

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

April 2025

Spring is finally here! It a season of new beginnings, transformations and symbolizes a fresh start. We will begin to see tulips, daffodils and cherry blossoms taking bloom. Hopefully the warmer weather will appear soon and we can begin to enjoy lots of fun outdoor activities.

We are very excited to have the URI Master Gardeners visit this month to perform soil testing on your lawn and/or garden soil and to offer some gardening advice to our members. It will be the perfect way to kick off the gardening season!!

We have some wonderful presentations on fraud prevention, legal advice, healthy eating and more this month! Lots of springtime fun activities this month too! Bus trip season is underway-be sure to check out the sign up dates!

I really want to stress how important it is to read the whole newsletter and to pay attention to the white board by our piano to get all the activity dates and updates! You don't want to miss out!!



Lastly, I would like to wish a blessed Passover and Easter to all our members and their families. May grace and goodness fill your home!

Wishing all a wonderful April!!

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
Book Club	Memoir Writing
Bone Builders	Move & Groove
Bridge	Open Art Studio
Cardio Dance	Pastel Arts
Cards & Dominoes	Rummikub
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

DRESS IN LAYERS!!



It's that time of year where New Englanders can experience several seasons all in just one day! Our heating system will be switching over soon now that spring is here. We know that it can feel quite chilly at times in the Center. We highly recommend that you always come dressed in layers so that you are comfortable whether it's a chilly day, a brisk day or a warm one!



Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- APR 1 Silverfox Paparazzi Jewelry table event 10 am to 12 pm
- APR 1 Memoir Writing Class with Lynn Price at 1 pm
- APR 1 OSCIL table event at 11 am
- APR 1 NO YOGA WITH MARIA TODAY
- APR 2 Julie the hair stylist will be here at the Center-by appointment only!
- APR 2 Book Club meeting at 2 pm
- APR 2 NO CARDIODANCE INTERVAL CLASS WITH MARIA
- APR 3 Pampered Chef table event with Gerri at 10:30 am
- APR 4 INSIGHT Meeting at 10 am
- APR 8 Encore Casino Bus Trip. **Check in at 8 am.** Bus departs at 8:30am sharp!!
- APR 8 American Parkinson's Disease Association support group meeting at 10 am
- APR 9 REGISTRATION FOR THE SPRING FLOWER SUNCATCHER OPENS TODAY
- APR 9 Blood pressure clinic at 10 sponsored by Lighthouse at Lincoln
- APR 10 Sign ups for the Newport Lighthouse Cruise Bus trip. Meal choice & \$10 deposit required
- APR 10 Comedy and Clam Cakes event starts at 11 am!!
- APR 11 Masters mini Golf Activity at 10:30 am
- APR 14 Easter Egg Saran Wrap Ball Game at 10:30 am
- APR 15 Blue Cross presentation at 10 am "Perks of a Plant Based Diet"
- APR 15 Memoir Writing Class with Lynn Price at 1 pm
- APR 16 Julie the hair stylist will be here at the Center-by appointment only!
- APR 16 Poppy G Jewelry event at 10:30 am
- APR 16 Bunny Bingo Bash at 1 pm
- APR 16 Book Club meeting at 2 pm
- APR 17 Maria from the POINT will be available for appointments for SHIP counseling
- APR 17 Gallery Glass Flower Suncatcher Craft session at 9 am
- APR 17 Cup of Joe with a GI Joe veterans group meeting at 11 am
- APR 18 Eating for Better Health with Kathi Masi "Cook Smart, Eat Fresh This Spring!" 10 am
- APR 22 Gallery Glass Flower Suncatcher Craft session at 9 am
- APR 24 Sign Ups for the Pilgrim Belle Bus Trip. \$10 deposit required.
- APR 24 Office of Healthy Aging presentation: "Medicare Fraud and You: How to Spot it, Prevent it, and Report it" at 11 am
- APR 25 FINAL PAYMENTS ARE DUE FOR THE NEWPORT PLAYHOUSE BUS TRIP
- APR 25 Left Center Right Game Day at 11 am
- APR 28 Presentation: How to Avoid Being Scammed: Protecting Yourself in a Digital World 10am
- APR 29 Memoir Writing Class with Lynn Price at 1 pm
- APR 29 URI Master Gardeners Soil Testing and Garden Party Event 9:30 am to 12:30 pm
- APR 29 Afternoon Flick at 1 pm. We will be streaming "Senior Moment"
- APR 30 Attorney Susan Gershkoff presentation: BASIC ESTATE PLANNING 101: POWERS OF ATTORNEY FOR FINANCES & HEALTH CARE, LIVING WILLS & FUNERAL DIRECTIVES at 10:30 am
- APR 30 Oak Street Health "Living the Dream" table event at 11 am

