

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

March 2025

We are so excited about our new floors! Please note-you may want to call the Center on March 3rd just to make sure that we are all ready to be reopen!

Springtime is almost here! Daylight savings falls on Sunday, March 9th, and we will set our clocks ahead giving us the promise of more hours of daylight! March 20th marks the first day of spring. We can begin to enjoy the warmer weather, participate in more outdoor fitness activities, and to begin tending to our garden and flower beds. There are so many reasons to be excited about the new spring season!

We will have a wee bit of fun with all of our St. Patrick's Day festivities that we have planned for this month! Our 2025 bus trip season is officially on its way! We will be kicking off with our first trip to Aquaturf for a St Patrick's Day Celebration. We have lots of new trips planned for this year. Be sure to join the fun!

Wishing all a very happy spring!

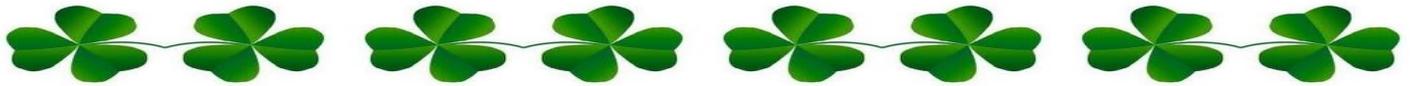
Lois Durkin, Director



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

Weekly Activities

Arthritis Exercise	Line Dancing
Bingo	Mahjongg
Bocce & Cornhole	Meditation
Bone Builders	Memoir Writing
Bridge	Move & Groove
Cardio Dance	Open Art Studio
Cards & Dominoes	Pastel Arts
Cardio Strength	Quilting
Cribbage	Sit & Strengthen
Chair Chi	Tai Chi
Chair Yoga	Tech Assistance
Digital Photography	Ukulele Class
Forever Fit	Watercolors Class
Irma's Workout	Yoga
Knitting & Crochet	Zumba Gold



Calendar of Events, Presentations & Class Updates

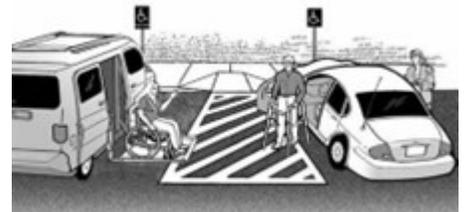
The Overeaters Anonymous Group meets every Thursday at 10 am

- MAR 03 Tech Corner with Renee by appointment only
- MAR 04 Eating for Better Health Workshop "Find Your Pot of Gold on St Paddy's Day" at 10 am. Registration is required!
- MAR 05 Julie the Hair Stylist will be at the Center! Schedule your appointment w/ front desk!
- MAR 05 Book Club meeting at 2 pm
- MAR 06 Pampered Chef demonstration at 10:30 am
- MAR 06 Cribbage Lessons at 1 pm
- MAR 07 Tech Corner with Renee by appointment only
- MAR 07 Paparazzi Table event at 10 am
- MAR 07 The Rhode Island Strummers Ukulele Performance at 2:30 pm
- MAR 11 St Patrick's Day Celebration Bus Trip. Please arrive for check in at 8:15 am!
- MAR 11 American Parkinson's Disease Association Support Group at 10 am
- MAR 12 Shamrock Shakes with Lighthouse at Lincoln at 10 am. Registration is required
- MAR 13 Sign Ups begin for the Newport Playhouse Bus Trip in May. \$10 deposit due at sign up
- MAR 13 Cribbage Lessons at 1 pm
- MAR 14 Tech Corner with Renee by appointment only
- MAR 14 Tir Na Nog Irish Step Dancers performance at 1 pm
- MAR 14 NO FITNESS FOR FUNCTION CLASS TODAY
- MAR 14 NO UKULELE CLASS TODAY
- MAR 17 Tech Corner with Renee by appointment only
- MAR 17 CRAFT REGISTRATION BEGINS TODAY. Call the front desk to register!
- MAR 18 March Madness Games at 10:00 am
- MAR 18 Ice Cream Social at 1 pm sponsored by Mt Saint Rita's. Please register with front desk to attend!
- MAR 19 Julie the Hair Stylist will be at the Center! Schedule your appointment w/ front desk!
- MAR 19 Poppy G Jewelry Table event in our lobby at 10:30 am
- MAR 19 Pot of Gold Bingo Bash at 1 pm
- MAR 19 Book Club meeting at 2 pm
- MAR 20 URI College of Pharmacy presentation "Healthy Bones: Calcium and Vitamin D Recommendations" at 11:15 am
- MAR 21 Tech Corner with Renee by appointment only
- MAR 21 Blue Cross presentation "Shop and Cook to Prevent Diabetes" at 10 am. Registration is required
- MAR 21 FINAL PAYMENTS ARE DUE FOR THE ENCORE CASINO BUS TRIP
- MAR 24 Sign ups for Comedy & Clam Cakes event. \$10 per person. Registration is required!
- MAR 24 Beaded Planter Rod Craft. 2 sessions- 10 am & 10:45 am. Registration is required.
- MAR 25 Robert Frost Poetry Reading at 10:30 am
- MAR 25 Afternoon Flick at 1 pm. We will be streaming the movie "Sister Act"
- MAR 26 New York Life presentation "Create financial flexibility with Required Minimum Distributions" at 10:30 am
- MAR 26 Paparazzi Jewelry table event at 10 am
- MAR 28 Tech Corner with Renee by appointment only
- MAR 28 Left Right Center Game at 11 am
- MAR 28 Vietnam Memorial Day Ceremony at 1:30 pm for our Vietnam Veteran
- MAR 31 Tech Corner with Renee by appointment only

