

# *LINCOLN GOLDEN AGES SENIORS*

May- June 2024

*Newsletter*

**Things of interest in May:**

**May Day (May 1) celebrates the return of spring!**

**LGAS Spring Fundraiser ( May 10<sup>th</sup> & 11<sup>th</sup>)**

**Mother's Day (Sunday, May 12)**

**Memorial Day (Monday, May 27) Memorial Day is a federal holiday in the United States for honoring and mourning the U.S. military personnel who died while serving in the United States Armed Forces.**

**WE WILL BE CLOSED MONDAY MAY 27<sup>TH</sup>, MEMORIAL DAY**

**Well, those April showers have brought us quickly to our Spring Flower Fundraiser Sale. We do need volunteers, there is a sign-up sheet at the front desk. We are also in need of baked goods if you can donate.**



**Interesting happenings in June:**

**Flag Day (June 14<sup>th</sup>)**

**Father's Day (June 16<sup>th</sup>)**

**Juneteenth National Independence Day (June 19)**

**Summer Solstice (June 20<sup>th</sup>)**

**We are always looking for seniors to join (LGAS) Lincoln Golden Ages Senior Center. We offer great opportunities for seniors over 55 who are looking for something to do to stay busy, if you want to meet new people, conversations, and laughter. Please come to LGAS, it is a wonderful opportunity to connect with others. It could be the life change you need to be healthy and happy. We offer Yoga , Cardio Drumming, (AFEP) Arthritis Foundation Exercise Program, Penny Bingo, Euchre, Bunco, Crocheting, Sewing, Crafts, Red Hatters group, Book Club group, Parties, Trips, Birthday celebrations and more.**

To take part in our activities you must be up to date on your membership. Your membership becomes complimentary when you turn 85 years young. Dues are renewable by mail or in person. Just a reminder that occasionally time gets away from us and you may not have paid your yearly membership yet.

## **Yoga news:**

Tammy, our incredible, wonderful instructor will be taking the summer off. We will see her in September. Have a great summer, Tammy. Yoga is a fantastic way to work your core, explore the range of motion of the different joints and movements, helps with balance, coordination and improve core strength. It also sharpens your mind, clears your airways, decreases your arthritis pain, helps regulate your stress, boost your sex life, alleviates chronic back pain, can help calm inflammation, lose weight, and ease neck pain. Do not fear that you will not be able to get up off the floor, because our yoga is done in a chair and/or standing. You can also do floor yoga if you want as Tammy says, "Yogi's choice."

## **Cardio Drumming news:**

Maria is back from vacation! Cardio Drumming can help relieve frustration, disappointment, and stress. It helps coordination, increases strength, and lowers blood pressure. So, join Maria and the seniors in having fun building up a sweat Tuesday mornings from 9:30 to 10:15.

## **Craft News:**

Crafts with Jean are now moving to Mondays. Jean and Denise are collaborating to bring you new crafts on Mondays starting in May.

## **Trips:**

1. Oklahoma at Turkeyville

Thursday May 23<sup>rd</sup>

Check the front desk for all sign-up sheets.

2. Recycled Rockettes at Hartland

Thursday June 20<sup>th</sup>

Check the front desk for all sign-up sheets. We cannot stress enough that you need to check the front desk area for sign-up sheets. Occasionally we have events, trips, or educational speakers that appear after the newsletter and calendar goes out.

We encourage you to use the Suggestion Box. We would like to hear input from our members.

**Walking:** We have a couple of options available to us.

1. Lincoln High School Athletic Track:

Lincoln Golden Ages Seniors have been invited to use the Lincoln High School indoor athletic track to walk Monday-Friday 7:00am-2:00pm free of charge.

2. Rolling Hills Park River Walk

Enjoy a low-impact workout while walking in the Lazy River! River Walking increases your blood flow and warms your muscles and joints. An easy-going exercise for those who enjoy the outdoors.

This is open to adults only (18 years and older), 16 or 17 years old if accompanied by an adult.

7 days/week!

Admissions will open 15 minutes prior to each session, gates will open 5 minutes prior to each session.

- May 28-August 25
- 10:30am-11:30am

**Fees (Pre-registration is not available - Drop-in only)**

- \$60 - 20 Visit Punch Card
- \$4 Daily Drop-In
- Please Note: Fees include River Walking only. Participants will only have access to Locker Rooms and Lazy River during class times. All participants must exit the water park after class.

