



The Lincoln Link

LINCOLN SENIOR CENTER NEWS

JANUARY 2026

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

Weekly Activities

- | | |
|---------------------|----------------------|
| Arthritis Exercise | Line Dancing |
| Bingo | Mahjonn |
| 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 |
| Chair Zumba | Watercolors Class |
| Digital Photography | Yoga |
| Essentrics | Zumba |
| Forever Fit | Fitness for Function |
| Knitting & Crochet | |

Happy New Year to all our wonderful members! As we step into a brand new year, it's the perfect time to reflect on the past and look forward to the future with hope and optimism. This year, let's embrace new resolutions to prioritize our health and happiness, whether through staying active, trying new activities, or simply finding moments of joy in our everyday lives. We have new bus trips planned for the 2026 season, we can't wait to explore new destinations together! In addition, we will continue working with our wonderful community partners to bring you informative presentations each month, designed to enrich and inspire. Together, let's make 2026 a year full of wellness, laughter, new adventures and meaningful connections. Here's to a bright and healthy year ahead!

We wish you all a happy, healthy, and fulfilling 2026, filled with love, peace, and joy!

Bessie A Carvalho, Director



Calendar of Events, Presentations & Class Updates

Overeaters Anonymous Group meets every Thursday at 10 am

- JAN 01 CENTER IS CLOSED FOR NEW YEAR'S DAY HOLIDAY 
- JAN 06 Memoir Writing Class with Lynn Price at 1 pm
- JAN 07 Julie the Hair Stylist will be here at the Center. See the front desk to schedule your appt!
- JAN 08 CRAFT REGISTRATION opens at 8:30 am for the gnome craft. Call or visit the front desk to register
- JAN 09 AAA Defensive Driving Class 10 am to 3 pm
- JAN 13 NO YOGA WITH MARIA TODAY
- JAN 13 Personal Touch Facials 10 am through 3 pm. See front desk to schedule your appt!
- JAN 13 Gnome Craft Activity at 9:30 am and 10:30 am. Limited spots. Registration is required! **Registration opens on Jan 8th!
- JAN 13 Silver Gems Paparazzi Jewelry Table event in our lobby at 10 am
- JAN 14 Poppy G Jewelry Table Event in the lobby from 10 am to 1:30 pm
- JAN 15 Family Feud at 11 am
- JAN 15 NO MEDITATION CLASS WITH MARY TODAY
- JAN 19 CENTER IS CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR DAY
- JAN 20 Blood Pressure Screening with Lighthouse at Lincoln at 10 am
- JAN 20 Cancer Chat Support Group Meeting at 11 am
- JAN 20 Memoir Writing Class with Lynn Price at 1 pm
- JAN 21 Julie the Hair Stylist will be here at the Center. See the front desk to schedule your appt.
- JAN 21 Blue Cross presentation at 10:30 am "Practicing Gratitude for Wellbeing". Please register with the front desk if you would like to attend!
- JAN 22 Encore Casino Bus Trip Sign ups begin at 8:30 am. \$10 cash or check deposit due at sign up..
- JAN 22 Pampered Chef table event in our lobby at 10 am
- JAN 22 Book Club meeting at 2 pm
- JAN 22 Cup of Joe with a GI Joe Veterans Group Meeting at 11 am
- JAN 26 Sign Ups begin for the Happy Hearts Gathering held on 2/13/26- \$10 due at sign up
- JAN 27 Afternoon Flick at 1 pm. We will streaming the movie "Freakier Friday". Please register with the front desk if you would like to attend!
- JAN 28 Eating for Better Health with Kathi Masi at 10:00 am. "Smart Swaps for a Healthy New Year". Please register with the front desk if you would like to attend this workshop!
- JAN 29 URI College of Pharmacy Presentation at 11:15 am "Winter Health". Please register with the front desk if you would like to attend!
- JAN 30 Left Center Right Game Day at 11am

