

Lincoln Golden Ages

May-June 2025

Newsletter

May 3rd (Saturday) – Kentucky Derby

May 5th (Monday) - Cinco de Mayo

May 10th (Saturday) - Flower Sale at Lincoln Golden Ages Senior Center

May 11th (Sunday) – Mother's Day

May 17th (Saturday) - Euchre Tournament – come join us !

May 26th (Monday) - Memorial Day (we will be closed)

June 15th (Saturday) - Father's Day

June 19th (Thursday) -Juneteenth

June 19th (Thursday) - Trip to see the Rockettes (sign up if you'd like to go)

June 21st (Saturday) – First day of Summer

Help us WELCOME our NEW MEMBERS:

WELCOME, WELCOME, WELCOME.
WE ARE SO HAPPY YOU CHOOSE US!

- | | | | |
|----------------|--------------|-------------|-------------|
| 1. Darlene C. | 4. Ted W. | 7. Diane H. | 10. Dave R. |
| 2. Margaret R. | 5. Debra J. | 8. Tammy A | |
| 3. Paula M. | 6. Connie G. | 9. Roger C | |

We do ask that if you have a cough, cold or just do not feel well to wear a mask when you come to the center or stay home till you are symptom free.

We also ask that you please refrain from wearing perfume, cologne, or any heavy fragrances. We have several people with allergies and breathing problems and these fragrances cause them to have issues. Thank you for your cooperation.

Sending HUGS and PRAYERS to Bobbie H, thinking of you during your time of loss.

FLOWER SALE & CRAFT SHOW:

Our Flower Sale & Craft Show is May 10th (Saturday) 9 -4. This is the day before Mother's Day, spread the word. We have a need for baked sale items if can bake us any goodies it would be appreciated. There is a sign-up sheet located at the front. If you have any questions about the bake sale, please speak with Mary Jane. If you have any questions or would like to "work" the Flower Sale or if you are a Crafter and would like to rent table space, please speak with Anita or Denise.

TRIPS: Be sure to check out the sign-up sheets at the front, there are a few trips to check out. Just be aware there is a time schedule that we must adhere to for some of these trips. Any questions you have please speak with Bettie. We are also looking for anyone who would like to join the trip committee.

1. Recycled Rockettes : June 19th \$10.00
2. Niagara Falls : June 9th (see sign-up sheet for trip information)
3. The Ark Encounter November 3rd (see sign-up sheet for trip information)

Anyone interested in a Thrift Store Shopping Trip, we have one scheduled for May 30th. Sign up sheet at the front. No cost, only what you buy. Shop till you drop!



Random Thoughts:

1. The proper term for "senior" women should be Queen-agers... That is all carry on.
2. Women are Angels and when someone breaks our wings. We simply continue to fly on a broomstick. We're flexible like that.
3. I urge you to take care of yourself and avoid accidents because spare parts for old models like us are no longer in stock.
4. May the light always find you on a dreamy day. When you need to be home, may you find your way. May you always have the courage to take a chance. And never find frogs in your underpants.

Anita's Chit Chat Corner:

Yippy ! We are still having new members joining us. Let's make them feel welcome when you see them. Some may not be aware that the age to join the center has been changed to 50 years of age and you may know someone who would be interested in joining the center. Please send them our way.

We will be doing the Flower Sale and Crafters again on May 10th.

I can't say it often enough or encourage all our members to join us in our multiple activities. All our healthy exercise programs the Cardio Drumming, AFEP (Arthritis Foundation Exercise Program) & our Chair Yoga is free to the members. Staying active helps keep the aches and pains away, as well as it helps to keep your mobility. Please check the calendar some of our instructors take the summer to relax and catch up with their families and there may be no class however some of the classes will continue with substitute instructors. The LAB (Lincoln Athletic Building) will be open, but you must check with them the schedule which changes weekly. Also, many of you may be interested in the River Walk at the Rolling Hills Water Park that opens May 27th through August 24th 10:30-11:30 7 days/week. I will print out the details for anyone interested and will be located at the front.

