

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

FEBRUARY 2024

Happy February to all!! The theme of love comes to mind when we think about February. One thing is for sure, we absolutely love all our friends here at the Center!! We love to surprise our members with fun and new activities each month. This month will not disappoint!!

- There will be lots of “lovely” valentine activities this month to check out!!
- The new S.A.I.L. (Stay Active and Independent for Life) program for fall prevention starts this month
- We will be holding a Soup-er Bowl Lunch Party
- February is also a celebration of Black History Month! Come celebrate & honor legendary artists at our Motown Dance Party!!

We hope everyone has a wonderful month filled with lots of love, kindness and laughter!

Lois Durkin, Director

Weekly Activities

Arthritis Exercise	Move & Groove
Bingo	Open Art Studio
Bone Builders	Pastel Arts
Bridge	Quilting
Cards & Dominoes	Sit & Strengthen
Cardio Strength	Tai Chi
Digital Photography	Chair Chi
Forever Fit	Tech Assistance
Irma’s Workout	Ukulele Class
Knitting & Crochet	Watercolors Class
Line Dancing	Yoga
Mahjonn	Chair Yoga
Mediation	Zumba
Memoir Writing	Zumba Gold

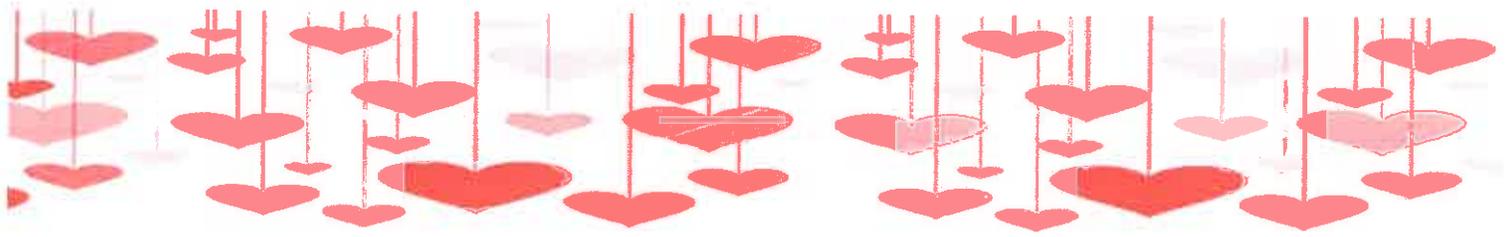
150 Jenckes Hill Road
Lincoln, RI 02865
401-753-7000
Mon-Fri 8:30 am –4:30pm

Last year we filled up the Center with lots of love and inspiration with our “hearts’ activity. We loved reading about what our members love so we wanted to do it again!! We will also be setting up a table with cut out hearts for you to write about what you love. You can write about your family, friends, or even what you love most about the Center! We will display the hearts all around the Center to show we are filled with lots of love this month!!



Members really enjoyed their mini bus trip to the Licht Judicial Complex on Friday, Jan 26th.





Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- Feb 1 Sign ups begin for the AARP Tax Preparation Services
- Feb 1 Blood Pressure Screening at 10 am sponsored by Lighthouse at Lincoln
- Feb 1 Tech Corner w/ Renee Schedule your appointment with the front desk!
- Feb 6 Memoir Writing Class with Lynn at 1 pm
- Feb 7 Julie the Hair Stylist will be at the Center! Call or visit the front desk to schedule your appointment!
- Feb 8 Valentine Day's Craft Session #1 Please register w/ front desk!
- Feb 8 S.A.I.L. Program begins today. Class meets at 9 am. **All slots filled at this time.**
- Feb 9 Blue Cross presentation "Back Health" at 10 am. Please register w/ the front desk if you would like to attend!
- Feb 9 "Soup-er" Bowl Party Luncheon at 11 am
- Feb 9 S.A.I.L Program meets at 1 pm. All slots are filled at this time.
- Feb 12 Valentine Day's Craft Session #2 Register w/ front desk!
- Feb 12 Final payments are due for the St Patrick's Day Celebration Bus Trip!
- Feb 13 APDA Support Group Meeting at 10 am
- Feb 13 Motown Dance Party at 1pm. Be sure to register with the front desk!
- Feb 14 Blue Cross will have a table in the lobby to answer questions at 10 am
- Feb 14 Sweetheart Bingo Bash at 1 pm! Bingo, sweet treats & raffles!
- Feb 15 Sign ups begin for the Blithewold Mansion & Tea Tour
- Feb 16 Food Is Medicine Workshop at 11 am "Eating for Better Heart Health... Become Heart Smart!"
- Feb 19 Center is Closed for President's Day
- Feb 20 Memoir Writing Class with Lynn at 1 pm
- Feb 20 Brown University research presentation on brain aging at 10:30 am. Please register with the front desk if you would like to attend.
- Feb 20 Movie Day at 1 pm. We will be streaming "Hidden Figures". Please register with the front desk if you would like to attend.
- Feb 21 Julie the hair stylist will be at the Center. Call or visit the front desk to schedule your appointment!
- Feb 23 Left Right Center Game Day at 11 am
- Feb 27 "Building a Resilient Brain: Secrets of the Super Agers" presentation by the RI Hospital Hospital's Alzheimer's Disease and Memory Disorder Clinic at 10:30 am. Please register with the front desk if you would like to attend!
- Feb 28 Coffee & Donuts with Chief Fleming at 10 am
- Feb 29 Cup of Joe with a GI Joe at 11:00 am

