

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

July 2025

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

This month there are lots of reasons to celebrate! On the fourth, we have Independence Day, celebrating the adoption of the Declaration of Independence. There is Nelson Mandela Day on July 18th which honors Mandela's legacy. International Day of Friendship is celebrated on July 30th to honor our friendships. There are also some fun ones like National Ice Cream Day (July 20th) and National Hot Dog month. This month I have a bittersweet reason to celebrate, I have decided to announce my retirement. My last day will be July 18th. I have worked for the Town of Lincoln for 29 years, most notably 22 years as the Senior Center Director. It has been my extreme honor to serve as director and I am so proud of how our little center that started on Chapel Street grew to our beautiful new Center. The expansion of our memberships, programming and activities has been amazing! I am so grateful for all the special and beautiful people that I have come to know and love. I will hold all of the laughs, hugs, tears and special memories dear in my heart. I will miss you and my wonderful staff and everyone that made the Center the success that it is. It couldn't have been done without you!

With much love,
Lois Durkin



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



Lincoln Senior Center July Calendar of Events & Presentations

The Overeaters Anonymous Group meets every Thursday at 10 am

- JULY 04 Center is Closed for Fourth of July Holiday
- JULY 07 Registration opens for the Flag Nightlight Craft . Please note-you can only sign up yourself for the craft, you cannot sign up other members.
- JULY 07 NO MOVE & GROOVE CLASS WITH JANET TODAY
- JULY 08 Oak Street Health Table Event in our lobby at 9:30 am
- JULY 08 Memoir Writing Class with Lynn Price at 1 pm
- JULY 08 Afternoon Flick at 1 pm. We will be streaming "Secondhand Lions"
- JULY 09 Blood Pressure Clinic at 10 am sponsored by Lighthouse at Lincoln
- JULY 09 Red, White & Blue Bingo Bash at 1 pm
- JULY 09 NO MOVE & GROOVE CLASS WITH JANET TODAY
- JULY 09 Book Club meeting at 2 pm
- JULY 10 Pilgrim Belle Bus Trip. Please arrive at 9:15 am for check in!
- JULY 11 NO FITNESS FOR FUNCTION CLASS TODAY
- JULY 11 Essex Steam Train & Riverboat Cruise Bus Trip Sign ups begin at 8:30 am
- JULY 11 Ice Cream Social sponsored by Pawtucket Falls. Registration is required!
- JULY 14 NO CARDIO CLASS WITH LISA TODAY
- JULY 14 NO SIT & STRENGTHEN WITH LISA TODAY
- JULY 14 Chair Volleyball at 10:30 am
- JULY 15 FINAL PAYMENTS ARE DUE FOR THE LOBSTER ROLL CRUISE TRIPS!
- JULY 15 Blood Pressure Screening at 11 am
- JULY 15 NO YOGA CLASS WITH MARIA TODAY
- JULY 15 Cup of Joe with a GI Joe Veterans Group Potluck Summer Cookout at 5 pm. Registration is required.
- JULY 16 Julie the hair stylist will be at the Center-by appointment only!
- JULY 16 Poppy G Jewelry Table Event at 10 am
- JULY 16 NO CARDIODANCE INTERVAL WITH MARIA TODAY
- JULY 17 Cancer Survivor Support Group Chat at 11 am
- JULY 17 Retirement Celebration for Lois at 1 pm. Registration is required!
- JULY 18 American Flag Nightlight Craft at 10:00 am and 1 pm
- JULY 21 URI Nutrition Presentation at 10:30 am. Registration is required.
- JULY 22 Pilgrim Belle Bus Trip. Please arrive at 9:15 am for check in!
- JULY 22 Memoir Writing Class with Lynn Price at 1 pm
- JULY 23 Book Club at 2 pm
- JULY 24 Interlakes Theater "Tootsie" Bus Trip. Please arrive at 7:15 am for check in!
- JULY 25 Left Center Right Game Day at 11 am
- JULY 25 Ice Cream Social at 1 pm sponsored by Blue Cross. Registration is required!
- JULY 29 Family Feud at 11 am
- JULY 30 Eating for Better Health Workshop with Kathi Masi at 10 am. Registration required!
- JULY 31 Turkey Train Bus Trip Sign ups begin at 8:30 am

Friendly reminder to Dress in Layers!