Important Reminders

- Our Fitness Room is capped at 40 participants per class. **PLEASE DO NOT BRING EXTRA CHAIRS FROM OTHER AREAS INTO THE FITNESS ROOM.** This is not permissible. We limit the class size for health and safety reasons and we expect our members to adhere to our rules. There is a sign written on the entry doors stating not to bring in extra chairs. You will be asked to leave class if we find you bringing in extra chairs to the fitness room without permission. We thank you for your cooperation with this matter.
- Please **do not sign in your friends in ahead of time for fitness classes.** You need to be present in the building in order to register for class. It is not fair to sign up a member who is not even on the premises and arriving at a later time of the day, this takes a spot away from another member who is already here. Please do not save seats for friends, everyone who has registered for class will have a seat. It creates confusion if seats are saved for members who are not signed in and makes it appear as though there are not enough seats for those who are registered.
- Spring is here! With the nicer weather approaching, we want to remind everyone that **sandals and open-toed shoes are not permitted while doing fitness classes or using the exercise equipment.** It is very important to wear the proper footwear while exercising. Members should be wearing sneakers for fitness classes and/or dance shoes. Proper footwear must be worn while using our treadmills, exercise bikes, elliptical and weight bench as well.
- It has been reported by several members that people are parking in handicapped access aisles. These are not parking spots and we will ask you to move your vehicle promptly if you are parked there. We are also receiving complaints of members driving at excessive speeds in the parking lot. For the safety of all our members, **please abide by all traffic and parking rules while at our Center.**
- We **LOVE** our members and we want you all to be safe and avoid potential accidents and injuries!!



Lady Sarah from Silver Gems Paparazzi will be holding a jewelry table event in our lobby on **Tuesday, April 1st at 10 am**

Ocean State Center for Independent Living Tuesday, April 1st at 11 am



OSCIL advocates for the rights and dignity of people with disabilities, emphasizing their autonomy, self-determination, and full inclusion in society. It seeks to remove barriers and provide support services that enable individuals with disabilities to lead independent lives, make their own choices, and participate actively in all aspects of life. As Rhode Island's sole Independent Living Center, OSCIL is ready to help all Rhode Islanders of any age with any disability live their best lives. They will be hosting a table event in our lobby on April 1st.



CLASS CANCELLATION REMINDERS:

- April 1st NO YOGA CLASS WITH MARIA
- April 2nd NO CARDIODANCE INTERVAL CLASS WITH MARIA



Hair Stylist



Julie, the hair stylist, will be scheduling appointments at the Center for Wednesday, April 2nd and April 16th. 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
- Wash & set \$21
- Leave in shampoo, cut, blow dry & style \$29
- Wash, cut, curling iron set \$38

Time Slots Available

9:30am 10am 10:30am 11am 11:30am



Memoir Writing Workshop Starting Tuesday, April 1 at 1:00 pm.

