

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

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



July 2024

We want to wish everyone a Happy Fourth of July! Summer is here and we promise to have a fun filled month with lots of great activities for everyone! The term “lazy days of summer” do not apply here at our Center. We promise we are going to keep you busy!! This month we have a bus trip going to Cape Cod and we have Collette Tours who will be presenting the Historical Greenbrier Tour they are scheduling for April 2025 for those interested in traveling to a destination outside our local area. More exciting news-Kathi Masi is back with her healthy eating series workshop! This month also brings us the Summer Olympics in Paris! We will all be tuned in to watch the events in Paris. This month we can do even better-we can give you a front row seat to some Olympic Games as we host our very own Senior Center Olympic Games at our Center! You can sign up to compete or cheer on our Olympic hopefuls! It will be a fun filled day! With the warmer weather, please remember to stay hydrated and use sunscreen! We wish you all a fantastic summer!

Lois Durkin, Director

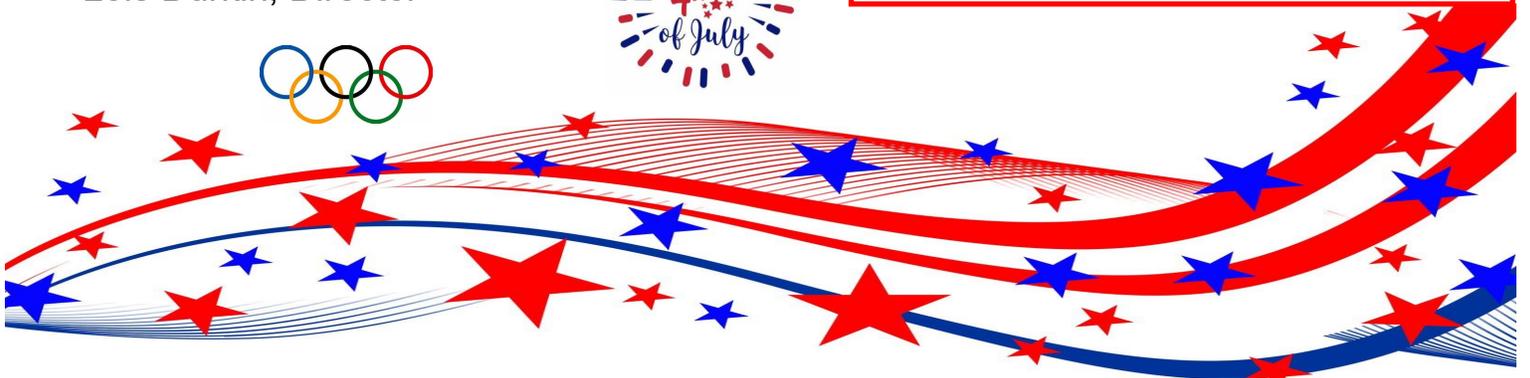


Weekly Activities

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	

Friendly reminder to Dress in Layers!

It can be slightly cool in the Center during the summer months as we try to keep the Center cool during the summer. It may be a good idea to bring a lightweight sweater with you in case you feel a little chilly. We kindly ask our members to not touch our thermostats as it can affect other areas of our facility. Thank you for your cooperation!!





