



**The Lincoln Link  
Lincoln Senior Center News**

**May 2025**

Happy May to all! Spring has finally sprung! The month of May represents a bridge between spring and summer and the resurgence of nature. We see flowers beginning to bloom and hear the birds chirping, reminding us of nature's true beauty. It is also a time of celebrations- May Breakfasts, Mother's Day, Cinco de Mayo, National Senior Fitness Day and Memorial Day. This month we have lots of great programs and activities to help our members stay connected and to reach their health and wellness goals. Our bocce court is ready for play! We love to see our members enjoying outdoor activities!

Our staff would like to wish everyone's family a very Happy Mother's Day!

Lastly, we would like to thank the brave men and women who courageously gave their lives and made the ultimate sacrifice. We salute our fallen and give thanks on this Memorial Day.

Lois Durkin, Director

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

**BE SURE TO DRESS IN  
LAYERS!!**

The warmer weather is almost here! That means our AC will be coming on making it quite cool in the Center. We know that it can feel quite chilly at times and 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!

**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    | Rumiko            |
| 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

- MAY 02 May Breakfast with Mickey G's at 11:30 am. All slots are FULL.
- MAY 05 AAA Older & Wiser Driver presentation at 10 am
- MAY 05 Cinco de Mayo Café. Enjoy some chips & salsa and margarita mocktails at 11 am
- MAY 06 American Parkinsons Disease Association Support Group Meeting at 10 am
- MAY 07 Painting event with Hannah from Lighthouse at Lincoln at 10 am. Limited spots!
- MAY 07 Mother's Day Bingo Party at 1 pm
- MAY 08 "Tootsie" InterLakes Summer Theater Bus Trip Sign ups begin 8:30 am
- MAY 08 **NO MEDITATION CLASS WITH MARY TODAY**
- MAY 09 Memoir Writing Workshop with Lynn Price
- MAY 09 Chair Volleyball at 1 pm
- MAY 12 SIGN UPS BEGIN for the Bamboo Flower Vase Craft held on 5/22 & 5/23
- MAY 12 Blue Cross Presentation "Stretching for Better Health" at 10 am
- MAY 13 Silver Gems Paparazzi Jewelry Table event at 10 am
- MAY 13 Movie Day-We will be streaming the movie "Wicked" starting at 10:30 am with a break for lunch and then we will resume the movie at 1 pm
- MAY 14 Poppy G Jewelry Table event at 10 am
- MAY 14 Attorney Susan Gershkoff Estate Planning 101 presentation at 10:30 am
- MAY 14 Book Club meets at 2 pm
- MAY 16 Cup of Joe with a GI Joe Veterans Group Field Trip to the Seabee Museum at Quonset Point. Meet at 9 am at Lincoln Senior Center
- MAY 16 **NO CARDIO CLASS WITH LISA TODAY**
- MAY 16 Presentation on VNS Therapy for Stroke Recovery at 10:30 am
- MAY 16 **NO FITNESS FOR FUNCTION CLASS TODAY**
- MAY 16 History of The Preakness & Hat Fashion presentation at 1 pm. Wear your hats!!
- MAY 16 The Rhode Island Strummers will be hosting a special performance at 2pm
- MAY 19 **FINAL PAYMENTS ARE DUE FOR THE NEWPORT LIGHTHOUSE BUS TRIP**
- MAY 20 Newport Playhouse Bus Trip. Please arrive at 9:15 am for check in!
- MAY 20 L'bri Skincare Spa Demonstration at 10:30 am.
- MAY 21 Julie the Hair Stylist will be at the Center-it is by appointment only
- MAY 21 Eating for Better Health Workshop with Kathi Masi at 10 am
- MAY 21 **NO CARDIODANCE INTERVAL WITH MARIA TODAY**
- MAY 22 Bamboo Flower Vase Craft with Bess at 9:30 am
- MAY 23 INDY 500 race car activity at 10:30 am
- MAY 23 Bamboo Flower Vase Craft with Bess at 1 pm
- MAY 26 **CENTER IS CLOSED** in observance of Memorial Day
- MAY 27 **NO YOGA WITH MARIA TODAY**
- MAY 27 Ice Cream Social at 1 pm sponsored by Atria
- MAY 27 Memoir Writing Class with Lynn Price at 1 pm
- MAY 28 National Senior Fitness Day One Mile Walk & Smoothie event at 10 am
- MAY 28 Book Club meets at 2 pm
- MAY 29 URI College of Pharmacy presentation "Arthritis" at 11:15 am
- MAY 30 Left Center Right Game Day at 11 am