This workshop will meet biweekly. Join a stress free, fun, encouraging and supportive gathering to receive tips for creating your memoirs. We will start each class with a few minutes of friendly banter, followed by a short discussion of helpful tips on writing. The first thing that most people say is "I have no idea how to write. I can't do it!" You will be amazed how the baby steps of this workshop move you quickly beyond that! Each week you will be encouraged to read your current pieces of writing with a time limit of five minutes, followed by class discussion. Classes will be lead by Lynn Price who graduated from Leland Powers School of Radio, TV and Theater, spent four years in the US Air Force, and over 45 years as a full time travel consultant . Lynn will facilitate the gathering and at the end of each class will be available for other questions you might have. Meeting dates: April 1st, 15th & 29th! Please register with the front desk if you would like to join the workshop!



Wednesday, April 2nd at 2 pm

Wednesday, April 16th at 2 pm

Our Book Club meets bi-weekly each month. This month the book selection choice is **The Only Woman in the Room: A Novel** by Marie Benedict.

“Her beauty almost certainly saved her from the rising Nazi party and led to marriage with an Austrian arms dealer. Underestimated in everything else, she overheard the Third Reich's plans while at her husband's side and understood more than anyone would guess. She devised a plan to flee in disguise from their castle, and the whirlwind escape landed her in Hollywood. She became Hedy Lamarr, screen star.

But she kept a secret more shocking than her heritage or her marriage: she was a scientist. And she had an idea that might help the country fight the Nazis and revolutionize modern communication...if anyone would listen to her.

A powerful book based on the incredible true story of the glamour icon and scientist, *The Only Woman in the Room* is a masterpiece that celebrates the many women in science that history has overlooked.”



Tech Assistance



Tech Corner with Renee is a 30 minute one-on-one session with our tech guru, Renee on Monday and Friday mornings. She can help you with any tech questions that you may have about cell phones, tablets, laptops or apps. Please see the front desk to schedule your appointment. To try to accommodate all our member's needs, we can only allow members one appointment time per month to give all an opportunity to meet with Renee.

This month she has appointments for the following dates:

April 4th, 7th, 11th, 14th, 18th, 21st, 25th and 28th

Please contact the front desk if you would like to schedule an appointment!

Friday, April 4th at 10 am



Are you living with a visual impairment or supporting someone who is?

Join us at the Lincoln VISION Group meeting on Friday, April 4th at

10:00 AM. Staff members from IN-SIGHT will provide information about

the available resources to help people adapt to vision loss and answer any questions you

might have. This VISION group is also an excellent opportunity to share your story, hear

about other people's journeys with vision loss, and exchange information and support.

Contact Lucille Gaboriault at (401) 941-3322, ext. 121 or via email at

lgaboriault@in-sight.org for more details. Pre-registration is not required to attend, and all are welcome!



Gerri from Pampered Chef will host a table event on Thursday, April 3rd at 10:30 am! Come check out her Spring Sales!

ENCORE CASINO BUS TRIP is on Tuesday, April 8th

Please arrive for check in for 8 am. We will be departing at 8:30 am sharp!. Be sure to bring a picture ID with you in order to sign up for your player card and access the \$20 in slot play. If you do not bring your ID, you will not be able to redeem the free slot pay for the day. We will be collecting a dollar or two for the bus driver tip at check in. Lastly, just a friendly reminder to bring a drink and snack for the bus ride home!



Tuesday, April 8th at 10 am

**AMERICAN
PARKINSON DISEASE
ASSOCIATION**

Strength in optimism. Hope in progress.

The APDA Support Group is a wonderful opportunity to connect with others and strengthen the Parkinson's community. Let's come together to celebrate James Parkinson's birthday in honor of his discoveries! Join Joe Golomboski, the President of the APDA Rhode Island Chapter, for an in-depth discussion on how our chapter provides support. We will also have a question-and-answer segment. Many of us have businesses, friends, or family willing to contribute to our cause. Would you be willing to bring a themed raffle basket fundraiser held at the Lincoln Senior Center? If so, please do! All funds raised will benefit the American Parkinson's Disease Association Rhode Island Chapter. Please contact Maria Kishfy, APDA Support Group Leader for more information by emailing mariakishfy@gmail.com or call 401-440-8136.



