

# The Lincoln Link

LINCOLN SENIOR CENTER NEWS

**FEBRUARY 2026**

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

February is here, and our Center is buzzing with warmth, friendship, and the spirit of love and kindness! And let's not forget, there will be plenty of fun too! This month, we're celebrating love, community, and staying active together with a full calendar of exciting activities. From our Valentine's Day-themed events and a festive "Soup-er Bowl" Party to the launch of new fitness classes, health and wellness presentations, there's something for everyone to enjoy. We're also honored to recognize Black History Month with special movie presentations that invites us to reflect, learn, and celebrate together.

Be sure to join in our special "Red Hearts" activity, where you can write down what you love most and help us display these heartfelt messages throughout the center, spreading joy and inspiration for everyone to see.

We look forward to sharing another wonderful month filled with laughter, connection, and great memories with all of you!

Wishing everyone lots of love!

**Bessie Carvalho, Director**

*Happy Valentine's Day*



## Weekly Activities

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

# Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- FEB 02 Pilates Classes begin at 9 am
- FEB 03 Karaoke Hour at 1 pm. Register with the desk if you would like to attend!
- FEB 03 Memoir Writing Class with Lynn Price at 1 pm
- FEB 04 Julie the Hair Stylist will be at the Center. Schedule your appointment w/ front desk!
- FEB 04 Blue Cross presentation "Love Your Heart" at 10:30 am. Register w/ front desk!
- FEB 04 Book Club meeting at 2 pm. Read Chapters 1-10 of **Atmosphere** by Taylor Jenkins Reid
- FEB 05 Tech Assistance with Renee 10 am to 3pm. Schedule your appointment w/ front desk!
- FEB 05 Valentine's Day themed Saran Wrap Ball game at 10:30 am. Register w/ front desk!
- FEB 06 Final payments are due for St Patrick's Day Celebration Bus Trip
- FEB 06 McCarthy Law estate planning at 10am
- FEB 06 Soup-er Bowl Luncheon. Festivities start at 11 am-Lunch served at 12 pm. Registration is required! \$5 per person (cash). Spots are limited! Wear your favorite team gear!
- FEB 09 Sign up for Heart Suncatcher Craft begin
- FEB 09 Collette Travel Tours -Greece Island Hopper Tour at 11 am. Register with front desk!
- FEB 10 Vaccination Clinic from 9am to 12 pm. Please bring proof of your insurance!
- FEB 10 American Parkinsons Disease Association support group meeting at 10 am
- FEB 10 Personal Touch Facials will be scheduling appointments 10 am to 3 pm. See front desk!
- FEB 10 Music Bingo with Oak Street Health at 1 pm. Please register with the front desk!
- FEB 11 Create Floral Display with Lighthouse at Lincoln at 10am. Limited spots-please register with the front desk!
- FEB 11 Poppy G Jewelry will have a table event in our lobby at 10 am. Cash sales!
- FEB 11 Sweetheart Bingo Party at 1 pm
- FEB 12 Silver Gems Paparazzi Jewelry Table Event in our lobby at 10 am
- FEB 12 Valentine's Day Themed Family Feud at 11 am
- FEB 13 Happy Hearts Gathering. Entertainment starts at 11-Lunch will be served at 12 pm. Registration is required!
- FEB 16 **CENTER IS CLOSED IN OBSERVANCE OF PRESIDENTS DAY**
- FEB 17 Pampered Chef table event in our lobby at 10 am
- FEB 17 Afternoon Flick **The Butler** at 1 pm. Register with front desk!
- FEB 17 Memoir Writing Class with Lynn Price at 1 pm
- FEB 18 Julie the Hair Stylist will be at the Center. Schedule your appointment w/ front desk!
- FEB 18 Book Club meeting at 2 pm. Read Chapters 11-19 of **Atmosphere**.
- FEB 19 Tech Assistance with Renee 10 am to 3pm. Schedule your appointment w/ front desk!
- FEB 19 URI College of Pharmacy "Chasing Away Winter Blues" at 11:15 am. Please register!
- FEB 20 Eating for Better Health with Kathi Masi at 10am. Register with the front desk to attend!
- FEB 23 Craft Class-Heart Suncatchers. Sessions: 10 am, 11am and 1 pm. Registration required!
- FEB 24 Cancer Chat Support Group at 11 am
- FEB 24 Afternoon Flick-**Remember the Titans** at 1 pm. Please register with the front desk to attend!
- FEB 25 NO ESSETRICS CLASS
- FEB 25 Online Safety & Scam Prevention presentation by AT&T at 10:30 am. Please register!
- FEB 25 5 Week Strength Matters Workshop with Sue Sgambato at 1 pm begins today!
- FEB 26 Personal Touch Facials will be scheduling appointments 10 am to 3 pm. Register w/ front desk!
- FEB 26 Cup of Joe with a GI Joe group meeting at 11 am
- FEB 27 Left Center Right Game Day at 11 am