Lincoln Senior Center July Calendar of Events & Presentations

The Overeaters Anonymous Group meets every Thursday at 10 am

- July 1 **NO MAHJONGG LESSONS WITH CAROL TODAY**
- July 1 Photography Class will be meeting at Lincoln Woods today
- July 2 YMCA MacColl Field will be hosting a table event in our lobby at 10 am
- July 3 **NO CARDIODANCE INTERVAL CLASS WITH MARIA TODAY**
- July 3 **Red, White & Blue** Bingo at 1pm.! Wear your patriotic gear (red, white & blue) and earn free raffle tickets!
- July 4 CENTER CLOSED in observance of Fourth of July holiday 
- July 8 Sign ups begin for Craft with Bess. Limited spots available!
- July 8 Children's book author/illustrator Dr LeeAnne Teal Rutkovsky presentation 10 am
- July 8 **NO MOVE & GROOVE with Janet today**
- July 9 American Parkinson's Disease Association Support Group meeting 10 am
- July 9 Memoir Writing Class with Lynn Price at 1 pm
- July 9 LOBSTER ROLL CRUISE BUS TRIP! Please arrive at 10 am for check in
- July 10 Healthy Eating Workshop "Summer Eating, The Mediterranean Way!" presentation with Kathi Masi 10 am
- July 12 Enjoy healthy summer beverages with Lighthouse at Lincoln at 10am
- July 12 "Unique Vacations" presentation with Michele Kappenman at 1 pm
- July 15 **NO CARDIO WITH LISA TODAY**
- July 15 **NO SIT & STRNEGTHEN WITH LISA TODAY**
- July 17 Julie the hair stylist will be at the Center! Book your appointment @ front desk!
- July 17 Blue Cross Presentation at 10 am "Lifestyle Choices: 6 Tips to Address NOW for a Better TOMORROW "
- July 18 Grief, Emotional and Social Support presentation at 11 am
- July 19 SNAP Benefit information table 10 am to 12:30
- July 23 Family Feud at 10:30 am
- July 23 Memoir Writing Class with Lynn Price at 1 pm
- July 24 Collette Tours presentation at 10 am "Discover Historical Greenbrier"
- July 25 Sign ups begin at 8:30 am for the Turkey Train Bus trip in October. A \$10 deposit is due at time of sign up!!
- July 26 Senior Center Olympics starts at 10am! 
- July 26 Final Payment due for the "Best of Maine" bus trip!
- July 29 Craft with Bess "Glass Bead Lighted Bowl". Two sessions— 9 am and 11 am. Registration is required!
- July 30 Left Right Center Game Day at 11 am
- July 31 "Ask a Lawyer" presentation at 10 am
- Aug 1 **NO MEDITATION WITH MARY TODAY**
- Aug 1 Blood Pressure Clinic at 10 am sponsored by Lighthouse at Lincoln
- Aug 1 Sign Ups begin for Summer Cookout!

Class & Program Updates!!



The following classes will not meet this month

- July 1st No Mahjongg Lessons today
- July 1st Digital Photography Class will meet at Lincoln Woods
- July 3rd No CardioDance Interval Class
- July 4th No classes or activities today! Center is CLOSED for holiday
- July 8th No Move & Groove with Janet today
- July 15th No Cardio Strength with Lisa
- July 15th No Sit & Strengthen with Lisa

- Cup of Joe with a GI Joe veterans group will not be meeting this month
- Tech Corner with Renee will not be meeting this month

July 2nd



The MacColl YMCA will have an information table set up in our lobby on Tuesday, July 2nd to discuss their program offerings and

answer questions from 10 am to 12 pm!



We Will Be Closed
ON 4TH OF JULY
HAPPY INDEPENDENCE DAY



AFTERNOON FLICK

We will not be hosting a Movie Day this month. Unfortunately, we are experiencing some issues with our projector. We are working on getting the issue resolved so that we can host a movie day soon! We will keep you posted! We thank you for your understanding!



Celebrate the Fourth of July at our
Red, White & Blue Bingo

on Wednesday, July 3rd at 1 pm

Come join the fun and be sure to wear your red, white and blue or patriotic gear to earn extra raffle ticket entries for our special raffle. Come celebrate the Fourth of July with a fun afternoon of Bingo, raffles, and a special treat!



Monday, July 8th at 10 am

One of our members, Dr LeeAnne Teal-Rutkousky, is a published author and has now authored and illustrated a children’s book on taking care of our planet. She is offering a free eBook download to all! Come join us as she presents her newest project “Bow the Handsome Boll Weevil” on Monday, July 8th at 10 am. Please register with the front desk if you would like to attend her presentation and learn about this wonderful book!

apda AMERICAN
PARKINSON DISEASE
ASSOCIATION
RHODE ISLAND CHAPTER
Strength in optimism. Hope in progress.

Lincoln Support Group
Lincoln Senior Center, 150 Jenckes Hill Rd, Lincoln, RI

Tuesday, July, 9 at 10:00am
Event: Raffle-Making Basket Social

Be a part of this social support group event, where we'll have a blast creating theme baskets for our raffle. Enjoy a mocktail (or two), and share some laughter with us!

Let's get started early; we all have contacts, so let's tap into our network and ask them to donate some theme items for our raffle-making basket event.