Class Updates, Alerts & Reminders

Please take note of the following changes in our schedule for January:

- **WEDNESDAYS BONE BUILDERS CLASS** has a new time-it will now be at **10 am!**
- **Jan 13th NO YOGA CLASS WITH MARIA**
- **Jan 15th NO MEDITATION CLASS WITH MARY**
- **Jan 19th CENTER IS CLOSED** in observance of Martin Luther King Jr Day
- **TECH CORNER WITH RENEE** will be on break for the month of January
- **ESSETRICS** class will continue to meet on Wednesdays at 1pm through the month of January. It is an open class for all to try!
- The **APDA Support Group** is currently **on pause** until a new group leader is assigned. We'll share updates as soon as the group resumes!

SCANNING YOUR CARD UPON ENTRY TO THE CENTER

We would like to remind everyone of the importance of scanning your membership card to register for each class or activity as soon as you enter the Center. We need this information for our grant reporting. Your sign-in data helps us secure grant funding, which allows us to keep offering the classes and activities you love. We also need to know who has been in our building in the event of an emergency.

RESERVING SEATS

We kindly ask that all members please refrain from reserving seats before signing in. Some classes and activities have limited seating, and spaces are filled on a first-come, first-served basis based on registration—not seat selection. By scanning your card first, you help ensure your spot in the class. Additionally, please do not save seats for friends, especially if they have not yet arrived at the Center. This can create confusion for members who have already signed in and may make it appear that no seats are available when there are still openings.

PARKING LOT CONCERNS

We've noticed some issues with parking recently and would like to address our concerns. Here is a reminder for members about our parking rules at the Center

- Please avoid parking in the handicapped accessible aisle lanes. These spots are there to help people in handicapped spaces get in and out of their cars safely.
- The front entrance is a no-parking zone, as it's needed for our bus drop-off and emergency vehicle access.
- We also ask that you don't park on the grass, as we have plenty of parking available in the front, side, and back of the building.
- We really appreciate your cooperation in using the designated parking areas.

Thank you for your cooperation!



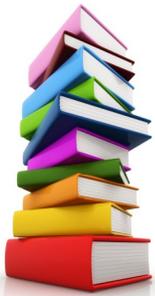
PLEASE DRESS IN LAYERS

As many know, our building is currently experiencing heating issues, particularly in the art room, card room, and library. The heating system operates on geothermal energy, and due to the system's age, finding replacement parts has become increasingly difficult. We have presented the matter to the Town Council, and we are pleased to announce that they have approved the purchase of a new split heating system for the art and card rooms. The new system has been ordered, and we anticipate installation will take place soon. We will keep you updated on the progress. For now, we may be sharing spaces for activities until the new unit is installed.

In the interim, we recommend dressing in layers, as temperatures can fluctuate, especially during the cooler early morning hours. By wearing a sweater, cardigan, or sweatshirt, you can easily adjust to the varying room temperatures. Once the room warms up, you will be able to remove an extra layer for comfort.

We appreciate your patience and understanding as we work to resolve this matter.

NEW LOCATION FOR OUR FREE BOOK TABLE



We are excited to announce that our **FREE BOOK Table is now located in the library!** To help keep the area organized and inviting for everyone, we kindly ask that you only bring in books for donation. At this time, we are not accepting donations of any other items. Thank you for your cooperation in keeping this space neat and accessible for all members!

This year, the Center will not be hosting AARP tax preparation services for the upcoming tax season. Due to our full schedule of programs and activities, we do not have available space at the Center to accommodate AARP this year.



Last year, services were held at Lincoln Town Hall; however, construction projects inside and outside the Town Hall prevents that option for this season.

Connecting Children and Families in Woonsocket will be offering tax preparation services. To schedule an appointment, please contact them directly at **401-766-3384**.

Memoir Writing Workshop
Tuesdays at 1 pm– January 6th & 20th

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

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



New Year, New You!