It can be slightly cool in the Center during the summer months as we try to keep the Center cool during the summer. It may be a good idea to bring a lightweight sweater with you in case you feel a little chilly. We kindly ask our members to not touch our thermostats as it can affect other areas of our facility.

Important Note

The following classes will not meet this month

July 4th No classes or activities today! Center is CLOSED for holiday
July 7th No Move & Groove with Janet today
July 9th No Move & Groove with Janet today
July 11th No Fitness for Function Class today
July 14th No Cardio Strength with Lisa
July 14th No Sit & Strengthen with Lisa
July 15th No Yoga with Maria today
July 16th No CardioDance Interval with Maria today

- Cup of Joe with a GI Joe veterans group will have an evening meeting event this month-Summer Potluck Cookout on July 15th at 5 pm
- Tech Corner with Renee will not be meeting this month. Renee is on a summer break!



Reminder: Tuesday Chair Yoga Class with Denise

Be sure to bring your yoga blocks with you on the first Tuesday of the month!

Our members love to craft! It's a very popular activity and we are limited to how many we can accommodate. In order to give all an opportunity to sign up, we can no longer allow you to sign up additional members at time of sign up. You will only be allowed to sign up yourself. You can register by visiting the front desk or calling the Center. However, if calling in, you MUST speak with a staff member. Leaving a message does not guarantee your spot. Thank you for your understanding and cooperation!



We Will Be Closed
ON 4TH OF JULY
HAPPY INDEPENDENCE DAY

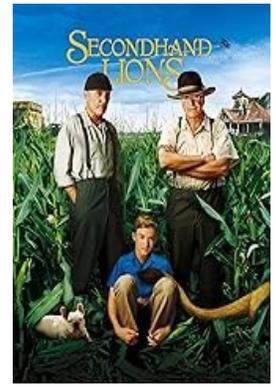


Oak Street Health will be hosting a table event in our lobby on **Tuesday, July 8th** at 9:30 am. Be sure to pop by!!



AFTERNOON FLICK Tuesday, July 8th at 1 pm

Join us as we stream the movie “Secondhand Lions” on July 8th at 1 pm. It’s a comedic and touching family film that follows the adventures of a shy young boy who is sent to spend the summer with his eccentric uncles. It stars Michael Caine, Robert Duvall, Haley Joel Osment, and Kyra Sedgwick. Popcorn & refreshments will be served. Please register with the front desk if you would like to attend!



BLOOD PRESSURE CLINIC Wednesday, July 9th at 10 am



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



Memoir Writing Class with Lynn Price

This month’s meeting dates will be held on

Tuesday, July 8th at 1 pm

Tuesday, July 22nd at 1 pm

If you are new to writing, you don't have to write anything more than a paragraph. Lynn offers tip sheets to help you think about writing in a way you may have overlooked before! Be sure to stop in and check it out!



Celebrate the Fourth of July at our **Red, White & Blue Bingo** on Wednesday, July 9th at 1 pm

Come join the fun and be sure to wear your red, white and blue or patriotic gear to earn extra raffle ticket entries for our special raffle. Come celebrate Independence Day with a fun afternoon of Bingo, raffles, and a special treat!



Book Club will be meeting July 9th & July 23rd at 2 pm

This month they will be finishing up their book discussion selection, **Winter Cottage**, by Mary Ellen Taylor and will be discussing new book suggestions!

PILGRIM BELLE BUS TRIP



**2 Trips- Thursday, July 10th &
Tuesday, July 22nd**

Check in time is at 9:15 am!

Bus will be departing at 9:45 am

We will be collecting for the bus driver tip at check in. We kindly ask that bus trip patrons park in the rear parking lot on the right side the building to be courteous to our other members attending various programs at the Center throughout the day. Don't forget to pack a drink & snacks!



**Chair Volleyball
Mon, July 14th at 10:30 am**

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 to play!



