

# The Lincoln Link

LINCOLN SENIOR CENTER NEWS

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

## February 2022

Most associate the month of February with thoughts of love and affection as we look forward to celebrating Valentine's Day. At the Center, we absolutely LOVE all of our members and hope that they feel the love every time they visit our facility!

This month serves as a reminder that love and kindness help make the world a better place and helps to keep you young! In the words of the beloved Betty White, "Kindness and consideration of somebody besides yourself. I think that keeps you feeling young. I really do."

As COVID-19 continues to be a challenge, we are working very hard to keep our facility open so members can continue to enjoy taking fitness classes, playing Bingo and cards, creating art, enjoying a hot lunch, and socializing with friends. We would like to thank everyone for their kindness and cooperation as we try to keep everyone safe.

We hope everyone has a wonderful month filled with lots of love, laughter and good health.

**Lois Durkin, Director**



## 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

**Did you know that you can help Lincoln Senior Center help those in need with your donations? Check out how!!**



The Rhode Island Lions Club Sight Foundation has a collection bin in our front entrance foyer to collect used eyeglasses for those in need.



We have a Goodwill collection bin right across from the exercise equipment room door to collect used clothing.

## Calendar of Events & Presentations

The Overeaters Anonymous Group meets every Thursday at 10 am

Feb 1st- Blood Pressure Clinic 10am sponsored by Oak Street Health

Feb 3rd- 11:15 am **Hypertension: Managing Your High Blood Pressure**  
presented by the URI Pharmacy Outreach Program

Feb 8th- Parkinson Support Group Meeting 10:00 am

Feb 10th- Create a Valentine Card Activity with Bess 9:30 am—11 am

Feb 14th- INSIGHT meeting 10:30 am

Feb 18th— Final Payments due for Bus Trip to Parker's Maple Barn & Flag Hill Winery

Feb 21st- Center closed in observance of President's Day



### Love is in the air!!

Show how much you care! Come & create homemade Valentine's Day cards for your loved ones with Bess

**Thurs, Feb 10th**

**9:30 to 11 am**

We would like to kindly ask our members to please alert a staff member right away if something breaks or if there are any parking lot issues so that we can address any issues right away. Thank you for your continued cooperation!

### Class & Center Updates

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. Participants must be signed in before the class or activity starts.

If you have a class, program or presentation suggestion, please do not hesitate to reach out to our Program Director, Bess Carvalho. We have some exciting new programs that we are currently planning! Here are some of our new programs that we will be rolling out very soon!

- We will be partnering with the Parks & Recreation department to bring a self-defense class to the Center! Be sure to look for more information coming soon!!
- We are planning a memoir writing workshop for the spring
- We are also working on starting up a Computer Class, as well as a Tech Assistance hour, to help you with technology issues that you may have- such as questions about operating your cell phone, kindle or tablet. Our staff are always happy to assist you with any questions you may have!

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

# Lincoln Senior Center Instructors

We are so very fortunate at the Lincoln Senior Center to have such wonderful and fantastic instructors! Last month we highlighted our fitness instructors and this month we would like to showcase our other talented instructors in the arts, quilting, Mah Jongg, and photography arts fields.



**Michael Walzcak**

## Watercolor and Beyond

Michael is a high energy, easy going guy who works as a visual artist out of his Providence studio. As a abstract watercolor painter & collage artist, he has worked in a variety of mediums. Michael works collectively with his students as they discover and demonstrate the joys of painting.

His watercolor class will focus on drawing what we see and seeing what we draw with our paint brushes. We look at line, texture and color pallets. Each class starts with a 15 minute warm up that lead up to the project for the day. He will share a number of outstanding painters that support the work at hand.

If you want a quick moving, fun loving and process driven class, then this class is it!



**Nancy Curry**

## Pastel Art with Nancy

The pastel class offers a fun experience with a versatile medium. Even though lessons build upon each other with each class, beginners are welcome. Help will be offered, and supplies are available for someone just wondering if this is the art medium for them. Lessons thus far have focused on mark-making, shading, composition and, most recently, color theory.

This class has had some amazing displays of its work. A favorite project involved creating reproductions of famous artists the class has researched-Mary Cassatt, Claude Monet and Paul Cezanne. More recently, the class learned techniques for the many ways to represent snow and pastels. The result is our current display of beautiful winter scenes. Please come and check out our class!! See the beautiful art pieces they have recently completed!



