

# The Lincoln Link

LINCOLN SENIOR CENTER NEWS

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

## June 2025

It sure has been a chilly and rainy spring, but there is some good news-summer is just around the corner! It's a great time for lots of outdoor activities. Our bocce court is officially open and ready for play! We are starting up a new walking club! These activities are great ways to socialize and be active and are great additions to our activity schedule! We also have some wonderful bus trips planned for the summer! There is a lot to celebrate in June-there is Flag Day and Juneteenth. Let's not forget this month is also the celebration of fathers! Father's Day is a special time of the year to honor those important men in our lives-fathers, grandfathers, godfathers, fur-dads, and those who are like-a-father! We celebrate you and all that you have done to raise, inspire and teach us so much! Wishing everyone a wonderful start to the summer season!

### Lois Durkin, Director

If you need to speak with a SHIP counselor (State Health Insurance Assistance Program), please call Megan at 401-944-3343 or Maria at 401-519-0374 to schedule an appointment!

### 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



## Calendar of Events & Presentations

The Overeaters Anonymous Group meets every Thursday at 10 am

- JUNE 02 Collette Travel Tour Group presentation for 2026 trips at 11 am  
Discover the Painted Canyons of the West & Greece Island Hopper
- JUNE 02 TAI CHI WITH BOB IS CANCELLED FOR TODAY
- JUNE 02 CHAIR CHI WITH BOB IS CANCELLED FOR TODAY
- JUNE 02 Chair Volleyball at 1 pm. Register with the front desk!
- JUNE 03 L'Bri Skincare Table event in out lobby at 10 am
- JUNE 03 Family Feud Game Day at 11:00 am
- JUNE 03 Afternoon Flick-"Nonnas" at 1 pm
- JUNE 04 Julie the hair stylist will be at the Center-by appointment only
- JUNE 04 Silver Gems Paparazzi Jewelry Table event at 10 am
- JUNE 09 Senior Farmer's Market Nutrition Program cards open for Lincoln residents
- JUNE 09 Let's Go Fishing Activity at 10 am at Chase Farm-registration is required!
- JUNE 10 Craft registration opens for the Hummingbird craft (Held on June 16th)
- JUNE 10 American Parkinson's Disease Association Support Group meeting at 10 am
- JUNE 10 Ice Cream Social at 1 pm sponsored by Pawtucket Falls
- JUNE 10 Memoir Writing Class with Lynn at 1 pm
- JUNE 11 Poppy G Jewelry Table event at 10 am
- JUNE 11 Book Club meeting at 2 pm
- JUNE 12 LOBSTER ROLL CRUISE BUS TRIP SIGN UPS AT 8:30 am
- JUNE 12 Real Estate Presentation "Strategic Home Selling" at 11:15 am
- JUNE 13 FINAL PAYMENTS are due for the Pilgrim Belle Bus Trip
- JUNE 13 Bagels & Breathing- a respiratory presentation at 10:30 am
- JUNE 16 Hummingbird Craft with Bess-2 sessions 9:30 am & 1 pm. Registration is required!
- JUNE 16 Blue Cross Presentation "Mental Health" at 10:30 am
- JUNE 17 Newport Lighthouse Cruise Bus Trip. Please arrive by 9:15 for check in!
- JUNE 17 Yogurt Parfaits at 10 am Sponsored by Lighthouse at Lincoln
- JUNE 18 Eating for Better Health Workshop with Kathi Masi at 10 am
- JUNE 18 Julie the hair stylist will be at the Center-by appointment only
- JUNE 18 SUMMER BINGO BASH at 1 pm
- JUNE 19 CENTER CLOSED IN OBSERVANCE OF JUNETEENTH HOLIDAY
- JUNE 23 Ask-a-Lawyer event by appointment only!
- JUNE 24 "Artificial Intelligence for Senior Citizens" presentation at 10 am
- JUNE 24 Memoir Writing Class with Lynn at 1 pm
- JUNE 25 Estate Planning Workshop with Susan Gershkoff at 10:30 am
- JUNE 25 Book Club meeting at 2 pm
- JUNE 26 Cup o f Joe with a GI Joe group meeting at 11 am
- JUNE 27 Left, Center, Right Game Day at 11 am



