

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

150 Jenckes Hill Road
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March 2022

Happy times are ahead as springtime draws near!! The first day of spring is March 20th and will be here before we know it! Springtime brings happiness and joy with it's beautiful flower blossoms, chirping birds, and sunny & warmer days. Daylight savings falls on Sunday, March 13th as we move our clocks ahead, we get to enjoy more hours of sunshine!

We are happy to share that our mask mandate has been lifted. Masks are only required for those who are not fully vaccinated and boosted. It has been so wonderful to see everyone's beautiful smile!! We thank everyone for their cooperation!

We hope everyone has a wonderful month!

Lois Durkin, Director

Tax Appointments are still available !

AARP Foundation is providing tax assistance and preparation through its Tax-Aide program — and it is completely free!

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

Visit the front desk to schedule your appointment!



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 |



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



Calendar of Events & Presentations

The Overeaters Anonymous Group meets every Thursday at 10 am

- Mar 1 **Signups begin for Salem Cross Inn Bus Trip on May 3rd**
- Mar 8 **The Mind & Mediterranean Diets for Parkinson Disease: Eating for Better Brain Health Presentation** 10 am—11:30am Pre-registration is required!
- Mar 8 **Balance & Breathe fitness class 2 pm-** sponsored by Oak Street Health
- Mar 9 **Blue Cross Presentation-10am** Health & Wellness-Physical Activity & Nutrition Presentation
- Mar 9 **Blood Pressure Clinic at 11 am** sponsored by Blue Cross
- Mar 10 **Craft Activity-** Create a St Patrick's Day Mug with Bess at 10 am
- Mar 14 **INSIGHT meeting 10:30 am**
- Mar 15 **Presentation by Memoir Author-Harry Anderson at 1:30 pm** He will give a presentation about his personal memoir & discuss how you can write your own!
- Mar 17 **Happy St. Patrick's Day!!** Everyone is Irish on St Patrick's Day!! Show your spirit and wear your green today!!
- Mar 17 **Presentation by the RI Hospital Alzheimer's and Center for Memory Disorders at 11:15 am - "Addressing Alzheimer's"**. It will discuss the difference between Alzheimer's and dementia, signs & symptoms & discuss existing & advanced treatments.
- Mar 31 **Cup of Joe with a G.I. Joe** Veteran's Group meeting 11 am
- Mar 31 **Bus trip to Parker's Maple Barn & Flag Hill Winery departs 9am (This trip is FULL)**



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. Thank you for your cooperation!

Due to instructor injury, we will not have Tai Chi Class with Bob this month

No Silver Sneakers fitness classes on Mar 2, Mar 16, Mar 23, Mar 30

On **Mar 8th** Oak Street Health is sponsoring a free **Balance & Breathe fitness class at 2pm**

On **Mar 9th**-a new 8 week Watercolors program will be starting. **Paint Like the Masters**. Learn to paint step-by step in the style & composition of Turner, Cezanne & Sargent! Sign up at the front desk if you would like to take this class!



Cup of Joe with a G.I. Joe

Calling all Veterans!!!!

We are trying to start a veterans group here at the Center! If you are a veteran, or a family member of a veteran, we would love for you to get together with us!

Grab a free cup of coffee and join us on Thursday, March 31st at 11am in the conference room



Come and create an adorable St Patrick's Day mug with Bess on Thursday, Mar 10th at 10 am. These adorable mugs will be perfect to enjoy a nice cup of coffee, tea or hot cocoa! Sign up at the front desk! Space is limited!

Is loss of balance or falling a concern? Would you like to maintain or improve your mobility and strength as you age?

Please join us for a free **Balance, Breath and Movement Class** on **Tuesday, March 8th at 2pm**

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

Sponsored by Oak Street Health.



Celebrating Twosday at the Center!

Tuesday, Feb. 22, 2022, numerically 2/22/22, is a palindrome date, which means it's the same forward and back. What made this an extra special day is that it fell on a Tuesday (more 2s!). This was cause to celebrate! Two lovely ladies, Denise and Mary Ann, donned their special tutu's in honor of Twosday! Mary Ann even added a touch of sparkle with her blinking lights!! They sure brought a lot of smiles to everyone at the Center!



Members had fun creating personalized Valentine's Day cards for their loved ones!

The MIND & Mediterranean Diet for Parkinson's Disease: Eating For Better Brain Health Presentation

Lincoln Parkinson's Disease Support Group

In-Person and Virtual Presentation

Tuesday, March 8, 2022 10 am –11:30 am

Pre-Registration is required

Eating for brain health means choosing foods that have been shown to protect the brain from cognitive decline. What are the healthiest brain foods? It's a simple question with a not-so-easy answer. Presenter, Kathi Masi (nutrition & culinary educator) will discuss brain-healthy foods and tips from the MIND** & Mediterranean diet. She will provide ideas for easy recipes and demonstrate a simple brain healthy recipe. Participants will be able to sample foods and will receive copies of brain-friendly recipes.