A few ideas: Movie Basket, Wellness Basket, Brewery Basket, Gardening Basket.

Basket Raffle to be held at the Lincoln Senior Center
Team: Pare Down on PD to support
RI APDA Optimism Walk

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



Tuesday, July 9th- LOBSTER ROLL CRUISE

Check in time is at 10am!

Bus will be departing at 10:30 sharp!



Kathi Masi and the Healthy Eating Workshop Series is back!

Wednesday, July 10th at 10 am

“Summer Eating, The Mediterranean Way!”

Curious about the Mediterranean way of eating this summer? Well, join us for this session to hear about tips and ideas on preparing easy Mediterranean meals using fresh “Rhody” ingredients. Recipes will be provided along with a demo of a tasty Mediterranean dish that you can make or take to your next cookout! Please register with the front desk if you would like to attend this session! Spots are limited!



Friday, July 12th at 10 am

Join our friends, Hannah and Genia, from Lighthouse at Lincoln as they make us some refreshing summer drinks! Please register with the front desk if you would like to participate!



Presented by Michele Kappenman

Unknown to most people, the unexplored regions of the world offer destinations that are unique for vacations. These unique spots not only promise unsullied scenery but they also offer unusual vacation experiences. Join us for this month's armchair travel presentation. If you would like to attend this unique presentation, please register with the front desk!

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!



Looking to book a Hair Appointment?

Julie, the hair stylist will be scheduling hair appointments at the Center on **Wednesday, July 17th.**

It is by appointment only-please call or visit the front desk to schedule your appointment!



Time slots:

9:30, 10:00, 10:30, 11:00 and 11:30



Blue Cross Presentation

Wednesday, July 17th at 10 am

Lifestyle Choices: 6 Tips to Address NOW for a Better TOMORROW

Join our Blue Team as they explore what chronic disease is and how it relates to the lifestyle choices made. There are 6 helpful tips to learn that will lead anyone to make healthier choices with food, mindfulness, physical activity, and the development of balance in one's life. Adapting these useful tips NOW will deliver great rewards in living the best life possible TOMORROW. It's up to you! Please register with the front desk if you would like to attend this informative presentation.

Thursday, July 18th at 11 am

Have you experienced the loss of a loved one? Has life thrown you some unexpected challenges? On Thursday, July 18th, Chrissy from Social Sparks will be giving a presentation on the various mental, emotional and social support they offer through their various programs. If you are interested in hearing about their programs and services, please register with the front desk.



Now Offering

ADULT SERVICES

Group Therapy Individual Therapy Community Building

Our clinically trained care team is experienced in providing mental, emotional, and social support through a variety of modalities such as CBT, DBT, talk therapy, and more.



Individual and group services address a variety of topics including:



Self Care



Psychoeducation



Accessing Community Resources



Most Insurances Accepted

New clients can fill out the electronic referral form at www.socialsparksri.com



Lincoln Office
1992 Old Louisquisset Pike
Lincoln, RI 02865
401-475-0653 ext. 2
Fax: 401-475-0729
Info@socialsparksri.com
*For GPS enter "Lincoln Mall" or
622 George Washington
Hwy Lincoln, RI 02865*

Our Locations:



Visit our website:
www.socialsparksri.com



South County Office
60 South County
Commons Way
Suite G-3
South Kingstown, RI
02879
401-475-0653 ext. 4
Fax: 401-475-0729
Info@socialsparksri.com



Family Feud Fun!

Tuesday, July 23rd
at 10:30 am

Let's get together to play some Family Feud on

Tuesday, July 23rd at 10:30 am!! We had an absolute BLAST playing last month! Please register with the front desk if you would like to join the fun!



collette

Wednesday, July 24th at 10 am

On Wednesday, July 24th, Collette Tours will be giving a presentation on a new travel tour for April 2025! They will be presenting the Historical Greenbrier tour which gives travelers the chance to stay at The Greenbrier, a classic American resort in the mountains of West Virginia. The resort has no shortages of great features for travelers to enjoy during their stay. While they're not relaxing at the historic resort, they'll enjoy a tavern meal along roads well-traveled, visit Thomas Jefferson's Monticello, step back in time at Colonial Williamsburg, explore a Smithsonian, and more. If you like to hear more about this travel opportunity, please register to attend this presentation.



