



The Lincoln Link
LINCOLN SENIOR CENTER NEWS

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

September 2025

As summer comes to a close, we welcome the vibrant aura of the new fall season which is right around the corner! It truly is a wonderful time of the year to bask in all the amazing colors of the season. September is National Senior Center month. Our Center's goal is to help our seniors age gracefully and masterfully. It is our mission to offer a vast array of physical and social wellbeing offerings and a provider of essential services for our members. We offer daily fitness, fine arts, card games, crafts, music and dance programs and informational resources. We honestly have a truly remarkable senior center with so many active members! Our members range from 55 to 100 that participate in our activities daily! I think one of my favorite things about our Center is the way all our members look out for one another. That social component is very important to our well being. The friendships, the laughter and the smiles are a true gift for us all!

This month we hold our annual Health and Wellness Fair for our members and the community. We have some great presentations lined up this month and two more bus trip sign ups!! We like to keep you our members active and busy!!!

We are starting the interview process and will hopefully have a new Program Director very soon! We will keep you posted!!

Wishing everyone a wonderful September!

Bessie Carvalho, Director

Weekly Activities

Arthritis Exercise	Line Dancing
Bingo	Mahjonn
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

September Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- SEPT 01 **CENTER CLOSED FOR LABOR DAY**
- SEPT 02 **NO YOGA WITH MARIA TODAY**
- SEPT 03 Julie the Hair Stylist will be at the Center. See front desk to schedule your appointment!
- SEPT 03 **NO CARDIODANCE WITH MARIA TODAY**
- SEPT 04 SUNFLOWER CRAFT REGISTRATION OPENS UP at 8:30 am
- SEPT 04 FITNESS FOR FUNCTION 6 MONTH PROGRAM BEGINS at 9 AM. All slots FILLED!
- SEPT 05 ESSEX STEAM TRAIN & RIVERBOAT CRUISE. Check in time is 8:35 AM!
- SEPT 05 INSIGHT meeting at 10 am
- SEPT 05 Final payments are due for the TURKEY TRAIN BUS TRIP!!
- SEPT 05 Chair Volleyball at 1 pm
- SEPT 09 American Parkinson Disease Association Support Group meeting at 10 am
- SEPT 09 Quilt sale in our lobby with all proceeds going to Fire Chiefs of RI Honor Flights at 10 am
- SEPT 09 Memoir Writing Class with Lynn Price at 1 pm
- SEPT 09 Afternoon Flick at 1 pm We will be streaming the movie "The Thursday Murder Club"
- SEPT 10 Poppy G Jewelry Table Event at 10 am
- SEPT 10 Book Club Meeting at 2 pm
- SEPT 11 Gerri from Pampered Chef will have a table event in our lobby at 10 am
- SEPT 11 SUNFLOWER CRAFT-2 sessions -10:00 am and 1 pm. Registration is required!
- SEPT 11 Newport Playhouse A Twisted Christmas Carol" Sign Ups begin at 8:30 am
- SEPT 12 Center's Annual Health & Wellness Fair 2025 from 9 am to 12 pm.
Please note: Lunch will be served at 12 pm but all other programs/activities scheduled on Fridays are cancelled today due to the Health Fair.
- SEPT 15 Blue Cross Presentation "Introduction to Mindfulness" at 10:30 am
- SEPT 15 Blood Pressure Screening at 11 am
- SEPT 16 Bagels & Breathing Presentation at 10 am. Registration is required!
- SEPT 17 Scam Prevention Presentation with Lincoln Police Department at 10:30 am
- SEPT 17 Julie the Hair Stylist will be at the Center. See front desk to schedule an appointment!
- SEPT 18 URI College of Pharmacy Presentation on "Thyroid" at 11:15 am
- SEPT 18 Boston Pops Bus Trip sign ups begin at 8:30 am
- SEPT 19 Eating for Better Health with Kathi Masi "Are You Getting Enough Protein" at 10:30am
- SEPT 19 Smoothies with MacKenzie at 1 pm
- SEPT 22 Presentation "Ways to Improve Your Immune System" at 10:30 am
- SEPT 23 Silverfox Gems Papparazzi Jewelry Table Event at 10 am
- SEPT 23 Presentation" Medicare Untangled 101" at 10:30 am
- SEPT 23 Memoir Writing Class with Lynn Price at 1 pm
- SEPT 23 **NO BEGINNER OR INTERMEDIATE LINE DANCING CLASSES WITH KAREN**
- SEPT 24 Cancer Chat Support Group at 11 am
- SEPT 24 Book Club meets at 2 pm
- SEPT 25 Cup of Joe with a GI Joe Veterans Group meeting at 11 am
- SEPT 25 Mahjongg Tournament Meeting at Mancini Center at 1 pm
- SEPT 26 Left Center Right Game Day at 11 am
- SEPT 26 Lincoln Fire Department will present a Hands-only CPR demonstration for members at 1 pm
- SEPT 30 Painting Activity with Lighthouse at Lincoln at 10 am
- SEPT 30 **NO BEGINNER OR INTERMEDIATE LINE DANCING CLASSES WITH KAREN**



