

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

☘ ☘ **March 2024** ☘ ☘

Springtime is finally here! March 19th marks the first day of spring! There are so many reasons to love the springtime. Tulips and daffodils start to bloom, it's so beautiful to see the cherry blossoms, butterflies begin to fill the air and jean jackets replace our heavy winter coats! Daylight savings falls on Sunday, March 10th and we will set our clocks ahead giving us the promise of more hours of daylight! This allows us to do more activities outside like outdoor exercise, gardening and even dining outdoors! So many reasons to be excited about the new season!

We hope that you will share in our excitement with some of the great activities we have lined up. We will have a wee bit of fun with our St. Patrick's Day festivities planned for this month! Our 2024 bus trip season is officially on its way! We kick off with our first trip to Aquaturf for a St Patrick's Day Celebration. There are lots of new trips planned for this year. Be sure to join the fun!

We will also be celebrating Easter this month as it falls on Sunday, March 31st! May the joy of Easter fill your heart with love, peace and happiness!

Wishing everyone a wonderful start to the spring season!

Lois Durkin, Director



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

Please note-we still have appointments available for the free AARP Tax Preparation Service. Call or visit the front desk to schedule your appointment! Please note: all appointments will be held at the Albion Youth Center located at 35 School Street, Albion, RI

Don't forget to turn your clocks ahead!



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
Mahjongg	Chair Yoga
Mediation	Zumba
Memoir Writing	Zumba Gold



Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- Mar 5 "Scams and Fraud Prevention" presentation 10 am –12 pm presented by the Lincoln Police Dept.
- Mar 5 Memoir Writing Class with Lynn Price at 1pm
- Mar 5 Sign ups begin for Bunny Craft activity
- Mar 6 Julie the Hair Stylist will be at the Center. Call or visit the front desk to schedule your appt!
- Mar 7 Tech Corner with Renee. This is by appointment only! Please see front desk to schedule an appointment!
- Mar 7 CCRI Dental Hygiene will be setting up an informational table about their program and answer questions from 11:30 am to 2 pm.
- Mar 8 Armchair trip to Paris presentation at 1 pm
- Mar 11 Tools for Healthy Living Workshop Week #1 at 9:30 am
- Mar 12 St Patrick's Day Celebration at Aquaturf Bus Trip. Please arrive at the Center by 8:15 am for check in. The bus will depart promptly at 8:45 am.
- Mar 12 American Parkinson's Disease Support Group Meeting at 10 am
- Mar 14 YMCA of Lincoln will have an informational table about their programs and to answer questions from 10 am to 12 pm.
- Mar 15 Tir Na Nog Irish Step Dancers will be giving a performance at 1:00 pm. Please register with the front desk if you would like to attend!
- Mar 15 The RI Strummers will be giving a special St Patrick's Day performance at 2pm
- Mar 18 Tools for Healthy Living Week #2 at 9:30 am
- Mar 19 Memoir Writing Class with Lynn Price at 1pm
- Mar 19 Afternoon Flick-we will be streaming the movie "The Boys In the Boat" at 1pm. Please register with the front desk if you would like to attend!
- Mar 20 Final Payments due for the Blithewold Bus Trip!
- Mar 20 Julie the Hair Stylist will be at the Center. Call or visit the front desk to schedule!
- Mar 20 Real Estate presentation with Amy Bedard at 10:30 am. Register with the front desk!
- Mar 21 Bus Trip sign up for Newport Playhouse Bus Trip. \$10 cash/check deposit due at signup.
- Mar 21 Tech Corner with Renee. This is by appointment only! Please see front desk to schedule an appointment!
- Mar 21 URI College of Pharmacy will present "The Thyroid Gland" at 11:15 am. Please register with the front desk if you would like to attend!
- Mar 22 Left Center Right Game Day at 11 am
- Mar 25 Bunny Craft w/ Bess 2 sessions: 9:00 am and 11 am. Registration is required!
- Mar 25 Tools for Healthy Living Workshop Week #3 at 9:30 am
- Mar 26 Motown Dance Party at 1 pm
- Mar 27 Bunny Bingo at 1 pm
- Mar 27 **NO MOVE & GROOVE WITH JANET TODAY**
- Mar 27 Healthy Eating Workshop "Eating for Better Gut Health" at 11 am. Registration required!
- Mar 29 Blue Cross presentation on "Depression" at 10 am. Please register w/ front desk!
- Mar 29 **NO CARDIO WITH LISA TODAY**
- Mar 29 **NO YOGA WITH LISA TODAY**

