

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

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

2024

HAPPY NEW YEAR

JANUARY 2024

Happy New Year's blessings to all! We hope everyone had a wonderful holiday with family and friends! As we begin this new year, many find it's a time for new beginnings and resolutions. Some common resolutions are to eat healthier, to exercise more, or to try to save more money. Or maybe it's a pledge to travel more, to get organized or to start a new hobby. We hope that we can help you to achieve some of these goals at the Center! Whether you decide to make new year's resolutions or not, just make a resolution to love yourself and take time for you!

Looking back at the past year, we are so very fortunate to have such amazing volunteers. They help assist us at the front desk, the dining room, at bingo, with tech assistance, at craft, and at cards. So many activities could not happen without their assistance, so for that, we are so very thankful to each and everyone one of you for all that you do!

We have some exciting new programs and activities that we will be rolling out for 2024! Looking forward to many fun times this coming year!!

Wishing all a happy and healthy new year filled with love, peace and joy!

Lois Durkin, Director

Weekly Activities

Arthritis Exercise	Memoir Writing
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
Meditation	



Kim Ward from Bally's Twin River-Lincoln presented Lincoln Town Administrator, Phil Gould, and Lincoln Senior Center Director, Lois Durkin, with a very generous donation of \$10,000 for our meal site program. We are so very thankful and grateful to Bally's for their generosity and continued support!



And the winner of the Chapel Hill Gingerbread House decorating contest was house #7 by Lorraine Vargas and Christine Roberts! They won a beautiful gift basket from Chapel Hill!



Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- Jan 3 Julie the Hair Stylist will be at the Center. Contact front desk to schedule appointments!
- Jan 3 NEW DANCE CLASS MOVE & GROOVE begins at 2 pm!
- Jan 6 Tech Corner with Renee. Please see front desk to schedule your appointment!
- Jan 9 American Parkinson's Disease Association Support Group Meeting 10 am
- Jan 9 Memoir Writing Workshop with Lynn Price at 1:00 pm
- Jan 9 INTRO TO BEGINNERS LINE DANCING 8 WEEK WORKSHOP BEGINS at 3pm
- Jan 12 INSIGHT meeting at 10 am
- Jan 15 Center Closed in observance of Martin Luther King Holiday
- Jan 16 Afternoon Flick- "Genie" at 1 pm
- Jan 17 Julie the Hair Stylist will be at the Center. Contact front desk to schedule appointments!
- Jan 18 Tech Corner with Renee. Please see front desk to schedule your appointment
- Jan 18 URI College of Pharmacy presentation "BOTOX" at 11:15 am
- Jan 19 Blue Cross Presentation "Simplify Your Life" at 10 am
- Jan 19 Screening for the SAIL Program from 12 pm to 3pm. Schedule appointments w/ front desk!
- Jan 22 Craft with Bess-Snowman mason jar craft 2 session times 9am & 10:30 am
- Jan 23 Memoir Writing Workshop at 1:00 pm
- Jan 24 Left Center Right Game Day at 11 am
- Jan 25 Cup of Joe with a GI Joe Veterans Group meeting at 11 am in the ART ROOM
- Jan 26 Mini trip to Tour the Rhode Island Supreme Court at 10am. Meet at Center for 9 am!
- Jan 29 **NO CARDIO CLASS WITH LISA TODAY**
- Jan 29 **NO SIT & STRENGTHEN WITH LISA TODAY**
- Jan 29 Health Eating Workshop w/ Kathi Masi at 11am. "Mindful Eating to Help Inflammation"
Registration is required-please register with the front desk!
- Jan 31 RI Dept of Health Center's of Emergency Preparedness and Response presentation
"Personal Preparedness 101" at 10:30 am. Please be sure to register with the front desk!
- Feb 1 Sign ups begin for AARP Tax preparation appointments

A very special thank you

We would like to thank all our members who donated all of the wonderful holiday baskets and items for our holiday raffles! What a beautiful array of prizes!!

We have the most kind and generous members!!