~The Overeaters Anonymous Group meets every Thursday at 10 am

# Important Reminders

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

- We kindly ask everyone to please hang up your jacket/sweater in the coat closet and do not leave on the back of your chair during fitness classes. These items could slip off the chair back and fall to the floor and cause a tripping accident for yourself or other members. We just want to keep our members safe! ❤️
- **Please do not enter any fitness classes if you are more than five minutes late.** It is a disruption to the class instruction. You could also be missing the warm up exercises which are very important to do so that you do not incur any injuries.
- Please let the fitness participants exit their class before going into the next class. This crowding creates a fire code safety issue when we are blocking the doorway and access aisles Please keep the aisle clear so that the participants exiting the room can leave. The bottleneck that is occurring can cause a serious injury in the event someone trips or falls.
- 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.
- 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.
- DURING BINGO-all cell phones must be turned off or placed on silent/vibrate mode. Having cell phones ringing during Bingo play is too distracting for our members. It also makes it difficult for many with hearing issues to hear the numbers being called.

THANK YOU FOR YOUR COOPERATION!! ❤️



# 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 call or visit 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:

**May 2nd, May 5th, May 9th, May 12th and May 16th**



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

*Let's Celebrate*



*Monday, May 5th at 11 am*

**Come put a little *Ole`* in Your Day and join us at a festive snack station and enjoy some chips and salsa and mocktail margaritas!!**

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

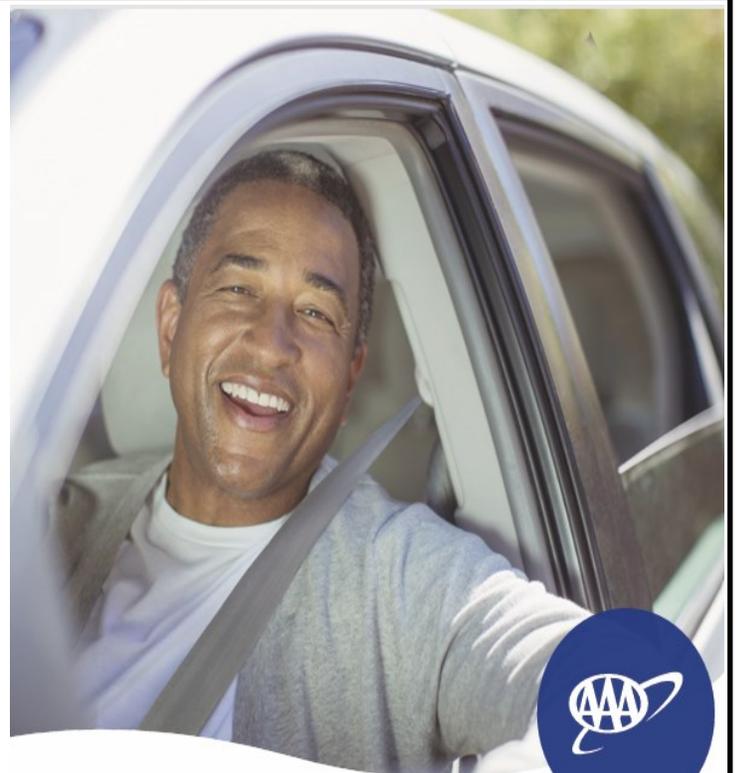
## **Join us for the special presentation "The Rhode Island Older & Wiser Driver" on Monday, May 5th at 10 am**

A safe driving presentation for mature drivers, delivered by AAA Northeast with support from the RI Department of Transportation Office on Highway Safety.

