



The Lincoln Link

LINCOLN SENIOR CENTER NEWS

AUGUST 2025

Happy August to all!!

Last month, we celebrated the retirement of Lois Durkin, our longtime Director. It was a bittersweet day as we gathered at her retirement celebration to extend happy retirement wishes and give her one last hug. The turnout for her celebration was a testament to the amazing director she was! She will be missed by all and has promised to back in the fall as a member!

I am very excited to be taking over the new role as Director for our Center. I promise to continually work to broaden the enrichment activities and programming for our Center, along with ensuring lots of FUN for all!

As summer draws to an end, we are hitting the lazy days of summer. However, our members will be anything but lazy!! Our Center will be bustling with activities! Our annual cookout will be held on August 22nd with musical entertainment provided by Bill Reidy! We also have two more bus trips this month to Cape Cod! There will be a Dance Party, and Ice Cream Social and more!!

I hope everyone enjoys the rest of their summer!!

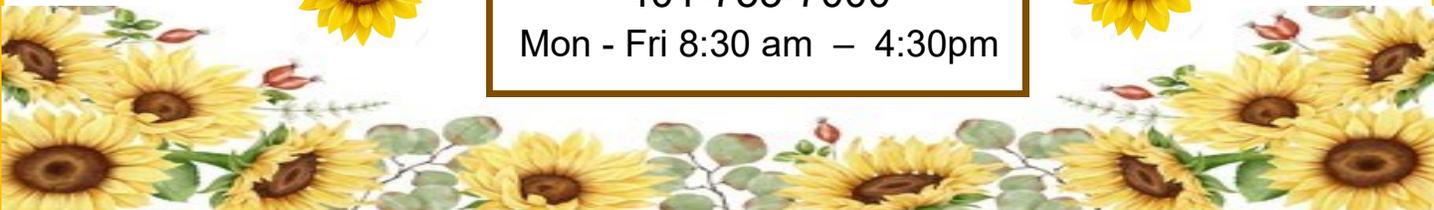
Bessie Carvalho
Director



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



August Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- AUG 01 **NO FITNESS FOR FUNCTION CLASS TODAY**
- AUG 04 Sign Ups begin for our Annual BBQ. \$10 per person due at sign up
- AUG 04 **NO TAI CHI CLASS WITH BOB TODAY**
- AUG 04 **NO CHAIR CHI CLASS WITH BOB TODAY**
- AUG 05 **NO ARTHRITIS CLASS WITH SUE TODAY**
- AUG 05 **NO FOREVER FIT CLASS WITH SUE TODAY**
- AUG 05 CHAIR VOLLEYBALL at 10 am.
- AUG 05 Memoir Writing Class with Lynn Price at 1 pm
- AUG 06 Julie the hair stylist will be at the Center-by appointment only
- AUG 06 Silver Fox Gems Paparazzi Jewelry event at 10 am with Lady Sarah!
- AUG 06 **NO BINGO TODAY!**
- AUG 06 Book Club meeting at 2 pm
- AUG 08 FINAL PAYMENTS DUE FOR ESSEX STEAM TRAIN & RIVERBOAT BUS TRIP DUE
- AUG 11 **CENTER CLOSED for Victory Day**
- AUG 12 CRAFT SIGN UPS BEGIN for HYDRANGEA ORNAMENT
- AUG 12 American Parkinsons Disease Association Support Group meeting at 10 am
- AUG 12 Afternoon Flick-we will be streaming the movie "Yesterday" at 1 pm. Please register!
- AUG 13 Poppy G Jewelry Table event at 10 am! Cash sales!
- AUG 13 Back to School Bingo Bash! We will be collecting school supplies for the Family Literacy Center!
- AUG 14 **LOBSTER ROLL CRUISE BUS TRIP. Please arrive for check in at 9:30am.**
Bus departs at 10 am sharp!
- AUG 15 Bus Trip Sign Ups for Castle in the Clouds Bus Trip. \$10 deposit & meal selection due at sign up!
- AUG 15 Veterans Quilt of Honor Ceremony at 1 pm. Please register with the front desk!
- AUG 18 Craft with Bess- Hydrangea Ornament-2 sessions 10 am and 1 pm
- AUG 19 Blood Pressure Screening at 11 am
- AUG 19 Memoir Writing Class with Lynn Price at 1 pm
- AUG 19 Dance Party with Heritage Hills at 1 pm. Please register with the front desk!
- AUG 20 Julie the hair stylist will be at the Center-by appointment only
- AUG 20 Blue Cross Presentation "Brain Power: Keep Your Brain Sharp as You Age" at 10:30 am. Registration is required
- AUG 22 Annual BBQ! Musical performance by Bill Reidy starts at 11 am. Lunch will be served at 12 pm
- AUG 25 Senior Olympics 10am. Please register with the front desk!
- AUG 26 Educational Presentation "Medicare Untangled 101" at 10:30 am
- AUG 27 Smoothies with Lighthouse at Lincoln at 10 am. Registration is required!
- AUG 26 Ice Cream Social sponsored by Mt St Rifa's at 1 pm. Registration is required
- AUG 28 **LOBSTER ROLL CRUISE BUS TRIP. Please arrive for check in at 9:30am.**
Bus departs at 10 am sharp!
- AUG 29 Bagels & Breathing presentation at 10:00 am
- AUG 29 Left Center Right Game Day at 11 am



