

**Lincoln Senior Center  
40 Chapel St  
Lincoln, RI 02865  
401-723-3270**

### **Weekly Activities**

<b><u>Monday:</u></b>	<b>9:30</b>	<b>Beginners Art Class</b>
	<b>12:45</b>	<b>Tai Chi and Reflexology</b>
	<b>1:00</b>	<b>High-Low-Jack Downstairs</b>
<b><u>Tuesday:</u></b>	<b>9:30</b>	<b>Line Dancing</b>
	<b>2:30</b>	<b>Mighty Muscles</b>
	<b>10:30</b>	<b>Computer Basics</b>
<b><u>Wednesday:</u></b>	<b>9:30</b>	<b>Water Color Class</b>
	<b>1:00</b>	<b>Bingo</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</b>
	<b>10:15</b>	<b>Movement for Wellness</b>
	<b>1:00</b>	<b>Cribbage</b>
<b><u>Friday:</u></b>	<b>10:00</b>	<b>Yoga</b>
	<b>12:00</b>	<b>Card Players</b>
	<b>3:00</b>	<b>Ukulele</b>

**Alzheimer's support group every 3<sup>rd</sup> Thursday of the month.**