Friendly Reminders

We would like to remind everyone that **it is very important to scan your card and register for each class or activity as soon as you enter the Center.** We do limit class size for safety reasons. At times, we do find that we have too many members trying to enter a class. When this occurs, we go to our attendance list to see who has signed in. If you have not signed in for the class, you will be asked to forfeit your spot. We also would like to remind members that you cannot bring chairs from outside the fitness room into class. We have 40 chairs in place to accommodate the proper participant class size. So please be sure to scan your card and choose your activities for the day as you enter the Center! Make sure you see that check mark!!

Please allow class participants to depart the class that has ended before you enter for the next class. We need to keep the doorway free from overcrowding.

We also kindly ask that you do not "save" seats for friends. We need seats open for all who are entering the class.

And lastly, when our custodian has his cart in front of the restroom doorway, that means he is cleaning the restrooms. For your safety, we kindly ask that you do not enter the bathroom while he is cleaning. The floors could be wet and you could risk injury. We do have another rest room in the conference room that you can use in the event the bathrooms are being serviced.

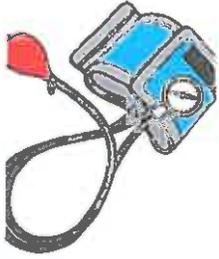
Thank you for your cooperation!



AARP Foundation Tax-Aide will be Providing In-Person Tax Preparation at the Albion Youth Center

The AARP Foundation is providing tax assistance and preparation through its Tax-Aide program -and it is completely free! Starting February 1st, we will begin scheduling appointments for the AARP tax preparation services that will take place February 15, 2024 and continuing through April, 11, 2024. Please note that there is a change in the venue where the tax preparation services will be performed. In order to accommodate the large numbers of clients and ensure privacy for each client, the tax preparation will be held offsite at another town facility. This year, **taxes will be performed at the Albion Youth Center, which is located at 35 School Street in Albion.** It is located directly across from the Albion Fire Department. Call or visit the front desk to schedule your appointment!

Lighthouse at Lincoln will be performing a Blood Pressure Clinic on Thursday, February 1st at 10 am



Please sign up with the front desk!



Tech Assistance

Tech Corner with Renee is a 30 minute one-on-one session with our tech guru, Renee. She can help you with any tech questions that you may have about cell phones, tablets, laptops or apps. 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 Thursday, February 1st and Thursday, February 15th! Please call or visit the front desk to schedule your appointment with Renee!

Craft Sign Up begins Feb 5th!!



This month we will be hosting a *secret valentine* mystery craft!

Love is in the air and this craft would be a very special way to show someone you care that you love them! It's the perfect craft to give to a special loved one or even keep for yourself! We aren't sharing what the craft will be- you will find out the surprise when you come to class !! Kinda like a secret valentine!!

We will be offering two craft dates for session times.

Thursday, February 8th: 4 session times: 11:00 am, 11:30 am, 1:00 pm or 1:30 pm

Monday, February 12th: 4 session times: 11:00 am, 11:30 am, 1:00 pm or 1:30 pm

Hair Stylist



Looking to be styled?

