

Lincoln Golden Ages Seniors

September & October 2022

NEWSLETTER

****The Senior Center will be CLOSED Friday, September 2ND and Monday, September 5TH for the Labor Day weekend. ****

School is back in session and the Senior Center will again be open on Mondays except for Labor Day.

FIREKEEPERS CASINO TRIPS, SEPTEMBER 12th AND OCTOBER 14th FROM 9:00-4:00

Please sign up if you would like to join us

LUAU PARTY LUNCHEON FRIDAY, SEPTEMBER 30 FROM 11:00-2:00

Please sign up and join us for fun and games, come as you are or break out your Hawaiian shirts, grass skirts and coconut bras. We want you to have fun and enjoy yourselves.



BIRTHDAY WEDNESDAYS ARE SEPTEMBER 28TH AND OCTOBER 26TH

We celebrate the birthdays the last Wednesday of the month. Please come in and enjoy birthday cake and ice cream with us.

“1970’S REWIND” TRIP THURSDAY, OCTOBER 20TH, 2022 LEAVING AT 9:30AM

If you have signed up, please get your money in ASAP to Anita.

HALLOWEEN PARTY OCTOBER 28TH 11:00AM-2:00PM

Please sign up and join us for a Ghoulish fun time. Come in costume or your everyday attire. Look for more information on the sign-up sheets.

All members are welcome to attend activities at the Lincoln Golden Ages Center. Please check the calendars provided in this Newsletter for days, dates, and times of the activities you would like to participate in. If you have a suggestion for an activity you might like to see in the center, please speak with Anita Vivian. Calendars are also available in the center.

CHRISTMAS IN JULY:

Christmas in July was a success and a big thank you to everyone who donated items in making our Raffle so successful and also coming out to celebrate with us. Thank you to our donors. We really want them to know how much we appreciate them.

Leo's Coney Island

Bone Heads BBQ

Red Rooster Pizzeria

Sassy Scissors Salon

Banotai Green House

Confections by Lynn

Yoga by Juli McLeod

Fox Auto Parts



Merry
Christ-
mas
Ho Ho
Ho



ICE CREAM SOCIAL:



The Ice Cream Social had a great turn out. A wonderful suggestion to add "Sugar Free" ice cream and toppings was submitted to the party committee and they implemented the suggestion.

Thank all who were able to come out and we were thrilled with the superintendent and 2 board members helping us celebrate .

We apologize for the confusion about the food, we will try to clarify in the future when we will be serving food and when there will be no food served. We understand there are people who must eat due to health conditions and rely on this information. Thank you to the Party Committee for putting together the Christmas in July and Ice Cream Social.

MEMORIAL UPDATE:

Reminder: We still **NEED** photos. Please give them to Anita.

The Memorial will be in November, the Party Committee is still working on the finishing touches.

