

# The Lincoln Link

LINCOLN SENIOR CENTER NEWS

150 Jenckes Hill Road  
Lincoln, RI 02865  
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## Happy New Year!!

We hope that everyone enjoyed the holidays and ringing in the new year! We are looking forward to this new year and hope that it brings fun times and good health to you and your families. The new year is a time of renewal and hope. Although things are still not back to “normal” due to COVID -19, we are working hard to make sure that we keep all our members safe and healthy during this time. We need to be patient and continue to wear our masks and practice safe social distancing protocols. Due to the recent mask mandate, masks will be required for all staff, instructors and members while at the Center for all activities at this time. We thank you for your cooperation! We look forward to having a wonderful year!

 Lois Durkin, Director 



**We are so thankful and grateful for Twin River's continuous generosity! On Friday, Dec 10th, Twin River's Kim Ward presented the Lincoln Senior Center staff with a check for \$10,000 to be used for our meal site program.**

### Bus Tours 2022

We have got some great trips planned for this year!! Our first scheduled bus tour will be on March 31st to Parker's Maple Barn and Flagg Hill Winery

Cost is \$95/person

Sign up sheet will be posted starting January 10th!

Upcoming trips include:

Salem Cross Inn, a Whale Watch, Martha's Vineyard, Turkey Train, Boston Pops & more!!

### Weekly Activities

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

## Calendar of Events & Presentations



The Overeaters Anonymous Group meets every Thursday at 10 am

Jan 3rd- Senior Center Closed in observance of New Year's Day holiday

Jan 5th- Craft Time with Bess! Snowman craft- 10 am

Jan 10th- INSIGHT Meeting at 10:30 am

Jan 11th- Parkinson Support Group at 10:00 am

Jan 12th- Blood Pressure Clinic 10:30 am sponsored by Grandview

Jan 17th- Center is Closed in observance of Martin Luther King Day



### Wednesday, January 5th 10:00 am

Come and create an adorable craft with Bess! Registration is required, so be sure to sign up at the front desk!

### Get Your Taxes Done for Free

**AARP Foundation Tax-Aide will be Providing In-Person and Virtual Service at the Lincoln Senior Center**

Beginning February 15, 2022 and continuing through April 5, 2022, AARP Foundation is providing tax assistance and preparation through its Tax-Aide program — and it is completely free! Visit the front desk to schedule your appointment!

### Class Updates

Please note-for the health and safety of our members, we need to limit our fitness class size to 40 participants. Participants must be signed in before class starts.

It is very important for our members to sign in for **all activities** as we use the data collection to try to secure grants for future programming.

Thank you for your cooperation!

Jan 10th- No Sit & Strengthen Class with Lisa for today

Jan 12th- Watercolors classes resume

Jan 25th- No Line Dancing class with Karen for today

If you would like to receive the newsletter and other special event notifications through email, please be sure to sign up at the front desk!

# HOLIDAY PARTY

It was a fun time had by all at this year's annual Holiday Party! Jay Slick gave a wonderful performance and everyone enjoyed a delicious meal. Santa stopped by to bring some holiday cheer! We are happy to report Santa had said that everyone was on his Nice list this year!! The party ended with a musical performance by the RI Strummers! It was a festive day celebrated amongst so many friends at the Center!



We would like to express a special thank you to the Knitting Group for the incredible Italian Wine Basket and to Denise Bacon for the two beautiful Dave's Market Gourmet gift baskets for our holiday raffle table. The proceeds from the raffle brought in \$792 for our Center!! Thank you to all who participated in our raffle! We truly appreciate all of your support!!

**It's a brand new year!  
It's time for making our new year's resolutions!**

Maybe we promise to get more organized, to read more books, travel more, eat healthier, or maybe to increase our exercise routine. At the Center, we are so very fortunate to be able to offer so many fantastic fitness programs to help our members stay fit and healthy! Now is a great time to make those resolutions become a reality! We would like to take a moment to showcase our fabulous instructors and tell you about their classes. Be sure to come and try one of their classes if you haven't already! Or maybe, try a different class! Feeling shy or unsure? Then come and ask Bess, our Program Director, to take a class with you!

## **Lincoln Senior Center Instructors**



**Lisa Cruz**

**Cardio Fit:** One hour class with 30 min of cardio movements-dance, mild kickboxing & basic calisthenics followed by 30 min of strength training w/ light weights.

**Sit & Strengthen:** This class is designed to work on strengthening upper core & lower body while also strengthening the muscles used in daily activities. The last 10 min of class concentrate on stretching major muscle groups as well as the tendons & joints of the hands. Very helpful for those with arthritis.