Class Updates, Alerts & Reminders

Class Updates

Our instructor, Maria Kishfy, will be taking a leave of absence from the Center. She taught CardioDance Interval on Wednesdays and Chair Yoga on Thursdays. While she is on leave, we have found two new instructors to teach two classes. A Move & Groove will take the place of CardioDance Interval on Wednesday afternoons. We will continue to offer a Chair Yoga class on Thursday mornings with a new instructor. Maria will still continue to meet monthly with the American Parkinson's Disease Support Group.

- On Wednesdays, we will have a new instructor, Janet Heywood, teaching a new dance format class called Move & Groove. This class incorporates easy-to-follow dance steps to fun and favorite songs from the 50's, 60's, 70's to present day! This class will meet Wednesdays at 2 pm. Come join the fun and get moving & grooving!
- On Thursdays, we will have a new Chair Yoga instructor, Gerri Bain taking over during Maria's absence. The class will continue to meet on Thursday mornings at 10 am.



INTRO TO BEGINNERS LINE DANCING WORKSHOP

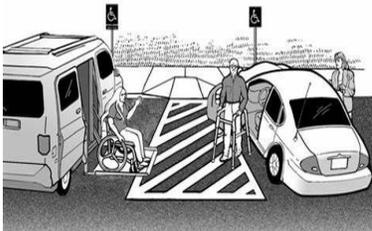
We will be hosting another 8 week session of Intro to Beginners Line Dancing Workshop! Classes will meet every Tuesday at 3 pm.

Classes will meet January 9, 16, 23, 30 & February 6, 13, 20 & 27!

Friendly Reminders

We would like to remind everyone that it is very important to scan your card and register for each class or activity that you do at the Center. We use this data of class/activity attendance to help secure grant funding. It also helps us know who to alert in the event a class is cancelled unexpectedly due to weather or sickness. And lastly, in the event of an emergency this allows us to find you in a quick manner. So please be sure to scan your card and choose your activities for the day each time you visit the Center!

We kindly ask that members please follow the parking rules for handicapped parking. You must have a handicapped placard to park in a handicapped parking spot. Also, **please do not park your vehicle in the handicapped accessible access aisles!** We will ask you to move your vehicle if you do not obey the parking rules.



Hair Stylist



Looking to be styled?

Julie, the hair stylist, will be scheduling appointments at the Center for Wednesday, January 3rd and Jan 17th. 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



**AMERICAN
PARKINSON DISEASE
ASSOCIATION**

Strength in optimism. Hope in progress.

Tuesday, January 9th at 10am

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

We will be hosting a meeting on **Tuesday, January 9th 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.

Special Presenter:

RI Dept of Health Personal Preparedness 101
interactive emergency preparedness workshop

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

If you would like to receive the newsletter and other alerts and notifications by email, please visit or call the front desk to added to our email distribution list!

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. Renee is scheduling appointments for Jan 4th and Jan 18th! Please call or visit the front desk to schedule your appointment with Renee!

Memoir Writing Workshop

Tuesday, January 9th at 1:00 pm

This workshop will meet biweekly

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.



Intro to Beginners Line Dancing Workshop

New Year's resolution to try line dancing?? Well come try our Intro to Beginners Line Dancing 8 week workshop! Classes meet Tuesdays at 3 pm beginning January 9th! Classes will run January 9th through February 27th!

AFTERNOON FLICK

Tuesday, Jan 16th
at 1 pm

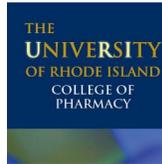


We will be streaming the movie "Genie" starring Melissa McCarthy on Tuesday, January 16th at 1pm. This new holiday fairy tale is the story of a man, Bernard, whose life is spiraling downward. When Bernard rubs the surface of an antique jewelry box, genie Flora (McCarthy) is unleashed after being trapped for more than 2,000 years after a misunderstanding with a sorcerer in 77 B.C. Popcorn & refreshments will be served! Please register with the front desk if you would like to attend!



Friday, Jan 8thuary
12th 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, January 12th 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!



