor if you have a higher risk of breast cancer
- Ask your doctor about tamoxifen and raloxifene if you are at a high risk
- Maintain a healthy weight and nutritious diet
- Stay physically active
- Do not smoke



We are so happy to be offering a new 4 week program in November

FOOD IS MEDICINE

Learn how to prepare nutritious and flavorful meals on a budget and decrease your risk of obesity and related chronic diseases through food and diet changes.

There will be a food demo every week!

Four-week in person FREE class.

Receive a free cookbook and bottle of Extra Virgin Olive Oil

Classes will take place on Wednesdays November 8th, 15th , 22nd , & 29th

10:30 – 11:30 a.m.

If you would like to participate in this workshop, please call or visit the front desk to register!

Venus de Milo Soup

Sweater weather will be here before we know it! Keep warm with a nice bowl of Venus De Milo Soup!



Ingredients

1 pound ground beef
1 teaspoon minced garlic
½ (6 ounce) can tomato paste
1 (28 ounce) can crushed tomatoes
1 envelope onion soup mix
2 beef bouillon cubes
1 bay leaf
1 (16 ounce) package frozen mixed vegetables
2 quarts water
⅔ cup orzo pasta
salt and ground black pepper to taste

Directions:

Step 1 Cook the ground beef in a large pot over medium heat until completely browned, 7 to 10 minutes. Drain as much fat from the beef as possible. Add the onion and garlic to the beef; cook and stir until the onion is softened, about 5 minutes.

Step 2 Add the tomato paste, crushed tomatoes, onion soup mix, beef bouillon cubes, bay leaf, mixed vegetables, and water to the ground beef mixture. Raise heat to medium-high, and bring the mixture to a boil. Stir the orzo pasta into the boiling liquid; cook until the orzo is tender, about 10 minutes. Season with salt and black pepper to serve

www.allrecipes.com/recipe/219804/venus-de-milo-soup/

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____

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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!

Happy
Halloween!!!



N	R	O	C	Y	D	N	A	C	R	L	D	N	J
L	K	B	U	E	I	T	M	E	Y	W	D	N	I
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witch
Costume
Graveyard
Candy Corn
Trick or Treat



Eerie
Chilly
Full Moon
Black Cat
Hot Cider