

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

DECEMBER 2024

Happy winter wishes! The holiday season is upon us and we hope to make it merry and bright for all! Wait until you see all we have in store! The RI Strummers bring the magic of the season with a special holiday performance at our Center. There is a bus trip to see the Boston Holiday Pops, our annual holiday party, decorating gingerbread houses, a Candy Cane Olympics, holiday movies, festive crafts, caroling, cookies and more! We will be jingling and mingling all month long!

In the new year, we look forward to continuing to offer new programming and activities. Be sure to read about the new fall prevention workshop, Fitness for Function that we will be offering in the new year!

We hope everyone has a happy and healthy holiday season with their loved ones! Looking forward to celebrating 2025 with you all!

Lois Durkin, Director

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

Weekly Activities

Arthritis Exercise	Line Dancing
Bingo	Mahjonn
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

- DEC 03 Davies Vital Signs Clinic 11:30 am to 1:30 pm
- DEC 04 Author & Illustrator, Lisa Ferrucci, will be hosting a table event at 10 am
- DEC 04 Gingerbread House Decorating at 10 am
- DEC 05 Davies Vital Signs Clinic 11:30 am to 1:30 pm
- DEC 06 Tools for Healthy Living Workshop– Week 4
- DEC 06 THE RI STRUMMERS will be giving a holiday performance at 2 pm
- DEC 09 Craft sign ups begin!
- DEC 09 The Village Common of Rhode Island Presentation at 10:30 am
- DEC 10 American Parkinson's Disease Association support group at 10 am
- DEC 10 Lighthouse at Lincoln Painting Activity at 10 am. Registration is required
- DEC 10 Paparazzi Jewelry Table event in our lobby at 10 am
- DEC 10 Afternoon Flick –we will be streaming “Our Little Secret” at 1 pm
- DEC 11 Poppy G Jewelry Table event in our lobby at 10:30 am
- DEC 11 ST PATRICK’S DAY CELEBRATION BUS TRIP SIGN UPS BEGIN
- DEC 12 Boston Holiday Pops Bus Trip. Please arrive at Center for 10 am check in!
- DEC 12 Pampered Chef table event in the lobby at 10:30 am
- DEC 13 Tools for Healthy Living Workshop– Week 5
- DEC 13 Holiday Party. Festivities start at 11 am! All spots are filled!
- DEC 16 Cookies and Carols event at 10:30 am
- DEC 16 Veterans Holiday Dinner at 5:30 pm. RSVP by Dec 9th!!
- DEC 17 Wine Glass Craft Activity with Bess– 9 am and 10:30 am
- DEC 17 Davies Vital Signs Clinic 11:30 am to 1:30 pm
- DEC 17 Afternoon Flick—we will be streaming “It’s a Wonderful Life” at 1 pm
- DEC 18 Julie the hair stylist will be at the Center. It is by appointment only!
- DEC 18 **LUCH WILL BE SERVED and BINGO will still meet, but all other programs and activities are cancelled for today due to Holiday Baset Distribution Preparation**
- DEC 18 JINGLE BELL BINGO at 1 pm
- DEC 19 **LUCH WILL BE SERVED but all other programs and activities are cancelled for today due to Holiday Baset Distribution**
- DEC 20 Tools for Healthy Living Workshop– Week 6
- DEC 20 Saran Wrap Gift Ball Activity at 11 am
- DEC 23 Candy Cane Games at 10 am
- DEC 24 NO CHAIR YOGA CLASS TODAY
- DEC 24 **CENTER WILL BE CLOSING EARLY AT 12 PM TODAY**
- DEC 25 **CENTER CLOSED FOR CHRISTMAS HOLIDAY**
- DEC 26 **NO MEDITATION TODAY**
- DEC 27 Left Center Right Game Day at 11 am
- DEC 31 **CENTER WILL BE CLOSING EARLY AT 12 PM TODAY**
- JAN 01 **CENTER CLOSED FOR NEW YEAR’S DAY**





Class Updates, Alerts & Reminders

Class Cancellation Alerts for this month

Due to the town's Holiday Basket Program, we will have to cancel programs and activities for the preparation and distribution of the holiday baskets.