Lincoln Senior Center has a limited amount of cards for **Lincoln residents starting June 9th**

You can apply for the cards :  
 Monday-Tuesday  
 9am to 2:30 pm  
**NO WEDNESDAYS**  
 Thursday-Friday  
 9 am-2:30 pm

Eligible older adults can receive a \$50.00 card to use on fresh produce and honey at local farmers markets and farm stands!

**HOW TO SIGN UP:** To be eligible for this program, you must be a resident of Rhode Island, who is least 60 years old, and you must have an income at or below \$2,412.71 per month as an individual.



*Redeem before November 30 for locally grown fresh fruits, vegetables, honey, and herbs only, non-negotiable. Please do not ask farmers to accept after November 30. Please keep this card as it can be reloaded for future Senior Farmers Market Program enrollments. For technical assistance, call the Help Desk at 866-237-4814. This institution is an Equal Opportunity Provider.*



**1) FILL OUT AN APPLICATION**

Ask for an application from your senior center or meal site. Once completed, it should be returned to the site you got it from.

**2) APPOINT A PROXY (OPTIONAL)**

If you are unable to use your card yourself, you will be able to name someone else who can use it in your name with any approved vendor on the application.

**3) RECEIVE YOUR CARD**

Once your application is approved by your local site, you will receive your card. This can be spent on fresh produce and honey with local farmers.

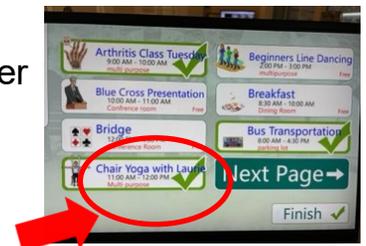
**4) SPEND YOUR BENEFITS WITH LOCAL FARMERS**

From June 1<sup>st</sup> until November 31<sup>st</sup>, use your card with farmers displaying the SFMNP poster. Some markets may not start until later in the season, after June 1<sup>st</sup>.

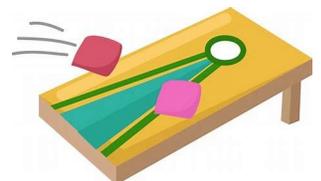


# Important Reminders

- **DO NOT BRING IN ADDITIONAL CHAIRS INTO THE FITNESS ROOM!!!!!!**  
We have a set number of chairs for class participation limits and spacing. We will ask you to leave the class if we see you bringing in additional seating.
- We have a new white board at the entrance to our fitness room. Please do not stand or wait for your next class in the area behind the sign. This area is designated to be a free open space area to allow participants to enter/exit the class freely without risk of injury. We are seeing too much of a bottleneck of members trying to enter/exit at the same time. This is a major safety concern!!
- When your class is over and you are not staying for the next one, we kindly ask that participants gather their things and exit the fitness room in timely manner. We know you want to chat with your friends, but please refrain from holding conversations until you reach the lobby area.
- Please do not enter the class until the prior class has exited. If you have signed in at the desk and have a green check mark, you are registered & will have your spot. No need to rush before participants have exited.
- We limit our fitness class size to 40 participants to ensure proper spacing and safety. You must be signed in order to take the class. If the class is full, only members who have signed in for class will be allowed to take the class. Please be sure you see the green check mark when you sign in! The green check mark indicates that you are registered for the class!
- If the class had met its limit, you will not be able to join class. The class will be marked grey and indicate **“This event is currently full”** and you will not be able to see a green check mark when trying to choose your selection.
- 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. We do not allow entry if you are more than 5 minutes late. Arriving late for class causes disruption to the instructor, as well as the class participants.



