

# The Lincoln Link

LINCOLN SENIOR CENTER NEWS

## NOVEMBER 2023

Happy Fall! It's such a vibrant season for us all to admire and see! November is a time for reflection about our thankfulness-for our family, friends, good health and for our veterans. In honor of Veterans Day, the Center will be hosting a Veterans Day continental breakfast for our veteran members and families on Friday, November 17th at 9am. November also brings us a beloved holiday for so many-Thanksgiving! It is a time of gathering as we bring good food and beloved family and friends together. But Thanksgiving is more than just the festivities, it gives us time to ponder upon what lessons we have learned and how we can spread happiness to others, to look back at all the great memories and good people who came into our lives. We are so thankful for you all so very much! Happy Thanksgiving Day to you and your loved ones!

Lois Durkin, Director



### Please take special note of activity & programming cancellations for November

The Town of Lincoln will be holding its annual Thanksgiving Holiday Baskets Distribution this year at the Center on Monday, November 20th. Due to the distribution of baskets, please take note of the programming cancellations for Friday, November 17th and Monday, November 20th on our events calendar on page 2.

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

### Weekly Activities

Arthritis Exercise	Meditation
Bingo	Open Art Studio
Bridge	Quilting
Cards & Dominoes	Sit & Strengthen
CardioDance Class	Tai Chi & Chair Chi
Cardio Strength	Tech Assistance
Digital Photography	Ukulele
Forever Fit	Watercolors Class
Irma's Workout	Yoga & Chair Yoga
Knitting & Crochet	Mahjongg
Line Dancing	Zumba
Beginner Line Dancing	Zumba Gold

### 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 November 16th. 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!



## Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- Nov 1 Julie the hair stylist will be at the Center. Please book your appointment w/ front desk!
- Nov 2 A Matter of Balance Workshop Week 6 meets 9:30 to 11:30 am
- Nov 2 Tech Corner with Renee 10 am to 2 pm by appointment only
- Nov 3 Blue Cross Medicare Presentation with Shannon Crowe at 11 am
- Nov 7 **All classes held in Fitness Room are cancelled for today. No Arthritis Class, No Forever Fit , No Chair Yoga, No Zumba, No Line Dancing, No Beginners Line Dancing and No Intro to Beginners Line Dancing Class today**
- Nov 7 Afternoon Flick at 1pm. We will be streaming "Jersey Boys"
- Nov 8 Blood Pressure Clinic at 10 am sponsored by Lighthouse at Lincoln
- Nov 8 Food is Medicine Workshop Week 1 meets 10:30—11:30. All slots are filled!
- Nov 9 A Matter of Balance Worksop Week 7 meets 9:30 to 11:30 am
- Nov 9 Author Meet & Greet at 11 am. Come meet author, Paul Lebon, and listen to book discussion of "An Outpouring of The People's Love: The Last 24 Hours of JFK's Life"
- Nov 10 Treasures of the RISD Museum Docents from the Rhode Island School of Design Museum Presents "Snapshots" at 10 am. Please register with front desk if you would like to attend!
- Nov 13 CENTER IS CLOSED in observance of Veteran's Day
- Nov 14 Sign Ups begin for our Holiday Party!
- Nov 14 American Parkinson Disease Association group meeting at 10 am
- Nov 15 Julie the hair stylist will be at the Center. Please book your appointment w/ front desk!
- Nov 15 Food is Medicine Workshop Week 2 meets at 10:30 am
- Nov 15 Turkey Bingo party at 1pm
- Nov 16 Tech Corner with Renee 10 am to 2pm by appointment only
- Nov 16 A Matter of Balance Week 8 meets 10:30 am to 11:30 am.
- Nov 16 THE POINT will be at the Center for SHIP Appointments. All slots are filled!
- Nov 17 Cup of Joe with a GI Joe Veteran's Day Breakfast 9 am to 10 am
- Nov 17 **No Ukulele Class today**
- Nov 20 All programs and activities are cancelled for today due to The Town of Lincoln Holiday Basket distribution. No fitness classes, no quilting, no cards.
- Nov 21 "Coppelia" ballet performance. Please meet at the Center for 9 am.
- Nov 22 Food is Medicine Week 3 meets 10:30 am to 11:30 am
- Nov 23 CENTER IS CLOSED FOR THANKSGIVING HOLIDAY
- Nov 24 CENTER IS CLOSED FOR THAN+KSGIVING HOLIDAY
- Nov 27 Craft with Bess. We will be creating personalized candle holders.
- Nov 28 Newport at Christmas Time Bus Trip. Please arrive at 8:45 am for check in!
- Nov 29 Food is Medicine Week 4 meets 10:30 am to 11:30
- Nov 30 Sign Ups for St Patrick's Day Bus Trip to Aquaturf!

