

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

September 2024

The summer season's closing is near, but that does not mean the seasonal fun has to end! The autumn equinox is arriving September 22nd. It's the perfect time to start getting ready for fall! Whether you like to go on a nice autumn stroll taking in the magnificent colors of the season, visiting local farms for their fresh harvest and fun fall activities, or just curling up with a good book and a nice cup of pumpkin spice coffee-there is a fall activity out there for everyone to enjoy!

September is National Senior Center month. Our Center's goal is to help all our seniors to age masterfully. Our beautiful and vibrant Center is an action-packed source of physical and social wellbeing and a provider of essential services. We offer daily fitness, fine arts, card games, crafts, music and dance programs and informational resources to our members.

We are excited to be offering a new 10 week fall prevention program, Bingocize, that will begin on Sept 10th. We will also be hosting a Flu and Covid Vaccination Clinic on Wednesday, September 25th from 10 am to 1 pm. We really hope that you visit our annual Health and Wellness

150 Jenckes Hill Road

Lincoln, RI 02865

401-753-7000

Mon - Fri 8:30 am – 4:30pm

Weekly Activities

Arthritis Exercise	Line Dancing
Bingo	Mahjongg
Bocce & Cornhole	Meditation
Bone Builders	Memoir Writing
Bridge	Move & Groove
Cardio Dance	Open Art Studio
Cards & Dominoes	Pastel Arts
Cardio Strength	Quilting
Chair Chi	Sit & Strengthen
Chair Yoga	Tai Chi
Digital Photography	Tech Assistance
Forever Fit	Ukulele Class
Irma's Workout	Watercolors Class
Knitting & Crochet	Zumba Gold

Fair and take advantage of the Vaccination Clinic at the end of the month! And don't forget the Blue Cross Steppin Out Challenge starts September 1st! You can read more about it in the newsletter! Join the fun and take those steps toward a healthy lifestyle!

Wishing everyone a wonderful September!!

Lois Durkin, Director





September Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- SEPT 2 CENTER CLOSED IN OBSERVANCE OF LABOR DAY HOLIDAY
- SEPT 3 Papparazzi Jewelry will be having a table event in the lobby
- SEPT 4 Julie the hair stylist will be at the Center. See front desk to book appointment!
- SEPT 5 Avoiding Scams Presentation at 11:00 am
- SEPT 6 INSIGHT presentation at 10 am
- SEPT 6 Essex Steam Train & Riverboat Cruise. Please arrive by 8:45 am for check in!
Bus departs at 9:15 am sharp!
- SEPT 9 SIGN UPS BEGIN FOR CRAFT ACTIVITY
- SEPT 10 LEFT RIGHT CENTER GAME DAY at 11 am
- SEPT 10 BINGOCIZE INTRO SESSION at 12 pm. Come check out the new 10 week fall prevention workshop!
- SEPT 10 Memoir Writing Class with Lynn Price at 1 pm
- SEPT 11 Make Up Application presentation with Darleen Magner at 10. Registration is required!
- SEPT 12 BUS TRIP SIGN UPS begin at 8:30 am for the BOSTON HOLIDAY POPS bus trip
- SEPT 12 Pampered Chef will host a table event in lobby at 10:30 am
- SEPT 12 FINAL PAYMENTS ARE DUE FOR TURKEY TRAIN BUS TRIP!
- SEPT 13 Health & Wellness Fair will be held 9am to 12 pm. All morning classes and activities are cancelled for today. LUNCH WILL STILL BE SERVED!
- SEPT 13 NO BONE BUILDERS CLASS TODAY
- SEPT 16 NO CARDIO WITH LISA TODAY
- SEPT 16 NO SIT & STRENGTHEN WITH LISA TODAY
- SEPT 16 Collette Tours Presents "Sunny Portugal" at 11 am
- SEPT 17 Fall Wineglass Craft with Bess. 2 sessions– 9am and 11 am. Spots are limited! Registration is required
- SEPT 17 Poppy G Jewelry will have a table event in the lobby 10:30 am. CASH only!
- SEPT 17 BINGOCize Fall Prevention Program begins at 12 pm. Registration is required!
- SEPT 18 Julie the hair stylist will be at the Center. See front desk to book appointment!
- SEPT 18 Lighthouse at Lincoln Painting Activity at 10 am. Registration is required!
- SEPT 18 NO CARDIODANCE INTERVAL WITH MARIA TODAY
- SEPT 19 Cup of Joe with a GI Joe veterans group meeting at 11 am (art room)
- SEPT 19 URI College of Pharmacy presentation "Diabetes Medications Place in the Treatment of Weight Loss" at 11:15 am
- SEPT 20 BINGOCize Fall Prevention Workshop Friday session at 1 pm
- SEPT 20 Armchair Travel with Michele Kappenman "Washington D.C." at 1 pm
- SEPT 24 Memoir Writing Class with Lynn Price at 1 pm
- SEPT 25 FLU VACCINATION CLINIC 10 am to 1 pm





Class Time Change Alert

On Friday, Sept 13th, the **Hi-Low Jack** group will meet at 1 pm today!