Julie, our fabulous hair stylist, will be at the Center on **January 7th & 21st!**

Treat yourself to a fresh cut or style and start the year looking amazing!

Please visit the front desk to schedule your appointment!

Time Slots Available:

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



Craft Fun

Lighted Gnome Craft

Tuesday, January 13th

**2 sessions -
9:30 am & 10:30 am**

Light up your winter with this adorable lighted gnome craft! It's the perfect little addition to your winter décor—cute, cozy, and full of charm!

**REGISTRATION OPENS AT 8:30 ON
THURSDAY, JANUARY 8TH!**

Senior Center



Wednesday, Jan 21st
at 2 pm

Book Club is back from break!! We're kicking off the new year with great reads and lively discussions. For the Jan 21st meeting, they will be discussing the book, **Mrs. Lincoln's Dressmaker** by Jennifer Chiaverini. They will also discuss the next read for the February meetings!

Friday, January 9th



The Center will be hosting a
“Sharpen your driving skills with the AAA
Defensive Driving Course”

**Drivers 55+ may qualify for an auto
insurance discount.***

Class will be held on **Friday, January 9,
2026 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 see the front desk to
register for this class! Still a few spots
available!!



paparazzi™

SPARKLE ALERT!

LadySarah is bringing her Silver
Gems Paparazzi jewelry to the
Center on **Tuesday, Jan 13th at
10 am!** Come shop, shine, and treat
yourself to a little bling!

**Shine Bright with
Poppy G**



The holidays may be
over, but it's ALWAYS a
good time to sparkle!

Treat yourself to a little bling and
keep the shine going all year
long! Poppy G is bringing his
beautiful Swarovski crystal
bracelets to the Center on
Wednesday, Jan 14th at 10 am.
Cash sales only!

*Personal Touch
Facials*

NEW

Lincoln Senior Center
Anti-Aging,
Hydrating Express Facials

Cost \$65.00 - Cash - Tips Optional

Tuesday, January 13th

Time Slots - 10:00, 11:00, 12:00, 1:00, 2:00, 3:00

Slots Will Go Quickly

Sign Up NOW

When Skin Glows - Energy Flows

Holidays are amazing... but let's be
real—they can be stressful!

Time to hit the reset button and
pamper yourself with a soothing
facial from **Personal Touch Facials.**
Because self-care isn't just a
luxury—it's a necessity! Treat yourself
to a facial!! Please call or visit the
front desk to schedule your appoint-
ment. Limited spots available!

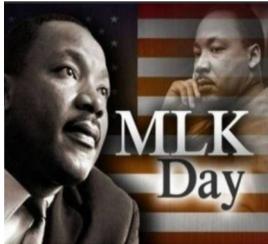


Survey says.....You're invited for some

Family Feud Fun

Thurs, Jan 15th at 11 am

Bring your game face and get ready for laughs, friendly competition, and plenty of fun!



The Center will be CLOSED

on Monday, January 19th

in observance of Martin Luther King Jr. Day



Our friend Diane from Lighthouse at Lincoln will be performing blood pressure screenings on Tuesday, January 20th at 10am



Cancer Chat Group

Tuesday, January 20th at 11 am

Join us as members come together for support, connection, and understanding. This group is a welcoming space for cancer patients, survivors, and caregivers to share experiences, information, and encouragement.



Wednesday, January 21st at 10:30 am

Join the Blue Cross team for the presentation

Practicing Gratitude for Wellbeing

Defining gratitude and what the effect of it can be in one's life is what everyone would benefit from. A part of gratitude comes the sense of understanding mindfulness and how the two connect to create a more positive attitude, mood, and sense of positivity resulting in a healthier, happier life.