Julie, the hair stylist, will be scheduling appointments at the Center for Wednesday, February 7th and February 21st. 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



February 8th

**The S.A.I.L. Program begins this month!!
(Stay Active and Independent For Life)**

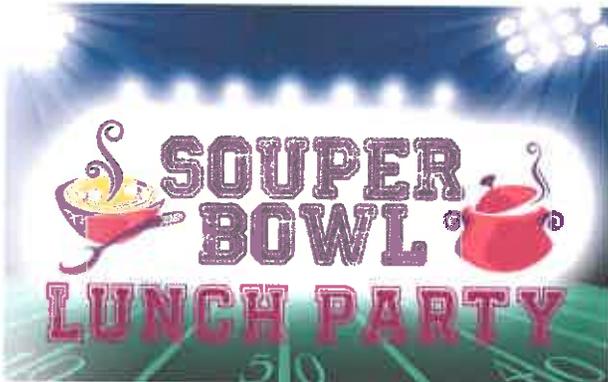
S.A.I.L is an evidence-based falls prevention program that aims to improve strength flexibility and balance using exercises that are possible for everyone. Light hand and ankle weights may be used. It is a 6 month program & classes will be held on Thursdays at 9am and Fridays at 1 pm. Classes begin on February 8th. All slots have been filled at this time!



Friday, February 9th at 10 am
"Back Health" presentation



Even the simplest tasks can seem nearly impossible if you have a back injury! In this seminar, participants will test their knowledge about back injuries, diagnosis, and treatment. They will learn techniques to help avoid injury, speed recovery and learn specific exercises to help maintain back health. Please register with the front desk if you would like to attend!



FRIDAY, FEB 9TH
AT 11 AM



The Super Bowl will be held on Sunday, February 11th! Which team will you be rooting for?? Will it be the San Francisco 49ers or will it be Kansas City

Chiefs? We thought we would like to join in on the fun and celebrate with a "Soup-er" Bowl Luncheon at the Center! Join us we dine on super bowl snacks, delicious homemade soup served with grilled cheese and a yummy dessert! Be sure to wear your favorite team gear! We will have football trivia games, Super Bowl commercial Bingo, raffles and more! It will be a fun way to kick off Super Bowl weekend! The price is \$5 per person and due at time of sign up. You must register with the front desk if you would like to attend!





Tuesday, Feb 13th at 10 am

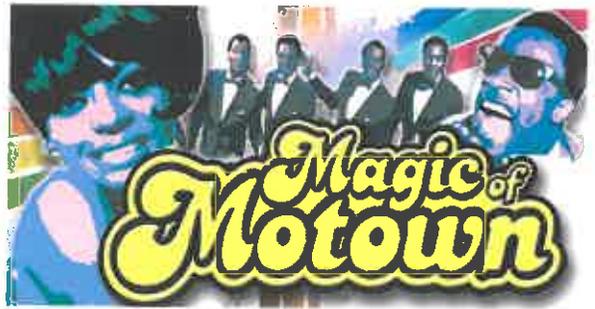
Living with Parkinson's Disease?

Join our APDA Support Group! We will be hosting a meeting on **Tuesday, February 13th 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: AnnaSue Barrows, Registered Nurse will share a new era in the diagnosis of PD and Related conditions

The Syn-One Test® from CND Life Sciences a skin biopsy test
Information worth knowing

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



Join us for a Motown Dance Party

Tuesday, Feb 13th at 1 pm!

On January 12, 1959 Barry Gordy founded Motown Records and produced over a hundred top ten songs! So many Black music legends came out of Motown and became legendary superstars. Let's celebrate these music legends and dance the afternoon away! Light refreshments will be served. Please register with the front desk if you would like to attend!

Sweetheart Bingo



Join us for a lovely afternoon at our Sweetheart Bingo on Wednesday, February 14th at 1 pm. We will have raffles, sweet treats and a lots of Bingo fun that day!!



February 16th at 11am

We are so excited to offer the **Eating for Better Health Series**. Last month we started off the series with mindful eating for inflammation February brings us to the second monthly installment, **"Eating for a Healthy Heart- Become Heart Smart!"** on Friday, Feb 16th at 11 am.

February is the time to celebrate Valentine's Day and National Heart month! In this session we will discuss the heart healthy Mediterranean & DASH diets, and easy recipe ideas for healthy cozy "comfort food".. Class includes a food demo and tastings!