We will no longer be offering INTRO TO LINE DANCING as part of our programming schedule

Former INTRO TO LINE DANCING students, as well as any new participants interested in trying line dancing, are encouraged to try the Beginner Line Dancing Class that meets on Tuesdays at 2 pm

Class Cancellations for September:

Fri, Sept 13th	No Bone Builders Class
Fri, Sept 13th	No Cardio with Lisa
Fri, Sept 13th	No Pastel Arts Class
Mon, Sept 16th	No Cardio Class
Mon, Sept 16th	No Sit & Strengthen with Lisa
Tues, Sept 17th	No Intermediate Line Dancing Class
Tues, Sept 17th	No Beginner Line Dancing Class
Wed, Sept 18th	No CardioDance Interval Class
Tues, Sept 24th	No Intermediate Line Dancing Class
Tues, Sept 24th	No Beginner Line Dancing Class



Tech Assistance

**TAKING A BREAK
FOR SEPTEMBER**

Tech Corner with Renee will take a break during the month of September as she will be away on vacation! But you can visit the front desk to schedule your appointments for October. 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. She is in high demand! Tech Corner's goal is to assist members with digital technology-help with your cell phone, laptop or tablet. Please note, Tech Corner is not intended as a "teaching class" on how to use a computer, computer programs, etc. In order to maintain appointments run on time, we kindly ask you to be on time for your appointment and remember each appointment session is limited to **30 minutes**.



Steppin' Out: Fitness Challenge

September 1st –September 30th

Blue Cross & Blue Shield of RI is hosting a **Steppin' Out: Fitness Challenge** to all Senior Centers! It's a fun opportunity to connect with each other and move towards better health. The goal of this challenge is simple: to keep participants connected and moving!

Our Center has signed up for the challenge!!

Here's how it works:

☐ **Starting Sept 1st** – Bess will begin posting pictures, short videos, and/or stories about our Centers' or participants' fitness activities. Whether it is one of your fitness classes, how many steps you've walked today or any wellness activity you would like to highlight, she will post on Facebook using our Center's page or on the **Your Blue Store Studio!**

Incentives for individual participants

- Participants do not need to be a BCBSRI member.
 - Each week there will be a raffle for any individual participants who posted on the Your Blue Store Studio Facebook Group that week. All they need to do to enter is create a post about their walk, journey, and activity. Winning names will be selected at random from posts for that week and will be announced weekly.
 - Weekly raffles prizes consist of five-\$25 gift cards to any the following grocery stores: Aldi or Dave's Market. (Winners may choose from whichever of the two stores that is most convenient to them). BCBSRI staff will send a Facebook Message to winners to gather their mailing address and preferred store. Gift cards will be mailed to each winner after the end of the Challenge.
 - On September 30, a Grand Prize raffle will be held. Anyone who posted at least once in each week of the challenge will be entered in the Grand Prize raffle. The Grand Prize raffle will consist of five-\$100 gift cards to either of the listed grocery stores. Same process as weekly raffles will apply.
- ☐ On September 30th, a Senior Center Prize raffle will be held. Any Center that posted at least once or more on a weekly basis during the challenge will be entered in the raffle. The Senior Center Prize will be selected at random from Centers that post during the Challenge. Four -\$500 gift card will be awarded.

Let's see if we can win this challenge!!!!!!!!!!!!

Please see Bess if you have any questions about the Steppin' Out Challenge!!

BINGOcize is coming to the Center!!

We are very excited to announce that we are offering BINGOcize in Sept through a grant from the **Blackstone Valley Prevention Coalition!** It is a fall prevention workshop that combines education, fitness and fun! Falls continue to be a national public health concern. The goal is to raise awareness of falls prevention to reduce the risk of falls.

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. You **MUST COMMIT** to coming two times a week for ten weeks. Classes will meet Tuesdays at 12 pm and Fridays at 1 pm starting September 17th. Sign ups begin Sept 3rd!



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, exercise and learn how to reduce your risk of falling.