AFTERNOON FLICK

Tues, January 27th at 1 pm

Join us as we stream the movie

“Freakier Friday”



In this sequel to the Disney classic *Freaky Friday*, a mother and daughter magically swap bodies and must navigate each other’s lives for a day—leading to hilarious chaos and heartfelt lessons about family. It stars Jamie Lee Curtis and Lindsey Lohan. Come grab some popcorn and join us for laughs, fun, and a cozy movie day! Please register with the front desk if you would like to attend the movie!

Eating For Better Health with Kathi Masi

Wednesday, January 28th at 10 am

“Smart Swaps for a Healthy
New Year”

Looking to refresh your eating habits for the new year?

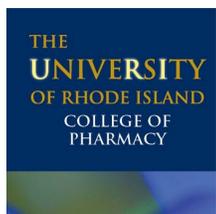
Join this interactive food demonstration focused on smart food swaps that support better health. We’ll

compare common ingredients, highlight healthier alternatives, and demonstrate easy recipe that fits into real life. Samples and take-home tips are included. Spots are limited. Please register with the front desk if you would like to attend this presentation!



Thursday, Jan 29th at 11:15am
URI College of Pharmacy presents
“Winter Health”

Learn how to best protect yourself from winter issues such as infections, dry skin, coughs and colds and more! Please register with the front desk if you would like to attend this presentation.



Left Center Right
Friday, January 30th
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 Game Day! Join members as we gather together to play “Left Center Right” dice game! It’s an easy to learn game and fun for all ages!! Be sure to come check out all the fun!!

A very special thank you

We are truly thankful for the kindness and generosity our members show to the **Senior Center**. Your support means the world to us! We're blessed with so many incredible volunteers who give their time, energy, and dedication to make our Center a wonderful place for everyone. Many of our programs simply wouldn't be possible without you—so from the bottom of our hearts, **thank you for all you do!**

We are truly grateful to everyone who donated such amazing items for our Holiday Raffle Table! The prizes were absolutely beautiful, and your generosity made it all possible. All proceeds raised will go directly toward supporting our programs and activities—thank you for helping us make a difference!



Cookies & Carols



Gingerbread House Fun

Join us for a St Patrick's Day Celebration at Aquaturf

Tuesday, March 10, 2026

\$135 per person



Check in time: 8:00 am Departure time: 8:30 am

Return time: 5:30 pm



Tour includes Deluxe Motorcoach transportation, Lunch and Entertainment

Padraig Allen and The McLean Avenue Band have taken the Irish American Music and entertainment by storm. Enjoy live music with Irish Step Dancers with a luncheon featuring Corned Beef and Cabbage as well as Baked Scrod. Also included is coffee and donuts and a glass of wine or beer! May the luck of the Irish be with you as you have a chance at a door prize before you depart!

A \$10 (cash or check) deposit is required at time of sign up

Final Payment is due February 6th. No refunds will be given after February 6th.



Encore Casino Bus Trip

Join us at Boston's Premier Casino

THURSDAY, APRIL 30, 2026

\$39 per person

Check in time: 8:00 am

Bus Departs: 8:30 am

Bus Returns: Approximately 5:15 pm

Trip Includes:

Casino Time: 10 am to 4 pm

Casino Package- \$20 free slot play

Deluxe Motorcoach Transportation

The casino at Encore Boston Harbor brings glamour on a grand scale to the riverfront. Enter the main floor-open and airy, colorful and vibrant. Try your luck with 2,800+ slot machines, including classic favorites, automated tables and the newest game titles. Enjoy 166 table games, from craps and roulette to blackjack and baccarat, all at state-of-the-art tables with superior service. It all adds up to an exciting, memorable five-star experience unlike anywhere else in Boston!

SIGN UPS BEGIN THURSDAY, JANUARY 22nd!

- **A \$10 (cash or check) deposit is required at time of sign up**
- **You can sign yourself and one other current member at time of sign up**
- **This trip runs rain or shine.**
- **Final Payment is due by April 8th**
- **No Refunds given after April 8th**
- **YOU WILL NEED TO BRING A VALID ID WITH YOU TO THE CASINO IN ORDER TO USE THE \$20 FREE SLOT PLAY AND TO CREATE PLAYER CARDS**

Come share some joy and laughter bright,
At our Happy Hearts Gathering
It will be a pure delight!

