

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

OCTOBER 2025

October is like the grand finale of autumn, where the world around you seems to slow down and revel in its own beauty. There's a certain magic to it- the cool, crisp air that carries the scent of fallen leaves, the golden light that softens the landscape, and the rich palette of colors that blankets the trees—reds, oranges, yellows, and deep purples.

It's a time of transition, as the days grow shorter and the nights longer, there's something comforting about pulling on a sweater, sipping on a warm drink, and watching the world change at its own pace. And of course Halloween brings a playful, whimsical energy, while harvest celebrations add a sense of abundance and gratitude to the air.

We are excited to offer several fun fall themed activities this month! There are two bus trips to New Hampshire, pumpkin painting, fall treats, PINK OUT Bingo, Halloween activities and more!

We are excited to welcome our new Program Director, Janet Heywood! Janet has many years of experience working with seniors. With a passion for collaboration, vibrant energy and a can-do spirit, Janet brings a fresh perspective and a contagious excitement that will be sure to inspire you! Please give her a warm welcome!



It's Medicare Open Enrollment Time! Be sure to make an appointment with our SHIP coordinator, Ana, or attend one of the many Medicare presentations we have planned this month!

Lastly, October is also Breast Cancer Awareness Month. Please remember to schedule your yearly mammogram!

Happy Fall Y'all!

Bess Carvalho, Director



Weekly Activities

Arthritis Exercise	Line Dancing
Bingo	Mahjongg
Bocce & Cornhole	Meditation
Book Club	Memoir Writing
Bone Builders	Open Art Studio
Bridge	Pastel Arts
Cardio Dance	Rummikub
Cards & Dominoes	Quilting
Cardio Strength	Sit & Strengthen
Cribbage	Tai Chi
Chair Chi	Tech Assistance
Chair Yoga	Ukulele Group
Digital Photography	Watercolors Class
Forever Fit	Yoga
Irma's Workout	Zumba
Knitting & Crochet	*Fitness for Function

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

Medicare Open Enrollment is offered annually from October 15th through December 7th.

It's a good time to review your plan to see if you need to make any changes. You can schedule an appointment with our SHIP (State Health Insurance Program) coordinator, Ana Quezada. She will be happy to discuss Medicare enrollment, current plans and future changes. Ana is available to meet here at the Center. To schedule an appointment with Ana, please call 401-944-3343.



Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- OCT 01 Accent Presentation-Hospice 101 at 10:30 am
- OCT 02 URI College of Pharmacy-"Cancer Prevention" at 11:15 am
- OCT 03 Eating for Better Health with Kathi Masi at 10:30 am. Registration is required!
- OCT 06 URI Master Gardener Soil Testing from 10 am to 12 pm. Please register w/ front desk!
- OCT 07 Turkey Train Bus Trip! Please arrive at 8:00 am for check in, Bus departs at 8:30 sharp!
- OCT 07 Memoir Writing Class with Lynn Price at 1 pm
- OCT 08 Mahjongg Tournament at North Providence Mancini Senior Center at 12:30 pm
- OCT 08 Book Club meeting at 2 pm
- OCT 09 UnitedHealth Medicare Changes Presentation at 11 am. Registration is required.
- OCT 09 NO MEDITATION CLASS WITH MARY TODAY
- OCT 10 REGISTER FOR SPOOKY GHOST CRAFT. VISIT OR CALL THE FRONT DESK.
- OCT 10 Blue Cross Medicare Changes Presentation at 10:30 am. Registration is required!
- OCT 13 CENTER CLOSED IN OBSERVANCE OF COLOMBUS DAY
- OCT 14 American Parkinson's Disease Association Support Group Meeting at 10 am
- OCT 15 Poppy G Jewelry Table event at 10 am
- OCT 15 FLU CLINIC from 10 am to 2 pm. Online registration is required!
- OCT 15 PINK OUT BINGO PARTY at 1 pm! Wear your PINK! We will be collecting monetary donations for the Gloria Gemma Foundation
- OCT 16 Castle in the Clouds Bus Trip. Check in time is 5:30 am. Bus will be departing at 6 am!
- OCT 16 Emergency Personal Preparedness Presentation at 11 am. Please register w/ front desk
- OCT 17 SIGN UPS FOR THE HALLOWEEN PARTY BEGIN AT 8:30 AM
- OCT 17 FINAL PAYMENTS ARE DUE FOR THE NEWPORT PLAYHOUSE BUS TRIP
- OCT 17 Fall Treats with Greentree at 11 am. Please register with the front desk!
- OCT 20 NO CARDIO CLASS & NO SIT & STRENGTHEN CLASS WITH LISA TODAY
- OCT 20 Spooky Ghost Craft-two sessions 9:30 am and 10:45 am. Registration is required!
- OCT 21 Blood Pressure Screening with Lighthouse at Lincoln at 10 am
- OCT 21 Medicare 101 with Joe Goddard at 10:30 am. Register with the front desk!
- OCT 21 Memoir Writing Class with Lynn Price at 1 pm
- OCT 22 Blue Cross Presentation at 10:30 am. "Breast and Prostate Cancer: Get the Facts"
Registration is required
- OCT 22 Blackstone Valley Prevention Coalition Drug Take Back Day from 10 am to 12 pm
- OCT 23 Pumpkin Painting Activity at 10 am. Please register with the front desk!
- OCT 23 Pampered Chef Table Event at 10 am
- OCT 24 Left Center Right Game Day at 11 am
- OCT 27 Halloween themed saran wrap ball game at 10:30 am! Registration is required!
- OCT 28 FINAL PAYMENTS ARE DUE FOR THE BOSTON POPS BUS TRIP!
- OCT 28 Afternoon Flick at 1 pm. We will be streaming the live action "How to Train Your Dragon"
- OCT 29 Gloria Gemma Table event in our lobby 10 am to 1 pm
- OCT 29 Collette Tours "Explore Greece Island Hopper" Tour at 11 am
- OCT 29 Cancer Chat Support Group meeting at 11 am
- OCT 29 Spooky Bingo at 1pm. Be sure to wear your Halloween gear!!
- OCT 30 Baby & Pre-School Halloween Trick-or Treaters 10 am to 2 pm
- OCT 30 Cup of Joe with a GI JOE Veterans Support Group at 11 am
- OCT 31 Annual Halloween Party. Magician starts at 11 am & lunch will be served at 12 pm!

CENTER REMINDERS

Please Bring a Light Sweater/ Dress in Layers

Fall is such an amazing time of the year! October weather can be unpredictable, especially in places like Rhode Island where temperatures can swing from crisp mornings to mild afternoons and chilly evenings. It may be cool in some areas of our building but then as the day moves on it can warm up. Dressing in layers is the smartest way to stay comfortable throughout the day here at the Center!

Please Do Not Save Seats in Fitness Classes

To keep things fair and inclusive for everyone, please do not reserve spots for others in our group fitness classes. All participants should arrive early to **secure their own space**. Saving seats creates problems for members who have signed and then have trouble finding a seat because they have been "saved" for members who have not even signed in yet. Thanks for helping us maintain a welcoming environment for all of our members!

Important Reminder: Please Clean Equipment After Use

Please remember to wipe down **all exercise equipment** after each use. This includes our machines (treadmills, bikes, elliptical and weight bench), weights, and stretch bands. A quick clean helps keep our space safe, hygienic, and enjoyable for everyone. Thank you for doing your part!

CLASS CANCELLATION ALERTS

- **MOVE & GROOVE WILL NO LONGER BE PART OF OUR REGULAR PROGRAM SCHEDULE** . Janet has taken on a new role as our new Program Director and will no longer be teaching classes. We will be working to add some new programming to fill those time slots very soon!
- **OCT 9TH NO MEDITATION WITH MARY TODAY**
- **OCT 20TH NO CARDIO CLASS WITH LISA**
- **OCT 20TH NO SIT & STRENGTHEN CLASS WITH LISA**

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

accentCare.

Reimagining care, together.

HOSPICE 101

Hospice has changed in so many ways in recent years

Join us as we uncover the truths ... and the myths about hospice care

Hospice care IS comfort!
Hospice care IS compassion!
Hospice care IS support!
Hospice care IS quality of life!

How can hospice help you or your loved one
LIVE with quality and comfort?

