

# The Lincoln Link

LINCOLN SENIOR CENTER NEWS

**April 2023**

Spring is finally here!! The daffodils are beginning to bloom and the nicer weather will be here soon! Springtime brings us a new sense of health and well being. The days are longer so we have more time to witness the beauty of nature around us. The nicer weather allows us to be outside more which is better for our physical and mental health. Now we can start exercising outdoors and enjoying more outside activities! Blue Cross is sponsoring a Yoga in the Park at Lincoln Woods and we also have a new balance workshop starting later this month to help you achieve your health and wellness goals!

We will also be celebrating Easter this month. A wonderful time to spend with family and friends. The Center will certainly be buzzing with lots of activity. Also, sign ups also begin for our summer bus trips! Lots to do this month!! We hope you can join us for all the fun!

Wishing a Happy Easter to all!

**Lois Durkin, Director**



150 Jenckes Hill Road  
Lincoln, RI 02865  
401-753-7000  
Mon-Fri 8:30 am –4:30pm

The Memorial Day Parade Committee will be hosting a  
**Pasta Supper**

at the Lincoln Senior Center  
on **Saturday, May 6th**

Food will be served  
4:30 pm to 7:00 pm

Great food, Raffle Prizes and Music!!  
All proceeds support the Memorial Day Parade! Tickets are available at the front desk!

Adults \$15  
Children \$10  
Children 5 &  
younger are free



## Weekly Activities

Aerobic Dance	Mahjonn
Arthritis Exercise	Line Dancing
Computer Classes	Meditation
Bingo	Pastel Art Class
Bone Builders	Open Art Studio
Bridge	Quilting
Cards & Dominoes	Sit & Strengthen
Cardio Dance	Tai Chi & Chair Chi
Cardio Strength	Tech Assistance
Craft	Ukulele
Digital Photography	Watercolors Art Class
Forever Fit	Yoga & Chair Yoga
Irma's Workout	Zumba
Knitting & Crochet Circle	Zumba Gold

## Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- April 3 6 week Basic Elements of Drawing Class begins 10 am to 12pm
- April 4 Ice Cream Social at 1pm sponsored by Blue Cross
- April 4 Memoir Writing Class with Harry Anderson at 1:30 pm
- April 5 Julie the Hair Stylist will be at the Center. It is by appointment only.
- April 5 OSCIL will have an informational table set up from 10 am to 12 pm
- April 5 Special Bunny Bingo at 1pm
- April 6 Tech Corner with Renee 10 am to 2pm. Schedule appointments w/ front desk!
- April 6 Sign ups begin for the Cape Ann Bus Trip!! \$10 minimum deposit required!
- April 6 AARP Tax Preparation Assistance by appointment only! Last day!
- April 11 Wingate Assisted Living will have an informational table set up 10 am to 12pm
- April 11 American Parkinson's Disease Association Group Meeting 10 am
- April 12 Quilting Craft with Paula-Marie at 10 am
- April 13 Tech Corner with Renee 10 am to 2pm. Schedule appointments w/ front desk!
- April 13 Springtime Bunny Craft with Bess. 2 sessions: 9:30 am & 10:30 am
- April 14 Sign Up for Martha's Vineyard Bus Trip! \$10 min deposit required
- April 18 Afternoon Flick 1pm
- April 18 Memoir Writing Class with Harry Anderson at 1:30 pm
- April 19 Julie the Hair Stylist will be at the Center. It is by appointment only.
- April 19 Blood Pressure Clinic at 10 sponsored by Lighthouse Lincoln
- April 20 Tech Corner with Renee 10 am to 2pm. Schedule appointments w/ front desk!
- April 20 "Healthy Eating on a Budget" presented by Blue Cross at 10 am
- April 20 "Fatigue and Aging: What is Normal?" presentation at 11:15 am presented by the URI College of Pharmacy
- April 21 LINCOLN VISION GROUP meeting at 10:30 am
- April 25 Breakfast Club 8:30 am to 10:00 am
- April 25 Left Center Right Game Day at 11 am
- April 25 Yoga in the Park at Lincoln Woods at 2pm sponsored by Blue Cross
- April 27 Tech Corner with Renee 10 am to 2pm. Schedule appointments w/ front desk!
- April 27 Healthy Eating Workshop-"Healthy Eating with Chronic Disease" at 11 am. Please register at the front desk if you would like to attend!
- April 27 Cup of Joe with a GI Joe Veterans Group Meeting at 11 am
- April 28 A MATTER OF BALANCE WORKSHOP 8 week program begins today. The workshop will be 9:30am to 12pm



