

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

150 Jenckes Hill Road

Lincoln, RI 02865

401-753-7000

Mon - Fri 8:30 am – 4:30pm

August 2024



Can you believe it's already August! Summer seems to be flying by! This month many will be tuned in watching and rooting for the US Olympic Team competing at the Paris 2024 Summer Olympics. Last month we got into the Olympic spirit and hosted our own Senior Olympics! What a fantastic time we had! Our favorite part was seeing the excitement and hearing everyone cheering on their friends! We have lots of Olympians here at our Center! Be sure to catch the Olympic spirit and try our Chair Volleyball activity this month!

Summer may be winding down but we will still gearing up with lots of great activities for you! We have our annual Summer Cookout this month which will be lots of fun!! There will be a bus trip to Maine along with some fantastic presentations in store! We are also very excited to be rolling out some new programs for the fall. Be sure to stay tuned!!

Wishing everyone a wonderful August!

Lois Durkin, Director

Weekly Activities

Arthritis Exercise	Memoir Writing
Bingo	Move & Groove
Bocce & Cornhole	Open Art Studio
Bone Builders	Pastel Arts
Bridge	Quilting
Cardio Dance	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
Mahjonn	Zumba Gold
Meditation	



Health & Wellness
Fair

September 13, 2024
9 am to 12 pm

Save the date!

Lincoln Senior Center



August Calendar of Events, Presentations & Class Updates



The Overeaters Anonymous Group meets every Thursday at 10 am

- AUG 1 Sign ups begin for our annual summer cookout. \$10 cash due at sign ups.
- AUG 1 Blood Pressure Clinic at 10 am sponsored by Lighthouse at Lincoln
- AUG 1 Bridge lessons begin at 1 pm
- Aug 1 Tech Corner with Renee by appointment only. Please schedule w/ the front desk!
- AUG 1 NO MEDITATION WITH MARY class today
- AUG 2 CHAIR VOLLEYBALL ACTIVITY at 1 pm
- AUG 5 Author, Jed Griswold, will be discussing book “Planning for Retirement: A Short but Significant Supplemental Guide for your Retirement Planning” at 10 am.
- AUG 5 NO CARDIO CLASS WITH LISA TODAY
- AUG 5 NO SIT & STRENGTHEN CLASS WITH LISA TODAY
- AUG 5 NO TAI CHI CLASS WITH BOB TODAY
- AUG 5 NO CHAIR CHI CLASS WITH BOB TODAY
- AUG 6 Memoir Writing Class with Lynn Price at 1 pm
- AUG 7 Julie the hair stylist will be at the Center. Schedule your appointment w/ front desk!
- AUG 7 Mahjongg Tournament at the North Providence Mancini Center at 12pm
- AUG 8 Sign Ups Begin for Photo Tile Coaster Craft
- AUG 8 Careforth presentation at 11 am
- AUG 9 Final Payments due for the Essex Steam Train & Riverboat Cruise!
- AUG 9 CHAIR VOLLEYBALL ACTIVITY at 1 pm
- AUG 12 CENTER CLOSED FOR VICTORY DAY
- AUG 13 American Parkinson’s Disease Association Support Group meeting at 10 am
- AUG 14 Kathi Masi Healthy Eating Workshop presentation “Rhody Fresh: The Harvest of Summer” at 10 am. Please register with the front desk!
- AUG 14 Back to School Bingo Party at 1 pm
- AUG 15 Sign Ups start at 8:30 am for the Encore Casino Bus Trip today!
- AUG 15 Tech Corner with Renee-by appointment only. Please schedule w/ front desk!
- AUG 16 NO YOGA CLASS WITH LISA TODAY
- AUG 16 Annual Cookout!! Festivities start at 11 am!
- AUG 16 CLASS TIME CHANGE: UKULELE CLASS WILL MEET AT 2:30 PM TODAY
- AUG 19 Craft with Bess– Photo Tile Coaster Activity. 2 sessions—9 am & 11 am. Must register!
- AUG 20 Memoir Writing Class with Lynn Price at 1 pm
- AUG 20 Ice Cream Social at 1 pm sponsored by Chapel Hill Assisted Living
- AUG 21 Julie the hair stylist will be at the Center. Schedule your appointment w/ front desk!
- AUG 22 Best of Maine Bus Trip!! Please arrive at 6:45 for check-in! Bus leaves at 7:15 am!
- AUG 22 Cup of Joe with a GI Joe Veterans Group meeting at 11 am
- AUG 23 “Learning About Pain Can Make You Feel Better” presentation at 11 am
- AUG 23 Michele Kappenman presentation “Best Beaches in the World” at 1 pm
- AUG 27 Family Feud Game Day at 11:00 am
- AUG 28 Blue Cross presentation “Satisfying Snacks” at 10 am
- AUG 28 Poppy G Jewelry will have a table in our lobby at 10:30 am. Cash only
- AUG 29 Fraud presentation “Seniors Against Scams” at 11:15 am
- AUG 30 Left Center Right Game Day at 11 am





