

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

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

NOVEMBER 2024

Peak foliage season is upon us as we gaze at the majestic and vibrant colors of the season! It truly is a beautiful time of the year!

Election Day is November 5th and we hope that you will be casting your vote in the upcoming election either in person or via mail! Every vote matters!

When thinking about November, it's seen as a time of reflection and thankfulness. We have so much to be thankful for-our family, our friends, our Center, good health and for our veterans. The Center will be hosting a Veterans Day Breakfast for our veteran members and families on Thursday, November 7th. Thank you for your service and sacrifice and for defending our country with honor.

Just a reminder that it is Medicare Open Enrollment October 15 through December 7th. Be sure to schedule an appointment with a SHIP coordinator. We have several Medicare presentations planned for this month for you to learn more about all the upcoming changes.

This month host's a beloved holiday for so many-Thanksgiving! Whether it's the delicious traditional Thanksgiving dinner or being surrounded by family and friends, it's a time of the year that reminds us of the importance of giving thanks for all that we have. Our staff is so thankful for each and everyone of you!

Wishing all a Happy Thanksgiving!

Lois Durkin, Director



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

AAA Defensive Driving Course Friday, January 10, 2025



The Center will be holding a Sharpen your driving skills with the AAA Defensive Driving Course. RI Drivers 55+ may qualify for an auto insurance discount.* Class will be held on Friday, January 10th from 10 am to 3pm, with a one hour break for lunch. Cost of class is \$15 (cash) and must be paid at time of sign up. Please visit the front desk to register-spots are limited!



November Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- NOV 1 Tech Corner with Renee by appointment only!
- NOV 4 **NO CARDIO WITH LISA TODAY**
- NOV 4 **NO SIT & STRENGTHEN WITH LISA TODAY**
- NOV 4 Tech Corner with Renee by appointment only!
- NOV 5 Final Payments are due for the Holiday Boston Pops Bus Trip
- NOV 5 Election Day-Be sure to cast your vote!!
- NOV 5 Memoir Writing Class with Lynn Price at 1 pm
- NOV 6 Julie the Hair stylist will be at the Center. Visit the front desk to schedule appointment!
- NOV 6 Poppy G Jewelry will have a table event in our lobby at 10:30 am
- NOV 7 Blood Pressure Clinic with Lighthouse at Lincoln at 10 am
- NOV 7 Cup of Joe with a GI Joe veterans group Veterans Day Breakfast at 10 am
- NOV 7 Joseph Goddard will be giving a presentation on the upcoming changes in Medicare at 11 am
- NOV 8 Tools For Healthy Living Workshop (week 1) at 9:30 am. Registration is required.
- NOV 8 Armchair Travel with Michele Kappenman at 1 pm....."Austria"
- NOV 11 **CENTER IS CLOSED IN OBSERVANCE OF VETERANS DAY**
- NOV 12 SIGN UPS FOR HOLIDAY CHRISTMAS PARTY BEGIN-\$15 cash due at sign up.
- NOV 12 NOV 12 American Parkinson's Disease Association support group meeting 10 am to 12 pm
- NOV 12 Afternoon Flick at 1 pm. Streaming "Meet Me Next Christmas"
- NOV 12 Vital Signs Clinic hosted by students at Davies 11:30 am to 1:30 pm
- NOV 13 SIGN UPS FOR COASTER CRAFT WITH BESSIE BEGIN
- NOV 13 Neighborhood Health Plan of RI presentation on their Medicare-Medicaid Program "Integrity" at 10 am. Followed with a postcard making craft activity! Registration is required!
- NOV 14 ENCORE CASINO BUS TRIP!! Please arrived for check in at 8:00 am!
- NOV 15 Tech Corner with Renee by appointment only!
- NOV 15 Tools For Healthy Living Workshop (week 2) at 9:30 am
- NOV 15 Vital Signs Clinic hosted by students at Davies 11:30 am to 1:30 pm
- NOV 18 United HealthCare Medicare Presentation with Shannon Crowe at 11 am
- NOV 19 YMCA table event in our lobby at 10 am
- NOV 19 "Are You Ready for Your Next Move" presentation on 10 am
- NOV 19 Memoir Writing Class with Lynn Price at 1 pm
- NOV 20 Julie the Hair Stylist will be at the Center. See the front desk to schedule appointment!
- NOV 20 Holiday Makeup Application Tips with Darleen Magner at 10 am
- NOV 20 Blue Cross will have a table event in our lobby to answer any questions about the upcoming changes in the Medicare Plans from 11 am to 1 pm
- NOV 21 URI College of Pharmacy presentation "Pay Less for Your Medications" at 11:15 am
- NOV 21 SHIP counseling with the United Way by appointment only
- NOV 22 Tools For Healthy Living Workshop (week 3) at 9:30 am
- NOV 22 Vital Signs Clinic hosted by students at Davies 11:30 am to 1:30 pm
- NOV 22 **NO UKULELE TODAY**
- NOV 25 HOLIDAY BASKET DISTRIBUTION-DUE TO HOLIDAY BASKET DISTRIBUTION, ALL CLASSES & ACTIVITES ARE CANCELLED TODAY. **LUNCH WILL STILL BE SERVED**
- NOV 26 Coaster Craft Activity with Bess-2 sessions 9:30 am and 10:30 am
- NOV 27 **NO CARDIODANCE INTERVAL WITH MARIA TODAY**
- NOV 28 **CENTER CLOSED FOR THANKSGIVING HOLIDAY**