We have a few class time changes to our program schedule starting in April:

### Monday changes:

- Basic Elements of Drawing 6 week class begins April 3rd from **10 am to 12 pm**
  - Cardio with Lisa will now meet at **10:15am**
  - Sit & Strengthen with Lisa will now meet at **11:15 am**

*Schedule Change*

### Wednesday Changes:

- CardioDance Interval with Maria will now meet at **2:00 pm**

### Thursday Changes

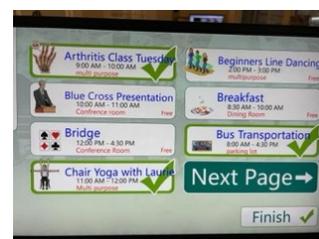
- Tech Corner with Renee will now meet **9am to 2 pm weekly every Thursday**

### Friday Changes:

- Cardio with Lisa will now meet at **10:15 am**
- Yoga with Lisa will now meet at **11:15 am**

## Important Reminders

We would like to kindly remind everyone that it is **very important to swipe your card and check all your activities when you enter the building. Make sure you see the green checkmark!**



- We use this information to secure grants and funding for our Center's programs and activities. It is also very important for safety measures as well!
- We limit our fitness class size to 40 participants to ensure proper spacing and safety. You must be registered in order to take the class. If the class is full, only members who have signed in for class will be allowed to take the class.
- We send out ROBO calls for class cancellations based on attendance in the class. If you haven't signed in, we have no record that you take the class and you will not receive the notification call. .
- It is also very important for us to know who is in the building in the event of an emergency or emergency evacuation.
- We kindly ask to not save seats for friends. It makes it difficult for those who have signed in to class to find available seating
- Please be sure to sign in **BEFORE** you go to class or your activity!

We thank you for your cooperation!

### Parking Lot Safety Concern



We have been receiving some concerns about members not following the traffic pattern around the rotary when parking. Please be sure to follow the traffic pattern around the rotary when going to park on the left side our building. It is a one way road. Please do not take a left before the rotary, this would mean that you are driving the wrong way and that could cause an unnecessary accident. We want all our members to be safe!!

# Fitness Room Reminders

Please try to make every effort to arrive on time for classes to avoid disruptions during class. The first several minutes of class is the warm up exercise portion of class. This time helps to warm up your muscles properly before heading right into your workout. If you are not warming up your muscles, you could be putting yourself at risk for possible injury.

Please remember to wipe down all fitness equipment after each use. This includes the exercise machines, the weights, the resistance bands, and yoga mats.

To make it safe and tidy in the coat room area, we have stored the yoga mats in the closet in the card room right by the entrance door. We kindly ask that if you need to store your yoga mat, that you use the storage closet in the fitness room. If you need assistance finding the closet, please see the front desk.



## Tech Assistance

Every Thursday  
10 am to 2 pm

We will be continuing to offer weekly technology assistance every Thursday with Renee Harris. Renee is a retired IT professional who has kindly offered to volunteer her services to assist our members with their technology questions. The **Tech Corner with Renee** hours will be every **Thursday from 10 am to 2 pm!** She will be available to assist you with questions about your smart phone, tablet, and laptop. She can also assist with any questions about Microsoft Office (Word, Excel, PowerPoint) or email questions. Call or visit the front desk to schedule your appointment with Renee! If you would like to contact her with any technology questions, please email Renee at [TechCornerLSC@outlook.com](mailto:TechCornerLSC@outlook.com). She can research your question and will get back to you promptly or have the information for you during her Tech Corner hours.



## Elements of Drawing Workshop

The Center will be offering a 6-week course covering the basic elements of drawing. Whether you are a beginner or continuing to learn how to draw, please feel free to join the class. You may surprise yourself and others in developing your own style of drawing by using basic techniques to improve your drawing skills. Emphasis will be on scale, light and shadow. The course will begin on **Monday, April 3rd and will end on Monday, May 8th from 10 am to 12 pm.** **Supplies List:** Please bring vine charcoal, pencil, kneadable eraser and drawing paper.



I scream, you scream, we all scream  
for ice cream!!

Come join us on  
**Tuesday, April 4th at 1 pm**  
for an ice cream social compliments of  
Blue Cross

Please register w/ front desk if you  
would like to attend!