**Bocce and Cornhole is in full swing this month!**  
**Friday mornings 10 am to 12**  
**Check out our new sun shade umbrellas to**  
**keep**  
**you cool while you play!**



## Class Cancellation Alerts:

Please Note!

- June 2nd Tai Chi Class with Bob is cancelled today
- June 2nd Chair Chi Class with Bob is cancelled today
- NO TECH ASSISTANCE WITH RENEE THIS SUMMER



## Tech Assistance

**TECH ASSISTANCE with Renee will be on a break throughout the summer** as Renee will be enjoying some time away. We are so grateful and thankful to Renee for all the assistance she provides to our seniors! You may still see her pop in to help at the front desk and at crafts from time to time. Enjoy your summer off Renee!! We will see you in the fall!!



 **collette**

**SPECIAL TRAVEL PRESENTATION**

**Monday, June 2, 2025 Time: 11:00 AM**

**Discover Painted Canyons of the West**

**May 10 – 18, 2026**

On Monday, June 2nd, Collette Tours will be giving a presentation on a new travel tour for May 2026, "Discover Painted Canyons of the West". Tour highlights include Colorado National Monument, Moab, Arches National Park, Canyonlands National Park, Dead Horse Point State Park, Capitol Reef National Park, Bryce Canyon National Park, Zion National Park, & Las Vegas. Please register with the front desk if you would like to attend this presentation!



**Chair Volleyball**  
**Monday, June 2nd at 1 pm**



Chair Volleyball is a fun way to be active. Players are required to remain seated, so chair volleyball allows those with those with physical limitations to participate on a level playing field with those who may be more physically active. Worried about getting hit with the ball? We use an inflatable beach ball! If you would like to join the fun (and lots of laughter) please see the front desk to register!



# AFTERNOON FLICK



Tuesday, June 3rd at 1 pm

“Nonnas”



We will be streaming the movie “Nonnas” on June 3rd. “Nonnas” is a biopic about Joe (Vince Vaughn), who, after the loss of his mom and grandmother, turns to their “generations-old recipes” for comfort and direction. With the money from his mom’s insurance and a little help from his friends, he opens restaurant, an old-school Italian spot staffed by four grandmothers, or “Nonna's,” from different cities in Italy, who share their dishes with the Staten Island neighborhood. A truly heart warming story! Popcorn and light refreshments will be served. Please register with the front desk if you would like to attend!



L'bri Skin Care Table Event

Tuesday, June 3rd  
at 10 am

Come learn about L'bri all natural aloe based skin, hair and makeup products with Geraldine Barbieri. Come check out the Springtime Sale!

## Family Feud Fun!

Let's get together to play some Family Feud on Tuesday, June 3rd at 11:00 am!!

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



## Hair Stylist



Julie, the hair stylist, will be scheduling appointments at the Center for **Wednesday, June 4th and Wednesday, June 18th**

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

Mon, June 9th at 10 am



We are going on a fishing adventure! We are going on a mini trip to Cow Pond at Chase Farm for some morning fishing! Bring your pole, we 'll supply the bait & let's see what we can catch! Don't' have a pole-no worries-we will have some on hand to use! If you would like to join us, please register at the front desk!



Tuesday, June 10th, 2024  
at 10:00 am

APDA Support Group is a great way to connect with others and build a strong Parkinson’s community. Learn practical tips, share experiences, and tap into a network of resources that can help you maintain control over your life.

**JUNE’S TOPIC: Medication Review**

A pharmacist monitors medication safely, helps you understand medications and side effects, and helps you to take medications as prescribed. Join Registered Pharmacist, Gary Kishfy for a Q&A session.

You can contact Maria Kishfy, APDA Support Group Leader, for more information by calling 401-440-8136 or by emailing [mariakishfy@gmail.com](mailto:mariakishfy@gmail.com).



