

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

June 2024

We have seen some glimpses of warm sunny days the past couple of weeks. Summer is just around the corner! We were busy bees in May and June promises to be another fun-filled month! We have some new activities planned, like our Mini Golf Father's Day Luncheon and we have some new game days planned! Bus trip season is in full force with two trips this month! Our Bocce court will be ready for game play in early June as well!

The warmer weather brings more outdoor activities-pickle ball, tennis, golf, swimming, walking, even chatting outside with friends. Please remember to stay hydrated and wear sunscreen when outdoors.

There is a lot to celebrate in June-there is Flag Day and Juneteenth. Let's not forget this month is also the celebration of fathers! Father's Day is a special time of the year to honor those important men in our lives-fathers, grandfathers, godfathers, fur-dads, and those who are like-a-father! We celebrate you and all that you have done to raise, inspire and teach us so much!

Wishing everyone a wonderful start to the summer season!

Lois Durkin, Director



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

Weekly Activities

Arthritis Exercise	Memoir Writing
Bingo	Move & Groove
Bocce & Cornhole	Open Art Studio
Bone Builders	Pastel Arts
Bridge	Quilting
CardioDance	Sit & Strengthen
Cards & Dominoes	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
Mahjongg	Zumba Gold
Meditation	



CardioDance Interval Class with Maria

Begins June 5th at 2 pm

Maria Kishfy is back and ready to resume her CardioDance Interval Class!!

This CardioDance Interval class infuses a variety of choreographed dance style combinations with muscle conditioning blocks. Come join the fun every Wednesday at 2 pm starting June 5th!!



Calendar of Events & Presentations

The Overeaters Anonymous Group meets every Thursday at 10 am

- June 5 Class Time Change Alert: Move & Groove with Janet is now at 1 pm!
 - June 5 New class addition: CardioDance Interval Class with Maria at 2 pm
 - June 5 Julie the hair stylist will be at the Center. Schedule your appointment w/ front desk
 - June 5 United HealthCare Medicare presentation at 10 am
 - June 6 Tech Corner with Renee-schedule your appointment w/ the front desk
 - June 6 No Mediation Class with Mary today
 - June 7 Father's Day Golf & Luncheon event. Golf starts at 10 am & Lunch at 12 pm
 - June 7 "Armchair Travel to Italy" presentation with Michele Kappenman at 1 pm
 - June 10 Bocce and Cornhole play begin!!
 - June 10 Flower Lantern Craft-2 session times 9:00 am and 11 am. Registration required!
 - June 11 American Parkinson's Disease Association Support Group Meeting at 10 am
 - June 11 Afternoon Flick-we will be streaming "Grumpy Old Men". Please register w/ front desk!
 - June 11 Memoir Writing Class with Lynn Price at 1 pm
 - June 12 INSIGHT Presentation at 10 am "Understanding Vision Loss"
 - June 12 Father's Day Bingo Party at 1 pm
 - June 13 Spirit of Boston Bus Trip. Check in Time 8:45 am. Bus departs at 9:15 am sharp!
 - June 14 Final Payments due for Lobster Roll Cruise Bus Trip
 - June 14 AAA Defensive Driving Course 10 am to 3 pm. Registration is required
 - June 14 No class instruction for Pastel Arts Class today. Participants can still meet to work on their art pieces
 - June 18 Blue Cross Yoga in the Park at Lincoln Woods at 10:30 am
 - June 18 Ice Cream Social at 1 pm sponsored by Chapel Hill Assisted Living
 - June 19 Center Closed in observance of Juneteenth
 - June 20 Tech Workshop "QR codes" at 10 am
 - June 20 URI College of Pharmacy Presentation "Summertime Health" at 11:15 am
 - June 20 No Meditation Class with Mary today
 - June 21 No class instruction for Pastel Arts Class today. Participants can still meet to work on their art pieces
 - June 21 Family Feud Fun at 10:30 am
 - June 24 Dr Brad Ciano, PDM will be at the Center 8:30 am performing podiatry nail care
 - June 25 Newport Lighthouse Cruise Bus Trip. Check in time 9:15 am. Bus departs 9:45 sharp
 - June 25 Memoir Writing Class with Lynn Price at 1 pm
 - June 26 Blue Cross Presentation "Mind Body Nutrition" at 10 am
 - June 27 Sign ups for the Essex Steam train and Riverboat Cruise at 8:30 am
 - June 28 Left Center Right Game Day at 11 am
- Save the date- July event!!
- July 3 Fourth of July Bingo Party at 1 pm!!