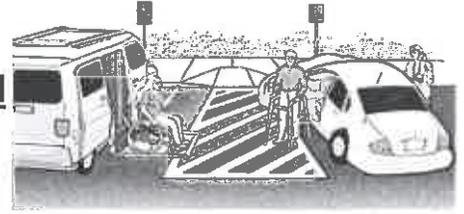
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**Please note: All activities and programs are canceled for Monday, November 20th for the distribution of the Holiday Baskets. LUNCH WILL BE SERVED MON, NOV 20th!**

## 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. If we see your car in these aisles, you will be asked to move your vehicle immediately!



### Need a Hair Appointment?



Julie, the hair stylist, will be scheduling appointments at the Center on November 1st & November 15th. It is by appointment only.

Please see the front desk if you would like to make an appointment!

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



**Friday, Nov 3rd  
at 11 am**

Join Shannon Crowe and Jay Turner for a chat about Medicare on Friday, November 3rd at 11 am. Choosing the right Medicare Plan for you can be a big decision.

Shannon and Jay will be here to answer your questions and sort through which is the best plan for you. They will show you how BlueCross & Blue Shield of RI can help you get more health from your health plan!

Before you go to bed on Saturday evening, Nov 4th, be sure to set your clocks one hour back as Daylight Saving ends.

Be sure to enjoy that extra hour of sleep!!



### CLASS

### CANCELLATION ALERT

**Tuesday, November 7th is Election Day!**

**Our Center is now a polling location for the Town of Lincoln. The classes listed below will be cancelled on Tuesday, Nov 7th due to voting:**

- **No Arthritis with Sue**
- **No Forever Fit with Sue**
- **No Chair Yoga with Denise**
- **No Zumba with Fran**
- **No Line Dancing with Karen**
- **No Beginners Line Dancing w/ Karen**
- **No Intro to Beginners**



# AFTERNOON FLICK



Tuesday, November 7th at 1pm

Join us for a movie day as we stream the movie "Jersey Boys"

This musical tells the story of four young men from the wrong side of the tracks in New Jersey who came together to form the legendary 1960s rock group The Four Seasons. The story of their trials and triumphs is accompanied by the songs that influenced a generation. Please register with the front desk if you would like to see the movie!



THE  
LIGHTHOUSE  
at Lincoln

The Lighthouse at Lincoln will be performing a blood pressure clinic on Wednesday, November 8th at 10am.

## RISD MUSEUM

Treasures of the RISD Museum  
Docents from the Rhode Island  
School of Design Museum  
Presents "Snapshots"  
Friday, Nov 10th at 10 am

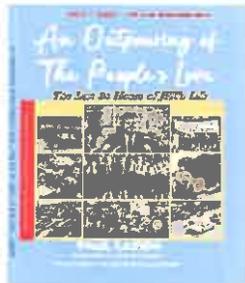
An armchair tour led by RISD Museum Docents will offer a lively visual presentation of some of the highlights of the museum's collection. Whether you are an art connoisseur for years or if you just like to look at works of art, this program is for you. The selection chosen from the museum's collection is varied from sculpture, paintings, textiles, and includes contemporary, Asian, examples from 18<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup> century and more. There is time for discussion and exchange of ideas. Let's meet and see what is new at the museum, as well as what is old. There is always something wonderful to behold. Please sign up with the front desk if you would like to attend the presentation!

### Book Discussion

### Meet & Greet

Author, Paul Lebon

Nov 9th at 11 am



Anyone old enough to have been cognizant of the world around them in 1963 remembers where they were when they heard our beloved President John F. Kennedy had been assassinated in Dallas. Join author, Paul LeBon on Thursday, Nov 9th at 11 am as he discusses his book "An Outpouring of The People's Love The last 24 hours of JFK's Life". Paul spent three years researching and documenting with original black and white photos the many occasions where President and Mrs. Kennedy were showered with affection. The book contains many unknown anecdotes, as well as the speech the President was to deliver in Dallas—a speech that could actually apply today! Be sure to sign up at the front desk!