This presentation will cover:

- The major causes of crashes for older drivers
- Pedestrian & bicycle safety tips
- Advice for extending safe driving years
- How to plan driving cessation (and resources for staying mobile!)

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



**The Rhode Island  
Older & Wiser Driver**



Lincoln Support Group  
Lincoln Senior Center, 150 Jenckes Hill Rd, Lincoln, RI

Tuesday, May 6, 2025

10:00AM

### Basket Social

Join us for a social support group event where we'll gather and tag our basket donations.  
Enjoy a mocktail (or two) as we share laughs and updates along the way.

We all have contacts, so let's tap into our networks and ask them to donate themed items. Please wrap them up and prepare them for display.

Here are a few basket theme ideas: Movie Basket, Wellness Basket, Brewery Basket, and Gardening Basket. The Basket Raffle will be held at the Lincoln Senior Center, organized by the Pare Down on PD team to support the Rhode Island APDA Optimism Walk.

The raffle will run from Wednesday, May 7, to Wednesday, May 16.  
Please contact Maria Kishfy, APDA Support Group Leader for more information by emailing [mariakishfy@gmail.com](mailto:mariakishfy@gmail.com) or, call 401-440-8136



An LCB Senior Living Community

### PAINT PARTY WITH OUR FRIENDS FROM LIGHTHOUSE AT LINCOLN

Wednesday, May 7th  
at 10 am



Please join the team from  
**The Lighthouse at Lincoln**  
for a **Paint Party!** Come and  
create this beautiful spring scene.  
**Spots are limited! Please register with the front desk!**

Join us for a special  
**Mother's Day Bingo**  
filled with sweet  
treats, raffles and  
lots of Bingo Fun!!



Wednesday, May  
7th at 1 pm

**Mother's Day**  
**B I N G O**



Thursday, May 8th

✓ Meditation Class with Mary is CANCELLED today

✓ Tootsie InterLakes Summer Theater Bus Trip Sign ups begin at 8:30 am



Memoir Writing Class with Lynn Price

This month's meeting dates will be held

**\*Friday, May 9th at 1 pm**

**Tuesday, May 27th at 1 pm**



**Chair Volleyball**  
**Friday, May 9th at 1 pm**



Chair Volleyball is a fun way to be active. Because players are required to remain seated, chair volleyball allows those with those with physical limitations to participate on a level playing field with those who may be more physically active. If you would like to join the fun please see the front desk to register!



Monday, May 12th at 10 am

**"Stretching for Better Health"**

Flexibility and mobility are a great way to take care of your body and reduce your risk for injury. In this presentation, participants will learn the benefits of stretching, how to do it safely and leave with some tips on how to fit stretching into their day. Please call or visit the front desk to register for this event!



**AFTERNOON FLICK** Tuesday, May 13th

Join us as we stream the movie "Wicked", the untold story of the witches of Oz. The story revolves around the unlikely friendship between two young witches in the Land of Oz: the green-skinned Elphaba, who eventually becomes the Wicked Witch of the West, and the popular Glinda, who becomes the Good Witch of the North. As the narrative unfolds, Wicked explores themes of friendship, identity, and the power of acceptance. **The movie is 2 hours and 45 minutes.**

**We will start to watch the movie at 10:30 and will break for lunch at 11:45am. We will resume watching the movie at 1 pm. Popcorn & refreshments will be served! Please register with the front desk if you would like to attend!**





LadySarah from Silver Gems  
Paparazzi will be holding a jewelry  
table event in our lobby on **Tues-  
day, May 13th at 10 am**



**Poppy G Jewelry Sale**  
**Wednesday, May 14th**  
**at 10:00 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)



**SUSAN GERSHKOFF**  
Esq., Ltd.

**ESTATE PLANNING 201:**

**LAST WILLS & TESTAMENTS VS. LIVING TRUSTS & HOW PROBATE WORKS**

**WEDNESDAY, MAY 14th at 10:30 am**

Let's explore the Probate process in Rhode Island and learn how Wills and Living Trusts perform within this system. Discover the differences between Will and Living Trust planning and determine which may be right for your personal situation. If you would like to attend this workshop, please register with the front desk!