Important Reminders

Our Center is buzzing with activity! We have lots of new members joining every month and we just wanted to share some of reminders with you all.

- Please let the class that is ending exit out before going into the next class. This crowding creates a fire code safety issue when we are blocking the doorway,
- Please do not save or reserve seats for friends at fitness classes. This can prohibit members who have registered timely for class to have access to seating.
- Please do not interrupt a class to reserve a seat for the “next” class. If you have signed into for the class, then you do not have to worry about having to save a seat.
- We ask that you do not enter any classes after 5 minutes of the class starting. It disrupts the class. You could also be missing the warm up exercises which are very important to do so that you do not incur any injuries.
- If class is “FULL” and you see a person exiting class, please do not assume it’s ok to enter the class. They may simply be going to use the restroom or using their phone. As we mentioned earlier, we do not allow entry if you are more than 5 minutes late.
- We would like to kindly remind everyone that it is **very important to sign in with your card for all activities when you enter the building.**
- For your safety and the safety of others, please abide by the traffic patterns of the parking lot. When driving through the parking lot, you must drive around the rotary. It is a one way traffic pattern. Please do not take a left before reaching the rotary, this would mean that you are driving on the wrong side of the road and can cause an unnecessary accident. We want all our members to be safe!
- Please do not park in the handicapped access aisles. These are not parking spots! Accessible handicapped parking spaces must have access aisles. Access aisles provide a designated area for people who use wheelchairs or other mobility devices to get in and out of their car or van. Mobility devices include walkers, canes, crutches, braces, manual or power wheelchairs, Segways, and electric scooters. If we see your car in these access aisles, you will be asked to move your vehicle immediately!



Class Cancellation Alert

Friday, March 14	No Fitness for Function Class Today
Friday, March 14	No Ukulele Class Today
Tuesday, April 1	No Yoga with Maria
Wednesday, April 2	No CardioDance Interval w/ Maria

Tech Assistance



Tech Corner with Renee is a 30 minute one-on-one session with our tech guru, Renee. She can help you with any tech questions that you may have about cell phones, tablets, laptops or apps.



To try to accommodate all our member's needs, we can only allow members one appointment slot per month to give all an opportunity to meet with Renee.

Renee is scheduling appointments for :

March 3, March 7, March 14, March 17, March 21, March 28 and March 31

Please call or visit the front desk to schedule your appointment!



Hair Stylist



Julie, the hair stylist, will be scheduling appointments at the Center for Wednesday, March 5th and March 19th. It is by appointment only. Please see the front desk if you would like to schedule an appointment!

Please note Julie has new pricing for 2025:

Leave in shampoo w/ cut & blow dry \$21

Leave in shampoo, cut, blow dry & style \$29

Wash & set \$21

Wash, cut, curling iron set \$38

Time Slots Available:

9:30am 10am 10:30am

11am 11:30am



Wednesday, March 5th at 2 pm

Wednesday, March 19th at 2 pm

Our new Book Club will be meeting bi-weekly each month. For the first book selection, they have chosen **Flight of Dreams** by Ariel Lawhon.



Eating For Better Health Series with Kathi Masi

Tuesday, March 4th at 10 am

Find Your Pot of Gold on St. Paddy's Day!

Celebrate St. Patrick's Day by discovering the true treasure—delicious, wholesome foods that fuel your body and spirit! Join us for an engaging healthy food demo where you'll learn to create vibrant, green-inspired dishes perfect for any day of the year! This demo will show you how to turn simple ingredients into a pot of gold for your health. Samples will be available. Please register with the front desk if you would like to attend this presentation!