- **On Wednesday, December 18th the following programs will be cancelled:**

Irma's Workout	Zumba with Sue
Watercolors Class	Move & Groove
Bone Builders	CardioDance Interval

**Lunch will still be served, the hair stylist and Bingo will still meet on December 18th

- **On Thursday, December 19th, the following programs will be cancelled:**

Mahjongg Group	Cribbage
Chair Yoga with Gerri	Knitting & Crochet Circle
Arthritis Class	Irma's Workout
Meditation	Mexican Train Dominoes

**Lunch will still be served on December 19th

- **The Center will be closing at 12 pm on Tuesday, December 24h**

The following classes will be cancelled:

Chair Yoga with Denise	Intermediate Line Dancing
Bridge	Beginner Line Dancing
Hi-Low Jack	

- **On Thursday, December 26th Mediation Class is cancelled**

- **The Center will be closing at 12 pm on Tuesday, December 31st**

The following classes will be cancelled:

Bridge	Intermediate Line Dancing
Hi-Low Jack	Beginner Line Dancing

- **Center will be CLOSED December 25th and January 1st**

Class Updates, Alerts & Reminders



Memoir Writing Class will take a break during the month of December. Lynn will start back up in mid-January with a brand new workshop. Stay tuned for more details!

We kindly ask that members **please arrive for classes on time**. When you arrive late, it is disruptive to the class and also to the Instructor. Also jumping into class without proper warm up could lead to injury. Please make every effort to be on time for class.

Thursdays Arthritis Class usually reaches maximum capacity every week and we do turn quite a few members away due to it being filled. In order to be fair for all to have the opportunity to take the class, we are asking that if you sign into class, that you stay for the whole class and do not leave early to attend lunch or another activity. It is not fair to turn away others who can stay for the whole class. You will need to pick one activity when there is a time conflict.

We also cannot allow members to set up chairs and try to do class in our lobby for many reasons. First, it creates an obstruction for our doorways and accessways for the Center. Secondly, an instructor is not able to see you and assess if you need assistance, if you are doing the exercises properly, etc. And lastly, a passerby could be bumped into or injured. Our main concern is to keep our members safe.

Thank you for your cooperation!

Tech Corner with Renee

Today's technology can leave us feeling frustrated at times. Do you need some assistance with your digital technology? Our amazing volunteer, Renee, is here to help!! She will provide a 30 minute one-on-one session with you to help you with your questions about your cell phone, tablet, laptop or email. Renee is available the following days in December:

December 2nd, 6th, 9th, 16th and 20th

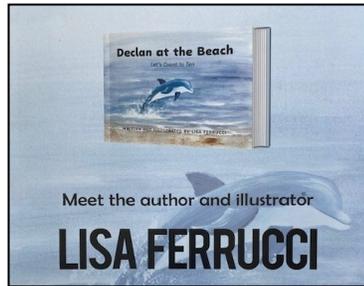
Please see the front desk to schedule your appointment. To try to accommodate all our member's needs, we can only allow members one appointment time per month to give all an opportunity to meet with Renee.



Students from the Davies Health Careers will be hosting a VITAL SIGNS CLINIC

December 3rd, 5th and 17th

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 their trained sophomore health careers students. In the clinic, they will assess your temperature, pulse, respirations, blood pressure, pulse oximetry and pain assessment. No registration necessary!



**Meet and Greet with
Children's Book Author and
Illustrator,
Lisa Ferrucci**

Wednesday, December 4th
10 am to 12 pm

Come meet Lisa at her table event in our lobby and learn all about her new children's book, "Declan at the Beach". Her book will be available for purchase. She will also be displaying her handmade holiday ornament collection. You can do a little holiday shopping for some loved ones this holiday season!



We have the gum drops, peppermints and more!

Come celebrate the holidays with edible galore!

Let's decorate gingerbread houses!