**Please Know**

- Children will not be allowed in the water park during this program. No childcare will be provided during the River Walking.
- Do not enter the Lazy River until instructed to do so by a staff member.
- You are encouraged to bring water shoes to wear; they are not provided.
- No tubes will be allowed in the water during River Walking.
- No splashing or horseplay will be permitted.

## **Anita's Corner:**

**I would like to remind everyone about our Spring Fundraiser happening May 10<sup>th</sup> & 11<sup>th</sup> just in time for Mother's Day. Looking for volunteers to help and/or make yummy bake goods.**

**We are selling tickets for our \$100.00's worth of scratch off raffle. The drawing will be held Saturday May 11<sup>th</sup>, 2024.**

**Speaking of raffles, we are also going to be raffling off the Christmas quilt hanging on the wall at the back of the center. The Christmas quilt raffle will be \$5.00 per ticket and drawing will be at our Christmas fundraiser in December.**

**All the donations go to the (LGAS) Lincoln Golden Ages Seniors Center.**

**I would like to give a special thank you to our members(everyone) who participates in our activities, parties, and trips.**

**I am going to take some days/time off here and there and a vacation I have been trying to go on for a while now. I want to thank Denise for being my replacement on these days.**

**I would also like to address the roundabout construction that we all are dreading but will be starting soon. Most of the anticipated traffic issues for us will be when school is beginning and ending . Lincoln High School hours are 7:10 - 2:07pm and Brick Elementary hours are 9:00-3:45pm so this should not involve the LGAS coming and going. Good news is school will be officially out for the summer for Lincoln High May 23<sup>rd</sup> and June 7<sup>th</sup> for Brick.**

**I want to welcome Maria back from vacation- let the cardio-drumming begin.**

**A huge thank you to Beverly for helping us out on AFEP (Arthritis Foundation Exercise Program) on Tuesdays.**

**Did you know we have a couple of walkers and a wheelchair we can loan out and it is free. We just ask that you return the item(s) when you no longer have a need for them.**

**If you bring any food for our different functions, and parties, or anytime, etc. Please bring it fully prepared, because it is too difficult for me to finish preparing your food to be served. You are in charge of your own food.**

**Thank you !!!**

**Riddles: (answers at the bottom of the page)**



1. What occurs once in a minute, twice in a moment, and never 1,000 years?
2. Tear one off and scratch my head, what once was red is black instead.
3. A father's child, a mother's child, yet no one's son,
4. The more you take the more you leave behind.
5. A cowboy rode into town on Friday. He stayed for three nights and rode out on Friday. How is this possible?
6. Forward, I am heavy; backward, I am not. What am I?
7. Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?
8. How many months do have 28 days?
9. In a bus, there is a 26-year-old pregnant lady, a 30-year-old policeman, a 52-year-old-random woman, and the driver who is 65 years old. Who is the youngest?



**Answers on page 7**



**Thought for the month of May:**

**“Life is like a camera. Focus on what is important, capture the good times, develop from the negatives, and if things do not work out, take another shot.”**

**Thought for the month June:**

**Do not wait for someone to bring you flowers. Plant your own garden and decorate your own soul.**



## BIRTHDAY CELEBRATION TIME!



May 2024		June 2024	
Roxanne Truhn	6	Bobbie Harbour	1
Peggy Hogan	10	Linda "Hope" Hardeman	4
Jean Bogue	17	Carole Beach	8
Mary Ford	24	Don Polzin	8
Bettie Talbert	26	Joyce Wooden	9
Helen Nafranowicz	28	Yvonne Fletcher	12
Cinda Hall	29	Clifford Hardy	16
		Ann Hogan	16
		Laura Kidder	18
		Annie Kopko	24
		Linda Underwood	28
		Susan Middlesworth	30



**BIRTHDAY  
WEDNESDAY  
COME CELEBRATE**  
We will have.  
**CAKE & ICE CREAM**  
on  
**MAY 29<sup>TH</sup>**  
And  
**JUNE 26<sup>TH</sup>**  
at 12:00