## Hair Stylist

### Looking for a haircut?

Julie, the hair stylist, will be  
scheduling appointments at the Center on

**April 5th and April 19th**

It is by appointment only. Please call or visit  
the front desk if you would like to schedule  
an appointment with Julie!

The time slots available are:

9:30am 10am 10:30am 11am 11:30am



## Bunny Bingo

April 5th at 1 pm

Come join us for an afternoon of  
sweet treats, raffle prizes and lots  
of Bingo fun!!

Bring in a canned good for the food  
pantry and earn a free raffle ticket entry!



We will be collecting canned goods for  
The Genesis Project at our Bunny Bingo  
event. Bring in a canned good and earn  
a free raffle ticket entry!



OCEAN STATE CENTER  
FOR INDEPENDENT LIVING

Your Go-To Center for Disability Services,  
Resources & Information will have an  
informational table in the lobby on  
**April 5th from 10 am to 12 pm**

AMERICAN  
PARKINSON DISEASE  
ASSOCIATION

Strength in optimism. Hope in progress.

**LINCOLN SUPPORT GROUP**  
**Tuesday, April 11th**  
**at 10 am**

APDA Support Group is a great way to connect with  
others and build a strong Parkinson's community.  
Let's celebrate James Parkinson's Birthday together  
in honor of his discoveries.

We all may have businesses, friends, and family  
willing to contribute to our cause! Let's join forces  
for item donations and make gift baskets to raffle at  
the Lincoln Senior Center.

Together, we can make a difference.

*All funds raised benefits American Parkinson's Disease Association  
Rhode Island Chapter*

Questions? Contact: Maria Kishfy, APDA Support Group  
Leader, at 440-8136 or email [mariakishfy@gmail.com](mailto:mariakishfy@gmail.com).



# Quilting Craft Class

Wednesday, April 12th

at 10 am

Last month's Quilting Craft Class was a hit with our members! Paula-Marie Hogge will be giving instructions on how to create an adorable

springtime bunny craft. Basic sewing skills are required to participate in this class.

**There is a \$5 materials fee for the craft.** Registration is required! Please call or visit the front desk to register for the class!



WINGATE RESIDENCES  
ON BLACKSTONE BOULEVARD  
INDEPENDENT LIVING • ASSISTED LIVING  
EARLY-STAGE MEMORY CARE • MEMORY CARE

Stop by the Lincoln Senior Center to Meet with Marketing Coordinator, Darby Noonan to learn about Independent, Assisted, Early and Late State Memory care at Wingate Residences on Blackstone Boulevard!

Lincoln Senior Center  
April 11 from 10am-12pm

Wingate Residences | 353 Blackstone Boulevard, Providence, RI | WingateLiving.com



## Craft with Bess

Thursday, April 13th

2 session times:

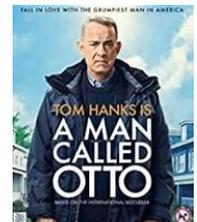
9:30 am & 10:30 am

Spring is here and what better way to celebrate the new season than with a spring themed craft!! Join Bess as we create this adorable springtime bunny! Perfect springtime décor for your home or to give as a gift! We will have two session times— 9:30 am and 10:30 am. Space is limited, registration is required. Be sure to call or visit the front desk to register for the craft class!

## AFTERNOON FLICK

Tuesday, April 18th at 1:00 pm

We will be streaming the movie "A Man Called Otto"



"Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around". Please register with the front desk if you would like to attend!



**Lighthouse at Lincoln will be performing a Blood Pressure Clinic on Tuesday, April 19th at 10am**

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**Thursday, April 20th**  
**Join us for a presentation at 10am**

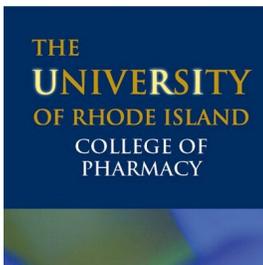


**“Healthy Eating on a Budget”**

*With food prices rising, this is a good time to learn how to stretch your food dollars and reduce food waste. We will share tips on how to make healthy, low-cost choices.*

Please call or visit the front desk to register for this presentation!

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**Thursday, April 20th at 11:15 am**

The University of Rhode Island College of Pharmacy will be giving a presentation on **Thursday, April 20th at 11:15 am**. This month’s topic will be “Fatigue and Aging: What is Normal?” Please join us for a discussion of how aging affects our energy levels. Please see or call the front desk to register for the presentation!