Important Reminders

Our Center is buzzing with activity! We have lots of new members joining every month and we just wanted to share some of reminders with you all.

- Please let the class that is ending exit out before going into the next class. This crowding creates a fire code safety issue when we are blocking the doorway,
- Please do not save or reserve seats for friends at fitness classes. This can prohibit members who have registered timely for class to have access to seating.
- Please do not interrupt a class to reserve a seat for the “next” class. If you have signed into for the class, then you do not have to worry about having to save a seat.
- We ask that you do not enter any classes after 5 minutes of the class starting. It disrupts the class. You could also be missing the warm up exercises which are very important to do so that you do not incur any injuries.

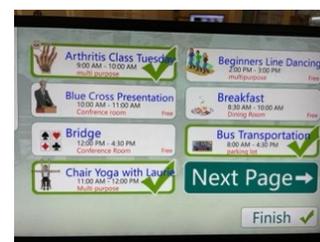
- If the class had met its limit, you will not be able to join class. The class will be marked grey and say “FULL” and you will not be able to see a green check mark in choosing your selection.



- If class is “FULL” and you see a person exiting class, please do not assume it’s ok to enter the class. They may simply be going to use the restroom or using their phone. As we mentioned earlier, we do not allow entry if you are more than 5 minutes late.

We would like to kindly remind everyone that it is **very important to sign in with your card for all activities when you enter the building.**

- We use this information to secure grants and funding for our Center’s programs and activities.
- We limit our fitness class size to 40 participants to ensure proper spacing and safety. You must be signed in order to take the class. If the class is full, only members who have signed in for class will be allowed to take the class. Be sure you see the green check mark when you sign in!



- We send out ROBO calls for class cancellations based on attendance in the class. If you haven’t signed in, we have no record that you take the class and you will not receive the notification call.
- Occasionally we have loved ones call in looking for members and if you haven't signed into class, we cannot assist them in finding you!
- It is also very important for us to know who is in the building in the event of an emergency or emergency evacuation.

So please be sure to sign in **BEFORE** you go to class or your activity!

We thank you for your cooperation!



Tuesday, March 5th 10 am to 12 pm "Scam and Fraud Prevention" presentation

Captain Kyle Wingate and Lieutenant Joseph Anterni of the Lincoln Police Department will be at our Center to discuss current scams and fraudulent activity they are seeing locally. Please call or visit the front desk if you would like to attend this informative presentation!

- Learn to recognize fraud so you don't fall victim
- Learn what to do if you encounter fraud
- Learn the common fraud types and how to prevent falling victim
- Gain confidence with online activities and how to use your computer and phone with confidence



Looking to be styled?

Julie, the hair stylist, will be scheduling appointments at the Center for the first and third Wednesdays of the month. She will be booking appointments for **March 6th** and **March 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

Hair Stylist



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, March 7th and Thursday, March 20th!

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



CCRI DENTAL HYGIENE INFORMATIONAL TABLE COMING TO YOU



CLINIC SERVICES

- Dental Cleaning
- Periodontal Exam
- Sealants
- Radiographs (X-rays)
- Fluoride Treatment
- Oral Cancer Screening
- Nutritional Counseling
- Appliance (denture/partial) cleaning

**Thursday, March 7th
11:30 am to 2 pm**





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

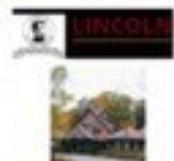
Where: Lincoln Senior Center

When: 03/11/24 – 04/15/24

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





Come join Center member, Michele Kappenman, and explore Paris as she gives an armchair tour presentation "Travel to Paris" on March 8th at 1pm! Please register with the front desk if you would like to attend!