Class Cancellations for August:

Thursday, Aug 1st	No Meditation Class with Mary today
Monday, Aug 5th	No Cardio with Lisa today
Monday, Aug 5th	No Sit & Strengthen with Lisa today
Monday, Aug 5th	No Tai Chi with Bob today
Monday, Aug 5th	No Chair Chi with Bob today
Friday, Aug 16th	No Yoga with Lisa today



Class Time Change Alert:

On Friday, August 16th Ukulele Group will meet at **2:30 pm today**



Aloha

You're invited to a LUAU Summer Cookout!

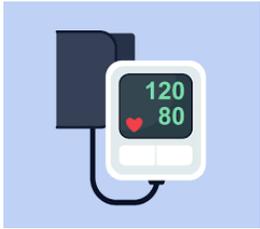
**Friday, August 16th
11 am to 1 pm**

\$10 per person

**Hot dogs, hamburgers & more!!
Entertainment by
Gary Namaka**

**Wear your Hawaiian Gear!!
Sign Ups begin Aug 1st**





Our friends from The Lighthouse at Lincoln will be here to perform a blood pressure check for our members on Thursday, August 1st at 10 am!



Channel Your Olympic Spirit and Come Try Chair Volleyball!

Friday, August 2nd and Friday, August 9th at 1 pm



We had such a great crowd for our Senior Olympics last month! We ran out of time for our final event, Chair Volleyball, so we thought we would give it a try this month!! Chair Volleyball is a physical activity that provides a fun way to be active. Because players are required to remain seated, chair volleyball allows those with physical limitations to participate on a level playing field with those who may be more active. Regular participation in this activity can increase flexibility and stamina. If you would like to join the fun- please see the front desk to sign up for chair volleyball! If we find we love it (which we think you may!) we can look to adding it to our weekly schedule!

Tech Assistance

August 1st and August 15th



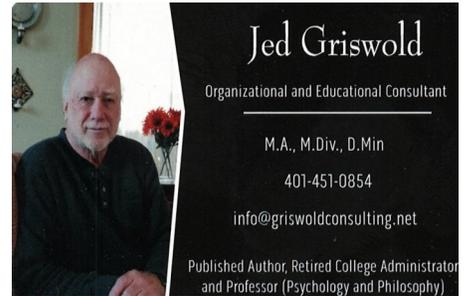
Looking for some technical assistance with your cell phone, laptop or tablet? We are so very fortunate to have Renee, a retired IT professional, who has kindly offered to volunteer her services to assist our members with their technology questions!

Tech Corner with Renee will meet this month on **Thursday, August 1st and Thursday, August 15th 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 technical 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. We kindly ask you to be on time for your appointment and remember each appointment session is limited to 30 minutes.

Author, Jed Griswold, Retirement Planning presentation

Monday, August 5th at 10 am

Dr Jed Griswold will be visiting the Center to discuss his short book "Planning for Retirement: A Short but Significant Guide for your Retirement Planning. It discusses "lessons learned" from personal experience about planning for retirement and beyond, including a relatively unknown benefit for widows of veterans, a way to increase savings and reduce taxes if still working and receiving Social Security, and a way to organize information for trustees. Dr Griswold is a published author, a retired college administrator and Professor of Psychology, a retired minister and an educational and organizational consultant. If you would like to attend this presentation, please register with the front desk!