## CLASS CANCELLATION ALERTS

- Feb 25th NO ESSETRICS CLASS
- Essentrics Class will be taking a break February 25th through the end of March

## Important Reminders

- **Please allow the current class to exit before entering the fitness room for the next class.** Some members use canes and walkers, and crowding at the doorway can create a tripping hazard. We are concerned that this bottleneck could cause someone to fall and become injured.
- **With winter weather upon us, we kindly ask that you wear boots outdoors and bring sneakers to change into for use in the fitness room.** Ice melt and sand from outdoor footwear can create messes and pose tripping hazards. Thank you for helping us keep the space clean and safe for everyone.
- **It is also very important to wear the proper footwear while exercising.** Members should be wearing sneakers for fitness classes and/or dance shoes. Proper footwear must be worn while using our treadmills, exercise bikes, elliptical or weight bench as well. 
- **Please do not enter the conference room to use the restroom while a meeting, presentation, or activity is in progress.** Doing so disrupts the session and may compromise discussions of a private or sensitive nature. **When the conference room is occupied, please use the main restroom in the lobby.**

## PARKING LOT CONCERNS

In light of recent parking incidents at the Center, we would like to remind everyone about our parking rules at the Center

- **Please DO NOT PARK in the handicapped accessible aisle lanes.** These spots are there to help people in handicapped spaces get in and out of their cars safely. You will be asked to move your vehicle immediately if you are parked in the handicapped access aisles. 
- **The front entrance is a No-Parking Zone,** as it's needed for our bus drop-off and emergency vehicle access. **DO NOT PARK YOUR VEHICLE HERE.** Although you may just want to run in to the Center for a minute, this is not a parking spot. You will be asked to move your vehicle immediately!
- We really appreciate your cooperation in using the **designated parking areas.** Do not park on the grass, as we have plenty of parking available in the front, side, and back of the building. Let's keep our parking lot safe and organized for everyone!



## AARP Foundation Tax-Aide will be Providing

### Drop In Tax Preparation at Knights of Columbus Hall, Lincoln

The AARP Foundation is providing tax assistance and preparation through its Tax-Aide program -and it is completely free! The AARP tax preparation services that will take place on **Thursdays from 12 pm to 4 pm starting February 12, 2026 and continuing through April 9th, 2026**. Please note that this year, the service is offered on a **drop-in basis**. You will need to visit the Knights of Columbus Hall with all of your tax materials, where you will be assisted in scheduling an appointment. The **CENTER WILL NOT BE SCHEDULING APPOINTMENTS**, you will need to visit the Knights of Columbus to schedule your appointment.