Join us as we present Hospice 101 – a brief, informative
presentation followed by a question-and-answer discussion

Wednesday, October 1, 2025
10:30 am

Lincoln Senior Center
150 Jenckes Hill Rd
Lincoln, RI

Please call Senior Center (401) 753-7000 or visit the front desk to register

Unable to attend or have additional questions?
Contact us 24/7 at 401-200-8211

THE
UNIVERSITY
OF RHODE ISLAND
COLLEGE OF
PHARMACY

Thursday, Oct 2nd at 11:15 am

URI College of Pharmacy

Will be giving a presentation on “Cancer Prevention” on October 2nd. Come learn about the actions that you can take to decrease cancer risks and screenings and lifestyle changes that show value in preventing cancer. Please call or visit the front desk if you would like to attend this informative presentation!



Friday, October 3rd at 10:30 am
Eating for Better Health
Fall Harvest the Mediterranean Way!



MEDITERRANEAN DIET

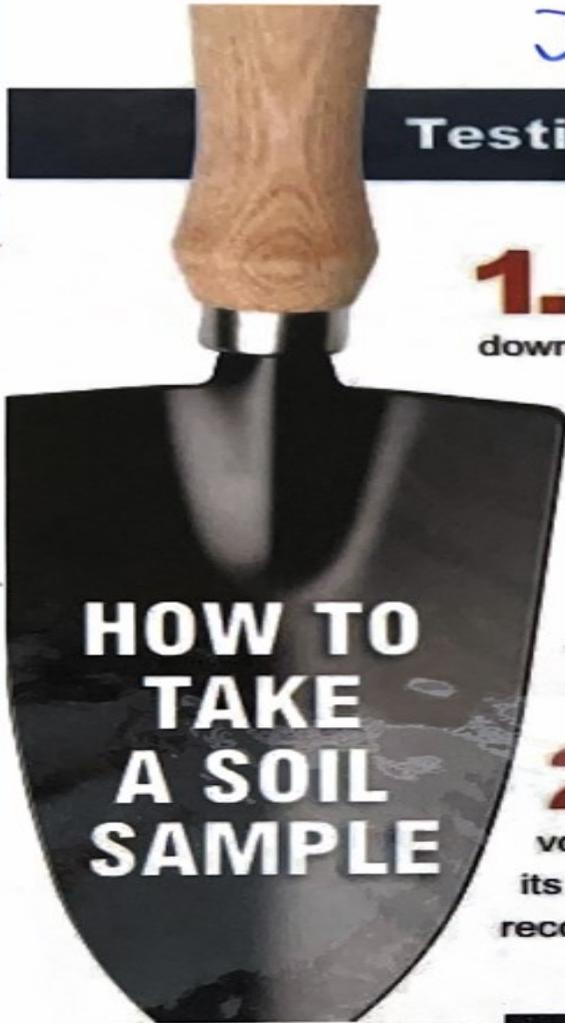
Celebrate the fall harvest with Mediterranean flair! Autumn is the perfect season to embrace the rich, wholesome flavors of the Mediterranean diet. With its emphasis on vegetables, whole grains, legumes, healthy fats, and lean proteins, the Mediterranean diet is both heart-healthy and satisfying.

Join us for this cooking demo featuring a delicious heart-healthy recipe made with seasonal ingredients. Learn how to incorporate the principles of the Mediterranean way of eating using fall favorites. Includes a tasting, recipes and practical cooking tips to keep your meals flavorful all season long!

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

JOIN US ON OCT 6th

Testing Your Soil pH is Simple



1. Use a spade to collect a thin slice of soil from the root zone, about 6 inches down. Take about ½ cup from each of several spots in the same area (for example, the lawn or the vegetable garden) and mix them together.

Allow the soil to air dry on newspapers. Put about 1 cup of the mixed soil into a clean plastic or paper bag and label it with the area it came from.

2. **Bring it in for a FREE test!** Trained URI Master Gardener volunteers will test your soil's pH, evaluate its texture and give you a report with recommendations for actions to improve it.

Join us!
Oct 6th

10 am to 12 pm

<p>GARDENING AND ENVIRONMENTAL HOTLINE</p> <p>URI MASTER GARDENERS <i>Cultivating the future</i></p>	<p>Have a question? Send an email with your questions and photos anytime, or make a seasonal visit or phone call March through October, Monday–Thursday 9:00 a.m. – 2:00 p.m.</p> <p>Call: 401.874.4836 Email: gardener@uri.edu Visit: uri.edu/mastergardener</p>
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BUS TRIP REMINDER

Turkey Train Bus Trip is Tuesday, Oct 7th



Please arrive for **check in at 8:00 am**. The bus will be departing at **8:30 am sharp!** We will be collecting a dollar or two for the bus driver tip at time of check in. Please be sure to park in the back parking lot on the right side of the building where the pickleball courts are located. This will allow our members attending classes during the day to have ample parking. Be sure to pack some snacks and drinks—it's going to be a long ride filled with lots of fun!!