With music by Ron Giorgio, lively and sweet,
It's the perfect place for friends to meet.
We'll serve a Pasta & Meatballs, a warm and
comforting treat,
A luncheon designed to make your day
complete.

Join us February 13th
11am to 1pm

For good food, great friends, and plenty of
fun.

Just \$10 a person—a deal that's divine
Come fill your belly and have a great time!

Sign ups begin January 26th



**Ron Giorgio sings the classics from
the Sinatra era & is one of Southern
New England's premier "crooners"!**

LINCOLN SENIOR CENTER

Weekly Activities

Schedule

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

Updated
01/01/2026

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
1:00 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
10:00 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 Indoor Corn Hole
2:00 pm Mexican Train Dominoes

**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

Wednesday

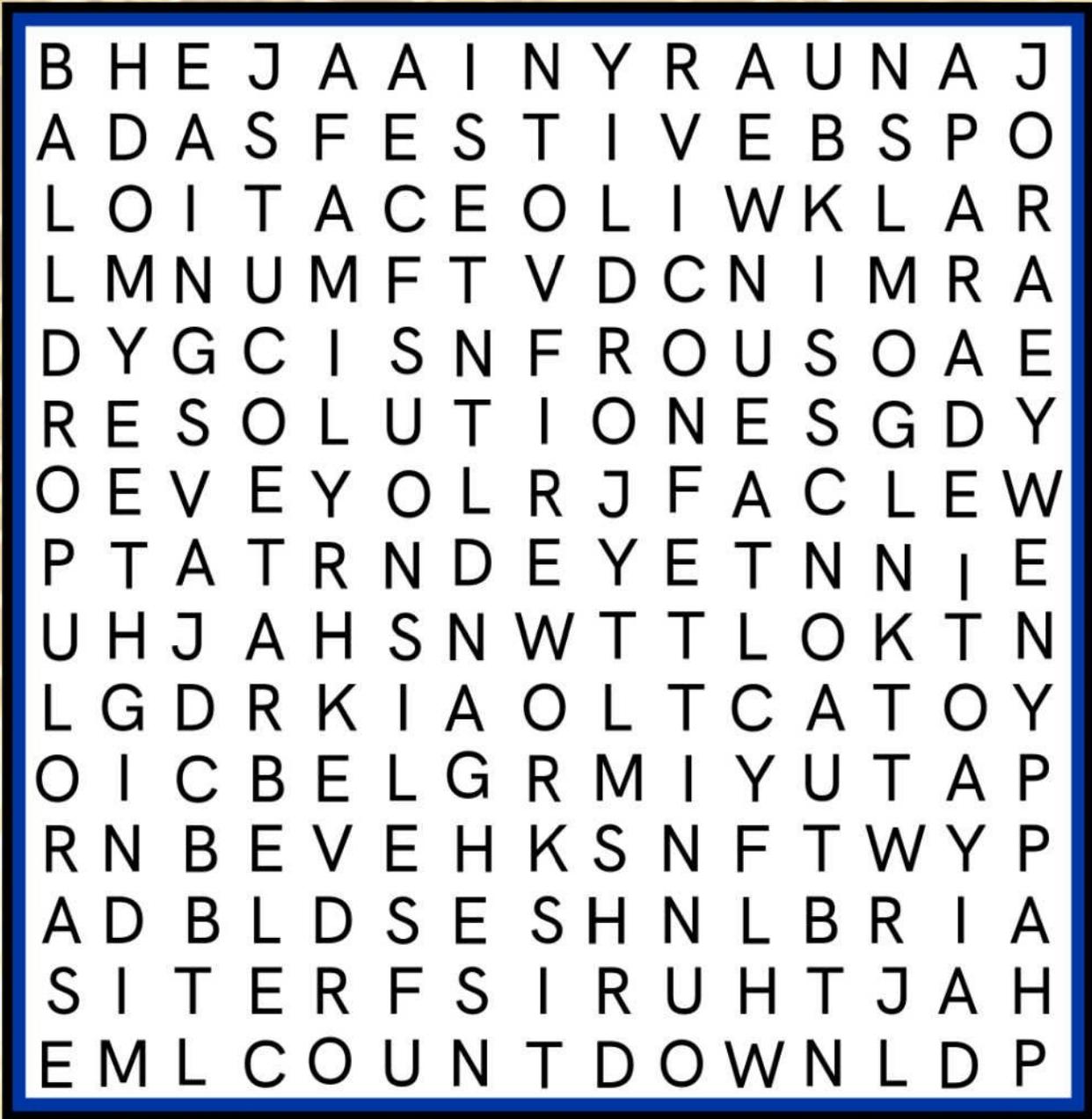
9:00 am Chair Zumba
10:00 am Watercolors Class w/ Connie
10:00 am Bone Builders w/ Nancy
11:45 am Lunch
12:00 pm Zumba w/ Sue
1:00 pm BINGO
1:00 pm Essentrics
2:00 pm CardioDance Interval w/ Maria
2:00 pm Book Club (*meets bi-weekly)