Class Cancellations for August:

Friday, Aug 1st

No Fitness for Function Class

Monday, Aug 4th

No Tai Chi Class with Bob today

Monday, Aug 4th

No Chair Chi Class with Bob today

Tuesday, Aug 5th

No Arthritis Class with Sue today

Tuesday, Aug 5th

No Forever Fit with Sue today

Wednesday, Aug 6th

No Zumba with Sue today

Wednesday, Aug 6th

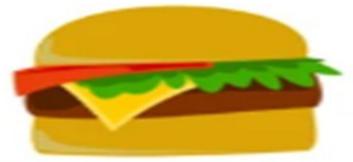
NO BINGO today

PLEASE JOIN US FOR OUR ANNUAL

SUMMER



BBQ



FRIDAY, AUGUST 22ND

MUSIC FOOD & FUN!!

11:00 AM - 1:00 PM

\$10 PER PERSON

HAMBURGERS - HOT DOGS
SALAD - CHIPS - DRINKS



**Musical Performance
by Bill Reidy**

***Music starts at 11 am
followed by lunch at
12pm**



Sign Ups Begin August 4th!





JOIN US FOR CHAIR VOLLEYBALL!

Tuesday, August 5th at 10 am



If you haven't had the opportunity to try Chair Volleyball, here is your chance! We will be playing on Tuesday, August 5th at 10 am! Chair Volleyball is a physical activity that provides a fun way to be active. Because players are required to remain seated, chair volleyball allows those with physical limitations to participate on a level playing field with those who may be more active. We promise-it will be a fun filled hour sprinkled with lots of laughter! If you would like to join the fun-please see the front desk to sign up for chair volleyball!



Memoir Writing Class with Lynn Price

This month's meeting dates will be held on

Tuesday, Aug 5th at 1 pm

Tuesday, Aug 19th 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!



paparazzi™



LadySarah from Silver Gems

Paparazzi will be holding a jewelry table event in our lobby on **Wed, August 6th at 10am**



Book Club August 6th at 2 pm

This month Book Club will just be meeting on August 6th. They will be finishing up their book discussion selection, **Last Agent in Paris** by Sharon Maas. New book selections will also be discussed for the month of September. **Please note: September meeting dates will be September 10th & 24th**

FITNESS FOR FUNCTION

We are excited to announce that we will be starting another 6 month session of FITNESS FOR FUNCTION starting Sept 4th and running through Jan 2026! Fitness for Function is an evidence-informed general exercise and fall prevention class to increase physical activity and mobility. It is a 50 minute class will meet Thursday mornings at 9am. **This is not a drop in class-you must be registered and commit to the 6 month program.** Please visit or call the front desk to register for this 6 month program.



Hair Stylist



Julie, the hair stylist, will be scheduling appointments at the Center for

Wednesday, August 6th

Wednesday, August 20th

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

Time Slots Available

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



Tuesday, August 12, 2024
at 10:00 am

Neurosurgery



Wael F. Asaad, MD, PhD
Sidney A. Fox and Dorothea Doctors
Fox Professor of Ophthalmology and
Visual Science
Associate Professor of Neurosurgery
and Neuroscience
Director, Functional Neurosurgery
and Epilepsy Program
Director, Cognitive Neurophysiology
and Neuromodulation Laboratory



BROWNHealth
UNIVERSITY

An opportunity to ask questions, learn about diagnosis and medical testing, and understand a multidisciplinary approach to living with Parkinson's Disease.