**Book Club will be meeting**

**May 14th & May 28th at 2 pm**

This month's book selection is **The Mostly True Story of Tanner & Louise** by Colleen Oakley. "It is the story about an unlikely friendship between an elderly woman with a mysterious past and a young woman who is lost in life. Tanner is hired as a caregiver for Louise, who broke her hip, and soon discovers that Louise has secrets that could get her in trouble. Together, they embark on an adventure that explores themes of aging, friendship, love, morality, and women's roles in different eras. "



**Tulip Sun Catcher Craft**



**The Society Pianist**



**Bunny Bingo Fun!**



**We had an Egg-cellent time at the Egg Hunt**



Cup of Joe with a GI Joe Veterans Group Meeting  
**Friday, May 16th at 9 am**  
**Field Trip to the Seabee Museum & Memorial Park**  
**21 Iafrate Way**  
**North Kingstown, RI 02852, USA**

This month, the veterans group will be embarking on a field trip to the Seabee Museum and Memorial Park in North Kingstown. The Seabee Museum is dedicated to the men and women who served in the Battalion. It aims to highlight the deeds of the United States Naval Construction Battalions during both times of war and peace. The group will be meeting at 9 am at Lincoln Senior Center. If you would like to attend, please contact Bess or Paula Ogden, our Veterans Group Leader.



 **Vivistim**

# Today's the Day

Reach for More After Stroke

May 16th at 10:30 am

Come and learn about what Paired VNS Therapy is all about!

- Paired VNS Therapy utilizes the Vivistim System, a new FDA-approved device that works within the brain and body, to make stroke rehabilitation therapy 2-3 times more effective
- This pairing of therapy with vagus nerve stimulation, or VNS, is designed to help the brain strengthen or create new neural pathways, similar to building a bridge to bypass a damaged area.

If you would like to learn more about VNS Therapy for stroke rehabilitation, please register with the front desk to attend this presentation!



Join us for a special presentation  
**“History of The Preakness and Hat Fashion”**  
 with Dr. LeeAnn Teal-Rutkovsky  
**Friday, May 16th at 1 pm**

**Be sure to wear your best hat that day!**



**LeeAnn will be discussing:**

- The history of The Preakness
- Demonstrate creating a fascinator
- Demonstrate hat steaming/sizing
- Enter for chance to win a fascinator!!!

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

**TRY**  
*Something*  
**NEW**

Some members have expressed interest in



starting a **Walking Club** that meets once a week to walk one mile around the Center. We are tentatively looking to start in June on Thursday mornings at 10:30 am. It’s a perfect activity to do while you wait for the 11:30 Arthritis Class to begin! If you are interested in participating in the Walking Club, please sign up at the front desk!



The Lincoln Memorial Parade Committee would like to thank the members of the Center for all of their support for our Bingo fundraiser last month! It was so nice to see so many members at the event and a very special thank you to all who purchased raffle tickets. All proceeds from the event help to fund our town’s amazing annual parade. We hope that you can join us at the town’s Memorial Day festivities!



**Friday, May 16th  
 at 2 pm**

The RI Strummers will be holding a special performance on Friday, May 16th at 2:00 pm! Please register with the front desk if you would like to attend!





## Newport Playhouse BUS TRIP is on Tuesday, May 20th

Please arrive for check in for 9:15 am. We will be departing at 9:45 am sharp!. 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, May 20th at 10:30 am

Come learn about L'bri all natural aloe based skin, hair and makeup products with Geraldine Barbieri! Please register with the front desk if you would like to sign up for a spa demo! Be sure to stop in and check out our spring time sales!