Registration is required. Please visit the front desk or call 401-753-7000 to register!



The Center will be closed on Monday, February 19th in observance of President's Day

Brown University Research Presentation



BROWN UNIVERSITY

Please join us on **Tuesday, February 20th from 10:30-11:30 AM** to hear more about the research we are conducting at Brown University. Our team will be visiting to talk more about our studies that we are conducting and answering any questions that you may have. A free continental breakfast will also be served. We look forward to seeing you then! To register to attend, please call or visit the front desk



INTERESTED IN BRAIN AGING?

The Brown MICAAD study is investigating how brain aging affects cognitive abilities over time.

You may be eligible if you are:

- 60 years old or older
- Willing to undergo cognitive testing, an MRI scan, and PET scans
- Not currently diagnosed with any psychiatric disorder
- Have no past history of significant neurological disease (including stroke, seizure, and/or loss of consciousness)

Participants will be compensated up to \$440

To learn more, contact us!

(Principal Investigator: Dr. Hwamee Oh)

(401) 444-1942 oh_lab@brown.edu



IRB Protocol #2006002774



RESEARCH PARTICIPANTS WANTED!

The HEAD study, a multi-site research project, examines buildup of proteins associated with Alzheimer's disease using positron emission tomography (PET).

You may be eligible if you are:

- Between 50-90 years old
- Willing to undergo cognitive testing, blood draws, MRI scans, and PET scans

Participants will be compensated up to \$440

To learn more, contact us!

(401) 444-1942 oh_lab@brown.edu



AFTERNOON FLICK

Tuesday, Feb 20th at 1 pm

We will be streaming the movie
"Hidden Figures"

In honor of Black History month we wanted to share the story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.

Popcorn & light refreshments will be served. Please call or visit the front desk to register!



Left Center Right
Game Day
Friday, February 23rd
at 11am

If you are looking for a fun-filled morning full of 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!!



Rhode Island Hospital
Lifespan. Delivering health with care.

February 27th at 10:30 am
"Building a Resilient Brain: Secrets of the Super Agers" presentation
(60 minutes including Q&A)

Super Agers are a special group of seniors that practice good body and brain health far into their senior years. What makes them different from the average aging adults and which of their habits should we consider embracing? A follow-on to *Tips and Tricks to Keep Our Memory Strong as We Age*, join Terry Fogerty, to explore the secrets of the Super Agers.

Objectives

- Explain what the definition of a Super Ager is.
- Describe how Super Agers differ from the average older adult.
- Discuss things you can do that may help you reach Super Ager status.

If you would like to attend this informative presentation, please call or visit the front desk to register!



Wednesday, Feb 28th
at 10 am

Join Lincoln's Chief
Dennis Fleming and
officers for some
delicious coffee &

donuts and good conversation! Please sign up with the front desk if you would like to attend



Calling all Veterans!
Join us for a Cup of Joe
with a G.I. Joe

Thursday, Feb 29th at 11am

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 will have a special guest speaker from the DVA Office for the meeting!



Bus Trip Information & Reminders

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

Tuesday, March 12th

\$139 per person

Full Payment is due Feb 12th

No refunds after Feb 19th

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

This event runs rain or shine. In the event of inclement weather, it will only be canceled by the venue or travel company.

