

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  
10:00 am Mahjongg lessons  
11:00 am Sit & Strengthen w/ Lisa  
12:00 pm Lunch  
12:45 pm Tai Chi with Bob  
1:00 pm Hand & Foot Card Game  
1:30 pm Chair Chi with Bob  
1:30 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/ Ani  
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 (meets biweekly)  
2:00 pm Beginner Line Dancing

### Wednesday

10:00 am Basic Computer Skills Class  
10:00 am Irma's Workout w/ Irma  
10:00 am Watercolors Class w/ Connie  
11:00 am Bone Builders w/ Nancy  
11:45 pm Lunch  
12:00 pm Zumba w/ Sue  
1:00 pm BINGO  
2:15 pm CardioDance Interval w/ Maria

### Thursday

9:30 am Mahjongg Group  
10:00 am Chair Yoga with Maria  
10:00 am Overeaters Anonymous 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  
9:30 am \*Chronic Pain Workshop  
(\*This is a 6 week program starting January 20th)  
10:00 am Pastel Art w/ Nancy  
\*Note: Pastel Art Class is Full at this time  
10:00 am Cardio Strength w/ Lisa  
11:00 am Yoga w/ Lisa  
12:00 pm Lunch  
12:45 pm Hi-Low Jack  
1:00 pm Intro to Facebook (January)  
2:00 pm Ukulele w/ Georgina

Updated  
01/01/2023