PLEASE NOTE

We have some class schedule changes that we would like to share with you!!



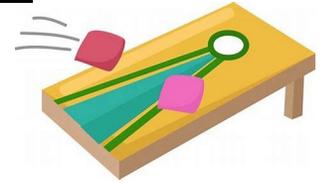
- **Bocce and Cornhole will be starting this month!**

We will have game play on starting **June 10th**:

Monday afternoons 1 pm to 3 pm

Tuesday afternoons 1 pm to 3 pm

Friday mornings 10 am to 12 pm

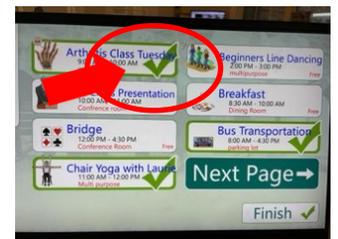


If you are interested in playing bocce and cornhole, please register with the front desk!!

- Tuesday's Zumba Class with Fran will be taking a break and will not be part of our class offering this summer
- Wednesday's Move & Groove with Janet will be meeting at a new time. **Wednesday's new class time will now be held at 1 pm!**
- We have some exciting news to share!! Maria Kishfy will be resuming teaching her **CardioDance Interval Class** starting in June! The class will be held on **Wednesdays at 2 pm!**

Important Reminders

- 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. Please be sure you see the green check mark when you sign in! The green check mark indicates that you are registered for the class!
- If the class had met its limit, you will not be able to join class. The class will be marked grey and indicate **"This event is currently full"** and you will not be able to see a green check mark when trying to choose 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. We do not allow entry if you are more than 5 minutes late. Arriving late for class causes disruption to the instructor, as well as the class participants.





Please note the following class cancellation Alerts:

- **NO Cup of Joe veterans group meeting this month**
- **NO Meditation Classes on June 6th and June 20th**
- **NO Pastel Art Class instruction on June 14th and June 21st**

Pastel Class participants can still meet and work on their art pieces, however, there will be no teacher instruction for these two dates



Need a Hair Appointment?

Julie, the hair stylist, will be scheduling appointments at the Center for **Wednesday, June 5th!**

It is by appointment only-please call or visit the front desk to schedule your appointment! The time slots available are:

9:30am 10:00am 10:30am 11:00am 11:30 am

Please note Julie will be going on vacation and returning to the Center on Wednesday, July 17th



Please join UnitedHealthcare on **Wednesday, June 5th at 10am** for a presentation about their Medicare plan benefits. Learn about the UCard, Rewards Program, UnitedHealthcare APP, and so much more! There will be time for questions/answers and discussion. Please register with the front desk if you would like to attend!

Tech Assistance **Thursday, June 6th**



Looking for some technical assistance with your cell phone, laptop or tablet? We are so very fortunate to have Renee, a retired IT professional, who has kindly offered to volunteer her services to assist our members with their technology questions!

Tech Corner with Renee will meet this month on **Thursday, June 6th from 10 am to 2 pm!** She will be available to meet members for a 30 minute one-on-one session to assist you with questions about your smart phone, tablet, and laptop. Please call or visit the front desk to schedule your appointment with Renee! If you would like to contact her with any technology questions, you can contact her directly via email at TechCornerLSC@outlook.com. She can research your question and will get back to you promptly or have the information for you during her Tech Corner hours! 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.



It's PAR-TEE time!!
Come swing by and join the fun!