**Blood Pressure
Screening Tuesday,
July 15th at 11 am**



i scream...you scream...we all want some...

ice cream

Join us for an
ICE CREAM SOCIAL

July 11th at 1 pm

sponsored by



Pawtucket Falls
HEALTHCARE CENTER

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

**Cup of Joe with A GI Joe Veterans
Group will be having a
Summer Potluck Cookout
Tuesday, July 15th at 5pm**

Please note new date change!



If you are a veteran, or a family member of a veteran, we would love for you to get together with us. Please RSVP with Bess and let her know what you will be bringing to the cookout!

FRIENDLY REMINDER

FINAL PAYMENTS ARE DUE JULY 15th for the August 14th Lobster Roll Cruise & the August 28th Lobster Roll Cruise Bus Trips!

Poppy G Jewelry Sale

Wed, July 16th at 10:00 am

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



Hair Stylist



Julie, the hair stylist, will be scheduling appointments at the Center for **Wednesday, July 16th**

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

Time Slots Available

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



Thursday, July 17th at 11 am

Join us for the first meeting of our Cancer Support Group. It's a place cancer patients and survivors, can connect with others impacted by cancer and share information & support.



Craft with Bess

Resin American Flag Nightlight

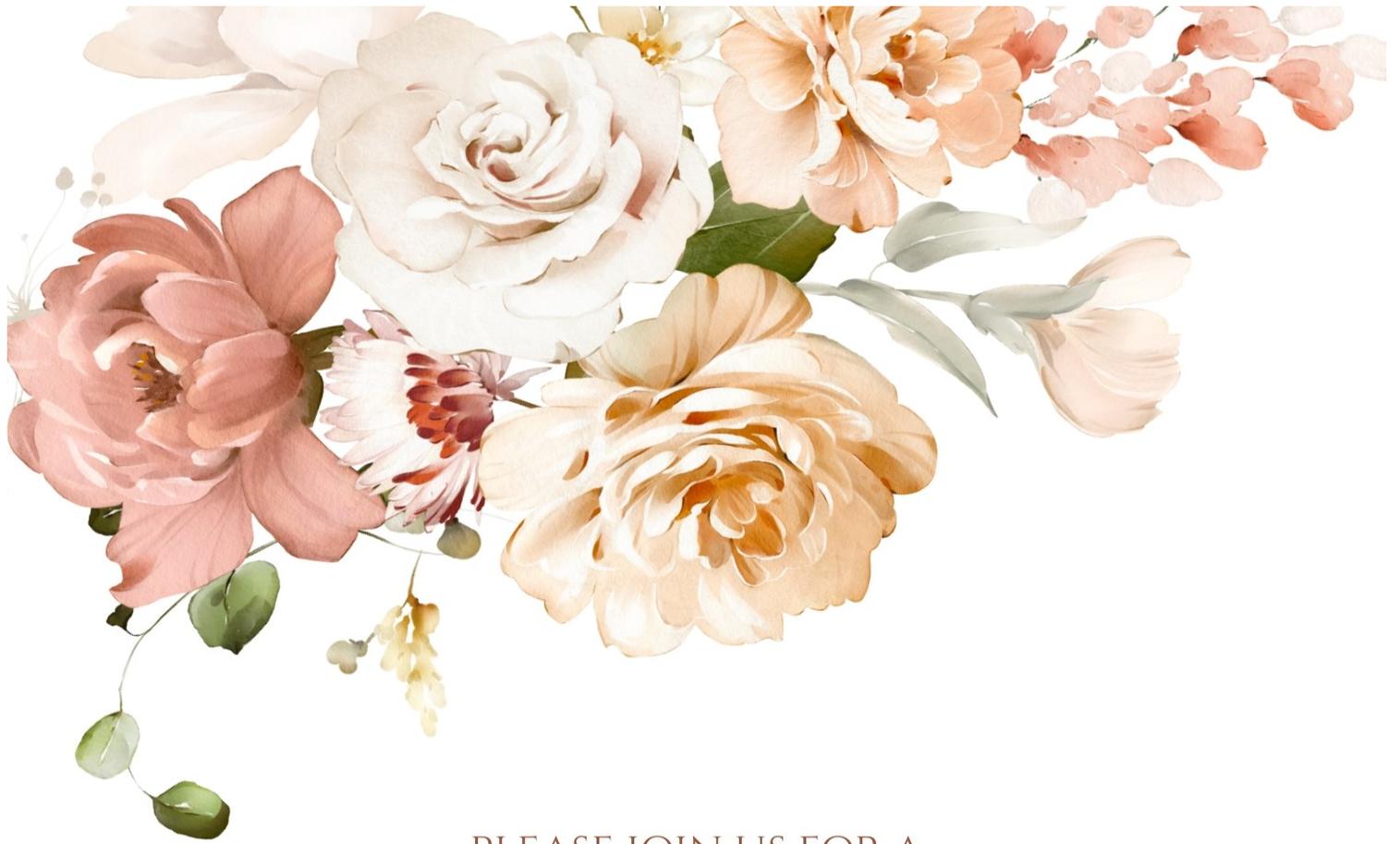
Two sessions: July 18th 2 sessions: 10 am and 1 pm