**BLOOD PRESSURE CLINIC
Wednesday, April 9th**

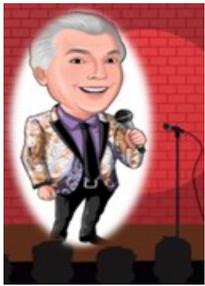


Join us for a blood pressure screening at 10 am sponsored by Lighthouse at Lincoln!

BUS TRIP SIGN UP DATES!



Thursday, April 10th Bus Trip Sign ups Newport Lighthouse Cruise
Thursday, April 24th Bus Trip Sign ups for the Pilgrim Belle trip
 A minimum \$10 deposit is due at sign up. See the bus trip events page for more details!!



Comedy & Clam Cakes Thursday, April 10th at 11 am



We will be enjoying the entertainment of comedian, Johnny Pizzi and dining on clam cakes and chowder from Mickey G's. The fun starts at 11 am sharp!! All slots have been filled!



Masters Mini Golf Activity Friday, April 11th at 10:30 am

Join us for some mini golf fun to celebrate The Masters! Please sign up at the front desk if you would like to join the fun!



Monday, April 14th at 10:30 am Easter Egg Saran Wrap Ball Game

We are back with a new twist on the Saran Wrap Ball game-this month we are going to do an Easter Egg themed one! Lots of fun and laughter as our friends compete to unwrap the layers of the saran ball to uncover prizes! Sign up with the front desk to join the fun!!



Tuesday, April 15th at 10 am

From the Ground Up: Perks of a Plant Based Diet

Fruits, vegetables, and fiber...OH MY! Participants will interactively learn about the importance of consuming a more "plant based" diet. They will discover the importance of eating more fruits and vegetables, fiber, and whole grains. This class is designed around a quiz the participants are asked to complete at the beginning of the class. If you would like to attend, the presentation please register with the front desk!



Poppy G Jewelry Sale Wednesday, April 16th at 10:30 am

Looking for the perfect gift for a loved one or even a treat for yourself? Poppy G will be back with his beautiful collection of handmade wrap bracelets, earrings, necklaces & anklets. They make the perfect gifts for any occasion!! (Cash Sales Only)





Bunny Bingo

April 16th at 1 pm

Come join us for an afternoon of sweet treats, raffle prizes and lots of Bingo fun!!

Wear your pinks and pastels or bunny ears!!



Craft with Bess

Spring Flower Suncatcher Craft

Apr 17th & Apr 22nd

Sign Ups begin April 9th!!



This month we will be creating this beautiful Gallery Glass Spring Flower Suncatcher. It is perfect for your window for a little spring flair! We will be offering this craft on two separate sessions: April 17th or April 22nd. Please note-it will take approximately 1 to 1.5 hours to complete this project. If you cannot commit to the entire class time, we ask that you do not register. **Registration opens APRIL 9TH.** Spots are limited! When registering, please let the front desk know which session you would like to attend.

Calling all Veterans!

Join us for a Cup of Joe with a G.I. Joe Veterans Group Meeting

Thursday, April 17th at 11am

If you are a veteran, or a family member of a veteran, we would love for you to get together with us! Grab a cup of coffee and join us!



Friday, April 18th at 10 am Eating for Better Health "Cook Smart, Eat Fresh This Spring!"

Spring is the perfect time to embrace fresh, light, and nourishing meals! We will explore seasonal ingredients and learn how to prepare simple, healthy dishes that celebrate the flavors of spring. An interactive food demo will be included, featuring a tasty spring recipe. Samples will be available. Please call or visit the front desk to register for this insightful presentation!



You are never too old for an egg hunt!! Be on the lookout for hidden eggs around our Center on **Friday, April 18th!!** See how many you can find!