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

**CCF**  
Connecting Children and Families

**JANUARY 26, 2026  
TO APRIL 13, 2026**

**FREE INCOME TAX  
PREPARATION AND E-FILING  
SERVICES**

**BY APPOINTMENT ONLY**

**2 LOCATIONS IN  
WOONSOCKET, RI!**

**46 HOPE STREET**  
9:30AM-3:00PM  
MONDAY-FRIDAY

**719 FRONT STREET**  
4:00PM-7:00PM  
TUES/WED/THURS

**EVERY OTHER SATURDAY**  
10:00AM-2:00PM  
STARTING JAN 31ST, 2025

**HOPE ST  
APPOINTMENTS**

**FRONT ST  
APPOINTMENTS**

**401-766-3384 EXT 212**

**VITA@ccfcenter.org**

**WANT TO GET INVOLVED?  
BECOME A VOLUNTEER!**

**Contact VITA Site  
Coordinator Mathi  
Manivong for more  
information.**

**\*HOURS ARE SUBJECT TO CHANGE**

# **BEGINNER PILATES**

**MONDAYS at 9am starting February 2!**

**Bring your mat, non-slip socks & water bottle for a great floor workout**

**CHECK  
THIS  
OUT**



**Arrive early-spots are limited!!**

We're excited to announce a brand-new Pilates class on Mondays at 9am beginning Monday, February 2nd! Participants should bring a yoga mat, non-slip grip socks, and a water bottle. This is a full-body workout that includes some floor work, and modifications can be made to accommodate all participants.

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## **Memoir Writing Workshop**

**Tuesdays at 1 pm– February 3rd and February 17th**

**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! Members gather to share short pieces, exchange ideas, and learn simple yet powerful tips to bring our memories to life on the page. Led by Lynn, our 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!

## Lincoln's Got Talent: Karaoke Hour!



Ready to shine? Grab the mic and belt your favorite tunes on **Tuesday, Feb 3rd at 1 pm**

Sing solo, duet, or just cheer on your friends—it's all about good vibes, great music, fun and laughter! Sign up at the front desk or just drop in!



## Hair Stylist

**Love is in the Hair.....**

Julie, our fabulous hair stylist, will be scheduling appointments at the Center for Wednesday, **February 4th and February 18th**. Please see the front desk if you would like to schedule an appointment!

The time slots available are:  
9:30am 10am 10:30am 11am  
11:30am

Senior Center



Book Club will meet on Wednesdays,  
**February 4th and 18th at 2 pm**

**February Book Club Pick:**

**Atmosphere** by Taylor Jenkins Reid

- February 4th- Please read Chapters 1-10
- February 18th- Please read Chapters 11-19

**Blue Cross Presents**



**Love Your Heart: 10 Tips to a Healthier Heart**



**Wednesday, February 4th at 10:30 am**

Heart disease is responsible for 40% of all deaths in the United States, which is more than all forms of cancer combined. In addition to providing education on the cardiovascular system, this presentation will empower participants to make small lifestyle modifications that impact one's risk for developing heart disease. Please register with the front desk if you would like to attend this informative presentation!

## Valentine's Day Saran Wrap Ball Game

Thursday, February 5th at 10:30 am

We had such a blast with the Saran Wrap Ball game during the holidays that we're bringing it back—with a sweet Valentine's twist! Join us as we unwrap fun Valentine's Day treats! Never played before? No worries—it's super easy and tons of fun! We promise a morning full of laughter, surprises, and sweet treats!

**Sign up at the front desk to join the fun!**



# Tech Assistance



Enjoy a 30-minute one-on-one session with our tech expert, Renee! She can assist you with any questions about cell phones, tablets, laptops, or apps. Renee will be available on

**Thursday, February 5th and 19th from 10 am to 3 pm.**

To ensure everyone has a chance to meet with Renee, we kindly ask that members book one appointment per month. Schedule your session today! Call or stop by the front desk to reserve your spot.



We LOVE our members! To celebrate YOU, we will be hosting some "lovely" surprise pop-up activities throughout the month! Sweet treats, crafts and more!



Final Payments are due Friday, February 6th for the St Patrick's Day Celebration Bus Trip!