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**Friday, April 21st at 10:30 am**

Are you living with a visual impairment or supporting someone who is? Join us at the Lincoln VISION Group meeting on Friday, April 21st at 10:30 AM. Staff members from IN-SIGHT will provide information about the available resources to help people adapt to vision loss and answer any questions you might have. This VISION group is also an excellent opportunity to share your story, hear about other people’s journeys with vision loss, and exchange information and support. Contact Lucille Gaboriault at (401) 941-3322, ext. 121 or via email at [lgaboriault@in-sight.org](mailto:lgaboriault@in-sight.org) for more details. Pre-registration is not required to attend, and all are welcome!



**BREAKFAST CLUB**

**Tuesday, April 25th**

**8:30 am to 10:00 am**

On the last Tuesday morning of every month, we will be hosting a Breakfast Club at the Center! Join us for an early morning breakfast! It will be a good will offering-pay what you can- at the door. Be sure to reserve your spot at the kiosk at the front desk! Registration opens April 3rd!

## Yoga in the Park at Lincoln Woods

Tuesday, April 25th at 2pm



Blue Cross Blue Shield of RI is sponsoring Yoga in the Park. Join in across the state to get some exercise and enjoy the great outdoors! Bring your yoga mat, however, if you do not have one, there will be a limited supply of beach mats for your use. Join Bess and the Blue Cross team for a fun hour of yoga! It will be outdoors so be sure to dress appropriately for the weather that day! Sign up with the front desk if you would like to participate! Bus transportation is available-be sure to let the front desk know if you will need transportation!



### Left Center Right Game Day Tuesday, April 25th at 11am

If you are looking for a fun morning filled with giggles & laughter, then you need to join in on the fun for our Game Day!



### Calling all Veterans! Join us for a Cup of Joe with a G.I. Joe Thursday, April 27th at 11am

If you are a veteran, or a family member of a veteran, we would love for you to get together with us! Grab a cup of coffee and join us!

## “Healthy Eating with Chronic Disease”

Thursday, April 27th at 11am

Our Healthy Eating Series with Kathi Masi has been very well received. Many have asked to continue these informative presentations! You asked and we listened! We have scheduled more! This month Kathi will be discussing “Healthy Eating with Chronic Disease”. Eating healthy is for everyone, no matter your age or condition. The Mediterranean Diet has been shown to help with chronic conditions and Inflammation. Join us for ideas and tips that will help you get started eating the Mediterranean way. A food demonstration will also be included. Please call or visit the front desk to register for this insightful presentation!



We are so very thankful and grateful to Lincoln’s Cinema World for their very generous popcorn donation for our Afternoon Flick and Pot of Gold Bingo events! We are so very fortunate to have such wonderful community support!



# Bus Trip Information & Reminders

We are so excited to start our bus trips again!! Here is the latest info and some friendly reminders that we need to share!

- You must be a member of the Lincoln Senior Center to attend our bus trips. Your membership needs to be current and up to date to attend.
- A minimum \$10 deposit is required at time of sign up. Please be sure to pay attention to when final payments are due.
- You can only sign up yourself and one other member of the Center at the time of sign up.
- We know conflicts arise and you may not be able to make the sign ups for trips. Please do not ask us to hold a spot, it's not fair to members who are present the day of sign ups. If you would like to go but can't make the sign up date, please try to make arrangements to have another member sign you up for the trip to make it fair for all.
- Please take note of when the bus check in will be for each trip. Also remember to pack drinks, snacks, sunscreen, & appropriate jackets for the trips.
- In the event you need to cancel a trip, if it is before the cancellation deadline noted for each trip, we can refund your money. If it's after the deadline, we will try to make every effort to fill your spot, but if it is a last minute cancellation and we can't fill your spot, we will not be able to refund your money.



## **SIGN UPS START**

**April 6th**

**Cape Ann Bus Tour**  
**Tuesday, June 6, 2023**  
**\$130 per person**

**Check In Time: 9:15 am**

**Departs 9:45 am Returns: Approx 6:00 pm**

Join us as we start the day with a scenic drive to Salem and stop for a delicious buffet lunch at **Finz Restaurant**. We will have a Step on Guide meet us after lunch for a 2 hour guided tour of Essex, Rockport and Gloucester. After the tour, we will drop you off downtown for free time on your own before departing for home. Shop in quaint stores, admire the art galleries or just sit by the water and take in the beauty that is the Massachusetts Coast.

