

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

NOVEMBER 2025

As the days grow shorter and the air turns crisp, November gently reminds us to pause, reflect, and give thanks. It's a season of golden leaves, warm sweaters, and the comforting aroma of pies baking in the oven. But more than anything, it's a time to appreciate the people and moments that bring meaning to our lives.

Here at the senior center, we are especially grateful for the vibrant community we share. Whether it's a friendly smile in the hallway, a shared laugh during bingo, or a quiet moment over a cup of coffee, these small connections are what make this place feel like home.

This November, we invite you to embrace the spirit of gratitude with us. All month long, we'll be hosting special events that bring our community closer—from our Thanksgiving lunch through our meal site program and the enjoyment of delightful fall treats, to our efforts to support those in need and our heartwarming Grateful Gathering celebration. There's something for everyone, and we look forward to sharing these meaningful moments with you. Let's take this time to savor the season, and cherish the community we've built together. Whether you're new to the center or have been with us for years, your presence is a gift we're thankful for each and every day.

Each year on November 11th, we pause to honor the brave men and women who have served in the United States Armed Forces. Veterans Day is more than a date on the calendar—it's a time to reflect on the courage, sacrifice, and dedication of those who have protected our freedoms. Here at the senior center, we are proud to have veterans among us and we are deeply grateful for their service. To show our appreciation, we are hosting a Veterans Day Breakfast on November 14th for our veterans and their family.

This month host's a beloved holiday for so many-Thanksgiving! Whether it's the delicious traditional Thanksgiving dinner or being surrounded by family and friends, it's a time of the year that reminds us of the importance of giving thanks for all that we have.

Wishing you a cozy, joyful, and gratitude-filled November!

Bessie Carvalho, **Director**



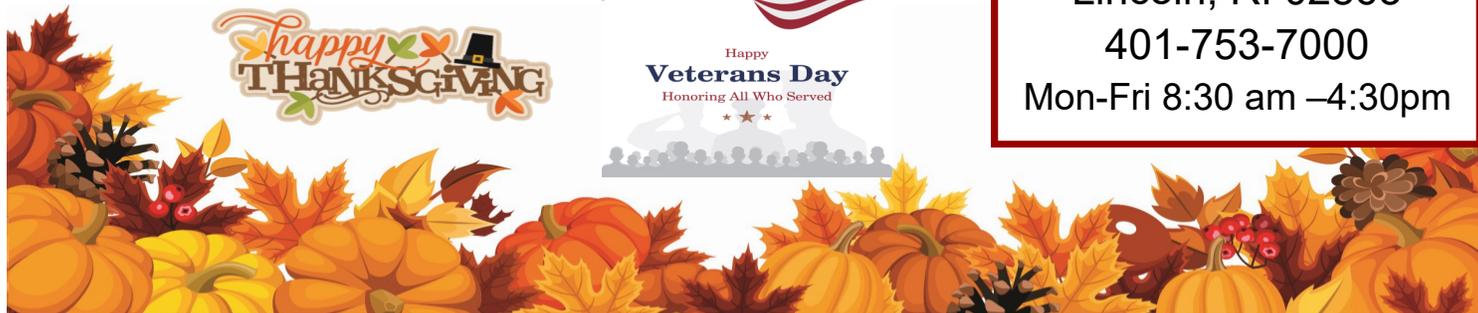
Happy
Veterans Day
Honoring All Who Served



