

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

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

OCTOBER 2024

Happy Fall Y'all!!! It's such a vibrant time of the year! Who can resist all the beauty of the earthly colors of autumn! Many members will be able to enjoy the wonders of the season on their trip to NH for the Turkey Train this month! Although it's been a little warm, we are starting to see the glimpse of the cooler weather. That means crisp air, cozy scarves & sweaters, apples and pumpkins are just around the corner! We also have lots of fun & festive fall activities planned for this month. We have fall themed craft, we will be painting pumpkins, a Spooky Bingo and let's not forget our annual Halloween Party!!

We would like to thank everyone who participated in the Blue Cross Steppin Out Challenge last month! It was so inspiring to see everyone make fitness their priority. We loved seeing all the motivation and encouragement members were giving to one another! We really do have the BEST members here at our Center!!

It's Medicare Open Enrollment Time! Be sure to make an appointment with our SHIP coordinator, Megan, or attend one of the many Medicare presentations we have planned this month!

Lastly, October is also Breast Cancer Month. Please remember to schedule your yearly mammogram!

We wish everyone a happy and healthy October!

Lois Durkin, Director



Medicare Open Enrollment is offered annually from October 15th through December 7th. It's a good time to review your plan to see if you need to make any changes. You can schedule an appointment with our SHIP (State Health Insurance Program) coordinator, Megan Feeney. She will be happy to discuss Medicare enrollment, current plans and future changes. Megan is available to meet here at the Center on Wednesdays. To schedule an appointment with Megan, please call 401-944-3343.

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



Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- Oct 1 Week 3-BINGOcize Fall Prevention Workshop Tuesday session at 12 pm
- Oct 2 Julie the hair stylist will be at the Center. See the front desk to schedule appointment
- Oct 2 Coffee with Chief Fleming of Lincoln LPD at 9:30 am
- Oct 2 Poppy G Jewelry will have a table event in the lobby at 10:30 am. Cash sales only
- Oct 2 **NO CARDIODANCE INTERVAL CLASS WITH MARIA TODAY**
- Oct 3 Medicare 101 Education Presentation at 11 am
- Oct 4 Week 3-BINGOcize Fall Prevention Workshop Friday session at 1 pm
- Oct 8 Week 4-BINGOcize Fall Prevention Workshop Tuesday session at 12 pm
- Oct 8 Turkey Train Bus Trip! Please arrive at 8:15 for check in. Bus departs at 8:45 am sharp!
- Oct 8 American Parkinson's Disease Association Support Group Meeting at 10 am
- Oct 10 **Sign Ups for Halloween Party begin. Cost is \$10 (cash) due at time of sign up!**
- Oct 10 **Sign Ups for Fall Craft Activity begin today**
- Oct 11 Left Center Right Game Day at 11 am
- Oct 11 Week 4-BINGOcize Fall Prevention Workshop Friday session at 1pm
- Oct 14 **THE CENTER IS CLOSED IN OBSERVANCE OF COLUMBUS DAY HOLIDAY**
- Oct 15 Week 5-BINGOcize Fall Prevention Workshop Tuesday session at 12 pm
- Oct 15 Afternoon Flick at 1 pm. We will be streaming "It Ends With Us". Registration is required!
- Oct 16 Halloween Themed Paint Party with Greenville Nursing & Rehabilitation Center at 10 am
- Oct 17 Medicare Changes Presentation with Joe Goddard at 11 am. Register with the front desk!
- Oct 18 No instructor for Pastel Arts today. Class will still meet but without instruction.
- Oct 18 Family Feud Game at 11:00 am
- Oct 18 Armchair Travel with Michele Kappenman "Oktoberfest" at 1 pm! Please register w/ front desk
- Oct 18 Week 5-BINGOcize Fall Prevention Workshop Friday session at 1 pm
- Oct 21 Fall Craft activity with Bess. 2 sessions - 9 am and 11 am. Registration is required!
- Oct 21 Happy 100th Birthday Celebration for Dolores St Amant at 1 pm!
Please register with front desk if you would like to attend!
- Oct 22 Painting pumpkins activity at 10:00 am. Registration is required!
- Oct 22 Week 6-BINGOcize Fall Prevention Workshop Tuesday session at 12 pm
- Oct 24 Cup of Joe with a GI Joe veterans group meeting at 11 am
- Oct 25 Halloween Party 11 am to 1 pm! The Magician show starts at 11 am! Registration is required!
- Oct 25 Week 6-BINGOcize Fall Prevention Workshop Friday session at 1 pm
- Oct 28 **FINAL PAYMENTS are due for the ENCORE CASINO BUS TRIP!!**
- Oct 29 United HealthCare Medicare presentation at 10 am. Register with the front desk!
- Oct 29 Week 7-BINGOcize Fall Prevention Workshop Tuesday session at 12 pm
- Oct 30 Blue Cross table event in the lobby from 11 am to 1 pm
- Oct 30 Spooky Bingo Party at 1 pm. Come dressed in costume-raffles, treats & lots of Bingo Fun!
- Oct 31 We have sent out invites to have community children to come trick-or-treat throughout the day at our Center!