Class Cancellations for September:

Tues, Sept 2	No Yoga with Maria
Wed, Sept 3	NO CardioDance Interval w/ Maria
Fri, Sept 12th	No Bone Builders Class
Fri, Sept 12th	No Cardio with Lisa
Fri, Sept 12th	No Pastel Arts Class
Fri, Sept 12th	No Hi-Low Jack
Tues, Sept 23rd	No Intermediate Line Dancing Class
Tues, Sept 23rd	No Beginner Line Dancing Class
Tues, Sept 30th	No Intermediate Line Dancing Class
Tues, Sept 30th	No Beginner Line Dancing Class



Tech Assistance

**TAKING A BREAK
FOR SEPTEMBER**

Tech Corner with Renee will continue to be on break during the month of September. Renee has been so generous with her time volunteering and assisting our members at the front desk while we are short staffed.

Tech appointments will resume in October! Stay tuned!!



Hair Stylist



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

September 3rd and September 17th

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

Time Slots Available

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

Craft with Bess

Sunflower Vase

Thursday, September 11th

Two sessions– 10:00 am & 1 pm

Fall is just around the corner!! Join us for a festive fall craft as we create these beautiful sunflower vases. They are the perfect addition to add to your fall décor! You can add flowers, tea-lights, fairy lights or even use it as a candy dish! Registration is required!



REGISTRATION OPENS SEPT 4TH



Friday, September 5th at 10 am

Are you living with a visual impairment or supporting someone who is? Join us at the Lincoln VISION Group meeting on Friday, September 5th at 10:00 AM. Staff members from IN-SIGHT will provide information about the available resources to help people adapt to vision loss and answer any questions you might have. This VISION group is also an excellent opportunity to share your story, hear about other people's journeys with vision loss, and exchange information and support. Contact Lucille Gaboriault at (401) 941-3322, ext. 121 or via email at lgaboriault@in-sight.org for more details. Pre-registration is not required to attend, and all are welcome!



BUS TRIP REMINDER!!

**ESSEX STEAM TRAIN & RIVERBOAT CRUISE
BUS TRIP**

Friday, Sept 5th

Check in time is at 8:45 am

Bus will be departing at 9:15 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 and a light jacket! It's going to be a great day!!!

**JOIN US FOR CHAIR VOLLEYBALL!
Friday, Sept 5th at 1 pm**

If you haven't had the opportunity to try Chair Volleyball, here is your chance! We will be playing on Friday, Sept 5th at 1pm! Chair Volleyball is a physical activity that provides a fun way to be active. As 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. If you would like to join the fun-



REMINDER:

**Final payments for the Turkey Train
Bus Trip are due 9/5/25**

**Final payments for Castle in the
Clouds are due 9/19/25**



Quilts For Sale!