**FREE SEMINAR**

**McCarthy Law, LLC**  
Elder Care Law • Estate Planning • Medicaid Planning

# ESTATE PLANNING

# 101



**Friday, Feb 6th  
at 10am**



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

**The New England Patriots are in the Super Bowl!!**

**Let's celebrate with a**



**We are holding a  
“Soup-er” Bowl Luncheon  
on Friday, February 6th**



**The fun starts at 11am**

**Lunch will be served at 12 pm**

**Sign Ups will be **Friday, January 30th!****

**Lunch includes: super bowl snacks, homemade  
soup, grilled cheese and dessert**

**\$5.00 per person**

**We will have some football trivia, games, raffles  
and more!!**

**Come join us for a fun afternoon!!**

**Wear your favorite team gear if you like!!**



## Greece Island Hopper Tour

Monday, February 9th at 11:00 am

Experience the beauty and history of Greece on this unforgettable journey! This tour blends history, culture, and relaxation, making it perfect for travelers who want both adventure and scenic beauty. Destinations include Athens, Mykonos, and Santorini. Highlights include: exploring ancient Athens, including the Acropolis and Parthenon, relaxing on the stunning beaches of Mykonos and discovering the iconic whitewashed villages and breathtaking views of Santorini. Activities include guided tours, leisure time for shopping and dining, and optional excursions. Come learn more about this Grecian adventure! Please register with the front desk if you would like to attend this presentation!



**Get your**  
Flu/COVID-19/Shingles/RSV  
/Pneumo Vaccine

**Vaccination Clinic**  
**Tuesday, February 10th**  
**9 am to 12 pm in our Library**  
Please remember to bring  
proof of insurance with you



Tuesday, February 10th  
Thursday, February 26th  
Time slots: 10am, 11am, 12pm, 1pm,  
2pm, 3pm  
Call or visit front desk to book your  
session!



Tuesday, February 10th at 1 pm

Join our friends from Oak Street Health for a fun hour of Musical Bingo! There will be sweet treats, fun prizes and promotional materials! Come join the fun! Please register with the front desk if you would like to attend!

**AMERICAN  
PARKINSON DISEASE  
ASSOCIATION**  
Strength in optimism. Hope in progress.



**APDA Support  
Group Meeting**  
**Tuesday, February  
10th at 10 am**



**Wednesday, February 11th  
at 10 am**

Flower Arranging Workshop with  
Lighthouse at Lincoln



Please join the team from The Lighthouse  
at Lincoln

for a complementary flower arrangement  
workshop in honor of Valentine's Day!

Space is limited! Please register with the  
front desk!

### **Love at First Sparkle with Poppy G**

Celebrate the season  
of love with Poppy G  
Jewelry! Whether  
you're treating yourself  
or surprising someone special, his  
stunning pieces are the perfect  
way to say "I love you." Poppy G  
is bringing his beautiful Swarovski  
crystal jewelry to the Center on  
**Wednesday, Feb 11th at 10 am.**  
Cash sales only!



## *Sweetheart Bingo*



**Wednesday, February 11th at 1 pm**

There Are So Many Reasons to  
LOVE Bingo! It's fun, it's relaxing, it's  
great for your brain, it brings friends  
together—and who doesn't love  
that winning feeling? We'll have  
lots of "lovely" raffles, sweet treats  
and tons of Bingo fun! We promise  
it will be a lovely time—don't miss  
out!



**Silver Gems Paparazzi Jewelry Event**

**Thursday, February 12th at 10 am**

Add a little sparkle to your style  
without breaking the bank! Silver  
Gems Paparazzi Jewelry brings you  
stunning, affordable pieces that turn  
everyday outfits into show-stopping  
looks. Shop now and let your inner  
sparkle shine!



## Family Feud Thursday, Feb 12th at 11 am

Survey Says... It's Time for Valentine's Family Feud! Think you know what people LOVE most about Valentine's Day? Grab your friends and join us for a fun-filled morning of laughs, surprises, and friendly competition!

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"!**



**The Center will be CLOSED**  
**Monday, February 16th in**  
**observance of**  
**President's Day**

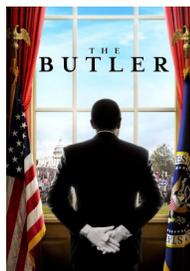
**pampered|chef**

Make mealtime magical and cook up some love with Pampered Chef cooking tools at Gerry's table event on **Tuesday, February 17th at 10 am.**

**AFTERNOON FLICK**

In honor of Black History month, we will be streaming two meaningful and powerful movies based on true stories.