Thursday, Jan 18th at 11:15am
Presentation on "Botox"

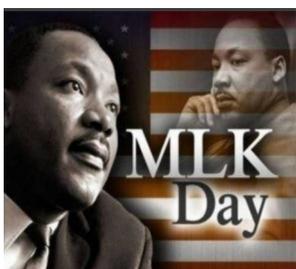
Are you aware that Botox can be used to treat health conditions such as migraines and urinary incontinence? Learn about how it works and its transition from the beauty market into health care. If you would like to attend this presentation, please call or visit the front desk to register!



Simplify Your Life: Creating Time and Space for What Really Matters

Friday, January 19th at 10 am

Join our friends from Blue Cross as they explore ways to create more time and space – physical, mental, and emotional – in which to pursue those things that are most important to you. First, we will look at prioritizing the things that really matter. Next, we will offer suggestions on how to turn down the noise and reduce or remove the clutter and other obstacles that get in the way of a richer, more satisfying life. If you would like to attend this presentation, please call or visit the front desk to register!



**The Center will be
CLOSED on Jan 15th
in observance of
Martin Luther King Jr.
Day**

Craft Fun



Monday, January 22nd-two sessions
9 am and 10:30 am

Snowmen represent the joy and playfulness of wintertime. Building a snowman is a beloved childhood activity and brings a sense of whimsy and delight to the cold winter months. We may not have had any snowfall yet, but we can still 'build' a snowman!! Come join us to create these adorable snowmen mason jars! We will have two sessions- 9 am and 10:30am. **Sign up for the craft begin Jan 10th!!** Please register with the front desk!



Left Center Right Game Day Wednesday, January 24th 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 we gather together to play "Left Center Right" dice game! It's an easy to learn game and fun for all ages!! Be sure to come check out all the fun!!



Calling all Veterans! Join us for a Cup of Joe with a G.I. Joe on Thursday, January 25th at 11am in the ART Room!

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!

We are going on a mini trip to tour the Rhode Island Supreme Court!



**Friday, January
26th**

**Check in time at
Center: 9 am**

Join us as retired Supreme Court Justice Gilbert V. Indeglia hosts an in-person 90 walking minute tour of the Rhode Island Supreme Court on Friday, Jan 26th at 10 am. Tours of the Supreme Court provide information about the Rhode Island judicial branch, the state court structure and how the Supreme Court operates as the administrative court of the judiciary. Our tour will include the Supreme Court, Superior Court and State Law Library at the Licht Judicial Complex. After the tour, we will go enjoy some lunch at Davenports Restaurant. The Center has arranged van service transportation for participants. Space is limited. Please register with the front desk if you would like to attend!

We will meet at the Center for 9am. Our tour will begin at 10 am!

JUST A LITTLE *Reminder*

Friendly reminder Cardio Class with Lisa and Sit & Strengthening Class with Lisa are cancelled for Monday, January 29th!!

WHAT'S YOUR

NEW YEAR'S

RESOLUTION?

As we begin the new year, many make resolutions to get healthy through better nutrition and exercise. We can help you to achieve these goals! The Center currently offers a wide variety of fitness classes to help you be fit! If you haven't had a chance yet, be sure to try and take a class! But we can help with your nutrition goals too! We are so excited to announce that we are offering an **Eating for Better Health Series with Kathi Masi**. The workshop will meet once a month –January 29th, February 16th and March (TBD). We hope that you can join us for our first session!

“Mindful Eating to Help Inflammation” on Monday, January 29th at 11 am

What is mindful eating and how can it help with inflammation? Inflammation, chronic disease, and diet are related. Join us to hear about what you eat and how you eat can help with inflammation. A healthy and delicious anti-inflammatory recipe will be demonstrated, with samples available for tasting. Registration is required. Spots are limited! Please visit the front desk or call 401-753-7000 to register!



Wednesday, January 31st at 10:30 am

Rhode Island Department of Health's Center of Emergency Preparedness and Response will be visiting our Center to discuss Personal Preparedness and ways individuals can to learn more about becoming personally prepared before a disaster strikes.

Join us for an interactive emergency preparedness workshop

- * Learn how to prepare for an emergency.
- * Get tips, tools, and resources to help you plan
- * Engage in personal preparedness activities
- * Start to build your own emergency kit



Please register with the front desk if you would like to attend this presentation!