Location: Lincoln Senior Center
Intro Session: September 10, 2024
12:00 p.m.-1:00 p.m.
Starts: September 17, 2024
Days: Tuesdays 12:00 p.m.-1:00 p.m.
and
Fridays 1:00 p.m.-2:00 p.m.
Registration: Opens September 3rd.
Please see the front desk to register.
Limit is 20.

BINGOCIZE IS EXERCISE FOR YOUR MIND, BODY, AND SPIRIT!



WKU **JOIN THE FUN!**



The Center will be **CLOSED** on Monday, September 2nd in observance of the Labor Day holiday

FRIENDLY REMINDER



We kindly ask that members please respect the schedule and arrive on time for classes, activities, lunch and bus pick up times. When you arrive late for class, it causes an interruption of instruction for the instructor and classmates. Lunch is served promptly at 12 pm on Mondays, Tuesdays, Thursdays and Fridays. On Wednesdays lunch is served at 11:45 am. We also ask that you be on time for your scheduled bus pick up. The bus driver can not be delayed in waiting for members to come outside as they have other individuals to pick up for their chosen activities. The schedule is designed to get all members to the Center on time for their activities. It is not fair to make others late for their activities. If you are more than 5 minutes late for your scheduled bus pick up, the driver may not be able to wait for you.



Looking for a Hair Appointment?

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

Wednesday September 4th

Wednesday September 18th

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



**"Seniors Against Scams" presentation
Thursday, September 5th 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 offer the next steps for those who experience financial fraud. Please sign up with the front desk if you would like to attend!

Friday, September 6th at 10 am

Are you living with a visual impairment or supporting someone who is? Join us at the Lincoln VISION Group meeting on Friday, September 6th at 10:00 AM. Staff members from IN-SIGHT will provide information about the available resources to help people adapt to vision loss and answer any questions you might have. This VISION group is also an excellent opportunity to share your story, hear about other people's journeys with vision loss, and exchange information and support. Contact Lucille Gaboriault at (401) 941-3322, ext. 121 or via email at lgaboriault@in-sight.org for more details. Pre-registration is not required to attend, and all are welcome!



Friday, September 6th

Essex Stream Train

Riverboat Cruise Bus Trip

Check in Time: 8:45 am

Bus Departs: 9:15 am

Bus Returns: 4:45 pm



Please park in the back parking lot
on the right side of the building!



Let's Have a Game Day!!

Tuesday, September 10th 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!!

Make up Application Tips Presentation September 11th at 10am

Darleen Magner made her career as a professional make-up artist working for major companies in the Washington, DC area including YSL, Lancôme, Estée Lauder, and LaMer. She freelanced as an independent make-up artist for magazines, brochures, catalogs and fashion shows and for Yves Saint Laurent's partner along with other artists for fashion show models at Saks Jandel.

Adding to her credentials, Darlene worked with Andrea Mitchell of evening news programs instructing TV makeup application. She even applied evening makeup for the wife of the Redskin's owner for a major social event!

She will be demonstrating make up application tips and even choosing a "model" from our audience to do a make over! Please register with the front desk if you would like to attend this presentation!





**The Center will be hosting our annual
Health & Wellness Fair
September 13th from 9 am to 12 pm.**

We care about our members and want to provide them with all the resources they need to live happy & health lives! Members will be able to receive information on many topics from our community health partners such as Blue Cross, Oak Street Health, Medicare specialists, Chapel Hill Senior Living, Atria Assisted Living, Lighthouse at Lincoln, RI Elder Info, Meals on Wheels, MaColl YMCA, CareLink, RIPIN, RI Dept of Health, Overeaters Anonymous and many more community partners! Please join us!!



Monday, September 16th at 11 am

Sunny Portugal

with Optional 4-Night Madeira Island Post Tour Extension

September 7 – 16, 2025

On Monday, September 16th, Collette Tours will be giving a presentation on a new travel tour for September 2025, "Sunny Portugal". Ancient castles and Roman ruins, groves of orange and almond trees, quiet whitewashed villages, and welcoming locals – Portugal is waiting for you! Say hello to Lisbon, Portugal's capital and a city full of authenticity, where old customs and ancient history intermix with cultural entertainment. Then you will journey to the stunning coasts of the Algarve - the southernmost region of Portugal. En route to the Portuguese Riviera, stop in Setúbal a colorful industrial city and one of southern Europe's best-kept secrets. Postcard-worthy coastlines brushing against crystal clear water, stunning cliffs plunging into the rocky waves below, and awe-inspiring vistas that will leave you speechless – this is the Algarve. The southernmost region of Portugal, the Algarve is home to a perfect combination of historical architecture and sandy beaches. Although every area of the Algarve offers unique charms and is a perfect setting for a relaxing getaway, some of the favorite cities of this region include Lagos and Portimão, for their charm and good food. While in the Algarve, be sure to sample some of the fresh seafood, indulge in local figs and oranges, and maybe even buy a piece of intricately painted pottery. To learn more about this trip-please register with the front desk!