Full Payment is due by May 11, 2023

No refunds will be given after May 15, 2023



## **SIGN UPS START**

**April 14th**

**Martha's Vineyard Bus Tour**  
**Thursday, June 29, 2023**  
**\$118 per person**

**Check In Time: 6:15 am**

**Departs 6:45 am Returns: Approx 6:00 pm**

We will board the Island Queen in Falmouth for a relaxing ride to Martha's Vineyard. Once the ferry arrives in Oak Bluffs, Martha's Vineyard we will take a narrated tour through Oak Bluffs and Vineyard Haven. Included in this tour is a two hour stop in Edgartown for lunch (on your own) and shopping. This is simply the BEST way to see Martha's Vineyard!

Full Payment is due by June 1, 2023

No refunds will be given after June 7, 2023



## A matter of Balance Workshop

This is an 8 week program that will run from  
April 28th through June 16th  
from 9:30 am to 12:00 pm every week

Falls continue to be a national public health concern. We would like to help raise awareness of falls prevention to reduce the risk of falls and help older adults live without the fear of falling. The Center will be hosting an 8 week **A Matter of Balance** class for those who are concerned about falls and are interested in improving flexibility, balance and strength.

The class helps participants to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change their environment to reduce fall risk factors
- Promote exercise to increase strength and balance

**Space is limited. If you are interested in participating in his 8 week workshop, please call or visit the front desk to register!**



Interested in checking out what the Bone Builders Class is all about? Or maybe you are looking to add another class to your fitness schedule? We have a solution!!

We have just been notified that Bone Builders now offers a **Virtual Zoom Bone Builders Class with Lynne Rheume**

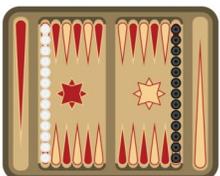
You can work out from the comfort of your home!

**The Virtual Class will meet on Mondays and Thursdays at 10am via ZOOM.**

**You will need to download the Zoom app in order to take the class.**

The Meeting ID is: **87480584047** and the Password is: **662464**

## Backgammon anyone?



We have a volunteer that is interested in starting a backgammon program at the Center. If you would be interested in participating, please let the front desk know! If we have enough, we can try to start up a backgammon group!



## **Rhode Island Office of Healthy Aging announces statewide partnership with GetSetUp to bridge the digital divide and combat social isolation**

As part of its digiAge initiative, the Rhode Island Office of Healthy Aging (OHA) announced a partnership with GetSetUp, the largest and fastest-growing virtual social learning platform designed specifically for older adults, to help bridge the digital divide and combat social isolation for older adults in Rhode Island. The partnership provides live interactive classes on GetSetUp by older adults for older adults that are accessible at the click of a button.

Whether on a tablet in their own home or projected on a screen in a public library, older adults can utilize technology to learn technical skills or participate in enrichments-focused courses on healthy cooking, virtual travel, and more through GetSetUp. Digital literacy has quickly become a necessity of healthy aging to help stay connected to critical services and one another. As an initiative of OHA's digiAGE Collaborative, the office is sponsoring these online training opportunities for adults 55 and over. If an older adult needs to build technology skills they can learn, in a safe environment, how to effectively use their smartphones, laptops, or tablets to reach out to family and friends more easily, or meet with their doctors over telehealth through digital divide starter classes, including "Getting comfortable with your device-a cell phone, tablet or laptop", "Intro to Zoom", and an orientation to using the GetSetUp site to find other classes

GetSeUp's custom-built video learning interface has been tailored to older adults of all tech levels. The platform offers support via phone and in all classes to assist learner with technology and includes a booking system complete with regular reminders and after-class notes. Rhode Island's older adults can easily connect with a safe community of over 4.6 million peers globally. Learners can choose from a catalog of over 4,000 classes that shift weekly and are available around the clock. Classes promote digital literacy, socialization, health and wellness, and new learning experiences. Classes are available in multiple languages including Spanish, Mandarin and Hindi.

Classes are now available to Rhode Island residents aged 55+, you can access these services by visiting: [www.getsetup.io/partner/ri](http://www.getsetup.io/partner/ri).

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If you need any assistance signing up for GetSetUp, we can help!! You can make an appointment with Renee during her Tech Corner hours every Thursday from 10 am to 2 pm and she would be happy to assist you in signing up for this program! You can schedule an appointment with Renee by calling or visiting the front desk!