Join MaryEllen from Mt Saint Rita's as we partner up to decorate gingerbread houses!

Wednesday, Dec 4th at 10 am

Spots are limited-Registration is required!



The RI Strummers

Friday, December 6th

The Rhode Island Strummers invite you to their holiday performance at our Center on Friday, December 6th at 2 pm. It's the perfect way to kick off the holiday season! No registration is required.

The Village Common of Rhode Island

Aging Better Together

Monday, December 9th at 10:30 am

The Village Common of Rhode Island (TVC) is a 501 c-3 non-profit organization whose purpose is to provide support and services to older residents of Rhode Island. TVC will host an informational meeting at our Center to inform residents of Lincoln about this innovative model through which committed volunteers provide services and companionship to older residents so as to enable them to live independently in their homes.

In addition to TVC staff, volunteers from the Cumberland Village will be present to share their experience in bringing a village to our neighboring town. Currently, more than 25 people have signed on as Cumberland Village volunteers and have been background checked as required by TVC guidelines. Cumberland is now actively recruiting village members and full operations will soon be underway.

We are now working to recruit volunteers and village members in Lincoln. Specifically, we wish to locate people who may need help including transportation to medical or personal care appointments, assistance with grocery shopping, help with household chores, yard clean-up, minor home repairs, technical assistance with computers and cell phone set up, or wellness checkups – any task or chore that makes it easier for older residents to age in place. People who sign-up for services become village members and are eligible to receive all of the services offered free of charge, in exchange for small monthly membership dues.

Please register with the front desk to attend the presentation. To learn more about The Village Common of Rhode Island, please visit TVC's website at www.villagecommonri.org.

**AMERICAN
PARKINSON DISEASE
ASSOCIATION**

Strength in optimism. Hope in progress.

**LINCOLN SUPPORT GROUP
Tuesday, December 10th
at 10 am**



Join us for an informal gathering to celebrate the holidays with friends, and let's share lots of laughter!

It's not a holiday party without games!!

Interested in a Yankee Swap? Just bring a \$10.00 gift!

What's up my sleeve this year: Extra Bonus Games

Please RSVP by December 2nd to Maria Kishfy, APDA Support Group Leader, for more information by calling 401-440-8136 or by emailing mariakishfy@gmail.com



LadySarah from Paparazzi will be holding a table event in our lobby on **Tuesday, Dec 10th at 10 am.** Come do a little holiday shopping!!



Tuesday, December 10th at 10am

Hannah and Genia from Lighthouse at Lincoln will be hosting a fun holiday painting workshop! Come and create this adorable snowman painting! Space is limited-please register with front desk if you would like attend!



AFTERNOON FLICK

We will be streaming two movies this month!

Tues, December 10th at 1pm

"Our Little Secret"

Two resentful exes are forced to spend Christmas under the same roof after discovering that their current partners are siblings.

Tues, December 17th at 1 pm

"It's A Wonderful Life"

After George Bailey wishes he had never been born, an angel is sent to earth to make George's wish come true. George starts to realize how many lives he has changed and impacted, and how they would be different if he was never there.

Popcorn & refreshments will be served! Please register with front desk!



Poppy G Jewelry Sale
Wed, December 11th

Holiday gift giving is just around the corner! Looking for the perfect gift for a loved one? We



can help with your shopping needs! Poppy G will be back at the Center on Wed, Dec 11th 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)



Boston Holiday Pops Bus Trip
Thursday, December 12th

- Please arrive for check in at 10 am
- The Motor Coach will be departing at 10:30 am sharp!
- The bus will return around 6:45 pm



Join us for a
Holiday Party
December 13th

11 am to 1 pm

All Slots are filled!

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



Join us for some caroling fun as we gather around the piano and sing Christmas Carols and enjoy some delicious holiday cookies!

Monday, Dec 16th at 10:30 am

Register with the front desk if you would like to join the fun!