Tuesday, September 17th
Two sessions– 9 am & 11 am

Craft with Bess

Fall is just around the corner!! Join us for a festive fall craft as we create these beautiful wineglass pumpkin candle holders. They are the perfect addition to add to your fall décor! We will be offering two sessions times. Please call or visit the front desk to register. **REGISTRATION BEGINS SEPTEMBER 9TH**



Wednesday, Sept 18th at 10 am

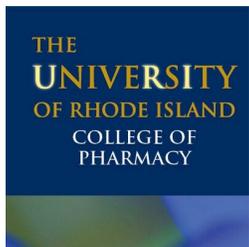


Please join Hannah & Genia from Lighthouse at Lincoln to learn how to paint a beautiful birch tree scene while enjoying some refreshments. Space is limited. Please call or visit the front desk if you would like to participate!

Armchair Travel with Michele Kappenman
*Travel Guide
Washington D.C.*



*Friday, September 20th
1:00 pm*



**Thurs, September 19th
at 11:15 am
“Diabetes Medications
Place in the Treatment of
Weight Loss”**

Join us for a discussion about medications currently in the news used originally for diabetes and now for weight loss. Please register with front desk to attend!

Cup of Joe with a G.I. Joe



Calling all veterans! If you are a veteran, or a family member of a veteran, we would love for you to get together with us! Grab a cup of coffee and join us on **Thursday, September 19th at 11am** in the art room

We will be hosting a Vaccination Clinic on Wednesday, September 25th. Flu season will be here soon! Get protected and schedule your flu shot! The Covid vaccine will also be available that day as well! Online registration begins on September 6th! Please visit the front desk if you need assistance signing up online!

STAY HEALTHY, GET VACCINATED



FLU/COVID CLINIC HOSTED AT

Lincoln Senior Center

150 Jenkes Hill Road
Lincoln, RI 02865

Wednesday, September 25, 2024
10:00 AM - 1:00 PM

Location: Conference Room
Participants: Community Clinic
(ages 3 & up)



REGISTER ONLINE to
guarantee an appointment.

WALK-INS allowed
based on available
resources.

If you have insurance,
remember to bring your
card.

*Protect yourself.
Protect your loved ones.
Get your flu vaccine!*

REGISTRATION INSTRUCTIONS

Click on the button to register or scan the QR code.
Choose clinic from list



THE WELLNESS COMPANY
132 George M. Cohan Blvd
Providence, RI 02903
401-461-0662



Bus Trip Information & Reminders

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

Trip runs rain or shine

Join us for some holiday fun at the Boston Holiday Pops Orchestra

Thursday, December 12, 2024

\$185 per person

Price includes motor coach, lunch & show

Please arrive for check in at 10:00 AM

Motor coach departs at 10:30 AM

Returns approximately 6:30 PM

Join Bloom Tours for a performance filled with holiday music favorites, the traditional Pops sing-a-long, and even a visit from jolly old Santa Claus! Before the show, we will go to the Cheesecake Factory for a delicious lunch. They will have a special luncheon menu to choose from that day. After lunch, we will attend the Boston Pops holiday matinee performance. It's the perfect way to celebrate the magic of the holiday season!

Sign ups start on Thursday, Sept 12th

*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 (cash or check) is required at time of sign up.

*You can sign up yourself and one other member at time of sign up.

*Full payment is due by Tuesday, Nov 5th

*No refunds given after Friday, Nov 8th

*Please note this trip runs snow, rain or shine, in the event of inclement weather, the trip will still run unless the venue or bus company cancels

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 runs rain or shine

Encore Casino Bus Trip

Thursday, November 14th

Spots Still Available!

Check in Time: 8:00 am

Bus Departs: 8:30 am

Bus Returns: 5:30 pm

Final Payments due: Oct 28, 2024

No Refunds given after Nov 4, 2024

Trip runs rain or shine



BOSTON

POPS



There will not be a September meeting for the American Parkinson Disease Association group this month as Maria and her team participate in the Optimism Walk on Sept 28th! Maria would like to extend sincere thanks to all who participated in the APDA raffle in July.