**Tues, Feb 17th at 1 pm**  
**The Butler**



As Cecil Gaines serves eight presidents during his tenure as a butler at the White House, the civil rights movement, Vietnam, and other major events affect this man's life, family, and American society.

**Tues, Feb 24th 1 pm**  
**Remember the Titans**



In 1971, Virginia high-school football was everything to the people of Alexandria, but when the school board was forced to integrate an all-Black school with an all-white one, the foundation of football's tradition was put to the test.

Light refreshments will be served. Please register with the front desk if you would like to attend either of these inspirational movies!

**URI College of Pharmacy presents**  
**Chasing Away the Winter Blues**  
**Thursday, February 19th at 11:15 am**

During the winter season, many people may experience sadness or depression due to: cold weather, illness, and decreased sunlight. Learn what causes the sadness, the risk factors, treatment options, and general winter safety tips. Please call or visit the front desk to register for this presentation!



## EATING FOR BETTER HEALTH SERIES with Kathi Masi

February 20th at 10 am

Since February is American Heart Month, why not celebrate with the Mediterranean diet? Learn why the Mediterranean diet is consistently linked to good heart health in this engaging food demo class. We'll explore key foods, simple cooking techniques, and tips that support cardiovascular wellness. Leave with easy Mediterranean recipes! Spots are limited! Please call or visit the front desk to register to attend this presentation.



# Craft Fun



This month's craft is all heart!



Come create a lovely heart suncatcher—perfect for brightening up your window and spreading a little love!

Monday, Feb 23rd

Session times: 10 am, 11 am & 1 pm

Registration is required!!

**Craft registration opens on February 9th!**

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Our beloved instructor, Irma Mershon, has moved to Atlanta to be closer to family! While she is missed beyond words here at the Center, we are excited for her. If you would like to stay in touch, please visit the front desk for her new address. Let's keep Irma in our hearts and wish her all the best in this exciting new chapter!

## Cancer Chat Group

Tuesday, Feb 24th  
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.

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## Stay Safe Online: Protect Yourself from Scams

Wednesday, February 25th  
at 10:30 am

Join us for an informative session on Online Safety and Scam Prevention. Learn how to recognize common online scams, protect your personal information, and keep your digital life secure. Don't let scammers catch you off guard - empower yourself with the knowledge to stay safe online! Call or visit the front desk to register for this presentation.

We are excited to be introducing a 5 week workshop

“Strength Matters” with Sue Sgambato

Wednesdays at 1 pm

February 25—March 25th



“Exercise on the floor? I won’t be able to get up!”

Senior exercise instructors often hear these concerns from participants. Truthfully, while this fear is understandable, the ability to get up off the floor is a key part of independence, ensuring the ability to do household chores, play with young grandchildren or get up after a fall.

That is why it is important to strengthen upper and lower body and core muscles- which are all used in getting off the floor!

In this class-**Strength Matters** we will learn a series of stretches and strengthening exercises performed seated and laying on a mat. Initially there will be no other equipment needed and over time we will advance to using light hand or ankle weights and mini bands.

Participants must supply their own exercise mat. While yoga mats may be used, they are thin (usually less than 1/4 inch) and may not provide adequate back support and comfort. Exercise mats are typically 1/2 inch thick.

Space is limited. If you would like to sign up, please call or visit the front desk!



### 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, February 26th** at 11am



### Left Center Right Game Day Friday, February 27th at 11am

If you’ve ever wanted a game that combines luck, laughter, and a little bit of chaos, Left Right Center is the game to try! Easy to learn and lots of fun! Join our friends for a fun filled morning!

Last year, we filled the Center with love and inspiration through our “Hearts” activity- and we loved reading what brings joy to our members!