Sarah Kraich, PA-C
Functional Neurosurgery Physician
Assistant

Join Wael Assad, MD, PhD, Director of Functional and Epilepsy Neurosurgery at Rhode Island Hospital and Vice Chair for Research in the Department of Neurosurgery, and Sarah Kraich, PA-C, and learn

about multidisciplinary care for individuals living with Parkinson's Disease, Essential Tremor, Dystonia, and other related conditions. The center comprises movement disorder neurologists, neurosurgeons, neuropsychologists, physical therapists, speech and swallowing therapists, and other team members who provide individualized care to optimize both medical and surgical therapies.

Please contact Maria Kishfy, APDA Support Group Leader for more information by emailing mariakishfy@gmail.com or call 401-440-8136

About APDA

Every day we provide the support, education, and research that will help everyone impacted by Parkinson's disease and their families. The American Parkinson's disease is a 501 C (3)



Craft with Bess

Hydrangea Ornament

Monday, August 18th

2 sessions: 10 am and 1 pm



Join us as we create this beautiful hydrangea ornament. Perfect to display in your window! So pretty and elegant! Please note, shapes and colors of petals may vary.

Registration for craft begins August 12th at 8:30 am

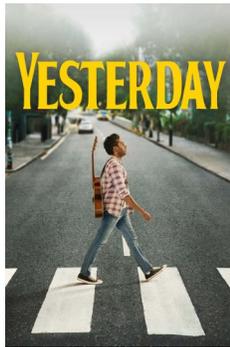
Due to the rising popularity of our crafts, we can only allow individual registrations to give all an opportunity to participate in crafts. Visit or call the front desk to register. If calling, you MUST speak with a staff member.

AFTERNOON FLICK

Tuesday, Aug 12th at 1 pm



This month we will be streaming the movie, "Yesterday". It is the story of a struggling musician Jack Malik, who suddenly finds himself as the only person who remembers the Beatles and becomes famous for performing their songs. We hope you can enjoy us for this heart warming comedy! Popcorn and refreshments will be served. Please register with the front desk if would like to attend!



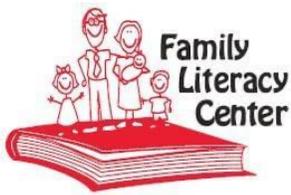
Poppy G Jewelry Sale

Wed, August 13th 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 for loved ones or even as a special treat for yourself! Cash

**Final payments for the Essex
Steam Train & Riverboat
Cruise Bus Trip are due 8/8/25**



We have a hidden gem in the Town of Lincoln that most do not even know exists. It's a magical place that spurs creativity and a love for reading for our youth. It's called the **Family Literacy Center** and is located at 12 Parkway in Manville. Their mission is to empower children, young adults, and their families to enhance the quality of their lives through education, support, advocacy, and opportunity. Their vision is

to put books into the hands of children to encourage them and their parents to read. They accomplish this by offering a friendly, community environment where kids and their parents/caregivers can come to check out books, do homework, play games, and work on crafts. Each year, they collect school supplies for students in elementary through the high school. We will be setting up a collection bin to help them with their collection effort so that they can help the many children get the school supplies that they need.

Here is a listing of some of the supplies they are looking for:

Pencil cases: plastic or soft

Pencils: Ticonderoga are a favorite!

dry erase markers

erasers: toppers and regular

index cards: regular size

calculators: regular or scientific

highlighters

sharpies

post it notes

ear buds

black, blue or red pens

hand held pencil sharpeners

Any donation big or small would be greatly appreciated to help the children!



Back to School Bingo

Wednesday, August 13th at 1pm

Join us for a fun afternoon of Bingo, Raffles and a sweet treat! Back to school time is just around the corner. We will be collecting school supply donations for the Family Literacy Center!



BUS TRIP REMINDERS!!

LOBSTER ROLL CRUISE BUS TRIP

August 14th & August 28th

Check in time is at 9:30 am

Bus will be departing at 10 am sharp!

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 great day!!!



Castle In the Clouds Bus Trip

Thursday, October 16th

\$130 per person

Check In Time: 6:15 am

Bus Departs; 6:45 am sharp!

Return Time: Approx 7 pm

We will begin our day with a stop at Castle in the Clouds, located in the heart of the Ossipee Mountains! This former country estate took many years, thousands of workmen, and millions of dollars to build. The Castle is built in one of the most beautiful settings in the world. Situated on the highest hill in the vicinity, the castle itself commands a panoramic view. One can see for a radius of 75 miles! Next we head to a regional landmark, Hart's Turkey Farm. Choose from Turkey Dinner, Roast Beef Dinner, or Broiled Haddock Dinner with all of the fixings. Before heading home, we will make a stop at Kellerhaus, New Hampshire's oldest candy and ice cream makers!



