

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

June 2022

We hope everyone enjoyed their Memorial Day weekend! Memorial Day is a time to reflect on the sacrifices made by military members, past and present. We are so thankful and grateful for their service, dedication and sacrifice for our country!

Summer is right around the corner and the Center is buzzing with activities! With the nice weather, we love seeing our members enjoying the outdoors. It's been so nice to see everyone walking with friends along the path around the Center, playing pickle ball, or sitting outdoors chatting with friends. We are working on getting our bocce court ready for all to enjoy soon. We have some fun bus trips coming up in the summer months. So much fun to look forward to!!

This month we also celebrate Father's Day, a special time of the year when we honor the most important men in our lives. The men who have raised us, inspired us, and taught us so much. We have so much to celebrate!!

We want to wish everyone a wonderful Father's Day!!

Lois Durkin, Director



Be sure to check out the art gallery featuring the Pastel Arts Class latest exhibit "Let's Rock: A Study of Rocks and Stones"!

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

Weekly Activities

Aerobic Dance	Meditation
Arthritis Exercise	Pastel Art Class
Bingo	Open Art Studio
Bone Builders	Quilting
Bridge	Sit & Strengthen
Cards & Dominoes	Silver Sneakers
Cardio Strength	Tai Chi & Chair Chi
Digital Photography	Ukulele
Forever Fit	Watercolors Art Class
Irma's Workout	Yoga & Chair Yoga
Knitting & Crochet Circle	Zumba
Mah Jongg	Zumba Gold
Line Dancing	



Sharpen your driving skills with the AAA Defensive Driving Course – RI Drivers 55 and over may qualify for an insurance discount.

Class will be held on Friday, June 3rd from 10 am to 3pm, with a one hour break for lunch. A few spots are still available, please register at the front desk!

The Rhode Island Visually Impaired Community Lions Club is holding a sock drive for the homeless. Please help support all the displaced persons in the world and consider donating a pair a socks for displaced persons here in RI. They would prefer men's socks because they are more unisex than women's socks. Please bring your donations to the collection box at the Center. Thanks in advance for all your help and support.

Calendar of Events & Presentations

The Overeaters Anonymous Group meets every Thursday at 10 am

- June 1- Watercolors Class resumes with Connie Conca at 10 am
- June 1- Memory Workshop presented by Lighthouse at Lincoln 10am
- June 2 - URI Pharmacy Outreach presentation on “**Drug Interactions**” at 11:15 am
- June 3- AAA Safe Drivers Class 10 am—3 pm (Few spots are still available-See front desk)
- June 7- Sign Ups Begin for the Best Of Maine Trip scheduled for Sept 13th
- June 8- Blue Cross Presentation– “Busting Nutrition Myths” at 10am
- June 10- Clay Jewelry Class at 10am. Class sponsored by Lighthouse at Lincoln
- June 10- Ice Cream Social at 1 pm sponsored by Oak Street Health
- June 13- Final Payments are due for the Martha’s Vineyard Bus trip!
- June 13- INSIGHT Meeting 10:30 am
- June 14- Parkinson’s Group Meeting 11:00 am
- June 14- Ed’s last class-We will host a retirement celebration to follow his last class at 12pm
- June 17- Final Payments are due for the Lobster Roll Cruise Trip
- June 23- Veterans Group Cup of Joe with a GI Joe meeting 11:00 am
- June 28- Martha’s Vineyard Trip. Bus departs at 7am. Please arrive by 6:30 am to check in!

Class & Center Updates

- We have exciting news to share!! Tai Chi Classes will be resuming starting June 6th! Classes will be held on Mondays at 12:45pm.
- Watercolors Class will be resuming on Wednesdays at 10am on June 1st with a new instructor, Connie Conca!
- The Memoir Writing Class will meet on June 7th and June 21st at 1:30 pm
- Ed Tammany will be retiring this month. June 14th will be his last class! He will be surely missed by all!!
- Join us for Bessie’s Birthday Bingo Bash-Wed, June 15th. We will have refreshments & special raffles that day!!
- We will not have Beginners Aerobic Class on Monday, June 27th
- We will not have Silver Sneakers Class on Wednesday, June 19th

PICKLE BALL

You may have seen the pickle ball court set up on Tuesdays and Thursdays in the back parking lot. Although it is not an “official” Center activity, our members are encouraged to join the group!! They do have beginners play from 8am to 9am;

Advanced play from 9am to 10:30 am; and Intermediate play from 10:30 am to 12:30 pm. For more information, please contact Russell Fiore at russell_fiore@brown.edu

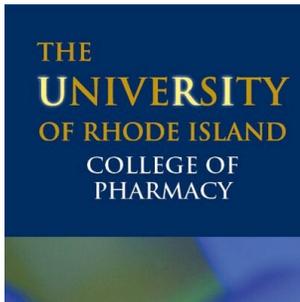


Wednesday, June 1st at 10 am

Improve Your Memory Workshop



Jodi DiRaimo, NIDE, CDP from the Lighthouse Lincoln will be offering a one hour workshop on how to improve your focus and short term memory skills by living a healthy aging lifestyle. Light refreshments will be served. Please see the front desk to reserve your spot!