Mah Jongg Tournament

Wednesday, Aug 7th

12 pm to 3 pm

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!! Wishing the "Lincoln Ladies" best wishes on their tournament play!





Looking for a Hair Appointment?

Julie, the hair stylist, will be scheduling appointments at the Center for

Wednesday August 7th
Wednesday August 21st

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

The time slots available are:

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

Careforth

Rite@Home:
LTSS Shared Living



Connection
Secure mobile app connects to coaches



Confidence
Educational resources to help ease stress



Coaching
Ongoing clinical support and guidance



Compensation
Payment in the form of a tax-free stipend

Thursday, August 8th at 11 am

Careforth will be giving a presentation on caregiver support. Join us and learn more about Shared Living and the Rite@Home program.

If you would like to hear more about Careforth and its programs for caregiver support, please register with the front desk!



Final payments for the Essex Steam Train & Riverboat Cruise Bus Trip are due August 9th!



apda AMERICAN PARKINSON DISEASE ASSOCIATION

RHODE ISLAND CHAPTER

Strength in optimism. Hope in progress.

Tuesday, August 13th at 10 am

SPEAK OUT!

Anne Shaknis Quirk MA, MS, CCC-SLP, a licensed speech pathologist specializing in Parkinson's Disease, will join us. She will talk about how Parkinson's can affect voice, speech and swallowing and the ways targeted therapy can improve your quality of life. Anne is a licensed SPEAK OUT!®; Provider through the Parkinson Voice Project and is certified in VitalStim® and Respiratory Muscle Strength Training among other specialties. She owns a private practice in Providence and has been serving Rhode Island for more than 10 years. For more information please contact Maria Kishfy, APDA Support Group Leader for more information at mariakishfy@gmail.com or call 401-440-8136

AFTERNOON FLICK

Our monthly Afternoon Flick is on a "pause" as we patiently wait for our new projector for the dining room to come in. In the event the projector arrives and is installed during the month- we will send out an alert and schedule our monthly movie! We will keep you posted!!





Healthy Eating Workshop Series

**Rhody Fresh: The Harvest of Summer
Wednesday, August 14th at 10 am**

The abundance of fresh produce and the steamy days of summer welcome us to August. We wait all summer for the taste of sweet corn, juicy tomatoes and mouth-watering berries and peaches. Using Rhody's fresh farm ingredients, a "no cooking required" recipe will be demonstrated along with ideas and tips for those "end of summer" dishes. Food samples will be available. Spots are limited, please register with the front desk if you would like to attend!



We have a hidden gem in the Town of Lincoln that most do not even know exists. It's a magical place that spurs creativity and a love for reading for our youth. It's called the **Family Literacy Center** and is located at 12 Parkway in Manville. Their mission is to empower children, young adults, and their families to enhance the quality of their lives through education, support, advocacy, and opportunity. Their vision is to put books into the hands of children to encourage them and their parents to read. They accomplish this by offering a friendly, community environment where kids and their parents/caregivers can come to check out books, do homework, play games, and work on crafts. Each year, they collect school supplies for students in elementary through the high school. We will be setting up a collection bin to help them with their collection effort so that they can help the many children get the school supplies that they need. Here is a listing of some of the supplies they are looking for:

Pencil cases: plastic or soft

Pencils: Ticonderoga are a favorite!

dry erase markers

erasers: toppers and regular

index cards: regular size

calculators: regular or scientific

highlighters

sharpies

post it notes

ear buds

black, blue or red pens

hand held pencil sharpeners

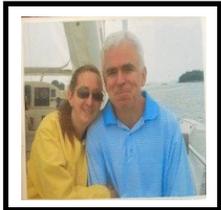
Any donation big or small would be greatly appreciated to help the children!



Back to School Bingo

Wednesday, August 14th at 1pm

Join us for a fun afternoon of Bingo, Raffles and a sweet treat! We will be collecting school supply donations for the Family Literacy Center! Bring in a school supply to Bingo and earn a free raffle entry!



Craft with Bess

Photo Tile Coaster Set

Monday, August 19th

9 am session & 11 am session

This month we will be creating a set of two photo tile coasters. Choose two of your favorite pictures and come create these wonderful keepsakes. They also make the perfect gift for a loved one! We will be offering two sessions— 9 am and 11 am. Once you are signed up, you will need to email Bess or drop off two photos to the front desk. Please make sure to label the photos with your name!