Memoir Writing Class with Lynn Price

This month's meeting dates will be held on

October 7th and October 21st at 1 pm

If you've ever felt the urge to tell your story but didn't know where to start, a memoir writing class might be the perfect launchpad. Joining a memoir writing class can be a transformative experience, whether you're a seasoned writer or just beginning to explore your story. Learn how to shape your memories into a compelling narrative. Class meets 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!

Senior Center



This month our Book Club will be meeting on

October 8th and October 22nd at 2 pm

Book clubs is a great way to expand your reading horizons by introducing genres or authors you wouldn't normally choose. This month's book selection is **Perfect Marriage** by Jeneva Rose. Please read the first 32 chapters for the October 8th meeting!



**United
Healthcare**

Thursday, October 9th

At 11 am

**Here to answer your Medicare
plan questions**

Choosing the right Medicare plan and learning how to use it can be challenging. As your local licensed sales agent for Medicare plans, I'm here to help make both easier. I can help answer your questions, narrow down your options, identify your needs and lead you to the right UnitedHealthcare plan for your life and budget.

If you would like to attend the United Healthcare Medicare presentation, please call or visit the front desk to register!

Craft with Bess



Spooky Ghost Craft

Monday, October 20th

2 sessions– 9:30 am & 10:45 am

Get into the Halloween spirit with this charming ghost that is more sweet than scary—perfect for decorating your home or gifting! It will be a SPOOK-TACULAR time!

**CRAFT REGISTRATION BEGINS
FRIDAY, OCTOBER 10TH**

Here to answer your Medicare plan questions



Friday, Oct 10th at 10:30 am

Medicare Questions Answered!

Beija Pena, a licensed Medicare Specialist will be available at the Center to answer your Medicare questions for the upcoming Medicare enrollment period. She can help answer your questions, narrow down your options, identify your needs and lead you to the right plan for you! Please sign up with the front desk if you would like to attend this session!

The Center will be closed on Monday, October 13th in observance of Columbus Day



RHODE ISLAND CHAPTER

Strength in optimism. Hope in progress.

APDA Support Group Meeting

Tuesday, October 14th at 10 am

Join Justin Oakley, Co-owner of Oakley Home Access, occupational therapist and home modification provider. He will discuss how home modifications, routine adjustments, and lifestyle changes can help you live safely at home. Ask about the RILHM Grant Opportunity!

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



Poppy G Jewelry Sale
Wed, Oct 15th at 10:00 am
No tricks–just treats!

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!



BUS TRIP REMINDER
Castle in the Clouds
October 16th

Check in time is 5:30 am. Bus departs at 6 am! We will be collecting a dollar or two for the bus driver tip at time of check in. Be sure to pack some snacks and drinks–it’s going to be a long ride filled with lots of autumn fun!!



Wear your pink that day! We will be collecting monetary donations for the Gloria Gemma Foundation! Supporting the Gloria Gemma Breast Cancer Resource Foundation is vital because it directly impacts the lives of individuals and families affected by breast cancer in Rhode Island and surrounding communities. There will be raffle prizes and a special treat! Come have fun playing BINGO while supporting a wonderful cause!



The Rhode Island Department of Health will be at Lincoln Senior Center on

Thursday, October 16 @
11:00 AM

Personal Preparedness 101

Join us for an interactive emergency preparedness workshop

- Learn how to prepare for an emergency.
- Get tips, tools, and resources to help you plan.
- Engage in personal preparedness activities.
- Start to build your own emergency kit.
- Get a copy of the My Emergency Plan Workbook.

To find or request a workshop, contact:
 Matthew Raymond at: 401-222-4616





Join us for some Tricks & Treats!

Come enjoy the incredible magic of Skip Daniels and enjoy a delicious lunch prepared by Mickey G's!