We did it again, raising **\$900** for our friends with Parkinson's disease. Thank you for supporting my team, "Pare Down on PD," for our 26th Annual Optimism Walk & 5k Fun Run at Warwick City Park. The event will be held on Saturday, September 28, and we're still welcoming new members to join my team and contribute to our cause! I appreciate your support more than words can express. Thank you for participating in our annual Basket Raffle, believing in our mission, and helping us make a positive impact.

Always In Health. Maria Kishffy

With much thanks



To all members
of the Senior Center,

*It's such a little word
when you've been
such a big help!*

We are so grateful for all of the AMAZING supplies you donated to the kids here at the Family Literacy Center!! They are all stocked up & ready to go because of your generosity!! Many thanks,
Kelly Dwyer & Tecci Longpre

3 Ways to Improve Senior Dental Care to Reduce Heart Disease & Alzheimer's Risk

A recent article in Daily Caring discusses that improving dental health will improve our overall health. Caring for dental health is just as important as caring for the rest of our body because dental health can seriously effect our overall physical health, nutrition and well being. Having healthy oral hygiene helps seniors to keep most of their natural teeth, makes it easier to eat, reduces the risk of pain and inflammation, and helps to reduce the risk of serious conditions like heart disease, pneumonia and Alzheimer's disease. The article suggests three ways to improve senior's oral health.

1. **Try an electric toothbrush.** Arthritis, hand tremors and weakness can present difficulties in brushing properly. Using an electric toothbrush requires less hand strength and control to brush making it a little bit easier. Some even have built in timers so you know that you have brushed for the proper amount of time.
2. **Brush or rinse after snacks.** Seniors tend to have less saliva due to aging and medication side effects. Trapped food particles can quickly turn into a bacteria breeding ground. To minimize risk, it is suggested to get into the habit of brushing/rinsing 30 minutes after a meal/snack.
3. **Change to a salt water rinse.** A salt water rinse improves the ph balance in the mouth making it harder for bacteria to grow. Add a half teaspoon of salt to a glass of warm water, stir and use as a rinse. This saltwater wash can be less irritating to the mouth than regular mouthwash.

<https://dailycaring.com/3-simple-ways-to-improve-senior-dental-health>



FUN TIMES Best of Maine



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 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 Memoir Writing **
1:00 pm Intermediate Line
Dancing w/ Karen
2:00 pm Beginner Line
Dancing w/ Karen
**Memoir Class meets bi-weekly
*BINGOize 10 week program will
meet at 12 pm Sept 17th—Nov 19th

Lois Durkin-Director
Bess Carvalho-Program Director
Carmen Reverdes-Meal Site Coordinator
Matt Bertrand-Bus Transportation
Jose Lopes-Custodian
Updated
09/01/2024

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

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

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
12:00 pm Lunch
12:45 pm Hi-Low Jack
2:00 pm Ukulele w/ Georgina

*BINGOize 10 week program will meet
at 1 pm Sept 20th thru Nov 22



Fall Word Search

FALL
AUTUMN
LEAVES
HARVEST
PUMPKIN
HALLOWEEN
THANKSGIVING
FOOTBALL
SWEATER
APPLE CIDER
SCHOOL
ACORN
ORANGE
YELLOW
BROWN

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

Loaded Hummus Dip

Homemade dips are ideal for parties, snacks and anytime! Football season is here and what a perfect way to enjoy the game with a healthy snack!!



Ingredients:

- 1 to 1 1/2 cups hummus (10 to 15 ounces)
- 1/2 cup chopped English cucumber
- 1/4 cup finely chopped red onion
- 1/2 cup cherry tomatoes, quartered
- 1/2 cup canned artichoke hearts, chopped
- 1/4 cup Kalamata olives, chopped
- 1/3 cup crumbled feta cheese
- 1 handful fresh parsley or dill, chopped
- Olive oil, for drizzling

Directions:

- Prepare the vegetables as noted above.
- Spread the hummus on a large plate, bowl or platter. Top with the cucumber, onion, tomatoes, artichokes, olives, feta cheese, and chopped herbs. Drizzle with olive oil, if desired. Serve with pita chips. Store leftovers covered in the refrigerator for 3 days.

www.acouplecooks.com/hummus-dip/



♥ with thanks

Thank you to all my wonderful friends who threw me a wonderful 90th birthday surprise during Mexican Train dominoes at the Center in June! It was a lovely afternoon and I am so lucky to have such an amazing group of friends!~Marjorie M

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____

Staff

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ldurkin@lincolnri.org

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Bessie Carvalho

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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!