CENTER REMINDERS

Please Bring a Light Sweater/ Dress in Layers

Fall is such an amazing time of the year! In New England, you can sometimes experience several "seasons of weather" all in one day! It can be quite chilly in the morning, warm in the afternoon and cool in the evening! Our heating/cooling system has many zones and it takes time for it to react to the temperature changes. Please try to remember to dress in layers or bring a light sweater as it may be cooler in some rooms in the morning but warmer in the afternoon!

Please Wear Proper Footwear During Exercise!

Whether your workout involves walking, sports or gym equipment, or fitness classes, a decent sport shoe is a must. Injury caused by inappropriate shoes can derail your fitness goals. Proper footwear with supportive rubber soled footwear or orthopedic shoes are required if taking any of our fitness classes. Sandals, open toed shoes, flip flops are not proper footwear to wear during fitness classes. We worry about your safety and the safety of others in the event of a fall or injury.



Thank you 

We would like to thank all of our community partners who participated in our annual Health & Wellness Fair last month! We are so thankful and grateful for all the services they provide to our community and our members at the Center!



Tech Assistance

Renee is back from vacation!!

Looking for some technical assistance with your cell phone, laptop or tablet? Renee, a retired IT professional, volunteers her services to assist our members with their technology questions! Tech Corner with Renee will meet this month on October 11th, 18th, 25th, and 28th from 10 am to 1 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!



Need a Hair Appointment?

Julie, the hair stylist, will be scheduling appointments at the Center on Oct 2nd

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



Come enjoy some coffee and good conversation with community friends and Lincoln's Police Chief Dennis Fleming and members of Lincoln's Police Department **Wednesday, Oct 2nd at 9:30 am!**



The event is catered by Starbucks!



Join me on
10/03/2024
for an introduction to Medicare Plans



AMERICAN PARKINSON DISEASE ASSOCIATION

Strength in optimism. Hope in progress.

Living with Parkinson's Disease?

Join our APDA Support Group. We will be hosting a meeting on **Tuesday, October 9th at 10:00 am**

Learn practical tips, share experiences and tap into a network of resources that can help you maintain control of your life.

October Topic:
Coffee Chat



Questions? Please contact:

Maria Kishfy, APDA Support Group Leader, at 440-8136 or by email mariakishfy@gmail.com.

MEDICARE 101

Educational Event

Come learn the basics:

- When and how to apply for Medicare
- The differences between Original Medicare & Medicare Advantage
- What is Part D?
- What are Medicare Supplements?

WHEN & WHERE

Lincoln Senior Center
Thursday, October 3rd
at 11 am in the
conference room



CONTACT

Beiyani Pena
Local Licensed Insurance Agent
(401) 487-5077



Turkey Train Bus Trip is Tuesday, Oct 8th. Please arrive for **check in at 8:15 am**. **The bus will be departing at 8:45 am sharp**! Please be sure to park in the back parking lot on the right side of the building where the pickleball courts are located. This will allow our members attending classes to have ample parking. Be sure to pack some snacks and drinks-it's going to be a long ride filled with lots of fun!!



Join us for a
Wicked
Good Time
 at the Lincoln Senior Center's
Halloween Party
 Friday, October 25, 2024

Join us for a spook-tacular fun filled day!
 Dress up in your spookiest or silliest costume! There will be a magic show, costume prizes, raffles and more!

Festivities start at 11am!

The Incredible Magic of Steve Charette performance will begin at 11 am!