Rhode Island Senior Medicare Patrol presents
“Medicare Fraud and You: How to Spot it, Prevent it, and Report it”
Thursday, April 24th at 11 am

Medicare fraud costs all of us-and it could happen to you or someone you know! Learning about the common scams targeting older adults is a great step in protecting yourself and your family. In this informative presentation, representatives from the Rhode island Senior’s Medicare Patrol will help you recognize Medicare Fraud and what you can do to stop it. Armed with an increased awareness and understanding of healthcare programs, you can protect yourself from economic and health related consequences of Medicare fraud, error and abuse. If you would like to attend this insightful presentation, please register with the front desk!

Left Center Right Game Day
Friday, April 25th at 11am



If you are looking for a fun morning filled with giggles & laughter, then you need to join in on the fun for our Game Day! 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!!

Memorial Day Parade
Bingo Fundraiser Event
Saturday, April 26th
Doors open at 2 pm

This year the Town of Lincoln will be hosting a new community event, a Bingo Fundraiser (18+) in lieu of the annual Pasta Dinner. The event will be held on Saturday April 26th 2pm-6pm at the Lincoln Senior Center. Tickets for bingo packets are only available for purchase at Town Hall

(Parks and Rec Dept..)- 100 Old River Rd. and at the Lincoln Senior Center- We will be selling three different packet options: a \$20 packet, \$25 packet, and \$30 packet (more expensive packets the more bingo cards and the more chances to win!). With purchase of a packet, soda/ water and pizza will be included. Beer will be available for purchase.

Any questions please email ggervais@lincolnri.org or call 401-333-8417. All proceeds go towards the Lincoln Memorial Day Parade Celebration!

JOIN US !
18+ EVENT- Tickets must be purchased in advance

B I N G O
Saturday

APRIL **Doors open at 2pm, game starts at 2:30pm**

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Lincoln Memorial Day Fundraiser
Lincoln Senior Center- 150 Jenckes Hill Rd.

Pizza & Drinks will be provided with purchase of BINGO packets
Cash & Gift card prizes

A row of five bingo balls. From left to right: a blue ball with 'B 14', a red ball with 'I 21', a white ball with 'N 37', a green ball with 'G 52', and a yellow ball with 'O 74'. The balls are arranged in a slightly overlapping manner.

Made with PosterMyWall.com

PROTECT YOURSELF FROM SCAMS

How to Avoid Being Scammed: Protecting Yourself in a Digital World
Monday, April 28th at 10 am

In today's digital age, scams are more sophisticated than ever. Katherine Plante, Deputy District Attorney at the Ventura County District Attorney's Office in Ventura, California will be giving a presentation that will equip you with the essential knowledge and practical tips to recognize, avoid, and protect yourself from common scams. From phishing emails to fraudulent websites, we'll explore the red flags to watch out for and how to stay one step ahead of scammers. Learn to safeguard your personal information, spot suspicious behavior, and make informed decisions in both online and offline interactions. Find out how NOT to be the next victim! Please register with the front desk if you would like to attend!!

AFTERNOON FLICK

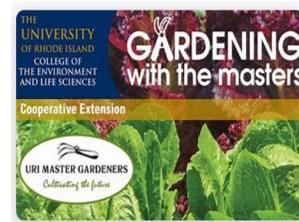
Tuesday, April 29th at 1 pm



We will be streaming the movie "Senior Moment" starring William Shatner, Christopher Lloyd and Jean Smart. After drag racing his vintage convertible around Palm Springs, a retired NASA test pilot loses his license. Forced to take public transportation, he meets Caroline and learns to navigate love and life again. Popcorn will be served! Sign up with the front desk if you would like to join us for the movie!



Please join the URI Master Gardeners
Tues, April 29th
9:30 am to 12:30 pm



Spring is here and gardening season is right around the corner. Love to garden and have a green thumb? Love to garden but you don't have the magic touch? Or maybe you just need some gardening advice? Come meet with the URI Master Gardeners to get some gardening advice and tips. They will be available to:

- Test your garden and lawn soils
- Ask gardening questions
- Pick up free seed packets

Be on the lookout for a poster detailing "How to take a representative soil sample" coming out soon. Please register with the front desk if you would like to participate on April 29th!