**Susan Sgambato**

**Arthritis Exercise:** Based on the Arthritis Foundation exercise program, including seated stretching, range of motion and cardio, standing balance and light hand weight workout.

**Forever Fit:** Full body workout, seated, standing and dance movement, using weights, resistance bands and balls and balance training.

**Zumba Gold & Toning:** Standing Zumba cardio dance class, using toning sticks for a higher level cardio respiratory workout, variety of music.

# Lincoln Senior Center Instructors



**Ed Tammany**

**Chair Chi:** Begins with simple stretches & movements with an awareness of seated alignment & breath. The class continues with slow & concentrated movements to enhance strength, balance & coordination while bringing a sense of peace & relaxation to mind, body & spirit.

**Chair Yoga:** This class is designed for those who would like the benefits of yoga, but have difficulty getting up & down off the floor. This format allows you to gain strength & flexibility derived from yoga. Class closes with some quiet meditation & visualization exercises .



**Bob McManus**

**Tai Chi:** Tai Chi originated over 500 years ago. It is a system of exercises that encourages rhythmic & controlled movement. The focus of these exercises is to soften all of the connecting tissues in our joints beginning with the spine. Tai Chi creates a feeling of relaxation & suppleness throughout the body and enhances the flow of our natural energies (chi) and helps to practice better health.



**Nancy Herz**

**Bone Builders:** Fun filled exercises geared for those over 55 to increase wellness, muscle strength, balance, bone health, cardio health & socializing to improve moods. Start with seated warm up exercises and then move to stand to do stretching, balance training, & dancing to short music segments. Continue with light weight arm & leg exercises and then finish with a cool down. These combination exercises help to improve mobility & balance.



**Irma Mershon**

**Irma's Workout:** This class is geared for seniors! Class kicks off with marching in place. You then move on to seated stretching exercises. Exercise continues with stress balls and stretch band exercises. Next we move on to working with weights and kicks. Lastly, wrapping it up with some stretches. You will get a full body workout for sure!

# Lincoln Senior Center Instructors



**Fran Golombiewsk**

**Zumba Gold:** Move to the beat at your own speed! Zumba Gold is an easy to follow dance program for active older adults looking for a great workout. This workout has a focus on balance, range of motion & coordination. Best of all it's done in a fun party atmosphere with great music!! Fun fun fun!!



**Maria Kishfy**

**Silver Sneakers:** Do you like to dance?? Then be sure to check out this class! This exciting class is a combination class that blends a dance inspired workout with muscle conditioning blocks to improve cardiovascular health and functional skill. Each class offers functional movements to improve activities for daily living and cognitive health.



**Karen Lea**

**Line dancing:** This class is geared for those who already have experience in line dancing. We start with beginner warm-ups, move onto upper beginner work and we challenge our minds with intermediate dances. We do a little bit of country, ballroom line dancing without a partner and just plain line dancing. The music is very diverse. We welcome anyone who wants to learn and have fun!



**Mary Scannell**

**Meditation:** Meditation is a self-directed practice of relaxing the body and calming the mind. It provides the means of entering the realm of quietness in which inner experiences can take place. By creating a contemplative atmosphere, it provides a neutral starting point to access our depths. Each week we experience different types of meditation such as guided meditation, walking meditation, chanting, chakra & color mediation.



## Here is a guilt -free recipe that is a quick and easy treat!



### Frozen Peanut Butter Whips Dessert



#### Ingredients:

- 3 Tablespoons Peanut Butter
- 1 small tub Cool Whip Fat Free
- Hershey's Sugar Free Chocolate Syrup

#### Directions:

- Mix the peanut butter and cool whip together
- Spoon into a lined cupcake tin
- Drizzle chocolate sauce on top
- Return to freezer & freeze until solid

### Thinking of Those Who Have Recently Passed

*Always on our minds and always in our hearts*

Florence Marquette 10/05/21

Yvonne Connors 11/11/21

Paul Hayes 11/27/21

John Verdon 12/19/21

### Friends of Lincoln Senior Center Memorial Donation Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Have you recently moved or gotten a new phone number? Please be sure to let us know so that we can update our records!

### 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



# WINTER WORD SEARCH

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

FROSTY

FROZEN

HOT COCOA

ICICLE

ICY

IGLOO

JACKET

MITTENS

SCARF

SHOVEL

SLED

SNOWBALL

SNOWFLAKE

SNOWMAN

