

LINCOLN GOLDEN AGES SENIORS

March – April 2023

Newsletter

St. Patrick's Day Party March 17th 11:00-2:00



Please sign up and let the shenanigans begin.

Irish Blessing:

May you always walk in sunshine. May you never want for more. May
Irish angels rest their wings right beside your door.

Trips:

If anyone has an interest in the **ARK ENCOUNTER & Museum**, please grab the brochure at the front. It has all the booking information you will need. Please note a deposit is due upon booking and remaining balance due Mon. April 10th, 2023.

Upcoming trips: Casino trip -TBA

Also check the sign-up sheets already at the front for the Summer Theatre.

Red Hat Activity:

No Red Hat meeting in March, but there is a RED HAT ACTIVITY planned for March 15th at JT's Pub & Grub.

Some of the key **benefits of exercise** for older adults are:

1. Prevents bone loss.
2. Relieves osteoarthritis pain.
3. Helps prevent chronic disease.
4. Boosts immunity.
5. Improves over all well-being and mood.

Please check the schedule for our classes. We offer Cardio Drumming, Yoga, and (AFEP) Arthritis Foundation Exercise Program.

We'd like to apologize for not acknowledging Black History Month in the February newsletter.



Monthly Birthdays



March 2023		April 2023	
Jim Davis	4	Jan Clay	2
Becky Najer	7	Bruno Sigda	4
Donald Bohley	11	Everlene Bennett	6
Noelene Green	15	Renee Kwiecinski	9
Alan Hogan	21	Judi Pustelak	11
Gloria Wanty	26	Allan Cassell	16
Linda Fuller	27	Sylvia Dickerson	21
Gary Kwiecinski	27	Cath Howard	23
Debbie Tolbert	31	Robin Powell	26
		Don Straub, Sr	29

We wish you a Happy Birthday!!

Birthday cake for our guys and gals will be served:

Wednesday March 29th 12:00

and

Wednesday April 26th 12:00

Anita's Corner

Howdy Members!

I would like to express my deepest appreciation to the party committee. I'm so grateful to have members who go above and beyond. I'm working hard on getting more activities at the center. If you have any suggestions please contact me. We will have a sign-up sheet at the front to see who is interested in coming to the senior movies and what type of movies you would like to watch. We would like to see more people come to our Friday Senior Cinema movies. Please check the calendar for any changes in activities and committee meetings. The membership is \$20.00 for the year 2023 we are still accepting dues. Sumpter is having their Vendors Market April 28th & 29th. We hope to see you there. LGAS does sell our crafts at this market to benefit our center.

Nurse Sue's Health Tips

We are entering into pneumonia weather! Take precautions to prevent getting pneumonia. The easiest way to get it is to lead a sedentary life- style. To avoid this life-threatening lung condition:

1. Check with your physician regarding the pneumonia shot.
2. Keep moving, if possible, move your hands and legs if unable to stand.
3. Sleep with the head of the bed elevated, if needed have someone place bricks under the head of the bed and sleep on 2 pillows. Avoid lying flat in bed.
4. Take in 3 deep breaths & blow out the first two, on the exhale of the 3rd breath cough instead of blowing the breath out. This process loosens the (phlegm) secretions in the throat and lungs. Do this 2-3 times every hour & drink lots of fluids.

Symptoms of Pneumonia:

1. Shortness of breath at rest & with activity.
2. Low grade fever.
3. Fatigue
4. Coughing up bloody or dark colored phlegm.

If you have these symptoms, you need to see your doctor for treatment.

ST. PATRICK'S DAY



WORD SEARCH

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

IRISH
PINCH
ST PATRICK
ISLE
COINS
EMERALD

POT OF GOLD
PARADE
CHARM
DUBLIN
LIMERICK
CLOVER

LEPRECHAUN
LEGEND
SHAMROCK
CELEBRATE
MARCH
RAINBOW

JIG
SNAKES
FOUR LEAF
BLARNEY
LUCKY
SHILLELAGH

What crazy weather we have had these past 2 months! Hope everyone stayed safe with the snow, ice, and electrical outages. Fortunately, we were able to have the Valentine's Party after having to postpone it due to the snow and then before the ice storm hit. Hope everyone enjoyed the party.

What are the Ides of March?

The Ides of March (or March 15th) is the year on the Roman calendar.

Ides comes from the Latin word "idus" and represents the fifteenth day of the Roman calendar months.

Idus Martii is probably chosen as the beginning of the year because of the moon phases and it was a full moon.

The month of March is a month inspired by the Roman god "Mars".

Of sun once again.

April showers bring May flowers,
So snuggle in your bed.
And know that today,
May be full of gray,
But the sun is shortly ahead.
April showers bring May flowers,
But April is once a year.
So watch the rain,
On your window pane.



REMINDERS:

The yearly membership dues of \$20.00 need to be paid. Please let us know if you no longer want to continue your membership.

We all need a reminder if you use anything in the kitchen to please clean up after yourself, thank you.

