

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

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

April 2022

Spring is here!! The flowers are beginning to bloom and the nicer weather will be here soon! Easter will be celebrated this month. A wonderful time to spend with family and friends. The Center will certainly be buzzing with lots of activity. We have a couple of new classes added to our schedule starting this month, as well as numerous presentations for you! America's favorite pastime is about to start-baseball!! The Red Sox home opener is on Friday, April 15th. Be sure to show your home team spirit and wear your Red Sox (or other favorite team) gear! Also, sign ups also begin for our summer bus trips! Lots to do this month!! We hope you can join us for all the fun!

Wishing a Happy Easter
to all!

Lois Durkin, Director



Weekly Activities

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



The Lincoln Prevention Coalition will be hosting a Prescription Drug Take-back Day on Wednesday, April 27th at the Center from 10am to 2pm. Bring in your old or unneeded prescriptions and turn them in for collection. The DEA encourages you to remove unneeded meds from your home to avoid medication misuse.



The Center will be holding a AAA Driving Course!

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, May 6th from 10 am to 3pm**, with a one hour break for lunch.

Sign ups for this class begin on Monday, April 11th! See the front desk to register-spots are limited!



Calendar of Events & Presentations

The Overeaters Anonymous Group meets every Thursday at 10 am

- April 6- **Diabetes Presentation at 10am**-sponsored by Blue Cross
Blood Pressure Clinic to follow the Blue Cross Presentation
- April 7- **URI Pharmacy Outreach Presentation on Arthritis at 11:15 am**
- April 11- **INSIGHT group meeting-10:30 am**
- April 11- **Final Payments due for Salem Cross Inn bus trip**
- April 12- **Parkinson Group Meeting 10am**
- April 12- **Balance & Breathe fitness class 2 pm**- sponsored by Oak Street Health
- April 14- **Wineglass Craft Activity with Bess at 10 am**
- April 15- **Wear your Red Sox or other favorite team gear for the Rex Sox home opener** 
- April 21- **Presentation by Ron Barks "Springtime in Paris" at 11am**
- April 26- **Presentation by the RI Attorney General on Fraud and Elder Abuse at 1:15 pm**
- April 27- **Drug Take Back sponsored by Blackstone Valley Prevention Coalition 10am-2pm**
- April 28- **Veteran's group Meeting 11 am "Cup of Joe with a G.I. Joe"**

Class & Center Updates

Please note-for the 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!

- There will not be Tai Chi with Bob this month as he is still recovering from his surgery
- No Silver Sneakers Class April 6th
- **Memoir Writing Class** will meet bi-weekly at 1:30pm on **April 12th & April 26th**
- No Mah Jongg lessons with Carol on **April 15th**
- **Beginner Aerobic Dance Class** with Maria starts **Monday, April 18 at 2pm**



NEW CLASS!!
Beginner Aerobic Dance
Step by Step
Mondays at 2pm
with Maria

Learn a variety of dance style steps in this beginner-friendly, low impact aerobic dance class. A fun way to burn calories, increase heart rate, and stay active!



Class begins April 18th!!



Join us on
Thursday, April 14th
at 10 am

as we create personalized painted wineglasses! The creativity is endless!! Registration is required for this event, spots are limited!

Please join us for a free **Balance, Breath and Movement Class** on **Tuesday, April 12th at 2pm**

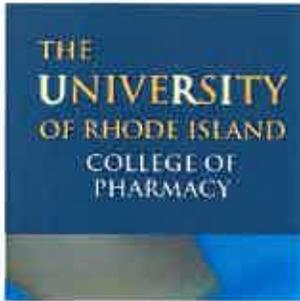
This class incorporates seated yoga positions, balance, stretching and strengthening to keep you mobile & strong!



April 6th at 10am

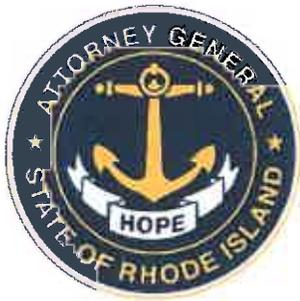
Blue Cross Workshop on Diabetes

In this workshop you will learn about pre-diabetes and diabetes. We'll discuss the different types of diabetes, its long-term health effects, and what you can do to lower your risk for Type 2 diabetes. There will also be a Blood Pressure Screening following the presentation.



Join us for a presentation **Thursday, April 7th at 11:15 am** by the Pharmacy Outreach Program URI, College of Pharmacy

We will discuss risk factors for developing arthritis, lifestyle modifications that you can make and prescription and over-the-counter options to treat it.



The Office of the Attorney General's Elder Abuse Unit would like to invite you to a presentation on **Tuesday, April 26th at 1:15 pm** to learn about how the Office of the Attorney General serves the people of Rhode Island. The Elder Abuse Unit will discuss issues that matter to you and share helpful information about how to protect yourself against scams and abuse. The presentation will be followed by a Q & A session.