Please take special note of activity & programming cancellations for this month



The Town of Lincoln will be holding its annual Thanksgiving Holiday Baskets Distribution this year at the Center on Monday, November 25th. Due to the distribution of baskets taking place at our Center, we will have programming cancellations for Friday, November 22nd and Monday, November 25th. Please see below for the listing of cancellations.

• **PLEASE NOTE: LUNCH WILL BE SERVED ON MONDAY, NOV 25TH**

CLASS CANCELLATIONS:

- | | |
|----------------------------|--|
| MONDAY, NOV 4TH | NO CARDIO WITH LISA TODAY |
| MONDAY, NOV 4TH | NO SIT & STRENGTHEN WITH LISA TODAY |
| FRIDAY, NOV 22ND | NO UKULELE GROUP |
| MONDAY, NOV 25TH | ALL PROGRAMMING IS CANCELLED FOR TODAY |
| | NO QUILTING CLASS NO MOVE & GROOVE |
| | NO MAHJONGG LESSONS NO CARDIO CLASS |
| | NO SIT & STRENGTHEN NO TAI CHI |
| | NO CHAIR CHI NO HAND & FOOT GAME |
| MONDAY, NOV 25TH | DIGITAL PHOTOGRAPHY CLASS WILL STILL MEET AT AN OFFSITE LOCATION (TO BE DETERMINED) |
| WEDNESDAY, NOV 27TH | NO CARDIODANCE INTERVAL WITH MARIA |



BINGOcize Workshop will be meeting on:

- Fri, Nov 1st at 1 pm
- Tues, Nov 5th at 12 pm Fri, Nov 8th at 1 pm
- Tues, Nov 12th at 12 pm Fri, Nov 15th at 1 pm
- Tues, Nov 19th at 12 pm Fri, Nov 22nd at 1 pm



Tech Assistance

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 **November 1st, 4th, 15th, 18th & 22nd 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!



Before you go to bed on Saturday evening, Nov 2nd, be sure to set your clocks back one hour as Daylight Saving ends. Enjoy that extra hour of sleep everyone!!

Tuesday, November 5th Is Election Day!!

Be sure to cast your vote!

"The most important office, and the one which all of us can and should fill, is that of private citizen." ~ Louis Brandeis

- Research the candidates and issues on your ballot
- Request a sample ballot so that you can review and know what to expect
- Know where to vote! Be sure to know where your polling place is located
- Be sure to bring proper form of identification with you!



Need a Hair Appointment for the upcoming holidays?

Julie, the hair stylist, will be scheduling appointments at the Center on November 6th & November 20th. It is by appointment only.

Please see the front desk if you would like to make an appointment!

The time slots available are: 9:30am 10am 10:30am 11am 11:30am

Poppy G Jewelry Sale– November 6th

Holiday gift giving is just around the corner! Looking for the perfect gift for loved one? We can help with your shopping needs! Poppy G will be back at the Center on **Wed, Nov 6th at 10:30 am** with his beautiful collection of handmade wrap bracelets, earrings, necklaces & anklets. They make the perfect gifts for the upcoming holiday season!! (Cash Sales Only)





The Lighthouse at Lincoln will be performing a blood pressure clinic on Thursday, November 7th at 10am.



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!

