



The Lincoln Link

LINCOLN SENIOR CENTER NEWS

DECEMBER 2023

Happy December and winter wishes to all! Before we know it, the cold weather will begin to set in with its frigid temps and snowy weather! We will bundle up in our warm winter coats and get ready for the holiday season that is upon us! Yes, it's a chilly, busy, festive and oh-so wonderful time of the year! December is a time to reflect on the blessings of the past year and to embrace to the new adventures and opportunities that await you in the new year!

We have lots of fun and festive activities for this month! We have ornament decorating, our holiday party, gingerbread house decorating, holiday movies, caroling, cookies and more!. Santa's elves will be whipping up lots of holiday cheer this month!!

We look forward to continue to offer many more new programs and activities this coming new year.

We hope everyone has a happy and healthy holiday season with their loved ones! Looking forward to celebrating 2024 with you all!

Lois Durkin, Director

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

Please take special note of activity & programming changes for December

The Town of Lincoln will be holding its annual Holiday Baskets Distribution this year at the Center on Monday, December 18th. Due to the distribution of baskets, please take note of the programming changes for Friday, December 15th and Monday, December 18th on our events calendar on page 2.

Sweet Treat

Take a guess at how many candy kisses are in the snowman jar! Closest guess without going over wins the adorable candy jar!! One entry per person.



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





Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

*There is no Cup of Joe Veterans Group Meeting this month

- Dec 1 Christmas Ornament Activity with Lighthouse at Lincoln at 10 am.
- Dec 5 Oak Street Health will be providing Grab & Go Breakfast Treats at 10 am
- Dec 6 Julie the hair stylist will be at the Center. Schedule your appointment w/ front desk!
- Dec 6 Blood Pressure Screening at 10 am with Davies students
- Dec 7 Boston Holiday Pops Bus Trip. Check in time is 9:45 am. Bus departs at 10:15am!
- Dec 7 Tech Corner with Renee. Register for an appointment. Register w/ the front desk
- Dec 7 **NO CHAIR YOGA CLASS WITH MARIA TODAY**
- Dec 8 AAA Defensive Driving Training Class 10 am to 3 pm. All spots are filled!
- Dec 8 Special Holiday Performance by the RI Strummers at 2 pm
- Dec 11 Craft with Bess Santa towels. 9 am and 10:30 am sessions. Register w/ front desk
- Dec 12 American Parkinson's Disease Support Group meeting at 10 am
- Dec 12 Movie Day at 1pm. We will be streaming "Candy Cane Lane"
- Dec 13 Gingerbread House Decorating Activity sponsored by Chapel Hill Senior Living at 10 am. Spots are limited-please register with the front desk!
- Dec 14 Holiday Party 11 am to 1 pm! All spots are full at this time!
- Dec 14 **NO CHAIR YOGA, NO ARTHRITIS CLASS, NO MEDITATION CLASS, NO IRMA'S WORKOUT & NO MEXICAN TRAIN DOMINOES TODAY**
- Dec 15 **NO HI-LOW JACK TODAY**
- Dec 15 **NO UKULELE CLASS TODAY**
- Dec 18 **ALL CLASSES AND ACTIVITIES ARE CANCELED TODAY DUE TO TOWN OF LINCOLN HOLIDAY BASKET DISTRIBUTION. LUNCH WILL STILL BE SERVED!**
- Dec 19 Left Center Right Game Day at 11 am
- Dec 19 Movie Day at 1 pm. We will be streaming the classic "White Christmas"
- Dec 20 Julie the hair stylist will be at the Center. Schedule your appointment w/ front desk!
- Dec 20 Jingle Bell Bingo Party at 1 pm!
- Dec 21 Tech Corner with Renee. Schedule your appointment w/ front desk!
- Dec 21 Carols and Cookies event at 11:00 am
- Dec 22 **CENTER WILL BE CLOSING AT 12 PM.**
- Dec 25 **CENTER CLOSED FOR CHRISTMAS HOLIDAY**
- Dec 27 **NO CARDIODANCE INTERVAL CLASS WITH MARIA TODAY**
- Dec 28 **NO CHAIR YOGA WITH MARIA**
- Dec 29 **CENTER WILL BE CLOSING AT 12 PM**
- Jan 1 **CENTER CLOSED FOR NEW YEAR'S DAY HOLIDAY**