Join us for an  
**ICE CREAM SOCIAL**

June 10th at 1 pm  
sponsored by



**Pawtucket Falls**  
HEALTHCARE CENTER

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

Memoir Writing Class  
with Lynn Price



This month’s meeting dates will be held on  
Tuesday, June 10th at 1 pm &  
Tuesday, June 24th at 1 pm



**Book Club will be meeting  
June 11th & June 25th at 2 pm**

They will be discussing **The Obituary Writer** by Ann Hood for the June 11th meeting.

For the June 25th meeting, they will be discussing their new book selection, **Winter Cottage** by Mary Ellen Taylor

STRATEGIC HOME SELLING  
Maximize your profit with proven techniques!  
Hosted by real estate agent, Kate DeSimone

Thursday, June 12, 2025  
11:15 AM



You'll learn about:

- Making a great first impression on buyers
- Simple 'staging' that can boost your home's value
- Strategic pricing to expand the number of interested buyers
- Downsizing tips and resources



## Bagels & Breathing

Join us for a morning of breakfast and education!

A fun and interactive discussion on all things respiratory care led by Elmhurst Rehabilitation & Healthcare Center's very own Respiratory Therapist, Kathryn Copeland.

**JUNE 13<sup>TH</sup>, 2025 • 10:30 A.M.**  
LINCOLN CENTER  
150 JENCKES HILL RD.  
LINCOLN, RI 02865

In partnership with:



Blue Cross Presentation

"Mental Health Chat"

Monday, June 16th at 10:30 am



Strong mental health refers to the presence of positive characteristics, rather than the absence of mental illnesses. It is more than just being free from depression, anxiety, or other psychological issues. It influences how you think, feel, and behave every day. It affects how you cope with stress, overcome, and recover from challenges, and build relationships. This presentation will discuss mental health versus mental illness, why mental health is so important, know the warning signs, ways to boost your mental health, dispelling myths on mental illness and where to find resources and support. Please register with the front desk if you would like to attend this presentation!



**Poppy G Jewelry Table Sale**  
**Wednesday, June 11th at 10:00 am**

Be sure to check out Poppy G's beautiful crystal jewelry selection of bracelets, earrings & more!



**FRIENDLY  
 REMINDER**

**FINAL PAYMENTS ARE due June 13th Pilgrim Belle Bus Trip  
 and the July 22nd Pilgrim Belle Bus Trip!**



**Newport Lighthouse  
 Cruise Bus Trip is  
 Tuesday, June 17th**

Please arrive at the Center for at 9:15 am for check in. The bus will be departing promptly at 9:45 am. We will be collecting for the bus driver tip at check in. To be courteous to our members attending programs at the Center, we kindly ask that bus trip patrons to park in the rear parking lot on the right side the building. Don't forget to pack a drink & snacks!

*Craft with Bess*

**Hummingbird Sun Catcher  
 June 16th  
 sessions 9:30 am & 1 pm**



Join us as we create these beautiful hummingbird suncatchers for your window! It's the perfect addition for your summer décor!!

Please note-hummingbird design will vary slightly from the one pictured above.

**REGISTRATION FOR CRAFT BEGINS  
TUESDAY, JUNE 10TH!**

To register, please visit or call and speak with a staff member at the front desk.

**Eating for Better Health Workshop with Kathi Masi**

**Wednesday, June 18th at 10 am**

June is Strawberry Month!



Come celebrate strawberry season with this informative and flavorful food demo! We'll talk all things strawberries—how to pick the best ones, how to store them, and why they're so good for you. Then, watch (and taste!) as we make a quick recipe that will highlight the sweet and savory side of strawberries. You'll leave with tips, recipes, and fresh ideas to bring to your own kitchen. Please register with the front desk, spots are limited!

## Smoothies with Lighthouse at Lincoln

Join us on **Tuesday, June 17th at 10 am** for some delicious smoothies with James from the Lighthouse at Lincoln! Please register with the front desk if you would like to attend!