**Tuesday, November 14th at 10 am**

**Living With Parkinson Disease?**

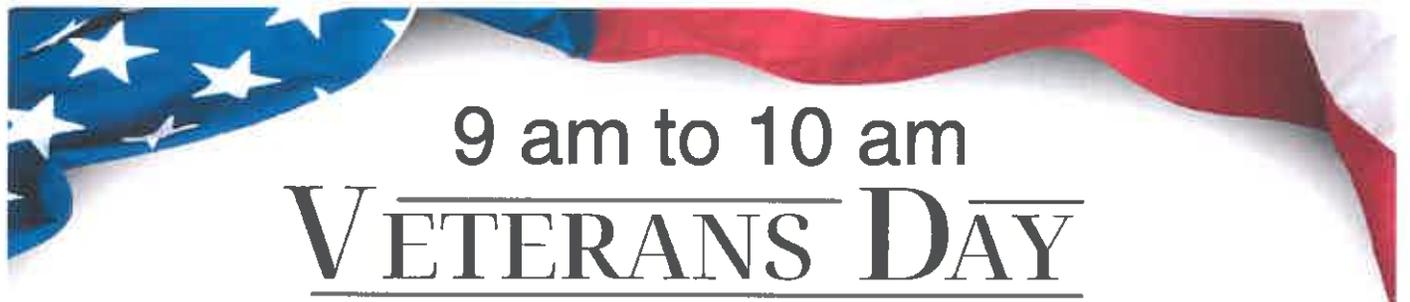
Join our APDA Support Group.

We will be hosting a meeting on **Tuesday, November 14th 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.

**November Topic: 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.

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



**9 am to 10 am**  
**VETERANS DAY**  
**BREAKFAST**  
**Friday, November 17th**

Veterans Day gives us the opportunity to honor and celebrate the bravery and sacrifices of all our U.S. Veterans. The Center would like to honor our Veteran members and their families with a continental breakfast on November 9th.

Please RSVP by November 14th with Bess if you would like to attend the breakfast

**Just a  
reminder...**

All classes and activities are cancelled for Monday, November 20th for the Town of Lincoln Holiday Basket Distribution. **LUNCH WILL BE STILL BE SERVED.** The following activities will be cancelled:

No Quilting Class

No Hand & Foot

No Cardio Class

No Tai Chi or Chair Chi

No Sit & Strengthen

No Digital Photography





# The Center will be Closed Nov 23rd & 24th for the Thanksgiving holiday

## Craft Fun

Monday, November 27th  
9:00 am session & 10:30 am session



The holiday season is upon us! We have the perfect custom craft for your holiday gift giving! We will be creating personalized picture candle jars this month. You can personalize your candle holder with a custom photo. **You must submit your photo to Bessie by November 16th in order to participate in the craft activity.** You can email the picture to Bessie at [bcarvalho@lincolnri.org](mailto:bcarvalho@lincolnri.org) or you can bring in an actual photo. All original photos will be returned to you. However, if you do not submit your photo by the 16th, you will not be able to participate! Space is limited! Be sure to register with the front desk!



The Center will be holding a

**Sharpen your driving skills with the AAA Defensive Driving Course – RI. Drivers 55+ may qualify for an auto insurance discount.\***

**Class will be held on Friday, December 8th from 10 am to 3pm, with a one hour break for lunch. Cost of class is \$15 (cash) and must be paid at time of sign up. Please visit the front desk to register-spots are limited!**



Friday, December 1st at 10 am

Come join Hannah from Lighthouse at Lincoln as she leads a Christmas Ornaments Craft Class here at the Center. Come create your own ornament! Space is limited so be sure to sign up at the front desk!

Create a Christmas Ornament!



# Community Corner

**We are having a Non-Perishable Food Collection this month!**

Food insecurity is a growing concern among many in our community. The rising costs of food has added an enormous strain on household expenses. We will be collecting non-perishable items for the Town of Lincoln's Holiday Baskets Program. Every year, the Town of Lincoln distributes Holiday Baskets at Thanksgiving and Christmas time. Some suggested items for our collection are:

- |                         |              |               |
|-------------------------|--------------|---------------|
| Canned vegetables       | stuffing mix | gravy         |
| Cranberry sauce         | pasta        | cake mixes    |
| Instant mashed potatoes | canned soups | peanut butter |

Any donation, big or small, will be greatly appreciated! We kindly ask that you do not donate expired items for the donation.