VETERAN HOLIDAY PARTY

MONDAY, DECEMBER 16TH

5:30 PM AT THE CENTER

**Join us for an evening of
dinner, caroling and holiday
cheer!**

RSVP to Bess or Paula by 12/9



Craft Fun

Tuesday, Dec 17th

9 am & 10:30 am sessions

Join us as we create some holiday cheer by creating an adorable candy cane stemless wine glass. Or maybe you prefer a New Years sparkling bubbles design? Either will make the perfect gift this holiday season! Spots are limited! Registration is required! **Sign ups to register begin Dec 9th!**



Hair Stylist

Wednesday, Dec 18th

**Snip, Snip, Hooray! Time to
get your haircut today!**

Julie, the hair stylist, will be scheduling appointments at the Center for Wednesday, December 18th. It is by appointment only. Please call or visit the front desk if you would like to schedule an appointment before the holidays!

The time slots available are:

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

Please note: Stylist pricing will be increasing to \$21 for haircuts starting January 2025

Tis the season to play



JINGLE BELL BINGO



Join us for some fun and festive holiday Bingo fun on

Wednesday, December 18th at 1 pm

Be sure to wear your favorite holiday gear to Bingo! Those that wear holiday attire (shirt, sweater, ugly Christmas sweater, Santa hats, antlers, holiday socks, etc.) will earn a free raffle ticket entry into our raffle!! We will have lots of raffle prizes, a sweet treat and more!!! Come join us for an afternoon of fun!!



Saran Wrap Gift Ball Game

Friday, December 20th at 11 am

Join us as we roll the dice and race to see who can unwrap a big saran wrap ball filled with gifts! It will be a fun morning filled with laughs & excitement! Please register with the front desk!



**Monday, Dec 23rd
at 10 am**

Join us for our first annual Candy Cane Olympics!

Players compete at various minute-to-win it type games.

There will be candy cane twirling, candy cane shuffle board, candy cane spoons & more! Please register with the front desk if you would like to join in on some festive fun!



Don't
Forget



**The Center will be closing at 12 pm on Christmas Eve
and New Year's Eve!**



Merry Christmas! May your holidays sparkle with joy and laughter! May peace, love, good health and prosperity follow you always!



Happy Hanukkah! Hanukkah starts at nightfall on December 25th and ends with nightfall on January 2nd. It's not just the Festival of Lights, may it also be a festival of hope, happiness, love and health! May your season be filled with wonder!



Happy Kwanzaa! Kwanzaa is a celebration of African-American culture from December 26th to January 1st. Habari gani! Sending warm wishes for a joyful Kwanzaa!



Friday, Dec 27th at 11am

If you are looking for a fun morning filled with giggles & laughter, then you need to join in on the fun for our Left Center Right Game Day! It's an easy to learn game for all ages!! Be sure to come check out all the fun!!



BUS TRIP ANNOUNCEMENT!!

**Join us for a St Patrick's Day Celebration at Aquaturf
Tuesday, March 11, 2025
\$139 per person**



**Check in time: 8:15 am Departure time: 8:45 am
Return time: 5:30 pm**

Tour includes Deluxe Motorcoach transportation, Lunch and Entertainment

Padraig Allen and The McLean Avenue Band have taken the Irish American Music and entertainment by storm. Enjoy live music with Irish Step Dancers with a luncheon featuring Corned Beef and Cabbage as well as Baked Scrod. Also included is coffee and donuts and a glass of wine or beer! May the luck of the Irish be with you as you have a chance at a door prize before you depart!

A \$10 (cash or check) deposit is required at time of sign up

[Sign ups begin December 11th!](#)



The Center will be hosting 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 10, 2025 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 see the front desk to register for this class!

A very special thank you

We would like to thank the following individuals and businesses for their very generous donations for our Veterans Breakfast in honor of Veterans Day held last month!