Have you wondered if you are eligible for SNAP (Supplemental Nutrition Assistance Program) benefits? On **Friday, July 19th from 10 am to 12:30 pm**, Megan Feeney, our SHIP coordinator, will have an information table

set up to discuss SNAP Benefit Eligibility. Eligibility and benefit amounts are based on income, expenses, resources and the number of people living in the household. Come visit Megan and find out if you qualify!



Catch the Olympic Fever at the
Senior Center Olympics
 Friday, July 26th at 10am

As the 2024 Summer Olympic Games open in Paris this year we thought we would join in the Olympic spirit and host our own Center Olympics here at the Center! We will be hosting a variety of Olympic events:

- Pool Noodle Javelin Throw
- Discus
- Bean Bag Toss
- Basketball Free Throws
- “Oreo” Curling
- Chair Volleyball
- And more!



The event will run from 10 am to 12 pm. Even if you don't want to compete, you can be a spectator and cheer on our Olympians! Or maybe you might like to be a volunteer and help at the activity stations? Be sure to come join the fun! Registration is required. **Sign ups for the Olympic events start July 15th.** If you would like to be a volunteer, please contact Bess via phone or email at bcarvalho@lincolnri.org



Craft with Bess

Monday, July 29th
 Lighted glass bead bowl
 Two sessions-9 am & 11 am

Come and create this beautiful lighted glass bead bowl! Perfect indoor or outdoor décor! We will be offering two session times-9 am and 11 am. If you have a glue gun, please bring it with you that day! Sign ups for the craft begin, Monday, July 8th!

The
Rhode Island Bar Association
 &
Lincoln Senior Center
 Will Be Hosting An
Ask-A-Lawyer
July 31, 2024
 10:00am - Noon

Visiting attorney **Robert D. Oster** will give a brief presentation on Elder Law followed by a question and answer period.



Left Center Right Game Day
 Tuesday, July 30th
 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!



Interested in Playing Bridge or Learning How to Play?

Members John Breguet and Ozzie Galley are on a mission to recruit more bridge players! Whether you are a seasoned player or just a beginner, they invite you to join their Bridge group that meets every Tuesday at 12:30 pm! Never played before? That's ok! They are developing a six week beginners instructional session that will meet on Thursdays from 1 pm to 3 pm starting August 15th. If you are interested in joining their group or signing up for the beginners instruction, please call or visit the front desk. You can also reach out to John at 401-300-1377 or via email at Johnlp.breguet@gmail.com



Mah Jongg Tournament at North Providence Mancini Center

On Wednesday, August 7th from 12 pm to 3 pm, there will be a Mah Jongg Tournament between the Lincoln Senior Center and the North Providence Mancini Center facilitated by Carol Forges. The tournament will be held at the North Providence Mancini Center. The two teams will battle for the prize trophy to be proudly displayed at their Center. Lincoln has been the reigning champions for the past three tournaments!! You must register for the tournament by July 30th. To qualify for the tournament you must:

- Be able to play a complete game in 16 minutes (set up & Charleston included)
 - Attend a preparation meeting to go over rules and organization of the tournament and learn about how to score and use the scorecard. The meeting will be held at the Mancini Center on Wednesday, July 31st at 1 pm.
 - If you would like to participate, please be sure to sign up at the front desk!
-

in loving memory

Always in our thoughts and
forever in our hearts



Michael Amaral
06/16/64 - 6/6/2024



Adele Cooney
9/21/1947- 6/6/2024



Annette Guindon
7/19/1937 - 6/17/2024



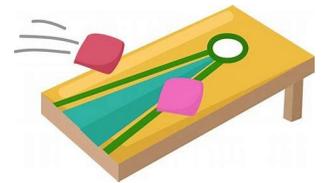
Edna Scott
7/6/1947 - 6/6/2024



Bocce & Corn Hole

Our Bocce Court is ready for game play! Come join the fun! It's an easy to learn game even if you never played before!!