**it's  
Party  
time**

**Reminders:**

1. **Membership dues are past due, no worries stop at any time.**
2. **Thursday is “CAN” food pick up day, you MUST pick up your food from the CAN center.**
3. **Always check the front desk area for any sign-up sheets for activities, trips, etc.**
4. **Please use our “suggestion box: to give us input on anything you would like to see if we can implement or change.**

**Please check out the ACTIVITIES on the “CALENDAR” for time and dates.**

**(the times and dates can change week to week)**

1. **Quilting & Sewing – Mondays**
2. **Crafts with Jean & Denise - Mondays**
3. **Cardio-Drumming with Maria- Tuesdays**
4. **Arthritis Foundation’s Exercise Program (AFEP) with Virginia - Tuesdays**
5. **Golden Girls Crocheting- Tuesdays**
6. **Yoga with Tammy- Wednesdays**
7. **BINGO– Wednesdays**
8. **BUNCO - Wednesdays**
9. **Birthday Celebration- last Wednesday of the month**
10. **Arthritis Foundation Exercise Program (AFEP) with Donna- Thurs.**
11. **Euchre – Thursdays**
12. **Book Club/ Bid Whist – 4<sup>th</sup> Thursday of the Month**
13. **Deluxe BUNCO – Fridays**
14. **Red Hat Ladies- 1<sup>st</sup> Friday of the Month**

**We are excited to have Bunco 2 days a week now, except for the first Friday of every month.**

**Riddle answers: 1.-M; 2.-Match; 3.- Daughter; 4.- Footsteps; 5.-The horses name was Friday; 6.- Ton; 7.-Corn on the cob; 8.- All of them!; 9.- The baby of the pregnant women.**

We do have a number of members who are sensitive to perfumes, colognes, and scented things. Please be courteous and considerate to our members who have sensitivities, intolerance or allergies and breathing issues.



# SPRING ACTIVITIES



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

## WORD LIST

- |             |           |          |           |
|-------------|-----------|----------|-----------|
| BASEBALL    | EGG HUNT  | HIKING   | ROAD TRIP |
| BIKE RIDING | FISHING   | KAYAKING | SOCCER    |
| CAMPING     | FUN       | PICNIC   | SWIMMING  |
| CLEANING    | GARDENING | PLANTING | TENNIS    |
| EASTER      | GOLF      | RELAXING | VACATION  |

*Homemade*  
GIFTS MADE EASY



# **Lincoln Golden Ages Seniors Staff**

**Director: Vacancy**

**Coordinator: Anita Vivian**

**Chairperson: Bettie Talbert**

**Co-Chair: Maria Dewalt**

**Secretary: Mary Jane Instance**

**Treasurer: Mary Ford**

**Trustee: Denise Case**

**Alternate Board Members: Julie Davis, Laura Kidder, Donna Raymond**

**Sub-Coordinator: Denise Case**

**Newsletter Editor: Donna Raymond**

**Fundraiser Committee: Anita Vivian, Jean Bogue, Denise Case, Bobbie Harbour, Mary Jane Instance, 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 Senior Program**