Entertainment begins at 11 am & Lunch will be served at 12 pm

- Choice of Red or White Clam Chowder
- Choice of Clam Cakes or Chicken Tenders with French Fries
 - plus a SPOOK-TACULAR dessert

REGISTRATION FOR THE HALLOWEEN PARTY STARTS FRI, OCTOBER 17TH

Hair Stylist



Julie, the hair stylist, will be scheduling appointments at the Center for **October 15th**

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

Time Slots Available

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



Final Payments are due for the Newport Playhouse Bus Trip October 17th!

Friday, October 17th at 11 am

Fall is the perfect time to indulge in cozy, spiced treats. Apple cider donuts and a warm mug of apple cider are iconic autumn delights! Join Cyndie from GreenTree Healthcare and enjoy some of these yummy festive fall treats! Please register with the front desk if you would like to attend!



Blood Pressure Screening
with Lighthouse at Lincoln on
Tuesday, Oct 21st at 10 am



Medicare Presentation

Tuesday, October 21st at 10:30 am

Medicare Annual Enrollment is Oct 15th through Dec 7th. 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 and the different plans. Please call or visit the front desk to register for this presentation!

“Breast and Prostate Cancer: Get the Facts”

This presentation will provide an overview of breast and prostate cancer statistics, symptoms, risk factors and screenings. The presenter will also provide lifestyle recommendations for cancer risk reduction to promote healthier habits for long-term prevention. Please register with the front desk if you would like to attend!

Wed, Oct 22nd

**Blackstone Valley Prevention Coalition will be hosting a
NATIONAL PRESCRIPTION DRUG TAKE BACK DAY**

Time to be Announced! (Stay tuned!)

National Prescription Drug Take Back Day is a biannual event organized by the U.S. Drug Enforcement Administration (DEA) to help people safely dispose of unused, unwanted, or expired prescription medications. Prevent drug misuse and abuse: Many prescription drugs, especially opioids, can be misused if left unsecured at home. This event helps reduce the risk of accidental poisoning, overdose, or theft. Proper disposal prevents medications from being flushed or thrown away, which can contaminate water supplies and harm wildlife. It also help to raise public awareness, educating communities about the dangers of keeping unused medications and the importance of safe disposal. We will update you with the time once it is confirmed!



Geraldine B will be hosting a Pampered Chef table event on
Thursday, Oct 23rd at 10 am!



**Pumpkin Painting Activity
Thursday, Oct 23rd at 10 am**

Unleash your creativity this season with the ultimate autumn activity—pumpkin painting! Whether you're a seasoned artist or just looking for some festive fun, painting pumpkins is the perfect way to celebrate fall! Limited spots-register w/ front desk if you would like to attend!

**Left Center Right Game
Day!!**

Friday, Oct 24th 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!



Final Payments are due for the BOSTON HOLIDAY POPS Bus Trip on October 28th!

Halloween Saran Wrap Ball Game

Mon, Oct 27th at 10:30 am

Join us as we unwrap fun Halloween treats! Never played? It's fun & easy to play along! We pass the ball around and you unwrap it as your neighbor rolls a pair a dice. When they roll doubles, it's their turn to unwrap and the fun continues until the last prize is revealed! We promise it will be a fun filled morning with lots of laughter! Please register with the front desk to join the fun!



Gloria Gemma Foundation Table Event

Wednesday, October 29th

The Gloria Gemma Foundation will be hosting a table event in our lobby from 10 am to 1 pm. The Gloria Gemma Breast Cancer Resource Foundation offers a wide range of free programs and services to support individuals and families impacted by cancer. Stop by to learn about these valuable resources!



AFTERNOON FLICK

Tues, Oct 28th at 1 pm

This month we will be streaming the live action remake of the movie "How to Train Your Dragon". Fifteen years after the original movie, this new release takes us back to the island of Berk and reintroduces us to its Viking residents, who have been warring with dragons for generations. Amid all the trouble, Hiccup (Mason Thames) befriends the lovable Night Fury dragon, Toothless, and their unlikely bond challenges the very foundations of Viking society. Popcorn and light refreshments will be served. Please register with the front desk if you would like to attend!



^RottenTomatoes

Cancer Chat Support Group

Wed, October 29th

at 11 am



Join us as members gather together for our 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.

Spooky Bingo

Wednesday, Oct 29th at 1 pm

Halloween is almost here! It's the scariest time of the year. Time for ghosts and goblins, but have no fear! Lots of treats will be here!! Join us for a Spooky Bingo on **October 29th at 1pm**. Dress up in your spookiest or silliest costume! There will be raffles, costume prizes and a "ghoul-icious" spooky treat!!