# Easy Sweet-and-Sour Meatballs



## Ingredients:

- 1 can (20 ounces) unsweetened pineapple chunks
- 1 package (12 ounces) frozen fully cooked home-style or Swedish meatballs, thawed
- 1 large green pepper, cut into 1-inch pieces
- 3 tablespoons cornstarch
- 1/3 cup cold water
- 3 tablespoons cider vinegar
- 1 tablespoon soy sauce
- 1/2 cup packed brown sugar
- Hot cooked rice, optional
- Thinly sliced green onions, optional

## Directions:

1. Drain pineapple, reserving juice. Set pineapple aside. Add enough water to juice if needed to measure 1 cup. In a large skillet over medium heat, cook the meatballs, green pepper and juice mixture until heated through.
2. In a small bowl, combine the cornstarch, cold water, vinegar and soy sauce until smooth. Add brown sugar and reserved pineapple to the pan; stir in cornstarch mixture. Bring to a boil; cook and stir until thickened, about 2 minutes. If desired, serve with rice and top with green onions.

[www.tasteofhome.com/recipes/easy-sweet-and-sour-meatballs/](http://www.tasteofhome.com/recipes/easy-sweet-and-sour-meatballs/)

## Staff

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Program Director

Carmen Reverdes

creverdes@lincolnri.org

Meal Site Coordinator

Matt Bertrand

Bus Transportation

Jose Lopes

Custodian

## Notary Services are available at the Center!

See Bessie or Carmen at the front desk if you need any assistance



Be sure to check out our

Facebook Page

## Lincoln Senior Center

for Center news and info on daily activities, class updates, cancellations & special events!

Don't have Facebook? Ask Bess and she can help assist you to set it up!

## Friends of Lincoln Senior Center Memorial Donation Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Open

Monday thru Friday  
8:30 am to 4:30 pm

150 Jenckes Hill Road  
Lincoln, RI 02865  
401-753-7000

# LINCOLN SENIOR CENTER

## Monday

9:30 am Quilting  
 10:00 am Mahjongg lessons  
 10:00 am Drawing Class (April 3—May 8)  
 \*\*rawing Class is a 6 week workshop  
 10:15 am Cardio Strength w/ Lisa  
 11:15 am Sit & Strengthen w/ Lisa  
 12:00 pm Lunch  
 12:45 pm Tai Chi with Bob  
 1:00 pm Hand & Foot Card Game  
 1:30 pm Chair Chi with Bob  
 1:30 pm Digital Photography Class

## Weekly Activities Schedule

## Tuesday

9:00 am Arthritis w/ Sue  
 10:00 am Forever Fit w/ Sue  
 10:00 am Open Art Studio  
 11:00 am Chair Yoga w/ Ani  
 12:00 pm Lunch  
 12:00 pm Zumba Gold w/ Fran  
 12:30 pm Bridge  
 12:45 pm Hi-Low Jack  
 1:00 pm Line Dancing w/ Karen  
 1:30 pm Memoir Writing Class  
 (\*meets biweekly)  
 2:00 pm Beginner Line Dancing

## Thursday

9:30 am Mahjongg Group  
 10:00 am Tech Corner w/ Renee  
 10:00 am Chair Yoga with Maria  
 10:00 am Overeaters Anonymous Meeting  
 11:30 am Arthritis w/ Sue  
 12:00 pm Lunch  
 1:00 pm Cribbage  
 1:00 pm Knitting & Crochet Circle  
 1:00 pm Meditation w/ Mary  
 2:00 pm Irma's Workout w/ Irma  
 2:00 pm Mexican Train Dominoes

## Wednesday

10:00 am Irma's Workout w/ Irma  
 10:00 am Watercolors Class w/ Connie  
 11:00 am Bone Builders w/ Nancy  
 11:45 pm Lunch  
 12:00 pm Zumba w/ Sue  
 1:00 pm BINGO  
 2:00 pm CardioDance Interval w/ Maria

## Friday

9:00 am Bone Builders w/ Nancy  
 10:00 am Pastel Art w/ Nancy  
 \*Note: Pastel Art Class is Full at this time  
 10:15 am Cardio Strength w/ Lisa  
 11:15 am Yoga w/Lisa  
 12:00 pm Lunch  
 12:45 pm Hi-Low Jack  
 2:00 pm Ukulele w/ Georgina

Updated  
 03/27/2023

# Spring Word Search

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

APRIL

BEEES

BIRDS

BLOOM

BLOSSOM

BUTTERFLY

DAFFODILS

EGGS

FLOWERS

GREEN

GROWING

HATCH

MARCH

MAY

RAIN

ROBINS

SPRING

SPROUTING

SUNSHINE

TULIP