Tuesday, September 9th at 10 am

Michelle the Quilt Lady will be hosting a table event in our lobby on Tuesday, September 9th! Come see her beautiful assortment of handmade quilts. All proceeds from the sales will go to the Fire Chiefs of Rhode Island Honor Flight Program. Cash Sales!



Memoir Writing Class with Lynn Price

This month's meeting dates will be held on
September 9th and September 23rd at 1 pm

Now is a great time to start putting your life down on paper. The Memoir writing group will be reviewing the baby steps of memoir writing at the next gathering on September 9th. We meet every two weeks to hear little tips, share what we wrote, and hear suggestions on how to make our stories come alive. 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!



**AMERICAN
PARKINSON DISEASE
ASSOCIATION**

Strength in optimism. Hope in progress.

**Tuesday, September 9th
at 10:00 am**

Join the Rhode Island Geriatric Education Center for an informational presentation, "Balancing Care: Supporting Yourself and Loved Ones." Sheryl Parente, Certified Health and Wellness Coach, will discuss best practices for self-care and practical ways to integrate supportive habits into your everyday life. Sheryl will also share community resources and free or low-cost programs on a variety of health-related topics.

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

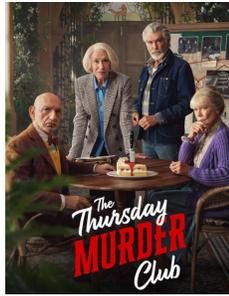
Every day we provide the support, education, and research that will help everyone impacted by Parkinson's disease and their families. The American Parkinson's disease is a 501 C (3).

AFTERNOON FLICK

Tuesday, Sept 9th at 1 pm



This month we will be streaming the movie, "The Thursday Murder Club" Four retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands. Starring Helen Mirren, Pierce Bronson & Ben Kingsley. Popcorn & refreshments will be served. Please register with the front desk if you would like to attend!



Poppy G Jewelry Sale

Wed, September 10th
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 sales only!



Join Gerri at her Pampered Chef table event in our lobby on Thursday, Sept 11th at 10 am

Senior Center

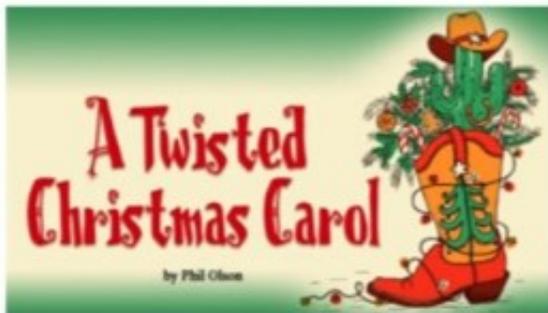


September 10th and September 24th at 2 pm

Reading – a chance to relieve stress and get lost in a good book, to participate in a community of diverse readers, and be exposed to new ideas and opinions.

With this being said, the Senior Center Book Club would like to invite all those readers to come to our bi-monthly meeting every month. The members make book suggestions and a list is compiled. The list is emailed to the group and a decision is made by the group as to which title to read and discuss. One of our members makes sure that the selected title is available at the local library or via interlibrary loan. The group is mindful of the length of books, so as not to select a book that is more than 400 pages. The selected book is divided into two parts, as one book is discussed each month.

Please feel free to join us at 2 pm on September 10th and 24th. Our current read for September is **The Art Thief** by Michael Finkel!



Newport Playhouse & Cabaret Restaurant Bus Trip

Thursday, November 13, 2025

\$145 per person

Check In: 9:15 am

Bus Departs: 9:45 am

Bus Arrives: Approximately 5:00 pm

Full payment Due: October 17th

No refunds after October 17th



Bloom Tours is taking you to the Newport Playhouse & Cabaret Restaurant to enjoy a show and lunch. *A Twisted Christmas Carol* is a Texas spoof of Charles Dickens' classic *A Christmas Carol*. It's Christmas Eve in a small west Texas town, and cantankerous barbecue joint owner Buford Johnson gets in an argument with his wife Darla, tells her he's skipping Christmas, storms out of the restaurant, goes four-wheeling in his pickup, gets hit by a twister, rolls his truck, and goes into a coma. He comes back in his dream where he's visited by ex-business partner, Hank Walker, who plays the ghost of Christmas past, present, and future. Hank takes Buford on a journey similar to Scrooge's in *A Christmas Carol*, only Texas-style. Enjoy the extensive buffet before the show which includes a large variety of hot and cold foods, main entrees, side dishes, beverages and homemade desserts. A not-to-miss afternoon!