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



November Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- NOV 04 Pampered Chef Table Event at 10 am
- NOV 04 Enjoy some fall treats with Cyndie from GreeTree Health at 10:30am. Please register to attend!
- NOV 04 Memoir Writing Class with Lynn at 1 pm
- NOV 05 Julie the Hair Stylist will be at the Center. Call or visit the front desk to schedule your appt!
- NOV 05 Poppy G Jewelry Table Event 10 am. Cash sales only
- NOV 05 Book Club meeting at 2 pm. Book: **The Mountain Sings** by Que Mai Phan Nguyen (Chap 1-8)
- NOV 06 CRAFT REGISTRATION FOR PUMPKIN CRAFT OPENS AT 8:30 AM!
- NOV 06 Tech Corner w/ Renee-by appointment only! All slots are FULL!
- NOV 06 Davies Vocational Tech Vital Signs Clinic 12 pm to 1:30 in our lobby
- NOV 07 Registration opens for Grateful Gathering Event
- NOV 07 McCarthy Law Estate Planning Presentation at 10:30 am. Please register w/ front desk to attend
- NOV 11 **CENTER WILL BE CLOSED IN OBSERVANCE OF VETERANS DAY**
- NOV 12 Pumpkin Craft-2 sessions 9:30 am and 10:30 am. Registration is required!
- NOV 12 6 Week ESSENTRICS® class begins at 1 pm
- NOV 12 **NO CARDIODANCE INTERVAL WITH MARIA TODAY**
- NOV 13 Tech Corner w/ Renee-by appointment only. See front desk to schedule your appointment!
- NOV 13 Newport Playhouse Bus trip! Please arrive for check in at 10 am!
- NOV 13 URI College of Pharmacy presentation "Diabetes: Commonly Occurring Diseases" at 11:15 am
- NOV 14 Veterans Day Breakfast for our Veterans from 9 am to 11 am. Please register to attend!
- NOV 17 Blue Cross Presentation at 10:30 am. "Eating Well to Prevent Diabetes". Please register!
- NOV 18 Enjoy a Slice of Pie with Lighthouse at Lincoln at 10 am. Please register w/ front desk to attend!
- NOV 18 Medicare 101 with Joe Goddard at 10:30 am. Please register w/ front desk to attend!
- NOV 18 Blood Pressure Screening at 11 am
- NOV 18 Afternoon Flick at 1 pm. We will be streaming "A Merry Little Ex-Mas" Please register to attend!
- NOV 18 Memoir Writing Class with Lynn at 1 pm
- NOV 19 Julie the Hair Stylist will be at the Center. Call or visit the front desk to schedule your appt!
- NOV 19 Eating Well for Healthy Aging Nutrition Lesson & Cooking Demo at 10:30 am. Registration required!
- NOV 19 Silver Gems Paparazzi table event at 10 am in lobby
- NOV 19 Book Club meeting at 2 pm
- NOV 20 Tech Corner w/ Renee-by appointment only. See front desk to schedule your appointment!
- NOV 20 Cancer Chat Support Group meeting at 11 am
- NOV 20 Davies Vocational Tech Vital Signs Clinic 12 pm to 1:30 in our lobby
- NOV 21 Left Center Right Game Day at 11 am
- NOV 21 THE FOLLOWING CLASSES ARE CANCELLED TODAY
 - *NO BONE BUILDERS CLASS**
 - *NO CARDIO CLASS w/ LISA**
 - *NO CHAIR VOLLEYBALL**
 - *NO UKULELE**
- NOV 24 DUE TO THE TOWN'S HOLIDAY BASKET DISTRIBUTION, ALL PROGRAMS & ACTIVITIES ARE CANCELLED TODAY. **LUNCH WILL STILL BE SERVED TODAY!**
- NOV 25 Davies Vocational Tech Vital Signs Clinic 12 pm to 1:30 in our lobby
- NOV 26 FAMILY FEUD DAY AT 10:30 am
- NOV 27 **CENTER CLOSED IN OBSERVANCE OF THANKSGIVING HOLIDAY**



Please take special note of activity & programming cancellations for this month

CLASS CANCELLATIONS:

- THE AMERICAN PARKINSON'S DISEASE ASSOCIATION SUPPORT GROUP WILL NOT BE MEETING THIS MONTH
- WEDNESDAY, NOV 12TH NO CARDIODANCE INTERVAL WITH MARIA

The Town of Lincoln will be holding its annual Thanksgiving Holiday Baskets Distribution this year at the Center on Monday, November 24th. Due to the preparation and distribution of baskets taking place at our Center, we will have programming cancellations for Friday, November 21st and Monday, November 24th. Please see below for the listing of cancellations.