URI Pharmacy Outreach presentation
"DRUG INTERACTIONS"

Thursday, June 2nd at 11:15am

Join us for a discussion to learn how prescription meds, OTC's, herbals and foods can interact with your medications and how to avoid a potentially dangerous interaction. Sign up at the front desk!



Blue Cross Workshop

Busting Nutrition Myths



Participants will explore several myths, or long-held beliefs, about nutrition. Among these popular myths are beliefs that one type of food or nutrient is vastly superior to another type, or that eating this or drinking that will help you lose weight, or possibly even damage your health. When, in fact, no credible basis exists for these beliefs. The goal is to help you make better decisions about what you eat, and drink

**Wednesday, June 8th
at 10am**



We have partnered with the Lighthouse Activity Team to bring you a fun craft activity!

We hope you can join us on
Friday, June 10th at 10am
for a jewelry making craft

Please join Jodi from Lighthouse Lincoln as she helps bring the summer Indoors by creating beautiful Clay Calla Lilly Pins with our members. All supplies will be provided! Please see the front desk to reserve your spot. Please RSVP by Friday, June 3rd!

Need a Hair Appointment?

Julie, the hair stylist, will be scheduling appointments at the Center for **June 1st and June 15th**. 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



I Scream, You Scream, We all Scream for Ice Cream!!

Oak Street Health, one of our amazing community partners, will be hosting an ice cream social on **Friday, June 10th at 1pm!!** Be sure to sign up at the front desk!



**AMERICAN
PARKINSON DISEASE
ASSOCIATION**

Strength in optimism. Hope in progress.

Tuesday, June 14th 10am

Living with Parkinson's Disease?

Join our APDA Support Group. We will be hosting a Coffee Chat on **Tuesday, June 14th 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. Please contact Maria Kishfy, APDA Support Group Leader, for more information by calling 401-440-8136 or by emailing mariakishfy@gmail.com

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, June 23rd at 11am in the conference room!

thank you!

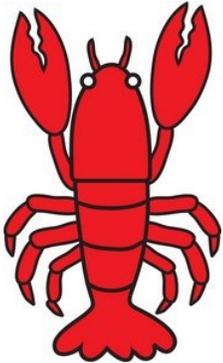
We are so very fortunate here at the Center to have such wonderful partnerships with such so many amazing community partners. We would like to recognize and offer our sincere gratitude for all the informative presentations and services that they provide to our members. Please join us in thanking Blue Cross of RI, Oak Street Health, URI Pharmacy Outreach Program, The Alzheimer's Disease & Memory Disorders Center at RI Hospital, Mount Saint Rita's, Atria, The Lighthouse at Lincoln, AAA, The Blackstone Valley Prevention Coalition, the Office of the Attorney General of RI, and the Office of Rhode Island General Treasurer for all that they do for our members!



Bus Trip Information & Reminders

As we all know, our trips are very popular events. In an effort to make it fair for everyone and give everyone a chance to attend, we are limiting each person the ability to sign up themselves and one other person at sign up. You must also have a current active membership to the Center in order to attend our trips. A minimum \$10 deposit is required at time of sign up.

Thank you for your cooperation and understanding!



SIGN UPS START JUNE 7th

Best of Maine Lobster Bake Tour

Tuesday, September 13, 2022

\$97 per person

Departs 7:15 am Returns: Approximately 7:00 pm

Start the morning with a visit to the famous Len Libby's chocolates. Indulge in a sweet treat before we continue our tasty tour. But save your appetite for lunch at Foster's Clambake where you will dine on Lobster or BBQ Chicken along with clam chowder, steamed clams and mussels. After lunch, we will make a stop at When Pigs Fly Company Store in Kittery, ME. Explore this amazing place which includes over 25 varieties of our all natural breads and other products like jams & jellies and yes there is a sampling table! Before a scenic ride to York, ME for an afternoon visit to Stonewall Kitchen Store. You will be amazed at the abundance of locally produced products here. Smell the incredible aromas, savor delicious samples, or watch the jam process. The perfect ending to a delectable day in Maine! A minimum \$10 deposit & meal choice is required at time of sign up. Full payment is due by August 12th. No refunds will be given after August 17th.



SIGN UPS START JUNE 16th

Foliage Turkey Train Tour

Thursday, October 27, 2022

\$105 per person

Departs: 9am Returns: Approximately 8 pm

Join us for the perfect Foliage Day Trip! Begin your day with a beautiful scenic drive up to Meredith, New Hampshire where we will board the Winnepesaukee "Turkey Train" at the Hobo Railroad. This two hour scenic train ride, through the countryside of New Hampshire is complete with a delicious full turkey dinner complete with all the fixin's! This exceptional turkey meal is provided by Hart's Turkey Farm. Following the lunch train excursion we board the motor coach and head to Moulton Farms, in the heart of the Lakes Region. The farm dates back to 1890's and has so much to offer. Browse their farm stand garden center or maybe pick up a treat at their bakery! A Perfect ending to our October day!