Sign Ups Begin Thursday, September 11th!

- **A \$10 (cash or check) deposit is required at time of sign up**
- **You can only sign up yourself and one other current member at time of sign up**
- **This trip runs rain or shine. In the event of inclement weather the trip will still run unless the venue or bus company cancel**

**The Center will be hosting our annual Health & Wellness Fair
September 12th from 9 am to 12 pm.**

We care about our members and want to provide them with all the resources they need to live happy & health lives! Members will be able to receive information on many topics from our community health partners such as Blue Cross, Oak Street Health, Medicare specialists, UnitedHealth Care, Chapel Hill Senior Living, Lighthouse at Lincoln, Meals on Wheels, MacColl YMCA, RIPIN, RI Dept of Health, Overeaters Anonymous, The Village Commons of RI, and many more community partners! We hope to see you there!



LINCOLN SENIOR CENTER

Health is Wealth Fair 2025

Join us for the annual community health fair!

**SEPTEMBER 12, 2025
9AM TO 12 PM**

Make your health always your priority.
Participate in this year's exciting activities
and take steps towards a better lifestyle!



“Introduction to Mindfulness”
Monday, September 15th at 10:30 am



Join the Behavioral Health Case Management Team as we review the basics of Mindfulness and explore how this simple practice can support with managing pain, lowering blood pressure, and reducing symptoms of depression and anxiety. Please register with the front desk if you would like to attend this presentation!



Blood Pressure Screening
Monday, September 15th at 11am



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.

TUESDAY SEPTEMBER 16TH, 2025 10:00 A.M.

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

In partnership with:



ELMHURST
REHABILITATION & HEALTHCARE CENTER

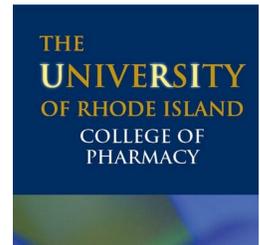
"Scam Prevention" presentation
Wednesday, September 17th at 11:15 am



Did you know that one in five victims of a financial scam in the U.S. is aged 60+? Join LPD Officer Sexton as he gives a presentation on how to avoid scams. He will explain why older adults are at risk, the types of scams to be aware of, and how they can protect themselves.

Thursday, September 18th at 11:15 am

"Thyroid"

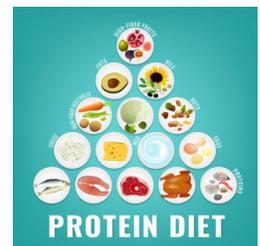


Did you know that September is Thyroid Awareness month? You can learn more about your thyroid from the URI College of Pharmacy as they present "Thyroid: What are the symptoms of an underactive and overactive thyroid?" Join us for a discussion and review of treatment options. Please register with the front desk if you would like to attend!

Eating for Better Health with Kathi Masi

Friday, September 19th at 10:30 am

"Are You Getting Enough Protein?"



Discover easy ways to add more healthy protein to your meals! Join our live food demo and learn practical tips, simple recipes, and budget-friendly ideas to help you meet your daily protein needs for better energy and wellness. Tasty samples will be available! Please register with the front desk to attend this presentation!

Smoothies with MacKenzie!!

Friday, September 19th at 1 pm

Join MacKenzie Collins from Marquis for some healthy and delicious smoothies! Please register with the front desk!