Baby & Pre-school children are invited to come

Trick or TREAT

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

at Lincoln Senior Center
October 30th
10 am to 2 pm

We have extended invites for our little trick-or-treater friends to visit our Center on Halloween. We will have some spooky treats for our members to pass out to all the trick-or-treaters! Should be a spook-tacular time!!

Cup of Joe with a G.I. Joe

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, October 30th at 11am





Bus Trip Information & Reminders

Turkey Train Bus Trip Tuesday, October 7th

Check in Time: 8:00am
Bus Departs: 8:30 am
Bus Returns: 7:30 pm

Castle in the Clouds Thursday October 16th

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

Newport Playhouse Bus Trip Thursday, November 13th

Check in Time: 9:15 am
Bus Departs: 9:45 am
Bus Returns: 5:00 pm

Boston Pops Bus Trip Friday, December 5th

SLOTS STILL AVAILABLE!!

Check in Time: 10:00 am
Bus Departs: 10:30 am
Bus Returns: 6:30 pm



Wednesday, October 29th at 11 am

Come travel to Greece, discover a place where age-old legends and monuments intertwine with warm sunshine and island-style living. Tour Athens with a local guide. Explore the Acropolis, home to the famous Parthenon and the city's best lookout. Enjoy three days at leisure on the island of Mykonos, an Aegean paradise of sandy beaches and bustling energy. Uncover the past at the excavation site of Akrotiri. Make the most of a free day on the picture-perfect island of Santorini. From to the ruins of Athens to the bright rooftops of Mykonos and Santorini - embrace the country at its best. Please register with the front desk if you would like to attend!



Tech Assistance

Renee will be returning for Tech Assistance in November!!

Looking for some technical assistance with your cell phone, laptop or tablet? Renee, a retired IT professional, volunteers her services to assist our members with their technology questions! Tech Corner with Renee will meet next month on November 6th, 13th and 20th from 10 am to 12 pm and 1 pm to 3pm! She will be available to meet members for a 30 minute one-on-one session to assist you with questions about your smart phone, tablet, and laptop. Please call or visit the front desk to schedule your appointment with Renee!

LINCOLN SENIOR CENTER

Weekly Activities Schedule

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

Updated
10/01/2025

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

Monday

8:30 am Quilting
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)

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

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
2:00 pm CardioDance Interval w/ Maria
2:00 pm Book Club (*meets bi-weekly)

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

**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
Janet Heywood-Program Director
Carmen Reverdes-Meal Site Coordinator
Matt Bertrand-Bus Transportation
Jose Lopes-Custodian

FALL

Word Search



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



AUTUMN
HARVEST
CRISP AIR
FOLIAGE
SWEATER WEATHER
COOL BREEZE
RAKE LEAVES

BONFIRE NIGHT
CHANGING COLORS
COZY BLANKET
GOLDEN HUES
FALLING ACORNS
PUMPKIN PATCH
CORN MAZE

HAY BALE
FROSTY MORNINGS
HARVEST MOON
APPLE ORCHARD
CHILLY EVENINGS
SCARECROW

BAKED BRIE WITH APPLES AND SALTED CARAMEL



INGREDIENTS:

- 8 oz wheel of brie
- 1 TBSP of butter
- 1 large apple chopped
- 2 TBSP brown sugar
- 3 TBSP salted caramel sauce
- Stacy's Pita Chips or crackers for serving

DIRECTIONS:

1. Preheat the oven to 350 degrees F. Place the wheel of brie on a large baking sheet that has been lined with parchment paper. Bake for 10-12 minutes.
2. While the brie is baking, melt the butter in a small saucepan. Add the chopped apples and brown sugar. Cook until apples are soft, about 5 minutes.
3. Remove the brie from the oven and carefully move to a serving platter. Spoon the sautéed apples over the brie. Drizzle with salted caramel sauce. Serve immediately with pita chips.

www.twopeasandtheirpod.com/baked-brie-with-apples-and-salted-caramel/



Joyce Stevens

8/12/1941 - 09/04/25

We will always remember you, for you are forever in our hearts

A donation was made in memory of Joyce Stevens

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____

Staff

Bessie Carvalho

bcarvalho@lincolnri.org

Director

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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!