~Shanna's Restaurant

~Honey Dew Donuts

~Panera –Lincoln

~John Arena



Community Corner

We will be continuing our 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, especially during this time of the year. We will be collecting non-perishable items for the Town of Lincoln's Holiday Baskets Program. Some suggested items are:

Canned vegetables

stuffing mix

gravy

Cranberry sauce

pasta

cake mixes

Instant mashed potatoes

canned soups

peanut butter

Any donation, big or small, will be greatly appreciated! We kindly ask that you do not donate expired items for the donation.



A very special thank you to all who donated for the Thanksgiving Baskets! We truly appreciate your kindness and generosity



Santa's elves will be busy planning lots of fun activities this month. Be on the lookout for some SURPRISE pop-up activities. You never know when they will be-or what they will be-but it will definitely be a fun and festive surprise!!



NEW PROGRAMMING FOR 2025 COMING SOON!



FITNESS FOR FUNCTION BALANCE SCREENINGS

WHERE: Lincoln Senior Center

WHEN: Thursday, January 16th, 2025

WHEN: 9:00am – 12:00pm

SIGN UP FOR A 10 MINUTE PHYSICAL SCREEN!

Class Description: Fitness for Function is a 60-minute exercise class that meets 2x/week for 6 months. The goal of this class is to improve strength, balance, and mobility through an evidence-informed falls prevention framework. Physical screens will be provided periodically to measure functional gains throughout the program.

Class Schedule: Thursdays 9:00am-10:00am AND Fridays 1:00pm-2:00pm. *Start date: Thursday, January 23rd.*



We are excited to announce that we will be introducing **FITYOGA with Maria Kishfy** to our program schedule on Tuesdays at 12 pm **starting January 7th!** Experience a fitness oriented hatha yoga class that synchronizes yoga postures and movements with breath control.

LINCOLN SENIOR CENTER

Weekly Activities Schedule

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

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

Monday

8:30 am Quilting
9:00 am Move & Groove w/ Janet
10:00 am Mahjongg lessons
10:15 am Cardio Strength w/ Lisa
11:15 am Sit & Strengthen w/ Lisa
12:00 pm Lunch
12:45 pm Tai Chi with Bob
1:00 pm Hand & Foot Card Game
1:30 pm Chair Chi with Bob
1:30 pm Digital Photography Class

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

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 Intermediate Line
Dancing w/ Karen
2:00 pm Beginner 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

Friday

9:00 am Bone Builders w/ Nancy
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

Lois Durkin-Director
Bess Carvalho-Program Director
Carmen Reverdes-Meal Site Coordinator
Matt Bertrand-Bus Transportation
Jose Lopes-Custodian

Updated
012/01/2024

****Ukulele Group is full at this time**

holly jolly
MIX-UP

Unscramble the holiday words

1. PULRDOH _____

2. MHCISTARS _____

3. GSTKCNOIS _____

4. UHANKHA _____

5. ERTE GISHTL _____

6. KBLCA DFYRIA _____

7. PGNIWRPA RPEAP _____

8. ECOIKSO _____

9. YLOHDIA YPRTA _____

10. ANSTA UALCS _____

11. EGSLIH IDRES _____

12. WNMSOAN _____

13. EISMOETLT _____

14. EYDEIULT GLO _____

15. YCNAD EANC _____

16. AROSDET TSNCHTSUE _____



Christmas Fruit Wreath

Ingredients:

- 8 springs of mint
- 8 springs of rosemary
- 2 cups of green grapes, cut into small bunches
- 1 cup of red grapes
- 3 kiwis, peeled and chopped
- 1/2 cup raspberries



Directions:

1. Place the sprigs of mint and rosemary on a large, round serving plate or board. Trim the ends if they are long. 
2. Create a circular pattern with the green grapes on top of the herbs. Then layer with kiwi and red grapes. 
3. Finally, add the raspberries on top, sprinkling them throughout the wreath.

www.thishealthytable.com/blog/christmas-fruit-wreath/



Louise O'Brien

08/14/1939 - 11/13/2024

Always in our thoughts and forever in our hearts

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____

Staff

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ldurkin@lincolnri.org

Director

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bcarvalho@lincolnri.org

Program Director

Carmen Reverdes

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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



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!