**Join us for a Turkey Bingo Bash  
Wednesday, November 15th at 1pm**  
We will have a sweet treat, raffle prizes, Bingo and more! You can earn extra raffle ticket entries by bringing in a non-perishable food item for our Holiday Baskets Collection!



**Blue Cross  
Blue Shield**  
of Rhode Island



**We have exciting news to share!!!**



**Our Center participated in the Blue Cross Steppin Out Challenge in September. Individuals and Senior Centers across the state participated by posting how they achieved their daily fitness goals. We had several of our members win the weekly challenge. But the great news is that two of our members, Richard and Donna, were**

**two of the Grand Prize winners!! They each won a \$100 gift card.**

**Our Center was also one of the Senior Center Grand Prize winners! Nicole from Blue Cross came by to present us with a check for \$500 to be used for our programming! A very special thank you to Blue Cross for helping to encourage our members to live a healthy lifestyle!!**



# Join us for our annual Holiday Party



**Thursday, December 14th**  
**11am to 1 pm**  
**\$ 15 per person**

Price includes: 2 hours of entertainment provided  
by Robert Brown Entertainment and a catered  
luncheon by Mickey G's

Meal includes:

- soup
- choice of baked fish or stuffed chicken
  - Potato, vegetable
  - Coffee, tea & dessert

**Sign Ups Begin**  
**November 14th!**



## *Looking for donations*

Are you crafty? Do you like to shop? Maybe you can help us!

We will be having a holiday raffle table for our party and are in need of raffle prize donations. It could be in the form of a gift basket of your choosing, gift cards to coffee shops or restaurants, wine, home décor, movie or show tickets, candy or even scratch tickets! Not that crafty? That's ok, bring in your item and we can gift wrap the items for the table! Please contact Bess or the front desk if you would like to donate!

We kindly ask that all donations must be brought in by December 1st!



## *Bus Trip Information & Reminders*

**Coppelia Ballet at  
Park Theater, Cranston**  
Pay what Can Event  
Tuesday, Nov 21st  
Meet at Center for 8:45 am  
Van departs 9:00 am  
Show starts: 10 am  
Lunch to follow

**Newport Mansions at  
Christmas Time Bus Trip**  
Tuesday, November 28th  
Check In Time : 8:45 am  
Departure Time: 9:15 am  
Bus Returns: 5:15 pm  
No refunds after Oct 31st  
Trip runs rain or shine  
Bus trip is SOLD OUT!

**Boston Holiday Pops  
Bus Trip**  
Thursday, December 7th  
Check In Time: 9:45 am  
Departure Time: 10:15 am  
Bus Returns: 6:45 pm  
Final Payment Due: Nov 3rd  
No Refunds after November  
6th  
Trip runs ruin or shine  
Bus trip is SOLD OUT!

**We have a new bus trip planned  
to kick off our 2024 bus trip  
season!**

**Join us for a St Patrick's Day  
Celebration at Aquaturf!**

**Tuesday, March 12, 2024**

**\$139 per person**

**Check in time: 8:15 am**

**Bus Departs: 8:45 am**

**Bus Returns: Approx 5:30 pm**



**Padraig Allen and The McLean Avenue  
Band have taken the Irish American  
Music and entertainment by storm.  
Enjoy live music with Irish Step Dancers  
with a luncheon featuring Corned Beef  
and Cabbage as well as Baked Scrod.  
Also included is coffee and donuts and a  
glass of wine or beer! May the luck of the  
Irish be with you as you have a chance at  
a door prize before you depart!**

**Tour includes Deluxe Motorcoach trans-  
portation, Lunch and Entertainment**

- **Sign Ups Begin Thursday, Nov 30th**
- **A \$10 (cash or check) deposit is re-  
quired at time of sign up**
- **You can only sign up yourself and  
one other member at time of sign up.**

## **According to an article in Daily Caring, scams and misleading Medicare policies are increasing**

Federal officials say complaints from seniors who were tricked into buying misleading Medicare policies are on the rise. They may have been enrolled without their consent or lured by questionable or fake information into plans that might not cover their medications or include their doctors. To combat this, the Centers for Medicare and Medicaid Services has threatened to penalize private insurance companies selling Medicare Advantage and drug plans if they or their agents mislead consumers. Starting in 2023, insurers won't be able to air any television ads for Medicare Advantage plans before getting approval from federal regulators. They have also revised rules that make it easier for Medicare beneficiaries to escape plans they didn't sign up for or enrolled in only to discover that the promised benefits didn't exist or they couldn't see their healthcare providers.