Living with a chronic condition? Come learn more about how to improve your condition with a 6 week workshop presented by Kathi Masi from RIPIN. The 6 week workshop will meet on Fridays from November 8th through December 20th from 9:30 am to 11:00 am. If interested in attending the workshop, please call or visit the front desk to register!



VETERANS DAY

BREAKFAST

Thursday, Nov 7th
at 10 am

Veterans Day gives us the opportunity to honor and celebrate the bravery and sacrifices of all our U.S. Veterans. The Center would like to honor our Veteran members and their families with a breakfast on November 7th at 10 am.

Please RSVP by November 6th with Bess if you would like to attend the breakfast

Medicare Presentation Thurs, Nov 7th 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!



Armchair Travel
Friday, November 8th
1:00 pm

Presented by Michele Kappenman



Your valiance, loyalty and sacrifice
for this nation will never be
forgotten.

Wishing you a Happy Veterans Day!



Students will be at our Center on
November 12th, 15th & 22nd!

HEALTH CAREERS VITAL SIGNS CLINIC

WE CARE ABOUT YOUR HEALTH!

Are you ready to take charge of your health and well-being? Join us for an exciting opportunity to assess your vital signs and gain valuable insights into your health! Get your free Vital Signs Assessment by our trained sophomore health careers students.



WE WILL ASSESS THE FOLLOWING:

Temperature

Pulse

Respirations

Blood Pressure

Pulse Oximetry

Pain Assessment

VITAL SIGN CLINIC SCHEDULE

Date: 11/12, 11/15, 11/22, 12/3, 12/5, 12/17

Time: 11:30 am - 1:30 pm

Place: Lincoln Senior Center



Tuesday, November 12, 2024

10 AM to 11:30 AM

To register, please contact

Laurie Ann Oliveira, MSW, Director of RI APDA Information and Referral Center, 401-455-6337 or LAOliveira@butler.org

AMERICAN PARKINSON DISEASE ASSOCIATION

Strength in optimism. Hope in progress.

Disease Associated RI Chapter in coordination with the Butler Hospital Movement Disorders Clinic is pleased to be offering **Connecting Through Art**.

Connecting Through Art, is a creative arts program that offers people with Parkinson's disease the space and ability to express feelings, emotions, and daily concerns through art. It is open to any adult who has been diagnosed with Parkinson's disease and their care partners.

Laura Carpenter, Artist, and Occupational Therapist will guide participants through a watercolor session created to allow for individuals reflection and creative expression using inspiration from the season.

Session date, time, and place:

- Tuesday, November 12, 2024
- 10 AM – 11:30 AM
- Lincoln Senior Center, 150 Jenckes Hill Road, Lincoln RI

The program is free, and art supplies will be provided at no cost to participants. Registration is required. To register or questions, please contact Laurie Ann Oliveira at 401-455-6337 LAOliveira@butler.org.

AFTERNOON FLICK

Tues, Nov 12th at 1 pm



We will be streaming the movie "Meet Me Next Christmas". In pursuit of a fairytale romance with the man of her dreams, Layla must race through New

York City to get her hands on the hottest ticket in town: the sold-out Pentatonix Christmas Eve Concert. Popcorn & light refreshments will be served! Please register with the front desk if you would like to attend!

United HealthCare Medicare Presentation



Monday, November 18th at 11am

Join Shannon Crowe for a presentation about the upcoming Medicare plan changes on Monday, November 18th at 11 am. Choosing the right Medicare Plan for you can be a big decision. Shannon will be here to answer your questions and sort through which is the best plan for you. They will show you how United HealthCare can help you get more health from your health plan! Please register with the front desk if you would like to attend!

Make Postcards with Neighborhood Health Plan of Rhode Island!

And find out if INTEGRITY (Medicare-Medicaid Plan) is right for you!

INTEGRITY

WHEN: November 13th 10am-12pm

WHERE: Lincoln Senior Center

We will enjoy a fun time of crafting post-cards together and all you need to bring is yourself!



We can also help you learn about the benefits of INTEGRITY:

- ▶ \$75 Monthly healthy food savings card with added coupons
- ▶ Unlimited over-the-counter (OTC) products*
- ▶ Dental services with Delta Dental of Rhode Island
- ▶ Gym membership and activity tracker
- ▶ Durable medical equipment like walkers and incontinence supplies

Have questions about Neighborhood plans?