Thursday, April 21 st at 11 am

Come and enjoy "A Walk Through Paris" through the eyes of world traveler, Ron Barks. He will take you on a pleasant stroll from the Eiffel Tower up to the Trocadero then over to the Arc De Triumph. From there, you'll wander along the Les Champs Elysees then up to Montmartre, the artists quarter. Walking along the Seine River and the Left Bank, you'll visit Notre Dame Cathedral. It's a delightful day's walk in a lovely city!

St. Patrick's Day Fun at the Center

Photos by Janice Musco

Everyone sported their **Irish green** on St Patrick's Day at lunch! They dined on traditional corn beef & cabbage and enjoyed some Irish music! It was a fun afternoon!!





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, April 28th at 11am** in the conference room!

Members had fun creating their own personalized St Patrick's Day mugs at craft hour with Bess last month!



Salon Services are back at the Center!

Hair stylist, Julie, is available on the first and third Wednesdays of the month for hair cuts and styles by appointment only. If interested, please see the front desk to schedule your appointment with Julie!

Prices:

- Hair cut.....\$17
- Hair cut & blow out.....\$25
- Hair cut, blow dry, and curling iron styling.....\$34

Lincoln Memorial Day Parade
Pasta Supper
Lincoln Senior Center
150 Jenckes Hill Rd



On **Saturday, May 7th** the Memorial Day Parade Committee will be hosting a Pasta Supper at the Lincoln Senior Center!

Food will be served 4:30 pm to 7:00 pm

Great food, Raffle Prizes and Music!! All proceeds support the Memorial Day Parade! Tickets are available at the front desk!

Seniors \$7 Adults \$10/

Children \$5 Children 5 & younger-free

Town Ornaments for Sale!

Town ornaments exhibiting different landmarks in Lincoln are still available for sale! We have some of the past ornaments available for purchase here at the Senior Center. They are just \$10 each! All proceeds benefit the Memorial Day Parade.



Sign ups start on April 11, 2022 for the following Bus Trips!

A deposit is due at time of sign up!



Martha's Vineyard **Tuesday, June 28th** **\$97 per person**

Come explore Martha's Vineyard with us! We will board the *Island Queen* in Falmouth for a relaxing ride to Martha's Vineyard. Once the ferry arrives in Oak Bluffs, Martha's Vineyard we will take a narrated tour through Oak Bluffs and Vineyard Haven. Included in this tour is a two hour stop in Edgartown for lunch (on your own) and shopping. This is simply the BEST way to see Martha's Vineyard! Trip includes roundtrip transportation, ferry and narrated tour of Martha's Vineyard.

Lobster Roll Cruise **Thursday, July 14th \$97 per person** **Take a cruise with us!**

We start off our day by traveling to Cape Cod! We begin our day in Dennis and enjoy a 90 minute cruise offering spectacular views from the decks of the *Lobster Roll*, a custom build cruise boat. Glide through the calm water of Sesuit Harbour into the serene beauty of Cape Cod Bay with its incredible picturesque coastline. On board, you will enjoy a choice of Lobster Roll, Roast Beef Roll Up or a Vegetarian Roll Up. In the afternoon we will visit Katie's Homemade Ice Cream in Hyannis to enjoy an included small ice cream cone. Before heading home you will enjoy some free time in downtown Hyannis.



Sail Away Argia Cruise **Tuesday, August 2nd** **\$129 per person**

Set sail as we cruise the quaint village of Mystic, CT. We board the Argia for a private two hour sail in calm waters. Let the sound of the water and scent of the salt air relax you as we cruise among the scenic islands & beautiful lighthouses. After cruising, we will stop by and included lunch as the U.S.S. Chowder Pot for choice of baked scrod, chicken picatta or eggplant parmesan. After lunch we will visit Olde Mystic Village. Visit and shop the unique shops in the village.



Foster's Downeast Clam Bake & Isles of Shoals Cruise

Thursday, Aug 18th **\$115**

Travel with us to Maine for a lunch & cruise! We begin at Foster's Downeast Clambake in York, Maine. Lunch includes Maine Lobster or BBQ Chicken, Maine Steamers & Mussels, Clam Chowder, Corn on the Cobb, Potatoes, Onions Rolls & Blueberry Crumb Cake. While feasting, enjoy live entertainment with a dose of humor. After lunch, we are off to Portsmouth, NH for a 3 hour narrated Isles of Shoals tour aboard a Victorian Steamship. On the cruise, you will see the Isle of Shoals, three lighthouses, the "Alcatraz of the East" naval prison, and the oldest active Naval Shipyard!

Stay Tuned and Save the Dates for these upcoming trips we will be booking in the next few months!!.....

Sept 13th– Best of Maine \$95 per person

Oct 27th– Turkey Train (Foliage Day trip to NH) \$105 per person



Frequently Accessed Online Services

www.ssa.gov

A personal *my* Social Security account gives you access to personalized tools whether you receive benefits or not. Don't have an account yet? Signing up is free, easy, and secure. Below are just a few examples of what you can do with a *my* Social Security account from virtually anywhere and without contacting Social Security. Save time and go online! Visit the link or use your mobile device to scan the QR code to learn more about a service. Join the more than 65 million people who have a *my* Social Security account to complete their Social Security business online.