- **Sign ups for craft begin August 8th.**
- **Photos need to submitted to Bess by August 14th!**

HERE'S THE SCOOP!



**We are having an
Ice Cream Social!
August 20th at 1 pm**

Sponsored by



If you would like to attend the ice cream social, please register with the front desk!

Friday, August 23rd at 11 am

**“Learning About Pain Can Make You
Feel Better”**

Please join David McIntyre, DPT from RI Hospital for a lecture to help seniors better understand and treat chronic pain.

He will discuss the three types of pain:

- Pain coming from our tissues,
- Pain coming from an unhappy nerve
- Pain coming from sensitive nerve system

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

Join Michele Kappenman for another fantastic Armchair Travel presentation on the Best Beaches in the World! Please register with the front desk to attend!



Armchair Travel with Michele Kappenman

Best Beaches in the World

Friday, August 23rd
1:00 pm



Family Feud Fun!

Let's get together to play some Family Feud on Tuesday, August 27th at 11:00 am!! Please register with the front desk if you would like to join the fun!

Jewelry Sale!

Poppy G will be back at the Center on Wednesday, August 28th at 10:30 am with his beautiful collection of handmade wrap bracelets, earrings, necklaces & anklets. Be sure to stop by!



Wednesday, August 28th
at 10 am

“Satisfying Snacks”

Eating a healthy snack between meals can curb your appetite, keep your energy up and help feed your brain. In this presentation you will learn the elements of a well-rounded snack, and get a few tips and recipes for easy, healthy snacks for at home or on the go. If you would like to attend this presentation, please visit the front desk to register!

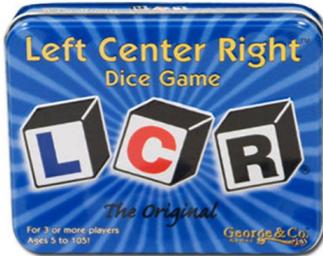
"Seniors Against Scams" presentation

Thursday, August 29th at 11:15 am

Did you know that one in five victims of a financial scam in the U.S. is aged 60+? Seniors Against Scams created by the National Council on Aging, is a financial safety education program that helps older adults understand why they're at risk, the types of scams to be aware of, and how they can protect themselves. Come join us as we discuss popular scams targeting vulnerable older adults and offers next steps for those who experience financial fraud. Please sign up with the front desk if you would like to attend!

Let's Have a Game Day!!

Friday, August 30th at 11am



Come join us for a Game Day as we get together to play the dice game Left Right Center with Bess. It will be a fun filled morning with lots of laughs & prizes!!



Bus Trip Information & Reminders

Best of Maine Bus Trip

Thursday, August 22nd

ALL SLOTS ARE FULL

Check in Time: 6:45 am

Bus Departs: 7:15 am

Bus Returns: 6:00 pm

Trip 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

Turkey Train Bus Trip

Tuesday, October 8th

Spots Still Available!

Check in Time: 8:15 am Bus Departs: 8:45 am Bus Returns: 7:15 pm

Final Payments due: Sept 12, 2024

No Refunds given after Sept 16, 2024

Trip run rain or shine



Encore Casino Bus Trip

Join us at Boston's Premier Casino

Thursday, November 14th

\$37 per person

Check in time: 8:00 am

Bus Departs: 8:30 am

Bus Returns: Approximately 5:30 pm

Trip Includes:

Casino Time: 10 am to 4 pm

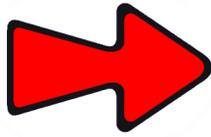
Casino Package- \$20 free slot play

Deluxe Motorcoach Transportation

The casino at Encore Boston Harbor brings glamour on a grand scale to the riverfront. Enter the main floor-open and airy, colorful and vibrant. Try your luck with 2,800+ slot machines, including classic favorites, automated tables and the newest game titles. Enjoy 166 table games, from craps and roulette to blackjack and baccarat, all at state-of-the-art tables with superior service. It all adds up to an exciting, memorable five-star experience unlike anywhere else in Boston!