Display your patriotic pride with these adorable Crushed Glass Resin American Flag night lights! **Registration for craft begins July 7th at 8:30 am.** We cannot allow you to sign up friends. Each person has to register individually. Visit or call the front desk to register. If calling, you MUST speak with a staff member.

Save
the
Date

Our annual cookout will be on AUGUST 22nd! Live music, foods & lots of fun! More details to follow!





PLEASE JOIN US FOR A

Retirement
CELEBRATION

IN HONOR OF

Lois Durkin

THURSDAY, JULY 17TH AT 1:00PM

LINCOLN SENIOR CENTER
150 JENCKES HILL ROAD, LINCOLN, RI
RSVP TO BESS 401-753-7000 OR
BCARVALHO@LINCOLNRI.ORG



EATING FOR A HEALTHY HEART

MONDAY JULY 21ST AT 10:30 AM

Join us to chat about:

- Types of Fat and their Effect on Heart Health
- Heart Healthy Food Choices
- Hydration and Heart Health
- Lifestyle and Habits



For any further questions or feedback, please contact:



jasmine_felicio@uri.edu

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



INTERLAKES THEATER "TOOTSIE" BUS TRIP

Thursday, July 24th

Check in time is at 7:15 am!

Bus will be departing at 7:45 am

We will be collecting for the bus driver tip at check in. We kindly ask that bus trip patrons park in the rear parking lot on the right side the building to be courteous to our other members attending various programs at the Center throughout the day. Don't forget to pack some drinks & snacks! It's going to be a fun trip!!!



Left Center Right Game Day Friday, July 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 Left Center Right Game Day! It's an easy to learn game and fun for all ages!

I Scream, You Scream, We All Scream for Ice Cream!!

HERE'S THE SCOOP!



In honor of National Ice Cream Day, Blue Cross will be hosting an Ice Cream Social for our members on Friday, July 25th at 1 pm! Please register with the front desk if you would like to attend this cool treat!



Blue Cross
Blue Shield
of Rhode Island



your **blue** store

Family Feud Fun!

Tuesday, July 29th at 11:00 am

One hundred people surveyed and the top answers all agree that Family Feud is FUN! Come join us as we gather with friends to play!! We even have buzzers to ring in your answers!! Be sure to join us for some Family Feud Fun!



Eating For Better Health with Kathu Masi

Wednesday, July 30th at 10 am

Summer Meals Made Easy

Celebrate the vibrant flavors of the season with this fun and informative summer cooking demo! Learn how to create simple, healthy, and refreshing dishes that make the most of summer's bounty. We'll also share tips on shopping smart, storing fresh produce, and staying hydrated through your food choices. Come for the cooking, stay for the tasting, and leave with recipes and inspiration to bring the taste of summer to your table! Registration is required to attend this presentation.