Cribbage Lessons

Interested in learning how to play cribbage?

Cindy, one of our cribbage players, is offering free lessons on



how to play cribbage on

Thursday, March 6th at 1 pm and

Thursday, March 13th at 1 pm.

Come learn how to play and join our cribbage group on Thursdays!

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! You can also email Bess at bcarvalho@lincolnri.org to sign up!!

pampered chef

MARCH 6th at 10:00 am

Gerri is hosting a Pampered Chef table event in our lobby and will have products & a sampling of a Pampered Chef special recipe!



LadySarah from Silver Gems Paparazzi will be holding a jewelry table event in our lobby on **Friday, March 7th at 10 am** and **Wednesday, March 26th at 10 am**

JOIN US FOR A wee bit OF FUN

The RI Strummers will be holding a special performance on **Friday, March 7th at 2:30 pm!** Please register with the front desk if you would like to attend!



FRIENDLY REMINDER

Tuesday, March 11th

Check in for the St Patrick's Day Celebration Bus Trip is at 8:15 am!

Please remember to pack a drink and snack for the bus ride!

apda

**AMERICAN
PARKINSON DISEASE
ASSOCIATION**

Strength in optimism. Hope in progress.

Discover VYALEVTM, a subcutaneous therapy that provides a 24-hour continuous infusion of levodopa for managing motor fluctuations in advanced Parkinson's disease. Jacqueline Cassidy, an AbbVie Neuroscience Account Executive, shares insights on this innovative treatment.

This medication is not currently covered by Medicare.

The APDA Support Group serves as an excellent platform for connecting with others and building a strong, supportive community for those affected by Parkinson's disease. You can contact Maria Kishfy, APDA Support Group Leader, for more information by calling 401-440-8136 or by emailing mariakishfy@gmail.com

 **THE
LIGHTHOUSE**
at Lincoln
An LCB Senior Living Community



**Wednesday
March 12th
at 10 am**

It's going to be your lucky day! Jeff from Lighthouse at Lincoln will be serving up some healthy & delicious Shamrock Shakes for members in the lobby! Please register with the front desk if you would like to join Jeff and enjoy this special treat!!

**catch the
luck of the IRISH
march 14th at 1pm**

The Tir Na Nog Dance School will be giving a 30 minute performance of Irish dance in traditional Irish costume with both soft shoe and hard shoe dancing. The dancers will perform to both traditional and modern music! The girls will be bringing the dancing, beautiful smiles and lots of Irish festivity to our Center!! If you would like to attend this performance, please call or visit the front desk to register!

Tir Na Nog
IRISH DANCE

Craft with Bess

Monday, March 24th

2 sessions: 10 am & 10:45 am

Jewel Beaded Garden Stake

Spring is almost here! Flowers will be blooming before we know it! Come and create this beautiful jewel beaded garden stake to put in your garden or planters! Perfect way to add a little sparkle to your décor!



**REGISTRATION FOR CRAFT
OPENS ON MONDAY, MARCH 17th**

You can call the front desk to reserve your spot!



Super Bowl Fun!!

**HERE'S
THE
SCOOP!**



ICE CREAM SOCIAL

Tuesday, March 18th at 1 pm

I scream, you scream, we all scream for ice cream!! Join us for an Ice Cream Social hosted by Mt Saint Rita's! Please call or visit the front desk if you would like to attend this event!!



MARCH MADNESS BASKETBALL FUN

Tuesday, March 18th at 10:00 am

Come join us for some March Madness Basketball Fun! Join our friends as they compete in some basketball themed games, free throw contests and more!! Fun and laughter guaranteed!!

Please register with the front desk if you would like to attend!!

Poppy G Jewelry Sale

Wednesday,

March 19th 10:30 am

Looking for the perfect gift for a loved one or even a treat for yourself?

Poppy G will be back at the Center on Wed, March 19th at 10:30 am with his beautiful

collection of hand-made wrap bracelets, earrings, necklaces & anklets. They make the perfect gifts for any occasion!! (Cash Sales Only)





Join us for a

POT OF GOLD BINGO BASH

March 19th

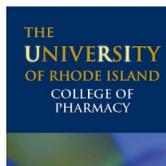
at 1pm

snacks **BINGO** raffles
& *be Irish!*

Wear *green* or don your favorite St Patrick's Day gear and earn a free raffle ticket entry!!



