

The Lincoln Link

LINCOLN SENIOR CENTER NEWS



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

May 2022

The tulips and daffodils are blooming-spring is here! As you can see, the Center is buzzing with activities! We have a Spring Fling Party planned for May 13th. There will be entertainment and a catered luncheon. It should be a fun afternoon! This month we celebrate Mother's Day!! Mothers are special because their love is unconditional, they always welcome you with open arms and open hearts, and are always there for you when needed!! We hope all the mothers, grandmothers and godmothers enjoy their special day with loved ones!



Lois Durkin, Director

Join us for our Spring Fling Party

May 13th at 11 am

Entertainment will be provided by Bob Ragosta along with a catered luncheon by Mickey G's!

Luncheon menu:

Choice of Baked Scrod or Stuffed Chicken served with salad, mashed potatoes, green beans, bread & dessert

\$15.00 per person

Sharpen your driving skills with the AAA Defensive Driving Course – RI. Drivers 55+ may qualify for an auto insurance discount.* Our May class has filled up, but we are going to offer another class in June. **Class will be held on Friday, June 3rd from 10 am to 3pm,** with a one hour break for lunch.

Sign up at the front desk!



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

COVID-19 Vaccination Booster Clinic Wednesday, May 4th 10 am to 12pm

On May 4th, the Center will be hosting a COVID-19 Vaccination Booster clinic and will be offering both the Pfizer and Moderna vaccines. It is by appointment only and you must register online for your appointment. If you need assistance registering online, please call or visit the front desk and we will be happy to assist you!

To register for the Pfizer vaccine, please visit: <https://qrco.de/LSCPfizer54>

To register for the Moderna vaccine, please visit: <https://qrco.de/LSCModerna54>

Calendar of Events & Presentations



The Overeaters Anonymous Group meets every Thursday at 10 am

- May 3-** Salem Cross Inn Bus Trip
- May 4-** COVID Vaccination Clinic from **10 am to 12 pm by appointment only**
- May 5-** Presentation-”**Learn about the History of the Kentucky Derby**”– 11:00 am
- May 6-** AAA Safe Drivers Certification Class is from 10 am to 3 pm (**Class is full at this time**)
- May 9-** INSIGHT Group meeting **10:30 am**
- May 10-** Parkinson Support Group meeting **10 am**
- May 11-** Blue Cross presentation **10 am “What You Need to Know about Sleep”** 
Blood Pressure Clinic will follow the presentation
- May 13-** **Spring Fling Party 11 am**
- May 19-** Mason Jar Craft Activity with Bess 11 am. Registration is required
- May 20– Rhode Island Office of General Treasurer –Unclaimed Property 10 am—12pm**
Find out if you have any unclaimed property & learn how to retrieve it!
- May 24-** Presentation by **RI Hospital’s Injury Prevention “Older Adult Pedestrian Safety”-**
will be held at 10am
- May 26-** **Veterans Meeting 11:00 am** “Cup of Joe with A G.I. Joe”
- May 30-** **Center Closed-Memorial Day**

Class & Center Updates



- Watercolors Class will be taking a break for the month of May
- On May 13th, due to our Spring Fling Party, we will not be holding any morning fitness classes. Bone Builders, Cardio Strength and Yoga classes are canceled for May 13th.
- Tai Chi with Bob is still on break for this month as he is still recovering from his surgery.
- Mah Jongg Lessons with Carol will switch to a new day starting this month. Lessons will now be held on **Thursday mornings at 10am.**
- Memoir Writing Class will meet bi-weekly at 1:30pm on **May 10th and May 24th**

Just a friendly reminder.....

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!

We also want you to know that the staff at the Center wants to ensure that all our members have a comfortable and enjoyable atmosphere here at the Center. It is our policy to respect, and support all staff, volunteers and patrons who partake in the many services and activities that are provided. Any disruptive or abusive behavior of any kind, either physical or verbal with any participant or staff person will not be tolerated. Other behaviors, which may provoke suspension, include: Any type of witnessed theft, profanity of any kind, smoking in non-smoking areas, and the consumption or possession of alcoholic beverages on any kind on premises. The perpetrator will be asked to leave the center by the Director or Assistant for a period of one month. A second time offender will be asked to leave for two months; a third time offender will be asked to leave for three months.

Thursday,, May 5th at 11am



Are you a horse racing fan? Do you enjoy the races? Come join us for a brief lecture on “**The History of the Kentucky Derby**” presented by Dr Leeann Teal-Rutkovsky on Thursday, May 5th at 11 am. Learn about the history of the Kentucky Derby and its traditions. She will also discuss derby fare and you can learn how to make the signature drink of the Derby-the mint julip (non-alcoholic version!) She will also have some hat samples to view! You will also make and take home your own fascinator! We hope that you can join us for this fun filled presentation!! Please register at the front desk!