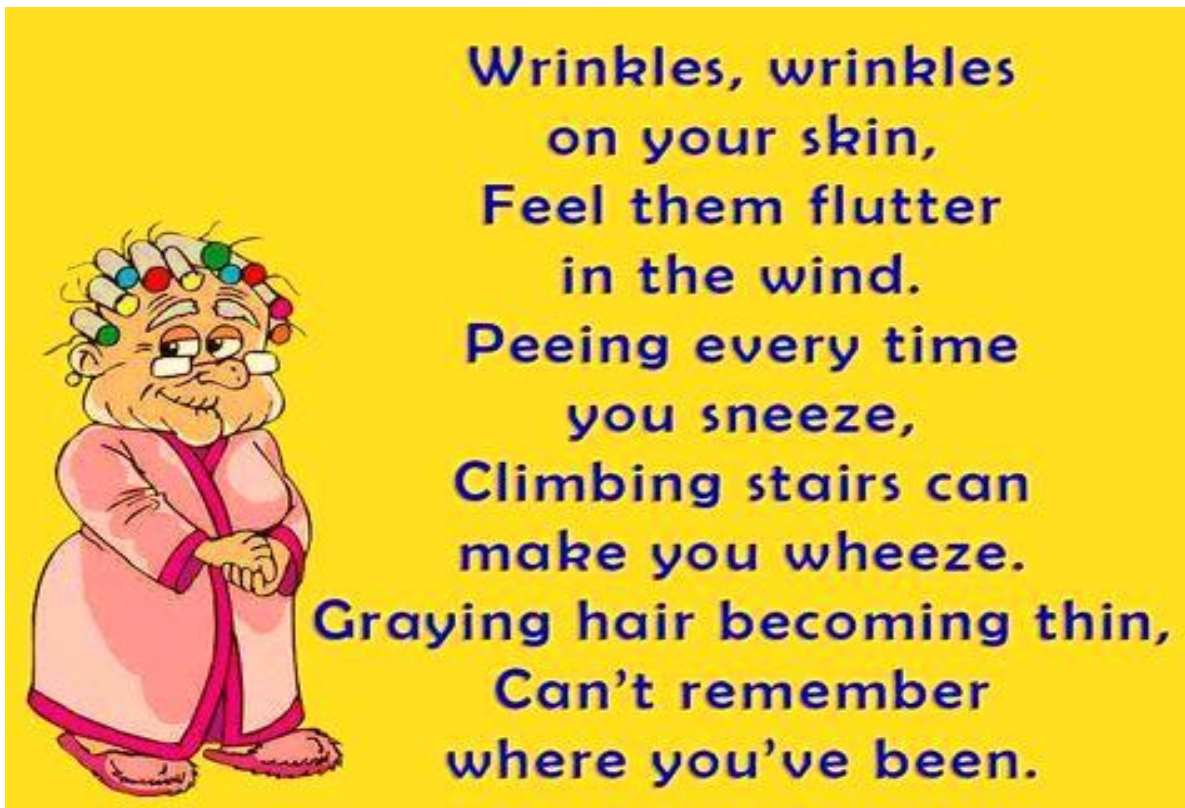
Anita's Corner

Reminder: September is membership drive month. If anyone brings in 3 new members you will receive a surprise gift. Go out and bring in your friends and family who would like to have a fun time in good company.

We are always looking and encouraging people to join our committees. If you have any interest in joining, please contact Anita.

Since we no longer have lunch service available for you. Please keep in mind that you will need to bring you own lunch with you.

We are on the lookout for our flip flop placemats from the ice cream social. If anyone has any idea where they were put, please let us know right away.



CARDIO DRUMMING with AMY on Tuesdays

Please come and join the class, as it is a healthy, upbeat, invigorating, fun time. If you are unable to stand for cardio-drumming, you can drum in a chair.

CHAIR YOGA with TAMMY on Wednesdays

Please come and join the class as it is soothing and relaxing, the poses can be modified or adapted to suit an individual's needs.

NEW

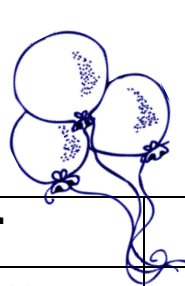
RED HAT SOCIETY

We now have the Red Hat Ladies meeting monthly on the 2nd Friday of each month starting September 9th from 12:00-1:30. In September the ladies will be playing Red Hat Bingo so bring your pennies. In October the ladies will be playing Left Right Center so bring your nickels. Our group is called WOLF – Women Of Laughter & Fun. Please come and join the fun and laughs. Any question please call Carol Shell, our Queen Mum, at 734-385-8711.

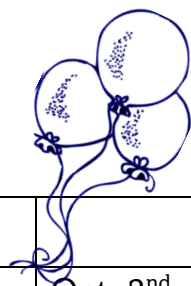
Euchre and Pinochle

There will be a Euchre Refresher September 6th, and October 4th and 18th. The Pinochle refresher will be on September 19th.

Be sure to check out the September and October Calendars for all activities dates and times.