PRE-REGISTRATION IS REQUIRED. RSVP by March 5th to Maria Kishfy mariakishfy@gmail.com or at 401-440-8136.



The MIND diet is a hybrid of the Mediterranean diet and the blood pressure-lowering DASH (Dietary Approaches to Stop Hypertension)



Let's learn the benefits of physical activity and the four components of fitness. We'll help you get—and stay—motivated. You'll learn the basics so you can stay on track and meet your goals.

Stop by for a hands-on interactive experience

Wednesday, March 9th at 10 am



- Check out portion sizes of various foods
- Learn how to read food labels
- See the amounts of sodium, sugar and fats in various foods and beverages

Town Ornaments for Sale!

The Town of Lincoln has been selling customized town ornaments since 1996! Every year, they design ornaments exhibiting different landmarks that make Lincoln the community we love and cherish! The ornaments capture a beautiful display of monuments old and new throughout the town; from Moffitt Mill to Manville War Memorial to Conklin Limestone. Each of the ornaments are eloquently detailed to represent the location. They make great gifts and keepsakes of the community we love! We have some of the past ornaments available for purchase here at the Senior Center and also at Town Hall. They are just \$10 each, payable by cash or check. All proceeds from these purchases will go towards the Memorial Day Parade.



Just \$10 each!!



Bus Trip News

We are very excited to offer some fun bus trips for 2022!!

On March 31st, we are off for our first bus trip of the year to Parker's Maple Barn & Flag Hill Winery! This trip is currently full. But take a look at what else we have planned!!

**Our next excursion will be
Salem Cross Inn Tour on Tuesday, May 3rd.
The trip is \$115 per person.**

Enjoy the beautiful landscapes as we travel to the Salem Cross Inn in W. Brookfield, MA. Upon arrival, we will depart on a one hour guided tour of the Quabbin Reservoir. Delve into the intriguing history of how and why this reservoir was built during the Depression Era. After the tour, we will return to the Inn for their Original Historic Fireplace Feast! Lunch will be served by the fireplace in this beautifully restored 1700s Colonial home. Luncheon choice –Prime Rib or Old Fashioned Chicken Pot Pie on a Buttermilk Biscuit. Both served with salad, seasonal fresh vegetable, potato, homemade rolls & muffins, tea/coffee and homemade dessert!

Signups begin March 1st! Deposit is required!

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

June 28th-Martha's Vineyard

July 14th- Lobster Roll Cruise (Cape Cod, MA)

Aug 2nd- Sail Away Argia Cruise (Mystic Seaport, CT)

Aug 18th– Foster's Downeast Clam Bake & Isles of Shoals Cruise (Maine)

Sept 13th– Best of Maine

Oct 27th– Turkey Train (Foliage Day trip to NH)

December-date TBA Boston Pops & luncheon



Volunteer Spotlight



Although the value of volunteers is clear to most who work with them directly, many don't see the full picture and see the value that volunteering offers to the organization and also for themselves. Our Center has so many amazing volunteers who play such an integral part in helping the Center provide exemplary service to our members. Whether it is helping in the dining room or assisting with Bingo, without their help, some of our activities wouldn't be able to take place! We would like to give a little spotlight on our Bingo volunteers-Cindy Stanley, Susan and Glenn Rodenbaugh, and Diane Henault who help out every week at Bingo. They help with setting up, ordering supplies, selling the bingo packages, assisting members with any questions about Bingo, verifying the winning cards, putting out refreshments at intermission and running the prizes to our members throughout the game. We couldn't offer our Bingo program without their assistance!! Our Bingo Group has grown over the past few months and we could not have done it without them! We are so thankful, grateful and blessed to have these wonderful volunteers dedicate their time here at the Center!



St. Patrick's Day Word Search



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

GOLD

LEPRECHAUN

PATRICK

GREEN

POT

CLOVER

SHAMROCK

LUCK

IRISH

MARCH

EMERALD

WISH

RAINBOW

IRELAND

MAGIC

Nothing like a good bowl of soup to warm you up!! This delicious recipe is from one of our members, Kathryn!

Tomato Bisque

Ingredients:

- 2 TBSP olive oil
- 1 yellow onion, diced
- 2 stalks of celery, diced
- 1/2 tsp coarse ground pepper
- 1 pinch cayenne
- 1 tsp dried basil
- 3 cloves garlic, minced
- 4 cups of chicken broth
- 28 oz crushed tomatoes
- 1 tsp white sugar
- 1/2 cup heavy cream



Directions:

1. Add the olive oil to a large pot over medium heat and cook the onion, celery, salt, pepper, cayenne and basil for about 5 minutes or until the onions are translucent..
2. Add in the garlic and stir an additional 45 seconds before adding the broth, tomatoes and sugar.
3. Lower the hear to a simmer and cook for 30-40 minutes before blending until perfectly smooth with an immersion blender.
4. Add in the heavy cream, mix well and serve using more heavy cream and parsley as garnishes.

Enjoy with some crackers or grilled cheese sandwiches on the side! So delish!!!

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____

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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!