A Sales team member will be here to answer any questions and check eligibility for INTEGRITY.

*Restrictions may apply

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Thursday, November 14th Encore Casino Bus Trip Reminder

Please arrive at the Center for 8:00 am for check in! The buses will be departing promptly at 8:30 am!

MacColl YMCA will be hosting a table event in our lobby on Tuesday, November 19th at 10 am. Be sure to visit their table to hear all about their programs and facility!



ARE YOU READY FOR YOUR NEXT MOVE?

Life keeps moving forward, whether we're ready or not. Join us for an engaging session where our panel of experts will answer your questions and help you plan your next steps with confidence.

Featuring Q&A Session with:

Amy Bedard
Transitions Realty

Shannon & Eric
Caring Transitions



Ryan Oldmixon
Gorra Financial Group



NOVEMBER 19TH 10AM - 12PM

Complimentary snacks provided, plus a chance to win a Thanksgiving Dinner in our special raffle!

Don't miss this opportunity to get the answers and support you need to make your best next move.

TUESDAY, NOVEMBER 19TH
10AM TO 12PM

LINCOLN SENIOR CENTER
150 JENCKES HILL RD,
LINCOLN, RI 02865

Thanksgiving Dinner

ENTER FOR A CHANCE TO WIN

RAFFLE FOR *ARE YOU READY FOR YOUR NEXT MOVES* PARTICIPANTS ONLY
TURKEY DINNER AND ALL THE FIXINGS - PROVIDED BY DAVES MARKET
SPONSORED BY:
TRANSITIONS REALTY, CARING TRANSITIONS & GORRA FINANCIAL GROUP



LET'S GET READY FOR THE HOLIDAYS!

HOLIDAY MAKE UP DEMONSTRATION

WEDNESDAY, NOVEMBER 20TH
AT 10 AM

The holiday season is upon us! It's a time for family gatherings, holidays parties and festive events. Darleen Wagner, a professional make-up artist, wants you to dazzle this holiday season. She will be giving a demonstration on make up application tips to get ready for the holidays! She will be 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!



Turkey Bingo Bash Wed, Nov 20th at 1pm

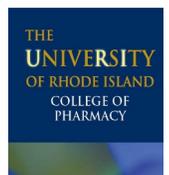


We will have a sweet treat, raffle prizes, Bingo and more!
You can earn extra raffle ticket entries by bringing in a non-perishable food item for our Community Collection!
Please NO EXPIRED food items!

URI College of Pharmacy presents "Pay Less for Your Medications"

Thurs, Nov 21st at 11:15 am

Are you spending too much money on your medications? Learn how to properly use formularies, access cost saving programs and other helpful ways to minimize prescription costs. Please register with front desk if you would like to attend!





Community Corner

We are having a Non-Perishable Food Collection this month!

Food insecurity is a growing concern among many in our community. The rising costs of food has added an enormous strain on household expenses. We will be collecting non-perishable items for our community partner's programs.

Some suggested items for our collection are:

Canned vegetables	stuffing mix	gravy
Cranberry sauce	pasta	cake mixes & frosting
instant mashed potatoes	canned soups	peanut butter

Any donation, big or small, will be greatly appreciated! We kindly ask that you please **DO NOT DONATE EXPIRED FOOD ITEMS** for the collection.



We have exciting news to share!!!



Our Center participated in the Blue Cross Steppin Out Challenge in September. Individuals and senior centers across the state participated by posting how they achieved their daily fitness goals.

We had several of our members win the weekly challenge (Mary W, Richard F, Lorraine V, Donna C & Shirley L). They each won a \$25 Stop & Shop gift card! Three of the Grand Prize winners in the challenge were also Center members-Lois K, Diane L and Mary D!! They each won a \$100 gift card! And then we received the news was that our Center was named as one of the Senior Center Grand Prize winners!

Nicole from Blue Cross came by to present us with a check for \$500 to be used for our programming! A very special thank you to Blue Cross for helping our members to achieve a healthier lifestyle, for inspiring motivation and encouragement to all the participants, and helping to create new friendships!



Craft Fun

CRAFT SIGN UPS BEGIN NOV 13th

Craft Date: Tues, Nov 26th

2 sessions-9:30 am and 10:30 am

November is a time when we give thanks for all that we have. Come join us as we create these "thankful" coasters, perfect as a hostess gift or to keep for yourself! There will be multiple designs to choose from. Registration begins Nov 13th. Please call or visit the front desk to register. Spots are limited!