Any food being delivered to the center from CAN.

need to be picked up that day or will be returned to CAN.

NOTICE:

We will be posting and accepting applications and resumes for the position "Director of Lincoln Golden Ages".

ACTIVITIES SCHEDULE:

Remember to sign-in when you enter the center. Also, be sure to look around by the sign-in sheet for any NEW Events, Trips, Parties, and Activities that you want to participate in.

Mondays: Quilting and Sewing 9:00-2:00

Tuesdays: Cardio Drumming with Amy 9:30-10:15

Tuesdays: (AFEP) Arthritis Foundation Exercise Program with Virginia

Tuesdays: (G.G.) Golden Girls Crocheting 11:30-2:00

Tuesday: March 14th Advisory Board Meeting 11:30-12:15

April 11th Advisory Board Meeting 11:30-12:15

Wednesday: March 1st St Patrick's Day Craft with Jean 9:30-10:30

Wednesdays: Yoga with Tammy 9:30-10:30

Wednesday: April 26th NO Yoga

Wednesdays: Bingo 11:00-12:00

Wednesday: March 8th "CRAZY" BINGO 11:00-12:00

April 19th "CRAZY" BINGO 11:00-12:00

****You need to bring a white elephant gift in a taped bag for the "CRAZY" BINGO****

Wednesdays: Game Time 12:30-2:00

Wednesdays: Blood Pressure with Nurse Sue All Day

Wednesday: March 29th Birthday Wednesday

Thursday: March 2nd Party Committee Mtg 9:30-10:30

April 6th Party Committee Mtg 9:30-10:30

Thursday: March 9th Fundraiser Committee Mtg 9:30-10:30

March 9th Trip Committee 10:30-11:00

April 13th Fundraiser Committee Mtg 9:30-10:30

April 13th Trip Committee Mtg 10:30-11:00

Thursdays: Book Club 11:30-1:30

Thursdays: Euchre 1:00-3:00

Thursday: March 16th Book Club going to the movies.

Thursday: March 16th NO Euchre

Thursday: March 31st Easter Craft with Jean 10:30-11:30

Fridays: Pinochle 9:30-12:30

Fridays: Bible Study 11:00-12:00

Fridays: Senior Cinema (check the schedule not every Friday)

Friday: March 15th Red Hatters going to lunch at JT's Pub & Grub

April 14th Red Hat Mtg 12:00-2:00

Friday: April 7 closed Good Friday

April 9th Happy Easter

Friday: March 17th St. Patrick's Day Party

Friday & Saturday: April 28th & 29th Sumpter Vendor Market 9:00-5:00

Lincoln Golden Ages Senior's Staff

Director: Vacancy

Chairperson: Linda Fuller

Co-Chair: Bettie Talbert

Secretary: Mary Jane Instance

Treasurer: Renee Kwiecinski

Trustee: Bobbie Harbour

Alternate Board Members: Nancy Fox, Anita Vivian

Coordinator: Anita Vivian

Newsletter Editor: Donna Raymond

Fundraiser Committee: Anita Vivian, Nancy Fox, Bobbi Harbour, Mary Jane Instance, Renee Kwiecinski, Donna Raymond, Bettie Talbert

Party Committee: Mary Jane Instance, Gloria Ballog, Becky Courvoisier, Maria Dewalt, Laura Kidder, Donna Raymond, Sue McDonell-Tippett, Anita Vivian, Mary Zitnik

Sunshine Committee: Sue McDonell-Tippett, Joyce Vargason

Trip Committee: Bettie Talbert, Linda Fuller, Renee Kwiecinski, and Helen Nafranowicz

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

Email: LincolnGoldenAges@lincolnk12.org

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

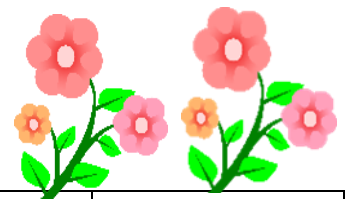
VALENTINE'S PARTY





Remember to share your photos with us. We love to pick a few to post in our newsletter.