♥ *thank you!* ♥

A very special thank you to Mt Saint Rita's for hosting the Ice Cream Social last month!! We don't know what was better-the delicious ice cream treat or seeing all the smiling faces! ♥





**OAK
STREET
HEALTH**

Oak Street Health will be hosting a table event in our lobby

Wednesday, April 30th at 11 am

to discuss their April initiative–Livin’ the Dream

The Livin’ the Dream event by wish of a Lifetime (WOL) is an affiliate of AARP that grants lifelong wishes to older adults (65+) and shares their stories to inspire those of all ages. We’re hosting Livin’ the Dream events across Oak Street Health to hear the stories and wishes of our communities! Be sure to stop by their table to learn more!!



SUSAN GERSHKOFF
Esq., Ltd.

BASIC ESTATE PLANNING 101: POWERS OF ATTORNEY FOR FINANCES & HEALTH CARE, LIVING WILLS & FUNERAL DIRECTIVES

WEDNESDAY, APRIL 30TH AT 10:30 AM

Attorney Susan Gershkoff, Esq will be giving a presentation that will explore different types of Powers of Attorney in Rhode Island. Powers of Attorney for Finances and Health Care allow you to name trusted persons who will handle your finances or advocate for your health care, if you are unable to, due to any lifetime incapacity. Learn how Living Wills differ from Health Care Powers and are often confused documents. Lastly, we will explore Funeral Directives which allow you to name persons to carry out your final wishes. Please register with the front desk if you would like to attend this informative presentation!!



Mahjongg has been around for hundreds of years originating in China centuries ago and features beautifully adorned tiles meant to be arranged in specific combinations for a winning hand. Are you interested in learning how to play Mahjongg? We have a new beginners class starting in April. New participants are welcome to join to learn to play! Mahjongg lessons meet on Mondays at 10 am in the card room!

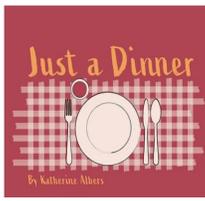


It’s almost Bocce time!!

We are just waiting for the weather to warm up a bit before adding it to our weekly schedule. We are hoping to start offering it weekly in May! Stay tuned!!



Bus Trip Information & Reminders



Spots Still Available for the
Newport Playhouse & Cabaret
Bus Trip

May 20, 2025
"Just a Dinner"

Price: \$152 per person

Check-in time 9:15 am

Departs: 9:45 am

Returns: Approx 5 pm

SIGN UPS START

April 10th

Newport Lighthouse Cruise
Bus Trip

Tuesday, June 17, 2025

\$147 per person

Check In Time: 9:15 am

Departs 9:45 am Returns: Approx 5:30 pm



Start your day in Newport on a narrated lighthouse cruise aboard the Coastal Queen tour boat. This boat tour will take you up close to the lighthouses that surround the Newport Harbor area. Enjoy panoramic views of Rose Island Lighthouse, Castle Hill Light, Goat Island Lighthouse and more, while enjoying a mimosa, included in the price of the cruise. Coastal Queen offers maximum comfort as this tour boat has a weatherproof interior that can be heated on chilly days, and an open-air covered deck where the clear side curtains can roll up for catching the ocean breezes or rolled down for warmth. After the cruise head over to Johnny's restaurant at the Atlantic Resort for lunch where you will have a **choice of Baked Scrod, Pasta Primavera or Chicken Piccata**. Established in 2017, locals may recall Johnny's as the iconic beachfront restaurant that was opened in 1938. The name "Johnny" pays tribute not only to Johnny's Atlantic Beach Club but also to John Clarke, the founder of Newport and first owner of the land on which the Atlantic Resort was built. After lunch you will have free time in downtown Newport to shop!

Meal Choices due at sign up!