So, we’re doing it again! This month, we’ll have a special table set up with heart-shaped cutouts for you to share what you love- whether it’s

family, friends, or your favorite things about the Center. We’ll display your hearts all around the Center to show just how much love fills our Center this February!





# Bus Trip Information & Reminders

## St Patrick's Day Celebration at Aquaturf Bus Trip

**March 10, 2026**

**Spots still available!**

Check in time: 8:00 am

Bus Departs: 8:30 am

Bus Returns: approx. 5:30 pm

**Final payments due: February 6th**

NO REFUNDS AFTER FEB 6TH

Trip runs rain or shine

## Encore Casino Bus Trip

**April 30, 2026**

**SOLD OUT!**

Check in time: 8:00 am

Bus Departs: 8:30 am

Bus Returns: approx. 5:30 pm

**You must bring valid ID to redeem free slot play & player card**

**Final payments due: April 8th**

NO REFUNDS AFTER April 8th

Trip runs rain or shine

## We Want YOUR Ideas!

**What exciting new classes would you like to see at the Center?**

Country Line Dancing?

Learn to Dance Like a Rockette?

Acrylic Arts Class?

Cooking Classes?

Or something totally different?

Tell us what **YOU** want to see and help shape our next lineup of fun programs!




**BOYS & GIRLS CLUBS OF NORTHERN RHODE ISLAND**

**DROP-IN PICKLEBALL**

WED. & FRI.  
10:00 AM TO 12:00 PM

**FREE**  
MUST BE MEMBER OF "THE CENTER" IN LINCOLN

BOYS & GIRLS CLUBS OF NORTHERN RI  
1 JAMES J. MCKEE WAY  
CUMBERLAND, RI 02864

# valentine's Day

## wordsearch

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

Secret Admirer   Valentines Day   Red Roses   Sweetheart  
 Beloved   Balloons   Adore   Flowers   Doves   February  
 Candy Box   Chocolate   Romance   True Love   Love Birds  
 Heart   Love   Cupid   Kiss   Eros



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  
2/1/2026

### Monday

8:30 am Quilting  
9:00 am Pilates  
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

### Tuesday

9:00 am Arthritis with Sue  
10:00 am Forever Fit with 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)  
1:00 pm Intermediate Line  
Dancing with Karen  
2:00 pm Beginner Line  
Dancing with 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  
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 with Sue  
1:00 pm Essentrics  
1:00 pm BINGO  
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  
10:00 am Overeaters Anonymous Meeting  
11:30 am Arthritis with Sue  
12:00 pm Lunch  
1:00 pm Cribbage  
1:00 pm Knitting & Crochet Circle  
1:00 pm Meditation with Mary  
2:00 pm Mexican Train Dominoes  
2:00 pm Indoor Cornhole

### 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 with Georgina**

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

## 2-ingredient Japanese Cheesecake

This recipe is taking over social media! All you need is your favorite Greek yogurt and a few Biscoff cookies to whip up a no-bake, high-protein treat that's perfect for breakfast, dessert, or as a snack!



### Ingredients:

- One container of your favorite Greek yogurt, plain or vanilla flavor (Fage, Siggy's, Chobani)
- 3 Biscoff cookies

### Directions:

1. Uncover the yogurt cup. Take the three Biscoff cookies and break them in half.
2. Gently press them into the yogurt, spacing them as evenly as you can. You're essentially creating a soft "crust" layer right in the cup.
3. Cover the yogurt cup tightly with plastic wrap and refrigerate for at least 4 hours, or up to overnight.
4. Uncover and enjoy!!



[www.justataste.com/2-ingredient-japanese-cheesecake-recipe/](http://www.justataste.com/2-ingredient-japanese-cheesecake-recipe/)



Loved beyond words, missed beyond measure

Suzanne Danko

01/14/1940 - 01/17/2026

### Friends of Lincoln Senior Center Memorial Donation Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

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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  
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## Lincoln Senior Center

for Center news and info on  
daily activities, class updates,  
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Don't have Facebook? See  
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