### **How to report Medicare fraud and scams**

If you or your older adult have been approached by a salesperson who acted inappropriately or aggressively or been enrolled in an insurance plan without your consent, please call 1-800-MEDICARE and file a complaint.

You can also find your state department of insurance in the Insurance Information Institute directory and file a complaint.

To report a scammer who pretended to be from Medicare, call 1-800-MEDICARE and visit [ReportFraud.ftc.gov](https://www.ftc.gov/identity-theft)

If you think someone may have stolen or misused your personal or financial information, report it at [IdentityTheft.gov](https://www.identitytheft.gov) and get started on a recovery plan.

## **2 ways to get legitimate, trustworthy Medicare Information and help**

1. The Center for Medicare and Medicaid Services (CMS)
  - Going through CMS directly is the safest way to explore your options and make changes to your coverage.
  - Visit the CMS Medicare website at <https://www.medicare.gov/> or start a LIVDE CHAT at <https://medicare.gov/talk-to-someone>
  - You can call CMS Medicare at 1-800-633-4227
2. State Health Insurance Assistance Program (SHIP)
  - You can get free help from trained counselors from the State Health Insurance Assistance Program (SHIP). Our Center offers SHIP Counseling. See the front desk to schedule your appointment!



# HOLIDAY HARVEST

**Bring Proof of Military or Veteran Status**

**21 November 2023**

**1:00 pm - 4:00 pm**

## Holiday Harvest Provides:

Thanksgiving meal to over **500 Veterans families**, including turkeys, trimmings, stuffing, and fresh produce.

Open to all current and former members of the armed services in need of food for their household.

*For more information or to become a sponsor contact [HolidayHarvest@veteransinc.org](mailto:HolidayHarvest@veteransinc.org)*

860 A Waterman Ave, Suite 6  
East Providence RI, 02914

 [Veteransinc.org](http://Veteransinc.org)

**Pre-Register for early access  
& a chance to WIN a \$100 Gift Card!**



## Thanksgiving Leftover Shepherd's Pie

Looking for a recipe for those Thanksgiving leftovers? Try this delicious recipe by Martha Stewart!



### Ingredients:

- 3 cups of cooked stuffing
- 1 cup of cranberry sauce, plus more for topping
- 1 pound of sliced cooked turkey
- 10 oz of glazed carrots (or any other leftover veggies)
- 4 to 6 tablespoons of gravy
- 3 to 4 cups of masked potatoes

### Directions:

1. Preheat oven to 350 degrees. In a 9 or 10 inch pie plate, mound stuffing on bottom, layer with cranberry sauce, turkey, and vegetables. Drizzle with gravy. Spread potatoes over surface to sides of the dish. Top with more cranberry sauce if so desired.
2. Place pie on a baking sheet and bake until heated through and potatoes are golden, 35 to 4 minutes. Let cool slightly.

Note: To bake individual pies, use six ten-ounce ramekins, and reduce cooking time to 20 to 30 minutes.

## 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

Always in our thoughts and forever in our hearts



Trish DeLaurier

01/01/1957—09/28/2023



Norma Comastra

04/10/1938—10/06/2023

**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!

## Friends of Lincoln Senior Center Memorial Donation Form

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

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

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

**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

### 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  
 11:30 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

### 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/ Denise  
 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

Lois Durkin-Director

Bess Carvalho-Program Director

Carmen Reverdes-Meal Site Coordinator

Matt Bertrand-Bus Transportation

Updated  
10/01/23

#### 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 am Lunch  
 12:00 pm Zumba w/ Sue  
 1:00 pm BINGO  
 2:00 pm CardioDance Interval w/ Maria

#### 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



# Thanksgiving Day

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

TURKEY  
PILGRIM  
THANKSGIVING  
DINNER

FAMILY  
BLESSED  
POTATOES  
PUMPKIN

PIE  
STUFFING