MARCH 2023



Monday	Tuesday	Wednesday	Thursday	Friday
		NO YOGA 1 St. Patrick's Craft with Jean 9:30-10:30 BINGO 11:00-12:00 Game Time 12:30- 2:00 BP w/ Sue all day	2 Party Committee Mtg 9:30-10:30 Book Club 11:30-1:30 Euchre 1:00-3:00	3 Pinochle 9:30-12:30 Bible Study 11:00-12:00 Senior Cinema 12:00-2:00
6 Quilting and Sewing 9:00-2:00	7 Cardio Drumming w/ Amy 9:30-10:15 (AFEP) Arthritis Exercise w/ Virginia 10:30-11:15 Golden Girls Crocheting 11:30-2:00	8 Yoga w/ Tammy 9:30-10:30 "CRAZY" BINGO 11:00-12:00 Game Time 12:30- 2:00 BP w/ Sue all day	9 Fundraiser Committee Mtg 9:30-10:30 Trip Committee Mtg 10:30-11:00 Book Club 11:30-1:30 Euchre 1:00- 3:00	10 Pinochle 9:30-12:30 Bible Study 11:00-12:00 Senior Cinema 12:00-2:00
13 Quilting and Sewing 9:00-2:00	14 Cardio Drumming w/ Amy 9:30-10:15 (AFEP) w/ Virginia 10:30-11:15 Advisory Board Mtg 11:30-12:15 Golden Girls Crocheting 11:30-2:00	15 Yoga w/ Tammy 9:30-10:30 BINGO 11:00-12:00 Game Time 12:30- 2:00 BP w/ Sue all day	16 Book Club To the Movies No Euchre	17  ST. PATRICK'S DAY PARTY 11:00-2:00 NO Pinochle NO Bible Study NO Senior Cinema
20 SPRING BEGINS Quilting and Sewing 9:00-2:00 	21 Cardio Drumming w/ Amy 9:30-10:15 (AFEP) w/ Virginia 10:30-11:15 Golden Girls Crocheting 11:30-2:00	22 Yoga w/ Tammy 9:30-10:30 BINGO 11:00-12:00 Game Time 12:30- 2:00 BP w/ Sue all day	23 Book Club 11:30-1:30 Euchre 1:00- 3:00	24 Pinochle 9:30-12:30 Bible Study 11:00-12:00 Senior Cinema 12:00-2:00
27 Quilting and Sewing 9:00-2:00	28 Cardio Drumming w/ Amy 9:30-10:15 (AFEP) w/ Virginia 10:30-11:15 Golden Girls Crocheting 11:30-2:00	29 Yoga w/ Tammy 9:30-10:30 BINGO 11:00-12:00 Birthday Wednesday 12:00 Game Time 12:30- 2:00 BP w/ Sue all day	31 Easter Craft w/ Jean 10:30-11:30 Book Club 11:30-1:30 Euchre 1:00- 3:00	



APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Quilting and Sewing 9:00-2:00</p>	<p>4</p> <p>Cardio Drumming w/ Amy 9:30-10:15 (AFEP) w/ Virginia 10:30-11:15 Golden Girls Crocheting 11:30-2:00</p>	<p>5</p> <p>Yoga w/ Tammy 9:30-10:30 Bingo 11:00-12:00 Game Time 12:30- 2:00 BP w/Sue all day</p>	<p>6</p> <p>Party Committee Mtg 9:30-10:30 Book Club 11:30-1:30 Euchre 1:00-3:00</p>	<p>7</p> <p>Good Friday CLOSED Enjoy your Easter</p>
<p>10</p> <p>Quilting and Sewing 9:00-2:00</p>	<p>11</p> <p>Cardio Drumming w/ Amy 9:30-10:15 (AFEP) w/ Virginia 10:30-11:15 Advisory Board Mtg 11:30-12:15 Golden Girls Crocheting 11:30-2:00</p>	<p>12</p> <p>Yoga w/ Tammy 9:30-10:30 Bingo 11:00-12:00 Game Time 12:30- 2:00 BP w/Sue all day</p>	<p>13</p> <p>Fundraiser Committee Mtg 9:30-10:30 Trip Committee Mtg 10:30-11:00 Book Club 11:30-1:30 Euchre 1:00- 3:00</p>	<p>14</p> <p>Pinochle 9:30-12:30 Bible Study 11:00-12:00 Red Hat Mtg Bring your Pennies 12:00-2:00</p>
<p>17</p> <p>Quilting and Sewing 9:00-2:00</p>	<p>18</p> <p>Cardio Drumming w/ Amy 9:30-10:15 (AFEP) w/ Virginia 10:30-11:15 Golden Girls Crocheting 11:30-2:00</p>	<p>19</p> <p>Yoga w/ Tammy 9:30-10:30 "Crazy" Bingo 11:00-12:00 Game Time 12:30- 2:00 BP w/Sue all day</p>	<p>20</p> <p>Book Club 11:30-1:30 Euchre 1:00-3:00</p>	<p>21</p> <p>Pinochle 9:30-12:30 Bible Study 11:00-12:00 Seniors Cinema 12:00-2:00</p>
<p>24</p> <p>Quilting and Sewing 9:00-2:00</p>	<p>25</p> <p>Cardio Drumming w/ Amy 9:30-10:15 (AFEP) w/ Virginia 10:30-11:15 Golden Girls Crocheting 11:30-2:00</p>	<p>26</p> <p>NO Yoga Bingo 11:00-12:00 Birthday Wednesday 12:00 Game Time 12:30- 2:00 BP w/Sue all day</p>	<p>27</p> <p>Spring Craft w/ Jean 10:30-11:30 Book Club 11:30-1:30 Euchre 1:00-3:00</p>	<p>28</p> <p>Pinochle 9:30-12:30 Bible Study 11:00-12:00 Seniors Cinema 12:00-2:00</p>