Sign Ups begin August 15th

- Meal Selection and \$10 (cash or check) deposit is required at time of sign up
 - **FINAL PAYMENT IS DUE SEPTEMBER 19, 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 SEPTEMBER 19th

Join us for the
QUILTS OF HONOR CEREMONY

Friday, August 15th at 1 pm



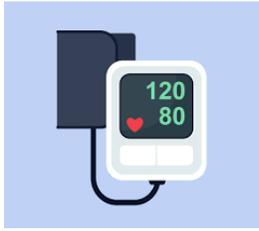
We will be honoring our veterans by showing them how much we appreciate their sacrifice and service with our "Quilted Hugs of Gratitude". Quilts of Honor provides comfort, love and healing to those who have given so much

Honorees include:

- Normand Alix
- Andre Baillargeon
- Robert Brousseau
- Laurence Hanson
- Danny Scarpetti

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

Quilts of Honor is a non-profit organization dedicated to honoring and comforting military service members and veterans through handmade quilts. Each quilt is handcrafted by volunteers and is a heartfelt tribute to the sacrifices made by veterans and active military personnel. The quilts are not just warm blankets; they hold deep emotional significance, symbolizing love, gratitude, and appreciation for their service. The organization's goal is to gift a symbol of thanks and remembrance to those who have served in harm's way. If you would like to join us for the Quilts of Honor ceremony, honoring five of our Veterans, please register with the front desk!



Blood Pressure
Screening Tuesday,
August 19th at 11 am



“Brain Power: Keep Your Brain
Sharp as You Age”

Wednesday, August 20th at 10:30 am

Want to stay sharp as you age?
Participants will learn the benefits of participating in
mentally stimulating activities and learn about
lifestyle strategies they can do to stimulate brain
growth, maximize their memory potential and stay on
top of their game.



Put on your dancing shoes and join us for a
DANCE PARTY!!

Tuesday, August 19th at 1 pm

Refreshments will be provided by **Marquis and
Assisted Living Locators**

Come join us as we boogie the afternoon away!
Please register with the front desk if you would like to
join the fun!

Senior Center SUMMER GAMES

Monday, August 25th at 10am

We had so much fun last year at our Summer Olympic Games! We decided to host
the Senior Center SUMMER GAMES!!

We will be hosting a variety of events:

~Pool Noodle Javelin Throw ~Basketball Free Throws ~Bean Bag Toss
“Oreo” Curling ~Discus Throw

The event will run from 10 am to 11:30 am. Even if you don't want to compete, you
can be a spectator and cheer on our Olympians! Or maybe you might like to be a
volunteer and help at the activity stations? Be sure to be join the fun! Registration
with the front desk!



Medicare Presentation with Joesph Goddard

“Medicare Untangled 101”

Tuesday, August 26th at 10:30 am

Are you turning 65 or losing your employer-sponsored healthcare plan due to
retirement? We understand you have questions, and we have the answers! Join us for
our seminar, "Medicare Untangled 101," where we will simplify the process and address
all your concerns regarding Medicare. Please call or visit the front desk to register for
this presentation!

**HERE'S
THE
SCOOP!**



**We are having an
Ice Cream Social!
August 26th at 1pm**

**Sponsored by
Mt St Rita's**

Please call or visit the front desk to register!

 **THE
LIGHTHOUSE**
at Lincoln

Smoothies

Wednesday, August 27th at 1 pm

It's the perfect day to enjoy a healthy and delicious smoothie! Our friend Jeff from The Lighthouse at Lincoln will be making smoothies for our members on Wednesday, August 27th at 10 am! Registration is required. Please call or visit the front desk!



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.

FRIDAY AUGUST 29TH, 2025 10:00 A.M.
LINCOLN CENTER
150 JENCKES HILL RD.
LINCOLN, RI 02865

Register with the front desk if you would like to attend!