- Monday afternoons 1 pm to 3 pm
- Tuesday afternoons 1 pm to 3 pm
- Friday mornings 10 am to 12 pm



One of the Center's members was highlighted in the latest Summer 2024 edition of the Blue Cross publication "the rhodeahead". In the article she talks about her BCBSRI Medicare Advantage plan and how it helps to bring happiness to her life. She even mentioned how our Center fits into her health & happiness journey! Keep up the great work Joni!!

Taking free healthy living classes

Joni goes to free BCBSRI healthy living classes at the Lincoln store and the Lincoln Senior Center. "I'm a big believer in lifelong learning. I've been to classes on everything from preventing back pain to nutrition."

Photo ID for Membership Cards



Our new computer monitor now allows us to take pictures for our memberships cards. Please visit the front desk to update your membership card. It's very easy to do and just takes one minute of your time. Staff will be happy to assist you! Everyone who uploads their photo will be entered to win a \$25 gift card!

Please note, Sign Ups For Turkey Train will begin on Thursday, July 25th beginning at 8:30 am.

It's Turkey Time!! All Aboard...

Join us for the
Foliage Turkey Train Tour

Tuesday, October 8, 2024

\$140 per person

Check In Time: 8:15 am

Bus Departs: 8:45 am

Returns: Approximately 7:15 pm



We have 2 buses!

Join us for the perfect Foliage Day Trip! Begin your day with a beautiful scenic drive up to Meredith, New Hampshire where we will board the Winnepesaukee "Turkey Train" at the Hobo Railroad. This two hour scenic train ride, through the countryside of New Hampshire is complete with a delicious full turkey dinner complete with all the fixin's! This exceptional turkey meal is provided by Hart's Turkey Farm. Following the lunch train excursion we board the motor coach and head to Moulton Farms, in the heart of the Lakes Region. The farm dates back to 1890's and has so much to offer. Browse their farm stand garden center or maybe pick up a treat at their bakery! It's a perfect ending to our October day!

Sign ups start on Thursday, July 25, 2024

- Bus trips are for Lincoln Senior Center members only. Membership dues must be paid up to date to reserve your spot.
- A \$10 minimum deposit at time of sign up (cash or check)
- You can only sign up yourself and one other member at time of sign up.
- **Full payment is due by September 12, 2024!**
- **No refunds given after September 16, 2024**
- **Trip runs rain or shine**



Bus Trip Information & Reminders

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.

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!

**The Lobster Roll Cruise
Tuesday, July 9th
Trip is FULL at this time!**

Check-in Time : 10:00 am
Bus Departs: 10:30 am
Bus Returns: 6:30 pm

Event runs rain or shine

**Best of Maine Bus Trip
Thursday, August 22nd
Trip is FULL at this time**

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

**Essex Steam Train & Riverboat Bus
Trip**

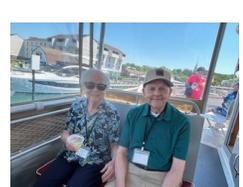
**September 6th
Trip is FULL at this time!**

Check in Time: 8:45 am
Bus Departs: 9:15 am
Bus Returns: 4:45 pm

Final Payments due: Aug 9, 2024
No refunds given after Aug 14, 2024
Trip runs rain or shine



**Newport
Lighthouse
Cruise 6/25/24**



Seniors Can Be at Risk for Heat Stroke During Hot Weather

A recent article in Daily Caring discusses bringing awareness to seniors about overheating and heat stroke during the warm summer months. Seniors can be more susceptible to heat stroke because their bodies do not adjust to high temperatures as well and are more likely to become dehydrated. Chronical medical conditions and prescription medications can alter a body's response to heat or impair their ability to regulate temperature. It can be even more alarming for seniors with Alzheimer's disease or dementia, as they may not be aware their body is overheating and not know how to cool down their bodies.