Join us for Summertime Bingo Bash on **Wednesday, June 18th at 1 pm.**

Lot of raffles, treats and Bingo fun!!  
Be sure to wear Hawaiian or summertime attire to earn extra raffle tickets!!



**THE CENTER WILL BE  
CLOSED ON  
THURSDAY,  
JUNE 19th**



## JUNETEENTH FACTS

Juneteenth is an annual holiday commemorating the end of slavery in the U.S.

**On January 1, 1863, Abraham Lincoln signed the Emancipation Proclamation, which declared that all enslaved people were free, but many people still remained enslaved, especially in Texas**

**On June 19, 1865, over two years after the signing of the Emancipation Proclamation, Union Troops rode into Galveston, Texas to announce that the Civil War was over and all enslaved people were free**

**The name "Juneteenth" is formed by combining "June" and "nineteenth"**

**Juneteenth is also known as Freedom Day, Jubilee Day, Emancipation Day and Liberation Day**



## **RI Bar Association Ask-A-Lawyer event Monday, June 23rd 10:30 am to 12 pm**

Susan Gershkoff, Esq will meet one-on-one for a **15 minute** session to discuss their legal concerns. Please visit the front desk to schedule your appointment!



### **“Artificial Intelligence for Senior Citizens” Tuesday, June 24th at 10 am**

Join us for a one-hour presentation "Artificial Intelligence for Senior Citizens,". Embark on an enlightening journey through the world of AI, tailored specifically for older adults. The presentation begins with an Introduction highlighting AI's transformative societal impact. We'll explore the potential dangers seniors might encounter, including vulnerability to digital scams, misinformation risks, and privacy concerns, ensuring participants are well-informed about potential pitfalls. To add intrigue, the presentation will showcase some truly unusual AI applications, from intelligent toothbrushes to an AI-powered confessional, demonstrating the technology's remarkable versatility. The dangers, and there are many, will be outlined so that Seniors who use AI will be alert to the dangers that exist in the use of AI. Please with the front desk if you would like to attend!



**SUSAN GERSHKOFF**  
Esq., Ltd.

**Wednesday, June 25th at 10:30 am**

### **ESTATE PLANNING 301: IRREVOCABLE OR MEDICAID PLANNING TRUSTS FOR NURSING HOME PLANNING**

Learn about Irrevocable Trusts and how they fit into nursing home planning. These Trusts are used to transfer your home and sometimes bank or brokerage accounts into an irrevocable trust so that they are outside of Medicaid's purview, in case of future nursing home needs. We will discuss the pros and cons of this type of Estate Planning.. Please register with the front desk if you would like to attend this presentation.



## Cup of Joe with a G.I. Joe Veterans Group

Calling all Veterans!!!!

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 on **Thursday, June 26th at 11am** in the conference room. A representative from the DAV will join us at this month's meeting!



## Left Center Right Game Day

**Friday, June 27th at 11am**

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



## Walking Club is a GO!!!

We had quite a bit of interest in forming a walking club!

So mark your calendars....Walking Club will meet on

Thursday mornings at 10:30 am starting on **Thursday, June**

**12th!** Bring your water bottle, sunscreen and comfy sneakers and let's get together to walk around the Center. We will be planning mini trips to walk the bike path and Lincoln Woods In July and August!!

IN LOVING  
memory

Your presence we miss, your memories we treasure



Shirley Poissant  
9/8/1935-5/1/2025



Pamela Haskell Hunt  
Former Lincoln Senior Director



Jeanie Pertain  
8/5/1941-3/19/2025

# Lincoln Senior Center Presents

## The Lobster Roll Cruise

Thursday, August 14th

\$127 per person

Check-in Time : 10:00 am

Bus Departs: 10:30 am

Bus Returns: 6:15 pm



Take a cruise with us!