**AMERICAN
PARKINSON DISEASE
ASSOCIATION**

Strength in optimism. Hope in progress.

**LINCOLN SUPPORT GROUP
Tuesday, March 12th
at 10 am**

March TOPIC: SLEEP

Trouble Sleeping? Kleopatra Goncalves, Senior Registered Sleep Technologist and Sleep Lab Manager at the Sleep Lab at Kent Hospital will share strategies for better sleep and health. Gain essential insights rest easier and improve your quality of health.

You can contact Maria Kishfy, APDA Support Group Leader, for more information by calling 401-440-8136 or by emailing maria-kishfy@gmail.com .



The MacColl YMCA will have an informational table set up in our lobby on Thursday, March 14th to discuss their program offering s answer questions from 10 am to 12 pm!

A poster for Tir Na Nog Irish Dance. The background is green and yellow with a pattern of vertical stripes and diagonal lines. There are several green shamrock icons scattered around. The text "Tir Na Nog" is written in a yellow, stylized font with a circular logo containing a spiral. Below this, "IRISH DANCE" is written in white capital letters on a dark green rectangular background. Further down, "catch the luck of the IRISH" is written in a green, cursive font, followed by "march 15th at 1pm" in a similar font. The bottom of the poster has a white banner with the text "The Tir Na Nog Dance School will be giving a 30 minute performance of Irish dance in traditional Irish costume with both soft shoe and hard shoe dancing. The dancers will perform to both traditional and modern music! The girls will be bringing the dancing, beautiful smiles and lots of Irish festivity to our Center!! If you would like to attend this performance, please call or visit the front desk to register!"



Join us for a wee bit of fun

The RI Strummers will be holding a special performance on Friday, March 15th at 2pm! Please register with the front desk if you would like to attend!




LET'S HAVE BRUNCH!
& Talk Real Estate
My name is Amy Bedard
I am a Certified Seniors Real Estate Specialist

Please Join Me for A Table Talk Brunch and share with me your thoughts and any questions you have regarding Real Estate Needs In the 55+ Community.

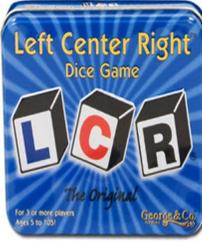
March 20th, 10:30 AM
Spots are limited. To Reserve your spot, please call or visit the front desk to register.



AFTERNOON FLICK

Tuesday, March 19th at 1 pm
 We will be streaming the movie "The Boys in the Boat"

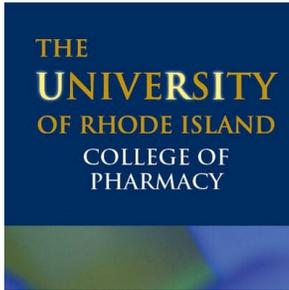
This film is based on the non-fiction book by Daniel James Brown and tells the story of the struggles and sacrifices made by the University of Washington rowing team to compete at the highest possible level, and their epic quest for gold, rowing at the 1936 Summer Olympics – Men's eight. Popcorn and light refreshments will be served. Please register with the front desk if you would like to come enjoy the movie!



Left Center Right Game Day
Friday, Mar 22nd 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!!

If you would like to receive the newsletter and other special event notifications through email, please be sure to sign up at the front desk! You can also email Bess at bcarvalho@lincolnri.org to sign up!!



Thursday, March 21st at 11:15am

Presentation on "Thyroid"

Please join us for a discussion about the Thyroid Gland and the symptoms, diagnosis and treatment of underactive and overactive thyroid disease. If you would like to attend this presentation, please register with the front desk!



Calling All Veterans!!

Lincoln Senior Center Veterans Group Meeting Thursday, March 21st will be held at the American Heritage Museum 568 Main Street, Hudson, MA 10 am - 12 pm Cost: \$15 per person entrance fee WW2 and Korean Vets are free!