Lunch will be served at 12 pm

Lunch includes pizza, salad and dessert!

\$10 per person due at sign up

Sign ups for the party start Oct 10th!



Come enjoy the Incredible Magic of Steve Charette



Game Day!!
Friday, Oct 11th at 11am

Join us for some Game Day fun as we get together to play the dice game "Left Center Right"! Laughter & smiles are guaranteed playing this fun & easy to learn game!!

AFTERNOON FLICK

Afternoon Flick is Back!!



Tues, Oct 15th at 1 pm

IT ENDS WITH US, the first Colleen Hoover novel adapted for the big screen, tells the story of Lily Bloom, a woman who overcomes a traumatic childhood to embark on a new life in Boston and chase a lifelong dream of opening her own business. A chance meeting with charming neurosurgeon Ryle Kincaid sparks an intense connection, but as the two fall deeply in love, Lily begins to see sides of Ryle that remind her of her parents' relationship. When Lily's first love, Atlas Corrigan, suddenly reenters her life, her relationship with Ryle is upended, and Lily realizes she must learn to rely on her own strength to make an impossible choice for her future. Please register with the front desk if you would like to attend!



^RottenTomatoes

You're Invited to a
Paint Party!



Wed, Oct 16th at 10 am

Sponsored by Greenville Nursing & Rehabilitation Center

Spots are limited! Please register with the front desk!

Medicare Presentation

Thurs, Oct 17th at 11 am

Medicare Prescription Drug Plans are changing!

Medicare Annual Enrollment is Oct 15th through Dec 7th. Changes are coming to your prescription drug plan in 2025! Do you know what they are? These changes will affect everyone, whether on a Medicare Advantage plan or a standalone Prescription Drug Plan. Join Joseph Goddard from Universal Healthcare for this 45 min educational event to learn what's changing for 2025! Please call or visit the front desk to register!



Family Feud Fun!

**Tuesday, Oct 18TH
at 11:00 am**

Let's get together to play some Family Feud on **Tuesday, October 18th at 11:00 am!!** Gather as teams compete with each other to correctly guess the most popular responses to Family Feud survey questions in order to win! Please register **with the front desk** if you would like to join the fun!

Craft with Bess

**MONDAY, OCTOBER 21ST
2 SESSIONS- 9 AM AND 11 AM**



Sign ups for craft begin Oct 10th!

Fall is officially here!! The air has a cool crispness to it and the leaves on the trees will begin turning yellow and red! Let's celebrate the season and create these festive fall themed stained glass picture frames. We will have two sessions- 9:00 am and 11:00 am. Spots are limited so be sure to sign up at the front desk! Registration is required.

Armchair Travel to

OKTOBERFEST



**FRIDAY, OCTOBER 18TH
1:00 PM**

WITH MICHELE KAPPENMAN



DOLORES

We have a very special birthday recognition this month!!

Dolores will be turning 100 years old on October 21st!

We will be celebrating her special day with a birthday celebration in her honor!! We hope that you can join us! Please let the front desk if you would like to attend the special birthday celebration on **Monday, October 21st at 1 pm!!**



Come have some spooky fun and paint a pumpkin for Halloween on Oct 22nd at 10:00 am

Limited spots-register w/ front desk if you would like 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, October 24th at 11am

United HealthCare Medicare Presentation October 29, 2024 at 10:00 am

Looking for a fun, no-pressure way to learn more about Medicare? Come to our upcoming presentation and Beiyani Pena will answer your questions about Medicare and show you how to take advantage of the benefits of a plan from United HealthCare. Please register at the front desk if you



Spooky Bingo

Wednesday, Oct 30th at 1 pm

Halloween is almost here! It's the scariest time of the year. Time for ghosts and goblins, but have no fear! Lots of treats will be here!! Join us for a Spooky Bingo on **Wednesday, October 30th at 1pm**. Dress up in your spookiest or silliest costume! There will be raffles and prizes! Maybe we will even enjoy a spooky treat!!



Blue Cross will have a table event Oct 30th from 11 am to 1 pm to provide information about Blue Cross Medicare Advantage plans for those interested in joining Blue Cross.



We have extended invites for our little trick-or-treater friends to visit our Center on Halloween. We will have some spooky treats for our members to pass out to all the trick-or-treaters! Should be a spook-tacular time!!



