

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

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

May 2024

May is here — blooming with the full splendors of spring and provides uplifting energy with a look at every blossoming tree and bright, sunny day! They say April showers bring May flowers and with all the rain we have had lately, we should have a month filled with lots of beautiful blooms! The month of May has a lot of festive celebrations and remembrances-the Kentucky Derby, Cinco de Mayo, Mother's Day, Memorial Day and National Senior Health & Fitness Day! It's going to be a busy month here at the Center! Bus trip season is underway, a May breakfast, a Kentucky Derby presentation, Mother's Day Bingo and more!

Mother's Day, a heartfelt celebration honoring the remarkable women who fill our lives with love, wisdom, and boundless strength. We would like to wish a very lovely Mother's Day to all and hope that your day is filled with love and laughter.

We would also like to thank the brave men and women who courageously gave their lives and made the ultimate sacrifice. We salute our fallen and give thanks on this Memorial Day.

Lois Durkin, Director



*** HAPPY ***
MEMORIAL DAY
REMEMBER AND HONOR



Need a Hair Appointment?

Julie, the hair stylist, will be scheduling appointments at the Center for **Wed, May 15th**

It is by appointment only-please see the front desk to schedule your appointment!

The time slots available are:
9:30 am 10:00 am 10:30 am
11:00 am 11:30 am

Friendly Reminder to Dress in Layers

The warmer weather will be here before we know it and that means our AC will be on. Please try to remember to dress in layers. Be sure to bring a light sweater or jacket with you!

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
Meditation	Zumba
Memoir Writing	Zumba Gold



Calendar of Events & Presentations



The Overeaters Anonymous Group meets every Thursday at 10 am

There will not be a Cup of Joe with a GI Joe veterans group meeting this month

- May 2 Tech Corner with Renee by appointment only. Please visit front desk to schedule!
- May 3 Kentucky Derby presentation by Dr Leann Rotkovsky @ 10 am. Wear your hats!!
- May 7 Miriam Hospital "Mind Your Heart" Research presentation at 10 am
- May 8 Mother's Day Bingo at 1pm
- May 9 Newport Playhouse Bus Trip. Please arrive for 9:15 am for check in. Bus departs at 9:45 am sharp!
- May 10 Healthy Eating Workshop presentation "Spice Up Your Spring Cooking" with Kathi Masi at 10 am
- May 10 Brunch prepared especially by Carmen 11:30 am to 12:30 pm. Register in person at the front desk. Spots are limited!
- May 10 "Celebration of Mothers" presentation with Michele Kappenman at 1pm. Please register with the front desk if you would like to attend!
- May 13 Memorial Day mason jar craft with Bess. Two sessions— 9:30 am & 11 am
- May 14 American Parkinson's Disease Association Support Group meeting at 10 am
- May 14 Memoir Writing Class with Lynn Price at 1 pm
- May 14 Afternoon Flick at 1 pm. We will be streaming the movie "Some Like It Hot". Please call or visit the front desk to register!
- May 15 Julie the hair stylist will be at the Center. Please schedule your appointment w/ front desk
- May 15 "Medicare 101: Need Help Taking the Confusion out of Medicare" presentation at 10am. Presented by Lori Sachs Ceriello and Karen Porto, local licensed Medicare advisors. Please register with front desk if you would like to attend!
- May 16 Sign ups for the Lobster Roll Bus Trip at 8:30 am. \$10 (cash/check) deposit & meal choice due at sign up!
- May 16 Blood Pressure Clinic at 10 am sponsored by Lighthouse at Lincoln
- May 16 Tech Corner with Renee by appointment only. Please visit front desk to schedule!
- May 17 AAA "The RI Older & Wiser Driver" presentation at 10:30 am. If you would like to attend, please register with the front desk
- May 21 Tech Workshop "How to Save Passwords on your iOS Device" at 10am
- May 21 Savory Fare presentation and tasting at 11 am. Please register with the front desk
- May 21 Blue Cross Yoga in the Park at Lincoln Woods at 2pm!
- May 22 Tech Workshop "How to Save Passwords on your Android Device" at 10 am
- May 23 Sign ups for the Best of Maine Bus Trip at 8:30 am
- May 24 Blue Cross presentation "Brain Power: Keep Your Brain Sharp as You Age" at 10 am. Please register with the front desk if you would like to attend!
- May 27 Center is closed in observance of Memorial Day
- May 28 Memoir Writing Class with Lynn Price at 1 pm
- May 29 National Senior Health & Fitness Day! Join us for a walk & smoothies at 10 am
- May 31 Left Center Right Game Day at 11 am

Meal Site Lunch Reservations

We would like to remind our lunch program participants that we kindly ask that you arrive on time for your lunch reservation. If you are more than 10 minutes late, we will be unable to accommodate you. Please prioritize punctuality when ordering lunch with us.