Join us for a
Holiday Party
December 13th

11 am to 1 pm

\$15 per person (cash)

Price includes:

**2 hours of entertainment by Gary Namaka
and a catered luncheon by Mickey G**

Meal includes:

- . **Soup**
- . **Choice of baked scrod or stuffed chicken**
 - . **Potato & Vegetable**
 - . **Coffee, tea & dessert**

Sign Up Begin Nov 12th

Looking for donations

Are you crafty? Do you like to shop? Maybe you can help us!

We will be having a holiday raffle table for our party and are in need of raffle prize donations. It could be in the form of a gift basket of your choosing, gift cards to retailers, supermarkets, coffee shops or restaurants, wine, home décor, movie or show tickets, candy or even scratch tickets! Not that crafty? That's ok! Bring in your item and Bess can gift wrap the items for the table! Please contact Bess or the front desk if you would like to donate! We kindly ask to have all donations by Nov 26th!



**The Center will be closed
November 28th & 29th
for the Thanksgiving
holiday!**



Bus Trip Information & Reminders

Encore Casino Bus Trip

Thursday, November 14th

ALL SLOTS FILLED

Check in Time: 8:00 am

Bus Departs: 8:30 am

Bus Returns: 5:30 pm

Final Payment due: Oct 28, 2024

No Refunds given after Nov 4, 2024

Trip runs rain or shine

Boston Holiday Pops

\$185 per person

Thursday, December 12th

Spots still available!

Check In Time: 10:00 am

Departure Time: 10:30am

Bus Returns: 6:30pm

Final Payment Due: Nov 5th

No Refunds given after Nov 6th

Trip runs ruin or shine



**Happy 100th Birthday
Dolores!!**

October 21, 2024



Thanksgiving Word Search



F A M L Y P I L G R O C K	Feast
B E R E Z I U A I L S P R	Wild Fowl
R P I L G R I M S M O O U	Pumpkin
Y L N A I Z E A P E A S T	Pilgrims
K I M S O C K F U K M B N	Native Americans
C E L E B R A T E P I R A	Mayflower
O A S S A M S I C E L N T	Corn
R G E Z I A A O H L Y O I	Thanksgiving
H N A L E G R S Z W I D V	Celebrate
T I Y F C N D A I O K R E	Plymouth Rock
U V T M O O I S D F L A A	Harvest
O I H A R V E S T D U P M	Family
M G U Y N E M A H L F Y E	Thursday
Y S R F U M T M A I Z E R	Ham
L K S L C B Y F N W I K I	Cornucopia
P N D O O E E E K I A R C	November
U A A W P R K I F N F U A	Turkey Pardon
M H Y E I S U H U T S T N	Maize
P T G R A V Y C L E Y I S	Chief Massasoit
	Thankful
	Gravy

NO BAKE PUMPKIN PIE CHEESECAKE

Ingredients:

- 8 oz. package cream cheese softened
- 2 tbsp. milk
- 2 tbsp. sugar
- 1 tsp. vanilla
- 2 c. Cool Whip
- 1 9 oz. prepared shortbread or graham cracker crust must be the LARGE prepared crust, not 6 oz.
- 2 small boxes instant vanilla pudding
- 1 c. milk
- 1 - 15 oz. can pumpkin puree
- 1 tsp. cinnamon
- 1/2 tsp. pumpkin pie spice
- 1/4 tsp. ginger
- 1/4 tsp. clove



Directions:

- In a small mixing bowl, beat cream cheese, 2 tbsp. milk, sugar, and vanilla until smooth.
- Fold in Cool Whip.
- Spread this mixture evenly into the bottom of the crust, careful not to lift up any crumbs in the crust.
- In a large bowl, whisk together vanilla pudding mixes, 1 c. milk, pumpkin, and spices until smooth.
- Carefully spread the pumpkin mixture over the cream cheese layer.
- Refrigerate for 2-3 hours. You can dollop with whipped cream or Cool Whip for garnish, if desired. Serve!

<https://thegoldliningirl.com/2014/10/double-layer-nobake-pumpkin-cheesecake/>

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Jose Lopes

Custodian

Always in our thoughts and forever in our hearts



Michael Ando

4/24/58 - 10/3/24



Doreen Peirce

2/15/61 - 10/11/24

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____

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!