

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 Mahjonn 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 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 Mahjonn 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 ending Feb 24th)
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
2:00 pm Ukulele w/ Georgina

Updated
02/01/2023