

LINCOLN GOLDEN AGES SENIORS

JANUARY -FEBUARY 2024

Newsletter

Let the New Year begin!

Welcome to 2024. Hope everyone had a wonderful holiday season and is ready to have a great new year.

November was a busy month for LGAS. We sprang forward to daylight savings time and the Millage for Augusta Township was held and passed. LGAS held the Advisory Board Election and would like to welcome Mary Ford as our new treasurer and Denise Case as our new trustee. We would like to thank you Renee Kwiecinski (treasure) and Bobbie Harbour (trustee) for your service.

December was even busier than November for us at LGAS. We had the annual "Holiday Fundraiser", and the Christmas party. Thank you to the fundraiser committee and to all the hard work the members did to make this a success for the center. We cannot do it without you.

February : **BLACK HISTORY MONTH**

Valentine's Party 11:00-2:00 February 16th

Just a few of reminders :

1. Yearly dues are due in January.

2. Thursday is "CAN" food pick up day, you **MUST** pick up your food from the "CAN" center. Beginning in January the center will no longer have "CAN" bring your order to the center for you to pick up.
3. If the school is closed for bad weather- We are closed!
4. Always check the front desk area for any sign-up sheets for activities, trips, etc.
5. Please use our "suggestion box" to give us input on anything you would like to see if we can implement or change, etc.

Anita's Corner:

First let me say Merry Christmas to all and to all a good night. Speed forward to January and now HAPPY NEW YEAR everyone! Last month with the aid of the Christmas elves and the flying fire engine to pull Santa's Sleigh through the air. Our fundraiser was a blast. Thank you, Santa, and Mrs. Claus (aka Ann Hogan), for your fantastic HO, HO, HO's. All the proceeds go to the center, I also need to mention our Christmas Party, there was magic in the air. What can I say blame it on the elves. So, looking forward to our Spring Fundraiser being another hit, more to come as we make the plans.



Let's not forget our New Years Resolutions. If you haven't made any, maybe think about healthier eating, exercise, getting out and socializing. Speaking of getting out, remember the center has Cardio-Drumming, Yoga, Arthritis Exercise, Sewing/Quilting, Crocheting, Euchre, Book Club, Bingo, Bunco and Game time.

We would love to see you all !

Let's make 2024 the year of finding something NICE to say about everyone you meet or pay COMPLIMENT to someone every day.

Anita Vivian – Coordinator

Black History Month

Feb 1st – Feb 29th

Origins of Black History Month

The story of [Black History](#) Month begins in 1915, half a century after the [Thirteenth Amendment](#) abolished [slavery](#) in the United States.

That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by Black Americans and other peoples of African descent.

Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of [Abraham Lincoln](#) and [Frederick Douglass](#). The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.

In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing "Negro History Week." By the late 1960s, thanks in part to the [civil rights movement](#) and a growing awareness of Black identity, "Negro History Week" had evolved into Black History Month on many college campus.

President [Gerald Ford](#) officially recognized Black History Month in 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history." Today, Black History Month is a time to honor the contributions and legacy of African Americans across U.S. history and society—from activists and civil rights pioneers such as [Harriet Tubman](#), [Sojourner Truth](#), [Marcus Garvey](#), [Martin Luther King Jr.](#), [Malcolm X](#) and [Rosa Parks](#) to leaders in industry, politics, science, culture and more

There is no Negro problem. The problem is whether the American people have loyalty enough, honor enough, patriotism enough, to live up to their own constitution.

Frederick Douglass February 14, 1818 – February 20, 1895

In a composite Nation like ours, made up of almost every variety of the human family, there should be, as before the Law, no rich, no poor, no high, no low, no black, no white, but one country, one citizenship equal rights and a common destiny for all. A government that cannot or does not protect the humblest citizen in his right to life, Liberty and the pursuit of happiness, should be reformed or overthrown, without delay.