Class Updates, Alerts & Reminders

Class Cancellation Alerts for this month

Please take notice of the following dates for class cancellations

Thurs, December 7th Chair Yoga with Maria is cancelled

Thurs, December 14th The following classes are cancelled due to our annual Holiday Party

*No Chair Yoga with Maria

*No Meditation with Mary

*No Arthritis with Sue

*No Irma's Workout with Irma

*No Irma's Workout with Irma

Fri, December 15th Due to preparations for the Holiday Basket distribution the following activities are cancelled

*Hi-Low Jack is cancelled

*Ukulele is cancelled

Mon, December 18 LUNCH WILL BE SERVED. HOWEVER, ALL ACTIVITIES, CLASSES & PROGRAMS ARE CANCELLED FOR TODAY

Fri, December 22nd Center will be closing at 12 pm

Mon, December 25th Center is Closed for Christmas Holiday

Wed, December 27th CardioDance Interval with Maria is cancelled

Thurs, December 28th Chair Yoga with Maria is cancelled

Fri, December 29th Center will be closing at 12 pm

Mon, Jan 1st Center is Closed for New Year's Day

Please note, we will not be holding a Cup of Joe Veteran's Meeting this month. We will see you in January!!

Class Update



Our Intro to Beginners Line Dancing Workshop will continue through the end of December! Classes will meet every Tuesday at 3 pm (Dec 5th, 12th, 19th & 26th)

We have also decided to extend the workshop for another 8 weeks for the start of new year!! The second 8 week workshop will **begin on January 9th** and meet every Tuesday at 3 pm!



Santa's elves will be busy planning lots of fun activities this month. Be on the look-out for some SURPRISE pop-up activities. You never know when they will be-or what they will be-but it will definitely be a fun festive surprise!!



**Friday, December 1st
at 10am**



Hannah and Genia from Lighthouse at Lincoln will be setting up a fun ornament making activity at 10am for our members. Please note-All slots filled at this time.



**OAK
STREET
HEALTH**

Tuesday, December 5th at 10 am

Oak Street Health will be sponsoring a GRAB-&-GO Breakfast at the Center Monday, Dec 5th at 10 am. Stop by and say hi to Valerie and enjoy a fruit cup, yogurt and more! A healthy breakfast is a good start to a great day!

Hair Stylist



**Looking to be styled
in time for the
holidays?**

Julie, the hair stylist, will be scheduling appointments at the Center for Wednesday, December 6th and 20th. It is by appointment only. Please see the front desk if you would like to schedule an appointment!

The time slots available are:

9:30am 10am 10:30am 11am 11:30am

Blood Pressure Screening



**Wednesday, December 6th
at 10am**

Students from William M Davies, Jr Career and Technical High School will be performing Blood Pressure Screenings at the Center on Wednesday, December 6th from 10 am to 11 am. Registration is not required.

Bus Trip Reminder



BOSTON

POPS



Thursday, December 7th

- Please arrive for check in at 9:45 am
- The Motor Coach will be departing at 10:15 am sharp!
- The bus will return around 6:45 pm

Tech Corner with Renee

Today's technology can leave us feeling frustrated at times. Do you need some assistance with your digital technology? Our amazing volunteer, Renee, is here to help!! She will provide a 30 minute one-on-one session with you to help you with your questions about your cell phone, tablet, laptop or email. Renee is available on the first and third Thursday of the month. Please see the front desk to schedule your appointment. To try to accommodate all our member's needs, we can only allow members one appointment time per month to give all an opportunity to meet with Renee.



Happy Hanukkah! Hanukkah starts at nightfall on December 7th and ends with nightfall on December 15th. It's not just the Festival of Lights, may it also be a festival of hope, happiness, love and health! May your season be filled with wonder!



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. All slots are filled at this time. Please see the front desk if you would like to put on the wait list!