Lunch times:

Monday	12:00 pm
Tuesday	12:00 pm
Wednesday	11:45 am
Thursday	12:00 pm
Friday	12:00 pm

Senior Farmers Market Nutrition Program

Eligible senior participants (60 years +) will receive a benefit card with \$50 worth of Farmer's Market Benefits for the season that can be used from May through November. You will receive a card with a QR code for SFMNP benefits. You will be able to purchase fresh, unprepared, locally grown fruits and vegetables, fresh-cut cooking herbs, and honey. At the time of purchase, the farmer will scan your QR code sticker and verify available benefits. Please see Carmen at the front desk to see if you qualify for this program Mon– Fri 9:30 am to 2:30 pm.



Bocce Update!

Our bocce court renovation is almost complete! We do need the grass to grow in a

little bit more and we are waiting for the installation of some benches. We are hoping to begin play starting in June!

We are planning to have open bocce the following days/times

Mondays 1 pm to 3 pm

Tuesdays 1 pm to 3 pm

Fridays 10 am to 12 pm

Please register with the front desk if you are interested in signing up for bocce and corn hole program! We will keep you posted!!

Our instructor Lisa (Cardio, Sit & Strengthen & Yoga) wanted to share this important message with our members!

Should seniors wear sneakers while exercising?

The risk of falling while wearing loafers or lace up oxfords was 30% - 50% higher than while wearing sneakers. The low heel, strong-grip bottom and the firm but flexible support offered by sneakers make them the best choice of footwear for seniors while exercising. Please wear sneakers to all fitness classes!!



The Lincoln Memorial Parade Committee would like to thank the members of the Center for all of their support for our Bingo fundraiser last month! It was so nice to see so many members at the event and a very special thank you to all who purchased raffle tickets. We had several lucky raffle prize winners from the Center!! All proceeds from the event help to fund our town's amazing annual parade. We hope that you can join us at the town's Memorial Day festivities!



Tech Assistance

Tech Corner with Renee

May 2nd and May 16th



Are you experiencing some "Technology Stress"? Having trouble with your cell or tablet? We have the solution for you!! 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. If you have a question for Renee, you can email her at TechCornerLSC@outlook.com!

KENTUCKY DERBY FUN

JOIN IN THE FUN!

1. WEAR YOUR BEST HAT AND JOIN IN ON THE BEST KENTUCKY DERBY HAT CONTEST!

2. WINNER GETS A KENTUCKY DERBY PARTY BASKET!

3. ENJOY KENTUCKY DERBY LECTURE BY INTERNATIONAL HAT MAKER DR. LEEANN RUTKOVSKY



Kentucky Derby Fun

Friday, May 3rd at 10am



Are you a horse racing fan? Do you enjoy the races? Come join us for a brief lecture on "The History of the Kentucky Derby" presented by Dr Leeann Teal-Rutkovsky on Friday, May 3rd at 10am. Learn about the history of the Kentucky Derby and its traditions. Be sure to wear your Kentucky Derby hats!! She will be having a contest for the best Derby hat! She will also have some hat samples to view! We hope that you can join us for this fun filled presentation!! Please register at the front desk!



Miriam Hospital: Mind Your Heart Research Study presentation

Tuesday, May 7th at 10 am

The Miriam Hospital is recruiting men and women who have heart failure and are at least 18 years old to take part in a research study. This study explores whether mindfulness training (an intervention designed to focus attention and increase self-awareness) can help participants improve their ability to self-care for their heart failure. If you would like to learn more about the research study, Miriam Hospital researchers will be at the Center to discuss the study in more detail. If you would like to attend, please call or visit the front desk to register.



Mothers Day Bingo Celebration

A mother's influence helps to shape and guide the minds, the hearts, the souls and the values of each generation. So this month we celebrate our mother's!! We love to have our Bingo celebrations here at the Center-and who better to celebrate this month than moms!! Join us as we enjoy an afternoon of bingo fun, raffles and some sweet treats to celebrate all the incredible mothers, grandmothers, godmothers, fur-moms, bonus moms and those who are like-a-mother!!

**Wed, May 8th
at 1 pm**



Healthy Eating Workshop with Kathi Masi

Friday, May 10th at 10 am

Spice Up Your Spring Cooking!