- FRIDAY, NOV 21ST NO BONE BUILDERS
 NO CARDIO CLASS WITH LISA
 NO CHAIR VOLLEYBALL
 NO UKULELE GROUP
- MONDAY, NOV 24TH ALL PROGRAMMING IS CANCELLED FOR TODAY
 NO QUILTING CLASS NO MAHJONGG LESSONS
 NO CARDIO CLASS NO SIT & STRENGTHEN
 NO TAI CHI NO CHAIR CHI
 NO HAND & FOOT NO PHOTOGRAPHY CLASS

PLEASE NOTE: LUNCH WILL BE SERVED ON MONDAY, NOV 24TH

- **High Low Jack (Tuesdays and Fridays)** will have a new start time starting Nov 3rd! **Games will now begin at 1 pm. You must be signed in by 12:45!**



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 scheduling appointments to meet with members on Wednesdays. If you would like to schedule an appointment with Ana, please call or visit the front desk. If you prefer to contact Ana directly, her number is 401-944-3343.



DAYLIGHT SAVINGS-IT'S TIME TO FALL BACK!

Before you go to bed on Saturday evening, Nov 1ST, be sure to set your clocks back one hour as Daylight Saving ends. Enjoy that extra hour of sleep everyone!!



Geraldine B will be hosting a Pampered Chef table event on Tuesday, November 4th at 10 am!

Tuesday, November 4th at 10:30 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!



Discover the Power of Your Story: Join Our Memoir Writing Class

Tuesdays at 1 pm– November 4th and November 18th

Have you ever felt the desire to share your life story but weren't sure where to begin? Our Memoir Writing Class is the perfect place to start—whether you're a seasoned storyteller or just beginning to explore your voice.

Every two weeks, we gather to share short pieces, exchange ideas, and learn simple yet powerful tips to bring our memories to life on the page. You don't need to be an experienced writer—even a single paragraph is a great beginning!

Led by Lynn, our thoughtful and encouraging guide, the class offers helpful tip sheets and fresh ways to think about writing that you may not have considered before. It's a warm, welcoming space to reflect, write, and connect.

Stop in and give it a try—you might be surprised by the stories waiting to be told!

Hair Stylist

Julie, the hair stylist, will be scheduling appointments at the Center for on
November 5th and November 19th

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



Time Slots Available

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



Poppy G Jewelry Sale– November 5th

Holiday gift giving is just around the corner! Looking for the perfect gift for loved one? We can help with your shopping needs! Poppy G will be back at the Center on **Wed, November 5th at 10:00 am** with his beautiful collection of handmade wrap bracelets, earrings, necklaces & anklets. They make the perfect gifts for the upcoming holiday season!! (Cash Sales Only)

Senior Center



Book Club meets biweekly at 2 pm

Wednesdays-November 5th & November 19th

November Book Selection: **The Mountains Sing**
by Que Mai Phan Nguyen

The Mountains Sing tells an enveloping, multigenerational tale of the Trần family, set against the backdrop of the Việt Nam War. Trần Diệu Lan, who was born in 1920, was forced to flee her family farm with her six children during the Land Reform as the Communist government rose in the North. Years later in Hà Nội, her young granddaughter, Hương, comes of age as her parents and uncles head off down the Hồ Chí Minh Trail to fight in a conflict that tore apart not just her beloved country, but also her family. The Mountains Sing brings to life the human costs of this conflict from the point of view of the Vietnamese people themselves, while showing us the true power of kindness and hope. **Please read Chapters 1-8 for the November 5th meeting**

Tech Assistance

Need a little help navigating your smartphone, tablet, or laptop? **Renee**, a retired IT professional, is available to assist our members with their technology questions!

Join us for **Tech Corner with Renee** : **November 6th, 13th and 20th 10:00 AM – 3:00 PM**

Renee will be available for **30-minute one-on-one sessions** to help you feel more confident using your devices. Whether it's sending emails, organizing photos, or learning new apps—she's here to help! **Call or stop by the front desk to schedule your appointment.** Spots fill up quickly!





Davies Career &
Technical High School

HEALTH CAREERS VITAL SIGNS CLINIC

WE CARE ABOUT YOUR HEALTH!

Are you ready to take charge of your health and well-being? Join us for an exciting opportunity to assess your vital signs and gain valuable insights into your health! Get your free Vital Signs Assessment by our trained sophomore health careers students.