Fri, Dec 8th at 2pm

The Rhode Island Strummers invite you to their holiday performance at our Center on Friday, December 8th at 2pm. It's the perfect way to kick off the holiday season! No registration is required.

Craft Fun

**Snow Globe
Mason Jar Craft**

Monday, Dec 11th



Join us for a festive holiday craft—a snow globe mason jar! You can fill it with hot cocoa, candies or even fill with ingredients to make a batch of cookies or to make soup! The possibilities are endless! Tis the season for gift giving and this is an adorable gift idea for a loved one! We will offer **two craft sessions, a 9 am session and a 10:30 am session.** Spots are limited so please be sure to register with the front desk!

Gingerbread House Decorating

Wednesday, Dec 13th

10 am to 11:30 am



Chapel Hill Senior Living residents would like to get together with our members for a gingerbread house decorating activity!! Meet new friends and enjoy some light refreshments. Let the decorating begin! Spots are limited so please be sure to sign up at the front desk to reserve your spot!



**AMERICAN
PARKINSON DISEASE
ASSOCIATION**

Strength in optimism. Hope in progress.

LINCOLN SUPPORT GROUP
Tuesday, December 12th
at 10 am



"Laughter is timeless, imagination has no age, and dreams are forever".
-Walt Disney

Join us for an informal gathering to celebrate the holidays with friends, and let's share lots of laughter!

We will discuss ideas for our 2024 calendar, share experiences and tap into a network of resources to help you maintain control over your life.

It's not a holiday party without games!! Get ready to play Bingo for prizes!

Interested in a Yankee Swap? Just bring a \$10.00 gift!

Please RSVP by December 4th to Maria Kishfy, APDA Support Group Leader, for more information by calling 401-440-8136 or by emailing mariakishfy@gmail.com



AFTERNOON FLICK

This month we will be streaming two movies!

Tues, December 12th at 1pm
"Candy Cane Lane"

A new comedy adventure starring Eddie Murphy as man on a mission to win his neighborhood's annual Christmas home decorating contest.

Tues, December 19thth at 1pm
"White Christmas"

A true musical classic! Two WW2 veterans become a song & dance act after the war. They team up with a sister act to save their former General's small Vermont Inn.

Please register with the front desk!

Popcorn & refreshments will be served!

A festive poster for a holiday party. The background is light green with a red ribbon swirling across it. At the top, the words "Holiday Party" are written in a cursive font. Below that, the date and time are listed: "Thursday, December 14th" and "11am to 1pm". Further down, it says "Catered meal by Mickey G's and DJ entertainment by Robert Brown". At the bottom, it says "Plus a special visitor from the North Pole may pop in!!" and "All spots are filled". There are also illustrations of a green Christmas tree, a red gift box with a green ribbon, and a green gift box with a red ribbon.

Don't
Forget



Mon, Dec 18th

The Town of Lincoln will have their Holiday Basket distribution taking place at the Center on Monday, Dec 18th. **Lunch will still be served!** However, all other activities and programs are cancelled for the day.

The following programs are cancelled for Dec 18th:

No Quilting

No Cardio with Lisa

No Sit & Strengthen w/ Lisa

No Tai Chi

No Chair Chi

No Hand & Foot Card Game

No Digital Photography Class

No Mahjongg lessons



Left Center Right Game Day

Tuesday, Dec 19th at 11am

If you are looking for a fun morning filled with giggles & laughter, then you need to join in on the fun for our Game Day! Join members as they gather together to play "Left Center Right" dice game! It's an easy to learn game for all ages!! Be sure to come check out all the fun!!

**Tis the season
to play**



**JINGLE
BELL
BINGO**



Join us for some fun and festive holiday Bingo fun on

Wednesday, Dec 20th at 1pm

Be sure to wear your favorite holiday gear to Bingo! Those that wear holiday attire (shirt, sweater, ugly Christmas sweater, Santa hats, antlers, holiday socks, etc.) will earn a free raffle ticket entry into our raffle!! We will have lots of raffle prizes, a sweet treat and more!!! Come join us for an afternoon of fun!!