Join us for a new trip! Blithewold Mansion & Tea Tour

Tuesday, April 16, 2024

\$135 per person

Check in time: 8:45 am

Bus Departs: 9:15 am

Bus Returns: Approx 6:00 pm

Full Payment Due: March 20, 2024

No Refunds after March 25, 2024

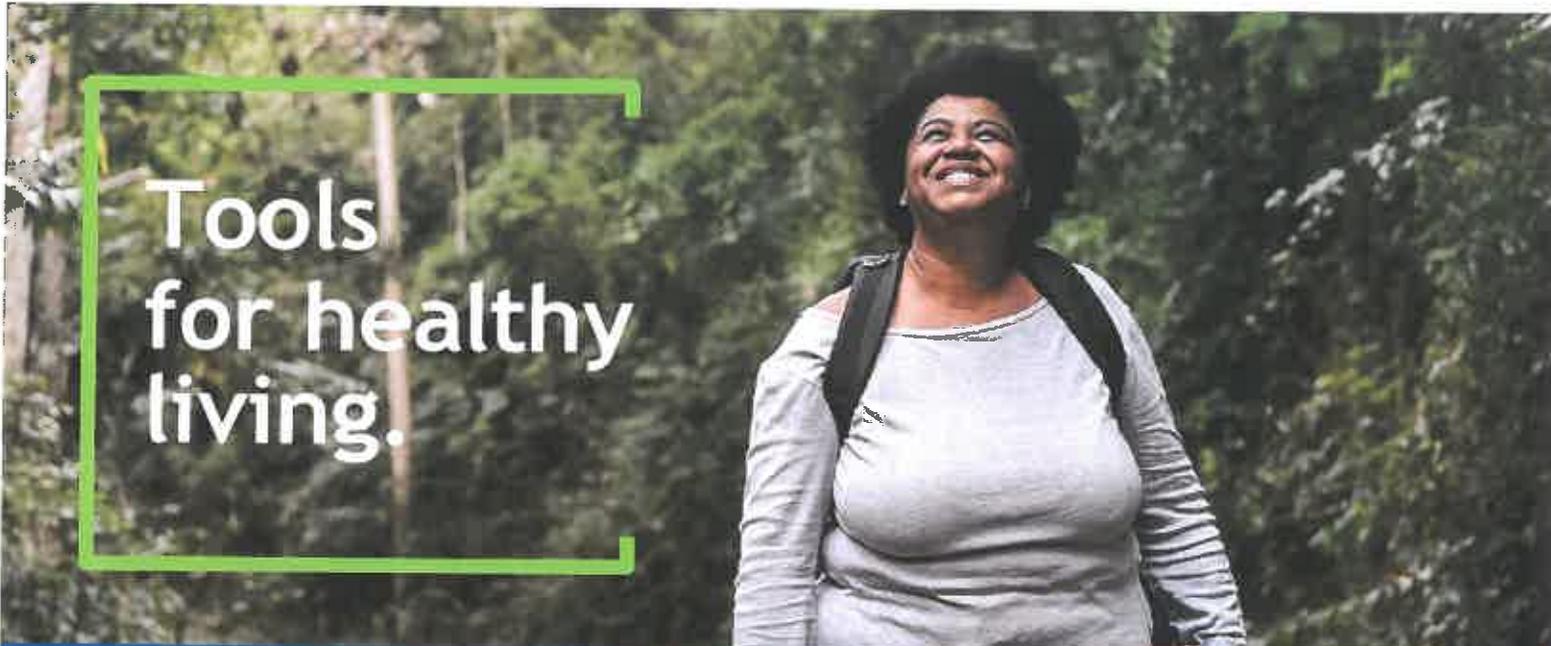


We are heading to Bristol, Rhode Island's Blithewold Mansion for Spring Days with Tea! Celebrate spring at this beautiful thirty-three-acre estate on Narragansett Bay with a spectacular display of more than 50,000 daffodils. These brilliant yellow daffodils trumpet the arrival of spring at the mansion. Enjoy an afternoon of Tea at Blithewold Mansion. Savor the ambience of life during the Country Place Era as you dine on scones, tea sandwiches and more. After lunch, enjoy a little time strolling downtown Newport before heading home.

- ***Sign Ups Begin Thursday, February 15th***
- ***A \$10 (cash or check) deposit is required at time of sign up***
- ***You can only sign up yourself and one other member at time of sign up***
- ***This trip runs rain or shine. In the event of inclement weather the trip will still run unless the venue or bus company cancel***



Own Your Health
RHODE ISLAND



**Tools
for healthy
living.**

Are you (or is someone you know) living with a chronic condition? Join our FREE Workshop.

Empowering you to take charge of your own health by joining a program proven to work.

Learn proven techniques that will help you:

- **Manage symptoms;**
- **Improve your sleep;**
- **Manage your medications;**
- **Eat healthier;**
- **Improve communications with family and doctor;**
- **Be more active;**
- **And use action plans and problem-solving for more confident decision-making.**

WORKSHOP DETAILS

Where: Lincoln Senior Center

When: 03/04/24 – 04/08/24

Time: 9:30 am

No cost

To register, contact: Bessie Carvalho at (401) 753.7000 or contact the Community Health Network at (401) 432.7217



SCAN ME



This document was supported in part by a cooperative agreement (No90CSSG0001-01-01) from the Administration on Aging (AoA), Administration for Community Living (ACL), and the US Department of Health and Human Services (DHSS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official AoA, ACL, or DHHS policy.