Bus Trip Information & Reminders

Turkey Train Bus Trip Tuesday, October 8th

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

Encore Casino Bus Trip Thursday, November 14th

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



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!

- Full payment is due by Tuesday, November 5, 2024
- No refunds given after Friday, November 8, 2024

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



TOOLS FOR HEALTHY LIVING

Are you (or someone you know) living with a chronic condition?

Join our **FREE** workshop

Empowering you to take charge of your health by joining a program proven to work.

Learn proven techniques that will help you:

- Manage symptoms,
- improve sleep,
- manage your medications,
- eat healthier,
- improve communication with your family and doctors,
- be more active and
- much more!

WORKSHOP DETAILS

Where: Lincoln Senior Center

When: November 8th -
December 20th, 2024

Time: 9:30 am



SCAN ME

Contact us:

Bessie Carvalho (401) 753-7000
bcarvalho@lincolnri.org or
The Community Health Network

MONTHLY *Matters*

OCTOBER 2024



BREAST HEALTH AWARENESS



Breast Cancer is one of the most common cancers among women, affecting nearly 1 in 8 in their lifetime. Being aware of risk factors and making lifestyle changes can help lower the risk of breast cancer.

RISK FACTORS

There are certain risk factors to consider that may increase the chances of getting breast cancer. If you're concerned about any of the following, please follow up with your doctor.

- Women who are 50 and over
- Obesity (higher risk post-menopausal)
- Having the BRCA1 or BRCA2 genes
- Regular use of tobacco or alcohol
- Women of varying ethnic backgrounds
- Family history of breast cancer
- Women with dense breasts
- Leading a sedentary lifestyle



BOOSTING BREAST HEALTH

Maintain A Healthy Weight – Studies show that fat cells can interact with hormones and fuel cancer cells. By keeping a healthy weight, we can lower the risk of unhealthy weight playing a role in a cancer diagnosis.

Keep Active – Women who keep active have a 25% less chance of developing breast cancer, by maintaining a healthy weight, which lowers blood sugar levels and estrogen.

Eat Nutritious Foods – Fill your plate with colorful, bright fruits and vegetables which are rich in vitamins and antioxidants. Reach for Omega-3 fatty foods such as salmon, chia and flaxseed. Incorporate whole grains such as brown rice and quinoa and aim for a balanced diet to keep your body nourished.

Avoid Tobacco & Alcohol – Neither tobacco nor alcohol have any health benefits and only contribute to chronic disease or illness.

Get Regular Screenings – Check for early signs of breast cancer by checking with your health care provider regularly. Early detection is key!