At the American Heritage Museum you explore America's conflicts, beginning with the Revolutionary War to today. You'll discover, and interact with, our heritage through the History, the national effort developing new technologies of warfare, and the Human Impact of America's fight to preserve the freedom we all hold dear.

We will meet at the Senior Center at 9am and we can either

- Meet up and follow each other to the museum
Carpool with members or friends
You can have a family member/friend drive you and meet at us at the museum

Please RSVP to Paula at (401) 474-1432 if you would like to attend this outing and how many will be attending. Please let her know if you will be able to be a carpool driver!

It should be a fun day!

Craft with Bess

Monday, March 25th

Two sessions:

9:00 am & 11:00 am



Spring time is finally here!! What perfect way to celebrate the season than by creating these adorable little bunnies! Perfect for your springtime decor or to add to an Easter basket for a little loved one! There are two session times-a 9 am session and an 11 am session.

Spots are limited and registration is required!

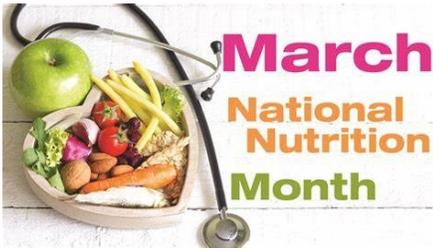
Registration for the craft opens on March 5th!



Join us for a Motown Dance Party

March 26th 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! Not a dancer? That's ok! You can listen to the hits and play Motown Bingo while we dance! Please register with the front desk if you would like to party with us!



March National Nutrition Month

**Wednesday, March 27th
at 11am**

We are at our third installment of our **Eating for Better Health Series**. This month the topic is **“Gut Health, Why it Matters”**. What is gut health? Why is it important? How can you improve your gut microbiome? Trust your gut and join us for this informative session! A “gut-friendly” recipe will be demonstrated along with samples for tasting. Class size is limited and registration is required. Please call or visit the front desk to register for this class.



Bunny Bingo

March 27th at 1 pm

Come join us for an afternoon of sweet treats, raffle prizes and lots of Bingo fun!!

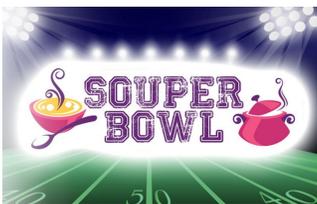


Friday March 29th

**Join us for a presentation at
10am**

“Depression”

We will take an in-depth look at depression, which is one of the most common, and most serious, mental disorders in the United States. We will look at what it is, what are the risk factors, what are the symptoms, and what are some of the therapies available to treat depression. Please call or visit the front desk to register for this presentation!



Our Souper Bowl Party on Feb 9th was as a real Touchdown! Members enjoyed some football themed games and enjoyed a “souper” lunch! It was a fun-filled afternoon for all!



New iPhone Update 17.3 Includes Theft Protection

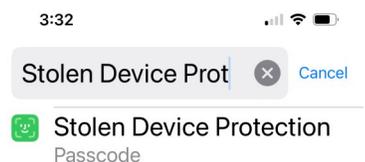
A recent article in the Providence Sunday Journal (Feb 4, 2024) discusses Apple's latest software update that offers a new consumer protection. Apple's latest software update-17.3-has a very important feature that you want to ensure you do as soon as you do the update! The new update offers a Stolen Device Protection. When activated, it prevents thieves from being able to access your phone and gaining access to your data, photos, password information and would prevent them from changing your password information. Once the feature is activated, it requires you to authenticate with Face ID or Touch ID before thieves can take certain actions such as:

- Using passwords or passkeys saved on your phone
- Using payment methods saved on Safari
- Turning off LOST Mode
- Erasing all content and settings
- Applying for a new Apple Card
- Viewing Apple Card virtual card number
- Taking Apple Cash and Savings
- Using the iPhone to set up a new device.