Hello seasonings...good bye salt! Join us for this flavorful session on how to reduce your sodium by using seasonings to spice up your spring recipes. Learn the difference between herbs and spices, the health benefits of using seasonings and how to make salt-free seasoning blends. A flavorful dish will be prepared with food samples to try! Space is limited. Please call or visit the front desk to reserve your spot!



Brunch prepared by Carmen

Friday, May 10th 11:30 am to 12:30 pm



Join us for a breakfast brunch. The cost is \$4 per person (cash)
Spots are limited. Please register in person at the front desk

Join us for a special
presentation
Honoring Mothers



Friday, May 10th
1:00 pm
Michele Kappenman

Join us and learn about the origin of Mother's Day and remembering some famous moms presented by Michele Kappenman. Please register with the front desk if you would like to attend!

Craft with Bess

Monday, May 13th
9:30 am & 11:00 am



Join us as we create these adorable patriotic mason jars. You can add a tealight, use them as a vase, a silverware caddy, or even use it as a candy dish! They are the perfect addition for your Memorial Day and Fourth of July décor! We will have two sessions- a 9:30 session & a 11 am session. Registration starts on May 6th. Spots are limited. Please call or visit the front desk to reserve your spot!

apda AMERICAN
PARKINSON DISEASE
ASSOCIATION
Strength in optimism. Hope in progress.

PRESENTED BY



PROMISE INTEGRATIVE MEDICINE CLINIC
DON'T TREAT THE SYMPTOMS, TREAT THE ROOT CAUSE

**Unveiling Benefits of Acupuncture
in Parkinson's Disease**

SAVE THE DATE

Tuesday May 14 10AM

Lincoln Senior Center | 150 Jenckes Hill Rd, Lincoln, RI

Join Paul Yeo DAOM, L.Ac., RN for discovering benefits of Acupuncture managing Parkinson's Disease and sharing his personal experience witnessing the positive impact of Acupuncture/Holistic Medicine on Parkinson's Disease care.

Questions? Contact Maria Kishfy, APDA Support Group Leader
Phone: 401.440.8136 | Email: mariakishfy@gmail.com



AFTERNOON FLICK

Tuesday, May 14th at 1:00 pm

We will be streaming the movie
"Some Like it Hot"

After two male musicians witness a mob hit, they flee the state in an all-female band disguised as women, but further complications set in! Starring Tony Curtis, Jack Lemmon and Marilyn Monroe! Popcorn & light refreshments will be served!



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



NEED HELP TAKING THE CONFUSION OUT OF MEDICARE?

Wednesday, May 15th at 10 am

Turning 65? Retiring? Unhappy with your current coverage? WE can answer your questions

When can I enroll? What is the difference between Medicare Parts A, B, C and D? Can I keep my doctor(s)? Are my prescriptions covered? Am I eligible for vision, dental, hearing and other benefits? JOIN Lori Sachs Ceriello and Karen Porto, your local and licensed Medicare Advisors, on May 15th at 10:00am. ***If you are unable to attend the presentation and have questions, feel free to contact Lori at 203-605-1697



Blood Pressure Clinic

Thursday, May 16th

at 10 am

Sponsored by



Join us for a presentation on
Friday, May 17th at 10:30 am

The Rhode Island Older & Wiser Driver



A safe driving presentation for mature drivers, delivered by AAA Northeast with support from the RI Department of Transportation Office on Highway Safety. This presentation will cover:

- The major causes of crashes for older drivers
- Pedestrian & bicycle safety tips
- Advice for extending safe driving years
- How to plan driving cessation (and resources for staying mobile!)



Please call or visit the front desk if you would like to attend this presentation!



Blue Cross Yoga in the Park
At Lincoln Woods

Tuesday, May 21st at 2 pm



Blue Cross Blue Shield of RI is sponsoring Chair Yoga in the Park at Lincoln Woods. Join in across the state to get some exercise and enjoy the great outdoors! Join Bess and the Blue Cross team for a fun hour of yoga at Lincoln Woods! It will be outdoors so be sure to dress appropriately for the weather that day! Sign up with the front desk if you would like to participate!



Join us for a presentation on
May 21st at 11 am

Not crazy about cooking? Tired of eating the same old recipes? Savory Fare is a local Rhode Island food delivery service, specializing in restaurant quality meals that are packed with homemade goodness. They supports local farmers and craft homemade recipes using fresh ingredients in their East Providence kitchen and craft recipes with your good health in mind. The menu is filled with nutrition-packed ingredients to ensure that each bite delivers fuel for healthy aging. Join us for a tasting and see all this company has to offer....delicious food and delivered for your convenience. Please sign up with the front desk if you are interested in attending the tasting & presentation.