SIGN UPS BEGIN THURSDAY, AUGUST 15TH!

- A \$10 (cash or check) deposit is required at time of sign up
- You can sign yourself and one other current member at time of sign up
- This trip runs rain or shine.
- Final Payment is due by October 28th
- No Refunds given after November 4th



Look What's
Coming Up!



BINGO + EXERCISE = BINGOCIZE

LOOKING FOR A FUN, NEW WAY TO BE ACTIVE?

Bingocize is a 10 week program that combines the game of bingo with exercises for everyone! Come play bingo and meet new people while learning about how to reduce your risk of falling. BINGOCIZE IS EXERCISE FOR YOUR MIND, BODY, AND SPIRIT!



**Free Prizes!
Free Smiles!**

BINGOcize is coming to the Center!!

We are so excited to announce that we will be offering BINGOcize in September through a grant from the Blackstone Valley Prevention Coalition! It is a fall prevention workshop that combines education, fitness and fun! There will be a tryout session on Tuesday, September 10th at 12 pm. Come check out the class! If you like it, you can sign up that day for the 10 week course that will meet two times a week for ten weeks. Classes will meet Tuesdays at 12 pm and Fridays at 1 pm starting September 17th. Stay tuned for more updates coming soon in the September newsletter edition!

YOUR BLUE STORESM STUDIO 

Steppin' Out: Fitness Challenge



Steppin' Out: Fitness Challenge for Senior Centers

We will be participating in the Blue Cross Steppin' Out Challenge again in September!!! Check out the September newsletter issue for more info!!



Senior Olympics



Power Walk
Event Winners



Javelin Throw
Event Winners



Basketball Free
Throw
Gold & Silver Winners



Oreo Curling
Event Winners



Basketball Free Throw Bronze
Winners



Discus Throw
Event Winners



S.A.I.L. Program

Congratulations to our S.A.I.L. participants who just finished a 6 month workshop on helping to improve their balance and strength! SAIL (Stay Active and Independent for Life) was sponsored through a grant with CareLink! Participants committed to two one hour sessions each week for 6 months! From their program start to end, participants increased their walking speed by 29%, upper body strength by 44% and lower body and cardiovascular endurance by 52%. These results are absolutely incredible!! Way to Go!!!! We are so thankful and grateful to CareLink and the instructor, Michelle, for providing this grant opportunity for our seniors! We look forward to being able to offer this program again in early 2025! Stay tuned!!



Hours

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

LINCOLN SENIOR CENTER

Weekly Activities Schedule

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

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

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

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 Cardio Dance 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

Lois Durkin-Director

Bess Carvalho-Program Director

Carmen Reverdes-Meal Site Coordinator

Matt Bertrand-Bus Transportation

Jose Lopes-Custodian

Updated

08/01/2024



SUMMER OLYMPICS WORD SEARCH

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

Athlete
 Baseball
 Basketball
 Boxing
 Bronze
 Ceremony
 Countries
 Decathlon
 Diving

Fans
 Gymnastics
 Pentathlon
 Record
 Rings
 Rowing
 Rugby
 Silver
 Skateboarding

Soccer
 Sports
 Swimming
 Tennis
 Track and Field
 Volleyball
 WaterPolo
 Weightlifting
 Wrestling



Grilled Ranch Potatoes

Ingredients:

- 2 lb. baby potatoes, halved
- 1/4 Tbsp. extra-virgin olive oil
- Juice of 1/2 a lemon
- 1/2 packet ranch seasoning
- kosher salt
- Freshly ground black pepper
- Ranch dressing, for drizzling
- Chopped fresh chives, for garnish



Directions:

1. Preheat grill to medium heat. In a large bowl, toss the potatoes with olive oil, lemon juice and ranch dressing. Season with salt and pepper.
2. Thread potatoes on skewers and grill until tender and lightly charred, (about 15 minutes)
3. Drizzle with ranch and garnish with chives. Enjoy!

<https://www.delish.com/cooking/recipe-ideas/recipes/a53181/grilled-ranch-potatoes-recipe/>

Staff

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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

in loving memory

Eugene St Pierre

March 6, 1938 — July 10, 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!