Join us for a round of golf and a Father's Day Luncheon

Friday, June 7th

We will play some mini golf around the Center and then enjoy a delicious lunch

Golf starts at 10 am
 Lunch served at 12 pm

Lunch includes:
 2 Hot dogs, beans, potato salad & dessert
 \$5 per person

Sign ups begin Wed, May 29th



Armchair Travel

Italy

Friday, June 7th

1:00 pm

with Michele Kappenman



Craft with Bess

Pressed Flower Lantern Craft with Bess

Monday, June 10th

Two sessions– 9 am and 11 am

This pressed flower craft is SO PRETTY!

Make your own pressed flower lanterns that are beautiful and really easy to put together! They make the perfect table decoration or a wonderful present for a loved one!

You can fill with a candle, tea light or fairy lights!

Registration opens on Wednesday, June 5th

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 or email Bess at

bcarvalho@lincolnri.org

Tuesday, June 11th, 2024 at 10:00 am

APDA Support Group is a great way to connect with others and build a strong Parkinson's community. Learn practical tips, share experiences, and tap into a network of resources that can help you maintain control over your life.

JUNE'S TOPIC: Medication Review

A pharmacist monitors medication safely, helps you understand medications and side effects, and helps you to take medications as prescribed. Join Registered Pharmacist, Gary Kishfy for a Q&A session.

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



AFTERNOON FLICK

Tuesday, June 11th

We will be streaming the movie
"Grumpy Old Men" at 1 pm

A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street. Starring Jack Lemmon and Walter Mathau & Ann Margaret

Popcorn and light refreshments will be served. Please register with the front desk if you would like to come enjoy the movie!



Join us for a
Father's Day Bingo Bash
Wednesday, June 12th at 1pm!

Come enjoy a fun filled
afternoon of special treats,
raffles and lots of Bingo Fun!



National Senior Health & Fitness Day walkers!



Move & Groove Class with Janet!

“Understanding Vision Loss” workshop

Wednesday, June 12th at 10 am



Promoting Independence and Opportunities for People with Vision Loss.

Join IN-SIGHT Executive Director, Christopher Butler, for this informative workshop for people seeking to understand the available programs and services to help people adjust to living with visual impairment and how to best support someone experiencing vision loss. There will be a time after the presentation for questions & answers.

This educational workshop covers the following topics:

- Common eye diseases that cause visual impairment
- The process that people go through while trying to adapt to living with vision loss
- The key tools, services and resources that are available to help people maintain their independence
- How to connect to these resources
- Ways to protect your remaining vision

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



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 at 12 pm. 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!



Blue Cross
Blue Shield
of Rhode Island



Blue Cross Yoga in the Park At Lincoln Woods

Tuesday, June 18th at 10:30 am



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!

CLOSED JUNE 19th



“Juneteenth, celebrated on June 19, signifies the day in 1865 when the last enslaved African Americans in Galveston, Texas, were informed of their freedom – more than two years after the Emancipation Proclamation was signed. It's a day to celebrate freedom and equality, while also acknowledging the struggles and sacrifices made by African Americans and Black communities throughout our nation's history. The Juneteenth flag features red, white, and blue, echoing the American flag to symbolize that former enslaved people and their descendants are American. The star in the middle



state where Juneteenth originated, and the arc across the width of the flag symbolizes new horizons for Black Americans.” For more information about Juneteenth, please visit <https://greenlight.com/learning-center/spotlight-stories/>



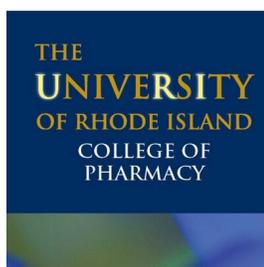
June 18th at 1 pm



I scream, you scream, we all scream for ice cream!! Join us on Tuesday, June 18th at 1 pm for a cool treat—an ice cream social sponsored by our friends at Chapel Hill Assisted Living! Please register with the front desk if you would like to attend!

Tech Workshop

Renee will be offering a pop up workshop on how to scan QR codes on **Thursday, June 20th** from **10 am to 11 am**. Please register with the front desk if you would like to register for the workshop!



The University of Rhode Island College of Pharmacy will be giving a presentation on **Thursday, June 20th 11:15 am**. This month's topic will be “**Summertime Health**”. Summertime presents all kinds of health challenges—sun exposure, hydration and insect control. Learn about how to protect yourself and stay safe this summer! Please see or call the front desk to register for the presentation!