We start off our day by traveling to Cape Cod for a truly exceptional day! We begin our day in Dennis and enjoy a 90 minute cruise offering the most spectacular views from the decks of the *Lobster Roll*, a custom built cruise boat. Glide through the calm waters of Sesuit Harbour and into the serene beauty of Cape Cod Bay with its incredible picturesque coastline.

While on board, you will enjoy a choice of:

**Lobster Roll, Roast Beef Roll Up or a Vegetarian Roll Up**

In the afternoon we will visit Katie's Homemade Ice Cream in Hyannis. Here you will be treated to an included small ice cream cone! Before heading home you will enjoy some free time in downtown Hyannis.

### Sign ups start on Thursday, June 12th

- Bus trips are for Lincoln Senior Center members only. Membership dues must be paid up to date to reserve your spot.
- A \$10 minimum deposit is required at time of sign up.
- You can only sign up yourself and one other member at time of sign up.
- Meal choice is due at sign up!
- Full payment is due by July 15th
- No refunds given after July 15, 2025
- Event runs rain or shine



# Bus Trip Information & Reminders

## Newport Lighthouse Cruise Bus Trip

**Tuesday, June 17th**

Check in time: 9:15 am  
Departure time: 9:45 am  
Return time: 5:30 pm

All slots full  
Trip runs rain or shine!

## Pilgrim Belle Bus Trip

**Thursday, July 10th**

Check in time: 9:15 am  
Departure time: 9:45 am  
Return time: 6:30 pm

Final PMT due: June 13th  
Trip runs rain or shine  
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  
Trip runs rain or shine  
All Slots are FULL

## Interlakes Theater- "Tootsie"

**Thursday, July 24th**  
**\$150 per person**

Check in time: 7:15 am  
Departure time: 7:45 am  
Return time: 7:15 pm

Final PMT due: June 18th  
Trip runs rain or shine  
Spots still available



Painting with Lighthouse at Lincoln



Ice Cream Social with Atria Living



Indy 500 Fun!



# Flag Day

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

Symbol  
Respect  
Banner  
Salute  
Field  
Honor  
Wave  
Pledge  
Fifty  
Stripes  
Flag  
Stars  
Eagle  
Red  
White  
USA  
Blue  
Holiday



## Lemon Strawberry Trifle

### Ingredients:

- 4 ounces fat-free cream cheese, softened
- 1 cup fat-free vanilla yogurt
- 2 cups fat-free milk
- 1 package (3.4 ounces) instant lemon pudding mix
- 2 teaspoons grated lemon zest
- 2-1/2 cups sliced fresh strawberries, divided
- 1 tablespoon white grape juice or water
- 1 prepared angel food cake (12 ounces)
- Optional: Whipped topping & additional strawberries



### Directions:

1. In a large bowl, beat cream cheese and yogurt. Add the milk, pudding mix and lemon zest; beat until smooth.

2. In a blender, process 1/2 cup strawberries and grape juice until blended.

3. Cut cake into 1-in. cubes; place a third in a trifle bowl or a 3-qt. serving bowl. Top with a third of the pudding mixture and half of the remaining strawberries. Drizzle with half of the strawberry sauce. Repeat all layers. Top with remaining cake and pudding mixture. If desired, garnish with whipped topping and additional strawberries.

4. Cover and refrigerate for at least 2 hours.

5. OPTIONAL: You can build this lemon strawberry trifle into individual portions. Instead of building the layers all in one dish, divide them evenly among the glasses, using the same assembling formula in the recipe.

[www.tasteofhome.com/recipes/strawberry-lemon-trifle/RecipeCard](http://www.tasteofhome.com/recipes/strawberry-lemon-trifle/RecipeCard)

## Staff

Lois Durkin

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Bessie Carvalho

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Program Director

Carmen Reverdes

[creverdes@lincolnri.org](mailto: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!

## Friends of Lincoln Senior Center Memorial Donation Form

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

Address: \_\_\_\_\_

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  
06/01/2025

### 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  
 10:30 am Walking Club (Starting 6/12)  
 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