Join us for some holiday fun at the Boston Holiday Pops Orchestra

Friday, December 5, 2025

\$185 per person

Price includes motor coach, lunch & show

Please arrive for check in at 10:00 AM

Motor coach departs at 10:30 AM

Returns approximately 6:30 PM

Join Bloom Tours for a performance filled with holiday music favorites, the traditional Pops sing-a-long, and even a visit from jolly old Santa Claus! Seats are located in the 1st balcony. Before the show, we will go to the Cheesecake Factory for a delicious lunch. They will have a special luncheon menu to choose from that day. After lunch, we will attend the Boston Pops holiday matinee performance.

It's the perfect way to celebrate the magic of the holidays!

Sign ups start on Thursday, September 18th

- 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 (cash/check) 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 Tuesday, October 28th**
- **No refunds given after Tuesday, October 28th**
- Please note this trip runs snow, rain or shine, in the event of inclement weather, the trip will still run unless the venue or bus company cancels



LadySarah from Silver Gems Paparazzi will be holding a jewelry table event in our lobby on **Tuesday, September 23rd at 10 am**



Medicare Presentation with Joesph Goddard
"Medicare Untangled 101"

Tuesday, September 23rd 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!

Wednesday, September 24th at 11 am

Join us for the Cancer Chat Support Group. It's a place cancer patients, survivors, and caregivers can connect with others impacted by cancer and share information & support. Please sign up with the front desk if you would like to attend.



Cup of Joe with a G.I. Joe Sept 25th at 11 am

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, September 25th at 11am** in the conference room.



Let's Have a Game Day!!

Friday, Sept 26th at 11am

Come join us for a Game Day as we get together to play the dice game Left Right Center. It's an easy to learn game and fun for all ages!

Quilts of Valor Ceremony



Veterans honored with Quilts of Valor (as pictured L to R):
Laurence Hanson, Robert Brousseau, Normand Alix,
Daniel Scarpetti and Andre Baillargeon.



Tuesday, Sept 30th at 10 am

Please join Hannah & Chloe from Lighthouse at Lincoln for a painting activity!

Picture subject is to be announced. Space is limited. Please call or visit the front desk if you would like to participate!





Friday, Sept 26th at 1 pm

Lincoln Fire Department will be offering a Hands-Only

CPR class for our members on

Friday, September 26th

The class will include:

- Hands-only CPR demonstration
- In-home basic first-aid
- Distribution of Special Needs Registry Forms
- Distribution of our pink medication cards

If you would like to attend this session, please register with the front desk!

With MUCH thanks

Dear Bess ♥
& Lincoln Senior Center
members,

Thank you so very much.

We are so very grateful
for all of the wonderful and
necessary school supplies!!
Many children here at the FLC
will benefit from your generous
donations! We thank you,
from the bottom of our hearts!

Kelley Dwyer & Teezi Longore

Look What's
Coming Up!

October 1st

Accent Care Presentation

"Hospice 101"

Oct 2nd

URI College of Pharmacy

Presentation "Cancer Prevention"

Oct 3rd

Eating for Better Health w/ Kathi Masi

Topic TBA

We also plan to have more various
GAME DAYS coming in October-Skyjo,
Scrabble, Yahtzee & more!!

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 with the front desk 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.**



Bus Trip Information & Reminders



Turkey Train Bus Trip Tuesday, October 7th

Check in Time: 8:00 am
Bus Departs: 8:30 am
Bus Returns: 7:30 pm
Trip runs rain or shine

Castle in the Clouds Bus Trip Thursday, October 16th

Spots Still Available!

**Please note revised check in/
departure times!**

Check in Time: 5:30 am
Bus Departs: 6:00 am
Bus Returns: 7:00 pm

Final Payments due: Sept 19, 2025
No Refunds given after Sept 19, 2025



Meal Site Information

Food Carryout Policy Update

There have been some recent changes to the Food Carry Out Policy for senior center meal sites. In the past, regulations have prevented food to be taken home after the meals. There have been some recent policy amendments that do allow food to be taken home, but there are certain regulations and guidelines that must be followed. The food must be refrigerated within 2 hours of being initially served in order to be able to offer the take home option. In order to provide this service, our Center would need to purchase take out containers and an additional refrigerator. These are added costs that we do not have in our budget at this time. Another obstacle is that our kitchen area spacing cannot accommodate an additional refrigerator. Although you may go to other centers and be able to take your leftovers home, this is a service we unfortunately cannot provide. Thank you for your understanding!