I would like to thank Jim & Julie for their donation of coffee, and Cliff for the water donation. Robin P. for supplying us lunch last month.

Denise's Chat:

I would like to encourage everyone to join us on Monday for our weekly "Crafts."

Has everyone had an opportunity to check out the Lincoln Golden Ages Senior Center Facebook page? If not, please check it out.

We also have a slide show presentation that we run daily on the Center's monitor.

We are trying to get a "LUNCH BUNCH" together, there is a sign-up sheet in the front if you have an interest. We are still in the planning phase, and we will contact everyone who has signed up for the date, time and place in the middle of May.

BIRTHDAY CELEBRATION TIME !



May 2025		June 2025	
Rick Bogue	3 rd	Bobbie Harbour	1 st
Roxanne Truhn	6 th	Diane Hovatter	3 rd
Jean Bogue	17 th	Carole Beach	8 th
Mary Ford	24 th	Don Polzin	8 th
Louise Strohsehein	26 th	Monica Boc	9 th
Bettie Talbert	26 th	Yvonne Fletcher	12 th
Helen Nafranowicz	28 th	Cliff Hardy	16 th
		Ann Hogan	16 th
		Laura Kidder	18 th
		Annie Kopko	24 th
		Linda Underwood	28 th



**BIRTHDAY
WEDNESDAY**

- **COME CELEBRATE**

We will have:
CAKE & ICE CREAM
ON
May 28th - 12:00p
and
June 25th - 12:00pm



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.**
- 3. We have walkers and wheelchairs available for anyone in need.**
- 4. If you have any ideas for day trips we would love to hear them. Please place it in the suggestion box and our Trip committee will check out the details for us. We are looking for any members who would like to join our Trip Committee.**
- 5. We have members who have allergies and breathing problems, so we are asking our members not to wear heavy perfume or cologne to the center.**
- 6. We are asking all members to wear masks if you are not feeling well.**

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 upcoming months)

- 1. Quilting & Sewing – Mondays**
- 2. Crafts with Jean & Denise- Mondays**
- 3. Cardio-Drumming- Tuesdays with Colleen**
- 4. Card Games- Tuesdays**
- 5. Arthritis Foundation Exercise Program (AFEP) -Tuesdays w/Subs**
- 6. Golden Girls Crocheting-Tuesdays**
- 7. Chair Yoga with Tammy-Wednesday (NO Summer Chair Yoga)**
- 8. BINGO-Wednesdays**
- 9. BUNCO-Wednesdays**
- 10. Birthday Celebration- Last Wednesday of the month**
- 11. Arthritis Foundation Exercise Program (AFEP)- Thursday w/Bev**
- 12. Euchre- Thursdays**
- 13. Book Club – 3rd Thursday of the Month**
- 14. Deluxe BUNCO-Fridays w/ Gloria**
- 15. Red Hat Ladies- 1st Friday of the month**
- 16. Shut the Box game – Fridays**
- 17. **CHIMES**practice – Fridays (NO Summer CHIMES practice)**



Memory

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

BOOST

CARE

CHEER

DELAY

ELDERLY

ENCOURAGE

ENJOY

EXERCISE

FAMILY

HEALTH

LEARN

LIVE

LOVE

MEMORY

NOURISH

ONSET

RECOLLECT

REMEMBER

RETAIN

SAVE

SHARE

Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

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

ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING

FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM

JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS

SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON

Our own Lincoln Golden Ages Senior Center member was in the Spotlight at the Leabu Sewing Center.

How awesome !



Member
Spotlight

From Leabu
Sewing
Center



Our spotlight this week goes out to Jean B.! She uses her Brother Dream Machine and PS500 to make hats for Chemo Patients! Our hearts go out to those going through such a traumatic event. It's people like Jean who can make the experience a little easier. You're a superstar in our eyes and hope you can keep up the good work!