WE WILL ASSESS THE FOLLOWING :

Temperature

Pulse

Respirations

Blood Pressure

Pulse Oximetry

Pain Assessment

VITAL SIGN CLINIC SCHEDULE

November 6th, 20th & 25th

12 pm to 1:30 pm

Lincoln Senior Center lobby



Join us for a
Grateful Gathering
Nov 21st at 12 pm

Let's celebrate the season of gratitude with a warm and welcoming meal among friends!

We will enjoy a catered luncheon by Local Hero Deli

\$10 per person

Meal Includes:

- Vegetable soup
- Open Faced Thanksgiving Sandwich with chips
- Coffee or Tea and Dessert

REGISTRATION OPENS FRIDAY, NOVEMBER 7th



FREE SEMINAR M McCarthy Law, LLC
Elder Care Law • Estate Planning • Medicaid Planning

ESTATE PLANNING 101





NOVEMBER 7, 2025 (FRIDAY)
10:30 – 11:30am

LINCOLN SENIOR CENTER
150 Jenckes Hill Rd, Lincoln, RI 02865, USA



If interested, please see the Lincoln Senior Center front desk to register!



Your valiance, loyalty and sacrifice for this nation will never be forgotten.

Wishing you a Happy Veterans Day!

Craft with Bess



Jute Pumpkin

Wed, November 12th

2 sessions: 9:30 & 10:30

Join us at craft as we create a charming jute pumpkin — a cozy, rustic touch that will elevate your Thanksgiving décor!

REGISTRATION FOR CRAFT BEGINS THURSDAY, NOVEMBER 6TH!



Just a reminder...

BUS TRIP REMINDER
Newport Playhouse
Bus Trip Nov 13th

Please arrive for **check in at 9:15 am!** **The bus will be departing at 9:45 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 for the bus ride! What a fun way to kick off the holiday season!! It's going to be a great time for all!

We are excited to be introducing a 6 week ESSEINTRICS® class!!

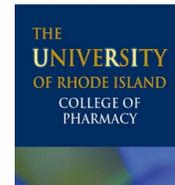
Classes will be on Wednesdays at 1 pm starting November 12th!

We are very excited to be introducing a new exercise program this month - Essentrics® Workout starting Wednesday, November 12th! It is a dynamic workout that will activate all your muscles, free your joints, and increase mobility. Dynamic and easy to follow-our full body technique works through your muscle chains in order to liberate, empower and relieve them from tension in the process-making you feel more energetic. Essentrics® draws on the flowing movements of tai chi which create health and balance, the strengthening theories behind ballet which create long, lean, flexible muscles and the healing principles of physiotherapy which create a pain free body.

- * Create a youthful feeling body
- * Unlock tight muscles & joints
- * Treat & prevent back pain
- * Provide tone, lean, defined muscles
- * Help relieve pain
- * Increase flexibility & mobility
- * Strengthen the spine & core
- * Improve posture

Please note that there will be some floor work! Class size is limited. Registration is required! Please call or visit the front desk to sign up for Essentrics®!

**URI College of Pharmacy Presents:
“Diabetes: Commonly Occurring Diseases”
Thursday, Nov 13th at 11:15 am**



Learn about the most common diseases often diagnosed in people with diabetes-hypertension, high cholesterol, nerve damage, vision problems, skin conditions and kidney disease. Please call or visit the front desk if you would like to attend this informative presentation!



VETERANS DAY
BREAKFAST
November 14th
9 am to 11 am

Veterans Day gives us the opportunity to honor and celebrate the bravery and sacrifices of all our U.S. Veterans. The Center would like to honor our Veteran members and their families with a breakfast on Friday, November 14th 9 am to 11 am

Please RSVP by November 10th with the front desk if you would like to attend the breakfast!



Blue Cross Presentation
“Eating Well to Prevent Diabetes”



Monday, November 17th at 10:30 am

Join our friends from Blue Cross as they help you to guide you to understand meal planning, diets and eating patterns. You will also learn about healthy foods to choose for meal planning, understand internal and external hunger to know your eating patterns, and learn how to make the best meal plan for you! Please call or visit the front desk if you would like to register for this informative presentation!