Thursday, March 20th at 11:15am
URI College of Pharmacy
presents "Healthy Bones-
Calcium & Vitamin D
Recommendations"



What are the current recommendations being made by your health care provider to build and maintain healthy bones? How much calcium and vitamin D can you get from your diet and is it enough for your bone health. Come join us for this insightful presentation. Please call or visit the front desk to register for this presentation!



Friday, March 21st at 10 am

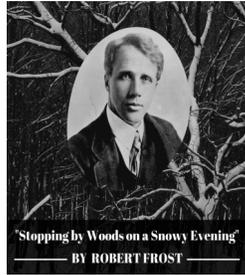
Shop and Cook to Prevent Diabetes

Healthy eating starts with healthy shopping. Following a healthy meal plan helps balance blood sugar. We will discuss grocery shopping tips for buying healthy foods, tips for healthy eating on a budget, how to reduce risk of Type 2 diabetes with healthy foods, healthy cooking tips and quick meal staples. Plus, you will learn and develop your own strategies for grocery shopping and cooking for health. Chef Kevin will join us for a cooking demo! Please register with the front desk if you would like to attend this presentation!

**Robert Frost Poetry Reading
"Stopping by the Woods on a
Snowy Evening"**

Tuesday, March 25th at 10:30 am

Join Paul Richards, retired English teacher (taught 25+ years) as he does a Robert Frost poetry reading of "Stopping By the Woods on a Snowy Evening". One of Frost's best-loved poems if not *the* best-loved, 'Stopping by Woods' was inspired by a real event in Frost's life. Call or visit the front desk if you would like to attend the poetry discussion!



New York Life Presentation



**Create financial flexibility with
Required Minimum Distributions.**

Please join us to find out how we can help.

Wednesday, March 26th at 10:30 am

You've worked hard and done all the right things to prepare for your retirement. Now keep all that good momentum going by learning why it's important to understand RMD's and have a strategy to protect your retirement lifestyle. Please join us for an informational seminar on the benefits of adding more financial flexibility to your retirement. We'll discuss how just a few simple steps can help you redefine the way you look at the best years of your life. Please register with the front desk if you would like to attend this presentation.



AFTERNOON FLICK

Tuesday, March 25th at 1 pm

We will be streaming the movie
"Sister Act"

Whoopi Goldberg stars as a sassy lounge singer forced to hide from the mob in the last place anyone would ever look for her - a convent. Harvey Keitel and Kathy Najimy join a heavenly cast in this habit-forming comedy bursting with '60s Motown hits. Popcorn and light refreshments will be served. Please register with the front desk if you would like to come enjoy the movie!



Flower Arranging with Lighthouse at Lincoln!!



**Left Center Right
Game Day**

**Friday, Mar 28th
at 11am**

Join members as they gather together to play "Left Center Right" dice game! It's an easy to learn game for all ages!! Be sure to come check out all the fun!!

National Vietnam War Veterans Day is observed annually on March 29 in the United States. It is a national observance that recognizes veterans who served in the US military during the Vietnam War. Our Center will be partnering with Beacon Hospice and Lincoln elementary students to host a ceremony to honor our Vietnam Veterans on **Friday, March 28th at 1:30 pm**. If you are a Vietnam Veteran, or know someone who is that would like to participate, please contact Bess at 401-753-7000 or via email at bcarvalho@lincolnri.org.



**Join Us for some
Comedy & Clam Cakes
Thursday, April 10th
at 11 am**



Come have some laughs with comedian, Johnny Pizzi and then enjoy some clam cakes and chowder from Mickey G's!!

Johnny Pizzi has been doing comedy for over thirty years. He has been a fixture on the Boston Comedy Scene and around New England and the East Coast He performs in top comedy venues, as well as on the 55 and over condo circuit along the East Coast.

Sign Ups Begin Monday, March 24th

\$10 per person (cash payments)

Price Includes:

- . Comedy Show**
- . Choice of red or white chowder**
- . Clam cakes & dessert**



Bus Trip Information & Reminders

St Patrick's Day Celebration at Aquaturf Bus Trip

Tuesday, March 11th

Check in time: 8:15 am

Departure time: 8:45 am

Return time: 5:30 pm

Encore Casino Bus Trip

Tuesday, April 8th

All Slots FULL

Check in time: 8:00 am

Departure time: 8:30 am

Return time: 5:30 pm

Friendly Reminders

We do collect a \$1-\$2 tip for the bus driver at check in on the day of trip.

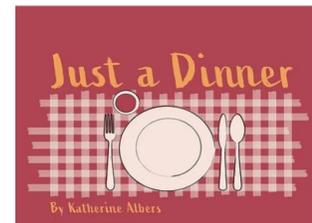
Please be sure to bring snacks & drinks for the bus ride!