If you yourself or if you know of any Lincoln Golden Ages Senior member who needs to be recognized like Jean (is) was please let Anita or Denise know so we can share their or your “awesomeness” with everyone.

Lincoln Golden Ages Seniors Staff

Coordinator #1 : Anita Vivian

Co- Coordinator: Denise Case

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

Newsletter Editor: Donna Raymond

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

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

Sunshine Committee: Noelene Green

Trip Committee: Bettie Talbert

NEWSLETTER SPONSORED BY:

The Lincoln Board of Education

Lincoln Golden Ages Seniors Program

8970 Whittaker Rd, Suite 100

Ypsilanti, MI 48197

Established in 1984

Office : 734-218-4253

Email: LincolnGoldenAges@lincolnk12.org

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

River Walking

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 27 through August 24
- 10:30 am to 11:30 am

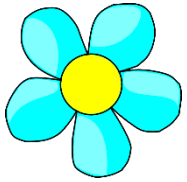
Fees (Pre-registration is not available - Drop-in only)

- \$60 - 20 Visit Punch Card
- \$4 Daily Drop-In

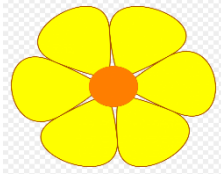
Please Note: Fees include River Walking only. Participants will only have access to Locker Rooms and Lazy River during class times. All participants must exit the water park after class.

Please Know

- Children will not be allowed in the water park during this program. No childcare will be provided during River Walking.
- Do not enter the Lazy River until you are 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.