TO TURN OF STOLEN DEVICE PROTECTION

- Make sure your iPhone is running the latest operating system-17.3. You can check to see if you have the latest update is to go to your Settings > General > Software Update
- In Settings, type "STOLEN DEVICE PROTECTION" in the search bar at the top of the screen. When you see it pop up, tap it.
- If you have an iPhone with Face ID, Tap Face ID & Passcode, then enter your passcode. If you have an iPhone with a Home button, Tap Touch ID & Passcode, then enter your passcode.
- Scroll down to the Stolen Device Protection section, then tap "Turn On Protection".



You will now have an added layer of protection for your iPhone!

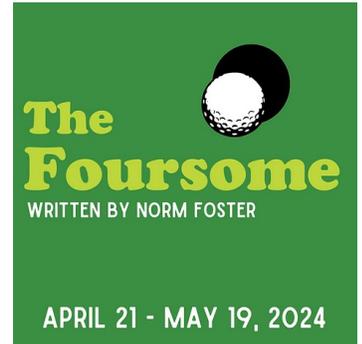


Bus Trip Information & Reminders

St Patrick's Day Celebration at Aquaturf Bus Trip

Tuesday, March 12th
All slots are filled!

Check in time: 8:15 am
Departure time: 8:45 am
Return time: 5:30 pm



The Foursome at the Newport Playhouse & Cabaret Restaurant Bus Trip

\$145 per person

Thursday, May 9th

Check In: 9:15 am

Bus Departs: 9:45 am

Bus Arrives: Approximately 5:00 pm

Full payment Due: April 15th

No refunds after April 17th

Blithewold Mansion & Tea Tour Bus Trip

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.

SPOTS ARE STILL AVAILABLE!

Friendly Reminders

We do collect a \$1-\$2 tip for the bus driver at check in on the day of trip

Please be sure to bring snacks & drinks for the bus ride!

Bloom Tours is taking you to the Newport Playhouse & Cabaret Restaurant to enjoy a show and lunch. Four old school chums get together for a friendly round of golf during their fifteenth college reunion. These fellows are carrying more than just their golf bags! Old rivalries, romances and bragging rights are won and lost in 18 entertaining holes. Enjoy the extensive buffet before the show which includes a large variety of hot and cold foods, main entrees, side dishes, beverages and home-made desserts. A not-to-miss afternoon!

Sign Ups Begin Thursday, March 22nd

- 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

Slow Cooker Chocolate Lava Cake

Cake Batter Ingredients:

- 1 cup all-purpose flour
- 3/4 cup granulated sugar
- 3 tablespoons cocoa power
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup milk
- 1/3 cup butter melted
- 2 teaspoons vanilla extract

Cake Topping Ingredients:

- 3/4 cup granulated sugar
- 3/4 cup brown sugar firmly packed
- 1/4 cup plus 2 tablespoons cocoa powder
- 2 1/4 cups hot water

Directions:

1. Coat a slow cooker with nonstick spray. In a large bowl, whisk together the flour, sugar, cocoa powder, baking powder, and salt. In a second bowl, whisk together the milk, melted butter, and vanilla.
2. Make a well in the middle of the dry ingredients. Pour the wet ingredient in to the well and whisk until smooth. Pour into the bottom of a slow cooker.
3. Whisk together the sugar, brown sugar, cocoa powder until evenly combined. Sprinkle evenly over the batter in the slow cooker.
4. Pour the hot water over the top of the batter and topping. Do not stir. Cover and cook on HIGH for 3 to 4 hours or LOW for 5 hours, or until a toothpick inserted in to the middle of the cake comes out clean with a few crumbs attached
5. Serve with ice cream or whipped cream, spooning the chocolate sauce from the bottom of the slow cooker over the top. Enjoy!



www.culinaryhill.com

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



Forever in our hearts

Douglas G McClurg

6/21/1948–2/16/2024

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____



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!

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

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
03/01/2024

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

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

Easter Word Search

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



BASKET
BUNNY
CARROT
CELEBRATION
CHICK
CHOCOLATE
DECORATED

DUCKLINGS
EASTER
EGGS
FLOWERS
GRASS
HOP
HUNT

JELLYBEANS
PARADE
RABBIT
SPRING
SUNDAY
TULIP