Newport Playhouse & Cabaret Restaurant Bus Trip

Tuesday, May 20th

\$152 per person



Check In: 9:15 am

Bus Departs: 9:45 am

Bus Arrives: Approximately 5:30 pm

Full payment Due: April 25th

No refunds after April 25th

Bloom Tours is taking you to the Newport Playhouse & Cabaret Restaurant to enjoy a show "Just a Dinner" and lunch. Candace and Oliver, a widow and a divorcé, are two fifty-somethings who have resorted reluctantly to internet dating. Initially there are sparks but before long their differences in personality begin to manifest: Oliver is an inveterate planner while Candace prefers to live life more spontaneously. It doesn't help that their adult kids don't particularly get along. Their conflicts reach a climax when Oliver proposes marriage and Candace rejects the proposal. However, neither is happy without the other and subsequent internet dates for each make them realize what they had. Their kids, whose entreaties for them to get back together fall on deaf ears, decide to take matters into their own hands. The final scene sees them taking tentative steps to reunite. Enjoy the extensive buffet before the show which includes a large variety of hot and cold foods, main entrees, side dishes, beverages and homemade desserts.

Sign Ups Begin Thursday, March 13th!

- A \$10 (cash or check) deposit is required at time of sign up
- You can sign up yourself and one other current Center member at time of sign up

AWAKENING
 BASKETBALL
 BLOSSOM
 DAFFODIL
 DAYLIGHT SAVING
 EASTER.
 EQUINOX
 FLOWER
 FRESH
 GREEN
 GROWTH
 HOLI
 KITE
 LEPRECHAUN
 LUCK
 MADNESS
 MARCH
 PARADE
 POT OF GOLD
 RAIN
 REBIRTH
 RENEWAL
 SHAMROCK
 SHOWERS
 SPRING
 ST. PATRICK'S DAY
 WINDY



WORD SEARCH DIRECTIONS: Find and circle the
 vocabulary words in the grid. Look for them in all
 directions including backwards and diagonally.

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

Hours

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

Updated
01/01/2025

Monday

8:30 am Quilting
9:00 am Move & Groove w/ Janet
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
10:00 am Rummikub
11:00 am Chair Yoga w/ Denise
12:00 pm Lunch
12:00 pm Yoga with Maria
12:30 pm Bridge
12:45 pm Hi-Low Jack
1:00 pm Intermediate Line
Dancing w/ Karen
2:00 pm Beginner Line
Dancing w/ Karen

****Fitness for Function is a special 6 month workshop running Jan 23rd to July 3rd. Participants must be pre-registered for this program. All slots are filled at this time for Fitness for Function!**

Lois Durkin-Director

Bess Carvalho-Program Director

Carmen Reverdes-Meal Site Coordinator

Matt Bertrand-Bus Transportation

Jose Lopes-Custodian

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
1:00 pm Move & Groove w/ Janet
2:00 pm CardioDance Interval w/ Maria

Thursday

9:00 am **Fitness for Function****
9:30 am Mahjongg Group
10:00 am Chair Yoga with Gerri
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
12:00 pm Lunch
12:45 pm Hi-Low Jack
1:00 pm **Fitness for Function****
2:00 pm ****Ukulele w/ Georgina**

****Ukulele Group is full at this time**

SHAMROCK PRETZELS

INGREDIENTS:

- PRETZEL STICKS
- MINI PRETZEL TWISTS
- ROLO CANDY
- GREEN M&MS (SUCH AS DARK CHOCOLATE MINT M&MS OR MILK CHOCOLATE M&MS)



DIRECTIONS:

1. Preheat the oven to 250 degrees
2. Place three mini pretzels and one pretzel stick in a shamrock shape on a parchment paper-lined cookie sheet.
3. Place a Rolo candy in the middle of the pretzels. Repeat with as many treats as you'd like to make.
4. Bake for 2 minutes at 250 degrees in the oven until the chocolate is just starting to melt, but not all the way melted.
5. Gently press a green M&M in the middle of Rolo so that the chocolate connects all four pretzels.
6. Freeze until the chocolate is set, then enjoy!



Forever In Our Hearts



Peter Dekreon
1/30/68 - 02/06/25



Suzanne Farmer
10/10/1946 —02/15/25

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____

Staff

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ldurkin@lincolnri.org

Director

Bessie Carvalho

bcarvalho@lincolnri.org

Program Director

Carmen Reverdes

creverdes@lincolnri.org

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!