FLOWER SALE



and

CRAFT SHOW

May 10th

9am - 4pm

Lincoln Golden Ages Senior Center

8970 Whittaker Rd, Suite 100

Ypsilanti, MI 48197


**Stop by and grab some flowers and gifts from
the craft show for **MOTHER'S DAY****

Come enjoy the children

Bake Sale

Crafts

Food Raffle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>Mandatory Fundraiser Mtg 9:30-10:30 AFEP 10:30-11:00 Euchre 12:00-2:00</p>	<p>2</p> <p>Red Hat Mtg 12:00-2:00 Bring your nickels for LRC</p>
<p>5</p> <p>Quilting & Sewing 9:00-2:00 Crafts Shoe Pin Cushion 10:00-12:00 Cinco de Mayo</p>	<p>6</p> <p>Cardio Drumming 9:30-10:15 AFEP 10:30-11:15 Golden Girls Crocheting 11:30-2:00 Card Games 12:00 - 2:00</p>	<p>7</p> <p>NO ACTIVITIES</p> <div data-bbox="763 520 1260 632"> <p>Flower Sale & Craft Show Fundraiser</p> </div>	<p>8</p> <p>NO ACTIVITIES</p>	<p>9</p> <p>NO ACTIVITIES</p> <hr/> <p>Saturday 10 FLOWER SALE & CRAFT SHOW 9:00-4:00</p>
<p>2</p> <p>Quilting & Sewing 9:00-2:00 Crafts Bookmarker & Can Butterflies 10:00-12:00</p>	<p>13</p> <p>Cardio Drumming 9:30-10:15 AFEP 10:30-11:15 Golden Girls Crocheting 11:30-2:00 Advisory Board Mtg 11:30-12:15 Card Games 12:15 - 2:00</p>	<p>14</p> <p>Chair YOGA 9:30-10:30 BINGO 11:00-12:00 BUNCO 12:00-2:00</p>	<p>15</p> <p>Party Committee Mtg 9:30-10:30 AFEP 10:30-11:00 Euchre 12:00-2:00</p>	<p>16</p> <p>Shut the Box Game 10:30-11:30 Deluxe BUNCO 12:00-2:00</p> <hr/> <p>Saturday 17th Euchre Tournament 11:30 - 4:00</p>
<p>19</p> <p>Quilting & Sewing 9:00-2:00 Crafts Car Trash Can 10:00-12:00</p>	<p>20</p> <p>Cardio Drumming 9:30-10:15 AFEP 10:30-11:15 Golden Girls Crocheting 11:30-2:00 Card Games 12:00 - 2:00</p>	<p>21</p> <p>Chair YOGA 9:30-10:30 BINGO 11:00-12:00 BUNCO 12:00-2:00</p>	<p>22</p> <p>AFEP 10:30-11:00 Book Club 11:30 – 1:30 Euchre 12:00-2:00</p>	<p>23</p> <p>Shut the Box Game 10:30-11:30 Deluxe BUNCO 12:00-2:00</p>
<p>26</p> <p>CLOSED MEMORIAL DAY</p>	<p>27</p> <p>Cardio Drumming 9:30-10:15 AFEP 10:30-11:15 Golden Girls Crocheting 11:30-2:00 Card Games 12:00 - 2:00</p>	<p>28</p> <p>Chair YOGA 9:30-10:30 BINGO 11:00-12:00 BIRTHDAY WEDNESDAY 12:00-12:30 BUNCO 12:30 - 2:00</p>	<p>29</p> <p>AFEP 10:30-11:00 Euchre 12:00-2:00</p>	<p>30</p> <p><i>Thrift Store field trip</i> 9:30 – shop till we drop kinda day? Shut the Box Game 10:30-11:30 Deluxe BUNCO 12:00-2:00</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Quilting & Sewing 9:00-2:00 Craft: Paint Ceramic Cupcake 10:00-12:00	3 Cardio Drumming 9:30-10:15 AFEP 10:30-11:15 Golden Girls Crocheting 11:30-2:00 Card Games 12:00-2:00	4 Party Committee Mtg 10:00-11:00 BINGO 11:00-12:00 BUNCO 12:00-2:00	5 AFEP 10:30-11:00 Euchre 12:00-2:00	6 Red Hat Mtg 12:00-2:00 Bring your Pennies for Red Hat Bingo
9 Quilting & Sewing 9:00-2:00 Craft: Button Bowl 10:00-12:00	10 Cardio Drumming 9:30-10:15 AFEP 10:30-11:15 Golden Girls Crocheting 11:30-2:00 Advisory Board Mtg 11:30-12:15 Card Games 12:15 - 2:00	11 BINGO 11:00-12:00 BUNCO 12:00-2:00	12 AFEP 10:30-11:00 Euchre 12:00-2:00	13 Shut the Box Game 10:30-11:30 Deluxe BUNCO 12:00-2:00
16 Quilting & Sewing 9:00-2:00 Craft: Mug Rug 10:00-12:00	17 Cardio Drumming 9:30-10:15 AFEP 10:30-11:15 Golden Girls Crocheting 11:30-2:00 Card Games 12:00-2:00	18 BINGO 11:00-12:00 BUNCO 12:00-2:00	Juneteenth 19 Recycled Rockettes Trip Leaving @10:00 NO AFEP NO Book Club Euchre 12:00-2:00	20 Shut the Box Game 10:30-11:30 Deluxe BUNCO 12:00-2:00
23 Quilting & Sewing 9:00-2:00 Craft: Wreath 10:00-12:00	24 Cardio Drumming 9:30-10:15 AFEP 10:30-11:15 Golden Girls Crocheting 11:30-2:00 Card Games 12:00-2:00	25 BINGO 11:00-12:00 BIRTHDAY WEDNESDAY 12:00-12:30 BUNCO 12:30-2:00	26 AFEP 10:30-11:00 Euchre 12:00-2:00	27 Shut the Box Game 10:30-11:30 Deluxe BUNCO 12:00-2:00
30 Quilting & Sewing 9:00-2:00 Craft: Watermelon Runner 10:00-12:00	June 15th 