Get Your Benefit Verification Letter

You can *instantly* view, print, or save your official Benefit Verification Letter to show proof you do or do not receive benefits.

www.ssa.gov/myaccount/proof-of-benefits.html



Change Your Address

If you are receiving Social Security benefits or are enrolled in Medicare, you can change your address and phone number.

www.ssa.gov/myaccount/change-of-address.html



Get Copy of Your SSA-1099 Tax Form

You can *instantly* view, print, or save a copy of your SSA-1099 or SSA-1042S if it was lost or you did not receive it.

www.ssa.gov/myaccount/replacement-SSA-1099.html



Set Up or Change Direct Deposit

You can set up or change your direct deposit if you already receive Social Security benefits and you have a bank account.

www.ssa.gov/myaccount/direct-deposit.html



Get Your Social Security Statement

You can *instantly* view, print, or save a copy of your *Social Security Statement*. Your *Statement* shows your estimated future benefits based on your actual earnings history and is a great way to plan for your future.

www.ssa.gov/myaccountstatement.html



Check Status of Your Application or Appeal

You can *instantly* check the status of your application for Social Security benefits or Supplemental Security Income (SSI), or the status of your pending reconsideration or hearing request.

www.ssa.gov/myaccount/application-status.html



Request Replacement Social Security Number Card

You can request a replacement Social Security number (SSN) card if it was lost or stolen. If you're only requesting a replacement card, and no other changes, using your personal *my* Social Security account is a good option. Keep in mind that in many cases, even if you lost your card, you may not need a replacement. In most cases, simply knowing your SSN is enough. But if you do need a replacement, we make it easy.

www.ssa.gov/myaccount/replacement-card.html



Securing today
and tomorrow

SSA.gov |     

Social Security Administration
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January 2022

Frequently Accessed Online Services
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Spring Word Search

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



APRIL
BASEBALL
BLOOM
BUNNY
BUTTERFLY
CHICK
EASTER
EGGS

FLOWERS
GREEN
GROW
HATCH
JUNE
MARCH
MAY
NEST

PASSOVER
PUDDLE
RAINBOW
RAINCOAT
SEEDS
SHOWERS
SPRING
UMBRELLA



Here's a recipe you can make with the leftover
Easter ham!

Ham and Cheese Sliders

Ingredients:

- 1/4 c. yellow mustard
- 1 tbsp. honey
- 4 tbsp. melted butter
- 1 tbsp. poppy seeds
- 1/4 c. mayonnaise
- 12 slider buns
- 12 slices deli ham (or leftover
Easter ham)
- 12 slices Swiss cheese



Directions:

- Heat oven to 350° and line a large baking sheet with parchment paper. In a small bowl, combine mustard and honey and whisk to combine.
- Make poppy dressing: In a medium bowl, combine butter, poppy seeds, and 1 tablespoon of honey-mustard mixture. Whisk to combine
- Split slider buns in half horizontally and place bottom half on baking sheet. Spread mayo in an even layer on the bottom layer of slider buns, then top with an even layer of ham and cheese. Spread top buns with honey-mustard mixture, then place on top of cheese layer. Pour poppy seed dressing on tops of buns (using a pastry brush to spread if necessary) until all buns are coated
- Place in oven and bake until cheese is melty and buns are golden, 10 to 12 minutes. Slice and serve.

Staff

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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!

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____

Open
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

9:30 am Quilting
10:00 am Cardio Strength w/ Lisa
11:00 am Sit & Strengthen w/ Lisa
12:00 pm Lunch
1:00 pm Hand & Foot Card Game
2:00 pm Beginner Dance
Aerobics w/ Maria
2:30 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/ Ed
12:00 pm Lunch
12:00 pm Zumba Gold w/ Fran
12:30 pm Bridge
12:45 pm Hi-Low Jack
1:00 pm Line Dancing w/
Karen
1:30 pm Memoir Writing Class

Wednesday

10:00 am Irma's Workout w/ Irma
10:00 am Watercolors Class
11:00 am Chair Chi w/ Ed
11:45 pm Lunch
12:00 pm Zumba w/ Sue
1:00 pm BINGO
1:00 pm Bone Builders w/ Nancy
2:15 pm Silver Sneakers w/
Maria

Thursday

9:30 am Mahjongg Group
10:00 am Chair Yoga w/ Ed
10:00 am Overeaters Anonymous
Group 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 Mahjongg Lessons
10:00 am Pastel Art w/ Nancy
10:00 am Cardio Strength w/ Lisa
11:00 am Yoga w/ Lisa
12:00 pm Lunch
12:45 pm Hi-Low Jack
2:00 pm Ukulele w/ Georgina

Updated
04/01/22