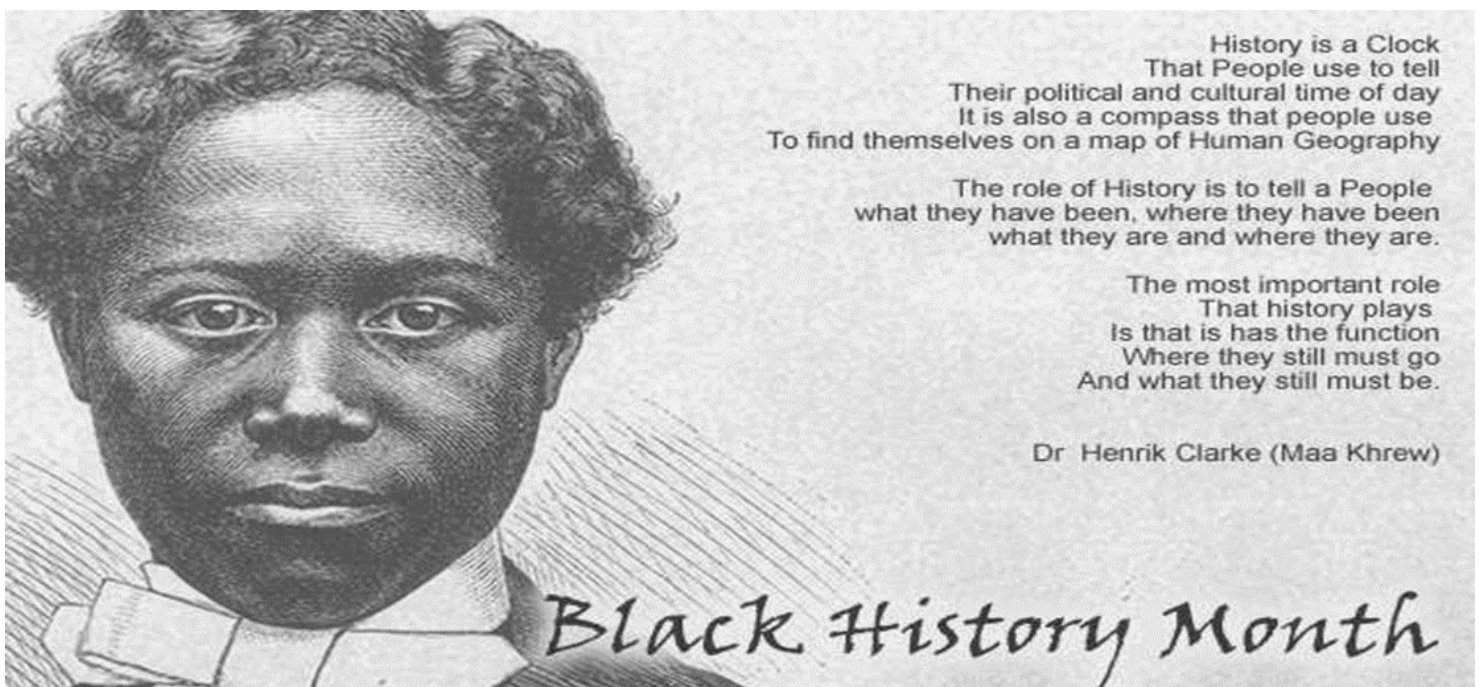
Frederick Douglass February 14, 1818 – February 20, 1895

Frederick Douglass (born Frederick Augustus Washington Bailey, c. February 1817 or February 1818 – February 20, 1895) was an American social reformer, abolitionist, orator, writer, and statesman. He became the most important leader of the movement for African American civil rights in the 19th century. imdb.com

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the patience, and the passion to reach for the stars to change the world.

Harriet Tubman 1820 - March 10,1913

Harriet Tubman (born **Araminta Ross**, c. March 1822^[1] – March 10, 1913) was an American [abolitionist](#) and [social activist](#).^{[2][3]} After escaping [slavery](#), Tubman made some 13 missions to rescue approximately 70 enslaved people, including her family and friends,^[4] using the network of antislavery activists and safe houses known collectively as the [Underground Railroad](#). During the [American Civil War](#), she served as an armed [scout](#) and [spy](#) for the [Union Army](#). In her later years, Tubman was an activist in the movement for [women's suffrage](#)



MONTHLY BIRTHDAYS



JANUARY		FEBUARY	
Linda Dugan	21	Marlyss Magennis	1
Dean Stacy	23	Freda McGovern	2
		Elaine Stasiak	2
		Denise Case	16

NOVEMBER BIRTHDAY

DECEMBER BIRTHDAY



COME AND JOIN US FOR CAKE AND ICE CREAM
BIRTHDAY WEDNESDAY
JANUARY 31ST
 and
FEBUARY 28TH

Christmas Party 2023 Photos



Lincoln Golden Ages Seniors Staff

Director: Vacancy

Chairperson: Bettie Talbert

Co-Chair: Maria Dewalt

Secretary: Mary Jane Instance

Treasurer: Mary Ford

Trustee: Denise Case

Alternate Board Members: Laura Kidder, Donna Raymond

Coordinator: Anita Vivian

Newsletter Editor: Donna Raymond

Fundraiser Committee: Anita Vivian, Jean Bogue, Denise Case, Bobbie Harbour, Mary Jane Instance, Renee Kwiecinski, Donna Raymond, Bettie Talbert

Party Committee: Mary Jane Instance, Becky Courvoisier, Maria Dewalt, Laura Kidder, Donna Raymond, Anita Vivian, Mary Zitnik

Sunshine Committee: Gloria Wanty, Joyce Varagason

Trip Committee: Bettie Talbert

NEWSLETTER SPONSORED BY:

The Lincoln Board of Education

Lincoln Golden Ages Seniors Program

8970 Whittaker Rd, Suite 100

Established in 1984

Office Phone: 734-483-8366

Email: LincolnGoldenAges@lincolnk12.org

Please note: the driveway for the LGAS center is off Willis Rd.