Tech Workshop

“Learn How to Save Passwords on Your Devices”

Our Tech Expert, Renee, will be offering a technology workshop on how to save passwords on your devices.

There will be an **iOS (apple) session on Tuesday, May 21st at 10am**

There will be an **android session on Wednesday, May 22nd at 10 am**

Please sign up with the front desk if you would like to attend!

May 24th at 10am

Brain Power: Keep Your Brain Sharp as You Age

Want to stay sharp as you age? In this presentation, participants will learn the benefits of participating in mentally stimulating activities and learn about lifestyle strategies they can do to stimulate brain growth, maximize their memory potential, and stay on top of their game. Be sure to sign up with the front desk if you would like to attend this presentation!



If you would like to receive the newsletter and other special event notifications through email, please visit the front desk to sign up for our email distribution list or email Bess at bcarvalho@lincolnri.org

National Senior Health and Fitness Day is celebrated on the last Wednesday of May, this year on May 29th. It is a day dedicated to the betterment of the health of seniors. The common goal is to help senior Americans stay fit and healthy. Numerous organizations around the country organize events to spread the word about the importance of elder-care and the various ways of doing it. From group exercises to educational workshops to social gatherings, there are many ways to connect with activities to improve your well-being. Our Center offers many of these opportunities on a daily basis– out group fitness classes, nutritional workshops, meditation, arts & crafts, social events, technology classes and even volunteering just to name a few. **On Wednesday, May 29th we invite our members to gather at 10 am and go on a 1 mile group walk around the Center. Following the walk, participants can enjoy a delicious yogurt smoothie!** Sign up at the front desk if you would like to participate!



Cup of Joe with a G.I. Joe veterans group will not be meeting this month



Left Center Right Game Day May 31st 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!

❤️ *thank you!* ❤️

We would like to extend a sincere thank you to Center members Bob Brousseau and Stanley Knupsen for their very generous donations to our Center.

- Bob purchased and donated 20 Lincoln Senior Center t-shirts available for sale for \$20 each with proceeds benefiting our Center. Sizes available are small, medium, large & extra-large. Please see the front desk if you would like to purchase a t-shirt!
- Stanley designed and created this beautiful bocce score board and donated it to our Center for our new bocce court!



We are truly thankful and grateful for your kindness and generosity!!



AAA Defensive Driving Course

June 14th 10 am to 3 pm

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

The class will be held on Friday, June 14th from 10 am to 3pm, with a one hour break for lunch . The cost of the course is \$15 per person (cash or check) and due at time of sign up. Spots are limited so reserve your spot today!

Estate planning is important to protect your loved one's assets and plan for the distribution of those assets upon their death. Encourage your loved one to establish an estate plan as soon as possible. During an emotional time, such as an illness or death of a loved one, confusion and uncertainty can lead to family conflicts. An estate plan may prevent disputes among family members and reduce stress for everyone involved at a time when you need each other for support”

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1. Take an inventory of your loved one's assets. This includes items like homes, cars, jewelry and other objects that may be valuable to you or someone else.



4. Make a list of your loved one's legal documents and financial accounts and where they are located. Keep copies in a safe place like a safe deposit box and/or with family members.



2. Take an inventory of your loved one's debts. This includes credit accounts, mortgages, business debt and any other debts that may be owed.



5. Recommend your loved one write instructions on issues such as funeral and burial wishes, who to notify following death and how to handle urgent financial issues.



3. Recommend your loved one create a will and other legal documents such as a trust, powers of attorney and a living will.



6. Encourage your loved one to discuss their legal and personal decisions with family members.

Always in our thoughts and forever in our hearts



Pauline Aridano
10/11/39 - 03/20/24



John Brennan
6/24/39 - 04/23/24



Marjorie Sarkas
12/18/40 - 04/21/24

A donation in loving memory has been made in remembrance of loved ones to the Friends of the Lincoln Senior Center in honor of

Andrew M Lyon, Jr
Elizabeth (Blount) Brennan
Robert F Blount
Joseph E Blount





Bus Trip Information & Reminders

Spirit of Boston Bus Trip FULL

Thursday, June 13th

Check In Time: 8:45 am

Departs 9:15 am & Returns: 5:30 pm

Final Payment due May 17th

No Refunds given after May 22nd

Newport Lighthouse Cruise

FULL

Tuesday, June 25th

Check In Time: 9:15 am

Departs 9:45 am & Returns: 5:30 pm

Final Payment due May 31st

No refunds given after June 3rd

The Lobster Roll Cruise

Tuesday, July 9th

\$127 per person

Check-in Time : 10:00 am

Bus Departs: 10:30 am

Bus Returns: 6:15 pm



We start off our day by traveling to Cape Cod for a truly exceptional day! We begin our day in Dennis and enjoy a 90 minute cruise offering the most spectacular views from the decks of the Lobster Roll, a custom built cruise boat. Glide through the calm waters of Sesuit Harbour and into the serene beauty of Cape Cod Bay with its incredible picturesque coastline.