In partnership with:



**Left Center Right
Game Day
Friday, Aug 29th
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!



Bus Trip Information & Reminders

Lobster Roll Cruise Bus Trip

Thursday, August 14th

Check in Time: 9:30 am

Bus Departs: 10 am

Bus Returns: approx. 6:15 pm

Trip runs rain or shine

Lobster Roll Cruise Bus Trip

Thursday, August 28th

Check in Time: 9:30 am

Bus Departs: 10 am

Bus Returns: approx. 6:15 pm

Trip runs rain or shine

Essex Steam Train & Riverboat Bus Trip

September 5th

Check in Time: 8:45 am

Bus Departs: 9:15 am

Bus Returns: 4:45 pm

Final Payments due: Aug 8, 2025

No Refunds given after Aug 8, 2025

Trip runs rain or shine

Turkey Train Bus Trip

Tuesday, October 7th

Check in Time: 8:15 am

Bus Departs: 8:45 am

Bus Returns: 7:15 pm

Final Payments due: Sept 5, 2025

No Refunds given after Sept 5, 2025

Trip runs rain or shine

Look What's
Coming Up!

Mah Jongg Tournament at North Providence Mancini Center



Wednesday, October 8th 12 pm to 3 pm

The North Providence Mancini Center will be hosting a Mah Jongg Tournament with the Lincoln Senior Center, facilitated by Carol Forges. The two teams will battle for the prize trophy to be proudly displayed at their Center. We hope the Lincoln Team can bring the trophy back home!! Participants must register for the tournament by September 5th. To qualify for the tournament you must:

- Be able to play a complete game in 16 minutes (set up & Charleston included)
- Attend a preparation meeting to go over rules and organization of the tournament and learn about how to score and use the scorecard. The meeting will be held at the Mancini Center on Thursday, September 25th at 1 pm.
- If you would like to participate, please be sure to sign up at the front desk!



BE SURE TO BROWSE THE PASTEL ARTS GALLERY!!

We have so many creative and talented artists here at our Center! The Pastel Arts Class, led by Nancy Curry, has an amazing gallery display in our hallway that you don't want to miss! This month's presentation pieces are an "Exhibit of Shoes".



Retirement CELEBRATION

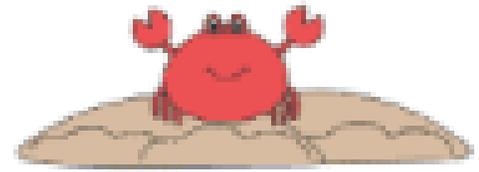


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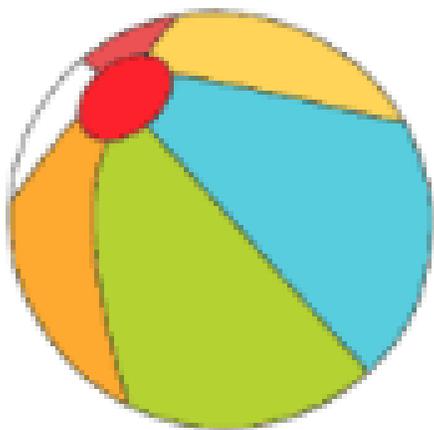


August

WORD SEARCH



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



August
Beach
Camping
Hot
Lazy
Ocean
Peach

Picnic
Pool
Relax
Summer
Sunshine
Vacation
Waffle

LINCOLN SENIOR CENTER

Weekly Activities Schedule

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

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

Updated
08/01/2025

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 August 22nd. Participants must be pre-registered for this program. All slots are filled at this time for Fitness for Function!**

Bess Carvalho-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

Ice Cream Sandwich Cake

INGREDIENTS:

- 24 vanilla ice cream sandwiches, unwrapped
- 2 (8 oz) containers of Cool Whip
- 1 (12 oz) jar of hot fudge ice cream topping, warmed
- 1 (12 oz) jar of caramel ice cream topping
- 1/4–1/2 cup of toppings of your choice (ie. Pecans, sprinkles, crushed cookies, chopped up candy pieces, etc.)



DIRECTIONS:

- Arrange a layer of ice cream sandwiches in the bottom of a 9x13-inch dish; top with a layer of hot fudge topping, caramel topping and whipped topping.
- Repeat layering with remaining ice cream sandwiches, whipped topping, hot fudge topping, and caramel topping, ending with a top layer of whipped topping. Sprinkle with toppings (pecans, sprinkles, chopped up candy pieces or cookie pieces).
- Cover the dish with aluminum foil and freeze until set, about 30 minutes. Slice and serve. ENJOY!



www.allrecipes.com/recipe/232742/ice-cream-sandwich-cake/

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____

Staff

Bessie Carvalho
bcarvalho@lincolnri.org
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!