Daily Caring has put together a listing of Ten Ways to Keep Cool

1. [Drink plenty of cool water](#) throughout the day (don't wait until they feel thirsty) and avoid alcohol and caffeine.
2. Eat cooling snacks like [homemade popsicles](#) that are light on sugar (Tip: catch drips with a [cupcake liner](#)), frozen peas, or slightly frozen grapes.
3. Eat light, cold meals like chicken or pasta salad instead of heavy, hot dishes like pot roast.
4. Place a cool washcloth on the back of the neck and a pan of cool water close by to periodically re-cool the towel.
5. Sit with feet in a pan of cool (but not too cold) water.
6. Keep the house as cool as possible by keeping shades closed during the hottest part of the day and/or using [inexpensive mylar solar curtains](#) to reduce the amount of sunlight coming in.
7. Wear layers of lightweight clothing in light-colored, breathable fabrics like cotton so it's easy to adjust to the temperature throughout the day by removing or adding layers.
8. Visit a public cooling center like a recreation center, senior center, library, coffee shop, or shopping mall.
9. Take a cool shower, bath, or washcloth wipe-down. For maximum cooling, keep the water just below body temperature.
10. Cover up with a [flexible ice blanket](#) – but always use a thin towel to protect fragile senior skin from direct contact with the ice.

Lincoln Senior Center Survey

We'd like to hear your thoughts! Please fill out this survey and turn in to the front desk. All contents will be confidential!

What is your age? 55-59 60– 69 70-79 80– 89 90+

How did you hear about our Center?

Live in Lincoln Brochure Friend/Family Member Newspaper Social Media Other

How often do you visit our Center? _____

What programs/activities do you attend? _____

Please rate the following:

Quality of Instructors	Poor	Average	Good	Excellent
Variety of program offering	Poor	Average	Good	Excellent
Facility	Poor	Average	Good	Excellent
Customer Service	Poor	Average	Good	Excellent
Equipment	Poor	Average	Good	Excellent
Cleanliness	Poor	Average	Good	Excellent

What are some things that you like/enjoy about the Center? _____

Anything that you dislike?: _____

Would you make any suggestions for improvement for the facility, programming, instructors?

Any additional comments you would like to share? _____

How likely are you to recommend the Center to others? Unlikely Likely Highly recommend

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



4th of July Word Search

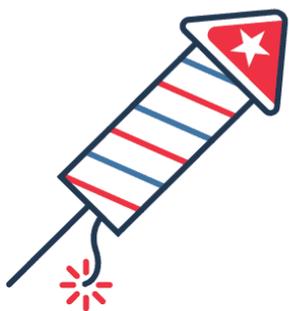
D P
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BARBECUE
 REMEMBER
 BRAVE
 REVOLUTION
 NATION
 INDEPENDENCE

FIREWORKS
 LIBERTY
 DECLARATION
 PATRIOTIC
 JULY

FLAG
 STARS
 JULY
 COLONIES
 STATES

I T



Garlic Butter Salmon

Ingredients

- 1 pound fingerling potatoes or Yukon golds cut in 1/2
- 2 TBSP olive oil
- 1 ½ tsp salt divided
- ½ tsp black pepper cracked, divided
- 4 skinless salmon fillets
- 2 ½ TBSP minced garlic divided
- 2 TBSP fresh parsley chopped
- ⅓ cup lemon juice freshly squeezed
- ½ cup unsalted butter melted
- 3 asparagus bunches, 18 spears, woody ends removed
- 2 TBSP dry white wine OR substitute with ¼ cup low-sodium chicken broth
- 1 lemon sliced to garnish



Instructions

1. Heat oven to 400°F. On a large rimmed baking sheet, toss together potatoes with the oil, ½ tablespoon of garlic, ½ teaspoon salt, and ¼ teaspoon pepper. Spread out in an even layer and roast for 15 minutes until they're just starting to soften and brown.
2. Push potatoes to one side of the sheet pan and arrange salmon down the center. Rub salmon evenly with 1 ½ tablespoons of the minced garlic and 2 tablespoons of parsley. Add the asparagus to the other side of the pan.
3. Combine ¼ cup of lemon juice and ¼ cup of the melted butter together and pour the mixture over the salmon and asparagus. Season everything with the remaining salt and pepper.
4. Return to oven and continue baking until the potatoes are golden and fork-tender and the salmon is opaque throughout, (about 10 minutes). Optional: broil in the last 2 minutes for charred edges.
5. Meanwhile, in a small bowl, combine the remaining butter, garlic and lemon juice with the wine (or chicken stock). Serve with the salmon, veggies and lemon slices!

Notes

Tip: Make sure to get your potatoes in the oven first allowing them time to cook before adding your salmon to the tray.

www.cafedelites.com/wprm_print/garlic-butter-baked-salmon

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 updates,
cancellations & special
events!

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