Full Payment is due by May 19, 2025

No refunds will be given after May 19, 2025

Trip runs rain or shine



SIGN UPS START APRIL 24th

Pilgrim Belle Bus Trip
Thursday, July 10, 2025
\$135 per person

Check In Time: 9:15 am

Departs 9:45 am

Returns: Approx 6:15 pm



We start our day enjoying a buffet lunch at the Dan'l Webster Inn. The Inn is proudly recognized as a Distinguished Restaurant of North America, placing it in the top 1% of restaurants in the country. After lunch, we will visit Plymouth cruising Plymouth Harbor in style and comfort aboard the Pilgrim Belle, a Mississippi-style paddle wheeler. Get a narrated account of this historic town and seaport and a mariners view of Plymouth Rock, Mayflower II, Plymouth Beach, Clarks Island and Gurnet Lighthouse. Pilgrim history, maritime lore & fascinating information about commercial fishing & lobstering await you on this 75 minute cruise. After the cruise, we will visit Plymouth Bay Winery for a wine tasting and some shopping. The Perfect Day!

Full Payment is due by June 13, 2025

No refunds will be given after June 13, 2025

Trip runs rain or shine

Maria from The Point will be available for SHIP counseling on Thursday, April 17th. To schedule an appointment, please call Maria at 401-519-0374.



April 12th through April 20th
 Wishing you a joyous and peaceful Passover!
 A Kosherm un Freilichen Pesach!



April 20th-Happy Easter
 Cheerful wishes coming your way, for a bright and joyful Easter day!



Springtime is the Perfect to Time to Update Your Records in our System!

- Have you moved?
- Have you gotten a new phone number?
- Is your emergency contact information current and up-to-date?
- Do you have any health issues that you would like us to be aware of in the event of a health emergency?

If you answered yes to any of these questions, please be sure to let the front desk know so that we can update your records! This is especially important in the event there is ever an emergency and we need to get in touch your emergency contact or to aid emergency personnel of any conditions in the event of a health emergency. It's kind of like a spring cleaning! Let's make sure everyone's information is up-to-date!

St Patrick's Day Bus Trip



**at Aquaturf
 March 11th**

Pot of Gold Bingo Bash



A very special thank you! to Blue Cross for hosting a cooking demonstration with Chef Kevin Millonzi at our Center!

In Loving Memory
 ♡ Those we love don't go away ♡
 They walk beside us everyday
 Unseen, unheard, but always near
 Still loved, still missed and very dear



Marsha Piazza
 6/5/1957 - 3/2/2025



Norman Montminy
 06/19/40 - 3/9/2025



Yvette Manning
 11/25/1958 - 3/16/2025

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

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 Memoir Writing
(*meets bi-weekly)
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 18th. 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
2:00 pm Book Club (*meets bi-weekly)

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

SPRING WORD SEARCH

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

BLOOM
APRIL
TULIPS
BUNNY

BUTTERFLY
CHIRP
DAFFODIL
FLOWERS

GREEN
GROW
SEEDS
RAIN

SUNSHINE
BLOSSOM
CHICK
GRASS

SHOWERS
EGGS
GARDEN
CATERPILLAR

Flower Pretzel Bites

A cute springtime snack!



Ingredients:

- 1 bag pretzel snaps
- 1 bag white chocolate melting wafers (or chocolate if you prefer)
- 2 bags milk chocolate Easter M&Ms

Directions:

- Preheat oven to 225° F.
- Line a baking sheet with a silicone liner or parchment paper. Place pretzels on a baking sheet in a single layer. Place a white chocolate melting wafer in the center of each pretzel.
- Bake for 2-3 minutes, until the chocolate softens. It should not be melted!!
- Remove from oven and immediately press an M&M in the center of each, with the "M" side down. Then surround the center M&M with 6 more to form the flower's petals.
- Allow the chocolate to set, then enjoy!
- Store pretzel flower bites in an airtight container at room temperature. They will keep for at least 2 weeks.



<https://crayonsandcravings.com/pretzel-flower-bites/#wprm-recipe-container-45841>

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