We are so excited to share this exciting news!!



Through a grant from CareLink Wellness Services, our Center will be offering a new fall prevention classes at our Center starting in February!

This 6 month program is called the S.A.I.L. program (Stay Active and Independent for Life)

WHAT IS SAIL?

SAIL is an Evidence-Based Falls Prevention Program that aims to improve strength, flexibility, and balance using exercises that are possible for everyone

CLASS FORMAT

One-hour, 2 times a week for 6 months. Exercise and education at each session.

Light hand and ankle weights may be used

FITNESS CHECKS

15-minute screen for balance, strength and mobility

CLASSES BEGIN

Classes will be held on Thursdays at 9am and Fridays at 1 pm

Classes begin February 8th

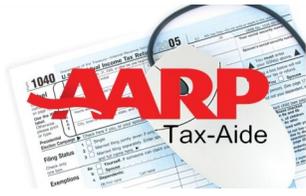
If you would like to attend this fall prevention workshop, please sign up at the front desk!

To participate in the SAIL workshop, you will need to attend a

BALANCE SCREENING DAY ON JANUARY 19TH.

They will give you a 15 minute physical screen and a 15 minute hearing screening that day. Screens are necessary for those planning to take the SAIL class!

You can call or visit the front desk to schedule your screening!



Since 1968 AARP Foundation Tax-Aide has provided free tax help to over 75 million taxpayers. Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions

to the tax code. AARP Foundation Tax-Aide will be Providing In-Person at the Lincoln Senior Center starting in February.

Beginning February 8, 2024 and continuing through April 11, 2024, AARP Foundation is providing tax assistance and preparation through its Tax-Aide program — and it is completely free!

Appointment bookings will open **February 1st!**

Please note, we can not book any appointments until February 1st.

Please call or visit the front desk to schedule your appointment!

Here is a listing of documents that you will need to bring with you to your appointment:

General:

- All correspondence received from the IRS and your state/local taxing authority.
- Social Security cards and/or Individual Taxpayer Identification Number notices/cards or other official documentation that show the taxpayer identification numbers for every individual on your return.
- Government-issued photo ID for each taxpayer.
- Checking or savings account information if you want to direct-deposit any refund(s) or direct-debit any amounts due.
- Identity Protection PIN (IP PIN) (for each individual if applicable). Don't have one? The IRS can send you one.

Income:

- W-2 forms for each employer.
- 1099-G form for unemployment compensation or state/local income tax refunds.
- SSA-1099 form showing the total Social Security benefits paid to you for the year, or RRB-1099, Tier 1 railroad retirement benefits form.
- 1099 forms (or other statements) reporting interest (1099-INT), dividends (1099-DIV) and/or proceeds from sales (1099-B), plus documentation showing the original purchase prices if you sold stocks or other assets.
- 1099-R form if you received a pension, annuity or IRA distribution.
- 1099-MISC, 1099-K or other 1099 forms. If you have a business, bring a summary list of all your income (cash and noncash) and all business-related expenses.
- Information about any other income of any form, including cash.
- Any stimulus check receipt or tax document that you may have received from your state.

Payments:

- Records of any federal and/or state and/or local income tax paid (including [quarterly estimated tax payments](#)) if not shown on income documents.

Deductions:

- 1098 form showing home mortgage interest.
- A summary list of medical/dental/vision expenses, including doctor and hospital bills and medical insurance premiums, prescription medicines, assisted living services, long-term insurance and bills for medical-related home improvements such as ramps and railings for people with disabilities.
- Summary of cash and noncash contributions to charity.
- Property tax bills paid during the year (frequently shown on mortgage statement).
- 1095-A forms if you purchased insurance through the marketplace (exchange).

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



The Center is so very fortunate to have been the recipient of US Flag Retirement box that now stands in our entrance way. It was designed by Sean from Troop 711 in Albion, as his Eagle Scout project. He designed, purchased the materials, built and painted the collection box. Troop 711 will take over the task of taking care of the collection of retired flags. We are so appreciative of his service and generosity to our Center!



