

# LINCOLN GOLDEN AGES SENIORS

JULY- AUGUST 2024

NEWSLETTER

**We will be closed July 4<sup>th</sup> (Thursday) and 5<sup>th</sup> (Friday) for the holiday.**

**We will be back on Monday the 8<sup>th</sup>.**

## Things of interest in July:

Dogs Days of Summer (July 3<sup>rd</sup>)

Independence Day (July 4<sup>th</sup>)

## Things of interest in August:

School begins (August 26<sup>th</sup> )

August is known for National smile week, National watermelon day, National Bacon Lovers Day, International Cat Day, National Black Cat Appreciation Day, National Relaxation Day, National Son, and Daughter Day

July 10<sup>th</sup> (Wednesday): Reminder that Monica will be giving a class on the “iPhone”, she will be answering questions and highlighting features that you may not be aware of. Be sure to sign up. date, the sign-up sheet is also at the front counter.

July 24<sup>th</sup> (Wednesday): Jean B will be giving a tour of the painted murals here at Brick Elementary.

Please sign up, the tour will begin at 10:00am sharp.

We hope everyone is enjoying their summer and staying cool during those 90-degree weather days. Remember to drink plenty of water and stay in the air conditioning as much as possible.



## Riddles:

1. What has to be broken before you can use it?
2. What can you catch but never throw?
3. What begins with an “e” and only contains one letter?
4. What has one head, one foot, and four legs?
5. I hold two people together but touch only one. What am I?
6. What kind of room has no windows or doors?
7. I have keys but no locks. I have space but no room. You can enter but can't go outside. What am I?
8. Which word in the dictionary is spelled incorrectly?
9. I am black when you buy me, red when you use me. When I turn white, you know it's time to throw me away. What am I?
10. When we stand up it lies flat. When we lie back it stands up.



Answers on page 5

## Thought for the month of July:

- “Count your age by friends, not years. Count your life by smiles, not tears.” —John Lennon

## Thought for the month of August :

- “You only live once, but if you do it right, once is enough.” —Mae West



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

# BIRTHDAY CELEBRATION TIME !



JULY 2024		AUGUST 2024	
CHUCK LUSCOMB	14	BOB FORD	1
C.J GANGER	15	BETTY GOTT	28
CHRITOPHER ORTIZ	24	BARBARA PESTA	28
		PATRICIA BALASCO-BARR	30
		LARRY HOLTON	30

Sorry,

Our May Birthday photographer was unable to send us the birthday photo for the month.

Our MAY Birthday will be posted in the next newsletter.



**BIRTHDAY  
WEDNESDAY  
COME CELEBRATE  
We will have:  
CAKE & ICE CREAM  
ON  
JULY 31<sup>ST</sup>  
and  
AUGUST 28<sup>TH</sup>**



**Just remember:**

- 1. The older the fiddle, the sweeter the tune.**
- 2. Growing old is inevitable, but growing up is optional.**
- 3. There's no age limit in life.**

# Fruit



- |              |           |            |            |              |
|--------------|-----------|------------|------------|--------------|
| APPLE        | APRICOT   | BANANA     | BILBERRY   | BLACKBERRY   |
| BLACKCURRANT | BLUEBERRY | BRAMBLE    | GOOSEBERRY | MELON        |
| CHERRY       | CITRON    | CLEMENTINE | CUMQUAT    | CURRANT      |
| DAMSON       | DATE      | ELDERBERRY | FIG        | GRAPE        |
| GRAPEFRUIT   | GREENGAGE | KIWIFRUIT  | LEMON      | LIME         |
| LOGANBERRY   | ORANGE    | MANGO      | NECTARINE  | PASSIONFRUIT |
| PEACH        | PEAR      | PINEAPPLE  | PLUM       | POMEGRANATE  |
| QUINCE       | RASPBERRY | REDCURRANT | STRAWBERRY | TANGERINE    |
| TAYBERRY     |           |            |            |              |