**FINAL PAYMENTS FOR THE NEWPORT LIGHTHOUSE CRUISE ARE DUE MAY 19TH!**

**NO CARDIODANCE INTERVAL WITH MARIA ON WEDNESDAY, MAY 21ST!**



## Hair Stylist



Julie, the hair stylist, will be scheduling appointments at the Center for **Wednesday, May 21st**. 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

## Eating for Better Health Workshop with Kathi Masi

**Wednesday, May 21st at 10 am**

### “Are You a Spender or a Shopper?”

Join us for this session to help you figure how to make every dollar count at the supermarket. Whether you're feeding a family or shopping for one, this class will help you save money and time while ensuring your cart is full of nutritious and delicious options. A healthy budget friendly recipe



will be demonstrated, and samples will be available. Please register with the front desk if you would like to attend this workshop!



Bamboo  
Flower Vase

## Craft with Bess

2 session times:

~THURSDAY, MAY 22nd  
at 9:30 am

~FRIDAY, MAY 23rd  
at 1:00 pm

Come and create these adorable mini bamboo flower vases at this month's craft hour! They will make the perfect addition to your springtime décor!! Please note, this craft entails using scissors to cut the bamboo straws and flower sprigs. We will be offering two craft sessions-May 22nd or May 23rd.

**Craft registration begins on Monday,  
May 12th!**

HERE'S  
THE  
SCOOP!



### ICE CREAM SOCIAL

**Tuesday, May 27th at 1 pm**

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



### Drivers start your engines!!

The 2025 Indianapolis 500 will be taking place on Sunday, May 25th at the Indianapolis Motor Speedway in Speedway, Indiana. Come join in the excitement of the races as we host our very own at the Center

### INDY 500 Race Event

**Friday, May 23rd at 10:30 am**

We will have the race cars and race track set up-you just show up for the fun! Please register with the front desk if you would like to attend!

### National Senior Health & Fitness Day

**Wednesday, May 28th at 10 am**



National Senior Health & Fitness Day is the nation's largest senior health and wellness awareness day.

Over 100,000 seniors participate in this event each year. It is aimed at promoting physical activity and learn about ways

to stay healthy. This year we will be doing a one mile walk around the Center and then enjoying some delicious smoothies after our walk!

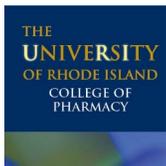
Please register with the front desk if you would like to participate!



## Class Cancellation Alert

- **May 16- No Cardio w/ Lisa**
- **May 21- No CardioDance Interval**
- **May 27- No Yoga Class w/ Maria**

NO  
class



**Thursday, May 29th at 11:15am**  
**URI College of Pharmacy presents “Arthritis”**

Join us for a discussion of the number one cause of disability in the United States-Arthritis. Treatment options covered for osteoarthritis include lifestyle changes, medications, surgery, and alternative treatments. Please register with the front desk if you would like to attend this presentation!

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**Left Center Right Game Day**  
**Friday, May 30th at 11am**

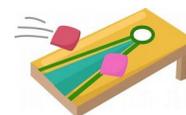
If you are looking for a fun morning filled with giggles & laughter, then you need to join in on the fun for our LCR Game Day! Join members as they gather together to play “Left Center Right” dice game! It’s an easy to learn game for all ages!! Be sure to come check out all the fun!!

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**Bocce & Corn Hole Time!!!**



The bocce court has been groomed and is ready for play!! We are hoping the warmer weather will be here to stay so we can start to play! We have added bocce and corn hole to our weekly schedule on Friday mornings at 10am -weather permitting of course! Please sign up at the front desk if you would like to play! We may add additional game days based on participant interest!



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*In Loving Memory*

A donation in loving memory has been made in remembrance of loved ones to the Friends of the Lincoln Senior Center in honor of:

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

- ~Andrew M Lyon, Jr
- ~Joseph E Blount
- ~Elizabeth (Blount) Brennan
- ~Tom Blount
- ~Robert F Blount
- ~Marcia Piazza



**Edward Tomasso**  
02/17/1934 04/20/2025  
You will be remembered each day from the start, for the memories that we shared come from the heart