In a recent article on the RI Elder Info website, Deb Burton discusses the LIS program that can assist seniors in covering the costs of prescriptions.

"It's the quiet time of the year where we are hunkered down by the cold wet weather. Our heating bills are ticking up as the thermostat drops down. The credit card bills from the holidays are coming in. The cost of groceries is going up. For many, funds are getting tight.

The Social Security Extra Help program, also known as the Low-Income Subsidy (LIS), is a valuable assistance program designed to support older adults with limited financial resources in covering the costs of their prescription medications. If you're finding it challenging to afford your prescription drugs, Extra Help can provide significant relief by helping to pay for your monthly premiums, annual deductibles, and co-payments related to your prescription drug coverage.

To check if you qualify and to apply for Extra Help, you can contact the Social Security Administration by calling 1-800-772-1213 or visit their website at www.ssa.gov/medicare/part-d-extra-help for more information."

RI Elder Info is a valuable resource for seniors and their aging journey. Please be sure to check out their website at www.rielderinfo.com.

We had "snow" much fun making snowmen



Hours

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

LINCOLN SENIOR CENTER

Weekly Activities

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

Monday

8:30 am Quilting
10:00 am Mahjongg lessons
10:15 am Cardio Strength w/ Lisa
11:15 am Sit & Strengthen w/ Lisa
12:00 pm Lunch
12:45 pm Tai Chi with Bob
1:00 pm Hand & Foot Card Game
1:30 pm Chair Chi with Bob
1:30 pm Digital Photography Class

Schedule

Tuesday

9:00 am Arthritis w/ Sue
10:00 am Forever Fit w/ Sue
10:00 am Open Art Studio
11:00 am Chair Yoga w/ 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

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

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



Valentine's



Wordsearch

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

.....

Arrow
 Chocolate
 Hearts
 Pink
 Red

Cupid
 Candy
 Cards
 Valentine
 Love

Hugs
 Flowers
 Purple
 Kiss

Looking for an easy Super Bowl snack? These **Wonton Taco Cups** are the perfect appetizer or fun twist on taco night!

Ingredients:

- 2 teaspoons olive oil
- 1 pound ground beef I use 90% lean
- 2 tablespoons taco seasoning
- salt to taste
- 1 14 ounce can petite diced tomatoes drained
- 24 wonton wrappers
- 1 1/4 cups shredded cheddar cheese
- 1/2 cup sour cream
- 1/4 cup sliced green onions
- 1/4 cup diced fresh tomatoes
- cooking spray



Directions:

1. Preheat the oven to 400 degrees. Heat the olive oil in a large pan over medium high heat.
2. Add the beef to the pan. Use a spatula to break up the meat, stirring constantly. Add the taco seasoning and salt to taste. You may not need to add salt if your brand of taco seasoning already contains salt.
3. Cook the meat for 4-5 minutes or until cooked through. Stir in the canned tomatoes.
4. Coat a 12 cup muffin tin with cooking spray. Place one wonton wrapper into the bottom of each muffin cup.
5. Spoon approximately 1 tablespoon of meat into each cup and top with approximately 2 teaspoons of cheese.
6. Place a second wonton layer on top of the cheese, then add the remaining meat and cheese across all the muffin cups.
- 7 Bake for 10-15 minutes or until edges are browned and cheese is melted.
8. Top each taco cup with a small dollop of sour cream and a sprinkle of green onions and tomato, then serve.

www.dinneratthetoo.com/taco-cups/

**Friends of Lincoln Senior Center
Memorial Donation Form**

Name: _____

Address: _____

City/State/Zip: _____

Staff

Lois Durkin

ldurkin@lincolnri.org

Director

Bessie Carvalho

bcarvalho@lincolnri.org

Program Director

Carmen Reverdes

creverdes@lincolnri.org

Meal Site Coordinator

Matt Bertrand

Bus Transportation

Jose Lopes

Custodian

**Notary Services are
available at the Center!**

See Bessie or Carmen at
the front desk if you need
any assistance



Be sure to check
out our
Facebook Page

Lincoln Senior Center

for Center news and info on
daily activities, class up-
dates, cancellations & spe-
cial events!

Don't have Facebook? Ask
Bess and she can help assist
you to set it up!