Outside Food/Snacks during Meal Site Lunch Service

We know members like to bring in cakes, cupcakes and other snacks to celebrate special occasions and enjoy with friends. However, we kindly ask that you do not serve these items during our lunch service time. We can only have the items from our meal site provider during the designated lunch service time. You are free to enjoy the snacks before or after lunch service, just not during! Thank you for your cooperation!

We will be hosting a FLU Clinic on Wednesday, October 15th. Flu season will be here soon! Get protected and schedule your flu shot! Online registration begins now! Please visit the front desk if you need assistance signing up online!

STAY HEALTHY, GET VACCINATED



FLU CLINIC HOSTED AT

Lincoln Senior Center

150 Jenkes Hill Road
Lincoln, RI 02865

Wednesday, October 15, 2025
10:00 AM - 2:00 PM

Location: Conference Room
Participants: Community Clinic (ages 3 & up)



REGISTER ONLINE to
guarantee an appointment.

WALK-INS allowed
based on available
resources.

If you have insurance,
remember to bring your
card.

*Protect yourself.
Protect your loved ones.
Get your flu vaccine!*

REGISTRATION INSTRUCTIONS

Click on the button to register or scan the QR code.
Choose clinic from list



THE WELLNESS COMPANY
132 George M. Cohan Blvd
Providence, RI 02903
401-461-0662

LINCOLN SENIOR CENTER

Weekly Activities Schedule

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

Updated
09/01/2025

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

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
Sept 4, 2025 thru Mar 2026.
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 Chair Volleyball
2:00 pm **Ukulele w/ Georgina

**Ukulele Group is full at this time
**Bocce & Corn Hole will take place
weather permitting

FALL WORD SEARCH

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

ACORN

FOOTBALL

NOVEMBER

SEPTEMBER

APPLES

HALLOWEEN

OCTOBER

SUNFLOWER

AUTUMN

HARVEST

PUMPKIN

SWEATER

CANDY

HAYRIDE

RAKE

THANKSGIVING

CIDER

LEAVES

SCARECROW

TURKEY

CHICKEN NOODLE SOUP

Ingredients:

- 2-1/2 pounds bone-in chicken thighs
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon canola oil
- 1 large onion, chopped
- 1 garlic clove, minced
- 10 cups chicken broth
- 4 celery ribs, chopped
- 4 medium carrots, chopped
- 2 bay leaves
- 1 teaspoon minced fresh thyme or 1/4 teaspoon dried thyme
- 2 cups uncooked orzo or any kind of your choice (about 8 ounces)
- 1 tablespoon chopped fresh parsley
- 1 tablespoon lemon juice
- Optional: Additional salt and pepper



Directions:

1. Pat chicken dry with paper towels; sprinkle with salt and pepper. In a 6-qt. stockpot, heat oil over medium-high heat. Add chicken in batches; cook until dark golden brown, 3-4 minutes. Remove chicken from pan; discard all but 2 tablespoons drippings.
2. Add onion to drippings; cook and stir over medium-high heat until tender, 4-5 minutes. Add garlic; cook 1 minute longer. Add broth, stirring to loosen browned bits from pan. Bring to a boil. Return chicken to pan. Add celery, carrots, bay leaves and thyme. Reduce heat; simmer, covered, until chicken is tender, 25-30 minutes.
3. Transfer chicken to a plate. Remove soup from heat. Add noodles; let stand, covered, until noodles are tender, 20-22 minutes.
4. Meanwhile, when chicken is cool enough to handle, remove meat from bones; discard bones. Shred meat into bite-sized pieces. Return meat to stockpot. Stir in parsley and lemon juice. If desired, adjust seasoning with additional salt and pepper. Discard bay leaves.

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____

Staff

Bessie Carvalho

bcarvalho@lincolnri.org

Director

Soon to be Announced!

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



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