Enjoy a slice of pie with our friends from the Lighthouse at Lincoln on Tues, **November 18th at 10 am**. If you'd like to attend, please be sure to register at the front desk—you won't want to miss this delicious fall favorite!

Medicare Presentation

Tuesday, November 18th 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!



AFTERNOON FLICK

Tues, November 18th at 1 pm

Kate is recently divorced, and hoping for a picture-perfect family Christmas one last time before she sells her house. Unfortunately, her dreams of a nostalgic holiday break are dashed when her ex-husband, Everett, unexpectedly introduces his young and successful new girlfriend into the mix. Popcorn and light refreshments will be served. Please register with the front desk if you would like to attend!





Blood Pressure
Screening
Nov 18th at 11am



Get ready for the holidays! Lady Sarah from Silver Gems Paparazzi will be holding a jewelry table event in our lobby on **Wednesday, November 19th at 10 am**

**Cancer Chat Support Group
Thurs, Nov 20th 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.



Eating Well for Healthy Aging

Join us for a nutrition lesson and cooking demonstration

Lincoln Senior Center
November 19, 2025
10:30 A.M.

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

**Left Center Right Game Day
Friday, Nov 21st at 11am**



**Family Feud
Tues, Nov 25th at 10:30 am**



Bus Trip Information & Reminders

**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**

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



Let's celebrate the season with
joy, laughter, and festive cheer!

Friday, December 12th

11am to 1 pm

\$15 per person

Enjoy a delicious catered meal from Mickey G's, live entertainment by the talented Gary Namaka, and plenty of holiday fun with friends!



Meal includes:

- Soup
- Choice of stuffed chicken or baked scrod
 - Potato, vegetable, roll
 - Coffee, tea and dessert



Sign ups begin Monday, November 17th

Looking for donations

Are you crafty? Do you like to shop? Maybe you can help us!

We will be having a holiday raffle table for our party and are in need of raffle prize donations. It could be in the form of a gift basket of your choosing, gift cards to retailers, supermarkets, coffee shops or restaurants, wine, home décor, movie or show tickets, candy or even scratch tickets! Not that crafty? That's ok! Bring in your item and we can gift wrap the items for the table! Please contact the front desk if you would like to donate! **We kindly ask to have all donations by NOVEMBER 26th!**



AAA Defensive Driving Course

Friday, January 9, 2026

The Center will be holding a Sharpen your driving skills with the AAA Defensive Driving Course. RI Drivers 55+ may qualify for an auto insurance discount.* Class will be held on Friday, January 9th from 10 am to 3pm, with a one hour break for lunch. Cost of class is \$15 (cash) and must be paid at time of sign up. Please visit the front desk to register- spots are limited!



Community Corner

We are having a Non-Perishable Food Collection this month!

Food insecurity is a growing concern among many in our community. In light of the potential stoppage in SNAP Benefits on November 1st, the Town of Lincoln is working on a plan to assist some of our most vulnerable residents. As part of this effort, we are launching a Community Food Drive to help ensure that local families have access to essential food items during this challenging time. We are respectfully asking for your help and partnership. By donating non-perishable food items you can make a meaningful impact right here in our community. Every contribution - large or small - will help us provide support to those who need it most. We have donation bins located in our lobby!

We are looking for the following items:

- * Canned Fruits & Vegetables
- * Peanut Butter & Jelly
- * Mac & Cheese
- * Rice
- * Pasta
- * Granola Bars
- * Crackers
- * Cereal
- * Tuna
- * Sauce

Any donation, big or small, will be greatly appreciated! If you are facing food insecurity due to potential interruption of SNAP benefits, please reach out to our Director, Bess, and she will do her best to connect you with available resources. All requests will be confidential.

The Village Common of Rhode Island

Seeking a meaningful way to give back? Consider joining Cumberland Village — a local branch of the Village Common of Rhode Island dedicated to supporting older residents in Cumberland and Lincoln. It's a beautiful example of neighbors helping neighbors. Volunteers lend a hand with transportation to medical and personal care appointments, weekly grocery runs, and rides to senior-friendly venues. Your time and care can make a real difference.

