

Hours  
Monday thru Friday  
8:30 am to 4:30 pm

# LINCOLN SENIOR CENTER

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

## Weekly Activities

### Schedule

#### Monday

8:30 am Quilting  
10:00 am Mahjongg lessons  
10:15 am Cardio Strength w/ Lisa  
11:15 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/ Denise  
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  
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 am Lunch  
12:00 pm Zumba w/ Sue  
1:00 pm BINGO  
2:00 pm CardioDance Interval w/  
Maria

#### Thursday

9:30 am Mahjongg Group  
10:00 am Tech Corner w/ Renee  
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  
10:00 am Pastel Art w/ Nancy  
10:15 am Cardio Strength w/ Lisa  
11:15 am Yoga w/Lisa  
12:00 pm Lunch  
12:45 pm Hi-Low Jack  
2:00 pm Ukulele w/ Georgina

Lois Durkin-Director

Bess Carvalho-Program Director

Carmen Reverdes-Meal Site Coordinator

Matt Bertrand-Bus Transportation

Updated  
10/01/23