Family Feud Fun!

Let's get together to play some Family Feud on **Friday, June 21st at 10:30 am!!** Please register with the front desk if you would like to join the fun!



Left Center Right Game Day

Friday, June 28th 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!



Podiatrist Services available to members of the Center!

BRAD CIANO, DPM from Blackstone Valley Foot and Ankle will be visiting the Center on **Monday, June 24th** and will be performing podiatry nail care. If you would like to book an appointment for nail care, please schedule an appointment with the front desk. Medicare and most insurances are accepted! You will need to bring your insurance card and photo id to the appointment.



Wednesday, June 26th at 10 am

“Mind Body Nutrition”

Tired of the same old messages about food and nutrition? In this presentation, participants will learn more about the effect of the mind on eating habits, digestion and metabolism and explore new tools and techniques to help transform their relationship with food, improve digestion and energize their metabolism. Please register with the front desk for this insightful presentation!



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



Sign ups start on THURSDAY, JUNE 27, 2024

ESSEX STEAM TRAIN & RIVERBOAT BUS TRIP

Friday, September 6, 2023

\$155.00 per person

Check in Time: 9:15 am

Bus departs: 9:45 am

Bus returns: approximately 4:45 pm

Trip Includes: Roundtrip Transportation, Plated Lunch, Train & Riverboat

ALL ABOARD! Join us for a special Rail & Sail in Essex, Connecticut. Upon arrival, we will stop and board at the Essex Station where we will enjoy lunch on board a dining car while you take scenic train excursion traveling by beautiful countryside as you pass by meadows and farms.

Choice of Beef Tips w/gravy, Baked Chicken or Eggplant Parmesan

The train travels along the Connecticut River to Deep River. Upon arrival at the Deep River Station, you will board the Riverboat for a relaxing ride along the Connecticut River. Admire the picturesque views that surround the river!

- **\$10 deposit (cash or check) and meal selection are due at time of sign up**
 - **Full payment is due by August 9th**
 - **No refunds given after August 14th**
 - **Trip runs rain or shine!**



Bus Trip Information & Reminders

Bus trip season is finally here!! We are so excited to be kicking off the summer with two bus trips this month!! Here are a few reminders about our bus trips....

Please park in the back parking lot (the right side of the building) where the pickle ball courts are. This allows our members attending classes/activities at the Center during the day to have ample parking while we are on the trip.

Please remember to pack drinks, snacks, sunscreen, & appropriate jackets/sweaters for the trips. It is important to be sure to bring drinks or bottled water and some snacks with you. Sometimes traffic can occur and may delay rest stop visits or delay returns. It can get chilly on the bus, be sure to have a jacket with you!

Please pay attention to check-in times. We cannot hold the bus for you!

We kindly ask for a dollar or two for the bus driver tip. We collect this at the time of check in on the day of the trip.

Be sure to put your name on a waitlist in the event a trip is full. Unfortunately, things can come up and people need to cancel trips. Put your name on a waitlist and you may be able to attend in the event of a cancellation!

Spirit of Boston Bus Trip Thursday, June 13th

FULL

Check In Time: 8:45 am

Departs 9:15 am

Returns: 5:30 pm

Event runs rain or shine

Newport Lighthouse Cruise Trip Tuesday, June 25th

FULL

Check In Time: 9:15 am

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

No refunds given after June 3rd

Event runs rain or shine

The Lobster Roll Cruise Tuesday, July 9th

FULL

Check-in Time : 10:00 am

Bus Departs: 10:30 am

Bus Returns: 6:15 pm

- Full payment is due by June 14th!
- No refunds given after June 18th
- Event runs rain or shine

Best of Maine Bus Trip Thursday, August 22nd

FULL

Check-in Time: 6:45 am

Bus Departs: 7:15 am

Bus Returns: 6:00 pm

- Full payment is due by July 26th
- No refunds after July 30th
- Event runs rain or shine

Friendly Reminders:

Please 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!

Please try to park your vehicle within the designated parking spaces. We have been receiving complaints about vehicles taking up two spots, parking crooked, or parking in restricted zones. Please make every effort to park in the proper designated parking areas.