Please check out our ACTIVITIES on the "CALENDAR" for time and dates.
(the times and dates can change week to week)


1. Quilting & Sewing -Mondays
2. Cardio-Drumming with Maria – Tuesdays
3. Arthritis Foundation Exercise Program (AFEP) with Virginia -Tuesdays
4. Yoga with Tammy - Wednesdays
5. Bingo – Wednesdays
6. Game Time – Wednesdays
7. Arthritis Foundation Exercise Program (AFEP) with Donna- Thursdays
8. Euchre - Thursdays
9. Crafts with Jean – Thursday once a month
10. Book Club – Thursday once a month
11. Bunco- Fridays
12. Red Hat Ladies – No meetings in January or February
13. Valentine's Party – Friday in February

**GROWING OLD HAPPENS,
GROWING UP IS OPTIONAL**



**Come
and join
us for
some fun**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HAPPY NEW YEAR	2 CLOSED	3 CLOSED	4 CLOSED	5 CLOSED
8 SEWING & QUILTING 9:00-2:00	9 Cardio-Drumming w/ Maria 9:30-10:15 AFEP w/ Virginia 10:30-11:15 Golden Girls Crocheting 11:30-2:00	10 NO Yoga BINGO 11:00-12:00 Game Time 12:30-2:00	11 NO AFEP Euchre 12:00-2:00	12 BUNCO 12:00-2:00
15 Martin Luther Day CLOSED	16 Cardio-Drumming w/ Maria 9:30-10:15 AFEP w/ Virginia 10:30-11:15 Golden Girls Crocheting 11:30-2:00	17 Yoga w/ Tammy 9:30-10:30 BINGO 11:00-12:00 Game Time 12:30-2:00	18 Fundraiser Com Mtg 9:30-10:30 AFEP w/ Donna 10:3-11:00 Party Com. Mtg 11:00-12:00 Euchre 12:00-2:00	19 BUNCO 12:00-2:00
22 SEWING & QUILTING 9:00-2:00	23 Cardio-Drumming w/ Maria 9:30-10:15 AFEP w/ Virginia 10:30-11: Advisory Board Mtg 11:30-12:15 Golden Girls Crocheting 11:30-2:00	24 Yoga w/ Tammy 9:30-10:30 "CRAZY" BINGO 11:00-12:00 Game Time 12:30-2:00	25 AFEP w/ Donna 10:00-10:30 Valentine Craft w/ Jean 10:30-11:30 Book Club 11:30-1:30 Euchre 12:00-2:00	26 BUNCO 12:00-2:00
29 SEWING & QUILTING 9:00-2:00	30 Cardio-Drumming w/ Maria 9:30-10:15 AFEP w/ Virginia 10:30-11:15 Golden Girls Crocheting 11:30-2:00	31 Yoga w/ Tammy 9:30-10:30 BINGO 11:00-12:00 BIRTHDAY WEDNESDAY 12:00 Game Time 12:30-2:00	 <p>January</p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			AFEP w/ Donna 10:00-10:30 Euchre 12:00-2:00	BUNCO 12:00-2:00
5	6	7	8	9
SEWING & QUILTING 9:00-2:00	Cardio-Drumming w/ Maria 9:30-10:15 AFEP w/ Virginia 10:30-11:15 Golden Girls Crocheting 11:30-2:00	Yoga w/ Tammy 9:30-10:30 BINGO 11:00-12:00 Game Time 12:30-2:00	AFEP w/ Donna 10:00-10:30 Euchre 12:00-2:00	BUNCO 12:00-2:00
12	13	14	15	16
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19	20	21	22	23
CLOSED PRESIDENTS' DAY	Cardio-Drumming w/ Maria 9:30-10:15 AFEP w/ Virginia 10:30-11:15 Golden Girls Crocheting 11:30-2:00	Yoga w/ Tammy 9:30-10:30 "CRAZY" BINGO 11:00-12:00 Game Time 12:30-2:00	AFEP w/ Donna 10:30-11:00 Book Club 11:30-1:30 BLACK HISTORY MONTH MOVIE 12:00	BUNCO 12:00-2:00
26	27	28	29	
SEWING & QUILTING 9:00-2:00	Cardio-Drumming w/ Maria 9:30-10:15 AFEP w/ Virginia 10:30-11:15 Golden Girls Crocheting 11:30-2:00	Yoga w/ Tammy 9:30-10:30 BINGO 11:00-12:00 BIRTHDAY WEDNESDAY 12:00 Game Time 12:30-2:00	AFEP w/ Donna 10:30-11:00 St. Patrick Day Craft w/ Jean 11:00-12:00 Euchre 12:00-2:00	