# Bus Trip Information & Reminders

## Newport Playhouse & Cabaret Bus Trip

**Tuesday, May 20th**

Check in time: 9:15 am

Departure time: 9:45 am

Return time: 5:00 pm

**All Slots are FULL**

## Newport Lighthouse Cruise Bus Trip

**Tuesday, June 17th**

Check in time: 9:15 am

Departure time: 9:45 am

Return time: 5:30 pm

**FINAL PMT DUE: May 19th**

**Spots still Open!**

## Pilgrim Belle Bus Trip

**Tuesday, July 10th**

Check in time: 9:15 am

Departure time: 9:45 am

Return time: 6:30 pm

**Final PMT due: June 13th**

**All Slots are FULL**

## Pilgrim Belle Bus Trip

**Tuesday, July 22nd**

Check in time: 9:15 am

Departure time: 9:45 am

Return time: 6:30 pm

**Final PMT due: June 13th**

**All Slots are FULL**



Thursday, July 24th

"Tootsie" at the InterLakes Summer Theatre

in Meredith, NH

\$150 per person



Check In time: 7:15 am Depart Time: 7:45 am

Arrive : Approx. 7:15 pm

Let's go to a show! Today, we head to Meredith, NH for an amazing summer day! We start off at Hart's Turkey Farm for a delicious meal. You will have your choice of Turkey, Roast Beef or Broiled Haddock. After lunch you're headed to Interlakes Summer Theatre for a great matinee show! Interlakes Summer Theatre is a beautiful, recently renovated and air-conditioned 420 seat proscenium theatre located in the heart of the Lakes Region on Lake Winnepesaukee. Don't miss a nice day of food and theater.

## Sign Ups begin May 8th

- Meal Selection and \$10 (cash or check) deposit is required at time of sign up

### • FINAL PAYMENT IS DUE JUNE 18, 2025

- You can sign up yourself and one other current member
- This trip runs rain or shine. In the event of inclement weather the trip will still run unless the venue or bus company cancels

**NO REFUNDS AFTER JUNE 18th**

# LINCOLN SENIOR CENTER

## Weekly Activities Schedule

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

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

Updated  
05/01/2025

### 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 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  
10:00 am \*\*Bocce & Corn Hole  
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  
\*\*Bocce & Corn Hole will take place weather permitting



# Memorial Day

## WORD SEARCH



Can you find these Memorial Day terms?

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

SUMMER  
MEMORIAL  
PROUD  
HOTDOG  
BRAVE  
OUTSIDE  
HAMBURGER  
ANNUAL  
FREEDOM  
FUN  
PATRIOTIC  
PARTY  
FIREWORKS  
RED  
MEMORIES  
POOLS  
LOYAL  
BBQ



Name: \_\_\_\_\_

Score: \_\_\_\_\_



## Easy Breakfast Quesadillas

Ingredients:

- 6 eggs
- ¼ cup milk, (any kind)
- Salt and pepper, to taste
- ½ green pepper, diced
- 4 tablespoons unsalted butter, divided
- 6 slices bacon, cooked, drained, and roughly chopped
- ¾ cup shredded cheddar cheese, divided
- 6 medium soft tortilla shells



Directions:

In a medium bowl, whisk eggs, milk, salt and pepper. Add green peppers and stir to combine (see note below). Set aside.

In a large skillet, melt 2 tablespoons butter over medium heat. Add egg mixture and cook until no longer runny, stirring often. Remove eggs to separate plate.

In the same skillet (wipe, if needed), melt 2 tablespoons butter over medium heat. Place one tortilla shell in middle of pan.

Top with 1/4 cup cheese, leaving a ½ inch border around tortilla. Spread eggs in an even layer on top of cheese, followed by bacon and a sprinkling of more cheese, if desired.

Place second tortilla shell on top of egg mixture and lightly press down. Heat for 2-3 minutes on both sides, or until shell is slightly golden and cheese is melted. Repeat with remaining tortilla shells. Serve immediately.

Note: You don't have to sauté the green peppers before adding to the eggs, it keeps them slightly crunchy. If you prefer softened green peppers, sauté them in a tablespoon of unsalted butter/oil until softened before adding to eggs.

<https://www.pumpkinspice.com/easy-breakfast-quesadillas/#recipe>

### Friends of Lincoln Senior Center Memorial Donation Form

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