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



Tuesday, May 10, 2022 at 10:00 am

Any treatment plan can be overwhelming. Allow Kendra Richards from Home Care Advantage guide you through the LSVT BIG and LOUD Program process. Learn practical tips, share experiences and tap into a network of resources that can help you maintain control over your life.

This meeting will be live and virtual. For the virtual option, please get in touch with Maria Kishfy, APDA Support Group Leader, for the virtual ZOOM link by emailing marikisfy@gmail.com or calling 401-440-8136.



May 11th at 10am

Blue Cross Workshop

What you need to know about SLEEP

In this workshop you will learn about sleep. Poor sleep isn't just about being tired. It can also make it difficult to lose weight and can contribute to high blood pressure. They will be discussing some tips and strategies for a better sleep. The presentation will be followed up with a Blood Pressure Clinic.

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!

Mason Jar Craft Activity with Bess Thursday, May 19th at 11 am



Come join us as we create adorable mason jar vases on Thursday, May 19th at 11 am. Registration is required-please be sure to sign up at the front desk!

Need a Hair Appointment?



Julie, the hair stylist, will be scheduling appointments at the Center for **May 4th and May 18th**. It is by appointment only-please see the front desk to schedule your appointment!

The time slots available are:

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



The Office of the Treasurer will be visiting the Center on May 20th 10 am to 12pm

Each year, the Treasurer's office recovers unclaimed cash and assets from businesses, banks, landlords, safe deposit boxes and utility companies. The property is kept safe until it can be returned to its rightful owner. More than 300,000 Rhode Islanders have property waiting to be returned to them, and many don't even realize it until they search our database and find their missing money. Learn how to see if you have any unclaimed property!



**Tuesday, May 24th
10 am**

On **May 24th at 10 am** the RI Hospital Injury Prevention Center will be hosting a presentation on "**Older Adult Safety & Injury Prevention**". Walking is one of the most popular forms of physical activity for older adults. It is so important to our physical and mental health! There has been a large increase in pedestrian injuries over the past decade, they will be discussing the healthy benefits of walking and provide tips on pedestrian safety. Be sure to register for this presentation at the front desk!

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, May 26th at 11am in the conference room!



Members enjoyed painting wine glasses last month at our Craft Time with Bess! "Cheers" to them on their beautiful creations!!



Bus Trip Information & Reminders

We had such an incredible response for our summer bus trips-all of our trips are full at this time! Due to the enormous response for the trip scheduled for August 18th to Foster's Clam Bake and Isle of Shoals trip-we are currently working to see if we can add a second bus! Be sure to keep an eye on the Trip board for updates on adding an additional bus!

Martha's Vineyard TRIP IS FULL

Tuesday, June 28th

\$97 per person

Depart: 7am Return: Approx. 7pm

Full Payment Due by June 13th

No refunds given after June 17th

Lobster Roll Cruise

TRIP IS FULL

Thursday, July 14th

\$97 per person

Depart: 10:30 am Return: Approx. 6pm

Full payment Due by June 17th

No refunds given after June 22nd

Sail Away Argia Cruise

TRIP IS FULL

Tuesday, August 2nd

\$129 per person

Depart: 8am Return: Approx. 3pm

Full payment Due by July 8th

No refunds given after July 15th

Foster's Downeast Clam Bake & Isles of Shoals Cruise

Trip is Full

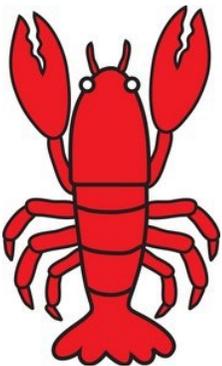
Thursday, Aug 18th

\$115 person

Depart: 9am Return: Approx 7pm

Full payment Due by July 29th

No refunds given after Aug 1st



SIGN UPS BEGIN 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 is required to sign up. Full payments due by August 12th. No refunds will be given after August 17th.

This is a delicious recipe-a perfect addition to a Mother's Day breakfast or brunch!



Ingredients:

- 1/3 cup butter, melted
- 1 cup sugar
- 3 tablespoons lemon juice
- 2 large eggs, room temperature
- 1-1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup 2% milk
- 1 cup fresh or frozen blueberries
- 1/2 cup chopped nuts
- 2 tablespoons grated lemon zest

Glaze:

- 2 tablespoons lemon juice
- 1/4 cup sugar

Directions:

1. In a large bowl, beat the butter, sugar, lemon juice and eggs. Combine the flour, baking powder and salt; stir into egg mixture alternately with milk, beating well after each addition. Fold in the blueberries, nuts and lemon zest.
2. Transfer to a greased 8x4-in. loaf pan. Bake at 350° for 60-70 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack.
3. Combine glaze ingredients; drizzle over warm bread. Cool completely.

Staff

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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!

**Friends of Lincoln Senior Center
Memorial Donation Form**

Name: _____

Address: _____



Mother's Day Word Search



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



CHILD
 LOVE
 PRESENTS
 PERFUME
 LESSONS



PARENT
 FAMILY
 BIRTH
 KISS
 COOKING