FALL WORD SEARCH

S G I V I S G W O R C E R A C S
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H D E M L B O N F I R E I H N A
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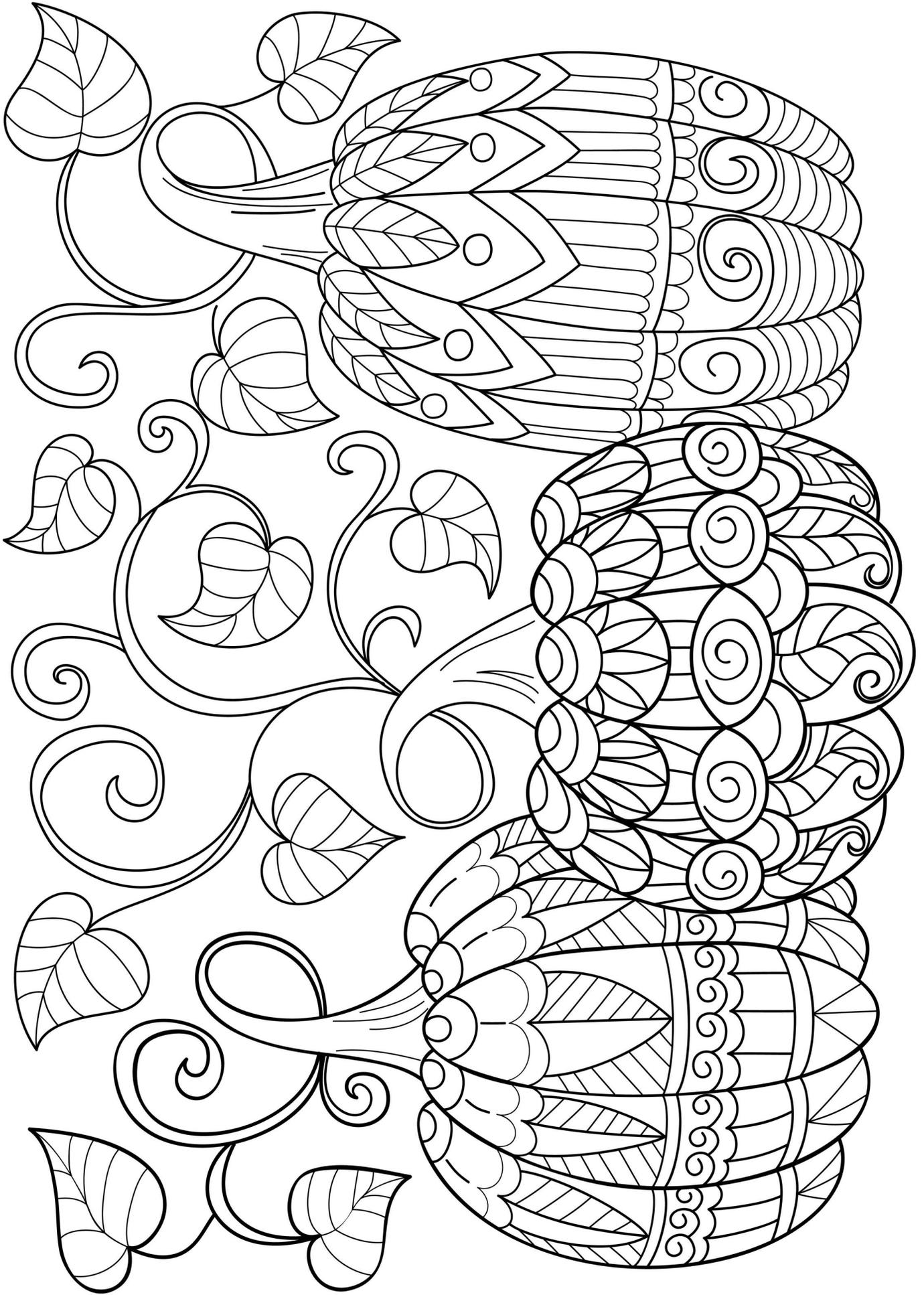
ACORNS
APPLES
BONFIRE
CIDER

CORN
FOOTBALL
GOURD
HALLOWEEN

HARVEST
HAYRIDE
LEAVES
PUMPKIN
ORANGE

RED
SCARECROW
SWEATER
THANKSGIVING
YELLOW





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**

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 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
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**

Lois Durkin-Director

Bess Carvalho-Program Director

Carmen Reverdes-Meal Site Coordinator

Matt Bertrand-Bus Transportation

Jose Lopes-Custodian

Updated

09/01/2024

HEALTHY APPLE NACHOS

Healthy apple nachos layered with fresh apples, bits of chocolate, and coconut flakes, drizzled with gooey, warm nut butter, and sprinkled with cinnamon are a quick and healthy treat!



INGREDIENTS:

- 2 apples of choice (gala or granny smith work great!)
- 1/4 – 1/3 cup natural nut butter (peanut, almond, sunflower, etc.)
- small handful chocolate chips
- small handful shredded coconut, optional
- small handful slivered almonds, optional
- sprinkle of cinnamon

DIRECTIONS:

Apples: Wash, core and cut your apples into 1/4 inch slices. Take a small paring knife and carefully remove the core and upper and lower end. Lay apple quarters on a flat surface with the inside of the apple facing up, carefully slice your apple into 1/4 inch slices.

Nut butter: Warm your nut butter in the microwave for 20 – 30 seconds until just until warmed and somewhat runny and drizzable.

Assemble: On a serving plate, lay your apple slices in a single layer around the outside edge, then layer another small layer over those but towards the inside center of the plate (like shown in the picture above). Drizzle the nut butter in a circular motion, from the middle of the plate to the outside edge. You can also just zig zag the almond butter from one side to the other if you like. Again, no rules – just do what you feel is best! Top with chocolate chips, coconut flakes, almonds and sprinkle of cinnamon (or whatever you've chosen to use as your toppings). <https://simple-veganista.com/apple-nachos/?share=facebook#tasty-recipes-8757-jump-target>

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!