While on board, you will enjoy a choice of:

Lobster Roll, Roast Beef Roll Up or a Vegetarian Roll Up.

In the afternoon we will visit Katie's Homemade Ice Cream in Hyannis. Here you will be treated to an included small ice cream cone! Before heading home you will enjoy some free time in downtown Hyannis.

Sign ups start on Tuesday, May 16, 2024

- A \$10 minimum deposit is required at time of sign up.
- Meal choice is due at sign up!
- Full payment is due by June 14th!
- No refunds given after June 18, 2024
- Event runs rain or shine



Best of Maine

Thursday, August 22, 2024

\$119 per person

Check in: 6:45 am

Bus Departs 7:15 am

Returns: Approximately 6:00 pm

Final Payment Due: July 26, 2024

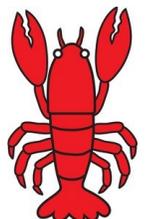
No Refunds after July 30, 2024



Start the morning with a visit to the famous Len Libby's chocolates. Indulge in a sweet treat before we continue our tasty tour. But save your appetite for lunch at Foster's Clambake where you will dine on Lobster or BBQ Chicken along with clam chowder, steamed clams and mussels. After lunch, we will make a stop at When Pigs Fly Company Store in Kittery, ME. Explore this amazing place which includes over 25 varieties of our all natural breads and other products like jams & jellies and yes there is a sampling table! Before a scenic ride to York, ME for an afternoon visit to Stonewall Kitchen Store. You will be amazed at the abundance of locally produced products here. Smell the incredible aromas, savor delicious samples, or watch the jam process. The perfect ending to a delectable day in Maine!

Sign Ups Begin Thursday, May 23rd!

This trip runs rain or shine.



Here is a healthy and delicious dessert perfect for Mother's Day Brunch!

No-Bake Fruit & Granola Tart

CRUST INGREDIENTS:

Cooking spray

2 1/2 cup honey and oat granola (about 9 oz.)

1/4 cup coconut oil, melted

3 tbsp honey

1/4 tsp kosher salt

FILLING & TOPPING INGREDIENTS:

2 c. plain full-fat Greek yogurt

1 tbsp. honey

1/2 cup fresh blackberries

1/2 cup fresh blueberries

1/2 cup fresh raspberries

1/2 cup fresh strawberries, stemmed, quartered



DIRECTIONS:

Crust

Step 1. Grease a 9" loose-bottomed tart pan with cooking spray. In a food processor, pulse granola, oil, honey, and salt until combined and mixture holds together when squeezed (do not over blitz).

Step 2. Pour mixture into prepared pan. Using the bottom of a measuring cup or back of a spoon, press mixture firmly and evenly into bottom and 1/2" up sides of pan. Place pan on a baking sheet and refrigerate at least 1 hour or up to overnight.

Step 3. Make Ahead: Crust can be made 2 days ahead. If refrigerating overnight, wait until crust is firm, then tightly wrap pan with plastic wrap.

FILLING & TOPPING

Step 1. In a large bowl, whisk yogurt and honey. Spread in chilled crust, using the back of a spoon or an offset spatula to smooth top.

Step 2. Decorate with fruit as desired and serve immediately.

<https://www.delish.com/cooking/recipe-ideas/a60044653/no-bake-fruit-and-granola-tart-recipe/>

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

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 updates,
cancellations & special
events!

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

Memorial Day Word Search

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



AMERICA
BLUE
CEMETERY
FALLEN
FLAG
FREEDOM
HEROES

HOLIDAY
HONOR
MAY
MEMORIAL
MILITARY
MONDAY
PARADE
RED

REMEMBRANCE
RESPECT
SACRIFICE
SALUTE
SERVICE
SOLDIERS
WHITE



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

Schedule

Updated 04/01/2024

Monday

8:30 am Quilting
9:00 am Move & Groove w/Janet
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/ Ani
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 Class
(*meets bi-weekly)
1:00 pm Intermediate Line
Dancing w/ Karen
2:00 pm Beginner Line Dancing
3:00 pm INTRO to Line Dancing

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
11:15 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

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 pm 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

Lois Durkin-Director

Bess Carvalho-Program Director

Carmen Reverdes-Meal Site Coordinator

Matt Bertrand-Bus Transportation

Jose Lopes-Custodian