**8970 Whittaker Rd, Suite 100**

**Established in 1984**

**Office Phone: 734-483-8366**

**Email: [LincolnGoldenAges@lincolnk12.org](mailto:LincolnGoldenAges@lincolnk12.org)**

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



Road Trip: Spring Concert 2024



BINGO






Euchre



Red Hat Group



St Patty's Day Party

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAY 2024</b>				
				
		1	2	3
		Yoga w/ Tammy 9:30-10:30 BINGO 11:00-12:00 BUNCO 12:00-2:00	AFEP w/ Donna 9:30-10:00 Fundraiser Com Mtg 10:00-11:00 Party Com Mtg 11:00-12:00 Euchre 12:00-2:00	Red Hat Mtg 12:00-2:00 Bring your nickles for RLC
6	7	8	9	10
Sewing & Quilting 9:00-2:00 Crafts w/ Jean & Denise Mug & Tumbler 10:00-12:00	Cardio Drumming w/ Maria 9:30-10:15 AFEP w/Beverly 10:30-11:15 Golden Girls Crocheting 11:30-2:00	Yoga w/ Tammy 9:30-10:30 BINGO 11:00-12:00 BUNCO 12:30-2:30	NO ACTIVIES SET UP FOR FUNDRAISER 	NO ACTIVITIES FLOWER SALE FUNDRAISER
13	14	15	16	17
Sewing & Quilting 9:00-2:00 Crafts w/ Jean & Denise Sewing Machine Mat 10:00-12:00 Senior Expo Leave @ 9:00	Cardio Drumming w/ Maria 9:30-10:15 AFEP w/ Beverly 10:30-11:15 Advisory Board Mtg 11:30-12:15 Golden Girls Crocheting 11:30-2:00	Yoga w/ Tammy 9:30-10:30 BINGO 11:00-12:00 BUNCO 12:30-2:30	AFEP w/ Donna 10:00-10:30 Euchre 12:00-2:00	Deluxe BUNCO w/ Gloria 12:00-2:00
20	21	22	23	24
Sewing & Quilting 9:00-12:00 Crafts w/ Jean & Denise make a Whirly Spinner 10:00-2:00	Cardio Drumming w/ Maria 9:30-10:15 AFEP w/ Beverly 10:30-11:15 Golden Girls Crocheting 11:30-2:00	Yoga w/ Tammy 9:30-10:30 BINGO 11:00-12:00 BUNCO 12:30-2:30	NO AFEP Trip to Turkeyville "Oklahoma" Leaving @10:00 Euchre 12:00-2:00	Deluxe BUNCO w/ Gloria 12:00-2:00
27	28	29	30	31
CLOSED MEMORIAL DAY 	Cardio Drumming w/ Maria 9:30-10:15 AFEP w/ Beverly 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 12:00-12:30 BUNCO 12:30-2:30	AFEP w/Donna 10:00-10:30 Book Club/ Bid Whist 11:30-1:30 Euchre 12:00-2:00	Deluxe BUNCO w/ Gloria 12:00-2:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1 style="font-size: 2em; margin: 0;">JUNE 2024</h1>		 		
3	4	5	6	7
Sewing & Quilting 9:00-2:00 Crafts w/ Jean & Denise Paper Flowers w/ Cutting Machine 10:00-12:00	Cardio Drumming w/ Maria 9:30-10:15 AFEP w/ Beverly 10:30-11:15 Golden Girls Crocheting 11:30-2:00	NO YOGA BINGO 11:00-12:00 BUNCO 12:30-2:30	AFEP w/ Donna 9:30-10:00 Fundraiser Com Mtg 10:00-11:00 Party Com Mtg 11:00-12:00 Euchre 12:00-2:00	Red Hat Mtg 12:00-2:00 Bring your pennies/Bingo
10	11	12	14	14
Sewing & Quilting 9:00-2:00 Crafts w/ Jean & Denise Sewing Project 10:00-12:00	Cardio Drumming w/ Maria 9:30-10:15 AFEP w/Beverly 10:30-11:15 Advisory Board Mtg 11:30-12:15 Golden Girls Crocheting 11:30-2:00	NO YOGA BINGO 11:00-12:00 BUNCO 12:30-2:30	NO ACTIVITIES  Setting up for Party	Flag Day  Adventure Awaits (Traveling) Party
17	18	19	20	21
Sewing & Quilting 9:00-2:00 Crafts w/ Jean & Denise Salt & Pepper Shakers 10:00-12:00	Cardio Drumming w/ Maria 9:30-10:15 AFEP w/ Virginia 10:30-11:15 Golden Girls Crocheting 11:30-2:00	NO YOGA BINGO 11:00-12:00 BUNCO 12:30-2:30 Juneteenth National Independence Day	AFEP w/ Donna 10:00-10:30 Trip : Recycled Rockettes Leaving @ 11:00 Euchre 12:00-2:00	Deluxe BUNCO w/ Gloria 12:00-2:00
24	25	26	27	28
Sewing & Quilting 9:00-2:00 Crafts w/ Jean & Denise Embroidery Machine Project 10:00-12:00	Cardio Drumming w/ Maria 9:30-10:15 AFEP w/ Virginia 10:30-11:15 Golden Girls Crocheting 11:30-2:00	NO YOGA BINGO 11:00-12:00 BIRTHDAY WEDNESDAY 12:00-12:30 BUNCO 12:30-2:00	AFEP w/ Donna 10:00-10:30 Book Club/ Bid Whist 11:30-1:30 Euchre 12:00-2:00	Deluxe BUNCO w/ Gloria 12:00-2:00