

Lincoln Senior Center  
Lincoln, RI 02865

150 Jenckes Hill Rd.  
401-753-7000

## Weekly Activities

<b><u>Monday:</u></b>	<b>10:00</b>	<b>Sit &amp; Be Fit w/Ed Tammany</b>
	<b>10:30</b>	<b>Wii Games</b>
	<b>12:45</b>	<b>Tai Chi w/Bob McManus</b>
	<b>1:00</b>	<b>High-Low-Jack</b>
<b><u>Tuesday:</u></b>	<b>10:00</b>	<b>Mighty Muscles w/Irma Mershon</b>
	<b>1:00</b>	<b>Line Dancing w/Steve Faulk</b>
	<b>1:00</b>	<b>Billiard Lessons w/Herb Southworth</b>
	<b>1:30</b>	<b>Board Games</b>
	<b>2:00</b>	<b>Intermediate Line Dancing w/Steve</b>
<b><u>Wednesday:</u></b>	<b>9:00</b>	<b>Computer Basics w/ Jim Bentsen</b>
	<b>9:30</b>	<b>Water Color Class w/Alice Broadbent</b>
	<b>10:00</b>	<b>Computer Basics w/ Jim Bentsen</b>
	<b>11:00</b>	<b>Computer Basics w/ Jim Bentsen</b>
	<b>12:00</b>	<b>Line Dancing w/Karen Lea</b>
	<b>12:00</b>	<b>Computer Basics w/Jim Bentsen</b>
	<b>12:30</b>	<b>Beginner Art Class w/Alice Broadbent</b>
	<b>1:00</b>	<b>Bingo</b>
	<b>1-3:00</b>	<b>Hair Dresser Julie-Appointments required</b>
	<b>10:30</b>	<b>Blood Pressure every 2<sup>nd</sup> and 4<sup>th</sup></b>
<b><u>Thursday:</u></b>	<b>9:00</b>	<b>Mighty Muscles w/Irma Mershon</b>
	<b>10:15</b>	<b>Movement for Wellness Ed Tammany</b>
	<b>1:00</b>	<b>Cribbage w/Al Kelley</b>
	<b>10:30</b>	<b>Alzheimer's support Group every 3<sup>rd</sup></b>
	<b>10:30</b>	<b>Insight Support Group every 1st</b>
<b><u>Friday:</u></b>	<b>9:00</b>	<b>Mindful Fitness w/Ed Tammany</b>
	<b>9:00</b>	<b>Art Class w/Carole O'Neill</b>
	<b>10:00</b>	<b>Yoga w/Ed Tammany</b>
	<b>11:00</b>	<b>Bone Building Exercise Class</b>
	<b>12:00</b>	<b>Card Players</b>
	<b>3:00</b>	<b>Ukulele w/ Georgina Hepburn</b>

**Personal Training by Appointment Only**