Carols and Cookies



HOLIDAY PARTY FUN



10 New Year's Resolutions for Seniors

With the start of a new year, many make new year's resolutions to be more eat healthier or exercise more while others don't make any. Here is a list of resolutions to consider this year.

Resolution 1: Take the time to review legal documents

Getting your legal documents organized is a great way to adhere to your "get organized" New Year's resolution. It's a good time to review your medical directives, will or living trust and update as necessary.

Resolution 2: Check to insure you are current on your vaccinations

Flu, pneumonia, RSV, shingles – these are all important vaccines and can save your life.

Resolution 3: Inventory your medications

Ask your pharmacist to email you a list of all the meds and the dosages. Be sure to share and send a copy to a friend or family member so someone else has the list in the event of an emergency.

Resolution 4: Try something new

This year, get out of your comfort zone. "Make a new friend. Learn a new game. Read a new book. Start a new hobby. Every day can be an new adventure if you simply resolve to try something new."

Resolution 5: Challenge yourself

Mental challenges like Sudoku, quizzes, crossword or jigsaw puzzles will help to improve mental strength, which can improve memory. "Physical challenges enable you to gradually improve balance, endurance, strength, flexibility and overall health. Talk to your doctor about physical activity that's right for you, set a goal and then work with her or him to devise a plan to gradually and safely increase it."

Resolution 6: De-clutter

Holding on to some sentimental items reminds us of happy times and great experiences. But there's likely a lot of stuff that you don't need and that your children don't want. Begin to declutter yourself of items that don't have special meaning and organizing what you do keep. That will make it easier for you day-to-day, and for your children later.

Resolution 7: Understand your fall risk

"Falls are the leading cause of injury for Americans over 65.¹ Make a resolution to talk to your physician about your risk of falling. Consider taking a fall prevention class/workshop like we offer at the Center.

Resolution 8: Forgive those who deserve it

Grudges weigh us down. Forgiveness makes us lighter and happier.

Resolution 9: Embrace technology

Technology can be intimidating and challenging more many of us. This year, try to learn one new technology. Apps make it easy to get a ride, order groceries, do banking or pay your bills. Video chatting with far away family and friends brings a more personal touch than a phone call, text or email. Social media makes it easier to stay connected to the people you care about. Try to join facebook or Instagram to stay connected to family and friends!

Resolution 10: Keep laughing

Laughter is the best medicine.

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

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

LINCOLN SENIOR CENTER

Weekly Activities

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 Gerri
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 Memoir Writing **
1:00 pm Line Dancing w/
Karen
2:00 pm Beginner Line Dancing
3:00 pm Intro to Line Dancing
****Memoir Class meets bi-weekly**

Lois Durkin-Director

Bess Carvalho-Program Director

Carmen Reverdes-Meal Site Coordinator

Matt Bertrand-Bus Transportation

Updated
01/01/2024

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 Move & Groove w/ Janet

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

Name: _____ Date: _____

Winter Word Search

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

WINTER

SNOW

SLED

ICICLE

BLIZZARD

HOT CHOCOLATE

COLD

FROSTY

FROZEN

SLED

JANUARY

ICE

HIBERNATE

COAT

HAT

GLOVES



Greek Yogurt Ranch Dip

This is a quick and easy ranch dip!
Perfect for serving as a dip or as a spread on a sandwich!

Ingredients:

- 1 cup plain non-fat Greek yogurt
- 3/4 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried dill
- 1/4 tsp kosher salt
- 1/4 tsp Worcestershire sauce
- 1/8 tsp cayenne pepper
- Fresh chives for garnish

Directions:

- In a medium bowl, stir together all of the ingredients: Greek yogurt, garlic, onion, dill, salt, Worcestershire and cayenne.
- Garnish with fresh chives and serve



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Meal Site Coordinator

Matt Bertrand

Bus Transportation

Jose Lopes

Custodian

A very special thank you

Memorial Donations to the Center have been
made in loving memory of

Donna Ulman

Yuki Fujio



Always in our thoughts
and forever in our hearts

Alvin Tucker

10/23/28 ~ 12/27/23

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____

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!