*Winter's Lodging*

**Nancy Curry**



*Moonlight at Midnight*

**Marty Donovan**



*Together in Spirit*

**Pauline Koerner**



*Acquaintance*

**Inna Yerukhimovich**



*Serenity*

**Toine Philibert**



*Lonely Bird on a Snowy Pine*

**Van Lively**



*Holly in the Snow*

**Sandy Beaudry**



*Frosty Cold*

**Joan Van Der Berg**



*Snow Bunnies*

**Renee Carey**



*Sunday Morning*

**Rose Quattrucci**



*Guardian at the Door*

**Audrey Craig**



*Winter Solitude*

**Rhonda Locurto**



*After the Storm*

**Beth Mongeon**



*Country Road*

**Helene Palazini**



*Off the Beaten Path*

**Bobbie Schaeffer**



*The Path*

**Connie Conca**

# Lincoln Senior Center Instructors



**Elaine Vota**

## Quilting Lessons with Elaine

Interested in creating beautiful quilts and other fine pieces? Be sure to visit our Quilting class on Monday mornings. The class is for basic to advanced students. They will learn skills to make quilts, table runners, memory pillows and more. There are many techniques to learn and enjoy. We use both hand and machine piecing.

Elaine has been teaching quilting for over 44 years! In the past, she has secured grant funding through the RI Council of Arts and has had her students quilts on display at the National Council on Aging Capitol Gallery in Washington D.C.



**Carol Deforges**

## Mah Jongg Lessons with Carol

Enjoy playing a challenging game and forming a social group? Come learn how to play Mah Jongg, a tile game formerly played only by Chinese royalty.

Here at Lincoln Senior Center we play the American Version using a set of 152 tiles. In order to play the game you must learn the symbols on these tiles, the patterns of hands on a scorecard put out by the National Mah Jongg League, the many rules of the game, and the protocols of play. Even though it is a challenging game to learn, we guide you through it. Once you master it, Mah Jongg is addicting and you will not want to stop playing it!

Instructor, Carol Desforges, is a retired high school science teacher who loves to play and teach Mah Jongg. She has been teaching Mah Jongg at senior centers, with social organizations, and in private homes since 2007.



**Steve McGrath**

## Beginners Digital Photography Class

Are you getting to know your digital camera and its features? Here's an opportunity to learn from an expert in this seminar for beginners! Have your camera ready and learn when & how to use its special features-such as program mode, manual mode, aperture priority and shutter priority. He will also cover basic composition & the best use of light for different situations, such as plant, people, macro and landscape photography. This is a 5 week course.

Steve McGrath is a professional freelance photographer and photography teacher who has been creating images for 30 years. He began shooting high school sports, weddings and stock agencies. His passion for the outdoors led him to his true passion-nature photography. His images have even been published in school text books!

Happy  
*VALENTINE'S DAY!*

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

**Heart**

**Sweet**

**Kiss**

**Valentine**

**Hug**

**Love**

**Be Mine**

**Gift**

**Candy**

**Flowers**

## Looking for a delicious Super Bowl snack?

Try this delicious recipe!!

### Cowboy Caviar

This easy recipe is fun, colorful and delicious! Makes a great dip, salad, side dish or even topping for grilled meats!

#### Ingredients:

1/2 cup olive oil

1 tbsp granulated sugar

1/4 cup white wine vinegar (can substitute with red wine vinegar or apple cider vinegar)

1 tsp chili powder

1 tsp salt

1 pound Roma tomatoes seeded & diced

1 15oz can of black beans drained & rinsed

11 oz can of sweet corn

1 red onion diced

1 green bell pepper diced

1 red bell pepper diced

1 cup fresh chopped cilantro or fresh chopped parsley

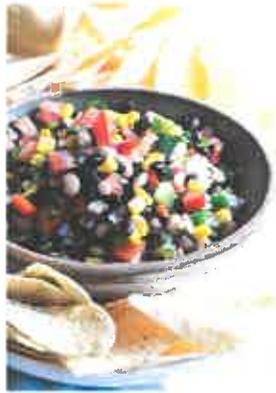
#### Directions:

In a large bowl, whisk together olive oil, sugar, vinegar, chili powder & salt.

Add tomatoes, black beans, corn, onion, peppers. Stir to combine.

Stir in cilantro. Cover & chill until serving time.

Serve with tortilla or frito chips!



### Staff

Lois Durkin

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Director

Bessie Carvalho

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Program Director

Carmen Reverdes

creverdes@lincolnri.org

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!

### 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  
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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  
12:45 pm Tai Chi w/ Bob  
1:00 pm Hand & Foot Card Game  
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

### 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  
01/26/22