Carols and Cookies

Thursday, December 21st at 11 am

Join us for some holiday cheer as we gather together to sing Christmas Carols and enjoy some cookies and hot cocoa on Thursday, December 21st at 11am. Please register with the front desk if you would like to take part!



We would like to thank the following businesses for their very generous donations for our Veterans Breakfast in honor of Veterans Day held last month!

*Thank
You*

Honey Dew Donuts

Stop & Shop-Lincoln

Stop & Shop- North Providence

Panera -North Attleboro

Weiner Genie Restaurant

Providence Bagel



A very special thank you

We have been so very fortunate to have such amazing community partners that support our Center throughout the year We are so grateful and thankful to

- BankNewport for their donation of PPAC tickets for our members to the performance of “Mrs Doubfire”
- BlueCross/Blue Shield of RI for all of the wonderful presentations, cooking demonstrations, fitness challenges and for their dedication to helping our members to be healthier
- Lighthouse at Lincoln for their partnership in providing blood pressure screenings though out the year to our members and for all of the fun activities they have sponsored throughout the year
- Atria Senior Living for sponsoring ice cream socials
- Chapel Hill Senior Living for sponsoring our Gingerbread House Decorating Activity
- The family of Trish DeLaurier for their amazing donation of over \$700 donated in her memory. They held a special memorial/art auction of all her artwork and donated all the proceeds to the Center-one of her most favorite places



Merry Christmas! May your holidays sparkle with joy and laughter! May peace, love, good health and prosperity follow you always!



Happy Kwanzaa! Kwanzaa is a celebration of African-American culture from December 26th to January 1st. Habari gani! Sending warm wishes for a joyful Kwanzaa!



Community Corner

We will be continuing our 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, especially during this time of the year. 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
Cranberry sauce
Instant mashed potatoes

stuffing mix
pasta
canned soups

gravy
cake mixes
peanut butter

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

We would like to thank everyone who donated to the Thanksgiving collection!



We will be offering a new Memoir Writing Class starting in January!!

Join a stress free, fun, encouraging and supportive gathering to receive tips for creating your memoirs. We will start each class with a few minutes of friendly banter, followed by a short discussion of helpful tips on writing.

The first thing that most people say is "I have no idea how to write. I can't do it."

You will be amazed how the baby steps of this workshop move you quickly beyond that! Each week you will be encouraged to read your current pieces of writing with a time limit of five minutes, followed by class discussion.

Classes will be lead by Lynn Price who graduated from Leland Powers School of Radio, TV and Theater, spent four years in the US Air Force, and over 45 years as a full time travel consultant will facilitate the gathering and at the end of each class will be available for other questions you might have.

Classes will meet the bi-weekly at 1pm on the second 2nd and 4th Tuesday every month starting January 16th! Please sign up at the front desk if you would like to attend this wonderful workshop!

Join us for a St Patrick's Day Celebration at Aquaturf Bus Trip

Tuesday, March 12th

\$139 per person

Check in time: 8:15 am

Departure time: 8:45 am

Return time: 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 transportation, Lunch and Entertainment

A \$10 (cash or check) deposit is required at time of sign up



Self Care During the Holidays: 10 Stress Relief Tips for Caregivers

The holidays are a time of mixed emotions and can bring on added stress for caregivers. It is a time of happy celebrations, holiday traditions and creating special memories. But it can also be a time of heightened stress dealing with difficult family members, grief for those who have passed, and the overwhelming stress of holiday preparations. Now is the perfect time to practice self-care. It is an effective tool for reducing stress, improving well-being, and helping you to find the joy during these challenging times.

When you feel better, you can spread that positive energy to others. In an article by Daily Caring, it suggests **10 tips for caregiver self care during the holidays.**

1. Make time for yourself

It's easy to get caught up in the whirlwind of extra tasks and hassles that the holidays bring. Added on top of the regular caregiving responsibilities, it can really add stress. Make it a priority to take a little break for yourself and sit quietly, relax and recharge. Taking these timeouts can recharge your batteries and make you more effective and efficient because you won't be so frazzled.