Monthly Birthdays



September			October	
Robert Gibbons		Sept. 8 th	Beverly Yurk	Oct. 2 nd
John DeGrandis		Sept. 14 th	Julie Davis	Oct. 10 th
Ethel Cleveland		Sept. 17 th	Rita McMahon	Oct. 16 th
Colleen Woods		Sept. 19 th	Tammy Foote	Oct. 18 th
Rosemary Michaels		Sept. 23 rd	Ken Campbell	Oct. 28 th
Joyce Vargason		Sept. 23 rd	Laverne Kailimai	Oct. 29 th
Donna Raymond		Sept. 26 th	Mark Bordas	Oct. 31 st
Tena Smith		Sept. 29 th		

BETTER THAN SEX CAKE

13"X 9" Yellow cake mix (make according to package) and bake

1 can (20 oz) crushed pineapple

$\frac{3}{4}$ cup sugar

2 pkg. (3 $\frac{1}{2}$ oz) Instant vanilla pudding

3 cups milk

Whipped topping (large container or 2 small containers)

$\frac{3}{4}$ cup flaked toasted coconut

In medium saucepan, combine pineapple with its own juice and sugar. Cook over medium heat. Stirring occasionally, until thick and syrupy (about 20 mins).

When the cake has finished baking, remove from oven and pierce top with fork at 1" intervals. Pour on crushed pineapple and spread evenly over cake. COOL COMPLETELY. In medium bowl, combine pudding mix with milk and blend until thick. Spread over cake. Spread whipped topping on top. Sprinkle with toasted coconut.

TO TOAST COCONUT:

Spread in skillet and cook over medium heat until nicely brown. About 3-4 mins

Recipe submitted by Renee Kwiecinski

THINK ABOUT:

We really would like to have you join in the Cardio Drumming and Chair Yoga

The first visit is free- try it you might really like it!

BENEFITS OF CARDIO DRUMMING

1. Amazing fun, having fun boosts our levels of feel-good hormones, dopamine, and serotonin, which are responsible for us feeling happy.
2. It stirs our blood, works up adrenaline and energizes us.
3. Can be helpful to assert a greater control over our bodies
4. Good for hand-eye coordination
5. Boosts, not only confidence but large and small muscle control too.

BENEFITS OF CHAIR YOGA FOR SENIORS

1. Better balance
2. Improved flexibility
3. Enhanced breathing
4. Strong bones
5. Reduced stress and anxiety
6. Better sleep

Pinochle and Euchre

We are looking for more card players. Please think of joining us.

Lincoln Golden Ages Senior Staff

Director:

Nancy Fox

Chairperson:

Linda Fuller

Co-Chairperson:

Bettie Fuller

Secretary:

MaryJane Instance

Trustee:

Bobbie Harbour

Alternate Board Members:

Nancy Fox, Renee Kwiecinski, Anita Vivian

Coordinator:

Anita Vivian

Fundraiser Committee:

Anita Vivian, MaryJane Instance, and Bettie Talbert

Party Committee:

MaryJane Instance, Gloria Ballog, Becky Courvoisier,
Maria Dewalt, Donna Raymond, Sue McDonell-Tippett,
Anita Vivian, and Mary Zitnik

Sunshine Committee:

Arlivia Chambers and Joyce Vargason

Trip Committee:

Renee Kwiecinski, Helen Nafranowicz, Bettie Talbert,
and Linda Fuller

Volunteer Van Drivers:

Gary Kwiecinski,
Sue McDonell-Tippett

**** ADVISORY BOARD MEETING MINUTES ****
WILL BE AVAILABLE TO READ AFTER THE MONTHLY MEETINGS
STARTING IN SEPTEMBER
Located at the front sign-in area

Newsletter Sponsored By:
The Lincoln Board of Education's
Lincoln Golden Ages Seniors Program
8970 Whittaker Rd, Suite 100
Ypsilanti, MI 48197
Established in 1984
Office Phone: 734-483-8366

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