Please remember to wipe down all exercise equipment and exercise machines after each use! Also, we kindly ask you to please limit your workout to 30 minutes per machine if there is a wait for the exercise machines.



HOW TO EAT BETTER

CREATE A HEALTHY EATING PATTERN

Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions.

ENJOY

vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, skinless poultry, fish and seafood.



LIMIT

sweetened drinks, alcohol, sodium, red and processed meats, refined carbohydrates like added sugars and processed grain foods, full-fat dairy products, highly processed foods, tropical oils like coconut and palm.



AVOID

trans fat and partially hydrogenated oils (found in some commercial baked goods and fried foods).

READ NUTRITION LABELS

Nutrition Facts	
Serving size 1/2 cup (30g)	
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat	5g
Saturated Fat	1g
Trans Fat	0g

Learning how to read and understand food labels can help you make healthier choices.

When you have more than one choice, compare nutrition facts. Choose products with lower amounts of sodium, saturated fat and added sugars.



TIPS FOR SUCCESS



WATCH CALORIES

Eat only as many calories as you use up through physical activity. Understand serving sizes and keep portions reasonable.



COOK AT HOME

Take control over the nutritional content of your food by learning healthy preparation methods.



LOOK FOR THE HEART-CHECK

The Heart-Check mark helps you find foods that can be part of a healthy eating plan.



IN NEED OF INSPIRATION?

The American Heart Association has hundreds of heart-healthy recipes to choose from.

Learn more at heart.org/lifes8

LINCOLN SENIOR CENTER

Weekly Activities Schedule

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

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

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 Bocce & Cornhole
1:00 pm Hand & Foot Card Game
1:30 pm Chair Chi with Bob
1:30 pm Digital Photography Class

Tuesday

9:00 am Arthritis w/ Sue
10:00 am Forever Fit w/ Sue
10:00 am Open Art Studio
11:00 am Chair Yoga w/ Denise
12:00 pm Lunch
12:30 pm Bridge
12:45 pm Hi-Low Jack
1:00 pm Bocce & Cornhole
1:00 pm Memoir Writing **
1:00 pm Intermediate Line
2:00 pm Dancing w/ Karen
2:00 pm Beginner Line
3:00 pm Dancing w/ Karen
3:00 pm Intro to Line Dancing w/ Karen

Lois Durkin-Director

Bess Carvalho-Program Director

Carmen Reverdes-Meal Site Coordinator

Matt Bertrand-Bus Transportation

Jose Lopes-Custodian

Updated
06/01/2024

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
1:00 pm Move & Groove w/ Janet
2:00 pm CardioDance Interval w/ Maria

Friday

9:00 am Bone Builders w/ Nancy
10:00 am Bocce & Cornhole
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



FLAG DAY

WORD SEARCH



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

Thirteen Stripes

Patriotism

Fifty Stars

Betsy Ross

Stripes

America

Salute

Waving

White

Brave

Home

Land

Free

Glory

Blue

Red

Watermelon Feta Basil Salad Appetizer

Summer entertaining made that much sweeter with these delicious watermelon feta basil salad on a stick appetizers. The perfect picnic food idea.



Ingredients:

- Watermelon
- Feta Cheese, block
- Basil
- Salt and Pepper (flaky or coarse salt)

Directions:

- Start by cutting the watermelon into one-inch cubes.
- Next, cut your feta chunks into similar one-inch cubes.
- Cut or rip the basil leaves into small one-inch size pieces.
- Place them all on a toothpick.
- Sprinkle with flaky salt and pepper

www.madewithhappy.com/watermelon-feta-basil-salad-on-a-stick/

Staff

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Meal Site Coordinator

Matt Bertrand

Bus Transportation

Jose Lopes

Custodian



Much heartfelt thanks and gratitude to the family and friends of John Brennan who have made memorial donations in his honor to our Center. He is missed dearly by all!

Notary Services are available at the Center!

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



Always in our thoughts and forever in our hearts

Antero "Ted" L Martin

1/13/30—5/19/24



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!

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____