## **Reminders:**

- 1. Check the front table area for any sign-up sheets for activities, trips, etc.**
- 2. 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 and may vary during the summer)**

- 1. Quilting & Sewing – Mondays**
- 2. Crafts with Jean & Denise- Mondays**
- 3. Cardio-Drumming with Maria – Tuesdays**
- 4. Arthritis Foundation Exercise Program (AFEP) with Virginia -Tuesdays**
- 5. Golden Girls Crocheting-Tuesdays**
- 6. Yoga with Tammy-Wednesday**
- 7. BINGO-Wednesdays**
- 8. BUNCO-Wednesdays**
- 9. Birthday Celebration- last Wednesday of the month**
- 10. Arthritis Foundation Exercise Program (AFEP) with Donna – Thursday**
- 11. Euchre- Thursdays**
- 12. Book Club/ 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**
- 15. (New DICE Game ) Shut the Box – Fridays**

**Riddle answers: from pg. 2**

- 1. An egg, 2. A cold, 3. Envelope, 4. A bed, 5. A ring,**
- 6. A mushroom, 7. Keyboard, 8. Incorrectly, 9. Charcoal, 10. Foot**

**Anita's Corner:**

I would like to thank Cliff, Laura, Polly, and Denise for helping the at Augusta Township clean up .

I would also like to thank Becky C for donating a hot dog warmer to the center. This will make things easier in the kitchen during our Fundraisers, thank you Becky.

I am already getting things in place for our Christmas Fundraiser with Santa that will be held Saturday December 7<sup>th</sup> . We will be raffling off the Christmas quilt and are currently selling tickets for that raffle at \$5.00 per ticket or buy 4 and get one free. We will also be doing our other baskets, if you have an idea and want to donate a basket please speak with me. We will need Bake Sale items. We will again have crafters in the Brick gym, talk to me if you have an interest in having a table.

I would like to address our Birthday Celebrations here at the center. We unfortunately cannot celebrate each individual's birthday throughout the month, this is why we have designated the last Wednesday of each month for a group birthday celebration. We understand that a few members do have individual celebrations outside of the center. I am asking if you do plan to hold individual celebrations at a restaurant or other setting that you give your invitations "privately." It can be hurtful to some if they overhear the invite and are not included. We are not discouraging you from having "private" parties we are just trying to be sensitive to other's feelings. We really hope that you will join us for our monthly birthday celebrations.



Our volunteer members feeding the clean-up workers!  
Cliff, Polly, Laura, Anita, Denise



Don't forget to sign up for the Brick Mural Tour.



## **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: Noelene Green, 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 : 734-483-8366**

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Quilting & Sewing 9:00-2:00 Crafts w/ Jean & Denise Felt coasters 10:00-12:00	2 Cardio Drumming w/ Maria 9:30-10:15 NO AFEP Golden Girls Crocheting 11:30-2:00	3 NO YOGA BINGO 11:00-12:00 BUNCO 12:00-2:00	4  <b>CLOSED</b>	5 <b>CLOSED</b>
8 Quilting & Sewing 9:00-2:00 Crafts w/ Jean & Denise Sew a white tote bag 10:00-12:00	9 Cardio Drumming w/ Maria 9:30-10:15 NO AFEP Golden Girls Crocheting 11:30-2:00	10 NO YOGA i PHONE CLASS w/ MONICA 10:00-11:30 BINGO 11:00-12:00 BUNCO 12:00-2:00	11 NO AFEP Party Comm. Mtg 10:00-11:00 Euchre 12:00-2:00	12 Red Hat Mtg 12:00-2:00 Bring your Nickels for LRC
15 Quilting & Sewing 9:00-2:00 Crafts w/ Jean & Denise Tie dye white tote bag 10:00-12:00	16 Cardio Drumming w/ Maria 9:30-10:15 NO AFEP Advisory Board Mtg 11:30-12:15 Golden Girls Crocheting 11:30-2:00	17 NO YOGA BINGO 11:00-12:00 BUNCO 12:00-2:00	18 AFEP W/ Anita 10:00-10:30 Euchre 12:00-2:00	19 Shut the Box Game 10:00-11:30 Deluxe BUNCO w/ Gloria 12:00-2:00
22 Quilting & Sewing 9:00-2:00 Crafts w/ Jean & Denise Embroidery design on tie dye tote 10:00-12:00	23 Cardio Drumming w/ Maria 9:30-10:15 NO AFEP Golden Girls Crocheting 11:30-2:00	24 NO YOGA Brick School Mural Tour 10:00 BINGO 11:00-12:00 BUNCO 12:00-2:00	25 AFEP W/ Anita 10:00-10:30 Book Club will play "Bid Whist" 11:30-1:30 Euchre 12:00-2:00	19 Shut the Box Game 10:00-11:30 Deluxe BUNCO w/ Gloria 12:00-2:00
29 Quilting & Sewing 9:00-2:00 Crafts w/ Jean & Denise Saltshaker craft 10:00-12:00	30 Cardio Drumming w/ Maria 9:30-10:15 NO AFEP Golden Girls Crocheting 11:30-2:00	31 NO YOGA BINGO 11:00-12:00 BIRTHDAY WEDNESDAY 12:00-12:30 BUNCO 12:30-2:00		