A \$10 deposit is required at time of sign up. Full payment is due by September 23rd.

Bus Trip Information & Reminders

**Martha's Vineyard-
Full Payment is due June 13th
\$97 per person**

We will be departing on Tuesday, June 28th at 7am and returning approximately at 7pm.

We kindly ask you to arrive by **6:30 am to check in.** No refunds given after June 17th

**Lobster Roll Cruise-
Full Payment is due June 17th
\$97 per person**

We will be departing on Thursday, July 14th at 10:30 am and returning around 6 pm.

We kindly ask you to **arrive by 9:45 am to check in.** No refunds will be given after June 22nd.

**Sail Away Argia Cruise-
Full Payment is due July 8th
\$129 per person**

We will be departing Tuesday, August 2nd at 8am and returning around 3 pm.

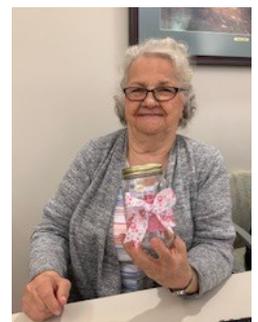
We kindly ask that you **arrive by 7:15 am to check in.** No refunds given after July 15th

**Foster's Downeast Clam Bake &
Isles of Shoals Cruise
Full payment Due by July 29th
\$115 per person**

We will be departing Thursday, Aug 18th at 9am and returning at approximately 7pm. We kindly ask that you **arrive by 8:15 am to check in.** No refunds will be given after Aug 1st.



The Mason Jar Craft was a big hit with our seniors!! Some made floral designs while others went with a patriotic theme! It was wonderful to see them display their creativity in their design and how they planned to use them! Some plan to use them as a vase, a loose change holder, a candle holder, or as a candy jar!!



Happy Retirement Ed Tammany!



We would like to wish Ed a very Happy Retirement!! Although we were sad to hear that June 14th will be Ed's last class here at the Center, (we begged and pleaded with him to stay! 😊) we have been so very fortunate to have had him with us for over 11 years! His Chair Yoga and Chair Chi classes were well attended. He is loved by all his students and all those who have been lucky to come in contact with him! He is known for always bringing his charm, wisdom, enthusiasm, and timeless sense of humor to each and every one of his classes. Ed has helped to inspire peace and serenity in each of his students through his instruction. To say he will be missed is an understatement! We wish you a wonderful retirement! Enjoy this new chapter of your life, and we hope it's filled with good health, relaxation, and fun! Namaste!

Please note, we do plan to continue to offer Chair Yoga and Chair Chi classes. We have a new instructor, Ani, who will be taking over the Tuesday Chair Yoga class starting June 21st! During the transition, we also have some videos of Ed's chair yoga & chair chi classes that we will be showing as well!



We are looking for feedback and would love to hear from you!!
What does the Lincoln Senior Center mean to you?

What is your favorite thing about the Center?

How has the Center helped you?

We would love to hear about your experiences!

Please write or email Lois at ldurkin@lincolnri.org

or Bess at bcarvalho@lincolnri.org with your testimonial about what the Lincoln Senior Center means to you!

Caprese Pasta Salad

Ingredients:

- 1 pound pasta such as Radiatoni or Rotini
- 2 cups of cherry tomatoes cut small
- 8 oz of fresh mozzarella pearls
- 1/4 cup fresh basil, shredded
- 1 cup of store bought Balsamic Dressing (or you can make your own with the dressing recipe below)

Ingredients for dressing:

- 3/4 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1 1/2 TBPS honey mustard
- 2 garlic cloves minced
- 3/4 tsp sugar
- 1 1/2 tsp kosher salt
- 1/2 tsp black pepper



Directions:

- Cook the pasta according to package directions, adding salt to the water. Drain and rinse with cool water to stop the cooking process and cool the noodles.
- In a large bowl, combine the noodles, tomatoes, mozzarella and basil.
- In a measuring cup, whisk together the ingredients for the salad dressing (or you can use the cup of store bought dressing) Pour the dressing over the pasta salad and toss.
- Enjoy!

Staff

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Meal Site Coordinator

Matt Bertrand

Bus Transportation

Jose Lopes

Custodian

Notary Services are available at the Center!

See Bessie or Carmen at the front desk if you need any assistance

Thinking of Those Who Have Recently Passed

Always on our minds and always in our hearts



Michael Brehio
May 7, 2022



Ronald Barks
May 7, 2022



Louise Gibson-Ryan
May 7, 2022

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____



Be sure to check out our Facebook Page

Lincoln Senior Center

for Center news and info on daily activities, class updates, cancellations & special events!

Don't have Facebook? Ask Bess and she can help assist you to set it up!