2. Know your priorities

There is so much to do around the holidays, and you can run yourself ragged. Take a moment and prioritize which are the most important to you. What will give you the most fulfillment? Then you can focus your time and energy on what means the most to you and you won't feel so overwhelmed.

3. Take care of yourself during difficult interactions

The holidays bring together people that you may not see during the rest of the year. That could mean spending time with individuals who criticize, are unsupportive or unkind. Since you cannot avoid these people, you can protect yourself by keeping contact at a minimum and staying neutral and civil. It's not the time to vent or lash out. It's okay to walk away to cool off if you have a difficult encounter before rejoining the group.

4. Make room for grief if you're missing someone who has passed away

The holidays can be tough when you are missing someone important to you. You can set a place for them at the table, have a moment of silence, or share a favorite memory. It's ok to feel sad and you don't have to pretend to be cheerful.

5. Reflect on what you are grateful for

Gratitude is a stress-buster. It can change your perspective and help you to see that there is always some good in life, even during tough times. Focus on the positive moments, jot down three things that you are grateful for, do a quick self gratitude exercise, tell someone why you are grateful for them.

6. Remember that holiday stress will pass

When you are in the middle of a stressful situation, it can feel like it's never going to end. Remind yourself that this will pass. Try to take note and focus on the positive moments as much as possible. Sometimes, keeping a countdown calendar and marking off each day can serve as a visual reminder that you are getting closer to the end of the festivities.

7. Try to understand why you might be feeling negative emotions

Negative emotions during the holidays could be related to unrealistic expectations of yourself, too-ambitious goals, or just feeling overwhelmed. When you are feeling negatively, think about if it could be caused by one of these things. You may decide it makes sense to adjust your expectations to suit reality of the situation or choose to do a few less activities that aren't as meaningful.

8. Find reasons to laugh

Humor is a wonderful stress reliever and an effective way to cope with challenging situations. Take every opportunity to laugh this holiday season. If funny things don't come naturally, watch a funny movie or show or do something silly like playing charades or having a sing-a-long.

9. Take a few moments for deep breathing, mediation or music

There are many ways to help the body to relax and de-stress. You can try simple breathing exercises that can be done anywhere at anytime. Or, try a two-minute mediation session. Some other ways to relieve stress is to listen to music, do a quick work out or to stretch your body.

10. Lean on a self care buddy

When you know you are going through a tough time, it can be helpful to have someone to talk to-in person, via phone or even text. Let a supportive friend know that you will be checking with them when you are feeling down. You can also reach out to an online support group community when you feel the need to vent.

WINTER WORD SEARCH



Created by
Sue Lindlauf
Grand Forks Herald
2010

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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------|--------------|--------------|--------------|
| 1. Snow | 5. Shovel | 9. Slippery | 13. Scarf |
| 2. Snowman | 6. Cold | 10. Slide | 14. Hat |
| 3. Winter | 7. Freezing | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating | 16. Mittens |

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/ 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
3:00 pm Intro to Line Dancing

Lois Durkin-Director

Bess Carvalho-Program Director

Carmen Reverdes-Meal Site Coordinator

Matt Bertrand-Bus Transportation

Updated
12/01/23

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

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



Festive Pineapple Fruit Platter

Here is a quick easy recipe for a cute and festive holiday treat for entertaining! You cut the top of a pineapple and use it as a cute Christmas tree centerpiece!



Ingredients:

- A whole Pineapple
- Grapes
- Berries
- Melon
- Blueberries
- Confectionary Sugar

Directions:

- Cut the top of a pineapple off and arrange it on your platter with the cut side facing up. Sprinkle some confectionary sugar over it.
- Cut the remainder of the pineapple into slices and using a star shaped cookie cutter, cut pineapple pieces into stars. Using a toothpick, attach one star to the top of the pineapple top.
- Cut up the remaining pineapple, grapes, berries and melons and arrange around the Christmas tree. You can use cookie cutters to create shapes.
- Enjoy the magic of the season!!!

Donna Ulman

10/30/1954—10/31/2023

Always in our thoughts and forever in our hearts

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____

Staff

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ldurkin@lincolnri.org

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Carmen Reverdes

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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!