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>AUGUST 2024</h1> 			1	2
			AFEP w / Anita 9:30-10:00 Fundraiser Comm. Mtg 10:00-11:00 Party Comm. Mtg 11:00-12:00 Euchre 12:00-2:00	Red Hat Mtg 12:00-2:00 Bring your - Pennies for BINGO
5	6	7	8	9
Quilting & Sewing 9:00-2:00 Crafts w/ Jean & Denise Paper Flower Made w/ cupcake holder 10:00-12:00	Cardio Drumming w/ Maria 9:30-10:15 NO AFEP Golden Girls Crocheting 11:30-2:00	NO YOGA BINGO 11:00-12:00 BUNCO 12:00-2:00	AFEP W/ Anita 10:00-10:30 Euchre 12:00-2:00	Shut the Box Game 10:00-11:30 Deluxe BUNCO w/ Gloria 12:00-2:00
12	13	14	15	16
Quilting & Sewing 9:00-2:00 Crafts w/ Jean & Denise Embroider on Card 10:00-12:00	Cardio Drumming w/ Maria 9:30-10:15 NO AFEP Advisory Board Mtg 11:30-12:15 Golden Girls Crocheting 11:30-2:00	NO YOGA BINGO 11:00-12:00 BUNCO 12:00-2:00	NO ACTIVITIES  Set up for Party	"PICNIC" PARTY 11:00-2:00
19	20	21	22	23
Quilting & Sewing 9:00-2:00 Crafts w/ Jean & Denise Vellum Card Sewing & cutting 10:00-12:00	Cardio Drumming w/ Maria 9:30-10:15 NO AFEP Golden Girls Crocheting 11:30-2:00	NO YOGA BINGO 11:00-12:00 BUNCO 12:00-2:00	AFEP W/ Anita 10:00-10:30 Book Club will play "Bid Whist" 11:30-1:30 Euchre 12:00-2:00	Shut the Box Game 10:00-11:30 Deluxe BUNCO w/ Gloria 12:00-2:00
26	27	28	29	30
Quilting & Sewing 9:00-2:00 Crafts w/ Jean & Denise Jar Opener craft 10:00-12:00 <b>SCHOOL STARTS</b>	Cardio Drumming w/ Maria 9:30-10:15 NO AFEP Golden Girls Crocheting 11:30-2:00	NO YOGA BINGO 11:00-12:00 BIRTHDAY WEDNESDAY 12:00-12:30 BUNCO 12:30-2:30	AFEP W/ Anita 10:00-10:30 Euchre 12:00-2:00	<b>CLOSED</b> <b>LABOR DAY</b> <b>WEEKEND</b> <b>BEGINS !!!!</b>