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Newport
Lighthouse
Cruise Bus
Trip



Bus Trip Information & Reminders

Pilgrim Belle Bus Trip

Thursday, July 10th

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

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

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

Trip runs rain or shine
All Slots are FULL



ESSEX STEAM TRAIN & RIVERBOAT BUS TRIP

Friday, September 5, 2025

\$155.00 per person

Check in Time: 8:45 am

Bus departs: 9:15 am

Bus returns: 4:45 pm

Roundtrip Transportation, Plated Lunch, Train & Riverboat

ALL ABOARD! Join us for a special Rail & Sail in Essex, Connecticut. Upon arrival, we will stop and board at the Essex Station where we will enjoy lunch on board a dining car while you take scenic train excursion traveling by beautiful countryside as you pass by meadows and farms.

Choice of Braised Beef Tips, Chicken Francaise or Eggplant Rollatini

The train travels along the Connecticut River to Deep River. Upon arrival at the Deep River Station, you will board the Riverboat for a relaxing ride along the Connecticut River. Admire the picturesque views that surround the river!

Sign ups start on Friday, July 11, 2025

- 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 & meal selection is required at time of sign up.
- You can only sign up yourself and one other member at time of sign up.
- **Full payment is due by Friday, August 9th!**
- **No refunds given after August 9, 2025**

Please note, Sign Ups For Turkey Train will begin on Thursday, July 31st beginning at 8:30 am.

It's Turkey Time!! All Aboard...

Join us for the
Foliage Turkey Train Tour

Tuesday, October 7, 2025

\$140 per person

Check In Time: 8:00 am

Bus Departs: 8:30 am

Returns: Approximately 7:30 pm



We have 2 buses!

Join us for the perfect Foliage Day Trip! Begin your day with a beautiful scenic drive up to Meredith, New Hampshire where we will board the Winnepesaukee "Turkey Train" at the Hobo Railroad. This two hour scenic train ride, through the countryside of New Hampshire is complete with a delicious full turkey dinner complete with all the fixin's! This exceptional turkey meal is provided by Hart's Turkey Farm. Following the lunch train excursion we board the motor coach and head to Moulton Farms, in the heart of the Lakes Region. The farm dates back to 1890's and has so much to offer. Browse their farm stand garden center or maybe pick up a treat at their bakery! It's a perfect ending to our October day!

Sign ups start on Thursday, July 31, 2025

- 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 at time of sign up (cash or check)
- You can only sign up yourself and one other member at time of sign up.
- **Full payment is due by September 5, 2025!**
- **No refunds given after September 5, 2025**
- **Trip runs rain or shine**



4TH OF JULY

ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS
FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
NATION
PARADE
REVOLUTION
RIGHTS



STATES
THIRTEEN
UNITED



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

Strawberry Spinach Salad with Candied Pecans Feta and Balsamic Vinaigrette



Ingredients:

1/2 cup balsamic vinegar
1/2 cup olive oil
1 Tbsp dijon mustard
1 Tbsp honey
Salt and freshly ground black pepper
3/4 cup broken or roughly chopped pecans
1 1/2 Tbsp brown sugar
1/2 Tbsp butter
10 oz baby spinach (you also substitute with field greens)
1 lb fresh strawberries , hulled and sliced
5 oz . feta cheese , crumbled
1/3 small red onion , thinly sliced

Instructions:

For the vinaigrette:

Add vinegar to a small saucepan, bring to a boil over medium heat and allow to boil until reduced by half, about 3 minutes. Pour into a jar or bowl, add olive oil, dijon mustard, honey and whisk to blend while seasoning with salt and pepper to taste. Thin with a little water if desired. Set aside.

For the pecans:

Add pecans, brown sugar and butter to a small non-stick skillet and cook over medium-heat, stirring constantly until sugar starts to melt and caramelize, about 2 - 3 minutes. Transfer to a plate in a single layer to cool.

For the salad:

In a salad bowl toss together spinach, strawberries, half of the feta, red onion and pecans. Drizzle about 1/3 of the dressing over salad then plate and drizzle remaining dressing over individual portions and top with remaining half of the feta. Serve immediately.

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____

Staff

Lois Durkin

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!