Friday

9:00 am Bone Builders w/ Nancy
10:00 am ****Pastel Art w/ Nancy**
10:15 am Cardio Strength w/ Lisa
12:00 pm Lunch
1:00 pm Hi-Low Jack
1:00 pm Chair Volleyball
2:00 pm ****Ukulele w/ Georgina**

**Pastel Class is full at this time
**Ukulele Group is full at this time

NEW YEAR WORD SEARCH



Ball Drop
Celebrate
Confetti
Countdown
Eve

Family
Festive
Fireworks
Happy New Year
Hat
January

Kiss
Midnight
Parade
Party
Resolution

ONE POT SPINACH-ARTICHOKE CHICKEN PASTA



INGREDIENTS:

- 12 oz cooked chicken sausage
- 1 (12-ounce) jar quartered, marinated artichoke hearts
- 4 1/2 cups water
- 12 ounces dried linguine pasta
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 bunch fresh spinach
- 1 cup grated Parmesan cheese

DIRECTIONS:

1. Cut 12 ounces of cooked chicken sausage into 1/2-inch thick rounds and drain 1 jar marinated artichokes hearts. Place both in a large, straight-sided skillet. Add 4 1/2 cups water, 12 ounces dried linguine, 2 tablespoons olive oil, 1 teaspoon kosher salt, and 1/2 teaspoon black pepper.

2. Bring to a boil over high heat (this will take about 5 minutes). Boil, stirring and turning the pasta with tongs occasionally to prevent sticking, until the pasta is al dente and almost all the liquid has evaporated, 8 to 10 minutes. In the last 2 minutes of cooking, add 1 bunch spinach.

3. Remove from the heat. Add 1 cup grated Parmesan cheese, and toss to combine. Taste and season with more salt as needed.

www.thekitchn.com/one-pot-spinach-artichoke-chicken-pasta-recipe

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

City/State/Zip: _____

Staff

Bessie Carvalho
bcarvalho@lincolnri.org
Director

Janet Heywood
jheywood@lincolnri.org
Program Director

Carmen Reverdes
creverdes@lincolnri.org
Meal Site Coordinator

Matt Bertrand
Bus Transportation

Jose Lopes
Custodian

Notary Services are available at the Center!

See Bessie or Carmen
at the front desk if you
need any assistance



Be sure to check
out our
Facebook Page

Lincoln Senior Center

for Center news and info on
daily activities, class updates,
cancellations & special
events!

Don't have Facebook? Ask
Bess and she can help assist
you to set it up!