The Cumberland Village will be hosting an Informational Meeting at the Cumberland Safety Complex on Saturday, November 8th from 10 am to 12 pm.

For more information about Cumberland Village:

Phone: (401) 594-2635

Email: cumberland@villagecommonri.org

Holiday Cheer Cards

The Lincoln Senior Center Veterans Group is proud to sponsor the "Veterans Last Patrol Cards of Gratitude". We are seeking our Center's members to provide a holiday cheer (card) with a note inside that will be delivered to various veterans in hospice care around the country. These visits and cards provide a chance to say one final time "THANK YOU" for your service to the many veterans currently in hospice. You can address the card by thanking the veteran or by using the words "Dear Hero". We have provided some holiday cards at the front desk or you may use your own. Please address the envelope for the card to:

Veteran's Last Patrol
140B Venture Blvd
Spartanburg, SC 29306



You may drop off your card at the front desk and the Center will mail all the cards together or you may mail your cards directly. In order for the cards to be delivered in time for the holidays, all cards must be mailed or dropped off the front desk by November 17th. Thank you on behalf of all who have served. For more information about Veteran's Last Patrol, please visit www.veteranlastpatrol.org/



We were proud to present a \$311 donation to the Gloria Gemma Breast Cancer Resource Foundation, thanks to the generous support from our PINK OUT BINGO event last month. A heartfelt thank you to everyone who contributed to this incredible cause!



VETERANS AND FIRST RESPONDERS BREAKFAST

Lincoln Council Knights of Columbus
Saturday November 8, 2025
8 a.m. To 11 a.m.



In honor of their service to our Country and Community, the Lincoln Council Knights of Columbus will be hosting breakfast for our Veterans and First Responders. The breakfast will be prepared by Smokey, George, and Torch and served by members of the Knights of Columbus Home at 171 Jenckes Hill Road in Lincoln (401-626-7294). All Veterans and First Responders and their family members in the Community are welcome to attend.

There is no charge for this full breakfast, but will take donations.

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
11/01/2025

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

**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

**Pastel Class is full at this time

**Ukulele Group is full at this time

**Bocce & Corn Hole will take place
weather permitting

Thanksgiving



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

- | | | | | |
|-------------|-------------|-----------|----------------|---------------|
| SCARECROW | CRANBERRY | GATHER | TRADITION | THANKSGIVING |
| FOOTBALL | CELEBRATION | BLESSINGS | THANKFUL | FEAST |
| BREAD | BEANS | MAYFLOWER | HARVEST | CORNUCOPIA |
| GRAVY | STUFFING | BUTTER | SWEET POTATOES | CHOCOLATE PIE |
| PUMPKIN PIE | YAMS | SQUASH | CORN | HAM |
| TURKEY | ROLLS | POTATOES | INDIANS | PLYMOUTH |
| PILGRIMS | NOVEMBER | FAMILY | VACATION | HOLIDAY |

SPINACH, APPLE AND PECAN SALAD

A great side dish for Thanksgiving!

INGREDIENTS:

- 2 packages (6 oz each) fresh baby spinach
- 1 medium apple, chopped
- 1 cup crumbled feta cheese
- 1 cup glazed pecans
- 1/2 cup chopped red onion
- 1/3 cup dried cranberries
- 5 bacon strips, cooked and crumbled, optional



DRESSING:

- 2 tablespoons cider vinegar
- 1 tablespoon sugar
- 1/2 teaspoon Dijon mustard
- 1/8 teaspoon pepper
- 1/4 cup extra virgin olive oil

DIRECTIONS:

1. In a large bowl, combine the first 6 ingredients; stir in bacon if desired.
2. For dressing, in a small bowl, whisk vinegar, sugar, mustard and pepper until blended. Gradually whisk in oil. Pour over salad; toss to coat.

www.tasteofhome.com/recipes/spinach-apple-pecan-salad

Always in our thoughts and forever in our hearts



Roselyn Mancini

9/13/56 - 10/12/25



Pat Juber

04/17/39 - 10/2025

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**Notary Services are
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See Bessie or Carmen at
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